

INTERNATIONAL DISHES



*Presented by the Queen's University International
Centre, Student Wellness Services, and the Yellow
House Student Centre for Equity & Inclusion*



**International Dishes from the Far East, South-East Asia,
Africa, and the Caribbean, Third Edition**

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(QUIC)**

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Disclaimer: This cookbook serves an educational purpose and offers an opportunity for individuals unfamiliar with diverse culinary traditions to explore new recipes. These recipes are adapted to be convenient, affordable, and accessible means to explore international dishes.

We encourage any feedback you have regarding the cookbook. Please use the following QR code to share any recipe ideas, recipe edits or further thoughts. We will work to implement feedback in future editions of the cookbook.



Legend

In this cookbook we understand that people have different dietary restrictions and needs. Most of these recipes can be made to fit these needs based on the recommendations we have beside individual recipes.

Weight Abbreviations

g = gram

kg = kilogram

lb. = pound (454 g)

oz. = weight ounce ($\frac{1}{16}$ lb., or 28 g)

Volume Abbreviations

mL = millilitre

fl. oz. = fluid ounce ($\frac{1}{8}$ cup, or 30 mL)

1 cup = 237 mL

tsp. = teaspoon (5 mL)

tbsp. = tablespoon (15mL, or $\frac{1}{2}$ fl. oz.)

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Caribbean

Caribbean cooking is a vibrant tapestry of flavors, colors, and cultural influences that reflects the rich heritage of the region. Spanning countries such as Jamaica, Cuba, Puerto Rico, Trinidad and Tobago, and many more, Caribbean cuisine is a fusion of indigenous ingredients, African, European, and Indian culinary traditions.

It is known for its bold and spicy flavors, tropical fruits, and a harmonious blend of ingredients such as jerk seasoning, coconut milk, plantains, fresh seafood, and a variety of aromatic herbs and spices. From the fiery and aromatic jerk chicken and slow-cooked oxtail stews to the comforting flavors of rice and peas and flavorful curries, Caribbean cooking celebrates the abundance of local produce, culinary creativity, and a vibrant culinary spirit.

The cuisine embodies a joyful and communal approach to dining, where food is not just nourishment but also a celebration of culture, history, and the vibrant spirit of the Caribbean islands.

Dishes from the Caribbean



- 1. Rice and Beans**
- 2. Fried Plantains**
- 3. Hummingbird Cake**

Rice and Beans

Ingredients

- 1 cup** rice
- 1 can (15 oz.)** red kidney beans
- 1** small onion, finely chopped
- 1** small bell pepper, finely chopped
- 2** garlic cloves, minced
- 1 tbsp.** vegetable oil
- 1 tsp.** thyme
- 1 tsp.** paprika
- ½ tsp.** cumin
- ½ tsp.** black pepper
- ½ tsp.** salt
- 1 cup** coconut milk
- 1 cup** water
- Fresh cilantro or parsley (optional)



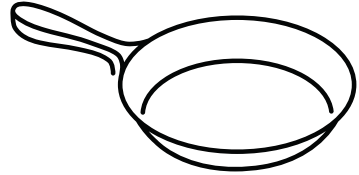
This dish is great by itself or can be served with different proteins

1. Rinse rice under water until the water runs clear.
2. In a large pot or skillet, heat the vegetable oil over medium heat. Add chopped onion, bell pepper, and minced garlic. Sauté for about 3-4 minutes until vegetables are softened.
3. Add rice to pot and stir into the vegetable mixture, allowing it to toast slightly for a minute.
4. Drain and rinse red kidney beans, then add to pot along with thyme, paprika, cumin, black pepper, and salt. Stir everything together to combine.
5. Pour in the coconut milk and water and give it a good stir. Bring the mixture to a boil.
6. Once boiling, reduce heat to low, cover the pot with a lid, and let it simmer for 15-20 minutes until rice is cooked and all liquid has been absorbed. Avoid stirring the rice during this time to prevent it from becoming mushy.
7. Once the rice is cooked, remove the pot from heat and let sit covered for an additional 5 minutes to allow the flavors to meld.
8. Fluff the rice with a fork and garnish with fresh cilantro or parsley.

Fried Plantains

Ingredients

Ripe plantains (yellow with black spots)
Vegetable oil, for frying
Salt, to taste



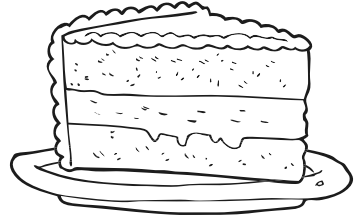
You can get plantains at Metro or Food Basics. They can be served as a snack and side (especially for breakfast!)

1. Peel plantains by cutting off ends and making a shallow cut along the length of the skin. Peel skin away from the flesh of the plantain.
2. Cut plantains into diagonal slices, about ½ inch thick or as preferred.
3. Heat vegetable oil in a frying pan or skillet over medium-high heat. The oil should be deep enough to submerge the plantain slices.
4. Once oil is hot, carefully place the plantain slices into pan. Avoid overcrowd the pan. Fry the plantains in batches if necessary.
5. Fry plantains for 2-3 minutes each side until they turn golden brown. Use a slotted spoon or tongs to flip them over.
6. Once plantains are golden brown, remove from pan and place on a paper towel-lined plate to drain excess oil.
7. If desired, sprinkle salt on fried plantains while still hot.
8. Serve the fried plantains as a side dish or snack. They are delicious on their own, or you can pair them with a dipping sauce like ketchup, aioli, or a spicy salsa.

Hummingbird Cake

Ingredients:

2 cups all-purpose flour
1 1/2 cups granulated sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/2 cup vegetable oil
3 large eggs
1 teaspoon vanilla extract
1 can (8 oz) crushed pineapple, undrained
1 cup mashed ripe bananas (about 2 bananas)
1/2 cup chopped pecans or walnuts (optional)



the cream cheese frosting:
1 package (8 oz) cream cheese, softened
1/4 cup (1/2 stick) unsalted butter, softened
3 cups powdered sugar
1 teaspoon vanilla extract

1. Preheat your oven to 350°F (175°C). Grease two 9-inch round cake pans or line them with parchment paper.
2. In a large mixing bowl, whisk together the flour, sugar, baking powder, baking soda, salt, and cinnamon.
3. Add the vegetable oil, eggs, and vanilla extract to the dry ingredients. Mix until well combined.
4. Stir in the crushed pineapple (with its juice) and mashed bananas. If using, fold in the chopped nuts.
5. Divide the batter evenly between the prepared cake pans.
6. Bake in the preheated oven for about 25-30 minutes, or until a toothpick inserted into the center of the cakes comes out clean.
7. Once baked, remove the cakes from the oven and let them cool.
8. For the cream cheese frosting, in a separate bowl, beat the softened cream cheese and butter until smooth and creamy.
9. Gradually add the powdered sugar, one cup at a time, while continuing to beat. Mix in the vanilla extract.
10. Once the cakes are completely cooled, place one cake layer on a serving plate. Spread a layer of cream cheese frosting over the top.
11. Place the second cake layer on top of the frosted layer. Frost the top and sides of the cake with the remaining cream cheese frosting.
12. If desired, you can decorate the cake with additional chopped nuts or banana slices.
13. Chill the cake in the refrigerator for about an hour before serving to allow the flavors to meld and the frosting to set.

Latin America

Latin American cuisine is a tantalizing fusion of diverse culinary traditions, indigenous ingredients, and rich flavors that reflect the continent's cultural diversity and natural abundance.

From the robust and aromatic dishes of Argentina, known for its succulent grilled meats like asado and chimichurri sauce, to the vibrant and spicy flavors of Peruvian cuisine with its ceviche, ají pepper, and quinoa, South American food offers a delightful gastronomic journey. The tropical flavors of Brazil showcase dishes like feijoada, a hearty black bean stew, and the refreshing caipirinha cocktail, while the coastal regions of Chile and Ecuador boast an abundance of fresh seafood, including ceviche and empanadas.

From the hearty and comforting staples like arepas in Colombia and pão de queijo in Brazil to the exotic fruits like mango, passion fruit, and guava, South American cuisine embraces a diverse range of flavors, textures, and culinary techniques that celebrate the continent's rich cultural tapestry and culinary legacy.

Dishes from Latin America

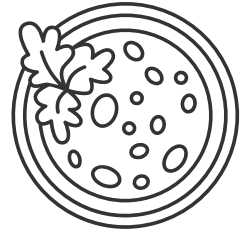


1. **Chimichurri**
2. **Lomo Soltado**
3. **Arepas**
4. **Ceviche**
5. **Choripán**
6. **Feijoada**

Chimichurri

Ingredients

- 1 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped (optional)
- 3-4 cloves garlic, minced
- 1/2 teaspoon red pepper flakes (adjust to taste)
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt (adjust to taste)
- 1/4 teaspoon black pepper (adjust to taste)
- 1/4 cup red wine vinegar (or white wine vinegar)
- 1/2 cup olive oil
- 2 tablespoons lemon juice (or lime juice)
- 1-2 tablespoons water (if needed to adjust consistency)



Let the chimichurri sit for a while for the flavours to absorb in the oil!

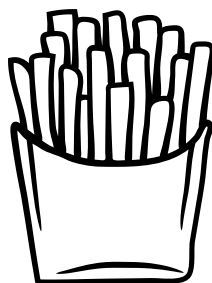
1. In a mixing bowl, combine the chopped parsley and cilantro (if using).
 2. Add the minced garlic and red pepper flakes to the bowl.
 3. Pour in the red wine vinegar and olive oil.
 4. Mix all the ingredients together until well combined.
 5. Season the chimichurri with salt and pepper to taste. Start with a pinch of each and adjust according to your preference.
 6. Allow the chimichurri to sit for at least 10-15 minutes before serving. This allows the flavors to meld together
- This chimichurri is great as a marinade for grilled meats, a topping for grilled vegetables, or even as a dipping sauce for bread.

Lomo Soltado

Ingredients

- 1/2 pound (about 225g) beef steak, thinly sliced (you can use sirloin, flank steak, or any affordable cut)
- 1 onion, thinly sliced
- 1 tomato, cut into wedges
- 1 bell pepper, sliced into strips
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon vinegar (red wine vinegar or white vinegar)
- 1 teaspoon cumin powder
- 2-3 tablespoons aji amarillo paste (adjust to taste)
- Salt and pepper to taste
- Vegetable oil for cooking

You can buy aji amarillo paste at most grocery stores in Kingston!



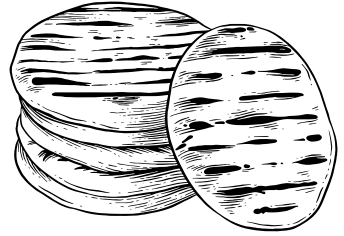
You can serve this dish with rice and/ or French fries.

1. In a bowl, combine the aji amarillo paste with the soy sauce, vinegar, cumin powder, minced garlic, salt, and pepper. Mix well to create the marinade and add the beef to it for 20 min.
2. In a large skillet, heat a tablespoon of vegetable oil over medium-high heat.
3. Add the marinated beef to the hot skillet. Stir-fry for a few minutes until the beef is browned and cooked to your desired level of doneness. Remove from the pan.
4. In the same skillet, add another tablespoon of oil if needed. Add the sliced onions and bell peppers. Stir-fry for a few minutes until they are slightly softened and have a nice char.
5. Add the tomato wedges to the skillet and stir-fry for an additional minute.
6. Return the cooked beef to the skillet and give everything a good stir to combine.
7. Serve the Lomo Saltado over a plate of cooked white rice, with the French fries on the side.
8. If using, sprinkle chopped cilantro over the dish for added freshness.

