



COOK

to
Travel

Summer 2024
NATS 1560 -
Understanding Food



199 recipes

43 countries

5 continents

1 class

This recipe book was created by the Summer 2024 NATS 1560 class, it has various recipes included from around the world. I hope this will allow you to connect with other students and try out some of these new recipes!

While this book might not have page numbers, at the end is an index that has all the recipes in the order in which they appear in the recipe book.

Helpful tips when reading through:

tbsp = tablespoon

tsp = teaspoon

c = cups

g = grams

ml = milliliters

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AFRICA



Poulet DG (Chicken for the Director General)

COUNTRY/REGION: CAMEROON, CENTRAL AFRICA

Ingredients

2 lb boneless skinless chicken thighs
5 unripe plantains
2 ripe plantains
1/2 c vegetable oil
2 bell peppers
3 red onions
1 tsp chicken bullion
2 stalks celery
1 shallot
1 ginger
t tsp white pepper
salt to taste

Directions

1. Start by prepping the marinade for the chicken by blending the shallot ginger, celery, chicken bullion, salt and white pepper.
2. Marinade the chicken in half of the marinade for at least 30 minutes.
3. While the chicken is marinating, peel and cut the plantains into coins. And fry until golden and brown on both sides.
4. Broil the chicken pieces under a hot broiler until it is golden brown.
5. Blend the tomatoes and the set aside.
6. In a pot, sauté the onions on medium heat for 5 minutes until they become translucent. After 5 minutes, add in the blended tomatoes, and turn the heat up to high.
7. Cook the tomatoes, stirring occasionally to prevent it from burning until the tomatoes have reduced and become thick.
8. Add the other half of marinade saved from earlier and continue to cook the sauce down on low-medium heat for another 5 minutes.
9. Add in the carrots, cook for 5 minutes then add in the plantains, chicken and bell pepper. Cook for another 5 minutes, then it is ready.

Importance

I decided to choose this dish because it is my favorite. I used to love when my mother cooked it for the whole family.

It was so delicious. I was not able to make it until I asked her the recipe. Now I got it, but it is still not like hers. (that's why I am going home for vacation this summer, to enjoy my mother food).

The reason behind my choice of this dish is the rate at which it is cooked in our country. This plate is usually only served on special occasions because it symbolizes great and important 2 personalities in the society, so we used to wait for events before being able to enjoy this top-flavour dish.

Ethiopian Beef Tibs with Injera

COUNTRY/REGION: ETHIOPIA, EAST AFRICA

Ingredients

500g beef sirloin or tenderloin,
thinly sliced
2 tbsp clarified butter or
vegetable oil
1 large onion, thinly sliced
2-3 cloves garlic, minced
1 tbsp berbere spice blend
Salt to taste
2 large tomatoes, chopped
1 green pepper, thinly sliced
Fresh cilantro, chopped (for
garnish)
Injera (Ethiopian flatbread) for
serving (store bought or
homemade)

Directions

1. Heat the clarified butter or vegetable oil in a large skillet over medium-high heat.
2. Add the thinly sliced onions and sauté until they become translucent, about 3-4 minutes.
3. Stir in the minced garlic and berbere spice blend, and cook for another 1-2 minutes until fragrant.
4. Add the thinly sliced beef to the skillet, season with salt, and cook until browned about 5-7 minutes.
5. Once the beef is browned, add the chopped tomatoes and green pepper to the skillet, and cook for an additional 5 minutes, or until the vegetables are tender.
6. Remove the skillet from heat and garnish with chopped cilantro.
7. Serve the Ethiopian beef tibs hot with injera on the side.

Importance

I chose this dish because it's been my favorite since childhood and continues to hold a special place in my heart. It's a beloved part of Ethiopian culture, meant for sharing among family and friends, making it perfect for gatherings and celebrations.

Traditional Kitcha Fitfit

COUNTRY/REGION: ERITREA/ETHIOPIA, EAST AFRICA

Ingredients

Kitcha (flat bread)
2 c of Flour
About 1 c of water
1 tsp of salt for taste

Fitfit Kitcha
2-3 tbsp Berbere
powder
2-3 tbsp Tesmi
(seasoned butter)
Plain yogurt

Directions

1. Start with a bowl and mix in your flour and salt then slowly add in your water as you mix your mixture together. Make sure to slowly add in your water to get the right consistency of mixture not too runny like pancake batter must have some thickness but not too much.
2. When achieved the right consistency, use a big flat pan (a mogogo if available) to cook the mixture. With your hand spread the mixture on the pan evenly in a circle (you may use a bit of water to help you spread the mixture around).
3. On medium heat cook both sides until golden and kinda crispy (if of preference) and remove from the pan once both sides are done. There is your kitcha halfway through!
4. Once your kitcha is done, rip into small pieces and add to a pot on medium heat and mix in your tesmi and berbere OR you can rip apart and add it into a food processor while kitcha is still hot that way it is shredded into small pieces for you and the tesmi and berbere are evenly distributed. (Note: the berbere powder is spicy so if you aren't big on spice don't put in as much!)
5. When done, plate and add the desired amount of yogurt to your food and enjoy!!

Importance

I chose this recipe because I'd say it's my favourite traditional breakfast dish that my mom taught me how to make. I always have it not only for breakfast but even to just snack on throughout the day. Another reason why I love this dish is because it is very easy to make the dairy free version all you have to do is substitute the butter with oil and of course lose the yogurt and it's just as good which comes in handy for me since I occasionally have dietary restrictions due to my religion for a good amount of the year.

Rice and Goat Meat

COUNTRY/REGION: SOMALIA, EAST AFRICA

Ingredients

- 1 leg or shoulder of goat
- 1 head of garlic
- a handful of fresh cilantro leaves or pre-made cilantro cubes or paste
- 2 onions either white or red
- fresh or frozen vegetables
- 1-3 chicken stock (preferably Maggi)
- 2 cups of basmati rice
- half a cup of vegetable oil
- 3 tablespoon of curry powder, xawaaji (somali spice)
- 1-2 of salt
- 1 tsp of yellow food colouring (optional)
- 3 potatoes

Presentation/Plating

For traditional Somali meals it is encouraged that family, friends and acquaintances eat together so the food is served on one giant plate. It is typically served while sitting on the floor accommodating everyone's needs and keeping everyone at an equal distance. It is eaten using the right hand. The rice is typically placed on the plate spread out while the goat (depending on the plating and quantity of people) is covered on the top. Sometimes there are fresh vegetables placed on the side for decoration and to also meet nutritional requirements. The instructions for the meal I have provided feed at least four people.

Directions

This is assuming that all or most of the ingredients are fresh, seek next page for a frozen preparation page

1. Grab goat meat and wash well. Make sure it is completely clean, no blood or any residue. You can do such with vinegar if you wish.
2. Cut into two large pieces parallel to each other, then cut the two pieces horizontally, and continue to cut the pieces until they are small enough to be the size of your fingers. Leave on the chopping board or covered until it is required for the next task.
3. Chop up two onions and dice them up until thin, place them inside of a saucepan and put half a cup of vegetable oil or 1 cup depending on your preference. Put the heat at medium or high until it becomes a golden brown colour.
4. Add some maggi, xawaaji, and 1-2 tsp of salt (this is your preference) into the golden onions, once that is mixed well add your goat meat to the sauce pan and let it cook for 2-5 minutes while mixing as needed until everything cooks evenly. Add fresh cilantro leaves and mix well. Potatoes are added at the end to soak up some of the sauce and typically because they cook the fastest.
5. Cut fresh vegetables such as carrots, corn, cabbage, and anything else that you want as a side dish to eat with the rice.
6. When the goat meat cooks well then add 1-2 cups of water inside to boil the goat meat and create a sauce to accompany the rice.
7. Grab a medium sized pot (preferably non-stick) and put 2 cups of rice and wash well. Wash until the water appears to be clear and I recommend using one's hand to wash the rice. Put four cups of water inside the pot with the rice, a quarter cup of vegetable oil, and 1 spoon of salt for tasting. Food colouring is optional for the traditional somali aesthetic for the rice.

*Recipe continues to next page.

Rice and Goat Meat (cont.)

Directions

These are instructions for a quicker/ frozen convenient recipe assuming that some of the ingredients are pre-made or shortcuts are used to speed up the process

1. Grab goat meat from the freezer and put it in a bowl of room temperature water. Put a little bit of salt and put the meat into the microwave for 2 minutes until the meat starts separating and the water becomes brownish. Separate the rest of the meat with clean hands and make sure there is no blood and residue. Vinegar is highly recommended for this part.
2. Cut into two large pieces parallel to each other, then cut the two pieces horizontally, and continue to cut the pieces until they are small enough to be the size of your fingers. Leave on the chopping board or covered until it is required for the next task.
3. Chop up two onions and dice them up until thin, place them inside of a saucepan and put half a cup of vegetable oil or 1 cup depending on your preference. Put the heat at medium or high until it becomes a golden brown colour. Remove frozen cilantro from the freezer and put it in the microwave for 30 seconds to a minute until it is soft. Then incorporate it into the pan.
4. Add some maggi, xawaaji, and 1-2 tsp of salt (to your preference) into the golden onions, once that is mixed well add your goat meat to the sauce pan and let it cook for 2-5 minutes while mixing as needed until everything cooks evenly. Potatoes are added at the end to soak up some of the sauce and typically because they cook the fastest.
5. Grab some frozen vegetables preferably an assortment of vegetables and steam/fry them for around 1-2 minutes.
6. When the goat meat cooks well then add 1-2 cups of water inside to boil the goat meat and create a sauce to accompany the rice.
7. Pop out a rice cooker and put 2 cups of rice and wash well. Wash until the water appears to be clear and I recommend using one's hand to wash the rice. Put four cups of water inside the pot with the rice, a quarter cup of vegetable oil, and 1 spoon of salt for tasting (or as you see fit). Since the rice cooker is automatic it should just *ding* when it is ready but still stick around and inspect it throughout the process to ensure it cooks thoroughly. Food colouring is optional for the traditional somali aesthetic for the rice.

*Recipe continues to next page.

Rice and Goat Meat (cont.)

Presentation/Plating

Assuming that this is a quick meal it can be served on individual plates or everyone is able to plate themselves as they see fit.

However, it is encouraged that family, friends and acquaintances eat together so the food is served on one giant plate. It is typically served while sitting on the floor accommodating everyone's needs and keeping everyone at an equal distance. It is eaten using the right hand. The instructions for the meal I have provided feed at least four people.

Importance

I chose this recipe because it is a hearty food with an amazing range of spices and it meets all the nutritional requirements. I am also a picky eater so Somali food really hits the spot for me and I am guaranteed to finish the plate every time.

My Mother's Homemade Chicken Schnitzel with Béchamel Sauce, Salad & Smashed, Oven Roasted Baby Potatoes

COUNTRY/REGION: SOUTH AFRICA

Ingredients

FOR THE CHICKEN

3 chicken breasts
12 heaped tbsp of flour
4 eggs
3 c of Italian/panko
breadcrumbs
3 tsp Garlic powder
3 tsp Salt
3 tsp pepper
6 tsp oregano
2 tbsp Mrs. Balls Chutney Sauce
2 tbsp Soy Sauce Oil for frying
(in a shallow pan, enough to
just cover tenderized chicken
fillets)

FOR THE BESCHAMEL SAUCE

2 tbsp butter
2 tbsp flour
2 c of milk
1 c of grated gouda cheese
1 tsp salt
1 tsp lemon pepper

Directions

FOR THE CHICKEN

Half each chicken breast and remove any extra white fat. Between two pieces of parchment paper, gently flatten and tenderize using mallet. Set up a station using three separate bowls, one containing the flour, one containing the eggs and the other one containing the breadcrumbs. Take each tenderized chicken, cut fillets to desired size if they are larger once flattened. Add 1 teaspoon of garlic powder, salt and pepper to each of the 3 bowls. Then add 2 teaspoons of oregano to each. Add the Mrs. Balls Chutney Sauce and the Soy sauce ONLY to the egg mixture. Whisk each bowl well.

Dredge the chicken fillets in flour, then place in egg mixture until full covered and lastly place into the breadcrumbs mixture. Make sure chicken is proper coated and breadcrumbs are pressed well into the fillets. Then set aside on rack. Repeat steps for remaining chicken fillets.

Add oil to a shallow pan, a pan that is big enough for 3-4 pieces of chicken at a time. Place the oil on medium high heat (roughly at temperature 7/8) on the stove. Wait until oil is hot, can check this by using a small piece of chicken, if it sizzles it is ready. Fry until golden, turn on both sides.

FOR THE BESCHAMEL SAUCE

To a small saucepan or pot, add 2 tablespoons of butter. Place on medium heat and let it melt. Once slightly bubbling, add two tablespoons of flour and whisk until a roux (paste) is formed. Let the roux bubble for about 30 seconds, do not let it get burnt. Add the milk to the saucepan and whisk well. Turn up the heat a little bit higher and continue whisking periodically. Whisk until thick and the sauce thickens. Once it starts to bubble turn the heat off. Add in the cheese, salt and lemon pepper. Whisk well until combined and take off heat.

*Recipe continues to next page.

Schnitzel, Salad, Potatoes (cont.)

Ingredients

FOR THE SALAD

Green leaf lettuce (there is no precise amount, you would need to eyeball based on how much you cook for your household. For me I would use roughly

6-9 full leaves of lettuce from the whole bunch)

1 tomato

1 small red onion

Crumbled feta cheese (about 10-12 blocks of feta)

Sprinkle of salt and pepper

3 tbsp olive oil

2 tbsp white wine vinegar

FOR THE SMASHED OVEN ROASTED POTATOES

25-30 baby potatoes

Salt (generous sprinkle added to water)

Fresh lemon juice (from about roughly half of lemon)

Black pepper (sprinkled over smashed potatoes no actual quantity)

Oregano (sprinkled over smashed potatoes no actual quantity)

Directions

FOR THE SALAD

Chop up all ingredients and place together in a salad bowl. Toss in feta cheese, salt and pepper. Add the olive oil and vinegar and toss well.

FOR THE SMASHED OVEN ROASTED BABY POTATOES

Preheat oven to 200 degrees Celsius or 400 Fahrenheit.

Add water to a deep pot (about $\frac{3}{4}$ full) and salt well. Place on high heat and cover until boiling is reached. Once boiling add all the baby potatoes to the pot. Boil until a knife cuts easily through a potato. Test this easily by simply sticking the knife in a potato to check if it is soft enough. Drain potatoes from the water using a colander. Carefully place potatoes on a lined baking tray (careful as they might be a bit hot so use a utensil if necessary).

Smash each potato to desired thickness (I like mine pretty smashed so they become crispy on the outside but soft on the inside). Squeeze lemon juice evenly over all the potatoes. Then add the seasonings evenly over the potatoes. Place in oven for roughly 20-22 minutes. This is a tough thing to precisely time, I do my roasting by eye. Once I see them turn a golden colour, I turn the grill function on and grill for a minute or two.

Remove from oven and let rest for 1 minute before serving.

Importance

I chose this recipe as this was a staple meal that I grew up eating. I would eat this often at other friends' houses as well as my grandparent's house. It is still something I love eating up until this day, I can probably cook this in my sleep since I have made it countless times. My boyfriend also really loves this recipe, and the combination of the side dishes incorporated with the chicken schnitzel. It is one of my favourite things to cook.

