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**KEY CODE**

**Color Banner:** The color banner at the top of each page indicates the region of the country from which the recipe represents.

**Star:** The starred recipes indicate the dishes that will be featured during the 2020 International Food Days at DC Public Schools Meal Site locations.
Argentinan Alfajores

INGREDIENTS:
600 grams cornstarch
300 grams flour
400 grams unsalted butter
1 tablespoon of baking powder
6 egg yolks
Lemon zest
Dulce de leche spread

DIRECTIONS:
1. Blend the sugar and the soft butter, while beating add the yolks, once blended together add the lemon zest, the flour and the cornstarch, and continue mixing until the dough feels soft and is easy to roll out.
2. Let the dough rest in the fridge for ½ hour.
3. Roll the dough out with a rolling pin and cut with a cookie cutter, place the alfajores in a baking sheet and bake in the oven for 15 minutes only at 300° Fahrenheit.
4. Let dough cool and fill with dulce de leche and then roll in shredded coconut.

DID YOU KNOW?
Argentinians have been enjoying alfajores since the 19th century! It is believed that the name comes from the Arabic word for luxurious.
Australian ANZAC Biscuit

INGREDIENTS:
2 cups rolled oats
3/4 cup all purpose flour
2 tbsp boiling water
1/2 cup desiccated coconut
3/4 cup sugar
125 grams butter
2 tbsp golden syrup
1 tsp baking soda

DIRECTIONS:
1. In a bowl, combine flour, sugar, oats and coconut.
2. In a small saucepan over low heat, melt butter and golden syrup.
3. Dissolve baking soda in boiling water and add to saucepan.
4. Pour mixture into dry ingredients and mix well.
5. Place rolled teaspoonfuls onto lined baking trays.
6. Bake at 310 degrees for 15 minutes or until golden brown.
7. Cool on rack.

ABOUT THIS DISH
ANZAC biscuits are named after the Australian and New Zeland Army Corps who fought during WWI. These biscuits were frequently made by families at home in Australia and shipped to troops over seas.
Belgian Endive Salad

INGREDIENTS:

- 6 endives
- 6 eggs
- 1 pomegranate, seeded
- 2 tbsp chives, finely chopped
- Arugula

- 3 tablespoons of mayonnaise
- 3 tablespoons of sour cream
- 1 lemon
- Pepper and salt, to taste

DIRECTIONS:

1. Boil the eggs for about 10 minutes, peel them and slice.
2. Cut the endives very fine, add some lemon juice.
3. In a large bowl, mix the pomegranate seeds, chives, endives and arugula.
4. In a small bowl, whisk mayonnaise, sour cream, lemon juice and salt and pepper to make a dressing, pour over salad mixture.
5. Serve with bread.

ABOUT THIS DISH

Accidentally discovered by a Belgian farmer in the 1800’s, endives are a leafy vegetable that remain very popular in Belgium.
Brazilian Pão de Queijo

INGREDIENTS:
2 cups tapioca starch
1/3 cup water
1/3 cup milk
1/2 cup vegetable oil
1 teaspoon salt (optional)
2 eggs
6 ounces grated Parmesan cheese

DIRECTIONS:
1. Preheat oven to 375 degrees. Lightly grease a baking sheet.
2. Place tapioca starch and salt in a large bowl.
3. Bring vegetable oil, water, and milk to a boil over medium heat until a white foam appears.
4. Pour milk mixture over tapioca starch and stir until well mixed; allow dough to rest for 15 minutes.
5. Mix eggs and Parmesan cheese into dough.
6. Shape dough into 1 1/2-inch balls and place on prepared baking sheet.
7. Bake in preheated oven until rolls are browned, 15 to 20 minutes.

