

## **Monday:**

### Recipe A: Mexico: Arroz con Leche (Mexican Rice Pudding)

#### Ingredients:

- ☐ 2 cups water
- ☐ 1 cinnamon stick
- ☐ 3 whole cloves
- ☐  $\frac{1}{8}$  tsp salt
- ☐  $\frac{1}{4} + \frac{1}{8}$  cup long-grain rice
- ☐  $\frac{1}{4} + \frac{1}{8}$  cup evaporated milk
- ☐  $\frac{1}{4}$  cup sweetened condensed milk
- ☐  $\frac{1}{3}$  cup raisins
- ☐  $\frac{1}{2}$  tbsp ground cinnamon (to sprinkle when serving)



#### Instructions:

- ☐ Over high heat, bring the water to a boil with the cinnamon sticks, cloves, and salt.
- ☐ Remove from heat. Let steep for 3-5 mins
- ☐ Remove cinnamon sticks and cloves and discard. Add rice and over medium heat boil for 20 minutes.
- ☐ Add the evaporated milk, condensed milk, and raisins, and continue to cook over low heat for about 5 minutes. Stir gently, but be careful not to stir too much so the rice doesn't get mushy.
- ☐ Ladle into bowls and sprinkle with cinnamon.

## **Monday:**

### **Recipe B: Venezuela: Arepas (Bean and Cheese)**

#### **Ingredients:**

- ☐ 2 cups precooked cornmeal (Masa harina)
- ☐ 2 tsp salt
- ☐ 2 cups warm water
- ☐ 2 tbsp vegetable oil
- ☐ 1 can of black beans (drained and rinsed)
- ☐ 1 cup of shredded mozzarella
- ☐ 1 Avocado, thinly sliced



#### **Instructions:**

- ☐ In a large bowl, whisk cornmeal and salt to combine. Add water and stir with a wooden spoon until a dough forms. Cover with a kitchen towel and let it hydrate for 10 minutes.
- ☐ Divide the dough into 8 equal portions, about 1/2 cup each. Roll dough into balls, then flatten between your palms to a 3"-wide disc about 1/2" thick.
- ☐ In a large nonstick skillet over medium heat, heat 1 tablespoon oil. When the oil is hot, add 4 pieces of dough. Cover skillet and cook until bottoms are nicely charred, 5 to 7 minutes. Flip and continue to cook, uncovered, until the second side is charred, 5 to 7 minutes more. Transfer to a plate. Repeat with the remaining 1 tablespoon of oil and the dough.
- ☐ Let cool slightly, then create a pocket in each arepa by slicing horizontally about three-quarters of the way through. Fill pockets with beans, cheese, and avocado.

## **Monday:**

### **Recipe C: El Salvador: Salvadoran Pupusas with Cheese & Beans**

#### **Ingredients:**

- ☐ 1 cup masa harina (precooked cornmeal)
- ☐ 1 cup warm water
- ☐ ½ cup refried beans
- ☐ ½ cup shredded mozzarella
- ☐ Pinch of salt



#### **Instructions:**

- ☐ Mix masa harina, water, and salt into a soft dough.
- ☐ In a small bowl, mix beans and cheese.
- ☐ Take a golf-ball-sized piece of dough, flatten it, add a spoonful of filling, close it, then flatten again.
- ☐ Cook on a hot skillet for 4–5 minutes per side, or until golden brown.

## **Tuesday:**

### Recipe A: Egypt: Egyptian Basbousa (Semolina Cake)

#### Ingredients:

- ☐ 1 cup semolina
- ☐ ½ cup sugar
- ☐ 1 cup plain yogurt
- ☐ ¼ cup vegetable oil
- ☐ 1 tsp baking powder
- ☐ ½ tsp vanilla extract

#### Syrup:

- ☐ ½ cup sugar
- ☐ ½ cup water
- ☐ ½ tsp lemon juice



#### Instructions:

- ☐ Preheat oven to 350°F (175°C). Mix all cake ingredients and pour into a greased 8x8 pan.
- ☐ Bake for ~25 minutes, until golden.
- ☐ While it bakes, make syrup in a saucepan: simmer sugar, water, and lemon juice for 5–7 minutes.
- ☐ Pour syrup over hot cake. Let cool and cut into squares.