Arepas

Ingredients

- 1 cup pre-cooked cornmeal (also known as masarepa or arepa flour)
- 1/2 teaspoon salt
- 1 cup warm water
- 2 tablespoons vegetable oil (for cooking)



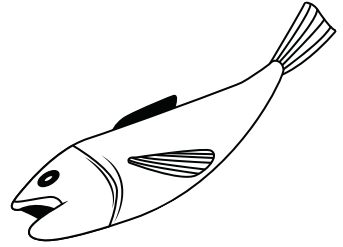
Optional fillings: cheese, ham, black beans, avocado, etc.

1. In a mixing bowl, combine the pre-cooked cornmeal and salt.
2. Gradually add the warm water to the cornmeal mixture, stirring as you go. The dough should come together and form a slightly sticky ball. If it's too dry, add a bit more water. If it's too wet, add a bit more cornmeal.
3. Let the dough rest for about 5-10 minutes. This allows the cornmeal to fully absorb the water.
4. Divide the dough into smaller portions and shape each portion into a ball. Flatten each ball to create a disc that's about 1/2 to 3/4 inch thick.
5. Heat a non-stick skillet or frying pan over medium heat and add a drizzle of vegetable oil.
6. Once the oil is hot, carefully place the shaped arepas in the skillet. Cook for about 5-6 minutes on each side, or until they develop a golden-brown crust.
7. While cooking, you might notice the arepas puffing up a bit. That's a good sign that they're cooking properly.
8. Once both sides are nicely browned and the arepas sound hollow when tapped, remove them from the skillet and place them on a paper towel-lined plate to absorb any excess oil.
9. Allow the arepas to cool for a couple of minutes before slicing them open horizontally to create a pocket.
10. Fill the arepas with your choice of fillings. Common options include cheese, ham, black beans, avocado, scrambled eggs, or any combination you like.
11. Serve the filled arepas warm and enjoy!

Ceviche

Ingredients

1/2 pound (about 225g) white fish fillets
(such as tilapia, sole, or cod), diced into
small pieces
1/2 cup freshly squeezed lime juice (about 4-
6 limes)
1 small red onion, finely chopped
1-2 tomatoes, diced
1 jalapeño pepper, seeds removed and finely
chopped (adjust to taste)
1/4 cup chopped fresh cilantro
Salt and pepper to taste
Optional: 1 small cucumber, diced
Optional: Avocado slices for serving
Tortilla chips or crackers for serving



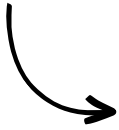
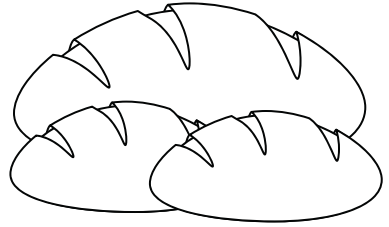
*It is important to use
fresh fish! Do NOT use
frozen.*

1. Place the diced fish in a bowl and pour the freshly squeezed lime juice over it. Make sure the fish is fully submerged in the juice. The acidity of the lime juice will "cook" the fish.
2. Cover the bowl and refrigerate for about 20-30 minutes. The fish will become opaque and firm as it "cooks" in the lime juice.
3. While the fish is marinating, prepare the other ingredients. Chop the red onion, dice the tomatoes, finely chop the jalapeño (remember to remove the seeds if you want less heat), and chop the fresh cilantro.
4. After the fish has marinated, drain the excess lime juice from the bowl. The lime juice should have turned cloudy, which is a sign that the fish is "cooked."
5. Add the chopped red onion, diced tomatoes, jalapeño, and chopped cilantro to the fish. Mix everything gently.
6. Season the ceviche with salt and pepper to taste. You can also add a bit of olive oil if desired.
7. Let the ceviche sit in the refrigerator for another 10-15 minutes to allow the flavors to meld together.
8. Serve the ceviche with avocado slices or cucumber if you like, and accompanied by tortilla chips or crackers.

Choripán

Ingredients

- 4 chorizo sausages (pork or beef)
- 4 crusty bread rolls (baguettes or rolls of your choice)
- Sliced onions
- Sliced bell peppers
- Hot sauce or condiments of your choice



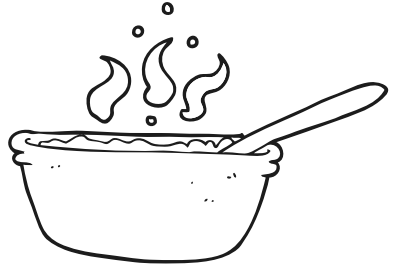
Optional: Chimichurri sauce (you can use store-bought or check out the recipe above!)

1. Preheat your grill or stovetop grilling pan over medium heat.
2. Place the chorizo sausages on the grill or grilling pan. Cook them for about 8-10 minutes, turning occasionally, until they are fully cooked and have a nice char on the outside.
3. While the sausages are grilling, you can also lightly toast the crusty bread rolls on the grill for a minute or so, just until they get a bit crispy.
4. Once the chorizo sausages are cooked, remove them from the grill and let them rest for a minute.
5. To assemble the choripán, take a bread roll and slice it open lengthwise, but not all the way through.
6. Place a grilled chorizo sausage inside the bread roll. You can also split the sausage in half lengthwise if it's too long for the roll.
7. If using, drizzle some chimichurri sauce over the chorizo. Chimichurri adds a burst of flavor to the choripán.
8. Top with sliced onions and bell peppers, and add a bit of hot sauce or your preferred condiments if desired.
9. Serve the choripán immediately while it's still warm.

Feijoada

Ingredients

- 1 can (15 oz) black beans, drained and rinsed
- 1/2 pound smoked sausage or chorizo, sliced
- 1/2 pound bacon, chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 bay leaf
- 1 teaspoon cumin powder
- Salt and pepper to taste
- Cooked white rice, for serving
- Chopped fresh parsley, for garnish
- Optional: Sliced orange segments, for serving



You can serve feijoada with sliced orange segments on the side. The citrusy flavor pairs well with the rich flavors of the dish.

1. a large skillet or pot, cook the chopped bacon over medium heat until it's crispy and the fat has rendered. Remove the bacon from the skillet and set it aside, leaving the bacon fat in the skillet.
2. In the same skillet with the bacon fat, add the sliced smoked sausage or chorizo. Cook for a few minutes until it's browned and has a nice char. Remove the sausage from the skillet and set it aside.
3. In the same skillet, add the chopped onion and sauté until it's translucent.
4. Add the minced garlic, cumin powder, and bay leaf to the skillet. Sauté for another minute until fragrant.
5. Return the cooked bacon and sausage to the skillet. Add the drained black beans and stir to combine.
6. Season with salt and pepper to taste. Remember that the bacon and sausage can be quite salty, so taste before adding too much salt.
7. Let the feijoada simmer for about 10-15 minutes, allowing the flavors to meld together.
8. While the feijoada is simmering, prepare cooked white rice according to the package instructions.
9. Serve the feijoada over white rice. Garnish with chopped fresh parsley.

Europe

European cooking encompasses a vast and diverse culinary landscape that reflects the unique traditions, ingredients, and flavors of its many nations.

From the hearty and comforting dishes of Central Europe, such as sausages, stews, and dumplings, to the refined and elegant cuisine of Western Europe with its emphasis on fine dining, delicate pastries, and intricate sauces, and the Mediterranean-inspired delights of Southern Europe, featuring fresh seafood, olive oil, herbs, and vibrant vegetables, European cooking offers a remarkable breadth of culinary experiences. Each region showcases its distinctive culinary heritage, whether it's the rustic simplicity of Italian pasta, the indulgent cheeses and chocolates of Switzerland and France, the savory delicacies of Spanish tapas, or the smorgasbord of flavors found in Scandinavian cuisine.

With a strong emphasis on local and seasonal ingredients, European cooking highlights the importance of tradition, craftsmanship, and the joy of sharing good food with family and friends. Whether exploring the hearty, comforting fare of the north or savoring the sun-drenched flavors of the Mediterranean, European cuisine invites one to embark on a delightful culinary journey through the continent's diverse culinary tapestry.

Dishes from Europe

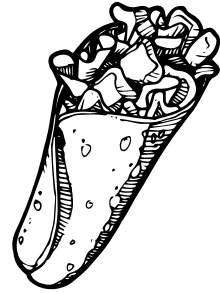


1. **Gyros**
2. **Bigos**
3. **Carbonara**
4. **Goulash**
5. **Schnitzel**
6. **Mousakka**
7. **Beef Stroganoff**
8. **Meatballs**
9. **Chicken Plov**
10. **Paprikahendl**
11. **Gazpacho**

Gyros

Ingredients

- 1 lb. (450 g)** boneless skinless chicken breasts or thighs, sliced into thin strips
- 1 tbsp.** olive oil
- 1 tbsp.** lemon juice
- 2** garlic cloves, minced
- 1 tsp.** dried oregano
- Salt and pepper to taste
- 4** pita bread rounds
- Tzatziki sauce (store-bought or homemade)
- Sliced tomatoes
- Sliced cucumbers
- Sliced red onions
- Crumbled feta cheese (optional)
- Fresh parsley (optional)



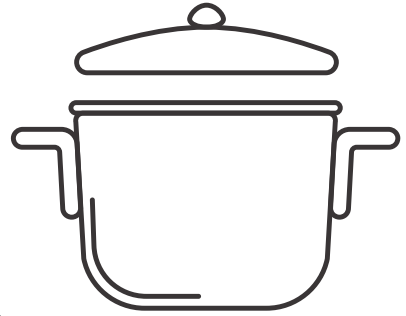
Feel free to experiment with different spices and toppings to make the gyros your own

1. In a bowl, combine olive oil, lemon juice, minced garlic, dried oregano, salt, and pepper. Add sliced chicken and toss until well coated. Let marinate for 15-20 minutes or overnight in refrigerator.
2. Heat a large skillet or grill pan over medium-high heat. Add the marinated chicken and cook for about 6-8 minutes until chicken reaches an internal temperature of **165°F / 74°C** and slightly browned. Stir occasionally to ensure even cooking.
3. While chicken is cooking, warm the pita bread rounds in a toaster, oven, or microwave according to the package instructions.
4. Once chicken is cooked, remove from heat.
5. Spread a generous amount of tzatziki sauce on each pita bread round. Add a handful of cooked chicken slices, sliced tomatoes, cucumbers, and red onions.
6. If desired, sprinkle some crumbled feta cheese and fresh parsley on top for added flavor.
7. Fold the pita bread in half or roll it up like a wrap.

Bigos

Ingredients

- 1 cup sauerkraut (drained and rinsed)
- 2 cups shredded cabbage
- 1 onion, chopped
- 1-2 cloves of garlic, minced
- 1 tablespoon vegetable oil
- 1/2 pound (about 250g) smoked sausage or kielbasa, sliced
- 1/2 pound (about 250g) cooked ham or bacon, chopped
- 1/2 cup canned diced tomatoes (optional)
- 1 bay leaf
- 1/2 teaspoon dried thyme or marjoram
- Salt and pepper to taste
- Water or broth as needed



Bigos is even better the next day after the flavours have come together!

1. Cook Meat and Veggies:

Heat oil in a big pot over medium heat. Add chopped onion and garlic, and cook until onion looks clear.

