



*Recipes  
from all over the world*





## **FALAFEL**

### Ingredients

- 1 cup dried chickpeas
- 1/2 large onion, roughly chopped (about 1 cup)
- 2 tablespoons finely chopped fresh parsley
- 2 tablespoons finely chopped fresh cilantro
- 1 teaspoon salt
- 1/2-1 teaspoon dried hot red pepper
- 4 cloves of garlic
- 1 teaspoon cumin
- 1 teaspoon baking powder
- 4-6 tablespoons flour
- Soybean or vegetable oil for frying
- Chopped tomato, diced onion and diced green bell pepper for garnish
- Tahina sauce
- Pita bread

### Preparation

1. Put the chickpeas in a large bowl and add enough cold water to cover them by at least 2 inches. Let soak overnight, then drain. Or use canned chickpeas, drained.
2. Place the drained, uncooked chickpeas and the onions in the bowl of a food processor fitted with a steel blade. Add the parsley, cilantro, salt, hot pepper, garlic, and cumin. Process until blended but not pureed.
3. Sprinkle in the baking powder and 4 tablespoons of the flour, and pulse. You want to add enough bulgur or flour so that the dough forms a small ball and no longer sticks to your hands. Turn into a bowl and refrigerate, covered, for several hours.
4. Form the chickpea mixture into balls about the size of walnuts, or use a falafel scoop, available in Middle-Eastern markets.
5. Heat 3 inches of oil to 375°F in a deep pot or wok and fry 1 ball to test. If it falls apart, add a little flour. Then fry about 6 balls at once for a few minutes on each side, or until golden brown. Drain on paper towels. Stuff half a pita with falafel balls, chopped tomatoes, onion, green pepper, and pickled turnips. Drizzle with tahina thinned with water.



Borås - Sweden

## **JANSSON TEMPTATION**

### Ingredients

- 3 large onions
- 1,5 kg solid potatoes
- 2 tablespoons butter or margarine (to fry in)
- 3 cans of anchovy fillets (of 100 g) herring
- 4 dl of cream
- 2 dl of milk
- 2 tablespoons breadcrumbs
- 3 tablespoons butter or margarine (to click over)

### Preparation

1. Put the oven at 175°C.
2. Peel onions and potatoes.
3. Slice the onion thinly and fry briefly in the fat in a frying pan.
4. Cut the potatoes into thin strips.
5. Wrap potatoes, onions and anchovies (save the anchovy liquid) in a greased oven-safe form (or several small ones). Potatoes in the bottom and top.
6. Boil the cream and milk.
7. Pour on the cream milk and all anchovy liquid.
8. Sprinkle on breadcrumbs and click over the fat.
9. Bake in the lower part of the oven 1,5 hours.  
If it starts to get too much colour, cover with aluminum foil.



## **CARBONNADE BEEF AND BEER STEW**

### Ingredients

- 2 large onions
- 1 kg of beef (nerve piece, in equal pieces)
- pepper and salt
- 2 bottles of brown beer
- 2 bay leaves, 2 sprigs of thyme, 1 clove
- 2 tablespoons (apple or pear) syrup
- 1 brown sandwich
- 2 tablespoons (sharp) mustard
- dashes of natural vinegar

### Preparation

1. Peel the onions and chop them into pieces.
2. Heat a large stew pan and melt a knob of butter in it. Stew the onions over a medium heat. Do not fry the onions until brown.
3. Heat a frying pan over a medium heat and melt a knob of butter in it.
4. Sear the pieces of meat in the pan until they have a golden brown color. During cooking, season the meat with some pepper from the mill and a pinch of salt.
5. Put the colored pieces of meat in the onion stew. Poor the beer in the frying pan. Stir all the meat while the beer is brought to boil. Once the beer boils, pour it into the stew.
6. Tie the bay leaves and a few sprigs of fresh thyme together with a little kitchen rope. Let the herbs stew in the pot.
7. Add the cloves and the apple-pear syrup
8. Spread the bread generously with (sharp) mustard. Place the sandwich in the jar, with the contaminated side down.
9. Let the stew simmer for one and a half to three hours over a low heat. The lid does not have to be on the jar. The cooking time depends on the quality of the meat. Stir occasionally in the pot and check in between whether the meat is sufficiently cooked.
10. When the stew sauce has the desired thickness, place the lid on the stew.
11. Taste and add some pepper from the mill to taste and a pinch of salt.