## **Tuesday:**

### Recipe B: Tunisia: Shakshuka (Poached Eggs in Tomato Sauce)

#### Ingredients

- ☐ ½ + ¼ tablespoons olive oil
- ☐ ½ medium onion, chopped
- ☐ 1 clove garlic minced
- ☐ ½ tablespoon smoked paprika
- ☐ ½ teaspoon cumin
- ☐ 1 pinch cayenne pepper
- ☐ ½ 28-ounce can crushed tomatoes
- ☐ 3 large eggs
- ☐ 1 tablespoon chopped fresh parsley
- ☐ ⅓ cup Feta cheese
- ☐ Salt and black pepper to taste



#### Instructions:

- ☐ Heat the olive oil in a large skillet over medium heat. Add the onions and cook until lightly browned on the edges and starting to soften, about 5 minutes.
- ☐ Add the onion. Cook until the onions are soft. Reduce the heat to low and add the garlic, smoked paprika, cumin, and cayenne pepper. Cook for 1 minute, stirring constantly.
- ☐ Stir in the crushed tomatoes and bring the mixture to a gentle boil. Reduce the heat and simmer for 5-10 minutes.
- ☐ Make 3 small wells in the sauce using a spoon and drop the eggs into the hot mixture, spacing them as evenly apart as possible. Cover and let the eggs simmer on low until the whites are set.
- ☐ Uncover and sprinkle with fresh parsley and crumbled feta—season with salt and pepper to taste.
- ☐ Transfer eggs to a plate for serving with plenty of sauce

**Tuesday:**

Recipe C: Zimbabwe: Sadza (Maize Porridge)

Ingredients:

- ☐ 1 cup white or yellow cornmeal
- ☐ 2 ½ cups water
- ☐ ½ tsp salt

Instructions:

- ☐ Boil 2 cups of water with salt.
- ☐ In a bowl, mix ½ cup cornmeal with ½ cup cold water to make a paste.
- ☐ Stir the paste into boiling water. Simmer and stir often (about 10 minutes).
- ☐ Slowly stir in the remaining cornmeal until thick and smooth (about 10–15 min).
- ☐ Typically eaten as a side dish with other veggies and stews!



## **Wednesday:**

### Recipe A: Poland: Pierogi Leniwe (Lazy Pierogi)

#### Ingredients:

- ☐ 1 cups ricotta cheese
- ☐ 1 + ½ cups of all-purpose flour
- ☐ 2 large eggs
- ☐ 1 tsp salt
- ☐ 2 tbsp unsalted butter (for serving)
- ☐ ½ cup of bread crumbs (for serving)
- ☐ ⅓ cup of sugar + 2 tbsp ground cinnamon (for serving)



#### Instructions:

- ☐ In a large bowl, combine the ricotta cheese, flour, eggs, and salt. Mix until a soft dough forms. If the dough is too sticky, add a little more flour.
- ☐ On a floured surface, divide the dough into smaller portions. Roll each portion into a log about 1 inch thick. Cut the logs into 1-inch pieces.
- ☐ Bring a large pot of salted water to a boil. Add the pierogi in batches, being careful not to overcrowd the pot. Cook until the pierogi float to the top, then let them cook for an additional 2 minutes. Remove with a slotted spoon and set aside.
- ☐ In a small pan, melt the butter and add the breadcrumbs, cooking until they are golden brown. Drizzle the melted butter and breadcrumbs over the pierogi. Sprinkle with sugar and cinnamon.