Put in sliced sausage, and chopped ham or bacon. Cook for a few minutes until they look a bit crispy.

2. Add Cabbage and Sauerkraut:

Put in shredded cabbage and rinsed sauerkraut. Stir everything together.

3. Season and Cook:

Add a pinch of salt and pepper.

Cover the pot and let it cook for about 30-40 minutes on low heat. Stir sometimes so it doesn't stick.

4. Taste and Serve:

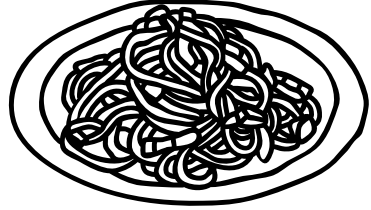
Taste and add more salt or pepper if needed.

Serve it with bread or potatoes. You can enjoy it as a main dish or on top of potatoes.

Carbonara

Ingredients

- 8 oz. (225 g)** spaghetti, linguine, or fettucine
- 4** slices of bacon, chopped
- 1 tbsp.** salted butter
- 2** garlic gloves, minced
- 2 tsp.** white wine (optional)
- 2** large eggs
- ½ cup** Parmesan cheese, grated
- Salt and pepper to taste
- Fresh parsley, chopped (optional)

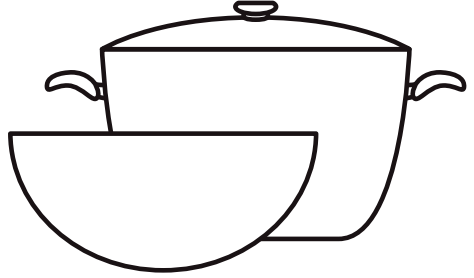


1. Bring a large pot of salted water to a boil. Add pasta and cook according to the package instructions until al dente. Drain the pasta, reserving $\frac{1}{2}$ cup of the cooking water.
2. While pasta is cooking, heat a large skillet over medium heat. Add the chopped bacon and cook until crispy. Remove the bacon from the skillet, leaving the bacon fat behind.
3. In a bowl, whisk together the eggs, grated Parmesan cheese, and a pinch of salt and pepper.
4. In the same skillet with the bacon fat, add butter and minced garlic and sauté for 1 minute until fragrant and golden-brown.
5. Add white wine. Reduce heat to low. Add cooked pasta to the skillet with the garlic and bacon fat. Toss the pasta to coat it evenly. Remove the skillet from the heat and let it cool for a minute to avoid scrambling the eggs.
6. Pour the egg and cheese mixture over the pasta, tossing quickly and continuously until the sauce thickens and coats the pasta. If it appears too dry, gradually add some of the reserved pasta cooking water until you achieve a creamy consistency.
7. Divide the carbonara among plates or bowls. Sprinkle with crispy bacon and chopped parsley for garnish, if desired. Serve immediately and enjoy!

Goulash

Ingredients

- 1 lb. (450 g)** ground beef or ground turkey
- 1** onion, diced
- 2** garlic cloves, minced
- 1** red bell pepper, diced
- 1** green bell pepper, diced
- 2 cups (475 ml)** beef broth
- 1 can (14.5 oz./411 g)** diced tomatoes
- 2 tbsp.** tomato paste
- 2 tsp.** paprika
- 1 tsp.** dried oregano
- ½ tsp.** caraway seeds (optional)
- Salt and pepper, to taste
- 2 cups (240 g)** elbow macaroni or your choice of pasta

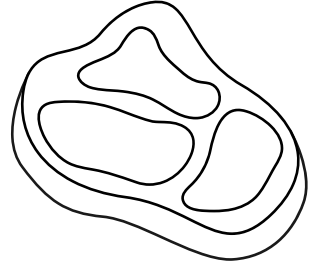


1. In a large pot or Dutch oven, brown ground beef or turkey over medium heat. Break up with a spoon as it cooks. Once cooked, remove any excess fat from the pot.
2. Add the diced onion, minced garlic, red bell pepper, and green bell pepper to the pot. Sauté for about 5 minutes until the vegetables have softened.
3. Stir in the beef broth, diced tomatoes (with juice), tomato paste, paprika, dried oregano, caraway seeds (if using), salt, and pepper. Mix well to combine.
4. Bring the mixture to a boil, then reduce the heat to low. Cover and simmer for 20 minutes to allow the flavors to meld together.
5. Meanwhile, cook the elbow macaroni or pasta according to the package instructions until al dente. Drain the pasta and set aside.
6. Once the goulash has simmered for 20 minutes, taste and adjust the seasonings as needed. If the sauce is too thick, add a little more beef broth to thin it out.
7. Add cooked pasta to goulash and stir until well combined. Simmer for 5 minutes to heat the pasta through.
8. Serve the goulash hot. Garnish with chopped fresh parsley if desired.

Shnitzel

Ingredients

- 4 chicken breasts, boneless and skinless or pork cutlets
- 1 **cup** all-purpose flour
- 2 large eggs
- 1 **cup** breadcrumbs
- Salt and pepper to taste
- Vegetable oil for frying
- Lemon wedges for serving



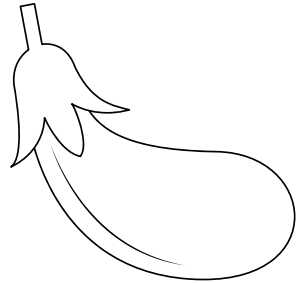
Delicious on its own or served with a side of salad, mashed potatoes, or vegetables.

1. Place chicken breasts or pork cutlets between two sheets of plastic wrap and gently pound them with a meat mallet or rolling pin until $\frac{1}{4}$ inch thick.
2. Place flour in a shallow dish. In another dish, beat eggs. In a third dish, mix breadcrumbs with a pinch of salt and pepper.
3. Season chicken or pork with salt and pepper. Dip each piece into the flour, shaking off any excess. Then dip into beaten eggs, allowing any excess to drip off. Finally, coat it evenly with the breadcrumb mixture, pressing gently to stick.
4. Heat about $\frac{1}{4}$ inch of vegetable oil in a large skillet over medium-high heat. Once oil is hot, add breaded chicken or pork, cooking in batches if necessary to avoid overcrowding the pan. Cook for about 3-4 minutes per side until reaches an internal temperature of 165°F / 74°C and golden brown. Transfer to a paper towel-lined plate to drain any excess oil.
5. Repeat the process with the remaining chicken or pork cutlets.
6. Serve the schnitzel hot with lemon wedges on the side.

Moussaka

Ingredients

- 2 large eggplants
- 2 **tbsp.** olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 **lb. (450 g)** ground beef or lamb
- 1 **can (14 oz./400 g)** crushed tomatoes
- 1 **tsp.** dried oregano
- 1 **tsp.** ground cinnamon
- Salt and pepper to taste
- 1 **cup (240 ml)** milk
- 2 **tbsp.** all-purpose flour
- 2 **tbsp.** butter
- ½ cup (50 g)** grated Parmesan cheese
- 1 egg, beaten

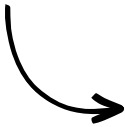
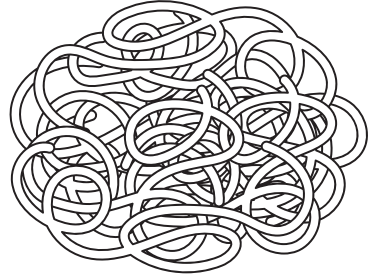


Allow to Moussaka to sit after assembly - this will let the spices develop!

1. Preheat oven to 400°F (204°C). Slice eggplants into ¼ inch rounds. Lightly salt let sit for 15 minutes. Pat dry with a paper towel.
2. Heat 1 **tbsp.** of olive oil in a large skillet over medium heat. Cook eggplant slices in batches until lightly browned on both sides. Set aside on paper towels to drain excess oil.
3. In the same skillet, heat another 1 **tbsp.** of olive oil and sauté the diced onion and minced garlic until soft and translucent.
4. Add ground beef or lamb to skillet and cook until browned. Break up large chunks with a wooden spoon.
5. Stir in crushed tomatoes, dried oregano, ground cinnamon, salt, and pepper. Simmer for 10 minutes to allow the flavors to meld together.
6. In a separate saucepan, melt butter over medium heat. Stir in flour to make a roux. Gradually whisk in milk, stirring constantly until sauce thickens. Remove from heat and stir in grated Parmesan cheese. Allow the sauce to cool slightly, then mix in the beaten egg.
7. Grease a baking dish and place a layer of eggplant slices on the bottom. Spoon half of meat mixture over the eggplant layer. Repeat with another layer of eggplant slices and remaining meat mixture.
8. Pour Parmesan cheese sauce evenly over the top of the dish.
9. Place the Moussaka in preheated oven and bake for 40-45 minutes until the top is golden brown and bubbling.
10. Remove from oven and let cool for a few minutes before serving.

Beef Stroganoff

1 lb. (450 g) beef (sirloin or stewing beef),
thinly sliced
1 onion, finely chopped
2 garlic cloves, minced
1 cup sliced mushrooms (optional)
2 tbsp. vegetable oil
1 cup beef broth
1 cup sour cream
2 tbsp. all-purpose flour
Salt and pepper to taste
Egg noodles or rice, cooked according to
package instructions

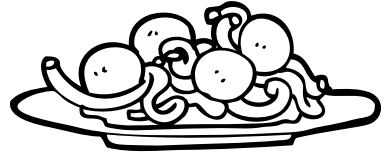


*You can add ground
beef for a faster or
cheaper option.*

1. In a large skillet, heat vegetable oil over medium-high heat. Add chopped onion and garlic, and sauté until softened.
2. Add sliced beef to the skillet and cook until browned on all sides.
3. If using mushrooms, add to skillet and cook until they become tender.
4. In a separate bowl, mix sour cream and flour until well combined.
5. Pour beef broth into skillet and bring to a simmer. Stir in sour cream mixture and cook until sauce thickens.
6. Season with salt and pepper to taste.
7. Serve beef stroganoff over cooked egg noodles or rice.

Meatballs

1 pound ground beef or a mix of beef and pork
1/2 cup breadcrumbs
1/4 cup milk
1 small onion, finely chopped
1 egg
Salt and pepper to taste
Pinch of ground allspice or nutmeg (optional)



For the sauce:

2 tablespoons butter
2 tablespoons all-purpose flour
2 cups beef or vegetable broth
1/2 cup heavy cream
Salt and pepper to taste
Lingonberry sauce (or cranberry sauce) for serving
Chopped fresh parsley for garnish



*We recommend
meatballs served
with potatoes and
vegetables!*

1. **Soak Breadcrumbs:** Mix breadcrumbs and milk in a small bowl. Let them soak for a few minutes.

2. **Mix Meatball Ingredients:** In a big bowl, mix ground meat, soaked breadcrumbs, chopped onion, egg, salt, and pepper. Use your hands to mix well.

3. **Shape Meatballs:** Form small meatballs, about 1 inch each.

4. **Cook Meatballs:** Cook meatballs in a skillet with a little oil. They're ready when browned and cooked through. Put them aside.

5. Making the Sauce:

Make Roux: In the same skillet, melt butter over medium heat. Add flour and stir for a minute to make a smooth mixture.