ABOUT THIS RECIPE
Pão de Queijo is a typical Brazilian snack that can be served for breakfast.
Brazilian
Baião-de-Dois

INGREDIENTS:

1 lb (500 gr) dried black-eyed peas
2 cloves garlic, finely minced
1 large yellow onion, grated
2 tomatoes, peeled, seeded and diced
1 Tbsp. cilantro, finely chopped

3 Tbsp vegetable oil
2 1/2 cups long-grain rice, washed and drained
6 cups (1.5 litres) light chicken, beef or vegetable stock
salt to taste
5 oz. (150 gr) crumbled ricotta salata

DIRECTIONS:

1. Soak the black-eyed peas for 4 to 6 hours. In a large heavy pan, cook the black-eyed peas until just tender. Drain, and refresh under cold water to stop the cooking process.

2. In another large heavy pan, heat the oil over medium-high heat, then saute the garlic and onions. Add tomato, rice and chopped cilantro. Stir in the beans, add the stock and bring to a boil. Turn heat to low, cover pan, and cook for 20-25 minutes, or until all the stock is absorbed. Remove from heat, season to taste with salt, and let stand for five minutes.

3. Briefly uncover the pan, stir in the cheese, then recover it. Let the dish stand for another five minutes to melt the cheese.

4. Stir the dish once more to distribute the melted cheese, then turn it into a serving dish and serve immediately.

ABOUT THIS RECIPE

Baião-de-dois is a classic recipes of Northeast Brazil and Baião is a traditional folk dance of the Ceará region.
Cameroonian Jollof Rice

INGREDIENTS:

- 4 medium tomatoes, chopped
- 1½ medium scotch bonnet pepper
- 4 cloves of garlic
- ½ chopped onion
- 2 bay leaves
- 1 cup mixed carrots, green beans, corn
- 3 cups of long grain rice
- 1 ginger stump, peeled
- 2 teaspoons of chopped celery
- 3 cups of stock
- ½ cup of vegetable oil
- 2 teaspoons of dried thyme

DIRECTIONS:

1. In a blender combine the tomatoes, scotch bonnet pepper (seeds removed), onion, garlic, ginger, celery and puree.
2. Heat vegetable oil in a large pot over medium heat. Add small amount of the chopped onion, and sauté until translucent. Add the meat or chicken, brown both sides and add the blended vegetables along with the salt, bay leaves, and thyme and bring the mixture to a boil.
3. Stir in the rice until well mixed, then reduce the heat to low.
4. Add 2 ½ cups of the stock, then cover the pot and let cook until rice is al dente, about 45 minutes. Check after 20 minutes. If rice seems to dry, stir in remaining half cup of stock. Allow the rice to cook in a slow heat until done.
5. Cook the mixed vegetables and add to rice. Serve with any vegetable.

DID YOU KNOW?

Jollof Rice is one of the most popular dishes served in Western and Central Africa.
Chilean Sopaipillas

INGREDIENTS:
1 cup pumpkin purée
3 tablespoons butter (or margarine), melted
1 teaspoon salt
2 cups flour
1 teaspoon baking soda
½ cup milk, heated
Oil for frying

DIRECTIONS:
1. Pour the flour and the baking soda into the bowl of a stand mixer, mix and dig a well in the center.
2. Pour the melted butter in the center of the well and add the milk, salt and pumpkin.
3. Knead dough until soft and stretchy but not sticky.
4. Place the dough on a lightly floured work surface and roll it to a thickness of ¼ inch.
5. Cut circles of 4 inches in diameter and prick them with a fork.
6. In a deep pan, heat a large volume of oil to 350 F.
7. Fry the sopaipillas 1 to 2 minutes on each side.
8. Place the sopaipillas in a large dish lined with paper towels and serve hot.