Ghanaian Jollof Rice with Grilled Chicken and Plantain

COUNTRY/REGION: GHANA, WEST AFRICA

Ingredients

Jollof rice:

- 2 c of long-grain rice
- 500g of chicken thighs, bone-in and skin-on
- 2 tbsp of vegetable oil
- 1 finely chopped onion
- 2 minced cloves of garlic
- 2 blended large tomatoes
- 1 blended large red bell pepper
- 1 large finely chopped green bell pepper
- 2 tbsp of tomato paste
- 1 tbsp of ground ginger
- 1 tsp of ground paprika
- 1 tsp of dried thyme
- 1 tsp of curry powder
- Salt and pepper to taste
- Fresh parsley or cilantro for garnish

Directions

Assemble the chicken:

1. Use salt and pepper to season the chicken thighs.
2. On medium-high heat in an adequate skillet or Dutch oven vegetable oil should be heated.
3. Place the chicken thighs skin-side down and cook 5-7 minutes on each side or until golden brown and crispy. Take out of skillet and put aside.

Prepare the jollof rice:

1. Place the chopped onions in the same skillet or Dutch oven and heat it for 3-5 minutes or until softened
2. Add minced garlic and stir until fragmented for another minute.
3. Add the ground ginger, thyme, paprika, curry powder, processed tomatoes and peppers, tomato paste, salt, and pepper. Simmer for approximately 10-15 minutes or until mixture concentrates and reduces, stirring from time to time
4. Rinsed rice will need to be added then completely mixed into the tomato mixture
5. Arrange the browned chicken thighs across the rice
6. Fill the rice and chicken with sufficient water to completely cover both
7. After bringing the ingredients to a boil, reduce the heat
8. When the chicken is moist and rice is completely cooked, cover and let it simmer for 20-25 minutes, or until every bit of the liquid has been completely absorbed and the grains of rice is soft. Reduce stirring to avoid rice from being too mushy.

*Recipe continues to next page.

Jollof Rice with Grilled Chicken and Plantain (cont.)

Ingredients

Plantain:
2 peeled and diagonally
sliced ripe plantains
Vegetable oil for frying
Salt to taste

Directions

Fry the plantains:

1. Using a frying pan, heat the vegetable oil on medium heat
2. When the oil in the skillet is hot, slowly add the cut plantains into the pan in batches, while being careful not to pack it too full
3. Fry the plantains on each side for 2-3 minutes, or until they are caramelized and golden brown
4. Use a plate with paper towels to drain any remaining oil after taking fried plantains out of oil

Serve:

1. Once rice is completely cooked fluff cooked rice with a fork and add seasonings if necessary
2. Add freshly chopped cilantro to the cooked jollof rice and serve it warm alongside the fried plantains on the side

Importance

Aside from being a delicious and satisfying meal, Ghanaian jollof rice with chicken and fried plantains holds immense significance to my culture. As I grew up this dish was a staple at family reunions and festivities, bringing me the awareness of the comfort and togetherness of my Ghanaian heritage.

I chose this recipe as this is a comfort meal of mine and my favourite dish from my heritage. I grew up eating jollof rice and especially loved the way my mother made it. Now, it is something I make for myself as it is quick to make and very flavourful.

My Mother Attieke

COUNTRY/REGION: GUINEA, WEST AFRICA

Ingredients

1 ball of Attieke Couscous
2 hard boiled eggs
3 chicken thigh
5 plantains banana
2 tomatoes diced
2 cucumbers diced
1/2 pepper diced
1 onion
2 c of vegetable oil
1 c of apple cider vinegar
2 spoon of mayonnaise
Fresh herbs to taste – parsley
Salt, Black Pepper, Paprika, Chili,
Garlic spices to taste

Importance

I chose this recipe because since I'm a child it has always been my favorite dish and my mother loved cooking it for me every time. I grew up loving this dish so it was the first recipe that I learned from my mom. Attieke is really famous in West Africa but there is something special about my mom Attieke that makes it taste better in my opinion. By learning from her I know how to create this special and incredible taste so my friends and family always ask me to cook them some Attieke when they are craving it. I also like cooking it for my friends that are not from West Africa because I want them to discover this wonderful dish !

Directions

1. Wash the chicken and season with salt and spices (paprika, black pepper, chili, garlic).
2. Heat up 1 cup of vegetable oil.
3. Drop the chicken in the hot oil and add parsley for a fresh herb taste.
4. Let the chicken fry until it turns golden brown.
5. While the chicken is frying, dice :
 - Tomatoes
 - Cucumbers
 - Onion
 - Pepper
 - Boiled Eggs
 - Plantains banana
6. After dicing the vegetables, put them in a bowl and mix them with 1 cup of oil, 1 cup of apple cider vinegar and 2 spoons of mayonnaise to create the vegetable sauce for the Attieke.
7. When you are done with the fried chicken and the sauce made with the vegetables, fry the 5 plantains banana diced until they turn golden brown.
8. Take the ball of Attieke, put it on a plate with a little bit of water and salt that you're going to mix with and after mixing it, heat it in the microwave for 3 minutes.
9. When the Attieke is done add the vegetables sauce on top and put the fried chicken, plantains banana and diced boiled eggs next to the Attieke.
10. Enjoy this incredible West African dish !

Nigerian Garri and Egusi Soup

COUNTRY/REGION: NIGERIA, WEST AFRICA

Ingredients

1 c blended onions
3- 5 fresh scotch bonnet peppers, to taste
4 c egusi (melon seeds, ground or milled)
1/2 – 1 c palm oil
2 tsp fresh Une (Iru/locust beans)
Salt (to taste)
Ground crayfish (to taste)
7– 8 c stock
Cooked Meat & fish (quantity and variety to personal preference)
2 c cut pumpkin leaves.
1 c waterleaf (cut)
3 tbsp bitter leaf (washed)
Garri (fried casava flakes)
Hot water

Importance

I chose this recipe because this meal is my home away from home. It's an extremely healthy traditional meal from the Igbo tribe of Nigeria (where I'm from). I remember growing up and my mom would feed this to me because I didn't understand how to eat it just yet. By learning from her I now make it and enjoy those fond dinner memories with my family. It's, as expected, very delicious.

Directions

Egusi Soup

1. Prepare the egusi paste: Blend egusi seeds and onion mixture. Set aside.
2. In a large pot, heat the palm oil on medium for a minute and then add the Une.
3. Slowly add the stock and set on low heat to simmer.
4. Scoop teaspoon size balls of the egusi paste mixture into the stock. Be sure to keep ball shape.
5. Leave to simmer for 20 – 30 minutes so the balls cook through.
6. Add the meat and fish and other bits which you'd like to use.
7. Add cut-up pumpkin leaves.
8. Add the waterleaf.
9. Stir and put a lid on the pot and allow cook for 7–10 minutes, until the leaves wilt.
10. Add the bitter leaf. Leave the lid off while the cooking finishes for another 5-10 minutes.
11. Stir, check seasoning, and adjust accordingly.

Garri

1. Boil the water until it's bubbling.
2. Add 2-3 cups of the boiled water to a bowl.
3. Put in 1.5-2 cups of garri.
4. Mix until solid (not too hard but not too soft).

Enjoy!



Pounded Yam with Egusi Soup

COUNTRY/REGION: NIGERIA, WEST AFRICA

Ingredients

Pounded Yam

2 c of yam flour

4 c of water

Egusi Soup

1 c of egusi (ground melon seeds)

Assorted meat (beef, tripe, or goat
meat)

2 onions (chopped)

2 tomatoes (chopped)

1 red pepper (chopped)

1 scotch bonnet (chopped)

2 c of spinach (chopped)

2 tbsp of palm oil

Seasoning (to taste)

Salt, Curry, Ground pepper, Garlic
powder, Onion powder

Importance

I chose this recipe because being Nigerian, it's something I've eaten a lot growing up and has become a staple in my diet. With pounded yam, there's various soups it can be eaten with such as: okra soup, ogbono soup, vegetable soup, but egusi soup has always been my favourite due to all the flavours it packed with.

Directions

Pounded Yam

1. Add four cups of water to a pot and bring it to a boil.
2. Once water is boiled, add 2 cups of yam flour. Stir the mixture until the water is absorbed by the yam flour. Continue until it has a smooth/rubbery consistency.
3. Form the pounded yam into smaller circular portions and set it aside.

Egusi

1. Start by boiling the meats in a large pot of water and add seasonings (salt, black pepper, garlic powder, onion powder).
2. While the meat is boiling, chop the onions, tomatoes, red peppers, scotch bonnet, and spinach.
3. Once the meat is tender, strain the meat (save the meat stock for later) and set the meat aside.
4. Add two tablespoons of palm oil to a saucepan on medium heat. Then, add in the chopped onions and sauté for 3-5 minutes. Add in the rest of the chopped vegetables (excluding the spinach) and sauté with the onions for another 3-5 minutes.
5. Add 2 cups of the meat water to the saucepan and let it boil for approximately 5 minutes.
6. Add the ground egusi to the pan and continuously stir it for 7-10 minutes. Add the meat stock as needed to prevent burning.
7. Add in the chopped spinach and let it simmer for 5-7 minutes.
8. Add in the boiled meats and let it cook for another 7-10 minutes. Add seasonings to taste. Ensure everything in the pan is well mixed.
9. Serve with the pounded yam and enjoy!

Nigerian Rice and Beef Stew

COUNTRY/REGION: NIGERIA, WEST AFRICA

Ingredients

For the pepper mix, you need:

- 2 – 3 large tomatoes
- 2 large onions
- 4 Tatache
- 2 scotch bonnets

For the Beef, you need:

- 10 sliced meats
- 1 onion
- 1 tbsp of thyme.
- 1 tbsp of pepper
- 1 tbsp of suya spice.
- 1 tbsp of curry powder.
- ½ tbsp of salt.
- 1 tbsp of beef seasoning.
- 1 tbsp of ginger powder.

For the Stew, you need:

- 200ml of cooking oil
- 1 onion
- 2 full spoons of tomato paste.
- 1 tbsp of salt.
- 1 maggi.
- 1 tbsp of thyme.

For the rice, you need:

- 2 c of rice
- 1 tbsp of salt

Directions

- 1) For the pepper mix, cut the tomatoes, onions, tatache and scotch bonnets into tiny pieces.
- 2) After cutting, put in a blender and blend until smooth.
** set this aside as it will be needed at the end for the stew.
- 3) Wash meat thoroughly with salt and lime.
- 4) Put meat in a pot and add your seasonings (i.e., salt, pepper, thyme, onions, suya spice, curry powder, beef seasoning, ginger powder)
- 5) Cook on medium heat for about 10 minutes to let the seasonings marinate in the beef, then add little water and cook for 15 minutes.
** Take meat out of the pot and DO NOT throw out the water yet. The water will serve as meat broth for the stew!
- 6) In a frying pan, add about 200ml of cooking oil.
- 7) Chop onions into small pieces and add in the frying pan.
- 8) Cook for 10 minutes.
- 9) Add tomato paste and cook for 10 minutes.
- 10) Now, this is the time the pepper mix from instruction 1 will be added into the pan.
- 11) Stir and let cook for 15 minutes.
- 12) Now, this is the time you add the meat broth into the pan. Do not forget to stir.
- 13) Add your meat into the pot and stir also.
- 14) While stirring, add your spices in the stew to give it flavour.
- 15) Cook on medium heat for about 15 minutes.
- 16) In another pot, add water to and let boil.
- 17) Add your rice into it and add salt.
- 18) Cook for 20 minutes until water is drained
- 19) TA Da! You just made the perfect Nigerian Rice and Beef Stew!

Importance

I chose this recipe because it is a very popular dish in Nigeria. I am always excited on Sundays because my mom always makes it for the family. Although this is my personal recipe, I never learned how to make it until I came to Canada and my sister shared with me some ingredients that I would need for it. If you have never tried Nigerian Rice and Beef Stew, I would highly recommend you do so. It is so good!

Yam and Egg Sauce

COUNTRY/REGION: NIGERIA, WEST AFRICA

Ingredients

Ingredients for Yam:

- 1 Tuber of Yam
- 1 tbsp of salt

Ingredients for Egg Sauce:

- 6-8 eggs
- 1/3 cup vegetable oil
- 1 small onion (diced)
- 2 pieces of tomato (diced)
- 1 red bell pepper (diced)
- 1 scotch bonnet pepper (diced)
- 1 tsp salt
- 1/2 tsp maggi/ 1 seasoning cube
- 1/2 tsp thyme
- 1/2 tsp curry

Directions

For Yam:

1. Slim yam into 1 inch each, then peel off the skin
2. Put peeled yam slices into a bowl then rinse with water
3. Heat up water in a pot, place on medium heat, add yam and then salt

For Egg Sauce:

1. Break eggs into a bowl, whisk, add salt, maggi, thyme and curry
2. Put a frying pan on medium heat, add the vegetable oil, let it heat for 2 minutes
3. Add in diced onions, tomatoes, and peppers. Stir and let it fry for 4-5 minutes
4. Add in the whisked egg, stir till scrambled. Serve with boiled yam.

Importance

- I chose this recipe because it is one of my favourite quickest go-to meals! With all of life's demands, I don't usually have so much time to cook, so this meal always comes through for me and never disappoints when I cook it!

Yam Pepper Soup

COUNTRY/REGION: NIGERIA, WEST AFRICA

Ingredients

½ kg of fresh catfish
½ kg of yam, boiled
1 tsp of ground chia seeds
2 Utazi leaves
2 Uziza leaves
2 sprigs of scent leaves
1 big onion bulb, diced
½ sachet of beef seasoning
½ sachet of lion pepper soup
spice
6 c of water
2 Maggi cubes
Salt and chili pepper to taste

Directions

1. Firstly, start by peeling and cutting the yam into cubes, then you rinse it.
2. Cut your catfish into small sizes and wash with hot water to remove slime.
3. Slice your chili peppers and onions and dice your uziza, utazi and scent leaves into small sizes.
4. Add water and par-boil your fish for five minutes.
5. Add your sliced onions, peppers, seasonings, and salt to taste then boil over medium heat.
6. After 10 minutes, add your yam cubes and keep adding water where needed.
7. Put in all your diced leaves when the yam starts to get soft (you can check with a fork)
8. Stir, cover, and cook for two more minutes.
9. Remove your food from the fire and serve while hot.

Importance

I chose this recipe because it was my favorite dish as a child.

It was highly known for boosting immunity and aiding in quick recovery from illness. Pepper soup is also a comfort food that helps in relaxation.

Yam Porridge

COUNTRY/REGION: NIGERIA, WEST AFRICA

Ingredients

1 kg yam
1 red bell pepper
2 pieces of red onions
(chopped)
5 Scotch bonnet chilies
3 c of palm oil
1 kg fresh mackerel fish
Grinded cray fish
1 thumb-sized ginger
4 cloves garlic
2 Knorr seasoning cubes
Salt to taste
Spinach, chopped (for
vegetables)

Importance

I chose this delicious recipe because it is a very healthy easy-to-make meal for everyone.

Directions

- Roughly blend red bell pepper, scotch bonnet chilies, ginger and garlic together and set aside.
- Wash fish steak and place in a pot. Add 1 cup of water, 1 Knorr seasoning cube and salt to taste. Cook for about 5 minutes or until the fish is partially cooked. Set it aside.
- In a small pan, add palm oil and heat for 2 minutes. Add the chopped onion and fry until translucent. Take it off the heat and set aside.
- Peel and cut the yam into medium-size chunks. Rinse thoroughly and put in a cooking pot.
- Add the blended pepper mixture, cray fish, salt and water to cover the yam (about 1 cm above the yam).
- Place the pot on a medium heat and boil until yam is almost tender (about 10 minutes).
- While the yam is boiling, prepare the spinach by chopping it into bite-sized pieces and keep aside.
- As the yam is almost tender, add the heated palm oil with chopped onion, seasoning cube/powder stir and cover for 1-2 minutes.
- Using a wooden spoon or Potato masher, mash some of the yam to thicken the porridge and keep some in chunk.
- Add the partially cooked fish and stir gently so the fish doesn't break. Cover for 2-3 minutes.
- Taste and adjust seasoning accordingly.
- Lastly, gently stir in the chopped spinach and cook for an extra 3 minutes.
- Remove from heat and serve.