## **Wednesday:**

### **Recipe B: France: Tarte Flambée (French Flatbread)**

#### **Ingredients:**

- ☐ 1 cup flour
- ☐ ¼ tsp salt
- ☐ ¼ cup of water
- ☐ 1 tbsp vegetable oil

#### **Topping:**

- ☐ ½ cup + 1 tbsp sour cream
- ☐ ½ onion (finely sliced)
- ☐ ¼ cup bacon bits
- ☐ 1 + ¼ cups shredded Swiss cheese
- ☐ Sprinkle of ground nutmeg
- ☐ Sprinkle of salt and pepper



#### **Instructions:**

- ☐ Mix the flour and salt in a bowl, then add the water and oil and bring everything together to make rough dough. Transfer the dough to a floured board and knead well. Form into a rectangle about 10 x 11 inches
- ☐ Preheat the oven to 450°F. Spread the crème fraîche over the dough, leaving a little border around the edges, then dot with the onion, bacon, and grated cheese. Season with salt, pepper, and nutmeg.
- ☐ Bake for 10–12 minutes or until the base is crisp and the cheese is bubbling. Slide the tarts onto a cutting board and use a knife to cut them into portions.

## **Wednesday:**

### **Recipe C: Austria: Erdäpfelpuffer (Austrian Potato Pancakes)**

#### **Ingredients:**

- ☐ 1½ cups grated potato
- ☐ ¼ large, finely sliced onion
- ☐ ½ large egg (about 2 tablespoons of beaten egg)
- ☐ ¼ teaspoon salt
- ☐ Sprinkle of black pepper
- ☐ ½ Tablespoon butter
- ☐ ½ Tablespoon vegetable oil



#### **Instructions:**

- ☐ Place grated potato and onion into a strainer and let all the liquid drain out (20 minutes or so).
- ☐ Once the liquid is drained, put the potatoes and onion into a large bowl. Add egg, salt, and pepper. Mix well.
- ☐ Place half the butter and oil in a large frying pan on medium/medium-low heat. Drop the potato mixture by large tablespoons onto a hot pan. Spread the mixture with the back of the spoon until it is about 3 inches wide. When it looks dry on top, flip it over.
- ☐ When golden, remove from the pan and place on paper towels to drain excess oil. Sprinkle lightly with salt while still warm. Serve and eat with apple sauce.

## **Thursday:**

### Recipe A: Philippines: Lumpia (Filipino Spring Rolls)

#### Ingredients:

- ☐ 12 Spring Roll wrappers
- ☐ ½ pound ground turkey
- ☐ 1 clove of garlic (peeled and minced)
- ☐ ¾ tbsp of soy sauce
- ☐ ½ of a lightly beaten egg
- ☐ ¼ tbsp of ginger powder
- ☐ Sprinkle of black pepper
- ☐ 1 of a cup of shredded cabbage



#### Instructions:

- ☐ Using a serrated knife, cut the square lumpia wrappers in half so that you have two stacks of rectangular wrappers. Place a damp paper towel over the wrappers to keep them from drying out as you work.
- ☐ Combine the turkey, cabbage, garlic, ginger, soy sauce, eggs, and ground black pepper in a large bowl. Using a rubber spatula, mix the filling well so that the seasonings are evenly distributed.
- ☐ Place one of the rectangular wrappers vertically on your work surface with the short edge facing you. Place a heaping teaspoon of the filling on the wrapper, about half an inch from the edge closest to you. Grasp the bottom edge of the wrapper and roll it up and over the filling, continuing to roll until 2 inches of wrapper remain.
- ☐ Dip two fingers into a bowl of water, then moisten the last 2 inches (5 cm) of wrapper with your fingers. Finish rolling the lumpia, then rest it on its seam. Continue rolling with the rest of the filling and lumpia wrappers.
- ☐ To cook the lumpia, fill a large frying pan with about 1/2-inch (1 cm) of vegetable oil. Heat the oil over medium-high heat. Gently place the lumpia into the hot oil and fry until golden brown on all sides, 3 to 5 minutes total.