DID YOU KNOW?
Sopaipillas have been eaten in Chile since the 1700’s!
Chilean Pastel de Choclo

INGREDIENTS:
- canola or olive oil, for cooking
- 1 lb. lean ground beef
- 1 large onion, chopped
- 4 garlic cloves, crushed
- 1 Tbsp. merkén, or substitute 2 tsp. smoked paprika
- 1/2 tsp. coriander and 1/2 tsp. cumin salt
- 3-4 cobs of corn
- 4-6 fresh basil leaves
- 6 skinless, bone-in chicken thighs, cooked
- 3 hard-boiled eggs, shelled and halved lengthwise
- 6-8 whole black olives (pitted)
- Sugar, for sprinkling

DIRECTIONS:
1. Preheat the oven to 350F. In a large skillet set over medium-high heat, cook the ground beef, breaking it up with a spoon, until it’s no longer pink. Meanwhile, boil the onion in a small pot of water for a few minutes, then drain and add to the meat along with the garlic and merkén. Cook, seasoning with salt, until the meat is browned and excess moisture has cooked off.
2. Slice the kernels off the cobs of corn and place in the bowl of a food processor with the fresh basil. Pulse until well blended, but not completely smooth. To assemble, spread the meat mixture into the bottom of a casserole dish or individual oven-safe baking dishes and top with chicken, eggs and olives. Spread the corn mixture over each, right to the edge of the baking dish, and sprinkle evenly with sugar.
3. Bake until the top is golden and the pies are heated through and bubbly around the edges. Serves 6.

DID YOU KNOW?
Pastel de choclo is one of the most popular comfort foods in Chile.
Ethiopian Ye'abesha Gomen

INGREDIENTS:

- ½ teaspoon vegetable oil
- ½ teaspoon garlic, minced
- 3 tablespoons onions, sliced
- 1 ¾ teaspoon ginger, minced
- 1 ½ pounds collard greens, stems removed, sliced into ½ inch ribbons
- 1 teaspoon jalapeno peppers, minced and deseeded
- 1 teaspoon brown sugar, unpacked
- ¼ cup water
- ¼ teaspoon kosher salt
- ¼ teaspoons black pepper

DIRECTIONS:

1. Heat oil in a large skillet over medium high heat. Add garlic, onions and ginger and sauté until tender, approximately 3-5 minutes.
2. Add the collard greens in two separate batches, wilting the first batch before adding the second.
3. Reduce heat to medium low, add jalapeno, brown sugar and water.
4. Cover and continue to cook for 20 minutes.
5. Remove cover and cook until liquid is evaporated. Season with salt and pepper.

DID YOU KNOW?

Ethiopia is considered the birthplace of coffee and coffee production is an important part of the Ethiopian economy!
Fijian Potato Samosa

INGREDIENTS:
1 ¼ pounds Yukon gold potatoes, quartered
2 ½ teaspoons vegetable oil
½ teaspoon coriander, ground
¾ teaspoon garlic powder
¾ teaspoon onion powder
¼ teaspoon turmeric
½ teaspoon cumin
½ teaspoon red pepper flakes
1 teaspoon water
¼ teaspoon kosher salt

DIRECTIONS:
1. Preheat oven to 350°F. Place potatoes on a lined and greased baking sheet and roast in oven for 30-40 minutes until tender.
2. Remove potatoes and place in a large container. Gently mash and reserve.
3. Heat oil in a large pot over medium heat. Add coriander, garlic powder, onion powder, turmeric, cumin and red pepper flakes until aromatic, approximately 2 minutes.
4. While the potatoes are still warm, add spice mixture and stir to combine. Adjust consistency with water and season with salt.

DID YOU KNOW?
Fiji has a large Indian population and many Fijian dishes, like these samosas, are influenced by Indian cuisine.
Filipino Chicken Adobo

INGREDIENTS:
- 500 grams chicken legs or thighs
- 6 cloves garlic, diced
- ½ tablespoon black peppercorns, ground
- ½ cup 120 ml vinegar
- ¼ cup 60 ml soy sauce
- 2 bay leaves
- Enough water to cover meat

DIRECTIONS:
1. In a pot, combine the crushed garlic and cracked peppercorns with the vinegar, soy sauce, and bay leaves.
2. Add chicken and water and simmer for 20 minutes over medium heat until chicken is cooked.
3. Remove the chicken from mixture. Set aside.
4. Reserve the sauce in the pot.
5. In another heated pan, add oil. Add 3-4 cloves of crushed garlic, then fry the chicken pieces until golden brown. Remove the excess oil.
6. With a little water, deglaze the pan and add the liquid to the reserved sauce in the pot.
7. Just when ready to serve, return the chicken to the pot. Reheat adobo mixture. Gently toss to coat and serve hot.