*Recipes
from*

THE

AMERICAS



Bakes and Saltfish

COUNTRY/REGION: SAINT LUCIA, CARIBBEAN

Ingredients

- 1 ¼ c all purpose flour
- 1 tsp brown sugar
- ⅛ tsp salt
- 1 tsp baking powder
- ¾ c warm water
- ¼ Red & Green Bell pepper(sliced)
- ½ c of Green Onion
- ½ large onion sliced
- 2 Garlic Cloves
- 1 tsp Black pepper
- 4 tsp All purpose seasoning
- 1 tbsp thyme(fresh or dried)
- 2.6 ounces salted cod fish or pollock
- 1 ½ Sunflower oil
- 1 tbsp coconut oil
- 12 c boiling water

Directions

Instructions for Bakes

1. In a large mixing bowl, combine the flour, baking powder and salt.
2. In a cup or bowl dissolve brown sugar in warm water and mix well.
3. Create a well in the center of the dry ingredients.
4. Slowly pour the water solution into the well, taking pauses to mix the ingredients to a dough consistency.
 - a. You may incorporate more flour or water solution to achieve texture
 - b. Ensure there are no lumps in the dough
5. Set dough to the side with a clean kitchen towel or saran wrap to cover, allow dough to set.
6. After 15 minutes take the dough set aside and separate the dough into roughly 8-10 smooth balls of dough. You can do this by cupping the dough and rolling it on a clean surface. You can also roll it on your palm.
7. Once you have completed the dough balls, compress them in flat discs with a thickness of roughly ½ an inch.
8. Take a frying pan or pot and fill with 1 ½ cup of sunflower oil and allow the oil to increase in temperature over medium heat.
 - a. To test, sprinkle a pinch of flour into the pot. If it bubbles the oil is ready. If it sinks to the bottom the oil is not hot enough.
9. Once the oil is hot, place the flat discs of dough into the oil, careful not to over crowd the pot. Quickly take a spoon and pour some of the oil on top of the discs to inflate the bake.
10. Continue to cook roughly a 1 ½ minute on each side, flip and fry until golden brown.
11. Once complete remove bakes from oil onto a plate with a paper towel to soak up excess oil.
12. Once cooled, cut open the bake and place saltfish inside.
13. Enjoy !

*Recipe continues to next page

Bakes and Saltfish (cont.)

Importance

My reasoning for choosing this recipe is because as a child this breakfast was a communal affair. Sometimes it was a special treat when family from overseas visited. The table would be lined with other pairings for the bakes like eggs and cheese but nothing compared to the flavour of salt fish with bakes !

Directions

For the Saltfish

1. Rinse the salt fish under water until residual salt has been removed.
2. Soak fish in it in 3 cups of boiling water for at least 15 minutes.
3. Drain water, rinse salt fish and soak in another 3 cups or enough water so that it is fully submerged. Complete this process at least 4 times to ensure the fish is not excessively salted.
4. Once at desired sodium content, allow the fish to cool, you can place it in cool water. Remove the bones from the fish and then flake and with a fork until there are no big chunks.
5. Add a pan to medium heat and add 1 tablespoon coconut oil. When the oil is hot add the sliced onions and cook until translucent (about 1 minute) then add the garlic.
6. Continue to cook for another minute, then add the bell peppers. Cook for 1 minute until the bell peppers soften then add the flaked fish, thyme, garlic powder, onion and green. Mix together well. Then increase the heat to high and continue to cook for another 3-5 minutes stirring often.
 - a. It is ok if the fish chars slightly, this enhances flavour.
7. Place inside the bakes and enjoy.

Trinidadian Stew Chicken with Rice

COUNTRY/REGION: TRINIDAD AND TABGO, CARIBBEAN

Ingredients

- 4 lbs of chicken
- 3 tbsp chopped green onion
- 3 tbsp chopped cilantro
- 1 tsp minced garlic
- 1 tsp chopped onion
- 1 tsp of salt
- ½ tsp black pepper
- 1 tbsp vegetable oil
- 1 c of water
- ½ c of coconut milk
- 1 tsp red pepper flake
- ¼ c brown sugar
- 2 tbsp ketchup
- 1 tbsp butter
- 4 c white rice

Directions

1. Cut chicken and place into a bowl or on a plate.
2. Add in green onion, garlic, onion, cilantro, salt and pepper. Mix in well and let it marinate for 30 minutes minimum.
3. Heat vegetable oil in a deep pot over medium heat.
4. Add sugar to the pot and stir. Let this cook until it starts to liquefy into a brown syrup texture.
5. Add the chicken and turn both sides to allow for some browning.
6. Cover the pot for 2 minutes.
7. Now pour in water, coconut milk and red pepper flakes into the pot.
8. Cover the pot and let this cook for 10 minutes.
9. After 10 minutes, stir in butter and ketchup.
10. Cover the pot again and cook on medium heat for 20-30 minutes.
11. Once the chicken is tender, add salt and pepper to taste.
12. The chicken with gravy is now ready to serve with rice on the side.

Importance

This recipe holds a special place in my heart as it was a cherished part of my childhood. My mother, with her culinary skills, would prepare this dish for me almost once a week. It's not just a delicious and well-rounded meal, but also a source of fond memories and nostalgia.

Instructions for rice (side dish):

1. Rinse the white rice with a strainer to remove any unwanted debris.
2. Add water and rice to a pot with a bit of olive oil.
3. Let the rice simmer for 20 minutes.
4. Plate to the side while the chicken is cooking.

My Helper's Fried Chicken

COUNTRY/REGION: JAMAICA, CARIBBEAN

Ingredients

1 Whole Chicken
2 c All-Purpose Flour
1 c Buttermilk
2 Quarts Vegetable Oil or
Coconut Oil
Paprika (To Taste)
Salt (To Taste)
Garlic Powder (To Taste)
Cayenne Pepper (To Taste)
Black Pepper (To Taste)
Scotch Bonnet Flakes (To
Taste)
Cumin (To Taste)

Directions

1. Put the flour, paprika, salt, garlic powder, cayenne pepper, black pepper & cumin into a Ziplock bag.
2. Dip each piece of chicken into the buttermilk.
3. One by one put each piece of chicken in the Ziplock bag and shake them. Ensure the flour mixture is evenly distributed along the chicken.
4. Place the chicken on a tray. You should cover the tray with waxed paper to avoid sticking. If you do not have waxed paper you can use a towel.
5. Let the chicken sit for around 10 to 20 minutes.
6. Fill a large skillet with vegetable or coconut oil. Heat the oil until it is extremely hot.
7. Place the chicken in the skillet.
8. Cook the chicken until it is crispy. To check if the chicken is fully cooked you should cut the chicken periodically until the inside is a white color.
9. Take the chicken out and place them on a plate with a paper towel to drain the oil.

Importance

I chose this recipe, because my helper (caretaker, who is still at my home in Jamaica) used to prepare this dish for my dinner frequently. My helper is someone who I hold closely to my heart & treasure. As a result this dish holds sentimental value to me.

Golden Melt Eggwiches

COUNTRY/REGION: CANADA, NORTH AMERICA

Ingredients

Four slices of bread

*Two medium eggs

Butter

Butter knife

Two mozzarella cheese slices

Half a tbsp of Chicken powder

Ketchup

Frying pan

Tablespoon of vegetable oil

Small mixing bowl

Spoon

Spatula

Microwave

*For this recipe I used eggs from
Burnbrae Farms

Importance

I chose this recipe because I make it all the time when I fry eggs. It's easy to make and it tastes delicious, with the savory-ness of the egg and the meltiness of both the cheese and butter. You can also scramble the eggs to make scrambled eggs, which also tastes good in Golden Melt Eggwiches. And instead of butter, you can also use mayonnaise or even jam to give you a different flavor to your sandwich.

Directions

1.Prepare the Pan:

○Place a frying pan on the stove.

○Add a small amount of vegetable oil.

2.Heat the Pan:

○Turn on the stove to a medium-high setting (6 or 7).

○Heat the pan for approximately 5-7 minutes.

3.Mix the Eggs:

○In a small bowl, crack two large eggs.

○Add half a teaspoon of chicken powder.

○Stir until the chicken powder is fully mixed in.

4.Cook the Eggs:

○Lower the heat to a medium setting (4 or 5).

○Pour the egg mixture into the pan.

○Cook for a few minutes, then flip to cook the other side.

○Once almost done, reduce heat to low (1 or 2) to avoid burning.

5.Prepare the Bread:

○Take four slices of bread.

○Spread half a tablespoon of butter on each slice.

○Place a slice of cheese on two of the bread slices.

6.Microwave the Bread:

○Heat the bread in the microwave for 1.5 minutes or until both the butter and cheese have melted.

7.Assemble the Eggwiches:

○Cut the egg in half and place both halves on two slices of bread.

○Add ketchup on top of the eggs.

○Cover with the remaining slices of bread.

8.Serve:

○Enjoy your Golden Melt Eggwiches with a side of your choice, like fries or roasted potatoes.

My Dad's Green Juice

COUNTRY/REGION: ONTARIO, CANADA, NORTH AMERICA

Ingredients

- 1 Apple (Any type of Apple- Cut up)
- 1 c of Almond milk or water
- 1/2 Avocado
- 1/2 Banana
- 1 tsp of Chia seeds
- 5 Dates (Without the seed- Pitted Date)
- 1 tsp of Hemp Seeds
- 1 c of Kale
- 1 c of Pineapples (cut up)
- 1 c of Spinach

Directions

1. Prep all the ingredients and equipment, by having them cut or out on the table to make it easier to place in the blender.
2. Wash all the fruits and vegetables
 - Cut the apples, avocado, pineapples and bananas into smaller pieces
3. Place everything in the blender
4. When ready, place the lid on top and turn blender on and use the Smoothie mode to blend everything together. It should be equivalent to 60 seconds
 - Looking for a smooth and milkshake like consistency
5. Pour in a cup and enjoy!

Importance

I chose this recipe because my dad would make it for me when I was sick and wasn't getting most of the nutrients I needed. I'm a picky eater, but when it came to smoothies, juice and soups, I would have it and not question what was in it. When I started making it for myself, I explored, tried and substituted different fruits and vegetables – now I found a recipe that works for me, and I'm sticking with it!

High Protein Beef Taco Fried Rice Bowls

COUNTRY/REGION: MEXICO, NORTH AMERICA

Ingredients

Taco Seasoning Mix

1 tsp Salt

1 tsp Black Pepper

1 tsp Onion Powder

1 tsp Garlic Powder

1 tsp Cumin

1 tsp Paprika

1 tsp Chilli Powder

1 tsp Oregano

Pico de Gallo

2 Large Tomatoes Chopped

1 Large Red Onion Chopped

1/2 Red & Green Bell Peppers Chopped

Handful Coriander chopped

Salt, Pepper, Garlic, Cumin, Paprika

1 Whole Lime Juice

Taco Beef

800g Lean Minced Beef

20g Tomato Paste

Taco Seasoning Mix

15g Grass Fed Butter

Fried Rice

300g Frozen Mixed Vegetables

4 regular eggs

30g Spring Onion (white part only)

560g Day Old Cooked White Rice

35ml Soy Sauce

15g Spring Onion (green part only)

10ml Sesame Oil

Directions

1. To make Pico de Gallo, start by chopping the tomatoes, red onion, and bell peppers and mixing them all together. Then, add coriander and the spice blend seasoning and lime juice and mix again.

2. Make the taco seasoning mix.

3. Heat a pan over medium heat and melt the grass-fed butter. Add the minced beef and cook for about 8 minutes or until browned, stirring occasionally. Stir in the tomato paste and taco seasoning and continue cooking for another 4 minutes, stirring occasionally.

4. On a pan over high heat, add frozen mixed vegetables followed by eggs and let them cook thoroughly. Then, add the white part of the spring onion and day-old cooked white rice, and add soy sauce. Mix it well, take it off the heat, and add the green part of the spring onion and sesame oil. Then, mix it one more time.

Importance

I selected this recipe as it aligns with my fitness goals. I need to consume a high amount of calories and protein, and this recipe helps me accomplish that. Moreover, I prefer hearty meals after an intense gym session. The meal is easy to prepare and cook and remains delicious even when consumed daily throughout the week.

Chicken Enchiladas

COUNTRY/REGION: MEXICO, NORTH AMERICA

Ingredients

2 Chicken breasts - Boneless
Skinless - diced into small ½ inch
pieces
1 medium sized onion
(white/yellow/red) - peeled &
sliced
1 bell pepper (red/green) - sliced
1 c uncooked white rice
3 c of mozzarella and cheddar
cheese (combined together)
1 can of diced tomatoes (796 ml)
Water (796 ml)
Olive oil - 1 tbsp

Seasoning:
2 bay leaves
Oregano
Salt and pepper to taste
Paprika
Garlic salt
Chili powder

Directions

Prep:

1. In a large pot, heat up the diced tomatoes and use the can to add water. Drop the bay leaves, oregano, and salt/pepper to taste. Bring to a boil on high heat, once boiling- bring it down to a simmer, and cover with lid. Tomato sauce will be a watery consistency but will reduce to half its mixture in 1 hour.
2. Preheat Oven to 350 degrees Fahrenheit. Wash your rice and cook in a pot on the stove. Bring to a boil through medium heat with lid on (10-13 mins), stir to dislodge rice stuck at bottom, then reduce heat to a simmer for about 6-10 mins). Once the timer is done, remove from heat and let it steam under the lid for 10 minutes before using.

WHILE rice is cooking, cut up vegetables
3. Sauté chicken in a pan with olive oil over medium-high heat, add your seasonings to taste (paprika, salt/pepper, garlic salt, chili powder). Sauté mixture for 6-8 minutes or until chicken is fully cooked. Remove from the pan and set aside.
4. Add cut up onion slices, and bell peppers to a different pan with olive oil, add seasonings to taste, and sauté the mixture over medium-high heat until soft (5-6 minutes). Remove from the pan and set aside.
5. Shred cheese and check on tomato sauce mixture - stirring it. Once reduced by half, remove from the pot, and set aside.

*Recipe continues to next page

Chicken Enchiladas (cont.)

Importance

This recipe is one of my favourites to cook at home, even though it's a little time-consuming. I learned how to make it during Covid-19 Quarantine, and it quickly became a staple in my household. Over time, I added other ingredients to make it better- which is why a simple Chicken Enchiladas recipe became a little complex.

Directions

Assembly:

6. To assemble the enchiladas, make a workstation with the following: Rice, chicken, vegetables, cheese, tomato sauce, tortilla. Lay a tortilla down and add small (2-4 tbsp of each) even amounts of rice, chicken, vegetables, and cheese directly in the centre. Fold in bottom, then fold in right side of tortilla, and then left side- tuck and roll to create a small burrito-like shape. Repeat with 5 tortillas (total) and set aside.

Bake & Serve:

7. In a 9x13 inch casserole dish, pour in the tomato sauce to cover the bottom evenly (use about ½ cup). Place each rolled up tortilla side by side into the dish. Use the remaining sauce to cover the tortillas completely, then sprinkle as much cheese as you desire on top. Cover the baking dish with aluminum foil, place it in the oven to bake for 20 minutes, then remove and serve!

Lentil Chili

COUNTRY/REGION: MEXICO, NORTH AMERICA

Ingredients

1 tbsp of olive oil
1 white onion, chopped
1 bell pepper (any colour),
chopped
4 garlic cloves, minced
Salt and black pepper to taste
2 tbsp of tomato paste
2 tbsp of chili powder
1 1/2 tsp of dried oregano
1/2 tsp of ground cumin
4 c of low-sodium vegetable broth
(you can also use chicken broth)
Two 14.5-oz cans of fire-roasted
diced tomatoes
One 15-oz can of navy beans or
another small white bean (do not
drain)
1 c of dried brown or red lentils
1 dried bay leaf
1 tbsp of red wine vinegar

Importance

I selected this recipe because I make it quite often due to how healthy, easy to prepare, and budget-friendly it is. I am also particularly interested in learning more about this recipe's nutritional value since I include it in my diet regularly.