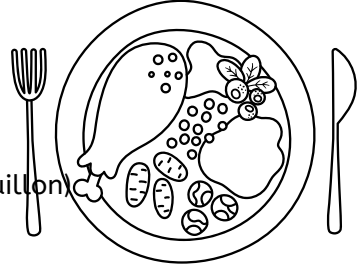
Add Liquids: Gradually pour in broth while stirring. Then add heavy cream, and let it simmer for a few minutes until it becomes a creamy sauce.

Season: Add a pinch of salt and pepper for flavor.

Chicken Plov

Ingredients

- 1 cup** long-grain white rice
- 1 lb. (450 g)** chicken breasts or thighs, boneless and skinless, cut into bite-sized pieces
- 1** large onion, finely chopped
- 2** medium carrots, peeled and grated
- 2** garlic cloves, minced
- 2 tbsp.** vegetable oil or butter
- 2 cups** chicken broth (or water with chicken bouillon)
- 1 tsp.** ground cumin
- 1 tsp.** ground coriander
- ½ tsp.** ground paprika
- Salt and pepper to taste
- Fresh parsley or cilantro for garnish (optional)



1. Rinse rice under cold water until the water runs clear.
2. In a large skillet or pot, heat vegetable oil or butter over medium heat. Add chopped onions and sauté until translucent.
3. Add minced garlic and grated carrots to skillet. Cook for a few minutes until carrots begin to soften.
4. Add chicken pieces to skillet. Cook until chicken is browned on all sides.
5. Stir in cumin, coriander, paprika, salt, and pepper. Mix well to evenly coat the chicken and vegetables with the spices.
6. Add the rinsed rice to the skillet and stir to combine with the chicken and vegetables.
7. Pour in chicken broth (or water with chicken bouillon) over rice and chicken. Bring the mixture to a boil.
8. Once boiling, reduce the heat to low, cover the skillet with a tight-fitting lid, and let simmer for 15-20 minutes until rice is cooked and liquid is absorbed.
9. Once rice is cooked, remove skillet from heat and let sit, covered, for 5 minutes to allow flavors to meld.
10. Fluff rice with a fork and garnish with fresh parsley or cilantro if desired.

Paprikahendl

Ingredients

- 2 chicken breasts, boneless and skinless, cut into bite-sized pieces
- 1 onion finely, chopped
- 2 garlic cloves, minced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 2 **tbsp.** vegetable oil
- 2 **tbsp.** sweet paprika powder
- 1 **cup** chicken broth
- ½ **cup** sour cream
- Salt and pepper to taste
- Cooked rice or egg noodles (for serving)



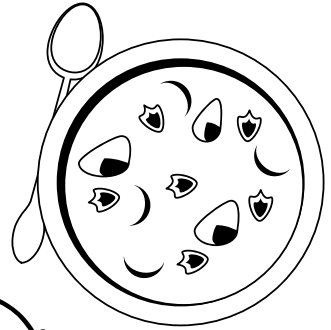
Sweet paprika powder is not spicy like regular paprika. It is common in grocery stores across Kingston

1. In a large skillet or pan, heat vegetable oil over medium heat.
2. Add chopped onion and minced garlic to pan. Cook until onion becomes translucent and garlic is fragrant.
3. Add chicken pieces to pan and season with salt and pepper. Cook chicken until browned on all sides.
4. Sprinkle sweet paprika powder over chicken and stir to coat chicken evenly.
5. Add sliced red and yellow bell peppers to pan. Cook for a few minutes until peppers are slightly softened.
6. Pour chicken broth into pan and bring to a simmer. Let cook for 10-15 minutes until chicken reaches an internal temperature of **165°F / 74°C**.
7. Reduce heat to low and stir in sour cream. Make sure sour cream is well incorporated into sauce, creating a creamy texture.
8. Taste and adjust the seasoning with more salt and pepper if needed.
9. Serve paprikahendl over cooked rice or egg noodles.

Gazpacho

Ingredients

- 4 large ripe tomatoes, cored and roughly chopped
- 1 cucumber, peeled and roughly chopped
- 1 red bell pepper, cored, seeded, and roughly chopped
- 1 small red onion, roughly chopped
- 2 cloves garlic, minced
- 3 cups tomato juice or vegetable broth
- 1/4 cup extra-virgin olive oil
- 2 tablespoons red wine vinegar or apple cider vinegar
- Salt and pepper to taste



Optional toppings:
diced cucumbers,
bell peppers, red
onion, croutons,
fresh herbs

1. Using a blender or food processor, combine the chopped tomatoes, cucumber, red bell pepper, red onion, and minced garlic.
2. Blend the vegetables until they are finely chopped and well combined. You can blend to your desired consistency – some people like it completely smooth, while others prefer a bit of texture.
3. Gradually add the tomato juice or vegetable broth while blending, until the mixture reaches your desired soup consistency. You might not need to use all of the liquid, so add it in stages.
4. With the blender running, drizzle in the olive oil and red wine vinegar. This will help emulsify the soup and give it a nice flavor.
5. Taste the gazpacho and season with salt and pepper as needed. Remember that chilling the soup will dull the flavors slightly, so don't be afraid to season a bit more than you think.
6. Once the soup is well blended and seasoned, transfer it to a large bowl or container.
7. Cover the container and refrigerate the gazpacho for at least 2 hours, or until it's thoroughly chilled.
8. Before serving, give the gazpacho a good stir. Taste again and adjust the seasoning if necessary.
9. Ladle the chilled gazpacho into bowls. You can garnish with diced cucumbers, bell peppers, red onion, croutons, or fresh herbs if desired.
10. Serve the gazpacho as a refreshing appetizer or light meal.

Middle East & North Africa

Middle Eastern cuisine is a tapestry of enchanting flavors and ancient culinary traditions that span across a diverse region, including countries like Lebanon, Turkey, Iran, Israel, and Egypt.

Renowned for its bold and aromatic dishes, Middle Eastern food captivates the palate with its rich spices, fragrant herbs, and the skillful use of ingredients such as lamb, chicken, grains, legumes, and fresh vegetables. From the smoky and savory delights of grilled kebabs and tender shawarmas to the vibrant mezze spreads featuring hummus, tabbouleh, and baba ganoush, Middle Eastern cuisine combines earthy flavors with tangy accents of lemon, sumac, and pomegranate molasses.

Flatbreads like pita and lavash serve as versatile companions to soak up the delectable flavors, while the sweets such as baklava and halva offer a blissful finale. With its emphasis on communal dining and hospitality, Middle Eastern cuisine invites one to savor the warmth, richness, and diversity of a truly captivating culinary experience.

Dishes from the Middle East & North Africa

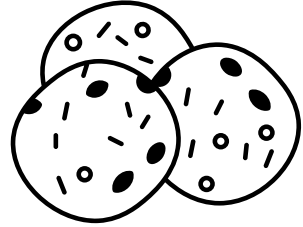


- 1. Falafel**
- 2. Kofta Kebabs**
- 3. Dolma**
- 4. Fattoush**
- 5. Bamyra**
- 6. Chicken Sharwarma**
- 7. Couscous**
- 8. Shakshuka**

Falafel

Ingredients

- 1 can** (15 oz) chickpeas
- 1/4 cup** chopped fresh parsley
- 1/4 cup** chopped onion
- 2-3 cloves** garlic (minced)
- 1 tsp.** ground cumin
- 1 tsp.** ground coriander
- 1/2 tsp.** salt
- 1/4 tsp.** black pepper
- 1/4 tsp.** baking soda
- 2 tbsp.** all-purpose flour
- 2 tbsp.** oil (for frying)



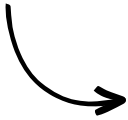
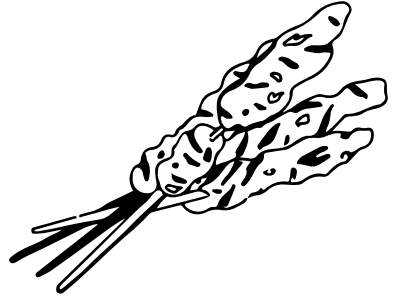
You can bake the falafels instead of frying them

1. In a food processor, combine the chickpeas (drained and rinsed), chopped parsley, chopped onion, minced garlic, ground cumin, ground coriander, salt, black pepper, and baking soda. Pulse until the mixture is blended but not completely smooth.
2. Transfer the mixture to a bowl and stir in the all-purpose flour.
3. Form small balls from the mixture (2 inches in diameter)
4. In a frying pan, heat the olive oil over medium heat.
5. Carefully place the falafel ball in the hot oil and cook for about 3-4 minutes on each side, or until they are golden brown and crispy.
6. Once cooked, remove the falafel from the pan and place them on a plate lined with paper towels to absorb any excess oil.
Serve the falafel hot with pita bread, hummus, and/or tahini sauce.

Kofta Kebabs

Ingredients

- 1 lbs** ground beef
- 1** small onion (finely minced)
- 2** cloves garlic (minced)
- 2 tbsp.** chopped fresh cilantro
- 1 tsp.** ground cumin
- 1 tsp.** ground paprika
- 1/2 tsp.** ground coriander
- Salt and pepper, to taste
- Skewers (metal or wooden, soaked in water if wooden)
- Olive oil, for brushing



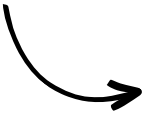
Instead of beef you
can use chicken or
lamb

1. Preheat your grill or pan over medium-high heat.
2. In a mixing bowl, combine the ground meat, grated onion, minced garlic, chopped parsley or cilantro, ground cumin, ground paprika, ground coriander, salt, and pepper.
3. Mix the ingredients thoroughly using your hands until well combined.
4. Take a portion of the mixture and shape it around a skewer, forming a long sausage-like shape. Repeat with the remaining mixture.
5. Brush the kofta kebabs with a little olive oil to prevent sticking.
6. Place the kofta kebabs on the preheated grill or grill pan. Cook for about 4-5 minutes on each side, or until the kebabs are cooked through.
7. Once cooked, remove the kofta kebabs from the grill and let them cool.
8. Serve the kofta kebabs with pita bread or rice.

Fattoush

Ingredients

- 2 pieces** of pita bread
- 3 tbsp.** olive oil
- 2 tbsp.** lemon juice
- 1/2 tsp.** za'atar seasoning
- 1/4 tsp.** garlic powder
- 1** cucumber, chopped (cubes)
- 1** tomato, chopped (cubes)
- 1/4 cup** cilantro (chopped)
- 4 cups** chopped romaine lettuce



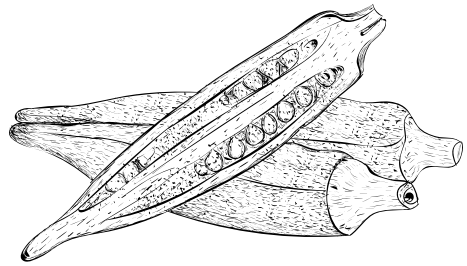
Shams Mart sells
za'atar seasoning

1. Heat the oven to 350 degrees. Cut the the pita bread in half (two semi-circles) and then cut it again form four triangles with each semi-circle.
2. Place pita triangles onto a single layer of parchment paper. Drizzle 1 tablespoon of olive oil over the pita triangles and add a dash of salt.
3. Bake for 5 minutes until the pita is crisp.
4. Then in a bowl add the rest of the olive oil, lemon juice, za'atar seasoning, and garlic powder. Whisk together to form the dressing.
5. In a separate bowl, add the cut cucumber, tomato, cilantro, romaine lettuce, and pita chips.
6. Drizzle with dressing and serve.