DID YOU KNOW?
The adobo cooking method is indigenous to the Philippines. The vinegar was used to keep food fresh in the tropical climate.
Filipino Arroz Caldo

INGREDIENTS:
1 ½ lbs. chicken cut into serving pieces
1 ½ cups rice (uncooked)
34 ounces water about 1 liter
2 tablespoons fish sauce
1 teaspoon garlic
1/2 tablespoon ground black pepper
1 cup onion minced
4 pieces eggs hard boiled
1 cup scallions green onions, minced
2 knobs ginger juliened
3 tbsp. safflower kasubha (You may substitute annatto or saffron)
1 piece chicken cube bouillon
1 piece lemon or 4 pieces calamansi
2 tbsp cooking oil

DIRECTIONS:
1. In a pot, heat the cooking oil then saute the garlic, onion, and ginger
2. Dash-in some ground black pepper
3. Add the chicken cube and cook until the cube melts
4. Put-in the chicken and cook until outer layer color turns golden brown
5. Add the fish sauce and uncooked rice then mix and cook for a few minutes
6. Pour-in the water and bring to a boil
7. Stir occasionally and simmer until the rice is fully cooked (about 30 to 40 minutes)
8. Put-in the hard boiled eggs
9. Add the safflower for additional color and aroma
10. Serve hot with toasted garlic, minced scallions, and lemon.

ABOUT THE RECIPE
Arroz caldo literally translates to hot rice or rice stew or soup. This Filipino rice porridge is a great representation of Philippine history as this dish is a combination of Spanish and Chinese (congee) influences.
Finnish Lohikeitto

**INGREDIENTS:**
- 1/4 cup butter
- 1 leek or onion (about 2 cups) chopped
- 4 cups fish stock
- 1 pound potatoes (cubed)
- 1 carrot (cubed or sliced)
- 1 pound salmon cut into pieces
- 1 cup 35% cream
- Salt and black pepper
- Fresh dill, chopped

**DIRECTIONS:**
1. Heat butter in a large saucepan over medium-high heat; add leeks or onions and cook stirring for 5-6 minutes.
2. Add cubed potatoes, carrot and fish stock. Bring to a boil and let vegetable cook for 10-15 minutes depend on the size of the vegetable.
3. Add salmon and cream and simmer for 2 minutes, adjust seasoning.
4. Sprinkle with chopped dill and serve.

**DID YOU KNOW?**
Finns put their potato peels and fishbones into small cup circling on the table
Gambian Domoda

INGREDIENTS:
1 lb beef steak or 1 lb chicken breast, cut into ½ inch chunks (or use bone-in chicken pieces and simmer them in the sauce; once cooked leave the pieces whole or remove the meat from the bones and add it back to the stew.)
1 large onion, diced
2 tablespoons olive oil
3 cloves garlic, minced
3 Roma tomatoes, diced

¼ can (3 oz) tomato paste
⅛ cup natural, unsweetened peanut butter
4 Maggi or Knorr tomato bouillon cubes
3 cups water
Scotch bonnet chilies, diced, according to heat preference
4 cups pumpkin or sweet potato, diced
Salt and pepper to taste

DIRECTIONS:
Heat the oil in large Dutch oven. Saute the onions until golden. Add the beef and garlic and continue to sauté until the beef is no longer pink. Add the tomatoes and cook for 3 minutes. Add the tomato paste, chilies, peanut butter and stir to combine. Add the water and bouillon cubes. Bring to a boil, reduce heat, cover, and simmer for 15 minutes, stirring occasionally. Add squash, cover, and continue to cook for 35-40 minutes or until the pumpkin is tender, stirring occasionally. Season with salt and pepper. Serve hot with rice. This stew tastes even better the next day.