**Thursday:**

Recipe B: China: Mango Sago (Mango tapioca pudding)

Ingredients:

- ☐ 1 +  $\frac{1}{3}$  cups small tapioca pearls
- ☐ 2 +  $\frac{1}{2}$  cups chopped mango
- ☐ 1 can of coconut milk
- ☐  $\frac{1}{4}$  cup sweetened condensed milk

Instructions:

- ☐ Bring a large pot of water to a boil. Add in the tapioca and stir immediately. Lower the heat to a simmer and cook the tapioca for 10 minutes. Remove from heat, cover, and let sit for 10 minutes until the tapioca becomes completely translucent throughout.
- ☐ Pour the cooked sago into a fine mesh strainer to drain away the water. Fill the same pot with cold water and place the strainer on top. Keep the sago submerged in cold water until ready to use.
- ☐ In a blender, add the mango chunks, coconut milk, and condensed milk. Blend until smooth.
- ☐ Pour the mango mixture into a large serving bowl. Add in the drained sago and stir to combine.
- ☐ Serve the mango sago in small bowls or glasses.





## **Thursday:**

### **Recipe C: India: Kashmiri Dum Aloo (Stewed potatoes)**

#### **Ingredients:**

- ☐ 2 medium potatoes cubed
- ☐ ½ cup plain yogurt
- ☐ 2 tbsp vegetable oil  
→ (1+ ½ for frying potatoes and ½ for cooking)
- ☐ ½ tsp red chili powder
- ☐ ¼ tsp ginger powder
- ☐ ½ tsp turmeric powder
- ☐ ½ tsp cumin powder
- ☐ ½ tsp salt



#### **Instructions:**

- ☐ Peel then boil the baby potatoes, keeping them whole (boil in a pot of water until fork tender or the fork passes through easily)
- ☐ Prick the potatoes with a fork to allow the flavors to seep in while cooking
- ☐ Heat oil in a pan and shallow-fry the potatoes in batches, adding turmeric powder for a beautiful color.
- ☐ Set the fried potatoes aside, then heat oil in a deep, wide pan
- ☐ Add salt, ginger powder, cumin powder, turmeric powder, and chili powder.
- ☐ Sauté the masala for a minute on medium heat, being careful not to burn it. If it catches, add a sprinkling of water and stir well.
- ☐ Remove from heat and let cool, add yogurt, mix well, and continue to keep the heat low to prevent curdling.
- ☐ Cook the masala for 3-4 minutes, then add the fried potatoes, mixing well. Add half a cup of water if needed, bring to a boil, and let it simmer for 2 minutes.

## **Friday:**

### **Recipe A: Lebanon: Lebanese Kolfta (Spiced Meatballs)**

#### **Ingredients:**

- |   |   |
|---|---|
| <input type="checkbox"/> ¼ White onion (finely chopped) |   |
| <input type="checkbox"/> ¼ tsp ground cinnamon          |   |
| <input type="checkbox"/> ⅛ cup finely chopped parsley   |   |
| <input type="checkbox"/> ⅛ tsp ground ginger            |   |
| <input type="checkbox"/> 1 tbsp dried mint              | <input type="checkbox"/> ⅛ tsp garlic powder  |
| <input type="checkbox"/> ½ tsp salt                     | <input type="checkbox"/> ⅛ tsp allspice       |
| <input type="checkbox"/> ½ tsp coriander                | <input type="checkbox"/> 1 egg yolk           |
| <input type="checkbox"/> ½ tsp cumin                    | <input type="checkbox"/> ½ pound ground beef  |
| <input type="checkbox"/> ¼ tsp smoked paprika           | <input type="checkbox"/> ½ tbsp vegetable oil |