Wellingborough - England

## BREAD AND BUTTER PUDDING

### Ingredients

- 100 gr sugar
- 1 teaspoon ground cinnamon
- 5 slices of bread
- butter
- 3 handfuls sultanas
- 500 ml milk
- 2 eggs

### Preparation

1. Preheat the oven to 190°C
2. Lightly grease a baking dish.
3. Mix together the sugar and cinnamon.
4. Butter 5 slices of bread, cut in half.
5. Layer the bread in the dish adding a handful of sultanas and the sugar mix as you go, covering each slice.
6. Mix the milk and eggs together and whisk.
7. Pour over the bread and leave to absorb for 10 minutes.
8. Bake in the oven for 35 to 45 minutes until the pudding is set and browned.



## **ZURICH SLICED MEAT**

### Ingredients

- 300 g fresh mushrooms, sliced
- juice of ½ lemon
- spices
- 600 g veal, cut in small pieces
- 2 tablespoons margarine
- 1 onion, cut in very small pieces
- 1 dl white wine
- 1 to 2 dl water
- 1.5 to 2 dl cream
- gravy-powder
- 1 teaspoon salt
- grind pepper

### Preparation

1. Cook the mushrooms together with the lemon juice in a small, covered pot. Heat up slowly, cook for 2 minutes.
2. Pour the liquid into a cup. Add some spices to the mushrooms, keep them warm.
3. Melt the margarine in a frying-pan
4. Add the onions, stew. Increase the heat, add the meat, add some water and roast gently. Turn the meat occasionally to make sure it gets roasted evenly.
5. Remove the meat.
6. Add the white wine, let cook until the liquid thickens.
7. Add the liquid from 2. plus some gravy-powder, cook until the sauce binds.
8. Add the cream and increase the heat slightly.
9. Pour salt, pepper on the meat. Put meat into the sauce, increase the heat, but do not cook.
10. Add the mushrooms.



## **MOGETTES OF VENDEE AND VENDEEN HAM**

### Ingredients

- 600 g of moquette of Vendee (white kidney beans)
- 50 g salted butter
- 1 onion
- 2 cloves of garlic
- 2 carrots
- 1 thyme and laurel
- Salt, pepper
- Pan ham

### Preparation

1. Soak the moquettes in a large bowl of water overnight. Rinse and drain.
2. Wash and peel carrots, cut them into small slices.  
Finely chop the onion.  
Crush the garlic cloves.  
Put the vegetables in a large saucepan or cooking pot with 10g of butter and glaze a few minutes, add salt and pepper.
3. Add the moquettes and let 2 more minutes, stirring
4. Add the bouquet garni and water up to the Moquettes height and simmer over medium heat for 1h30. Add a little water if it's too evaporated.
5. When the moquettes are cooked (their texture is both firm and tender), remove bouquet garni add the rest of butter, salt and pepper.
6. Fry the slices of vendeen ham in a hot pan, about 2 minutes on each side.  
Once grilled, serve them with the moquettes
7. Accompany with a red wine.



## **FEIERSTËNGSZALOT - COLD BEEF SALAD**

### Ingredients

- 500 gr cooked beef
- 3 shallots
- 1 clove of garlic
- 2 eggs, hard boiled
- 2 tablespoons capers
- 1 tablespoon mustard
- 2 tablespoons vinegar
- 4 tablespoons oil
- Salt and pepper
- Herbs (chives, parsley, chervil, tarragon, cress)

### Preparation

1. Cut the cooked beef into cubes of about 1 cm.  
If you like, you can remove the fat from the meat.
2. Slice the eggs.
3. Finely chop the shallots and herbs.
4. Rub in a salad bowl with a clove of garlic.
5. Make a vinaigrette sauce with the mustard, vinegar and oil, pepper and salt.
6. Add the meat, herbs and capers and gently mix.
7. Leave to rest for about 1 hour.
8. Before serving, add the sliced eggs and mix gently so that the eggns do not fall apart.