DID YOU KNOW?
Domoda is the most popular dish and the most common food served in a Gambian home is white rice with a spicy sauce.
Haitian Style Chicken

INGREDIENTS:
1 ¼ pound chicken drumsticks
1 tablespoon vegetable oil
1 tablespoon lemon juice
¼ cup onion, chopped
1 teaspoon garlic, chopped
¼ cup green bell peppers, chopped
⅛ teaspoon cloves, ground
3 tablespoons tomato puree
2 tablespoons water
¼ teaspoon salt
⅛ teaspoon black pepper

DIRECTIONS:
1. Preheat oven to 350°F.
2. In a blender, add oil, lemon juice, onion, garlic, green peppers, cloves, tomato puree, water, salt and pepper and blend until smooth.
3. Place chicken in a large bowl and pour marinade over chicken and toss to coat. Refrigerate for 1-2 hours.
4. Arrange marinated chicken on a lined and greased baking sheet and bake in oven until chicken reaches internal temperature of 165°F.

DID YOU KNOW?
Haitian cuisine is a combination of indigenous Taíno, French, African, Spanish and Arabic influences.
Indian Chana Masala

INGREDIENTS:

2 cans Chickpeas
1 medium onion
1 medium tomato
½ teaspoon Turmeric
½ teaspoon Red Chilli Powder
1 teaspoon salt

DIRECTIONS:

Heat oil of choice in a large pot over medium heat. Add the strips of onion and cook until it is golden brown. Along with the chopped tomato, add turmeric, red chilli powder, and salt. The portions of Red Chilli powder and salt can be modified as per taste. Mix the spices and cook until the tomato turns into a chunky puree. Add chickpeas along with the water and stir well. Cook until the water is almost dry or leave some of the water for the gravy. Chana masala can be served with rice or naan.

DID YOU KNOW?

Haitian cuisine is a combination of indigenous Taíno, French, African, Spanish and Arabic influences.
Irish Stew

INGREDIENTS:

1-1½ kg neck or shoulder of lamb
Bouquet of parsley, thyme and bay leaf (tied together with twine)
3 large onions, finely chopped
Salt and freshly ground black pepper
3-4 carrots, chopped into bite-sized pieces
1 leek, chopped into bite-sized pieces
1 small turnip, chopped into bite-sized pieces
Some small new potatoes, peeled and quartered, or large potatoes, peeled and chopped
75-100g cabbage, shredded
Finely chopped parsley and dash of Worcester Sauce

DIRECTIONS:

1. Remove the meat from the bone, trim off all the fat and cut into cubes. Keep the bones, place the meat in a pot, cover with cold salted water. Bring to the boil, drain and rinse the lamb.
2. In a fresh pot put the meat, bones, bouquet of herbs, onions, seasoning, carrots, leeks and turnip and cover with water. Simmer gently for one hour. Skim off the foam as it rises. (this is very important for the final flavour and appearance of the stew.)
3. Add the potatoes and continue cooking for 25 minutes. For the last 5 minutes add in the cabbage.
4. When the meat and vegetables are cooked remove the bones and bouquet of herbs.
5. Stir in the chopped parsley and a dash of Worcester sauce.

DID YOU KNOW?

Irish Stew was recognized as early as 1800!
In Japanese, tamago is the word for "eggs" and yaki is the word for "grill". This dish is served in many Japanese homes for breakfast or as part of a bento box lunch.