Directions

1. Chop up the:
 - I) Onions (dice them into small squares)
 - II) bell pepper (dice them into small squares)
 - III) garlic (mince it into small pieces)
2. Pour the tablespoon of olive oil into a big pot on your stove top. Heat up the olive oil over medium-high heat for about a minute (my stove knobs range from 1-9, so medium-high heat is about number 7 on my stove).
3. Once the oil is heated, put the chopped onion, chopped bell pepper, minced garlic, 1/2 teaspoon salt, and some black pepper for taste into the same pot as the heated olive oil. Still at medium-high heat, cook this for about 6 minutes, or until the onions and peppers are tender, while stirring from time to time.
4. Stir the tomato paste and spices (chili powder, cumin and oregano) into the pot with the vegetables, then cook for about 2 minutes, stirring frequently.
5. Stir the vegetable broth into the pot. After opening the cans of diced tomatoes and beans, pour those into the pot, including the liquid in the can of beans. Add the lentils, 1/2 teaspoon salt, bay leaf, and some black pepper into the pot as well.
6. Bring the pot of chili to a continuous simmer, then lower the heat to medium-low (this is between 3-4 on my stove). Partly cover the pot with a lid and allow it to slightly simmer until the lentils are cooked (tender), which should take about 35 to 45 minutes. Stir the chili occasionally during the 35-45 minutes that the lentils are cooking.
7. Finally, find the bay leaf and remove it from the chili. Add the vinegar and after tasting, add more salt and pepper if desired.

Mexican Shrimp Tacos

COUNTRY/REGION: MEXICO, NORTH AMERICA

Ingredients

2 bags or 800g of thawed, washed, uncooked, peeled, and deveined shrimp
8 Mexican white corn tortillas
2 avocados
½ cup of baby grape tomatoes, washed
1 large lemon, halved
4 tbsp of unsalted butter
½ cup of sour cream
2 tbsp of lemon pepper seasoning
1 tbsp of black pepper
2 tbsp of chili powder
1 tsp salt

Directions

1. Mix the washed shrimp with the lemon pepper seasoning, black pepper, chili powder, salt, and the juice of half of the lemon in a bowl.
2. Place 2 tbsp of the unsalted butter on a large, preheated pan. Evenly distribute shrimp and cook on medium heat until pink and opaque (2-3 minutes per side). Set aside.
3. Score and pit the avocados, scooping the insides into a bowl. Mash with a fork.
4. Slice the baby grape tomatoes into quarters and add to the bowl.
5. Squeeze in the juice of the other half of the lemon to the avocado mixture and mix until incorporated. Set aside.
6. Use the rest of the butter to butter the pan and warm each side of the tortillas on medium heat. Set aside.
7. To assemble your tacos:
 - a. While holding your tortilla in the shape of a boat, spread around a tablespoon of the avocado mixture along the center.
 - b. Place around 1/3 cup amount of the shrimp along the center, on top of the avocado.
 - c. Top with sour cream.

Importance

I chose this recipe because I have made it 4 times in the past 2 weeks, and I have been loving it because of the amount of protein it helps me incorporate into my diet. The shrimp is saucy and warm while the avocado and sour cream balance it out and help to cool it off and for me, the difference in temperature of the cold sour cream really makes a difference! The third time I made it I topped it with some cubed pineapple, and it made for the best twist to a savory dish!

Sweet n' Spicy Chicken Tostadas

COUNTRY/REGION: MEXICO, NORTH AMERICA

Ingredients

¾ tsp of chilli powder
¾ tsp of smoked paprika
½ tsp of ground cumin
¼ tsp of garlic powder
½ tsp of salt
½ lb of skinless/boneless chicken breasts, pounded to about ½ inch thick
3 tbsp of vegetable oil
8 corn tortillas, 6-inches wide
2 ripe avocados, with the pit and skin removed
1 lime
⅓ c of finely chopped pineapple
¼ c of pomegranate seeds
½ c of sour cream
¼ c of cilantro leaves

Importance

I chose this recipe because I have always enjoyed Mexican food. When I was younger, my grandparents used to always take my brother and I to Taco Bell and I would always get the tostada. Now that I am older, I would like to make a healthier version, that incorporates the nostalgic flavours and crunchy texture.

Directions

1. Preheat the oven to 350 degrees Fahrenheit with a rack in the middle.
2. Combine your seasonings - chili powder, smoked paprika, ground cumin, garlic powder and ¼ teaspoon of salt in a small bowl.
3. Pound the chicken breasts and place in a baking dish (preferably 8x8 inches), spread 1 tablespoon of vegetable oil on both sides of the chicken breasts.
4. Spread the seasoning mixture on both sides of the chicken breasts, using your fingers to massage it in.
5. When the oven is preheated, cover the baking dish with aluminum foil and bake for 20 minutes.
6. Once the chicken is fully cooked, allow to cool and shred the meat using two forks, incorporating any juices that have gathered in the baking dish.
7. Increase the oven temperature to 425 degrees Fahrenheit and brush both sides the tortillas with 2 tablespoons of vegetable oil.
8. Arrange the tortillas on two large baking sheets and insert them in the oven for about 8 minutes or until they are golden brown and crisp.
9. While the tortillas are being toasted, pit and remove the skin of the avocados and cut the lime in half.
10. Mash the avocados, and mix the juice from half of the lime and ¼ teaspoon of salt. Combine until this mixture is smooth.
11. Finely chop the pineapple, cut the pomegranate and cut the remaining half of the lime into wedges to prepare for assembly.
12. To assemble the tostadas, spread the avocado mixture on the tortilla, add the chopped pineapple and pomegranate seeds and place a large amount of shredded chicken on top.
13. Finally, garnish the tostada with a dollop of sour cream, cilantro leaves and lime wedges.

Chicken Alfredo

COUNTRY/REGION: UNITED STATES, NORTH AMERICA

Ingredients

2 skinless chicken breasts
2 tsp of Italian seasoning
1 tbsp of cooking oil
2 tbsp of butter
4 cloves of minced garlic
1 cup heavy cream
3/4 cups of grated Parmesan
cheese
1/4 tsp of salt
1/4 tsp of pepper
8 ounces of fettuccine

*American Alfredo (this recipe) uses heavy cream, while authentic Alfredo does not

Directions

1. Season the chicken with the Italian seasoning and a pinch of salt
2. Heat pan on medium heat, and add oil to pan, once hot add the chicken and cook each side for 7 to 8 minutes or until fully cooked
3. Place chicken aside and turn heat down to medium low.
4. Add the butter along with the garlic, and stir for two minutes.
5. Add heavy cream to pan and whisk the garlic, butter, and cream together. Wait until the cream starts simmering
6. In another pot boil the pasta for about 7 minutes and drain the pasta, saving about 1/2 cup of the pasta water for later
7. When the cream is simmering add the Parmesan, and whisk it all together until it dissolves.
8. Add salt and pepper to the sauce to taste
9. Add the pasta to the pan and combine. Add a few tablespoons of the pasta water if the sauce is too thick.
10. Cut the chicken into slices and then add in the pan, and serve.

Importance

I chose this recipe because I just like the dish. Also my mom made it often when I was younger, even making the pasta from scratch.

Eggs Benedict

COUNTRY/REGION: NEW YORK, USA, NORTH AMERICA

Ingredients

4 eggs
4 slices of peameal bacon
2 English muffins
A splash of vinegar
2 avocados
1 tbsp (15g) lemon juice
Salt and pepper to taste

Hollandaise Sauce:

½ cup (115g) unsalted butter
3 egg yolks
1 tbsp (15g) Dijon mustard
2 tsp (10g) lemon juice
2 tbsp (30g)
water
Salt and pepper to taste

Importance

This recipe is my mom and I's favourite breakfast/brunch meal. This is how we both like our eggs benedict—with smashed avocado and peameal bacon.

Directions

Hollandaise Sauce:

1. In a small saucepan, whisk together egg yolks, water, lemon juice, and Dijon mustard until combined
2. Cut the butter into small cubes/pieces, then add them to the saucepan
3. Place the saucepan over medium-low heat and constantly whisk the mixture until the mixture starts to thicken, then remove from heat
4. Season with salt and pepper to taste

Poaching the egg:

1. Fill a medium sized pot with about 4 inches of water and bring to a boil.
2. While waiting for the water to boil, crack your eggs into small bowls or cups (this will help you later when you place the eggs into the water). During this time I would also mash the avocado in a separate bowl with a fork, adding lemon juice, and seasoning with salt and pepper to taste.
3. Once the water reaches a boil (you will see lots of big bubbles), reduce the heat so the water reaches a simmer (you will see a couple small bubbles), and add a splash of vinegar into the water to help the egg to stay together
4. Lower your eggs gently into the simmering water and leave them to cook for about 3-5 minutes depending on how runny you want your egg yolk to be. Prepare a plate with paper towel on top and set that aside for when the eggs are done cooking
5. While your eggs are cooking, toast your English muffins (make sure to slice them in half first!) and cook your peameal bacon in a lightly oiled pan over medium heat. Cook each side of the bacon for about 2-3 minutes.
6. When your eggs are done cooking, use a slotted spoon to gently remove the eggs from the water and place on the plate with a paper towel you prepared earlier.
7. Assemble by spreading your mashed avocado on top of your English muffin halves, then place one slice of peameal bacon and one poached egg on each English muffin half, and top with hollandaise sauce.

Deluxe Turkey Burgers

COUNTRY/REGION: CALIFORNIA, USA, NORTH AMERICA

Ingredients

3 lbs, 99% lean ground turkey, raw
1 large onion, diced
1 large red onion, sliced
2 raw eggs
1 cup seasoned bread crumbs
50 grams Spinach, uncooked
Salt & Pepper to taste
2 tbsp Paprika
2 tbsp Cayenne Pepper
2 tbsp Dried Parsley
3 tbsp Adobo Seasoning
2 tbsp Garlic Powder
2 tbsp Onion Powder
1 packet Sazon, for color
White Burger Buns, toasted
2 Tomatoes, sliced
200 grams Iceberg Lettuce, chopped
American Cheese, slices - 1 slice per
burger
2 tbsp olive oil

Directions

1. Add raw ground turkey, raw eggs, spinach and breadcrumbs into a large basin and mix with hands using gloves.
2. Dice onion and add to bowl and continue to mix until well combined.
3. Add in all dry ingredients such as, salt, pepper, paprika, cayenne pepper, dried parsley, adobo, garlic powder, onion powder and sazon.
4. Mix all ingredients until well combined and form small patties about 80 grams each.
5. Turn on the stove to medium heat with a large, frying pan.
6. Add in 2 tbsp olive oil and wait until oil is hot, ideally between 325° and 375°
7. Add 2 patties to heated oil and cook, while flipping every 2-3 minutes. While patties are cooking, prepare buns by lightly toasting. Wash and slice red onion and tomatoes. Rinse lettuce and pat dry.
8. Turkey patties should reach an internal temperature of 165° (use a kitchen thermometer), when turkey is at this temperature, remove from the pan and add a slice of American cheese to allow it to melt.
9. Place patty on toasted burger bun, alongside fixings, (lettuce, tomatoes and red onions).
10. Be creative! Add any sauce of choice (barbecue, mayonnaise, ketchup, sriracha) and enjoy!

Importance

I chose this recipe because it is a fun and nutritious way to allow over 30 grams of protein per serving and is also quite filling. Turkey is a very lean protein which makes it an optimal choice for the main source. I feel as if burgers in general are an easy way to also sneak in those great veggies without the icky taste. This can be paired with a side of French fries for a higher calorie meal or enjoyed on its own. This was a recipe I created on my own with a little bit of experimenting

My Country's National Dish Feijoada

COUNTRY/REGION: BRAZIL, SOUTH AMERICA

Ingredients

- 1.5 pound of dry black beans
- 5 ounces of bacon
- 2 pounds of pork ribs
- 3 chorizo calabresa (Calabresa sausage)
- 2.5 large chopped onions
- 5 cloves of garlic
- 4 diced tomatoes
- Salt and pepper (to taste)
- 2 tablespoons of olive oil (because the meats already have fat)
- 4 bay leaves
- Water
- 4 cups of white rice
- Farofa (casava flour)
- Few orange slices or pineapple slices for digestion

Importance

I chose this recipe because it reminds me of leaving downtown Belo Horizonte (the city where all my family on my mom's side lives) to drive to our cottage in the countryside. On our way to the cottage, we stop by this quick restaurant that sells a bunch of Brazilian food; one being feijoada.

This meal popped up in my head because it touches upon carbohydrates (farofa, rice, veggies and fruit), Lipids (olive oil and fat from the meats), and proteins (the meats and black beans).

Directions

Bean Stew:

1. Soak the dried beans in cold water over night (as well as all the meats in cold water in a separate bowl with plastic wrap covering the bowl)
2. Cut all your vegetables and meats when it is the next day so that the process is simple and fresh
3. Place some olive oil in a big pot over medium heat, and add the bacon first!
4. Take the bacon out of the pot when crispy, and do a little switch and add the ribs in batches (doing so will help prevent too much grease that the sausages give off)
5. Take some of the meat grease and save some for the farofa
6. When the meat is browned, take it out and add in your onions and garlic to sauté. Once 6 minutes pass by, add the tomatoes and cook for another 6-7 minutes until soft
7. Drain the soaked beans and add them (as well as the meat) to the same pot as the diced veggies
8. Now, bring the pot to a boil; once it is at a boil, turn it down to low and wait around 2.5 hours (or until the beans are soft or to your liking)

Rice:

1. Wash and rinse the rice
2. Add the rice to a pot or rice cooker
3. Add 8 cups of water, salt and a little bit of olive oil
4. Cook for as long as the rice cooker timer stops or until you see fluffy rice

Farofa:

1. Put some of the meat grease on the pan and turn the heat to medium heat
2. Add thin slices of garlic and onion
3. Once the garlic and onions are caramelized, if you have left over bacon... throw it in!
4. Right after you add the bacon, add the cassava flour and start to toast it on medium low heat
5. Once you see that the flour is golden brown, turn off the stove and place it on a cold burner or on a heat resistant surface so you do not burn the farofa

Plating:

1. Place rice on the plate, then the feijoada, and sprinkle on the farofa
2. Add the slices of orange (or pineapple) to the dish
 - The oranges (or pineapple) aide in digesting the meat
 - The oranges are the traditional way, but many people like pineapple too

Bake and Saltfish

COUNTRY/REGION: GUYANA, SOUTH AMERICA

Ingredients

For the Bake you will need:

- 3 c of flour
- 4 tbsp of butter
- 2.5 tsp of baking powder
- 3 tbsp of sugar
- 1.25 tsp of salt
- 1 c of water

For the Saltfish you will need:

- Half a pound of saltfish (this should be soaked in water overnight or for several hours to wash off excessive salt from preserving)
- 2 tbsp of cooking oil
- Half a diced onion
- 2 tsp of minced garlic
- 1 tsp of thyme
- Smoked paprika to taste
- Any hot pepper of choice to taste (traditionally wiri wiri or scotch bonnet peppers are used)
- 1-2 chopped up green onion
- 2-3 tbsp of parsley
- 3 diced tomatoes

Directions

Cooking the Bake:

1. To make the bake you will add all the dry ingredients and whisk together. You will then add the butter to the mixing bowl and incorporate together using your fingers.
2. Slowly mix in the water and form a dough that holds together like a ball
3. Add flour to a clean surface and knead for a minute. Allow the dough to rest for 15-20 minutes.
4. After the dough has rested divide it into equal portions (10-12)
5. Use a rolling pin to flatten each portion to roughly half an inch thick.
6. Fry each portion in oil for 3-5 minutes and dry off excess oil.
7. Alternatively, the bake can be baked in an oven at 375 degrees for 15-18 minutes. Your bake must come out with a light golden brown colour and be crispy on the outside and fluffy on the inside.