Bamya

Ingredients

- 1 lbs** fresh okra, washed and trimmed
- 1** onion (finely chopped)
- 2** cloves garlic (minced)
- 2** medium tomatoes (chopped)
- 2 tbsp.** olive oil
- 1 tsp.** ground cumin
- 1 tsp.** ground coriander
- 1/2 tsp.** paprika
- Salt and pepper, to taste
- 1** lemon (juiced)
- Chopped fresh cilantro for garnish



You can find Okra
at Metro

1. Heat the olive oil in a pot over medium heat. Add the chopped onions and sauté till it turns light brown. Add the minced garlic and sauté for another minute.
2. Add the chopped tomatoes to the pot and cook for a few minutes until they start to break down.
3. Stir in the ground cumin, ground coriander, paprika, salt, and pepper. Mix well.
4. Add the trimmed okra to the pot and gently stir to combine with the spices and vegetables.
5. Cover the pot and let the okra cook for about 10-15 minutes, stirring occasionally to prevent sticking.
6. Once the okra is tender and the stew has thickened, squeeze in the juice of one lemon to add a tangy flavor. Adjust the seasoning if needed.
7. Remove the pot from heat
8. Garnish with chopped fresh cilantro and serve with rice or bread.

Chicken Shawarma

Ingredients

- 1 lbs** boneless, skinless chicken thighs or breasts, sliced into thin pieces
- 1/4 cup** plain yogurt
- 2 tbsp.** olive oil
- 2** small cloves garlic, minced
- 1 tbsp.** lemon juice
- 1 tsp.** ground cumin
- 1 tsp.** ground coriander
- 1 tsp.** ground paprika
- 1/2 tsp.** ground turmeric
- 1/2 tsp.** ground cardamon
- 1/4 tsp.** ground cayenne pepper
- Salt and pepper, to taste
- 2-3** pita breads
- Any veggies and sauces (optional)



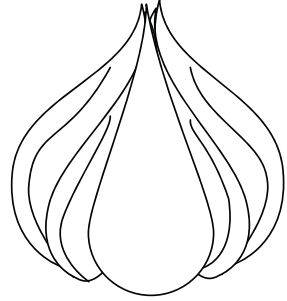
Customize the recipe by adding your favorite veggies and sauces

1. Add the sliced chicken into a bowl. Then, add yogurt, 1 tbsp of olive oil, minced garlic, lemon juice, cumin, coriander, paprika, turmeric, cardamon, cayenne pepper, salt, and pepper. Mix together making sure all of the chicken is coated in the marinade.
2. Cover the bowl and let it marinate in the refrigerator for at least 1 hour, but preferably longer (up to 8 hours).
3. Preheat a skillet over medium-high heat and add 1 tbsp. of olive oil.
4. Once the pan is hot, add the marinated chicken slices. Cook for about 5-7 minutes, flipping occasionally, until the chicken is cooked through.
5. Warm the pita bread or flatbreads in a separate pan for a minute or two on each side.
6. Assemble the chicken shawarma wraps by placing a generous amount of cooked chicken onto each warm pita bread.
7. Top with your favourite veggies and sauces.
8. Roll up and serve.

Couscous

Ingredients:

- 1 cup** couscous
- 1 ¼ cups** vegetable or chicken broth (or water)
- 1 tbsp.** olive oil
- 1** small onion, finely chopped
- 1** bell pepper, diced
- 1** zucchini, diced
- 1** carrot, diced
- 1** garlic clove, minced
- Salt and pepper to taste
- Fresh parsley or cilantro, chopped (optional)

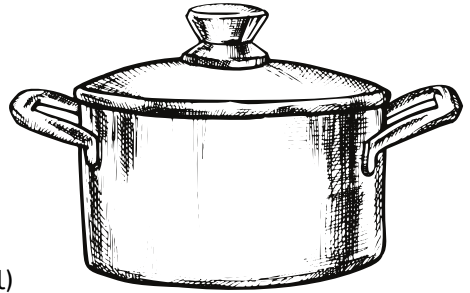


1. In a medium saucepan, bring vegetable or chicken broth (or water) to a boil.
2. In a separate large skillet, heat olive oil over medium heat. Add chopped onion and garlic and sauté for 2-3 minutes until fragrant and slightly softened.
3. Add diced bell pepper, zucchini, and carrot to skillet. Season with salt and pepper. Cook for 5 minutes until vegetables are tender but still slightly crisp.
4. While vegetables are cooking, pour boiling broth (or water) over couscous in a heatproof bowl. Stir briefly, cover bowl with a lid or plate, and let sit for about 5 minutes. The couscous will absorb the liquid and become fluffy.
5. Fluff couscous with a fork and add to skillet with the cooked vegetables. Stir everything together gently to combine.
6. Taste and adjust seasoning with more salt and pepper if needed. If desired, sprinkle some fresh herbs like parsley or cilantro on top for added freshness.
7. Serve the couscous warm as a main dish or as a side dish with grilled chicken, fish, or roasted vegetables.

Shakshuka

Ingredients

- 1 tbsp.** olive oil
- 1** small onion, finely chopped
- 1** bell pepper, diced
- 2** garlic cloves, minced
- 1 tsp.** ground cumin
- 1 tsp.** ground paprika
- ½ tsp.** ground cayenne pepper (optional)
- 1 can (400 g)** crushed tomatoes
- Salt and pepper to taste
- 4-6** eggs
- Fresh parsley or cilantro, chopped (for garnish)
- Crusty bread or pita, for serving



You can add other vegetables such as spinach or zucchini!

1. Heat olive oil in a large skillet or frying pan over medium heat.
2. Add chopped onion and bell pepper to pan and sauté until begin to soften, about 5 minutes.
3. Stir in minced garlic, cumin, paprika, and cayenne pepper (if using). Cook for 1 minute to toast the spices and release their flavors.
4. Pour in crushed tomatoes and season with salt and pepper. Stir and let the mixture simmer for about 10 minutes, allowing flavors to meld together.
5. Make small wells in the tomato mixture with a spoon and crack eggs into wells. Cover pan and cook for 5-8 minutes until the eggs are cooked to your liking.
6. Remove pan from heat and garnish with fresh parsley or cilantro.
7. Serve shakshuka hot with crusty bread or pita on the side for dipping and scooping up sauce.

Africa

African cooking encompasses a rich tapestry of diverse and vibrant culinary traditions across the vast continent. It is characterized by a harmonious blend of indigenous ingredients, regional spices, and cooking techniques that reflect the cultural, historical, and ecological diversity of the various African nations.

From the fiery and aromatic flavors of North African cuisine with its couscous, tagines, and harissa, to the bold and hearty stews and grilled meats of West Africa, the delicate and nuanced flavors of East African dishes like injera and biryani, and the soulful and spicy dishes of Southern Africa, African cooking celebrates the abundance of locally sourced ingredients such as grains, vegetables, tubers, legumes, fish, meat, and exotic spices.

With its colorful array of flavors, textures, and communal dining traditions, African cooking embodies a deep sense of community, heritage, and the vibrant spirit of the continent.

Dishes from Africa



- 1. Jollof Rice**
- 2. Maafe**
- 3. Bobotie**
- 4. Bunny Chow**

Jollof Rice

Ingredients

- 2 cups** long-grain rice
- 1** medium-sized onion, finely chopped
- 2-3** medium-sized tomatoes, finely chopped
- 1** red bell pepper, blended or finely chopped
- 1** green bell pepper, finely chopped
- 2** garlic cloves, minced
- 2 tbsp.** tomato paste
- 2 tbsp.** vegetable oil
- 1 tsp.** curry powder
- 1 tsp.** thyme
- 1 tsp.** paprika
- 1 tsp.** dried thyme
- 1 tsp.** dried basil
- 1** bay leaf
- 2 cups** vegetable or chicken broth
- Salt and pepper to taste
- 1-2 scotch bonnet peppers (optional)
- 1 cup mixed vegetables (optional)



1. Rinse rice until water runs clear. Drain and set aside.
2. Heat vegetable oil in a large pot or Dutch oven over medium heat.
3. Add onions and garlic to pot and sauté until onions are translucent.
4. Add blended or finely chopped tomatoes and red bell pepper to pot. Cook for 5 minutes, stirring occasionally.
5. Stir in tomato paste, curry powder, paprika, thyme, basil, bay leaf, and a pinch of salt and pepper. Cook for 2-3 minutes to allow the flavors to meld.
6. Add rice to pot and stir well to coat grains.
7. Pour in vegetable or chicken broth, covering rice by about ½ inch. Add mixed vegetables if using.
8. Add green bell pepper and scotch bonnet peppers (if using).
9. Bring mixture to a boil, then reduce heat to low and cover pot with a tight-fitting lid. Allow rice to simmer for 20-25 minutes until liquid is absorbed and rice is cooked through. Avoid stirring the rice.
10. Once rice is cooked, remove from heat and let sit, covered, for 5 minutes.
11. Fluff rice with a fork and remove the bay leaf before serving.

Maafe

Ingredients

- 1 ½ lbs. (700 g)** chicken or beef, cut into bite-sized pieces
- 1** onion, chopped
- 2** garlic cloves, minced
- 1 tbsp.** vegetable oil
- 1 cup** peanut butter (smooth or chunky)
- 2 cups** chicken or beef broth
- 2** medium-sized carrots, peeled and sliced
- 2** medium-sized potatoes, peeled and diced
- 1** red bell pepper, diced
- 1 can (14 oz./400 g)** diced tomatoes
- Salt and pepper to taste
- Cooked rice, to serve

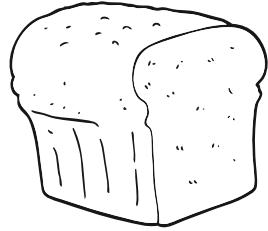


1. In a large pot or Dutch oven, heat vegetable oil over medium heat. Add onions and garlic and sauté until onions are translucent and fragrant.
2. Add chicken or beef pieces to pot and brown on all sides.
3. Stir in peanut butter, ensuring meat is evenly coated.
4. Gradually pour in chicken or beef broth while stirring continuously.
5. Add diced tomatoes, carrots, potatoes, and red bell pepper to pot. Stir well to combine.
6. Season with salt and pepper to taste.
7. Reduce heat to low, cover pot, and simmer for 30-40 minutes until meat reaches an internal temperature of **165°F / 74°C** and vegetables are tender.
8. While simmering, prepare rice according to the package instructions or your preferred method.
9. After 30-40 minutes, taste and adjust seasonings if necessary.
10. Garnish with chopped cilantro or peanuts if desired.

Bobotie

Ingredients

- 2 lbs. (900 g)** ground beef or lamb
- 1** onion, finely chopped
- 2** bread slices
- 1 cup** milk
- 2 tbsp.** vegetable oil
- 2 tbsp.** curry powder
- 1 tbsp.** apricot jam (or any other fruit jam)
- 2 tbsp.** lemon juice
- 2 tbsp.** chutney (optional)
- 1 tsp.** ground turmeric
- 1 tsp.** ground cinnamon
- 2** eggs
- Salt and pepper to taste
- ¼ cup** raisins (optional)
- ¼ cup** slivered almonds (optional)



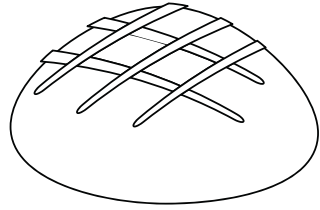
Serve with rice, mango chutney or tomato salsa!