Viborg - Danmark

## **STEGT FLÆSK MED PERSILLESØVS (Grilled pork belly with parsley sauce)**

### Ingredients

- 800 gr boneless pork belly, cut into 1 cm-wide slices
- 1 tablespoon olive oil
- potatoes
- 2 tablespoons salt
- sea salt flakes to season

### Parsley sauce

- 50 gr butter
- 35 gr plain flour
- 500 ml milk
- salt
- 1/2 cup finely shredded curley or flat-leaf parsley, plus extra to serve
- freshly ground black pepper

### Preparation

1. Preheat the oven to 200°C.
2. Place the pork on a large rack set inside a large roasting tray. Brush the pork with oil and season well with sea salt flakes on both sides. Cook for 40 minutes or until the pork is golden and crisp, turning halfway through. Remove from the oven and cover loosely with foil. Set aside for 5 minutes to rest.
3. Meanwhile, place the potatoes in a large saucepan and cover with cold water. Add the salt and bring to the boil. Simmer the potatoes for 15 minutes or until tender when tested with a skewer. Drain and allow to dry in the pan with the lid off.
4. To make the parsley sauce, melt the butter in a saucepan over medium heat. Whisk in the flour and cook for 1 minute. Gradually whisk in the cold milk, then simmer, stirring continuously until the sauce has thickened to your desired consistency. Season with salt and pepper, then stir through the parsley.
5. Serve the potatoes and pork with the parsley sauce drizzled over and a sprinkling of extra parsley.



Castlebar - Ireland

## **DARINA ALLEN'S PAN BOXTY**

### Ingredients

- 6 medium potatoes
- a handful of white flour
- salt
- butter for frying

### Preparation

1. Scrub the potatoes well, but don't peel.  
Line a bowl with a cloth.
2. Grate the potatoes into the cloth, then squeeze out the liquid into the bowl and allow it to sit for about 20 minutes until the starch settles.  
Set the potatoes aside.
3. Drain off the water and leave the starch in the bottom of the bowl.
4. Add the grated potato, a handful of white flour and some salt.
5. Melt a nice bit of butter on a heavy iron pan and pour in the potato mixture. It should be 2-2,5 cm thick.
6. Cook on a medium heat. Let it brown nicely on one side before turning over and then on the other side, about 30 minutes in all, depending on the heat.  
It's much better to cook it too slowly rather than too fast.  
It should be crisp and golden on the outside.
7. Cut the boxty into four quarters and serve.



## PEA SOUP WITH CHICKEN

### Ingredients

- 400 g split peas
- 1 leek
- 2 beef cubes
- 150 gr turnip-rooted celery (about ¼ of a whole)
- 1 winter carrot
- 1 potato (floury)
- 2 smoked chicken fillets (300 gr)
- Few stalks of celery
- 1 onion
- 1 laurel leaf

### Preparation

1. Bring to boil 1.5 liter of water with the beef cubes, split peas and laurel leaf. Leave this cook gently for about one hour, stirring occasionally.
2. In the meantime, peel and cut the carrot, potato and turnip-rooted celery in pieces. Chop the leek into rings and wash it good. Peel the onion and cut into fine pieces. Finely chop the celery.
3. Cut the smoked chicken in cubes or strips.
4. After about one hour the split peas start to fall apart. This can take a little longer or shorter. Add the vegetables, potato and chicken to the soup. Save some chicken to garnish.
5. Leave the soup cook gently for about half an hour. Season the soup with pepper and salt.  
Let the soup simmer gently for another 10 minutes.



## **LITHUANIAN ŠALTIBARŠČIAI (Cold beet soup)**

### Ingredients

For the soup:

- 200 g boiled & cooled beetroot (about 2 medium beets)
- 100 g cucumber (about 2 large pickling cucumbers, either fresh or pickled – see note above)
- 6 spring onions or 10 green onion leaves
- 2 hard-boiled eggs
- 1.5 litres kefir (or 500 ml thick natural yoghurt and 1 litre buttermilk)
- Bunch fresh dill
- Juice of ½ a lemon (optional)
- Salt to taste

For the side dish:

- 200 g potatoes

### Preparation:

1. Peel the potatoes and chop into bite-sized pieces. Place in a saucepan of boiling water, add a good pinch of salt and boil until a knife can easily pierce the flesh.
2. While the potatoes are boiling, assemble the soup.
3. Slice the beetroot & gherkins into fine julienne.
4. Chop the eggs into small dice.
5. Chop the scallions or onions leaves into 1 cm pieces.
6. Finely chop the dill.
7. Pour the kefir into a large bowl or saucepan and add the chopped ingredients and half of the lemon juice, holding back some of the dill for garnish.
8. Taste and season salt and additional lemon juice as required.
9. Ladle the soup into bowls and sprinkle with the remaining dill.

Serve the potatoes on a side plate so that they do not heat the soup.



