

Philippines: Filipino Steamed Rice Cakes

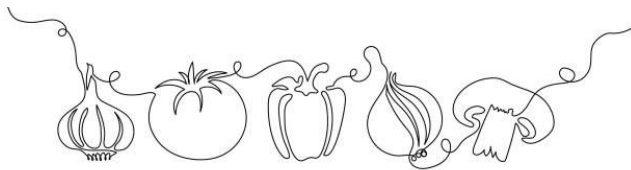
Ingredients:

- 1 egg white
- ½ cup water
- ½ cup coconut milk
- 1 cup rice flour
- 2 tsp baking powder
- ½ cup white sugar

Instructions:

1. Preheat your oven to 350° F
2. In a large mixing bowl, whisk the egg whites, water, and coconut milk until fully incorporated.
3. Sift the rice flour and baking powder over the wet ingredients. Use the whisk to mix all the ingredients together.
4. Pour the sugar into the batter and mix to combine.
5. Scoop the cake mixture into mini muffin molds about $\frac{3}{4}$ of the way up. Place the molds onto a baking tray
6. Bake for 18 minutes and check to see if the cake is fluffy and firm.
7. Remove the cakes from the steamer and let them sit in the molds for 30 seconds to cool before removing them from the molds. Serve immediately.





Thailand: Thai Pad See Ew noodles

Ingredients:

- 1 portion dry wide rice noodles
- ¼ pound ground chicken
- ¾ cups (chopped) broccoli
- 1 egg whisked
- 1 tbsp vegetable oil
- ½ heaping tbsp chopped garlic (2-3 cloves)
- 2 green onions (chopped)

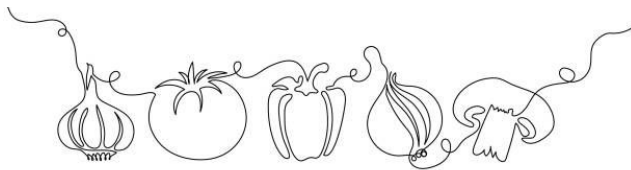


Pad see ew sauce ingredients:

- 1 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tbsp dark sweet soy sauce
- ½ tbsp fish sauce
- ½ tsp rice wine vinegar
- ¼ tsp white pepper
- ½ tbsp sugar

Instructions:

1. Prep the wide rice noodles. Place in a baking dish and cover with boiling water, stirring occasionally until softened, 15-20 minutes. *Drain and toss with a bit of oil to prevent sticking, or time it so you can drain and immediately add to the stir-fry.
2. Make the stir-fry sauce: whisk the oyster sauce, soy sauce, dark soy sauce, fish sauce, vinegar, sugar, and white pepper in a small bowl. Whisk the eggs, and set both aside.
3. Stir-fry: Place everything near the stove. Heat a tablespoon of oil in a pan. Season the chicken with salt and pepper, searing each side in the wok, getting a little color. Add the garlic and the broccoli, and stir-fry until the stems are tender-crisp. Scoot everything to the side of the pan, add the eggs, scramble, then combine. Scoot everything into a bowl, and wipe out the pan.
4. Heat more oil, add the rice noodles, and stir-fry the noodles, letting the edges crisp and caramelize a bit, then soften further in the pan.
5. Combine. Pour in the chicken, broccoli & eggs, and stir-fry sauce. Mix everything gently, and cook for 1-2 more minutes until everything is hot, letting the sugars in the sauce caramelize and get slightly smoky. Stir in half the green onions. Turn the heat off. Taste and adjust salt and heat to your taste.



Korea: Korean Ground Beef Bulgogi Bowl

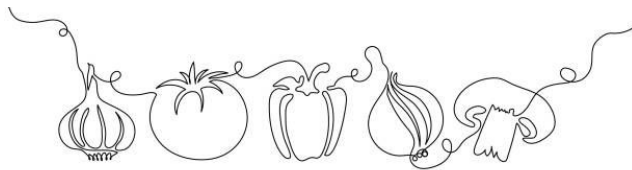
Ingredients

- ½ lb ground beef
- 1 + ½ cloves garlic (minced)
- ½ tsp powdered ginger
- ⅛ cup soy sauce
- 1 tbsp brown sugar
- ½ tbsp sesame oil
- ½ tsp rice vinegar
- 1 green onion (chopped)
- 1 cup rice + 2 cups of water



Instructions:

1. Wash rice and put it in a pot with water, boil for about 15 minutes or until the water has boiled off.
2. While the rice is cooking, cook ground meat in a skillet (5–7 min) on medium-high heat
3. Add garlic and ginger.
4. Stir in soy sauce, brown sugar, sesame oil, and vinegar.
5. Simmer 3–4 minutes until slightly thick.
6. Serve over rice with green onions.