### Japanese Tamagoyaki

**INGREDIENTS:**

- 3 large eggs
- 2 tbsp vegetable oil
- 1½ nori (seaweed) (optional)
- 1 inch daikon radish
- Soy sauce
- 3 tbsp dashi
- 2 tsp granulated sugar
- 1 tsp soy sauce
- 1 tsp mirin
- 2 pinch Kosher salt

**DIRECTIONS:**

1. Gently whisk the eggs in a bowl.
2. In another bowl, combine dashi, sugar, soy sauce, mirin and salt, then add to egg mixture.
3. Heat a little oil over medium heat. When hot, pour a thin layer of egg mixture in the pan, tilting to cover the bottom of the pan.
4. After the bottom of the egg has set but still soft on top, start rolling into a log shape from one side to the other.
5. Move the rolled omelette to the side where you started to roll, and apply more oil to the pan with a paper towel. Pour more egg mixture to cover the bottom of the pan again. Make sure to lift the omelette to spread the mixture underneath. Continue to roll and add new layers until the egg mixture is all used.
6. Remove from heat, let sit for 5 minutes.
7. Slice the rolled omelet into 1/2 inch slices and serve with grated daikon and soy sauce.

**DID YOU KNOW?**

In Japanese, tamago is the word for "eggs" and yaki is the word for "grill". This dish is served in many Japanese homes for breakfast or as part of a bento box lunch.
Korean Cucumber Kimchi

INGREDIENTS:
1 pound cucumbers, de-seeded and sliced into 1/8 inch half moons
2 ⅔ cups water
¾ cup distilled vinegar
3 tablespoons sugar
1 ⅛ teaspoons kosher salt
¼ teaspoon red chili flakes
¼ teaspoon coriander seed
¼ each red onion, sliced
½ clove garlic, sliced

DIRECTIONS:
1. Prepare cucumbers and place in a large bowl.
2. In a medium saucepan, bring water, vinegar, sugar, chili flakes, coriander seed, garlic and onion to a boil.
3. Pour warm liquid over cucumbers and mix to combine. Cool in refrigerator for 1 hour before serving.

DID YOU KNOW?
There are over 100 types of kimchi, but the most popular uses cabbage. Kimchi is one of the most important Korean dishes and is served a side dish with almost every meal.
Lithuanian Curd Pudding

**INGREDIENTS:**

1lb curd or cottage cheese  
5 cups sour cream or yogurt  
4 small eggs  
4 tbsp. sugar  
6 tbsp. semolina  
0.5 tsp. baking powder  
Raisins, cranberries or other dried fruit (optional)

**DIRECTIONS:**

1. Mix curd, sour cream, sugar and eggs. If using cottage cheese, you may want to blend it to get a smoother texture. Add semolina and baking powder. Let the mix sit for 30 minutes.  
2. Soak raisins/other dried fruit in hot water, add to the mix.  
3. Bake in oven for ~45-50 minutes with a temperature of 355° F.

**ABOUT THE RECIPE**

Lithuanians serve the curd pudding with sour cream/yoghurt or marmalade/fruit spread, and eat it as the main course for lunch or light dinner.
Luxembourg Porettenzopp

INGREDIENTS:

3 tbsp butter
2 lb leeks
3-4 qt. chicken stock
1 lb potatoes, peeled & diced

2 tbsp cream
1 egg yolk
salt and pepper, to taste
nutmeg, to taste

DIRECTIONS:

1. Cut the leeks into rings and clean them by immersing them into a large bowl of water.
2. Heat the butter in a large pot over medium heat and cook 2/3 of the leeks until softened.
3. Add just enough chicken stock to cover the leeks and let cook for 15 minutes.
4. Add the potatoes and the remaining leeks. Cooking some of the leeks for a shorter time will make a greener soup.
5. Add salt, pepper and nutmeg, then cook for 15 more minutes.
6. Using an immersion blender, puree the soup.
7. Mix the egg yolk with the cream and add to the soup.
8. Remove the soup from the heat and bind with the cream/egg mixture.
9. Serve the soup with some butter roasted croutons.

DID YOU KNOW?

Leeks are a green vegetable that can survive through cold winter months. Leeks are used often in Luxembourg’s cuisine.
Malagasy
Achard Gasy

INGREDIENTS:
80 g of grated cabbage
80 g of green beans
80 g of grated carrot
20 g of ginger
20 g of garlic 20 g of green onion
20 g of finely chopped onion
Thyme, salt and pepper
80cl of oil and 4 spoons of white vinegar
Curry and saffron

DIRECTIONS:
1. In a large cooking pot, heat the oil and sauté onion, garlic, ginger and thyme
2. Add first the grated carrot then the green beans and lastly the cabbage; season with salt, pepper, carry and saffron. Cook for 10 minutes by stirring
3. Remove from the heat and add the vinegar and sprinkle the chopped green onion all over to give a colorful look to the salad.

