

Saudi Salad (Vegetarian) *Saudi Arabia*

Ingredients

4 Plum tomatoes
2 Cucumbers
3 Scallions
½ cup Parsley
¼ cup Fresh mint leaves
¼ cup Chopped fresh dill
2-4 tbsp Olive oil
1 Lemon
Salt
Pepper

Cooking Instructions:

1. Finely chop the vegetables.
2. Lightly mix with the remaining ingredients.
3. Serve at room temperature

Apple Salad (Vegetarian) *Uzbekistan*

Ingredients

1 small onion, sliced into thin rounds and separated into rings
3 green apples
1/4 cup yogurt
1/4 tsp salt
Black pepper
4oz feta cheese
1 pomegranate (or raspberries)

Cooking Instructions:

1. Cover the onion rings with hot water and leave to steep for ten minutes.
2. Quarter, core and cut the apples into thin wedges.
3. Place the yogurt in a bowl and stir in the salt.
4. Drain the onion slices and rinse them quickly in cold water.
5. Toss the onion and apple in the yogurt to cover (most efficient to do this by hand).
6. Dress with black pepper, feta cheese and seeds of the pomegranate

Filipino Leche Flan (Vegetarian)

Philippines

Ingredients

1 can Evaporated milk
1 can Condensed milk
10 Egg yolks
1 tbsp Vanilla extract
1 cup Sugar
 $\frac{3}{4}$ cup water

Cooking Instructions:

In a saucepan, mix the sugar & water. Bring to a boil for a few minutes until the sugar caramelizes. Pour the caramelized sugar into aluminum moulds - you can use any shape: oval, round or square. Spread the caramel on the bottom of the moulds.

Mix well the evaporated milk, condensed milk, egg yolks and vanilla by hand or blender. Gently pour the mixture on top of the caramel in the aluminum moulds. Fill the moulds to about 1 to 1 $\frac{1}{4}$ inches thick. Cover moulds individually with aluminum foil.

Steam for about 20 minutes OR bake for about 45 minutes. (Before baking the Leche Flan, place the moulds on a larger baking pan half filled with very hot water. Pre-heat oven to about 370 degrees before baking.)

Let cool then refrigerate.

To serve: run a thin knife around the edges of the mould to loosen the Leche Flan. Place a platter on top of the mould and quickly turn upside down to position the golden brown caramel on top.

Cooking Tips:

You can tell when the Leche Flan is cooked by inserting a knife - if it comes out clean, it is cooked.

Couscous with Spring Vegetables (Vegetarian) *Morocco*

Ingredients

1 Onion
3 cups Vegetable broth
2 Carrots
2 Turnips
1 Sweet potato
1 Zucchini
1 Red bell pepper
1 Butternut squash
¼ cup Cilantro, chopped
1 can Garbanzo beans, drained
1 can of tomato sauce
½ inch Cinnamon stick
1 tbsp Turmeric
Pinch of Saffron
Pinch of Curry
2 cups Couscous grains
¼ cup Almond
¼ cup Raisins

Cooking Instructions:

Cut all veggies into strips.

In a large saucepan, sauté onion until lightly browned. Add vegetable broth and bring to a boil. Transfer to a large pot and add carrots, turnips, squash and sweet potato (add salt and pepper). Simmer for 15 minutes. Lower heat, and add zucchini and pepper. Cook 20 minutes. Add beans, tomato sauce and spices. Cook until heated through.

In a separate pot, bring 2 1/2 cups of water to a boil. Add couscous, cover, and take off of heat. Let stand 5-7 minutes, fluff with a fork and serve with vegetables on top. Put almonds, raisins and cilantro chopped on the top.

Jerk Chicken

Jamaica

Ingredients

½ cup White vinegar
Juice of 4 limes
¼ cup Vegetable oil
6 Scallions
3 cloves of Garlic
2 Scotch bonnet peppers
1 ½ inches fresh Ginger
2 tbsp Allspice
2 tbsp Ground thyme
2 tbsp Ground cinnamon
1 tbsp Sugar
1 tsp Black pepper
1 tsp Salt
1 tsp Cayenne pepper
4 lbs Chicken thighs

Cooking Instructions:

Combine the vinegar, lime zest, lime juice, vegetable oil, scallions, garlic, Scotch bonnet peppers, ginger, allspice, thyme, cinnamon, sugar, black pepper, salt, and cayenne pepper. Purée until smooth.

Place chicken pieces in a medium bowl. Pour marinade over chicken, and turn the pieces to coat. Cover, and refrigerate for at least 1 hour or overnight if possible.

Heat the oven to 350°F. Place the chicken pieces on a foil-lined baking sheet and cook until the juices run clear when pierced with a two-pronged fork, 30 to 45 minutes.