## **LOHIKEITTO (Finnish Salmon soup)**

### Ingredients

- 1 tablespoon butter (you can use olive oil as an alternative)
- 1 brown or yellow onion, finely chopped
- 4-5 potatoes (buy a firm variety as they need to retain their shape through cooking)
- 1.25 litres fish stock
- 1/2 kg fresh salmon fillet, cubed
- 100-200 ml cream (or milk, if you prefer a thinner soup)
- 1 cup fresh dill, finely chopped
- 5 pieces bay leaf
- Dash of sea salt, pepper and allspice

### Preparation

1. Cut the potatoes roughly into cubes and keep in water to prevent discolouration.
2. In a large saucepan, simmer the chopped onions in the butter over medium heat until soft.
3. Add peeled and diced potatoes and then enough water to just cover the potatoes. Turn up the heat to high, cover the saucepan with a lid, bring to a boil and cook the potatoes until they are just soft, adjusting the heat down as necessary
4. Add the cubed salmon to the pot and cook until it is mostly opaque (this will take about 5 minutes). Do not stir the soup so as not to break up the salmon
5. If you want to keep the salmon cubes looking like cubes, once the salmon is cooked, remove from the soup and set aside
6. Add the fish stock and cream, along with a sprinkling of salt and pepper to taste, with just a dash of Allspice. Cook for 5-10 minutes.
7. Take off the heat and stir in the fresh dill.
8. If you removed the salmon cubes, transfer the cooked salmon into individual bowls and ladle the soup over.
9. Serve with rye bread and butter.



Verdal - Norway

## **KLUBB & DUPPE**

### Ingredients

- 3 l water
- 3 teaspoons salt

Klubb:

- 750 g raw potatoes
- 350 g boiled potatoes
- 200 g barley flour
- 1 ½ teaspoon salt

Duppe:

- 100 g butter
- 2 dl milk
- 3,5% fat
- 100 g prim
- 100 g brown cheese
- 3 ss sugar
- 2 teaspoons vinegar

### Preparation

#### **KLUBB**

1. Wash, peel and grate the raw potatoes. Sprinkle with a little flour.
2. Mash the boiled potatoes.
3. Add salt and the rest of the flour and mix everything well together.
4. Shape oblong buns with a wet tablespoon, or your hands and cook the balls approx. 1/2 hour or until cooked.

#### **DUPPE**

1. Mix butter, prim, milk, sugar and cheese in a saucepan and cook until smooth.
2. If you want it more acidic, you can taste the sauce with a little vinegar. Is the color of light, it helps with a few drops of sugar candy.

Serve with bacon.



Arenzano - Italy

## TRENETTE AL PESTO

### Ingredients

For pesto (4 servings)

- 1 bunch of basil
- 30 gr. pine nuts
- 1/2 clove of garlic
- 50 gr. grated Parmigiano Reggiano cheese
- 20 gr grated Pecorino cheese (or 70 gr. Parmigiano Reggiano cheese)
- 1 cup extra virgin olive oil
- salt to taste

1 pack – ½ kilo of linguine (in Ligurian dialect trenette)

### Preparation

1. Place into a mortar (or into a modern mixer) well-washed and dried basil leaves, finely chopped garlic and pine nuts; add the necessary oil bit by bit.
2. Once you have quite a creamy mixture, blend in cheese to bring everything together, and salt to taste.
3. Bring a large pot of water to boil, then season it with salt until it is as salty as the sea.
4. Cook the “linguine” until “al dente”(10 minutes), drain well and pour into a tureen. Mix well and serve hot.
5. If you like you can add a small potato cut in thin round slice together with pasta.

The cook secret:

After you have put the linguine in the boiling water, take two spoons of cooking liquid and mix well to dilute slightly the pesto sauce in the tureen.



Seefeld - Austria

## **KAISERSCHMARRN**

### Ingredients

- ½ l of milk
- 6 tablespoons of plain flour
- 1 pinch of salt
- 2 tbsp sugar
- 6 eggs
- clarified butter
- Grant'n (cranberries) or icing sugar

### Preparation

1. Milk, flour, salt, 1 tablespoon sugar and the eggs stir to a loose dough.
2. Some butter in a hot pan (best is an iron pan) melt and give the dough into the hot fat.
3. Bake golden yellow, quarter, turn over and cut into small pieces (tear).
4. Turn again and sprinkle with 1 tablespoon of sugar.  
When the sugar caramelizes, grind the jar with grant'n and sprinkle icing sugar over it.