Turkey: Turkish Milk Pudding

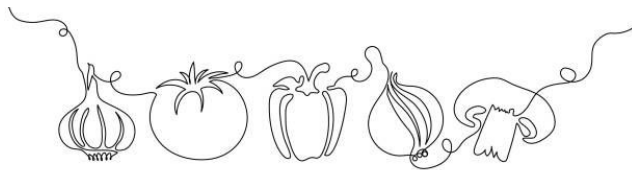
Ingredients:

- 1 cup of milk
- 1 tbsp white sugar
- 1 + ½ tbsp flour
- Pinch of salt
- ¼ tsp orange blossom water
- Cinnamon (for serving)



Instructions:

1. Whisk milk, sugar, flour, and salt until dissolved, then pour the mixture into a small saucepan.
2. Place over medium heat, then stir constantly until it starts to simmer. At this point, set the heat to medium-low, then continue constantly stirring until the mixture has thickened so much it coats the back of the spoon.
3. Take the saucepan off the heat, then stir in the orange blossom water.
4. Pour into individual bowls, cover with cling film, and store in the refrigerator until it's time to serve.
5. When ready to serve, sprinkle with cinnamon.



Lebanon: Lebanese Chickpea Stew

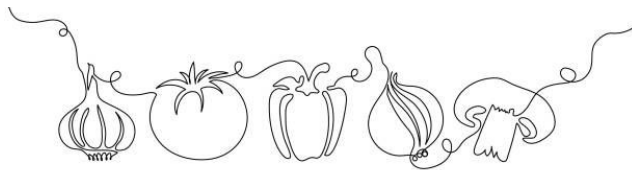
Ingredients:

- 2 + ½ cloves of garlic (minced)
- ½ tbsp cumin
- 1 tbsp olive oil
- 1 tbsp of tomato paste
- ½ tsp paprika
- ¼ tsp red pepper flakes
- 1 + ½ cups canned chickpeas
- 1 heaping tsp za'atar
- 1 bay leaf
- 1 cup of water
- Salt to taste
- 1 tbsp parsley (dried)



Instructions:

1. Mix garlic cloves and cumin seeds. Crush into a coarse paste (use the back of a spoon).
2. Place olive oil in a large pot along with the crushed garlic and cumin. Turn the heat to medium-low and saute until the garlic and cumin are very aromatic, about a minute.
3. Add the tomato paste, paprika, and red pepper flakes to the pot and stir to mix. Continue to saute for a couple of minutes.
4. Add the chickpeas to the pot along with the za'atar and bay leaves. Stir to mix.
5. Add water to the pot and bring to a boil over medium heat. Cover the pot and cook 10 minutes for the flavors to merge and for the stew to thicken. Remove the lid in the last two minutes of cooking.
6. Add salt to taste, stir in the parsley, and turn off the heat. Remove the bay leaves from the pot. Serve the chickpea stew hot or warm.



Syria: Grilled Pita (Arayes)

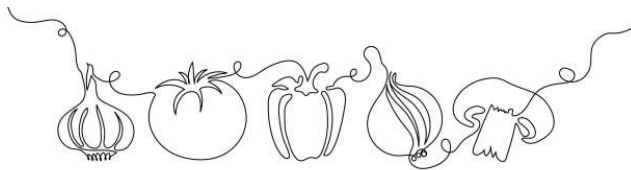
Ingredients:

- ½ lbs ground beef
- ¼ medium onion, finely chopped
- 1 tsp dried parsley
- ½ clove garlic, minced
- ¼ tsp cumin
- ¼ tsp paprika
- ¼ tsp salt
- ⅛ tsp black pepper
- 2 pita breads
- ½ tbsp olive oil



Instructions:

1. Preheat oven to 425°F. Line a baking sheet with parchment paper
2. In a large bowl combine: Ground beef, Grated onion, Parsley, Garlic, Cumin, Paprika, Salt, and Black pepper. Mix with clean hands or a spoon until everything is evenly combined.
3. Cut each pita in half to create two pockets. Carefully open each pocket without tearing it.
4. Stuff the pitas. Place about ⅓ cup of meat mixture inside each pita pocket. Spread the meat into a thin, even layer all the way to the edges. Press gently so the pita stays flat.
5. Lightly brush both sides of each stuffed pita with olive oil. This helps them become crispy and golden.
6. Arrange the stuffed pitas on the baking sheet. Bake for 10 mins. Carefully flip them over with a spatula and cook for another 8-10 mins until the meat is fully cooked and the pita is crispy/golden brown.
7. Cut each arayes half into two triangles.