Cooking the Saltfish:

1. In a large pan and/or skillet sauté the garlic, onions, thyme, paprika with the cooking oil of your choice. You will sauté for 3 minutes, making sure to stir the ingredients around to prevent sticking to the pan.
2. Afterwards add your diced tomatoes and continue to sauté on heat for 3 minutes. Mix in your peppers of choice and add water as needed. (your saltfish can be more dry if you prefer).
3. Last step is to add the saltfish and continue to cook for 5 more minutes.
4. After taking the saltfish off the heat, you can now open up a bake and fill it with saltfish. It can almost be eaten like a sandwich! Have fun cooking and enjoy!

Importance

This recipe is from the country of Guyana. It is traditionally a breakfast/brunch meal enjoyed on the weekends. It is quite dense and has ingredients that come from the macromolecule categories; protein, carbohydrates and fat groups. This meal when eaten will fill you until dinner. This meal consists of a sweet bread called 'bake' that is paired with a tomato and onion based saltfish dish. This meal can also be paired with 'provisions' which consist of a mix of cassava, eddoes, and plantain all boiled and fried together. However for this recipe only the recipe and instructions will be provided for the bake and saltfish as it already contains the 3 main macronutrients. The fat is covered by the butter and cooking oils, the bake is a carbohydrate and the saltfish is the protein. I choose to share this dish for my assignment because it is one of my favourite traditional dishes that my mom cooks. She often only cooks this dish during the summer. It reminds me of when I visit my grandmother and eat breakfast in her yard.

My Mother's (Caribbean Style) Chicken Curry

COUNTRY/REGION: GUYANA, SOUTH AMERICA

Ingredients

Fresh Seasoning
1 medium yellow onion
6 cloves of garlic, peeled
Leaves of a few sprigs of fresh thyme
1-2 wiri wiri pepper
¼ cup water

Chicken
4 lbs of chicken, cut into 2.5-inch chunks
2 tbsp fresh seasoning
1 tsp madras curry powder
few pinches of salt

Masala Paste
4 tbsp fresh seasoning
2 tbsp garam masala
3 tbsp madras curry powder
½ tsp ground geera (cumin)
1/3 cup of water

Remaining Ingredients for Curry
6 tbsp cooking oil
4-6 whole cloves
1 small cinnamon stick
2 tsp salt (to taste)
A kettle ready with boiling water (as needed)
1 tbsp tomato paste
2 medium potatoes, peeled and chopped into large pieces
Few pinches of geera (cumin)

Directions

1. Prepare the fresh seasoning by blending onion, garlic, thyme leaves, wiri wiri pepper, and ¼ cup of water in a blender until smooth and thick like a smoothie.
2. Begin washing and cleaning the chicken, removing any excess fat, and chopping it into 2.5-inch pieces. Pat the pieces dry with a paper towel and set them aside.
3. Season the chicken by massaging 2 tbsp of the fresh seasoning, 1 tsp of curry powder and a few pinches of salt into the meat. Allow it to rest for a minimum of 30 minutes, and store and remaining seasoning in the fridge for later use.
4. Create the masala paste by mixing 4 heaping tbsp of the fresh seasoning, 2 tbsp garam masala, 3 tbsp madras curry powder, ½ tsp geera, and 1/3 cup water in a small bowl until it forms a paste.
5. In a heavy-bottomed pot over medium heat, add 6 tbsp oil and fry the masala paste for 2-3 minutes, stirring occasionally until the mixture darkens and thickens.
6. Add the seasoned chicken to the pot and stir to coat it with the masala paste. Add salt, cinnamon, and cloves, then cover the pot and let the chicken cook for 15 minutes on medium heat, stirring occasionally. The chicken will release its own water; remove the lid and allow the excess water to reduce until there is only a small amount of gravy, allowing the masala to dry onto the chicken.
7. Add enough boiling water to cover the whole chicken, then stir in tomato paste and chopped potatoes. Cover the pot and let the curry boil on medium-high heat until the gravy has reduced by one-third and thickens to your desired consistency, approximately 15 minutes or slightly longer.
8. Once the curry is done, sprinkle a little geera on top before serving with rice or roti.

Importance

I chose this recipe because it is one of my favourite meals. It is a comfort dish that my mom would always cook upon my arrival when I've been away from home for a long period of time.

Guyanese Curry Chicken and Rice

COUNTRY/REGION: GUYANA, SOUTH AMERICA

Ingredients

1 whole chicken
5 tbsp vegetable oil
3 c basmati rice
5 medium potatoes
3.5 tbsp curry powder
1 tbsp of garam masala
1 tbsp cumin powder
0.5 scotch bonnet pepper
1 tsp paprika
1 tbsp of salt
0.5 tbsp black pepper
1 large onion
3 cloves of garlic
1 tsp ginger
2 cup water

Importance

Curry chicken and rice is a staple dish in Guyanese culture and is one of my favourite meals to have at family gatherings. This recipe is also special since it was shared with me by my mom.

Directions

Chicken Curry

1. Finely chop onions, garlic and pepper.
2. Mix curry powder, garam masala and cumin with a third of a cup of water.
3. Cut chicken into small pieces. Wash meat with salt water and vinegar 3 times and rinse out thoroughly.
4. Fry onions and scotch bonnet pepper for 5 minutes on medium heat (level 4) adding 0.5 tablespoon salt and 0.5 teaspoon paprika in the oil.
5. Remove onions from the pot and set aside.
6. Add curry mixture in the pot of oil with garlic/ginger and add 0.5 cup of water and cook for 10 minutes with continuous mixing.
7. Fry the meat in the curry and cook on medium heat for 20 minutes.
8. Add 1.5 cups of water, 0.5 tablespoon of salt, 0.5 teaspoon of paprika and 0.5 teaspoon of black pepper and let cook on medium heat for 30 minutes.
9. Finally add the potatoes (cut in half) and let cook on medium heat for 30 minutes.

Rice

1. Wash basmati rice.
2. Boil in water for 25 minutes.
3. Then strain in a colander.

Chicken with Quinoa and Veggies

COUNTRY/REGION: PERU/CHILE/BOLIVIA, SOUTH AMERICA

Ingredients

2 c chicken broth
1 c of quinoa
4 tbsp extra-virgin olive oil,
that must be divided
2 chopped garlic scapes
1 chopped small onion
2 skinless, boneless chicken
breast halves - cut into strips
1 diced zucchini
1 diced tomato
4 ounces feta cheese, crumbled
to your choice
8 basil leaves
1 tbsp lime juice

Directions

1. In a saucepan, heat the chicken broth and quinoa until it boils
2. Once the chicken broth has absorbed and your quinoa is frothy, you'll also see a white line in the grain, you can now reduce the heat to a simmer, cover, and keep cooking for around twelve to fifteen minutes

While that is cooking:

1. In a skillet, heat two tablespoons of olive oil
2. Add onion to oil and cook, until the onion becomes tender and clear (around five minutes)
3. Add your chicken breast strips to the oil and cook until the strips are half cooked, where they are a little pink in the center (around five minutes)
4. Once your chicken is slightly pink, place on a separate plate to avoid cross contamination
5. Pour the last 2 tablespoons of olive oil in the pan
6. Put in and continuously stir tomatoes and zucchini in hot oil until you are satisfied with its tenderness (around five to eight minutes)
7. Put the chicken back in the pan and pour lime juice, basil leaves and feta cheese
8. Cook chicken until it is properly ready (around ten minutes)
9. Serve over or beside the quinoa (your preference)

Importance

I chose this recipe because it is very similar to a dish my mother cooked when I was growing up. It is a nice, simple and healthy meal my mom could make with our busy lives, where we could all sit down and enjoy each other's presence. Plus it's delicious.



*Recipes
from*

ASIA



My Father's Laghman Noodles

COUNTRY/REGION: UZBEKISTAN/KAZAKHSTAN/CHINA, CENTRAL ASIA

Ingredients

- 1 kg of beef
- 2 packs of flat noodles
- 1 onion
- 1 medium-sized radish
- 1 large eggplant
- 3 semi-hot peppers
- 3 sweet peppers
- 2 large potatoes
- 0.5 kg of jidou string beans
- 2 medium-sized tomatoes
- 4 cloves of garlic
- Salt to taste
- 2 pots of water – amount depending on the wok's shape and size
- 100 to 150 g of vegetable oil – amount depending on the wok's shape and size

Importance

I have chosen this recipe because my core memory as a child was the time me and my dad cooked these noodles outside our house. We kept this tradition for years, making these noodles at the beginning of every summer. It is a light yet hearty dish, as it mainly consists of vegetables but still has some meat. The aroma of this dish combined with all the scents of trees and plants in the mountains is the first thing I can recall when thinking of home. When I visited my home country two weeks ago, we decided to cook these noodles again, as the weather was very warm. Therefore, it was the only dish I could think of for this assignment.

Directions

1. Cut onions, radish, eggplants, semi-hot peppers, sweet peppers, potatoes, and tomatoes into cubes about 1-2 cm length and width.
2. Keep tomatoes separate.
3. Cut strings of jidou beans into smaller strings about 2 cm length.
4. Divide the vegetables except tomatoes into two groups with onion, potato and radish being the first group and both types of pepper, eggplant, and strings of jidou beans being the second group.
5. Cut 4 cloves of garlic into small chunks and keep them separate.
6. Cut the beef into cubes about 1-2 cm length and width.
7. Heat up an outdoor wok.
8. Turn it to the maximum heat.
9. Add vegetable oil into the wok and wait until it is boiling.
10. Add the beef into the wok and fry it until it is golden brown.
11. While the beef is frying, boil 1 pot of water.
12. Add the first group of vegetables into the wok and let it steam roast it until the onion is transparent.
13. Add the second group of vegetables and fry it for 3 minutes.
14. Add tomatoes and fry it for 2 minutes.
15. Add garlic and fry it for about 1 minute.
16. Add salt to taste.
17. Add boiling water just enough to let all the contents sink in it. Make sure that the water does not totally cover the vegetables.
18. Let it boil for 30 minutes on low heat.
19. Keep track of the time and remove the wok from the heat when the sauce is ready.
20. After step 18, while this sauce is still boiling in the wok, boil water in another pot to cook the noodles.
21. Add the noodles when the water reaches the boiling temperature.
22. Cook noodles for 10 minutes.
23. Pour the water out and add 2 tablespoons of vegetable oil so the noodles do not stick to each other.
24. Upon finishing, keep the noodles and the sauce separately.
25. To serve, put the noodles on a plate first and sauce second.

My Mother's Plov

COUNTRY/REGION: UZBEKISTAN, CENTRAL ASIA

Ingredients

150ml of olive oil
300g of peeled
onion
2kg/ 1 chicken
1.5kg of peeled
carrots
300g of white rice
1tbs of cumin seeds
1tbs of salt



Importance

I chose this recipe because it relates a lot to my identity and culture, not only is it so delicious but it is also healthy and makes more people familiar with central Asian culture. It is also the first recipe that came to my mind because it was the first thing that I was taught how to cook by my mother and it is a recipe that has been passed on for decades now, which is why it has a significant meaning to me.

Directions

Step 1: Wash and cut the chicken into separate body parts. Take the peeled onions and slice it into medium thickness half rings, and cut the peeled carrots into long 1 cm thick sticks.

Step 2: On high heat, heat up the iron pot and pour 150ml of olive oil, and heat it up until a light smoke starts appearing. Then add 300g of the sliced onions and fry it for 5-7 minutes while stirring until the onions reach a dark golden brown state.

Step 3: After, add the chicken parts to the iron pot, stirring frequently with a cooking spatula to mix the onions and chicken together. Fry the chicken for 10-15 minutes until the chicken is golden.

Step 4: Add the carrots to the iron pot, don't stir for the first 3 minutes, then mix all the ingredients together. Cook for 10 minutes and don't forget to stir every now and then.

Step 5: Take 1 tablespoon of cumin seeds and crush it into the iron pot with the palms of your hands, add 1 tablespoon of salt as well and mix.

Step 6: Reduce the heat to medium and cook until the carrots become soft which takes about 7-10 minutes.

Step 7: While carrots are becoming soft in the pot, boil water in a kettle and add to the pot after they have become soft. Make sure the water covers 2 cm above all the ingredients. Reduce the heat to low, cover the iron pot with its lid and let it cook for one hour.

Step 8: While everything is cooking in the pot, prepare the rice by washing it 4-5 times until the water from the rice is clear.

Step 9: After one hour open the pot lid and taste the salt. If it is not salty enough add a little more salt because the rice will absorb it. Take the washed rice and evenly spread it on top of the ingredients. Increase the heat to maximum and pour more boiling water into the pot making sure it covers the rice 3 cm above.

Step 10: When the rice has absorbed all the water, reduce the heat to medium, cover with a lid and cook until the rice is ready.

Step 11: Open the pot lid and with a thin stick make several holes to the bottom of the pot, so the steam can cook the rice and the flavours can mix together. Reduce the heat to low and cook for another 30 minutes.

Step 12: Turn off the heat and mix all the ingredients together, and serve!

Kaah's Special Beef n' Chicken Fried Rice

COUNTRY/REGION: CHINA, EAST ASIA

Ingredients

4 cups of rice
Meat and chicken stock
3kg of sliced beef meat
Chicken drumstick
1 diced spring onions
Curry
Cameroon Spices
Black pepper, White Pepper
Salt
Seasoning cubes
5 diced Carrots
Green beans
2 spoons of Mustard
Onions
Red scotch pepper
Thyme
1 c of Sesame/Vegetable Oil
1 container of But sweet
1 container of Pea
Green, Red, Yellow and Orange
diced Bell pepper, 1 each
Garlic

Importance

I chose this meal because it is my all-time favourite special dish and I learnt how to cook it by myself by doing a lot of researches

Directions

- 1) Wash your chicken drumsticks and seasoning it and allow it to mix well with: a) Cameroon spices b) 3 spoons of Vegetable Oil c) 2 spoons of mustard d) Black and White Pepper e) Seasoning cubes and salt Then allow it to stand for 15 minutes. After the 15 minutes, boil the drumsticks for 30 mins and filter the chicken stock and keep aside. Fry the Chicken.
- 2) Wash the beef and seasoning it and allow it to mix well with: a) Cameroon spices b) 1 spoon of vegetable oil c) Black and White pepper
- 3) While the spices are infusing in the meat, dice: a) Onions b) Bell Peppers c) Carrots d) Green beans e) Spring onions
- 4) Blend the scotch red pepper and garlic and blend it in a blender.
- 5) Boil the beef for 20 minutes. After the meat has boiled, filter the beef stock and fry the beef.
- 6) In a clean pot add: a) Both chicken and beef stock b) Water c) Thyme, some diced Onions, 2 spoons of oil d) Salt, seasoning cubes e) Curry f) The Rice and allow it to boil for 40 minutes.
- 7) After the rice has boiled, In another clean pot add; a) Remaining oil b) Fried beef c) Diced Onions, Bell peppers, Carrots, boiled green beans, spring onions d) But sweet, peas
- 8) Stir and allow it to cook, then add a) Salt for taste. b) Seasoning cubes. c) Cameroon spices d) The blended pepper and Garlic.
- 9) Stir and allow it to cook for 10 mins, then add the boiled rice to it and Stir fry the rice homogeneously.
- 10) After 5 mins turn off the fire and serve it hot with the fried chicken on the side.

Chinese Braised Beef Brisket with Tomatoes and Potatoes

COUNTRY/REGION: SICHUAN, CHINA, EAST ASIA

Ingredients

Beef Brisket---500g
2 large potatoes
Scallion---200g
Ginger---200g
Cooking Wine---50mL
Pepper---10g
2 small tomatoes
1/2 c of corn oil
1/2 c of vinegar
1 c of light soy sauce
1/3 c of dark soy sauce
1 star anise
2 pieces of bay leaves
1 cinnamon
7 piece of crystal sugar
2 tbsp of soybean paste

Importance

The reason I chose this dish is because it has been my favorite since I was a child. It is nutritious and easy to operate. It is also the food that my father cooks for me the most, and it contains many beautiful memories for me. Hope you like it.