### Ingredients

#### Meat:

- 600g pork meat (brisket, shoulder)
- 1 onion, 3 cloves of garlic
- salt, cumin

#### Sauerkraut:

- 500g of sauerkraut
- 2 onions, 1 small potato
- 4 tbsp vegetable oil
- 1 tablespoon of fine ground flour
- salt, cumin
- 1tbsp vinegar, 1tbsp sugar (use as much vinegar and sugar you desire)

#### Dumpling:

- 8 potatoes
- 1 egg
- 1 1/2 tsp salt
- 1/4 cup farina, 1/4 cup flour
- butter

Brno - Czechia

## **MORAVIAN SPARROW**

### Preparation

#### Meat:

1. Preheat the oven to 200 degrees Celsius.
2. Cut meat into big pieces, season and place in a baking tray together with a chopped onion and crushed garlic.
3. Add a small amount of water and roast until tender and golden.
4. Serve with potato dumplings and sauerkraut or blue (red) cabbage.

#### Sauerkraut:

1. Drain the sauerkraut and steam it in a saucepan adding water and cumin.
2. Brown diced onions separately and add to sauerkraut.
3. Peel and grate the potato and mixing it with the flour add to sauerkraut.
4. Steam for another few minutes.
5. Finally add vinegar , sugar and salt to taste. I usually add fried bacon, it gives it a beautiful smell and taste too.

#### Dumplings

1. Boil potatoes until tender. Let them cool and grate or mash.
2. Place grated potatoes into a large bowl.
3. Work beaten egg, farina, flour and salt into the potatoes forming a dough
4. Roll dough into tube/dumpling (you can make 4 smaller ones or two big ones).
5. Place dumplings into pot of boiling water and boil for 20 – 25 minutes (smaller ones might take 15 – 20 minutes).
6. Remove, poke them with a wooden skewer (about 8 times each dumpling) and brush them with some butter.

Don't forget to slice the dumplings before serving



### Ingredients

- 1 cup whole milk
- 3 large eggs
- 1/2 cup canola oil
- 3 teaspoons vanilla extract
- 2 cups plus 2 tablespoons all-purpose flour
- 2 cups sugar
- 3/4 cup baking cocoa
- 1-1/2 teaspoons baking powder
- 3/4 teaspoon baking soda
- 3/4 teaspoon salt

### FILLING:

- 2 cans pitted tart cherries
- 1 cup sugar
- 1/4 cup cornstarch
- 3 tablespoons cherry brandy or 2 teaspoons vanilla extract

### WHIPPED CREAM:

- 3 cups heavy whipping cream
- 1/3 cup confectioners' sugar

Fulda - Germany

## SCHWARZWÄLDER KIRSCHTORTE

### Preparation

1. Preheat oven to 350°. Line bottoms of two greased 9-in. round baking pans; grease paper.
2. In a large bowl, beat milk, eggs, oil and vanilla until well blended. In another bowl, whisk flour, sugar, cacao, baking powder, baking soda and salt; gradually beat into milk mixture.
3. Transfer to prepared pans. Bake 30-35 minutes or until a toothpick inserted in center comes out clean. Cool in pans 10 minutes before removing to wire racks; remove paper. Cool completely..
4. Meanwhile, for filling, drain cherries, reserving 1/2 cup juice. In a small saucepan, whisk sugar, cornstarch and reserved juice; add cherries. Cook and stir over low heat 10-12 minutes or until thickened and bubbly. Remove from heat; stir in brandy. Cool completely.
5. In a large bowl, beat cream until it begins to thicken. Add confectioners' sugar; beat until stiff peaks form.
6. Using a long knife, cut each cake horizontally in half.  
Place one cake layer on a serving plate. Top with 1-1/2 cups whipped cream. Spread 3/4 cup filling to within 1 in. of edge. Repeat twice.  
Top with remaining cake layer.  
Frost top and sides of cake with remaining whipped cream, reserving some to pipe decorations, if desired.  
Spoon remaining filling onto top of cake. Refrigerate until serving.