México: Sopapillas

Ingredients:

For the sauce:

- ¼ cup packed brown sugar
- Pinch of salt
- ¼ cup unsweetened cocoa powder
- 1 + ½ tbsp unsalted butter
- ¼ tsp vanilla extract

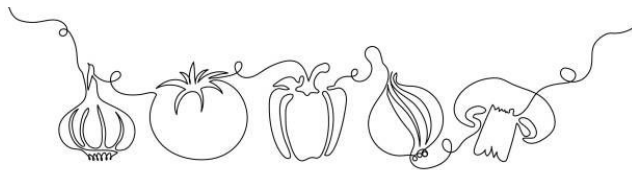
For the sopapillas:

- Vegetable oil (for frying)
- 2 flour tortillas, cut into wedges or strips
- Granulated sugar for coating



Instructions:

1. Make the sauce: Bring ⅛ cup water, the brown sugar, and salt to a boil in a small saucepan, stirring until the sugar dissolves. Whisk in the cocoa powder until smooth. Remove from the heat and stir in the butter and vanilla.
2. Make the sopaipillas: Heat 1/2-inch vegetable oil in a large, deep skillet. Working in batches, fry the tortillas, turning once, until bubbly and golden on both sides, 1 to 2 minutes per batch. Transfer to a paper towel-lined plate and sprinkle both sides generously with granulated sugar.
3. To serve, drizzle with the chocolate sauce.



Argentina: Argentinian Style Empanadas

Ingredients:

- 1 tsp olive oil
- ½ pound of ground beef
- ¼ yellow onion, diced
- ¼ red bell pepper, diced
- 1 + ½ garlic cloves, peeled and minced
- 2 + ½ green olives minced
- 1 + ½ tbsp tomato paste
- ½ tsp ground cumin
- ¼ tsp ground paprika
- ⅛ tsp crushed red pepper
- (salt to taste)
- + ½ egg whisked with 1 tbsp of water
- Chilled dough (keep chilled until it goes in the oven)

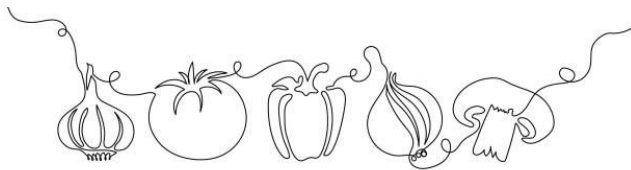


Instructions:

1. Preheat oven to 400°F
2. In a medium saucepan set over medium heat, add the olive oil.
3. When the oil is warm, add the ground beef. Break up the ground beef using a wooden spoon. Sprinkle with a few pinches of salt and pepper.
4. Cook the meat until mostly browned. Add the diced onion, red bell pepper, and garlic. Cook until softened (about 5 mins).
5. Add the green olives, tomato paste, cumin, paprika, crushed red pepper, and a few pinches of salt. Give it a good mix and cook about 5 mins more, stirring occasionally.
6. If the mixture seems a bit dry, add a splash of water (less than a 1/4 cup).

To assemble the Empanadas:

7. Use a 6-inch cookie cutter to cut out as many empanadas as you can from the dough.
8. Transfer the rounds to a parchment-lined (baking paper) baking sheet. Lightly brush each dough round with egg wash.
9. Add a tbsp of the meat filling to one side of the circle of dough; fold the dough over, creating a half-moon shape. Using the tines of a fork, seal the empanada's seam together by pressing them together. Repeat until you've worked through all the empanadas.
10. Brush the empanadas with egg wash and, using a knife, pierce the top to allow steam to escape. Bake for 20-25 mins, or until golden brown.