DID YOU KNOW?
Rice is a big part of cooking in Madagascar, so much so that the Malagasy word for “to eat” literally means “to eat rice”.

Page 22
Malagasy Beef Stew with Green Pepper Sauce

INGREDIENTS:

600 grams of beef meat
40 grams of green pepper
40 grams of chopped ginger
30 grams of chopped garlic
60 grams of tomatoes
40 grams of chopped onion
60 cl of oil
Thyme, salt and pepper

DIRECTIONS:

1. Cut the beef in cubes
2. In a large cooking pot, heat the oil and add the sauce ingredients.
3. Pour the meat. Add water and cook them together for 1 hour and a half and stir from time to time.

DID YOU KNOW?

Rice is a big part of cooking in Madagascar, so much so that the Malagasy word for “to eat” literally means “to eat rice”.

Paraguayan
Asado a la Olla

INGREDIENTS:
Beef ribs or beef brisket
Salt & pepper
Lemon juice

DIRECTIONS:
1. Cut the beef ribs in regular pieces and place them in a tray, season it with salt, pepper, and lemon juice (as much as you like!). Cover with food wrapping paper and let it sit for a few hours.
2. Pre-heat a deep pot, add the beef ribs on the fatty side and let it brown, stirring occasionally to avoid burning the ribs, add some boiling water and cover the pan, let it boil until it’s juicy and tender.
3. It should brown evenly as the water evaporates, it should be shiny and tender and the bones should come out of the meat.

ABOUT THIS DISH
Asado a la olla or “barbeque on a pot” can served with “arroz kesú”, boiled cassava (mandioca) or mbejú.
Paraguayan Arroz Kesú

INGREDIENTS:

1 cup of rice (do not use parboiled rice)
½ cup of minced onion
2 tbsp. of sunflower oil
3 cups of boiling water
½ cup of “Queso Paraguay” or Farmer’s Cheese
Salt & pepper
¼ cup of heavy cream

DIRECTIONS:

1. In a saucepan, fry the minced onion with the oil on low heat, add some salt and cook it until it’s soft and transparent.
2. Add the rice (never rinse the rice) and mix with the onion, mixing well and letting the rice absorb the oil.
3. Add the boiling water and stir.
4. During cooking, stir from time to time so the rice releases its starch and acquires a creamy texture. When the rice is ready, add the heavy cream (can be replaced using milk) and the crumbled cheese.
5. Mix everything together and let it rest with the cover on for a few seconds

DID YOU KNOW?

Peru is home to 3000 types of domesticated potato and almost 100 types of corn!
Québécois Pouding Chômeur

**INGREDIENTS:**
- 2 eggs
- 2/3 cup butter
- 1 cup sugar
- 2 1/3 cups all-purpose flour
- 1 teaspoon baking powder
- 2 cups maple syrup
- 2 cups heavy cream

**DIRECTIONS:**
1. Beat butter and sugar until smooth.
2. Add eggs one at the time, then add flour and baking powder and stir until completely incorporated.
3. Chill in the fridge for at least 30 min.
4. Preheat oven to 450 degrees.
5. Bring syrup and cream to a boil in a saucepan.
6. Divide chilled dough into 6 ramekins and fill each with the cream and syrup mix.
7. Place ramekins on a baking sheet and bake for 20-25 minutes.