1. Preheat oven to 180°C (350°F).
2. In a bowl, soak bread slices in milk until softened. Squeeze out the excess milk and set bread aside.
3. Heat oil in a large skillet over medium heat. Add the chopped onion and cook until translucent.
4. Add ground beef (or lamb) to skillet and cook until browned, breaking up with a wooden spoon as it cooks.
5. Stir in curry powder, turmeric, cinnamon, lemon juice, chutney (if using), apricot jam, salt, and pepper. Cook for 2-3 minutes to allow the flavors to combine.
6. Crumble soaked bread into skillet and mix well. If using raisins and slivered almonds, add to mixture. Remove from heat.
7. In a separate bowl, whisk together 2 eggs and 1 cup of milk for the topping. Add a pinch of salt and mix well.
8. Transfer meat mixture into a greased baking dish and spread evenly.
9. Pour milk and egg mixture over meat mixture in baking dish, allowing it to cover top completely.
10. Place baking dish in preheated oven and bake for 30-40 minutes until the topping is set and golden brown.
11. Once cooked, remove from oven and let cool for a few minutes,

Bunny Chow

Ingredients

- 4 small bread rolls (preferably round)
- 1 **tbsp.** vegetable oil
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 **tbsp.** curry powder (to taste)
- 1 **tsp.** ground cumin
- 1 **tsp.** ground coriander
- ½ **tsp.** turmeric
- ½ **tsp.** chili powder (optional)
- 1 medium-sized potato, peeled and diced
- 1 carrot, peeled and diced
- 1 **cup** canned chickpeas, drained and rinsed
- 1 **cup** canned diced tomatoes
- Salt, to taste
- Fresh cilantro, chopped (for garnish)



This recipe is quite versatile, and you can customize it by adding other vegetables or proteins like peas, bell peppers, or cooked chicken.



1. Hollow out bread rolls, creating a cavity in the center to hold the curry. Keep the scooped-out bread for serving or snacking later.
2. Heat vegetable oil in a large pan or pot over medium heat. Add chopped onion and minced garlic and sauté until the onion becomes translucent and slightly golden.
3. Add curry powder, cumin, coriander, turmeric, and chili powder (if using) to pan. Stir well and cook for 1 minute to release flavors.
4. Add diced potato and carrot to pan. Stir to coat and cook for 2-3 minutes.
5. Pour in canned chickpeas and diced tomatoes. Stir everything together, then cover the pan and simmer for 15-20 minutes until vegetables are tender. If mixture becomes too dry, add a little water.
6. Taste curry and season with salt to taste. The bread will absorb some of the flavors, so it's good to have a slightly stronger seasoning.
7. Once curry is ready, spoon it into hollowed-out bread rolls, filling generously.
8. Garnish with freshly chopped cilantro and serve immediately. Enjoy the Bunny Chow as is or with a side of chutney or pickles.

East Asia

East Asian cuisine showcases a captivating tapestry of culinary traditions that span across countries like China, Japan, Korea, and Taiwan, offering a rich and diverse array of flavors, techniques, and ingredients.

From the delicate balance of flavors in Chinese cuisine, with its aromatic stir-fries, steamed dumplings, and complex sauces, to the artful precision of Japanese cuisine, highlighted by fresh sushi, sashimi, tempura, and the umami-rich flavors of miso and soy sauce, and the bold and spicy flavors of Korean cuisine, featuring kimchi, barbecued meats, and hearty stews, East Asian food is characterized by a harmonious blend of ingredients, meticulous preparation, and attention to detail.

With a strong emphasis on freshness, seasonality, and visual presentation, East Asian cuisine tantalizes the palate with its vibrant flavors, contrasting textures, and a wide range of dishes that reflect the deep-rooted culinary traditions and cultural heritage of the region.

Dishes from East Asia



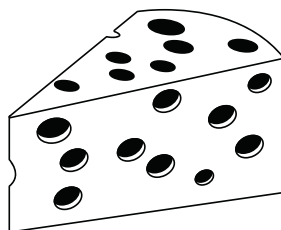
1. **Spicy and Cheesy Tteokbokki**
2. **Bulgogi**
3. **Bibimbap**
4. **Yaki Udon**
5. **Teriyaki**
6. **Mapo Tofu**

Spicy and Cheesy Tteokbokki

Ingredients

Frozen rice cakes
1.5-2 tbsp. gochujang
1 tbsp. soy sauce
1 tbsp. minced garlic
1 tbsp. honey
1 cup grated cheese
1 green onion, chopped

You can buy rice cakes from Kingston stores such as J&K supermarket or Kingston Asian super on Princess street



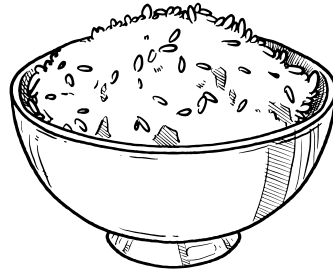
You can add more gochujang to make it spicier, or less to make it more mild!

1. Soak frozen rice cakes in warm water for a few minutes until soft or as directed on packaging.
2. Heat vegetable oil in a pan over low heat. Once hot, add rice cakes for 5-10 minutes.
3. In a bowl, combine gochujang, soy sauce, garlic and honey.
4. Once rice cakes are done, add the sauce into pan and mix.
5. After sauce is well combined with your rice cakes, reduce temperature to low.
6. Add cheese to the rice cake-sauce mixture to melt and cover.
7. Once the cheese is melted, top with green onions if desired.

Bibimbap

Ingredients

1 cup rice, uncooked
Vegetable oil
½ cup carrots, thinly sliced
½ cup mushrooms, sliced
½ cup bean sprouts
½ cup spinach
2 tbsp. soy sauce
1 tbsp. sesame oil
1 garlic clove, minced
2 eggs
Salt and pepper to taste
Kimchi, sliced cucumbers, sliced green onions, sesame seeds (optional)



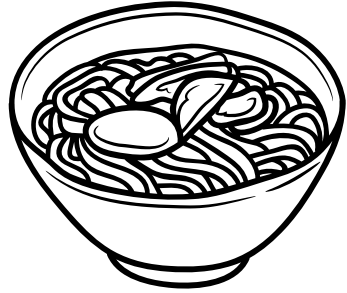
There are lots of variations of this meal - you can add what you want!

1. Prepare 1 cup of rice according to the package instructions.
2. Heat 1 tbsp. vegetable oil in a pan over medium heat. Add carrots and mushrooms and sauté until slightly softened. Season with salt and pepper to taste. Set aside.
3. Blanch bean sprouts in boiling water for 1-2 minutes until slightly tender. Drain and rinse with cold water. Season with salt and sesame oil. Set aside.
4. Blanch spinach in boiling water for 30 seconds. Drain and rinse with cold water. Squeeze out excess water and season with salt, minced garlic, and sesame oil. Set aside.
5. In a non-stick pan, heat 1 tsp. vegetable oil over medium heat. Crack eggs into pan and cook them sunny-side-up. Set aside.
6. Place the cooked rice in a bowl as the base. Arrange vegetables on top of rice. Add cooked egg on one side of the bowl. Add any additional toppings such as kimchi, sliced cucumbers, sliced green onions, or sesame seeds.
7. Drizzle the Bibimbap with soy sauce and sesame oil. Mix all the ingredients together thoroughly.

Yaki Udon

Ingredients

- 8 oz. (225 g)** udon noodles
- 2 tbsp.** vegetable oil
- 2** garlic cloves, minced
- 1** small onion, thinly sliced
- 1** carrot, julienned
- 1** bell pepper, thinly sliced
- 4 oz. (113 g)** cabbage, thinly sliced
- 4 oz. (113 g)** protein of choice (chicken, beef, or tofu)
- 2 tbsp.** soy sauce
- 1 tbsp.** Worcestershire sauce
- 1 tbsp.** ketchup
- 1 tbsp.** oyster sauce (optional)
- Salt and pepper to taste
- Green onions, chopped (for garnish)

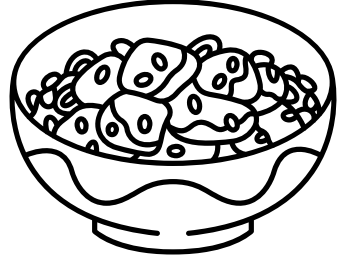


1. Cook udon noodles according to the package instructions. Drain and set aside.
2. Heat vegetable oil in a large pan or wok over medium-high heat.
3. Add minced garlic and sauté for 30 seconds until fragrant.
4. Add onion, carrot, and bell pepper to pan. stir-fry for 2-3 minutes until vegetables start to soften.
5. Push vegetables to one side of the pan and add protein (chicken, beef, or tofu) to the other side. Cook until protein is cooked throughout.
6. Add sliced cabbage and stir-fry for 1-2 minutes until cabbage wilts.
7. Add cooked udon noodles to pan and mix.
8. In a small bowl, mix soy sauce, Worcestershire sauce, ketchup, oyster sauce (if using). Pour sauce over noodles and stir-fry for 2-3 minutes until everything is well coated and heated throughout.

Teriyaki

Ingredients

- 2 chicken breasts, boneless and skinless, sliced
- $\frac{1}{4}$ cup soy sauce
- $\frac{1}{4}$ cup water
- 2 tbsp. brown sugar
- 2 tbsp. honey
- 2 tbsp. mirin (Japanese rice wine)
- 1 tbsp. vegetable oil
- 2 garlic cloves, minced
- 1 tsp. grated ginger
- 1 tbsp. cornstarch
- 1 tbsp. water
- Sesame seeds, chopped green onions (optional)



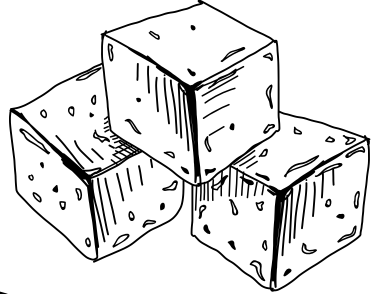
You can use chicken, beef, pork, salmon or tofu!

1. In a bowl, whisk together soy sauce, water, brown sugar, honey, and mirin until well combined.
2. In a large skillet or frying pan, heat vegetable oil over medium heat. Add garlic and ginger and sauté for 1 minute until fragrant.
3. Add chicken to pan and cook 5-6 minutes until browned on all sides.
4. Pour teriyaki sauce over chicken. Stir well to coat chicken evenly.
5. In a small bowl, mix together the cornstarch and water to make a slurry. Add slurry to the pan and stir it into sauce. Cook for 1-2 minutes until sauce thickens.
6. Remove pan from heat. Serve chicken teriyaki over steamed rice or noodles. Garnish with sesame seeds and chopped green onions, if desired.

Mapo Tofu

Ingredients

- 1 block** of firm tofu
- 2 tbsp.** vegetable oil
- 2** garlic cloves, minced
- 1 tbsp.** ginger, grated
- 2 tbsp.** fermented black beans, rinsed and mashed (optional)
- 2 tbsp.** chili bean sauce (also known as doubanjiang)
- ½ cup** vegetable broth or water
- 2 tbsp.** soy sauce
- 1 tsp.** sugar
- 1 tsp.** cornstarch, dissolved in 2 tbsp. water
- 2** green onions, chopped (for garnish)



*Some people add
ground pork to this
recipe!*

1. Cover tofu in paper towels and gently press down to remove excess moisture. Let sit for 10-15 minutes. Cut into small cubes.
2. Heat vegetable oil in a large skillet or wok over medium heat. Add garlic and ginger. Stir-fry for 1 minute until fragrant.
3. Add mashed fermented black beans (if using) and chili bean sauce to skillet. Stir-fry for 1 minute to release flavors.
4. Add tofu cubes to skillet and gently stir to coat with sauce. Avoid breaking tofu.
5. Pour in vegetable broth or water, soy sauce, and sugar. Stir gently to combine ingredients. Simmer for 5-7 minutes to allow the flavors to meld together.
6. Stir in cornstarch mixture to thicken sauce. Continue cooking for 2-3 minutes until sauce has thickened.
7. Remove from heat and garnish with chopped green onions.