Jerk Chicken is best with 'rice and peas' or festival (this is a type of wheat dumplings).

Macaroni with Meat and Tomatoes

Macarona Bel-Lahm wa Al Tamatum

Saudi Arabia

Ingredients

1 lb Ground lamb
½ tbsp Tomato paste
6 tbsp Corn oil
3 Dried limes
4 Onions
2 Green chili peppers
6 Tomatoes, puréed
1 large package Macaroni
¼ tsp Black pepper
¼ tsp Cumin
¼ tsp Cinnamon
¼ tsp Cardamom
¼ tsp Saffron
¼ tsp Salt to taste
2 sticks Cinnamon
8 Cardamom seeds

Cooking Instructions:

Wash meat and chop into large pieces. Peel onions and chop. Heat oil and fry onions until golden brown, stirring occasionally. Add meat and stir until meat is browned on all sides.

Add tomato puree, tomato paste, spices and water. When meat is almost cooked, add chili peppers and dried limes. Let simmer. When meat is cooked, remove it along with the peppers and limes. Set aside. Add macaroni to broth (add water if necessary).

When macaroni is almost cooked, add meat, peppers and limes. Leave on low heat to finish cooking. Add water if liquid is insufficient. Remove limes and peppers.

Pineapple Curry (Vegetarian)

Sri Lanka

Ingredients

1 Pineapple
2 Onions, sliced
1-2 Jalapeños
4 tsp Curry powder
1 tsp Turmeric
2 tsp Ground black mustard
2 inch piece of Cinnamon
4 Curry leaves
2 tsp Garlic
2 tsp Ginger root
1 can Coconut milk
2 tsp Sugar
Salt to taste

Cooking Instructions:

Heat oil in saucepan. Add crushed ginger & garlic, curry leaves, cinnamon, sliced onions and green peppers. Keep mixing the ingredients until the onions are soft and caramelized. Add salt, turmeric, raw curry powder, ground mustard. Mix all the ingredients well and add pineapple pieces. Keep mixing the pineapple pieces until well coated with the spices.

Reduce heat and allow simmering for 10 minutes. Add the sugar, mix well and adjust salt. Taste and if necessary add a little lime juice (depends on the pineapple used). Add coconut milk. Let simmer for a 30 minutes and take off heat.

Lamb Curry with Coconut Cream

Malaysia

Ingredients

2 lbs Lamb
1 can Coconut cream
2 Green onions
2 cloves of Garlic
2 tbsp Lemon grass
1 tsp Ginger
2 tsp Coriander
2 tbsp Peppercorns
Pinch of Plain flour
2 tbsp Olive oil
¼ stick of Butter
¼ tsp Coriander
¼ tsp Cumin
1/4 tsp Nutmeg
1 tsp Lemon juice
2 Chilies
2 tsp Sugar
1 tsp Fish sauce
2/3 cup Unsalted roasted peanuts

Cooking Instructions:

In a large bowl, combine the lamb fillets and peppercorns
Let stand for 30 minutes.

Toss the lamb in the flour then shake off the excess flour
Set aside

Heat oil in wok and cook the lamb in batches

Stir, over high heat till lamb becomes brown all over

Drain off excess oil and discard the oil

Melt ghee or butter in wok

Cook the onion, garlic, lemon grass, fresh coriander, ginger, all of the spices, rind and chilies

Stir over high heat for 3 mins or till onion and chillies become soft. Remove from heat, let cool then blend or process mixture till smooth paste. Return lamb to wok, stir in spice mixture.

Add in coconut cream. Cook, covered over low heat (45 mins) or till lamb becomes tender. Stir in rest of ingredients. Reheat mixture without boiling. Serve with warm steamed rice.

Pastel de Papas (Potato layers)

Chile

Ingredients

2 lbs Potatoes
1 lb Ground beef
1 cup diced Onions
¼ cup Raisins
2 tbsp Sugar
1 tbsp Oil
4 tbsp Butter
1 cup Milk
Black pepper
Salt

Cooking Instructions:

Boil the peeled and washed potatoes with salt. When the potatoes are cooked, drain them and prepare mashed potatoes with 2 tbsp. of butter and ½ of cup of warm milk. Sautee the onions with the oil until they are transparent, add the ground meat, add pepper and salt to your taste. Cook for 3 minutes and add ½ of cup of water, and let cook for 15 minutes (Optional: you can also add ground red pepper, paprika, and oregano to your taste).

When the meat is done add 2 tbsp. of sugar and ¼ cup of raisins. In a buttered pan add a layer of mashed potatoes, then a layer of the meat that you prepare before. And then cover with another layer of mashed potatoes. Bake for 20 minutes. Optional: after 15 minutes of baking, take the pan out of the oven and add parmesan cheese on top and bake for another 5 minutes.