**ABOUT THIS RECIPE**
In French, the name of this dish means “unemployed man’s pudding”. It was invented by factory workers during the Great Depression in the 1930s.
Singaporean Bee Hoon

**INGREDIENTS:**
- 8 ounces whole wheat vermicelli noodles
- 1 ⅛ tsp vegetable oil
- 2 ounces mushrooms, sliced
- 2 ½ ounces cabbage, chopped
- 1 cup vegetable broth
- 2 tablespoons soy sauce, low sodium
- ½ teaspoon sugar

**DIRECTIONS:**
1. Soak dried vermicelli in hot water until soft, approximately 15 minutes. Drain and set aside.
2. Heat oil in pan over medium high heat. Add mushrooms and stir-fry for 3-5 minutes.
3. Add sliced cabbage, vegetable stock, soy sauce and sugar. Stir to combine and cook over low heat for 5 minutes.
4. Add softened vermicelli and stir to combine. Cook at medium high heat until liquid is absorbed. Add more stock if vermicelli is too dry.

**DID YOU KNOW?**
In Singapore, there are many popular food courts called "hawker centres" that sell different varieties of cuisine.
South African Bunny Chow

INGREDIENTS:

1 loaf of white bread
Dash of oil
1 onion (finely chopped)
Pinch of masala or curry powder
1 tsp chili powder (optional)
500 grams of boneless lamb, cubed
3 cloves garlic (chopped)
1 tsp fresh ginger (finely chopped)

1 can chopped tomatoes
2 potatoes (cut into small cubes)
2 carrots (cut into slices)
½ tsp sugar
1 tsp salt
½ tsp black pepper
2 fresh tomatoes (sliced)
1 punnet fresh coriander leaves (to serve)

DIRECTIONS:

1. In a dutch oven, heat the oil over medium heat and cook the onion until soft. Then add the masala and chilli powder and cook for 1–2 minutes until the pan becomes sticky. NOTE: If the pan starts to burn, add a little bit of water (only do this if it’s really necessary)
2. Add the meat, garlic and ginger, and stir-fry for about 1 minute. Then, toss in the tomatoes, potatoes carrots, sugar, salt and pepper. Stir, scraping the bottom to loosen any and all sticky bits.
3. Cover with lid and simmer over medium-low coals for about 30 minutes, stirring now and again so the bottom doesn’t burn.
4. After 30 minutes, remove lid and check the potatoes that the potatoes are cooked through.
5. Cook uncovered for a few minutes to allow the sauce to become a thick gravy.
6. Taste and adjust with a bit of extra salt if it needs it, then cut the loaf of bread into halves and scoop or cut out the centers of each half, essentially creating a ‘bowl’ for the curry.
7. Fill the hole of each half loaf with the curry and sauce, and serve the scooped out bread center and a salad of tomato and fresh coriander leaves on the side.

ABOUT THIS DISH

Bunny Chow was invented by field laborers who discovered that hollowed out bread was a great way to carry a curry or stew!
Trinidadian Curried Chicken

INGREDIENTS:
1 chicken (3 lbs.)
1 tsp. minced garlic
2 tbsp. minced green seasoning
1 tsp. salt to taste
1/2 tsp hot pepper
2 tbsp. vegetable oil
3 to 4 tbsp. curry powder
1/2 cup chopped tomatoes
1/2 cup chopped onions
1/2 cup hot water (some coconut milk can also be added)

DIRECTIONS:
1. Cut chicken into small pieces and season with garlic, green seasoning, salt, and hot pepper.
2. Marinate for at least 1 hour or more if time permits.
3. Heat oil in an iron pot or skillet.
4. Mix curry powder with 1/4 cup water, unroll smoothly, add to hot oil, and cook for 2 to 3 mins.
5. Add chicken and stir to coat in curry. Allow all the water to dry out; stir well (about 10 mins).
6. Add tomatoes and onions; cook for 1 min. Stir in 1/2 cup water or coconut milk.
7. Lower heat to medium; cover and cook until meat is tender. Add more water if more sauce is required.
8. Adjust salt and hot pepper.
9. Serve with rice and a lovely Trini salad.

DID YOU KNOW?
Indo-Trinidadians form the largest single ethnic community (40%) on the island and their love for cumin, coriander, and turmeric is very evident in their curry powders.