Brazil: Pão de Queijo (Brazilian Cheese Bread)

Ingredients:

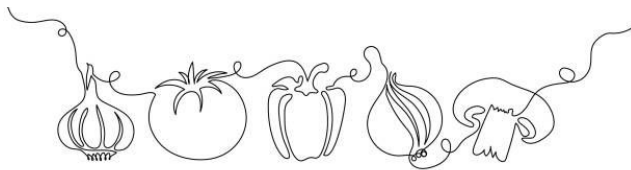
Shells:

- ½ cup milk
- 1 + ½ tbsp unsalted butter
- ¼ + ⅛ tsp salt
- 1 cup cassava flour
- 1 egg
- ½ cup Parmesan cheese



Instructions:

1. Preheat oven to 450 degrees
2. In a heavy saucepan, bring the milk and butter to a slow boil, then turn off the heat. Pour the liquids into a heat-safe bowl, then add the flour. Using a hand mixer, mix on low until the dough comes together, then let the mixture cool slightly.
3. While the mixture rests, add eggs and salt to a bowl and whisk until well beaten.
4. Once you can comfortably touch the dough, turn the mixer back on low. Slowly pour a third of the eggs into the bowl. Once incorporated into the dough, repeat with the next third, and finally the last third, then mix until all the batter becomes homogeneous.
5. Add the cheese in two batches, mixing thoroughly between additions.
6. Scoop about 1-2 tbsp of dough into the silicon mini muffin tin (put the muffin tin on top of a cookie sheet to make it easier to take in and out of the oven).
7. Place into 450 degree oven on two racks. After two minutes, turn the heat down to 350 degrees and bake for another 20-22 minutes. When its puffed and starts to turn golden, it's done. Let it cool just a minute or two, then serve.



Austria: Kaiserschmarrn (Shredded Pancakes)

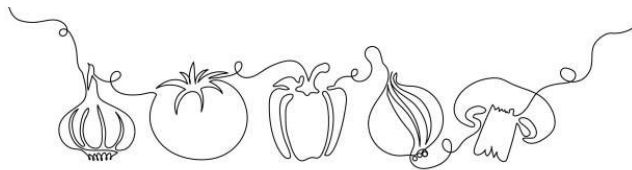
Ingredients:

- 2 eggs, separated (white/yolk in separate bowls)
- ⅛ tsp salt
- 1 tbsp white sugar
- ¼ cup + ⅓ cup milk
- ¼ teaspoon vanilla extract
- ½ cup all-purpose flour
- ½ tbsp vegetable oil (for frying)
- Powdered sugar



Instructions:

1. Preheat the oven to 400°F
2. Beat the egg whites with the salt and 1 tablespoon of sugar until soft or medium peaks form (use an electric mixer!). Do not beat them until they are stiff, because that will make them harder to mix in later.
3. In another bowl, use a hand whisk to mix the egg yolks, half of the milk, vanilla, and 1 tablespoon of sugar.
4. Stir in the flour until the batter is smooth. Then add the rest of the milk.
5. Use the hand whisk to mix in about one-third of the egg whites into the batter. Then gently fold in the rest of the egg whites, trying not to flatten them too much.
6. Heat oil (at least 10 inches wide and oven-safe) over medium heat on the stove. Pour the batter into the hot pan and spread it evenly. Cook for about 1 minute.
7. Move the pan to the middle rack of the preheated oven and bake until the top is puffy and golden, about 10–12 minutes. The baking time may vary depending on your oven and how hot the stove is. If the top still looks pale after 15 minutes, use a spatula to check the bottom so it does not burn. You can always flip the pancake later to brown the other side.
8. Take the pan out of the oven and place it back on the stove over low heat. Use two spatulas to cut the pancake into four pieces and flip them over. If the top is already golden, keep the heat low and tear the pieces into smaller chunks using two spatulas or forks. If the top is still pale, turn the heat to medium and cook the flipped pieces until golden. Then lower the heat or turn it off and tear the pancake into smaller pieces.
9. Put the Kaiserschmarrn on plates and sprinkle with powdered sugar.