Barcelona - Spain

## FRICANDÓ AMB MOIXERNONS

### Ingredients

- 800 gr of veal (silverside) cut in thin pieces
- 75 gr of dry wild mushrooms
- 1 onion cut thin
- 2 grated tomatoes
- 1 bouquet garni (laurel, thyme, parsley and some leaves of celery)
- A glass of mellow or white wine.
- Veal broth
- Flour
- Olive oil
- Picada (it means to put a couple of garlic cloves, 10 toasted almonds and a couple of biscuits or fried bread slides in a mortar, and grind everything until they become powder. Once the meat is cooked, we have to put some of the broth of the casserole into the mortar and then we add it to the casserole)

### Preparation

1. Heat the olive oil.
2. Flour the veal and fry it until it's brown.  
Take it out of the saucepan and leave it in a casserole.
3. In the same olive oil we've used to fry the veal, add the onion and cook it until it's golden. Then, add the tomatoes and the bouquet garni.  
Mix it well and cook it for a while.
4. Add the wine and leave it a moment to the alcohol to fly. Then, add the broth.
5. Put the sauce into the casserole with the veal. Drain the mushrooms or clean them if they are not dry, and put them in a saucepan with a little bit of olive oil and a garlic clove well cut. Once they're cooked, add them to the casserole with the veal.
6. Cover the casserole and leave it cooking in a low heat for an hour and a half.
7. When everything is cooked, we add the "picada" and we leave it cooking about 10 minutes more.



Marbella - Spain

## **GAMBA'S PIL-PIL**

### Ingredients

- 20 peeled shrimps (not too small)
- 3 cloves of garlic
- 1/2 tablespoon chili-flakes
- 1 tablespoon sweet paprika powder
- parsley, peper, salt, olive oil

### Preparation

1. Chop up the garlic and a handful of parsley very fine.
2. Keep half a spoon chili-flakes and a full spoon of sweet paprika powder ready.
3. Put a pan with a good layer of olive oil to cook and bake the shrimps together with the parsley, chili-flakes and paprika powder quick on high fire well done (approx. 3 minutes).
4. Put the content in a fire resistant dish and place the shrimps just a moment in the oven.  
As soon as you see the oil foaming and bubbling put the dish glazing hot on the table.



## TRADITIONAL ANZAC BISCUITS

### Ingredients

- 1 cup rolled oats
- 1 cup plain flour
- 3/4 cup white sugar
- 3/4 cup dessicated coconut
- 125 gr butter
- 1 tablespoon golden syrup
- 1 teaspoon baking soda
- 2 tablespoons boiling water

### Preparation

1. Preheat oven to 180° C.
2. Grease a biscuit tray.
3. Mix oats, flour, sugar and coconut together.
4. In a small saucepan over low heat, melt the syrup and butter together.
5. Mix th soda and the boiling watr and add to the melted butter and syrup.
6. Add butter mixture to the dray ingredients.
7. Drop the mixture by teaspoons on greased biscuit tray.
8. Bake for 12-15 minutes.



## OKONOMI-YAKI

### Ingredients

- 200g of cabbage
- 50g of bean sprouts
- 2 eggs
- 100g of Sliced pork back ribs
- 3 table spoons of ten-kasu (small pieces of deep-fried dough)
- 100g of Chinese yam
- 80g of weak flour
- 1 teaspoon of instant broth granules (bonito)
- 1 teaspoon of vegetable oil
- bonito flakes to taste
- green nori (seaweed) to taste
- Okonomiyaki sauce to taste
- Mayonnaise to taste

### Preparation

1. Put the grated yam, flour and instant broth granules into a bowl and mix them well.
2. Chop the cabbage coarsely. Cut the bean sprouts to the half size. Cut the sliced pork back ribs into 2 or 3 pieces each.
3. Put the cabbage, bean sprouts, eggs and ten-kasu into the bowl and mix them lightly with a spoon.
4. Put oil in a frypan or a hot griddle and heat it up to about 220°.
5. Pour the batter of Okonomi-yaki into the frypan with ladle and spread it into a round shape. (do it like a pancake. Then put the sliced pork back ribs on the surface.
6. When it gets a little charcoal, flip it and heat thoroughly over low heat. And when the sliced pork back ribs turn crispy, flip it again. Bake both side of it until golden brown over medium heat.
7. Serve it on the plate and put on some sauce. You can add some mayonnaisse, green nori and bonito flakes to taste

### Tip:

It's better to mix the batter of Okonomi-yaki lightly just before you bake it. Because it becomes watery as time goes on.