Directions

1. After buying the beef, cut it into large pieces and soak it in water for 1 hour. This step is to soak the blood in the beef to remove the fishy smell.
2. Peel the tomatoes and potatoes and cut into large chunks and set aside. The purpose of adding tomatoes is to soften the meat and make it easier to chew.
3. Cut the Scallion into sections and slice the ginger. And prepare star anise, bay leaves and cinnamon.
4. Heat a wok and pour in the corn oil, then add the soaked beef brisket to the wok and stir-fry. Then add cooking wine and mature vinegar, stir-fry for two minutes and then add Scallion, ginger and tomatoes.
5. After frying the tomato juice, pour in boiling water. The amount of boiling water should cover the beef brisket. Add star anise, cinnamon and bay leaves. Then add one cup of light soy sauce and half a cup of dark soy sauce. Add seven cubes of rock sugar and two tablespoons of soybean paste. After the fire comes to a boil, turn to low heat, cover and simmer for an hour.
6. After an hour, open the lid, taste and add an appropriate amount of salt (whether to add salt depends on personal taste). Then add the potatoes, cover, and continue to simmer over low heat for 20 minutes.
7. The last step is to enjoy the delicious food (it will taste better when served with white rice).

Chicken Stir-Fry with Rice

COUNTRY/REGION: CHINA, EAST ASIA

Ingredients

- 2 chicken breasts, sliced thinly
- 2 c cooked brown rice
- 1 tbsp olive oil
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 green pepper, sliced
- 1 cup broccoli, chopped
- 1 carrot, sliced
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tbsp honey
- Salt and pepper to taste
- Optional: 1 tsp sesame seeds for garnish

Importance

When my parents moved from India to Canada, rice was a staple food my mom would make. As me and my siblings grew up she adjusted from just rice and added chicken (our favorite protein) and recreated it to chicken stir-fry with rice.

I selected this recipe because it's a nutritious meal that my mom recently learned and started cooking for our family and we love it!. It's also very adaptable. You can switch up the veggies and sauces to suit your taste preferences.

Directions

1. Start by slicing the chicken breasts thinly and preparing all the vegetables as mentioned in the ingredients list. Cook the brown rice according to the package instructions if it's not already cooked.
2. In a bowl, mix the sliced chicken with 1 tablespoon of soy sauce, a pinch of salt, and pepper. Let it marinate for about 10-15 minutes while you prepare the rest of the ingredients.
3. Warm up some olive oil in a big skillet or wok on medium-high heat.
4. Once the oil is hot, add the marinated chicken slices to the skillet. Cook for about 5-7 minutes until the chicken is cooked through and slightly browned. Take out the chicken from the skillet and put it aside.
5. In the same skillet, add a little more olive oil if necessary. Add the sliced onion, minced garlic, bell pepper, broccoli, and carrot slices. Cook the vegetables in the stir-fry for roughly 5 to 7 minutes until they're tender but still crisp.
6. Once the vegetables are cooked, add the cooked chicken back to the skillet. Stir everything together to combine.
7. In a small bowl, combine 2 tablespoons of soy sauce and 1 tablespoon of oyster sauce with 1 tablespoon of honey. Drizzle the sauce over the chicken and veggies in the skillet. Stir thoroughly to make sure everything is coated evenly.
8. Taste and adjust the seasoning with salt and pepper if needed.
9. Serve the chicken stir-fry hot over a bed of cooked brown rice. Optionally, garnish with sesame seeds for extra flavor and presentation.

I chose this Chicken Stir-Fry with Vegetables and Brown Rice recipe because growing up it was my favourite meal my parents used to make our family. Chicken Stir-Fry with Vegetables and Brown Rice is also a very healthy meal that has lean protein from chicken with lots of vegetables, providing vitamins, minerals, and fibre to our bodies that we need.

Chinese Fried Rice

COUNTRY/REGION: CHINA, EAST ASIA

Ingredients

6 tbsp oil
1.5 finely chopped onion
6 minced garlic cloves
12 ounce bacon chopped
4 c frozen peas, corn, and diced carrots
6 cups (packed and refrigerated)
cooked day old white rice
9 whisked eggs
2.25 c of sliced green onions

Sauce:

3 tbsp Chinese cooking wine
3 tbsp Oyster Sauce
3 tbsp light or all purpose soy sauce
3 tsp sesame oil (can be optional)
0.75 tsp white pepper

Directions

1. Heat 2 tablespoons of oil in a wok or 3 tablespoons of oil in a skillet over high heat until it is smoking.
2. Add finely chopped onion, minced garlic cloves, and chopped bacon and cook until bacon is a light golden colour (estimated to be a minute and a half).
3. Add frozen peas, corn, and diced carrots and cook for 2 minutes until defrosted and water evaporates.
4. Add day old rice and add sauce for a minute and a half until liquid evaporates
 - a. Sauce: In a separate bowl, mix 3 tbsp Chinese cooking wine, 3 tbsp Oyster Sauce, 3 tbsp of light soy sauce, 3 tsp sesame oil and 0.75 tsp of white pepper
5. Move rice to the side of the wok/skillet and add half a tablespoon of oil into cleared space.
6. Pour whisked eggs onto clear space that was created, scramble and cook through properly.
7. Add green onion then stir egg into the rice.

Importance

I chose this recipe because as a child, my mom would make fried rice for my family at any time or event. This recipe is easy to make and goes well with any food making it the perfect side dish. Making this brings back nostalgic childhood memories.

Healthy Homemade Fried Noodles

COUNTRY/REGION: SOUTHEAST CHINA, EAST ASIA

Ingredients

120 grams rice noodles
120 grams ground beef
7 grams salt (You can adjust it to your taste)
7 grams pepper (You can adjust it to your taste)
30 grams vegetable oil
30 grams soy sauce
5 grams paprika (You can adjust it to your taste)
1 bell pepper

Directions

1. Dice the bell pepper and put it aside.
2. Put the ground beef in a bowl. Add salt and pepper to it and mix them together with your hands. Put aside.
3. Bring some water to a boil and add the rice noodles to it. Boil the noodles for 4-5 minutes.
4. In a pan add vegetable oil. After the oil is heated, add the diced bell pepper to the pan and fry it for 2 minutes.
5. Then, with the bell peppers already in the pan, add the ground beef to it. Stir fry until the ground beef is fully cooked.
6. Add the rice noodles to the pan and mix well with ground beef and bell pepper.
7. In a small bowl, add soy sauce and paprika and mix well.
8. Add the soy sauce and paprika mixture into the pan and stir well.
9. Let the food sit in the pan for 1 more minute so the noodles can absorb the soy sauce and paprika.
10. Remove from heat and serve!

Importance

This is the first dish that came to my mind when I found out this assignment is about writing a recipe. This meal helped me through the days I was exhausted and hungry in my dorm. The recipe is easy and nothing fancy is required to make it!

Fried Rice

COUNTRY/REGION: CHINA, EAST ASIA

Ingredients

2 c of rice
2 raw eggs
3 c of frozen Peas and Carrots
1 c frozen shrimp precooked
and deshelled
2 tsp of vegetable oil
1 lb of store bought char siu
And some salt (as much as
you need)

Directions

1. Prep the rice. If you haven't cooked a batch and refrigerated it, you should wash and rinse the rice 3 times, and put it in the rice cooker for 15 mins then refrigerate it for a while until it is cooled.
2. Unfreeze the frozen foods in warm environment
3. Apply oil on a pan and add eggs and cook it(around 5-10mins).
4. Add rice to reheat stirring it into the cooked egg
5. Add the shrimp to cook
6. Add char siu to reheat
7. Add in the vegetables
8. Continue stirring in pan until all of the ingredients are cooked(15mins)

Importance

This recipe, while simple, holds great meaning to me and my family. Usually both my parents have to go work and don't have much time to prepare a dinner, so they just use ingredients that can be easily combined and cooked in a short time. Very filling as well as containing a little bit of everything was why I have chosen this recipe to share with people that could have little time themselves to make a healthy meal.

Chinese Chicken Fried Rice

COUNTRY/REGION: CHINA, EAST ASIA

Ingredients

1 large egg
1 tbsp butter
1 tbsp vegetable oil
1 onion, chopped
2 c cooked white rice, cold
1 c cooked, chopped cooked
chicken breast
2 tbsp soy sauce
1 tsp ground black pepper

Directions

1. Beat the egg in a small bowl
2. Melt butter in a pan or wok over medium heat, add egg and cook and stir for 1-2 minutes (to break egg into small bits), once cooked, removed egg from pan and set aside.
3. Heat oil in the same skillet at medium heat. Add in onions, stir until cooked soft (about 3 minutes)
4. Stir in cold rice, chicken, soy sauce and black pepper, cook and stir for about 5-7 minutes until rice is broken apart, then stir in the cooked egg.
5. Taste, to see if salt is needed to be added.

Importance

I personally chose this recipe because of two reasons, Firstly it is because I am from China myself, My parents and I along my sister immigrated to Canada in 2009, alternatively growing up my parents owned a Chinese restaurant in B.C, I grew up in an environment where I see fried rice everyday, it was also the first dish my father taught me how to cook as a child so I decided to choose this dish for my assignment.

General Tso Chicken with White Rice

COUNTRY/REGION: HUNAN, CHINA, EAST ASIA

Ingredients

1 c of Jasmine rice
200 g Chicken breast
4 tbsp Soy sauce
2 tbsp Hoisin sauce
3 tbsp Sesame oil
2 tbsp Rice Vinegar
3 tbsp Onion Powder
2 Cups Corn flour
1 tsp Ginger
2 tsp Minced Garlic
2 tbsp Brown Sugar
1.5 c canola oil

Directions

1. Mix sesame oil, 3 tbsp soy sauce, hoisin sauce, rice vinegar, brown sugar and 1 tsp minced garlic in a bowl to create the sauce
2. Cut chicken breast into medium sized cubes
3. Combine chicken breast with onion powder, ginger, the remaining minced garlic and the remaining soy sauce. Let chicken rest for at least 20 minutes
4. While waiting, add the jasmine rice in a pot. Add 1.5 cups of water to the pot. Set the temperature to high. Once boiling, lower the temperature to medium low. Once all water has been absorbed, remove from heat
5. Add corn flour to a separate bowl. Toss chicken in corn flour, ensuring all pieces are fully coated
6. Heat a wok, or whatever pan is suitable for you, to high heat and add the canola oil
7. Once oil is hot, fry chicken in the wok for 2 minutes, flipping halfway, until golden and crispy
8. Toss fried chicken in the sauce
9. Plate the chicken over the rice
10. Serve

Importance

I chose this recipe because it is my favourite comfort food. It was always my go-to order when eating at Chinese restaurants, so I had to learn how to make it at home.

Homemade Kung Pao Chicken

COUNTRY/REGION: SICHUAN PROVINCE, CHINA, EAST ASIA

Ingredients

Chicken breast, boneless (500 g,
cubed)

Jasmine rice (2 c)

Peanut oil (3 tbsp)

Vegetables: 1 red bell pepper, 1
green bell pepper (diced), green
onions (3 pcs, chopped)

Other flavors:

roasted peanuts (1/2 c)

garlic (3 cloves, chopped)

fresh ginger (1 tbsp, grated)

Sauce ingredients:

soy sauce (3 tbsp)

hoisin sauce (1 tbsp)

chili sauce (appropriate
amount, 1 tbsp)

rice vinegar (1 tbsp)

sugar (1 tsp)

dried red pepper (8 pieces)

Importance

I chose this recipe to honor the culinary traditions passed down from my grandmother. It represents more than just sustenance; it encapsulates the rich flavors and fond memories of my childhood in Sichuan.

Directions

Rice preparation:

Rinse the jasmine rice until you see the water is clean. The purpose of this is to remove excess starch. Bring 4 cups of water to a boil, add rice and a pinch of salt, stir, cover and reduce heat to low. Cook for 18 minutes, then turn off the heat but cover and cook for a further 5 minutes. Finally, fluff it with a fork before serving.

Marinated chicken:

In a mixing bowl, stir together 2 tablespoons soy sauce, one teaspoon sugar, and a pinch of black pepper. Add the chicken pieces to the mixture and marinate for about 15 minutes to allow the flavors to penetrate.

Prepare the sauce:

Combine remaining soy sauce, hoisin sauce, chili sauce, rice vinegar and sugar in a bowl. This mixture will add a rich flavor to the dish.

Cook the chicken:

Heat two tablespoons of peanut oil in a large pot or skillet over high heat. Add the chicken and fry until golden brown and almost done. Remove chicken from pan and set aside.

Fried vegetables:

Using the same wok, add the remaining oil. Add garlic, ginger and dried chilies and sauté until a pleasant aroma develops, about 30 seconds. Add the diced bell peppers and scallions and cook until they begin to soften.

Combine and cook:

Return the chicken to the pot, pour in the sauce you prepared earlier, and add the peanuts. Stir well to combine all ingredients. Cook for another 2-3 minutes until the sauce has thickened and is evenly coated over the chicken.

Serve:

Spoon the fragrant Kung Pao Chicken onto the fluffy rice and enjoy hot.

Potato Stewed Beef Brisket

COUNTRY/REGION: CHINA, EAST ASIA

Ingredients

500g beef brisket
2 medium-sized potatoes
1 onion
1 carrots
3 cloves garlic (flavor)
1 small piece of ginger
(flavor)
2 tbsp light soy sauce
1 tbsp dark soy sauce
1 tbsp cooking wine
1 tbsp sugar
Salt to taste
Pepper to taste
2 tbsp vegetable oil
Water as needed
1 green onion (flavor)

Importance

I chose this recipe because it is a traditional Chinese dish that my family often made during the colder months. The combination of tender beef and soft potatoes in a savory broth brings comfort and warmth. My mother used to make this dish, and it always reminded me of home as I haven't see my parents for over a year.

Directions

1. Prepare Ingredients:
 - Clean and cut the beef brisket into chunks.
 - Peel and cut the potatoes into chunks.
 - Peel and cut the onion into chunks.
 - Peel and cut the carrots into rolling pieces.
 - Crush the garlic, slice the ginger, and cut the green onion into sections.
2. Blanch the Beef:
 - Put the beef brisket into cold water, add a few slices of ginger and cooking wine, bring to a boil over high heat, skim off the foam, and then drain the beef brisket.
3. Stir-fry Aromatics:
 - Heat the pan with vegetable oil, add the ginger slices and crushed garlic, and stir-fry until fragrant.
 - Add the beef brisket and stir-fry until it changes color.
4. Season and Stew:
 - Add light soy sauce, dark soy sauce, and sugar, and stir well.
 - Add the onion and carrots, and continue to stir-fry for a few minutes.
 - Pour in enough water to cover all the ingredients, bring to a boil over high heat, then reduce to low heat and simmer for 1 hour.
5. Add Potatoes:
 - Add the potato chunks and continue to simmer for 30 minutes until both the potatoes and beef are tender.
6. Season and Thicken:
 - Add salt and pepper to taste, and increase the heat to reduce the sauce until thick.
 - Sprinkle with green onion sections, simmer for a few more minutes, and serve.