Italy: Cherry Tomato Pasta

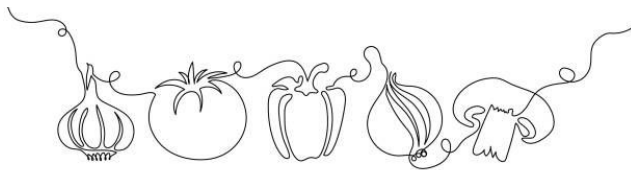
Ingredients:

- $\frac{3}{4}$ tsp olive oil
- $\frac{3}{4}$ cloves garlic, thinly sliced
- $\frac{1}{4} + \frac{1}{8}$ cups cherry tomatoes, cut in half
- $\frac{3}{4}$ tbsp dried basil
- $\frac{1}{8}$ tsp salt
- 1 serving of spaghetti
- $\frac{1}{2} - \frac{3}{4}$ tbsp pasta water, for the sauce



Instructions:

1. Start boiling your pasta in a pot filled about halfway with water. Once boiling, add your pasta, cook for around 10-15 minutes or until tender. While you wait for your pasta to cook, start preparing the sauce.
2. For the Sauce: Put the olive oil in a cold pan on the stove, along with the garlic. This allows the ingredients to come up to temperature together and infuse the oil with the garlic.
3. Turn the heat on medium-high and as soon as the oil gets hot, add in the cherry tomatoes. You want them to sizzle. Add a pinch of salt and stir everything for 2-3 minutes.
4. The sauce is ready when the cherry tomatoes are soft, and the garlic isn't burnt; then, turn off the heat.
5. Add your cooked pasta with a bit of the starchy pasta water and gently stir it together. Serve with dried basil.



France: *Quiche Lorraine*

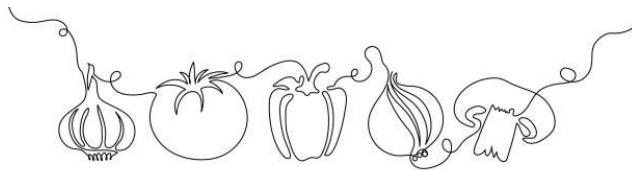
Ingredients:

- Pie Pastry
- 2 large eggs
- ¼ cup sour cream
- ¼ cup milk
- 3 strips of bacon cut into ¼ inch thick sticks
- ½ cup shredded Swiss cheese
- ⅛ tsp salt
- ½ tsp freshly ground black pepper
- 1 pinch of nutmeg



Instructions:

1. Preheat the oven to 375°F
2. In a frying pan, fry the bacon strips for 3 minutes, until just cooked (but not too brown). Drain on a paper towel. Take the pie pastry out of the fridge and scatter a third of the bacon and a third of the shredded cheese evenly onto the pastry crust.
3. In a separate mixing bowl, whisk together the eggs, the sour cream, whole milk, 1/4 tsp salt, 1/2 tsp black pepper, and nutmeg. Add another third of the bacon and another third of the shredded cheese into the mixture. Pour the prepared liquid over the crust. Sprinkle evenly with the rest of the bacon and the rest of the cheese (the last thirds). Sprinkle with the remaining 1/2 tsp black pepper.
4. Bake for about 35 minutes. Remove from the oven when the crust is starting to get golden - the middle will be slightly wobbly and puffy, and will firm up and deflate as it cools down.
5. Transfer onto a cooling rack and let cool for at least 15 minutes before serving. Enjoy it warm or at room temperature.



South Africa: Malva Pudding

Ingredients:

For the Cake:

- 1 egg
- ½ tbsp butter
- ½ tbsp vegetable oil
- ½ cup brown sugar
- ⅛ tsp vanilla extract
- ¼ tsp salt
- 1 + ½ tbsp apricot jam
- ½ tbsp vinegar
- ¼ + ⅛ cups milk
- ½ cup all-purpose flour
- ½ tsp baking soda

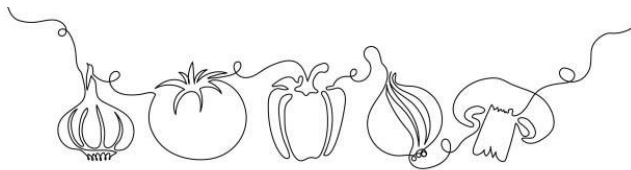
For the Sauce:

- ¼ + ⅛ cups heavy cream
- ¼ cup water
- ¼ cup brown sugar
- 1 + ¾ tbsp butter
- ½ tsp vanilla extract



Instructions:

1. Preheat the oven to 340°F
2. For the Cake: In a saucepan over medium heat, add milk, light brown sugar, salt, vanilla extract, vegetable oil, vinegar, apricot jam, and butter. Stir until the butter melts. Bring it to a warm temperature without boiling, then set it aside at room temperature.
3. In a bowl, add eggs and whisk on medium-high (with an electric mixer) until they're fluffy and holding their peaks. Then, in a separate bowl, mix together the all-purpose flour and baking soda.
4. Once the eggs are fluffy, add the milk-apricot jam mixture to the flour and baking soda. Mix thoroughly to combine. When the wet mixture is smooth, fold in half of the whisked eggs. Once they're combined, fold in the remaining eggs, being gentle to keep the mixture airy and light.
5. Butter your baking dish and line it with parchment paper. Carefully pour the mix into the baking dish and bake for 40 minutes, or until a toothpick inserted comes out clean.
6. For the sauce: While the cake is baking (about 10 mins before the cake is done), heat the sauce ingredients in a saucepan until starting to simmer.
7. Once cooked, poke holes with a fork or toothpick in the sponge while warm. Pour the hot sauce all over it, and spoon over any sauce pooling on the sides.
8. Wait until the sponge has soaked up all the sauce, then serve it while warm.



Nigeria: Dodo with Pepper Sauce (Fried Plantains)

Ingredients:

For the Sauce:

- 1 cup crushed tomatoes
- 1 tsp dried parsley
- 1/2 medium Onion
- 1/8 tsp powdered ginger
- 1/4 cup of water
- 1-2 Tbsp vegetable oil
- 1 medium serrano pepper

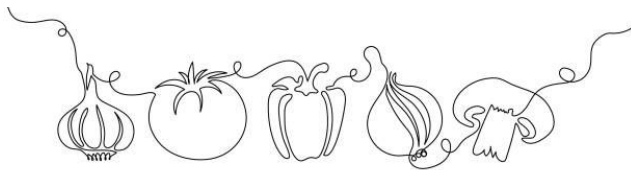
For the Plantains:

- 2 large ripe plantains
- 2-3 Tbsp olive oil
- 1/8 tsp powdered ginger
- 2 garlic cloves Minced
- 1 spring onion Minced
- 1 small shallot, minced
- 1-2 pinches of salt



Instructions:

1. To make the sauce:
 - a. Blend all fresh ingredients into a smooth, creamy consistency. Transfer into a saucepan and cook until it reduces into a thick sauce. About 20-25 minutes.
 - b. Add canola oil and cook for another 10 minutes. Stirring occasionally. Season to taste and serve with plantains
2. To make the plantains:
 - a. Wash, peel, and slice plantains at an angle, about 1/4 to 1/3 inch thick. Steam (Or boil) until tender. Carefully smash with a flat wooden spoon.
 - b. In a bowl, combine minced garlic, spring onions, ginger, shallots, 1 Tbsp olive oil, and mix well. Use to marinate plantains.
 - c. Heat olive oil in a skillet. Pan-fry plantains until golden and crispy on both sides. (About 2 minutes on each side). Season with kosher salt and enjoy with pepper sauce.



Somalia: Suugo Suqaar (Pasta with Meat Sauce)

Ingredients:

- 1 tbsp olive oil
- ½ clove of garlic, peeled and minced
- ½ small green bell pepper, finely chopped
- ½ medium onion, peeled and finely chopped
- ½ pound ground beef
- 1 + ½ tbsp Xawaash spice mix
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- 1 tbsp tomato paste
- 14 ounces diced tomatoes
- ½ tbsp sugar
- ½ cup water
- ½ pound dried spaghetti (8 oz)



Instructions:

1. In a large saucepan, drizzle the olive oil over medium heat.
2. Once heated, add the garlic, bell pepper, and onion. Cook, stirring often, until beginning to soften, and the garlic becomes fragrant.
3. Add the beef, breaking it up into small pieces. Season with the Xawaash spice mix, salt, and black pepper.
4. Cook, stirring occasionally and continuing to break the beef into pieces, until browned and cooked through.
5. Stir in the tomato paste, then add the diced tomatoes, sugar, and water.
6. Bring the mixture to a boil, then reduce the heat to a simmer and cook, stirring occasionally, until thickened and the flavors are blended, about 30 minutes.
7. Towards the end of simmering, bring a large pot of salted water to a boil.
8. Add the spaghetti and cook just until tender, al dente.
9. Drain the pasta and serve it with the meat sauce.