Dalian / Beijing - China

## CHINESE BEEF MEAT PIE



### Ingredients

#### Dough:

- 500 gr all-purpose flour plus extra to coat hands
- 1 cup water
- 1 tablespoon vegetable oil plus extra for cooking

#### Filling:

- 350 grams ground raw beef
- 1 tablespoon minced ginger
- 1 tablespoon Shaoxing wine (or Japanese sake)
- 1 tablespoon light soy sauce
- 2 teaspoons dark soy sauce
- 1/4 teaspoon freshly ground Sichuan peppercorn (or black pepper)
- 1 onion, finely chopped
- 1 carrot, minced
- 1 teaspoon sugar
- 1,5 teaspoon salt
- 1 tablespoon sesame oil

## Preparation

### **To make the dough:**

1. Using a mixer: Add flour and turn on at low speed. Gradually add water. Let mix until the surface of the dough becomes smooth, about 8 minutes.
2. Kneading the dough by hand: Add flour to a large bowl. Gradually add water and whisk flour with a spatula until water is fully blended. Dust both hands with dry flour and knead the dough. If there is dry flour in the bowl that is difficult to blend into the dough, add a bit more water to the dry flour, 1 tablespoon at a time. Knead until there is no dry flour left. The dough should feel springy and you should be able to easily pick it up without it sticking to the bottom of the bowl. Dust a working surface with dry flour and transfer the dough onto it. Knead until the surface of the dough turns smooth.
3. Wrap and seal the dough with plastic wrap. Let for 30 minutes up to 3 hours.

### **To make the filling:**

1. Combine ground beef, minced ginger, Shaoxing wine, light soy sauce, dark soy sauce, and ground Sichuan peppercorn (or black pepper) in a big bowl. Mix well until the liquid ingredients are fully absorbed.
2. Prepare and cut vegetables, but do not add them to the ground beef yet.
3. Right before assembling the pies, add the onion, carrot, salt and sugar to the beef filling. Mix well. Add sesame oil and mix again.

### **To assemble the pies:**

1. Add oil to a small bowl and prepare a small brush. Dust both hands and a large cutting board with dry flour. Transfer the dough to the cutting board and knead for a few times. The dough should be a bit softer, springy, and smooth.
2. Divide the dough into two equal pieces and put one piece back in the bowl and cover it with plastic wrap. Roll the other half into a ball. Press it into a flat circle. Use a rolling pin to roll it into a thin round disc, about 4 mm thick.
3. Brush a thin layer of oil on top. Sprinkle a pinch of salt over it and brush it again until evenly spread. Roll the round sheet into a long stick. Cut the stick into 6 equal pieces.
4. Work on the meat pies one at a time. Cover the rest of the dough with plastic wrap.

5. Pinch the two ends of each piece to seal the oil inside. Press the dough (the sealed ends are on the left and right) and gently roll it into a thin round disc. This step is help to create a layered crust.
6. Scoop 2 to 3 tablespoons of beef filling and place it on one side of the dough pancake, in a half-moon shape, as if making a quesadilla.
7. Fold the empty half over and press the edges together by hand. Turn the edge upward and press it again to further seal the pie.
8. Set pie aside and work on the rest of the dough in the same manner.
9. Cover the meat pies with plastic wrap while working on the rest of the pies, to prevent the dough from drying out.

### **To cook the pies:**

1. Heat a large nonstick skillet with 1 tablespoon oil over medium heat until warm. Transfer meat pies to the skillet without overlapping. Brush the top side with oil. Cover skillet and cook over low heat until the bottom side turns golden brown, 3 to 4 minutes. Flip with a spatula and cook the other side. Cover and cook until the bottom side turns golden brown, 3 minute. Transfer the meat pies to a plate. Cook the remainder of the meat pies the same way.
2. Serve warm with Chinese black vinegar. If the meat pie is not salty enough, blend 1 teaspoon light soy sauce with 1 tablespoon black vinegar as a dipping sauce.

### **To store the meat pie:**

1. Place meat pie in an airtight container. Store in the fridge up to 3 days or in the freezer for 1 month.
2. To reheat the meat pie. Heat oil in a skillet until warm. Add meat pies. When the skillet is hot, add 2 to 3 tablespoons water and cover immediately. Flip once during the cooking. Cook until both sides are crispy and the inside is hot.

### **TIP:**

Do not mix the filling too soon before the dough is ready. It will make the filling watery later.