#### **Dressing:**

- |  |   |
|--|---|
| <input type="checkbox"/> ¼ cup tahini                | <input type="checkbox"/> ⅛-¼ cup water      |
| <input type="checkbox"/> ⅛ cup olive oil             | <input type="checkbox"/> 2 tbsp lemon juice |
| <input type="checkbox"/> Sprinkle of salt and pepper |   |

#### **Instructions:**

- ☐ Combine ground beef, onion, parsley, and mint, mix until well combined, then add: salt, coriander, cumin, paprika, cinnamon, ginger, garlic, and allspice. Mix until well combined. Then, mix in the egg yolk.
- ☐ Form meatballs from about 1 heaping tbsp of meat (should be about 9). Heat vegetable oil on medium heat on the stove. Add half the meatballs to the cast iron pan and brown, giving the pan a gentle toss every minute or two, until the meatballs are browned on all sides. Remove the brown meatballs and set aside. Repeat with the remaining batch.
- ☐ Once all the meatballs have been browned, return all the meatballs to the cast iron pan in a single layer, leaving a little space in-between each. Bake at 350\* for 15-20 minutes, or until the internal temperature reaches 170\*.
- ☐ While the meatballs are baking, prepare the tahini sauce. Place the tahini, olive oil, lemon juice, salt, and pepper into a blender along with ⅛ cup of water to start. Blend until emulsified. Add additional water to reach the desired consistency.

**Friday:**

Recipe B: Armenia: Armenian-Style Rice Pilaf (Toasted Rice Pilaf)

Ingredients:

- ☐ ½ cup long-grain white rice
- ☐ 1 + ½ tbsp unsalted butter
- ☐ ¼ cup orzo pasta
- ☐ 1 cup chicken stock
- ☐ ¼ tsp salt
- ☐ ¼ tsp black pepper
- ☐ ½ tbsp minced fresh parsley



Instructions:

- ☐ Place rice in a medium bowl and rinse with hot tap water until water runs clear, about 30 seconds. Cover rice completely with fresh hot tap water and set aside for 10 minutes. Drain rice thoroughly in a fine-mesh strainer; discard soaking water.
- ☐ Melt butter in a large saucepan over medium heat. Add the pasta and cook, stirring regularly, until evenly golden brown, 4 to 6 minutes. Add rice and cook, stirring occasionally, until edges of rice begin to turn translucent, about 3 minutes. Add stock, salt, and pepper, increase heat to high, and bring to a boil. Reduce heat to low, cover, and cook until liquid is absorbed, about 10 minutes.
- ☐ Remove the pan from the heat, remove the lid, cover the pot with a folded dish towel, and set the lid back in place. Let it sit for 10 minutes. Fluff rice with a fork, stir in half of the parsley, and transfer to a serving dish. Top with remaining parsley and serve.

## **Friday:**

### **Recipe C: Iraq: Soda Cookies (Iraqi Soda Cookies)**

#### **Ingredients:**

- ☐ ½ cup butter (melted)
- ☐ ½ cup white sugar
- ☐ 2 eggs
- ☐ ⅛ tsp baking soda
- ☐ ½ tbsp ground cardamom
- ☐ 2 + ½ cups of all-purpose flour
- ☐ 1 egg (for egg wash)

#### **Instructions:**

- ☐ Preheat oven to 400 degrees
- ☐ Start by mixing the sugar and butter using an electric hand mixer until combined.
- ☐ Then add eggs and mix for about 5 minutes. Next, add the cardamom and baking soda and mix to combine.
- ☐ Finally, start adding the flour gradually and mix using the electric mixer. When you get about halfway, you need to start using your hands and ensure the flour is well combined.
- ☐ Roll to a thickness of about half a centimetre, and use any cookie-cutter shapes you like to cut the cookies.
- ☐ Place on a lined (with parchment paper) baking sheet and brush with egg wash.
- ☐ Bake for about 10 minutes at 400\*, then increase the temperature to 425\* for the last 3-5 minutes. Keep watching them because they bake quickly and you want a light gold colour – don't brown them!