South Asia

The culinary traditions of South Asia offer a captivating fusion of flavors, spices, and vibrant dishes that showcase the region's rich cultural heritage.

Spanning countries such as India, Pakistan, Bangladesh, Sri Lanka, and Nepal, South Asian cuisine is known for its bold, aromatic curries, tandoori-grilled meats, fragrant rice dishes, and an exquisite variety of vegetarian options. The use of a diverse array of spices, such as turmeric, cumin, coriander, cardamom, and chili, infuses the food with distinct and complex flavors. South Asian cuisine also features a wide range of bread, including naan, roti, and paratha, which are perfect for scooping up flavorful curries.

From the creamy indulgence of Mughlai cuisine to the fiery heat of Southern Indian dishes, South Asian cuisine delights the senses with its layers of flavors, textures, and a culinary legacy that spans centuries.

Dishes from South Asia

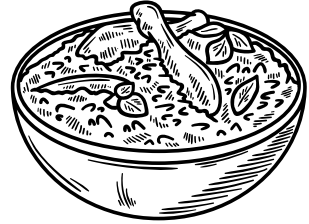


- 1. Chicken Biryani**
- 2. Lamb Curry**
- 3. Butter Chicken**
- 4. Samosas**
- 5. Paneer Korma**
- 6. Kheer**
- 7. Gulab Jamun**

Chicken Biryani

Ingredients

1 cup Basmati rice
2 cups water
1/2 tsp. salt
1 lb chicken, cut into pieces
1 onion, thinly sliced
2 tsp. biryani seasoning powder
1 tsp. minced ginger
1 tsp. minced garlic
1/4 cup plain yogurt
2 tbsp. cooking oil
Fresh coriander leaves for garnish



You can substitute chicken for your choice of protein

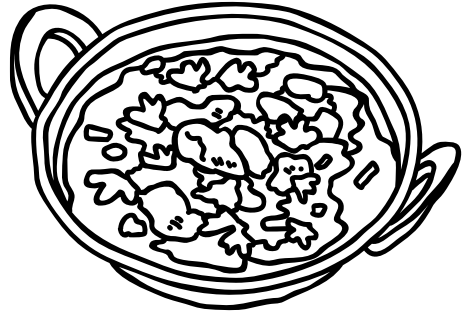
Namaste India
Supermarket sells
biryani seasoning
powder.

1. Rinse the rice under cold water until it's clear. In a pot, bring 2 cups of water to a boil. Add the soaked and drained rice and salt. Cook until rice is about 70% cooked. Drain and set aside.
2. In a pan, heat oil over medium heat. Add sliced onions and sauté until golden brown. Remove half of the fried onions and set aside.
3. Add ginger and garlic paste to the pan, sauté for a minute. Add biryani seasoning and cook briefly.
4. Add the chicken and cook until it's no longer pink on the outside.
5. Stir in plain yogurt and let it simmer for about 10 minutes.
6. Layer half of the partially cooked rice in the pan. Add the cooked chicken and gravy on top.
7. Layer the remaining rice over the chicken. Add the reserved fried onions on top.
8. Cover the pan with a tight-fitting lid. Cook on low heat for 20-25 minutes. Once done, gently mix the layers. Garnish with fresh coriander leaves and serve.

Lamb Curry

Ingredients

- ¼ cup** oil
- 1 lb** lean lamb, cubed
- 2** medium onions
- 2** medium tomatoes
- ¼ tsp.** pepper
- ¼ tsp.** salt
- ½ tsp.** turmeric powder
- ½ tsp.** paprika
- ¼ tsp.** cloves
- ¼ tsp.** cumin
- ¼ tsp.** fresh grated ginger
- ½ cup** plain yogurt
- ½ cup** water



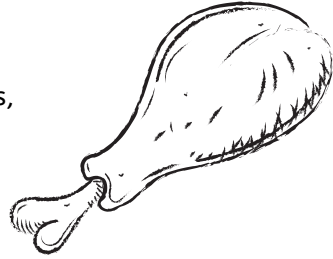
Can substitute yogurt
for sour cream

1. Heat oil in large pot or pressure cooker with a tight lid.
2. Add onions and cook gently for 3 minutes. Add spices, salt and pepper and lamb and cook, gently stirring for 10 minutes.
3. Add yogurt or sour cream and the peeled and chopped tomatoes and simmer for 10 minutes.
4. Add water. Cover tightly and simmer until meat is tender, 1 - 1 ½ hours, or pressure cook for 25 minutes.
5. Serve with rice and garnish with coriander leaves if desired.

Butter Chicken

Ingredients

- 1 tbsp.** oil
- 1 tbsp.** butter
- 1** medium onion (diced)
- 1 tsp.** ginger paste
- 2-3 cloves** garlic (minced or paste)
- 1 ½ lbs** of boneless, skinless chicken breasts, cut into $\frac{3}{4}$ -inch chunks
- 4 tbsp.** of tomato paste
- 1 tbsp.** garam masala
- 1 tsp.** of chili powder
- 1 tsp.** cumin
- 1 tsp.** salt
- 1/4 tsp.** black pepper
- 1 cup** heavy cream



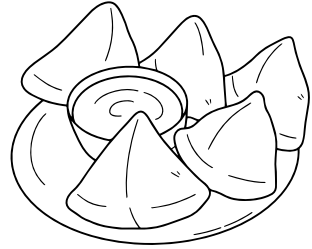
Namaste India
Supermarket sells
garam masala and if
not omit from recipe

1. Heat oil and butter in a large pan over medium heat. Add the finely chopped onion and sauté until it turns golden brown.
2. Add the ginger paste and garlic paste. Sauté for another minute.
3. Add the chicken that is cut into $\frac{3}{4}$ -inch chunks, tomato paste, and let it simmer for 1 minute.
4. Then, add garam masala, chilli powder, cumin, and salt. Cook until everything is cooked through 7-8 minutes.
5. Add the heavy cream and simmer for 8-10 minutes stirring occasionally.
6. Serve over Basmati rice or alongside naan.

Samosas

Ingredients

2 cups all-purpose flour
1/4 cup vegetable oil
1/2 tsp. salt
1/2 cup water (approximately, for dough)
2 medium potatoes
1/2 cup peas
1 tsp. cumin seeds
1 tsp. grated ginger
1 tsp. garam masala
1/2 tsp. turmeric powder
1 tsp. red chili powder
Oil for frying



You can replace the potato-pea mixture for a potato-chicken mixture

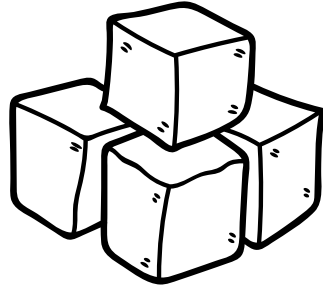
Namaste India
Supermarket sells garam masala and if not omit from recipe

1. In a mixing bowl, combine the all-purpose flour, salt, and vegetable oil. Add water and knead to form a firm dough. Cover the dough with a damp cloth and let it rest for about 30 minutes.
2. Heat a tablespoon of oil in a pan over medium heat. Add cumin seeds and let it sizzle. Add grated ginger and peas and sauté.
3. Add rest of spices. Cook for another 2-3 minutes and remove from heat.
4. Divide the dough into small equal-sized balls and roll into a thin circle. Cut the circle in half to form two semi-circles.
5. Take one semi-circle, moisten the straight edge with water, and fold it into a cone shape.
6. Fill the cone with the potato mixture, leaving some space at the top. Moisten the open edge of the cone with water and press it to seal.
7. Repeat the process for all the dough balls. Then, heat oil in a deep pan over medium heat and add in the samosas. Fry until they are golden brown. Once cooked, place them on a paper towel-lined plate to drain excess oil.
8. Serve with some chutney or any dipping sauce.

Paneer Korma

Ingredients

250g paneer cubed
1 onion, finely chopped
2 tomatoes, pureed
2 tablespoons of oil
1 tsp. ginger paste
1 tsp. garlic paste
1/4 tsp. turmeric powder
1/2 tsp. red chili powder
1 tsp. ground coriander
1/2 tsp. garam masala
1/4 cup heavy cream
Salt to taste
Chopped cilantro for garnishing



Paneer can be substituted with cubed cottage cheese.

Namaste India Supermarket sells garam masala and if not omit from recipe

1. Heat oil in a large pan over medium heat. Add the finely chopped onion and sauté until it turns golden brown. Then, add the ginger paste and garlic paste. Sauté for another minute.
2. Pour in the tomato puree. Add the turmeric powder, red chili powder, ground coriander, and garam masala. Mix well and cook for another 2-3 minutes.
3. Reduce the heat to low and mix in heavy cream. Let it simmer for a few minutes. Then, add the cubed paneer and gently stir to coat the paneer with the mixture.
4. Season with salt according to your taste.
5. Cover the pan and let the paneer cook in the masala for about 5-7 minutes. Then, remove from heat and garnish with chopped cilantro.
6. Serve the Paneer Korma hot with rice, naan, or roti.

Kheer

Ingredients

1/2 cup basmati rice, washed and drained

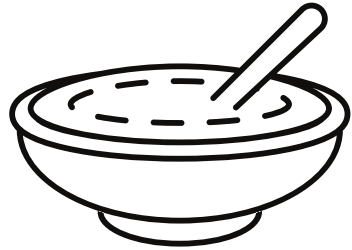
4 cups milk

1/4 cup sugar

1/4 tsp. cardamom powder

A pinch of saffron strands (optional)

Chopped nuts (such as almonds, cashews, and pistachios) for garnishing



Namaste India
Supermarket sells
cardamom powder and
saffron strands

1. Wash rice well.
2. In a large, non-stick saucepan boil milk and rice over high heat.
3. As soon as milk starts to boil, reduce heat to medium. Stir constantly until rice is cooked.
4. Add evaporated milk and cook for 15 to 20 minutes.
5. Add cardamom powder, saffron (optional), sugar and pistachio nuts.
6. Keep boiling until the mixture is thick.
7. Can be served hot or cold.

Gulab Jamun

Ingredients

Gulab Jamun mix (available in stores)
Water (as required for making the dough)
Vegetable oil for frying
1 cup sugar
1 cup water
1/4 tsp. cardamom powder
A few saffron strands (optional)



Namaste India
Supermarket sells
instant Gulab Jamun
mix, cardamom
powder, and saffron
strands.

1. In a saucepan, combine sugar and water and stir until the sugar dissolves. Optional: add cardamom powder and saffron strands. Allow the mixture to simmer for about 5-7 minutes until it thickens. Then, remove from heat and set aside.
2. Follow the instructions on the Gulab Jamun mix package to prepare the dough. Once the dough is formed roll them into small smooth balls, without any cracks
3. Heat oil in a deep frying pan over medium-low heat. Carefully place balls into the hot oil, a few at a time. Fry them until they turn golden brown all around.
4. Remove the fried Gulab Jamun using a spoon and drain excess oil by placing them on a paper towel-lined plate.
5. Then, carefully place them into the sugar syrup and allow it to soak in the syrup for at least 1-2 hours.
6. Once soaked, Gulab Jamun are ready to be served. You can serve them warm or at room temperature.