Arlington - USA

## **ALL-AMERICAN CHILI**

### Ingredients

- 6 ounces hot turkey Italian sausage
- 2 cups chopped onion
- 1 cup chopped green bell pepper
- 8 garlic cloves, minced
- 1 pound ground sirloin
- 1 jalapeño pepper, chopped
- 2 tablespoons chili powder
- 2 tablespoons brown sugar
- 1 tablespoon ground cumin
- 3 tablespoons tomato paste
- 1 teaspoon dried oregano
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 2 bay leaves
- 1 1/4 cups Merlot or other fruity red wine
- 2 (28-ounce) cans no-salt-added whole tomatoes, undrained and coarsely chopped
- 2 (15-ounce) cans no-salt-added kidney beans, drained
- 1/2 cup (2 ounces) shredded reduced-fat sharp cheddar cheese

### Preparation

1. Heat a large Dutch oven over medium-high heat. Remove casings from sausage. Add sausage, onion, and the next 4 ingredients (onion through jalapeño) to pan; cook 8 minutes or until sausage and beef are browned, stirring to crumble.
2. Add chili powder and the next 7 ingredients (chili powder through bay leaves), and cook for 1 minute, stirring constantly. Stir in wine, tomatoes, and kidney beans; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally.
3. Uncover and cook for 30 minutes, stirring occasionally. Discard the bay leaves. Sprinkle each serving with cheddar cheese.

Note: Like most chilis, this version tastes even better the next day.



Taipei - Taiwan

## **TAIWANESE 3 CUP CHICKEN**

### Ingredients

- 1 - 1,5 lb. chicken drumettes
- 15 - 20 cloves of garlic, peeled
- 1 small piece of ginger, sliced
- fresh Thai basil leaves (red basil)

For the Sauce:

- 1/3 cup of soy sauce (low sodium)
- 1/3 cup rice wine
- 1/3 cup of Asian sesame oil
- 3 tablespoons cane sugar
- 1 teaspoon dried chili flakes (or fresh red chilis)
- 1/2 teaspoon salt

### Preparation

1. Brown the chicken for a few minutes first before adding the sauce mixture.
2. Cook the sauce mixture and chicken for 15 - 20 min. or until almost done.
3. When almost done, add the fresh basil leaves and stir fry, then cover with a lid for 1 min.
4. Transfer to a serving bowl and serve hot.



### Ingredients

- 500ml water
- 300g longgrain rice
- 4 tbsp vegetable oil
- 2 shallots or 1 small onion, peeled and thinly sliced
- ¼ tsp salt
- 1 tsp shrimp paste (could be replaced with fresh shrimp)
- 2 cloves garlic peeled and minced
- 1 red chilli chopped finely
- 1 tsp fish sauce
- 1 heaped tbsp brown sugar
- 1 tsp tamarind
- 1 tbsp tomato puree/paste
- 2 tbsp dark soy sauce
- 5 spring onions scallion chopped
- 5 eggs

## INDONESIAN FRIED RICE (NASI GORENG )

### Preparation

1. Bring the water to a boil and pour in the rice (no need to rinse). Give it a stir so that the rice is covered by the water, put a lid on the pan and cook for 20 minutes on the lowest heat on your smallest burner.
2. After 20 minutes, take the lid off and spread out the rice on to a tray. Leave to cool, uncovered for 20-30 minutes (until room temperature), then cover with clingfilm/plastic wrap and place in the fridge until you're ready to use (make sure you use the rice within 24 hours).
3. When you're ready to make the rice, heat 1tbsp of the oil in a large wok or frying pan until hot. Cook, for 5-6 minutes until browned and crispy, then remove from the pan and place in a bowl.
4. Turn the heat down to medium and add another 1 tbsp of oil to the wok and add in the shrimp paste, garlic and chilli. Heat for one minute until fragrant, then add in the fishsauce, brown sugar, tamarind and tomato puree and soysauce and heat for a further minute.
5. Now add the rice to the wok and cook on a high heat. Use a spatula to ensure the rice doesn't stick to the bottom of the pan, and move the rice around so that it's all getting reheated. Once the rice is hot (this will take about 5 minutes), push the rice over to the side of the pan and crack one of the eggs into the space. Making sure this bit of the pan is over the heat, fry the egg, giving a mix with the spatula until the egg starts to cook and looks crambled. Now mix the egg into the rice. Add the spring onions, a pinch of salt and the crispy onions and mix it all together. Reduce the heat to low.
6. Add the remaining oil to a large frying pan and heat until hot, then fry the remaining four eggs until the white is crisp at the edges, but the yolk is still runny (you can baste the egg in the hot oil to make it cook quicker).
7. Divide the rice between four bowls and top each with a fried egg, then serve.