Scrambled Eggs with Tomatoes

COUNTRY/REGION: CHINA, EAST ASIA

Ingredients

3 large tomatoes,
sliced or diced
3 eggs
2 tsp of avocado oil
2 tsp of ketchup
Salt to taste
2 cloves of garlic to
taste



Directions

1. Prepare the Eggs: Rustle the eggs into a bowl. Beat lightly so the yolks and whites are just incorporated.
2. Heat the oil: Place a large frying pan on medium heat and heat the avocado oil.
3. Cook the Tomatoes: Now add sliced or diced garlic and tomatoes and let cook for about 5-7 minutes, until soft and their juice is drawn out.
4. Scramble the Eggs: Add the eggs to the pan and fry until half-cooked.
5. Season: Add two teaspoons of ketchup and a little taste.
6. Combine: Fold the tomatoes into the eggs and cook, stirring occasionally, until they are just barely set, soft and a bit creamy.

Importance

I chose this recipe because it was the very first dish, I ever prepared at the age of 12, instructed by my mom, so I remember it very well. It's also easy and convenient to cook and very nutritious.

I chose this food because tomato eggs are my girlfriend's favorite Chinese food. I hope to make this dish well so that I can feel satisfied

This recipe is familiar to almost every Chinese people, because it's simple, delicious and nutritious, I love it so much when I first ate it, so that's why I chose this recipe.

Stewed Beef Brisket with Potatoes and Cabbage

COUNTRY/REGION: CHINA, EAST ASIA

Ingredients

2 potatoes
1 c of vegetable oil
500g beef brisket
1 cabbage
1 green onion
1 piece of ginger
1 piece of garlic
2 pieces of rock
sugar

Seasonings:
soy sauce
salt
cooking wine
oyster sauce

Importance

I chose this dish because it is very popular in both southern and northern China. It is a representative dish and contains the three elements we want.

Chinese cuisine is more challenging and has more steps, so it requires a little patience. I like this dish.

Directions

1. Cut all the side vegetables, and cut the onions and ginger into slices.
2. Cut the potatoes, beef brisket and cabbage into pieces (2-3cm) (Remove the skin from garlic)
3. Fill a pot with cold water, put 500 grams of beef brisket, some green onions and ginger into the cold water. When they are all boiling, add three tablespoons of cooking wine.
4. Let them boil for about five minutes. We can see a lot of foam floating on the top of the water. At this time, you can turn off the heat, put the beef brisket into a small bowl and wash it. You can pour out the remaining green onions and ginger slices, and then clean the pot.
5. Put oil in the pot. When the temperature of the oil slowly rises to 100 degrees, add the remaining onions, ginger slices and garlic into the pot.
6. When you stir-fry and the aroma comes out, put all the beef brisket in, and then add rock sugar. You need to stir-fry constantly.
7. Next, we can season the food, put two spoons of soy sauce, two spoons of cooking wine, one spoon of oyster sauce, two pieces of rock candy and half a spoon of salt, stir-fry, and wait until the food changes colour and add water to the pot. The water should be as much as the meat. (Cooking this way makes the meat easier to chew) It takes half an hour to cook, and you have to be careful that the pot doesn't burn dry.
8. Then put all the side dishes in, potato cubes and cabbage (Since these cook more easily, you can add them in when the brisket is almost done) At this time, you need to cover and simmer for another 20 minutes to ensure that everything is cooked.
9. You can poke them with chopsticks to make sure they are cooked, then take out a spoon and try them again. If you feel they are just right and not too salty, you are done. (Don't leave too much water in the pot. If there is too much water, boil it for another ten minutes. Turn on high heat to reduce the water.)

Sweet and Sour Spare Ribs

COUNTRY/REGION: CHINA, EAST ASIA

Ingredients

Sweet and Sour Spareribs:

Pork spareribs - 1.5 lbs. (approx. 680g), cut into bite-sized pieces

Soy sauce - 2 tbsp

Shaoxing wine (or dry sherry) - 2
tbsp

Cornstarch - 2 tbsp

Vegetable oil - 3 tbsp

Garlic - 3 cloves, minced

Ginger - 1 tbsp, minced

Sugar - 3 tbsp

Rice vinegar - 3 tbsp

Ketchup - 2 tbsp

Water - 1/2 cup

Egg Fried Rice:

Cooked jasmine rice - 3 c
(preferably day-old)

Eggs - 3, beaten

Green onions - 3, finely chopped

Soy sauce - 2 tbsp

Sesame oil - 1 tbsp

Vegetable oil - 2 tbsp

Salt and pepper - to taste

Directions

1. Prepare Sweet and Sour Spareribs

In a large bowl, combine the pork spareribs with soy sauce, Shaoxing wine, and cornstarch. Mix well and let it marinate for at least 15 minutes. Heat the vegetable oil in a large skillet or wok over medium-high heat. Add the minced garlic and ginger, and stir-fry for about 1 minute until fragrant. Add the marinated spareribs and stir-fry until they are browned on all sides, about 5-7 minutes. Then in a small bowl, mix together the sugar, rice vinegar, ketchup, and water. Pour this sauce over the ribs. Reduce the heat to medium and let the ribs simmer in the sauce for about 20 minutes, or until the sauce has thickened and the ribs are tender, stirring occasionally.

2. Prepare Egg Fried Rice

Heat 1 tablespoon of vegetable oil in a large skillet or wok over medium-high heat. Pour in the beaten eggs and scramble them until fully cooked. Remove the eggs from the skillet and set aside. Add the remaining tablespoon of vegetable oil to the skillet. Add the cooked rice and stir-fry for 2-3 minutes until heated through. Return the scrambled eggs to the skillet, and add the soy sauce, sesame oil, green onions, salt, and pepper. Stir to combine and cook for another 2-3 minutes.

Instructions continue on the next page

Sweet and Sour Spare Ribs (cont.)

Ingredients

Braised Potatoes and Eggplant:

Potatoes - 2 large, peeled and cut into chunks

Eggplants - 2 medium, cut into chunks

Soy sauce - 3 tbsp

Dark soy sauce - 1 tbsp

Sugar - 1 tbsp

Garlic - 3 cloves, minced

Ginger - 1 tbsp, minced

Vegetable oil - 3 tbsp

Water - 1/2 c

Green onions - 2, chopped

Red chili pepper - 1, sliced (optional)

Salt - to taste

Directions

3. Prepare the Braised Potatoes and Eggplant

Heat the vegetable oil in a large skillet or wok over medium-high heat. Add the minced garlic and ginger, and stir-fry for about 1 minute until fragrant. Add the potatoes and stir-fry for about 5 minutes until they start to brown. Add the eggplant chunks and continue to stir-fry for another 5 minutes. In a small bowl, mix the soy sauce, dark soy sauce, sugar, and water. Pour this sauce over the potatoes and eggplant. Bring to a boil, then reduce the heat to low, cover, and let it simmer for about 20 minutes, or until the potatoes and eggplant are tender. Lastly, stir in the chopped green onions and sliced red chili pepper (if using) and cook for another 2 minutes.

Importance

The reason why I chose this recipe is because when I was in China, I would live in school during the weekdays, so I only stayed with my family on the weekends every week, and whenever I came home from school on Friday, I would always I can open the door and see my mother greeting me and just preparing a meal. Every time I feel that there is nothing happier and more exciting than this, so I am deeply impressed by this recipe. It may be that my mother is better at it. I would say it's the best food that I've ever had.

Tomato and Egg Drop Noodle Soup

COUNTRY/REGION: CHINA, EAST ASIA

Ingredients

1 large tomato or 2 small tomato
2 raw eggs
Ketchup 3tsp
Soy sauce 1tsp
90g Chinese Longxu noodles
1 tsp of vegetable oil
Hot water 500g
White pepper powder
sugar
salt to taste
Fresh herbs to taste– finely
chopped green onion

Directions

1. Cut the tomato into small pieces, be sure to remove the stems
2. Turn up the heat to high to heat your pot, make sure your pot is hot enough, then put oil
3. Add tomato, turn up the heat to medium-high, stir-fry the tomato for about 2-3 minutes, then add ketchup and soy sauce, and stir-fry for another 2 minutes.
4. Add hot water, turn up the heat to high and let it boil.
5. Add Longxu noodles, read the instruction on your Longxu noodles' packaging, cooking time may vary due to brand difference, turn up the heat to medium
During the cooking time of Longxu noodles, crack the eggs and finely chop the green onion
6. Pour a thin stream of egg into the middle of the soup as you slowly stir the soup
7. Once you get your beautiful egg drop, turn off the stove, and taste your soup, add white pepper powder, sugar and salt until you're happy with the taste
8. Pour the soup into a bowl, garnish with the chopped green onion, and enjoy

Importance

I chose this recipe because it's an easy home dish for every Chinese. It doesn't need a lot of ingredients, it's quick and cheap, and also, it's a delicious comfort food. Every Chinese has their own version of this dish, and I shared my own version here, and I hope you would like to try it.

Authentic Yangzhou Fried Rice

COUNTRY/REGION: CHINA, EAST ASIA

Ingredients

Leftover rice: 500 grams
Eggs: 6
Peas: 200 grams
Ham: 4 sticks
Cucumber: one
Carrot: one
Chopped green onion: 20 grams
Cooking oil: 10 grams
Oyster sauce: 20 grams
Dark soy sauce (or light soy sauce): 2 tbsp (10 grams)
Salt: 10 grams

Directions

1. Cut everything into small cubes, and beat the eggs in a small bowl.
2. Bring a pot of water to a boil and cook the peas until just done, then remove and set aside.
3. Heat oil in a pan, add the beaten eggs, and stir-fry until they solidify. Remove and set aside.
4. In the same pan, quickly stir-fry chopped green onions for 3-5 seconds.
5. Add all ingredients (cucumber cubes, carrot cubes, peas, eggs, and ham) and break up the rice.
6. Add oyster sauce, soy sauce, and salt, and stir-fry for 2-3 minutes.

Importance

I chose this recipe because Yangzhou Fried Rice is very famous in China. Don't underestimate this fried rice; it embodies the Huaiyang cuisine characteristics of 'strict selection of ingredients, meticulous preparation, refined processing, emphasis on color coordination, and authentic flavor.' It has developed into one of the famous main dishes of Huaiyang cuisine and has repeatedly appeared at state banquets.

Hong Kong-Style Beef and Broccoli with Steamed Jasmine Rice

COUNTRY/REGION: HONG KONG, EAST ASIA

Ingredients

For the Beef Marinade:
500g beef sirloin, thinly sliced against the grain
2 tbsp soy sauce
1 tbsp oyster sauce
1 tbsp sesame oil
1 tbsp cornstarch

For the Beef and Broccoli:
Marinated beef (from above)
2 tbsp vegetable oil
3 c broccoli florets
4 cloves garlic, minced
1 tsp fresh ginger, grated
2-3 tbsp oyster sauce
2 tbsp soy sauce
1 tbsp cornstarch mixed with 2 tbsp water
Salt and pepper to taste

Directions

1. Rinse the jasmine rice under cold water until the water runs clear. In a rice cooker or a medium saucepan, combine the rinsed rice with 2 cups of water and a pinch of salt. Cook according to the rice cooker instructions or bring to a boil, then reduce heat to low, cover, and simmer for 15-20 minutes until the rice is tender and water is absorbed. Remove from heat and let it sit, covered, for 5 minutes before fluffing with a fork.
2. In a bowl, mix the soy sauce, oyster sauce, sesame oil, and cornstarch until well mixed. Add the thinly sliced beef to the marinade and toss until the beef is evenly coated. Cover the bowl with plastic wrap or transfer the beef and marinade to a resealable plastic bag. Marinate the beef in the refrigerator for at least 30 minutes, or up to 2 hours for a more intense flavour.
3. In a large skillet or wok, heat 1 tablespoon of vegetable oil over high heat. Add the marinated beef to the skillet and cook for 2-3 minutes until browned on all sides. Remove the beef from the skillet and set aside.
4. In the same skillet, add the remaining tablespoon of vegetable oil. Add the minced garlic and grated ginger, and stir-fry for about 30 seconds until fragrant.
5. Add the broccoli florets to the skillet and stir-fry for 2-3 minutes until they start to turn bright green and are tender-crisp.

Instructions continue to next page

Beef and Broccoli (cont.)

Ingredients

For the Steamed
Jasmine Rice:
1 cup jasmine rice
2 cups water
Salt to taste

Directions

6. Return the cooked beef to the skillet with the broccoli. Add 2-3 tablespoons of oyster sauce and 2 tablespoons of soy sauce. Stir to combine.
7. Pour in the cornstarch mixture and stir well until the sauce thickens and coats the beef and broccoli evenly. Cook for an additional 1-2 minutes.
8. Taste and adjust seasoning with salt and pepper if needed. If you prefer a stronger oyster sauce flavour, add an additional tablespoon of oyster sauce.
9. Serve the beef and broccoli hot over steamed jasmine rice.

Importance

I chose this Hong Kong-style Beef and Broccoli with Steamed Jasmine Rice because it's a delicious and comforting dish that reminds me of family dinners and gatherings. The tender beef, crisp broccoli, and savoury sauce over fluffy jasmine rice create a perfect balance of flavours and textures that I love.

My Mother's Minced Beef with Tomato and Egg

COUNTRY/REGION: HONG KONG, EAST ASIA

Ingredients

3 Tomatoes
3 Eggs
1 Pound minced beef,
marinated
1 spoon of vegetable oil
1 Spoon of ketchup
1 tsp of sugar

Directions

1. Remove the growing tip of the tomatoes and cut them into quarters
2. Whisk the eggs
3. Put $\frac{1}{2}$ oil on the pan, wait till the pan is hot then add eggs in. Cook till it scrambles then put at the side.
4. Put $\frac{1}{2}$ oil on the pan, then fry the tomatoes till they are soft and put at the side.
5. Fry the minced beef till it is done then add the tomatoes together.
6. Add ketchup, sugar and mix with the foods in the pan.
7. Add the scramble eggs in the pan and cook for about 2 mins.
Done

Importance

I chose this recipe because most Hong Kong families are familiar with the tomato and eggs dish as it is easy with nutrients, and our family added minced beef into the dish and the taste is so good so people usually eat this with bowls of rice.

My Mom's Beef Stew

COUNTRY/REGION: JAPAN, EAST ASIA

Ingredients

- 8-10 slices of ginger
- 4 pieces beef short ribs (about 1.5 lbs), bone-less
- 1 large carrot, sliced into thick rounds
- 1 large onion, sliced
- 2 large potatoes, peeled and cut into chunks
- 4 cloves garlic, minced
- ⅜ tsp of freshly ground black pepper (seasoning and to taste)
- ½ tsp of kosher salt (seasoning and to taste)
- 1 tbsp of toasted sesame oil
- 2 tbsp of sake (Japanese rice wine)
- 4 tbsp of mirin (sweet cooking rice wine)
- 4 tbsp of soy sauce
- 2 tbsp of brown sugar
- 2 c beef broth

Importance

I chose this recipe because it is one of my Mom's signature dishes growing up and even now. It's a warming meal perfect for sharing with the family, reminding me of cozy evenings spent together.

Directions

1. Ingredient Preparation

- a. Cut the ginger into thin 8-10 slices and mince or crush the garlic.
- b. Cut the onion in half and slice each half into 5-6 wedges.
- c. Peel and cut the carrot into bite-size pieces.
- d. Rinse all the short ribs under cold water and pat dry with paper towels. Then, cut the short ribs into 1-inch pieces. Finally, season the ribs with the kosher salt and black pepper.

2. Searing the Short-Ribs

- a. Begin with heating the tablespoon of sesame oil over a "Sauté" setting in an Instant Pot pressure cooker.
- b. Next, add the short ribs in batches to prevent steaming and sear its side for at least 1 minute. When each batch is complete you can transfer them to a plate. Only 3-4 batches are needed for around 8 minutes total.
- c. When complete, deglaze the pot with water and scrape up the flavourful bits stuck to the bottom.

3. Sautéing the Vegetables

- a. Add the chopped onion and 2 tablespoons of water to the pot. Use a spatula to sauté and scrap the bottom of the pot for 2 minutes.
- b. Sauté and add garlic and ginger for a minute.