Southeast Asia

South East Asian cuisine is a vibrant and dynamic fusion of diverse culinary traditions that reflect the region's rich history and cultural exchanges.

Known for its harmonious blend of sweet, sour, salty, and spicy flavors, this cuisine showcases a variety of dishes ranging from the aromatic curries of Thailand and the complex flavors of Vietnamese pho to the bold and intricate street foods of Indonesia and the Philippines.

Rooted in Indigenous ingredients like rice, coconut, and aromatic herbs, South East Asian food has been influenced by trade routes, colonization, and cultural exchanges, resulting in a captivating tapestry of dishes that represent the region's unique identity and contribute to its global culinary significance.

Dishes from Southeast Asia



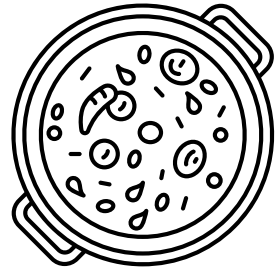
- 1. Thai Red Curry**
- 2. Pad Thai**
- 3. Summer Rolls**
- 4. Phở**
- 5. Nasi Goreng (Fried Rice)**
- 6. Beef Satay**

Thai Red Curry

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, thinly sliced
- 2 garlic cloves, minced
- 1 tablespoon red curry paste (adjust to taste)
- 1 can (13.5 oz) coconut milk (full-fat, unsweetened)
- 1 tablespoon brown sugar (adjust to taste)
- 1 red bell pepper, thinly sliced
- 1 cup mixed vegetables (such as broccoli florets, carrots, and snap peas)
- 1 chicken breast or tofu, diced (optional)
- 1 tablespoon fish sauce (or soy sauce for vegetarian/vegan option)
- Juice of 1 lime
- Fresh cilantro leaves, for garnish
- Cooked rice or noodles, for serving

You can get Thai Red Curry paste at Loblaws



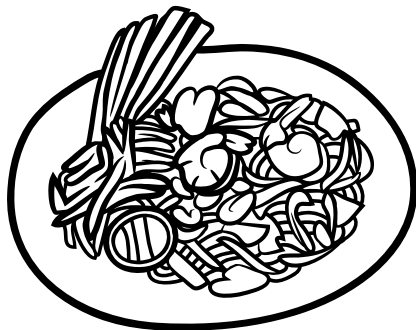
Omit chicken and use soy sauce instead of fish sauce for a vegetarian alternative!

1. Heat the vegetable oil in a skillet over medium heat. Add onions, minced garlic and red curry paste until it is fragrant.
2. Pour in the coconut milk and stir well to combine with the curry paste.
3. Add brown sugar and stir until dissolved. Adjust the amount to your desired sweetness.
4. Once combined, add the tofu or chicken if desired.
5. Toss in the sliced red bell pepper and mixed vegetables. Stir-fry for a few minutes until they start to soften.
6. Add fish sauce (or soy sauce for vegetarian/vegan) for savory flavor. Adjust the amount to your taste.
7. Squeeze in the juice of one lime for a zesty kick and to balance the flavors.
8. Let the curry simmer for a few more minutes to let the flavors meld.

Pad Thai

Ingredients

- 8 oz. (225 g)** rice noodles
- 2 tbsp.** vegetable oil
- 2** garlic cloves, minced
- 1** small onion, finely chopped
- 2** eggs, lightly beaten
- 8 oz. (225 g)** firm tofu, cubed or shrimp
- 1 cup** bean sprouts
- 2** green onions, chopped
- 2 tbsp.** crushed peanuts
- Lime wedges, for serving
- 3 tbsp.** soy sauce
- 2 tbsp.** fish sauce
- 1 tbsp.** tamarind paste
- 1 tbsp.** brown sugar
- ½ tsp.** chili powder (to taste)



Substitute soy sauce for fish sauce for a vegetarian alternative!

1. Cook rice noodles according to the package instructions until al dente. Drain and set aside.
2. In a small bowl, whisk together soy sauce, fish sauce, tamarind paste, brown sugar, and chili powder. Set aside.
3. Heat vegetable oil in a large skillet or wok over medium heat. Add garlic and onion and sauté until fragrant and onion is translucent.
4. Push garlic and onion to one side of pan and pour beaten eggs into the other side. Cook for a few seconds until they start to set, then scramble with a spatula.
5. Add cubed tofu to the skillet and cook until lightly browned and heated through.
6. Add cooked noodles to skillet followed by sauce. Mix until noodles are evenly coated with the sauce.
7. Stir in bean sprouts and cook for 1-2 minutes until begin to soften.
8. Remove from heat and garnish with chopped green onions and crushed peanuts.
9. Serve hot with lime wedges on the side for squeezing over noodles.

Summer Rolls

Ingredients

Rice paper wrappers

1 carrot, julienned

1 cucumber, julienned

1 red bell pepper, julienned

1 cup shredded lettuce or cabbage

Handful of fresh herbs (mint, basil, cilantro)

Rice vermicelli noodles

Choice of protein (shrimp, chicken, or tofu)

Hoisin sauce, peanut sauce, or sweet chili sauce for dipping



You can add cabbage or avocado to your rolls or any meat such as shrimp or chicken.

1. Cook the rice vermicelli noodles according to the package instructions. Drain and set aside.
2. Fill a shallow dish or large plate with warm water. Dip one rice paper wrapper into water for a few seconds until pliable. Remove and place it on a clean surface, such as a cutting board.
3. Add a small amount of lettuce or cabbage in the middle of the wrapper, leaving about an inch of space on either side. Layer a few pieces of carrot, cucumber, bell pepper, herbs, and a small amount of cooked noodles. If you're using protein, add a few pieces.
4. Fold the sides of the wrapper over the filling, then roll it up tightly from the bottom to enclose the filling completely. The rice paper will stick to itself to form a seal.
5. Repeat the process with remaining ingredients. Adjust fillings to your preference and experiment with different combinations.
6. Serve the summer rolls with a dipping sauce of your choice, such as hoisin sauce, peanut sauce, or sweet chili sauce.

Phở

Ingredients

8 cups low-sodium vegetable or chicken broth

2 medium-sized onions, sliced

4 garlic cloves, minced

2 inches fresh ginger, sliced

2 cinnamon sticks

4 whole star anise

4 cups of water

1 tbsp. soy sauce

1 tbsp. hoisin sauce (optional)

8 oz. dried rice noodles

8 oz. firm tofu or choice of protein (chicken, beef, or shrimp), thinly sliced

Bean sprouts (optional)

Fresh basil leaves (optional)

Fresh cilantro leaves (optional)

Lime wedges (optional)

Sriracha or chili sauce (optional)



You can buy broth from the store if you need!

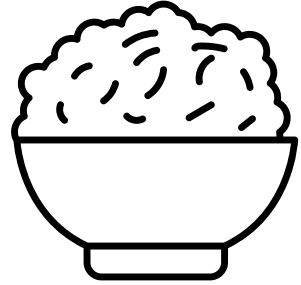
You can also make it vegetarian.

1. In a large pot, add broth, onions, garlic, ginger, cinnamon sticks, star anise, water, soy sauce, and hoisin sauce (if using). Bring mixture to a boil over medium-high heat.
2. Once boiling, reduce heat to low and let simmer for 30 minutes to allow the flavors to develop. Remove and discard cinnamon sticks and star anise using a slotted spoon or strainer.
3. While broth is simmering, prepare rice noodles according to package instructions. Drain and set aside.
4. If using tofu or another protein, cook separately in a skillet until lightly browned or cooked through. Set aside.
5. Divide cooked rice noodles among serving bowls. Top with protein.
6. Ladle the hot broth into bowls.
7. Serve with toppings such as bean sprouts, fresh basil leaves, cilantro leaves, lime wedges, and a side of Sriracha or chili sauce for added flavor.

Nasi Goreng

Ingredients

- 2 cups cooked rice (leftover rice works well)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 small carrot, finely diced
- 1/2 cup frozen peas
- 2 eggs, beaten
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 1 tablespoon sweet soy sauce (kecap manis)
- 1/2 teaspoon ground coriander
- Pinch of ground turmeric (for color)
- Salt and pepper to taste
- Optional: cooked chicken, shrimp, or tofu (for added protein)
- Optional: sliced scallions and fried shallots for garnish



Nasi Goreng is often enjoyed on its own or with a fried egg on top.

1. **Scramble Eggs:** In a large pan or wok, heat a tablespoon of vegetable oil over medium heat. Pour in the beaten eggs and scramble them until cooked. Remove them from the pan and set them aside.
2. **Sauté Aromatics:** In the same pan, add another tablespoon of oil. Sauté the chopped onion and minced garlic until fragrant.
3. **Add Vegetables:** Toss in the diced carrot and frozen peas. Cook for a few minutes until the vegetables are slightly softened.
4. **Add Rice:** Add the cooked rice to the pan. Break up any clumps with a spatula and mix well with the vegetables.
5. **Season and Flavor:** Sprinkle ground coriander and a pinch of turmeric over the rice. Pour the soy sauce and sweet soy sauce (kecap manis) evenly. Mix everything together.
6. **Add Protein (Optional):** If you're using cooked chicken, shrimp, or tofu, add them to the pan and stir-fry until they're heated through.
7. **Add Scrambled Eggs:** Add the scrambled eggs back to the pan. Mix them in with the rice and other ingredients.
8. **Taste and Adjust:** Taste the Nasi Goreng and adjust the seasoning with salt, pepper, and additional soy sauce if needed.
9. **Serve:** Once everything is well combined and heated, remove the pan from the heat. Serve the Nasi Goreng hot.
10. **Garnish (Optional):** If you like, garnish your Nasi Goreng with sliced scallions and fried shallots for extra flavor and crunch.

Beef Satay

Ingredients

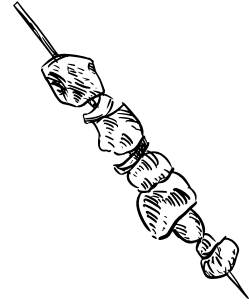
For the marinade add these ingredients to a bowl:

1 pound thinly sliced beef (such as sirloin or flank steak)

- 3 tablespoons soy sauce
- 2 tablespoons vegetable oil
- 1 tablespoon brown sugar
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon turmeric (optional, for color)
- 1 clove garlic, minced
- 1/2 teaspoon grated ginger (or ground ginger)
- Pinch of red pepper flakes

For the peanut sauce whisk these together:

- 1/4 cup peanut butter
- 2 tablespoons soy sauce
- 1 tablespoon lime juice
- 1 tablespoon brown sugar
- 1/4 teaspoon garlic powder
- Water (to thin the sauce)
- Chopped peanuts (for garnish, optional)
- Chopped cilantro (for garnish, optional)



You can buy skewers at the dollarstore. If you're using wooden skewers, make sure to soak them in water for about 30 minutes before using to prevent them from burning.

You can serve the beef with steamed rice or even rice noodles. You can also include some fresh cucumber slices or a simple salad on the side.

1. **Skewer the Beef:** Thread the marinated beef slices onto skewers.
2. **Cook the Beef:** You can grill the skewers on a barbecue, cook them on a grill pan, or even broil them in the oven. Cook for a few minutes on each side until the beef is cooked to your desired level of doneness.