4. Finalizing the Mix before cooking

- a. Put the short ribs back into the pot.
- b. Begin adding the 2 tablespoons of brown sugar and sake, 4 tablespoons of mirin, and 4 tablespoons of soy sauce.
- c. Add the sliced carrots and mix everything.

5. Pressure Cooking

- a. Now, close and lock the Instant Pot, select the pressure cooking mode and cook under high pressure for 35 minutes.
- b. When the time is up, let the pressure in the cooker release for about 15-20 minutes naturally, unlock the lid, stir, and serve when time is complete.

Niku-Udon

COUNTRY/REGION: JAPAN, EAST ASIA

Ingredients

1 Sanuki-style udon noodle – usually in a pack of 5, 250g each
115g beef, thinly sliced
350mL water
1 tbsp of vegetable oil
1 clove of garlic, minced
2 cups of beef broth
1 tbsp of Japanese soy sauce
½ tbsp of mirin – Commonly used in Japanese cooking, a type of rice wine
½ tbsp sugar
½ cup of bok choy, sliced
½ cup of shiitake mushroom, sliced
1 green onion, thinly sliced for garnish
Salt and pepper to taste

Directions

1. Slice the green onion, bok choy, shiitake mushroom, and mince garlic, set aside.
2. Then slice the beef. Also set aside separating from the veggies.
3. Heat the vegetable oil in the pot over medium heat, sauté the garlic for about a minute.
4. Add in the sliced beef to the pot, season with a little salt and pepper, cook until the meat is browned. Set aside.
5. In the same pot, sauté the mushrooms and bok choy until slightly tender.
6. Add in the beef broth, soy sauce, mirin, and sugar. Bring to a simmer and stir well.
7. Cook the udon noodles in it for 2.5 to 3 minutes. Add in the sliced beef.
8. Turn off the heat. Transfer to the serving bowl if you want, I normally just eat directly from the pot to minimize washing. Garnish it with the green onion.

Itadakimasu! – Japanese way of showing gratitude and respect for the meal

Importance

I chose this recipe because this is my favourite meal whenever I have to eat alone, hence it is only in one serving. It is simple to make and super delicious.

Salmon Chazuke

COUNTRY/REGION: JAPAN, EAST ASIA

Ingredients

1 Salmon portion
½ c of white rice
Seasoned seaweed
flakes to taste
1 Bag of green tea
Season: Salt, Pepper,
Olive Oil

(You can buy the
seasoned seaweed
flakes at the Asian
market)

Directions

1. Wash the rice and cook it with the rice cooker.
2. Season the Salmon portion using some salt and pepper for both sides and leave it for 20 minutes. (Remember to use your hand nicely massage all the season into the salmon)
3. Make the green tea. Putting the green tea bag into the hot water for 2-3 minutes and take out the green tea bag.
4. Fry the salmon on the pan. Flip a side for every 2 minutes, total of 8 minutes.
5. Put the rice into a bowl.
6. Sprinkle some seasoned seaweed flakes on the top of the rice.
7. Place the Salmon on the rice.
8. Pour the green tea into the bowl, the amount of the tea should be below the salmon.

Importance

I choose this recipe because it was always my favourite seafood dish. I personally don't like to eat any kind of fish, because of the fishy odor.

My parents were also worried about this problem and try a lot of different ways to make the fish delicious. However, none of them works for me. Along with this idea that I also want to experience the deliciousness of fish, finally I end it with this dish, Salmon Chazuke.

The seasoning of the salmon completely covers the fishy odor, therefore I really enjoy eating it. This dish is recommended to people who don't like to eat the raw salmon or people who have difficulty with the fishy odor.

Bibimbap

COUNTRY/REGION: SOUTH KOREA, EAST ASIA

Ingredients

5 c of cooked meppsal
(short grain) rice
350g of washed soybean
sprout
200g of spinach
1 carrot
1 English cucumber
1 red bell pepper
1 zucchini
4 chopped green onions
250g of ground beef
4 sunny side eggs
Sesame seeds
Sesame oil
Salt
Vegetable oil
Minced garlic
Sugar
Soy sauce
Gochujang (Korean hot
pepper paste)

Directions

1. In a pot, add 4 cups of water with 3 tsp of salt and put soybean sprouts. Cover the lid, and wait for 20 min on medium heat until steamed. Remove the soybean sprouts into a different platter.
2. Cut up the spinach and mix with 1 tsp of garlic, $\frac{1}{2}$ tsp of salt, and 1 tsp of sesame oil, and then mix by hand. Put the spinach on the platter.
3. Cut the zucchinis and carrots into matchsticks and add a pinch of salt.
4. Slice the red bell pepper into strips and remove the seeds.
5. Cut the cucumber lengthwise into halves, then slice it thinly crosswise. After, combine with a pinch of salt.
6. Combine ground beef with 1 tbsp of minced garlic, 1 tbsp of sugar, 1 tbsp of soy sauce 2 tsp of sesame oil, and 1 tsp of sesame seeds, and then mix thoroughly.
7. Preheat the pan to medium-high heat. Next, add a drizzle of vegetable oil and sauté the carrot for a minute. Remove the carrot from the pan and place on a platter.
8. Add a few drops of vegetable oil and heat the oil. Add cucumbers and sauté with $\frac{1}{2}$ tsp of minced garlic and sesame oil for 30 seconds. Remove from heat and put it on the platter.
9. Add vegetable oil and heat the oil. Add red bell pepper and sauté for 30 seconds with a pinch of salt. After, put it on the platter.
10. Drizzle a few drops of oil into a heated pan. Add zucchini along with 1 tsp of minced garlic, 1 tbsp of chopped green onions, and a drop of sesame oil. Sauté for 1 minute until the zucchini begins to soften. Place the zucchini onto the platter.
11. Put ground beef in the pan and add salt. Continue stirring the beef and break the pieces so that it cooks evenly. Cook for 8-10 minutes until there is no pink meat left. Put ground beef onto the platter

Instructions continue to next page

Bibimbap (cont.)

Importance

I chose this dish because it's a popular dish in Korea and people around the world enjoy having this meal. If someone asks me what Korean food I should introduce, this is one of my recommended choices!

I chose this recipe because I love eating a lot of food from Korean cuisine and this was the first recipe from that cuisine that I made, it turned out very well and it was super tasty. I did not put mushrooms in mine because I really dislike mushrooms.

Despite not being a dish from the culture I was raised with, this dish has been a source of extreme comfort. I love the flavours and the heartiness and healthiness of it, even though it's something affordable that I typically order from a restaurant, it always tastes homemade and unprocessed. I appreciate that making it at home is almost as easy as ordering.

Directions

Serve:

1. Put the cooked rice evenly into 4 different bowls. Display each vegetable and meat in sections on top of the rice.
2. Top the bibimbap with a sunny side-up egg and gochujang. If you are not good with spicy food, adjust the amount of gochujang into your dish.
3. Sprinkle with sesame seeds and drizzle with sesame oil to enhance the flavour of bibimbap.
4. Sprinkle some chopped green onions on top of the rice. Mix the vegetables, beef, rice, and gochujang and serve!
5. Optional: You can enjoy this meal with some kimchi or seaweed on top.



My Dad's Nakji Bokkeum (Stir-Fried Octopus)

COUNTRY/REGION: KOREA, EAST ASIA

Ingredients

400g frozen nakji (Korean small octopus)
3 tbsp gochugaru (Korean red pepper flakes)
1 tbsp gochujang (Korean red pepper paste)
4 tbsp minced garlic
4 tbsp soy sauce
2 tbsp sugar
1 tbsp sesame oil
1 tbsp honey
½ tsp black pepper
1 tbsp coconut oil
1 medium bell pepper
1 medium carrot
1 medium zucchini
2 scallions
1 c shiitake mushrooms
3 c of water 2 cups white rice

Directions

1. Thaw out the frozen nakji (small octopus).
2. To prepare the rice, add the rice to a pot and rinse it multiple times until the water runs clear. Boil the rice in water. Drain excess water when the rice is cooked to your liking.
3. To prepare the sauce for the nakji bokkeum, combine and mix in a bowl until smooth: a. Gochugaru (Korean red pepper flakes) b. Gochujang (Korean red pepper paste) c. Minced garlic d. Soy sauce e. Sesame oil f. Sugar g. Honey h. Black pepper
4. Slice the bell pepper, carrot, zucchini, scallions, and shiitake mushrooms to your liking.
5. Put your pan on high heat then add the coconut oil. Allow the coconut oil to melt.
6. Add all the sliced vegetables (except for the scallions and shiitake mushrooms) to the pan and stir-fry for 5 minutes.
7. Add the nakji to the pan. Allow the nakji to thaw completely (if not already).
8. Add the sauce to the pan and stir-fry for 5 minutes.
9. Add the shiitake mushrooms to the pan and stir-fry for another 2 minutes.
10. Add the scallions to the pan and take the pan off the heat.
11. Plate nakji bokkeum on top of rice.
12. Enjoy!

Importance

I chose this recipe because it was one of the first recipes that my dad had shared with me as we both love octopus, and it is the best one by far! I do admit that the dish looks quite intimidating but in my opinion, it is one of the easiest and tastiest dishes that someone can make. This dish often impresses people and I would even recommend it to those who are not entirely fond of seafood because the flavours packed within this dish are unlike any other seafood dishes.

My Mom's Soon Tofu

COUNTRY/REGION: SOUTH KOREA, EAST ASIA

Ingredients

- 1 package (14-16 oz) of soft tofu (silken tofu)
- 1/2 c of mixed seafood (such as shrimp, squid, or clams), chopped into bite-sized pieces (optional)
- 1/4 c of sliced mushrooms (button mushrooms or shiitake mushrooms work well)
- 2-3 tbsp of Korean red pepper paste (gochujang)
- 2 cloves of garlic, minced
- 1 small onion, thinly sliced
- 1 green onion, chopped
- 1/2 c of sliced zucchini (optional)
- 1 tbsp of vegetable oil
- Salt and pepper to taste
- 1 egg (optional)

Directions

1. Heat the vegetable oil in a medium-sized pot over medium heat. Add the minced garlic and sliced onions, and sauté
2. Add the seafood (optional) to the pot and cook for 1-2 minutes
3. Stir in the sliced mushrooms, zucchini and onions add the Korean red pepper paste (gochujang) and water to the pot and stir a lot
4. slide the soft tofu into the pot, and break it into small pieces with a spoon.
5. Lower the heat to medium-low and let the stew simmer for about 5-7 minutes, allowing the flavours to mix all together.
6. Taste the stew and adjust the seasoning with salt and pepper if needed.
7. If using, crack an egg into the stew and let it cook until the egg is cooked but the yolk is half rare or fully cooked.
8. Serve the Soon Tofu hot with steamed rice on the side.

Importance

I chose this recipe because when I was young, I've always enjoyed eating the stew my mom made for me. She also taught me how to make this stew and I enjoyed learning a lot. But sometimes I mess up on when to add the egg.

Tuna Kimchi Rice Bowl

COUNTRY/REGION: KOREA, EAST ASIA

Ingredients

300g Tuna (generally two cans)
1 Avocado
1/2 c Kimchi
1 c Rice (short-grain preferably but long-grain works too)
1 Roasted Seaweed Pack (5 grams)
2 tbsp Kewpie Mayo (Regular Mayo is fine)
Sesame Oil (To taste)
Soy Sauce (To taste)
Salt (To taste)

Directions

1. Rinse the rice.
2. Cook the rice however you make your rice, I put 1 cup of rice with 2 cups of water into a pot on high heat, bring it to a simmer, then cover and put on low heat for 12 minutes.
3. While rice is cooking, peel and slice or dice avocado, and drain the tuna can.
 - a. Optionally, chop kimchi into smaller pieces if preferred (I don't).
4. When the rice is done cooking, serve the rice onto two bowls.
5. Add the tuna, kimchi, sesame oil, and soy sauce and mayo to the rice and mix well.
 - a. Optionally, you can crumble up the seaweed and mix as well, however I prefer to use the seaweed as a scoop for the final product to eat with.

Importance

I picked this meal because it's delicious, quick to make, and one that I have very often. It's an easy one to throw on after work, and you can even make extra rice so you have leftovers to make a fried rice with the next day, using the same ingredients.

Seoul Food Kimchi Fried Rice

COUNTRY/REGION: SOUTH KOREA, EAST ASIA

Ingredients

3 c of cooked rice
3/4 c kimchi
3 thin slices spam, diced
1/2 small onion, chopped
1 clove garlic, finely chopped
1 tbsp gochujang
3/4 tsp toasted sesame oil
3/4 tbsp cooking oil
2 large eggs For Garnish
1 tsp roasted sesame seeds
Roasted seaweed, thinly sliced

Importance

I chose this recipe because this dish is my soul food, it's a perfect blend of simplicity and robust flavour. I have always loved Korean culture from K-drama to K-pop and their food. This dish was one of the first that I learnt to make and ever since it has become something I make when I need a little comfort.

Directions

1. Heat a flat pan or skillet. Add cooking oil.
2. Add garlic and onion. Stir fry on low-medium heat for 45 secs.
3. Add spam and stir fry for 1 minute over medium heat.
4. Add kimchi. Stir fry over medium-high heat for 1 minute.
5. Add rice and gochujang. Stir all the ingredients together for 5 minutes.
6. Add sesame oil and stir.
7. On a separate pan. Add cooking oil on medium heat.
8. Once the pan is hot crack two eggs.
9. Cook until the egg whites and yolk have reached your desired doneness.
10. Add the egg to the kimchi fried rice
11. Garnish with roasted seaweed and roasted sesame seeds

Mandu

COUNTRY/REGION: SOUTH KOREA, EAST ASIA

Ingredients

400g Dumpling wrappers
1 lb ground pork
1 tsp ginger powder
1 tbsp garlic powder
1 tbsp soy sauce
1 tsp black pepper
1 tbsp sesame oil
2 onions
1 tsp salt
2 green onions
1 lb firm tofu

Directions

1. Finely dice the onions into small cubes
2. Finely chop the green onions as small as possible
3. Sauté onions with oil until they become translucent
4. After that, add the meat and cook over high heat until the liquid evaporates
5. Add the cooked onions and meat to the bowl, then mix in all the other ingredients except for the dumpling wrappers until the tofu is completely mashed
6. Sprinkle flour on the cutting board and place the dumpling wrappers on top to prevent them from sticking to the surface
7. Wrap the prepared filling with the dumpling wrappers and store it in the refrigerator for at least 1 hour, up to a day
8. Whether you fry, steam, or boil the prepared mandu, they'll taste delicious, so give anything a try!

Importance

The reason I chose this recipe is because I've loved it since I was young. Whenever I visited my grandmother's house, she would prepare it in advance and make mandu soup for me. Also, I chose it because it's a complete meal, containing fats, carbohydrates, and proteins.

My Mother's Nostalgic Abgoosht

COUNTRY/REGION: IRAN, MIDDLE EAST

Ingredients

1 lamb shank
1 c of chickpeas, soaked in water
for 8 to 12 hours
1 c of navy beans, soaked in water
for 8 to 12 hours
2 medium-sized potatoes, peeled
1 tbsp of tomato paste
2 Omani lemons
Turmeric and cinnamon powder
to taste
1 medium-sized onion, diced
3 small-sized pieces of lamb tail
fat
2 tbsp of vegetable oil
Pepper powder and salt to taste

Directions

1. In a pot, sauté diced onion in vegetable oil for 5 minutes.
2. Add lamb tail fat pieces and lamb shank into the pot and sauté them with onion until lamb shank's colour is changed to brown.
3. Add turmeric powder, 1.5 litres of water, soaked chickpeas, and soaked navy beans into the pot.
4. Give it three hours on a medium temperature to be well-cooked.
5. In the last one hour of cooking, add salt, Omani lemons, tomato paste, and peeled potatoes.
6. When serving, pepper and cinnamon powder need to be added.

Importance

I have lived in a village in the North West of Iran with my parents for 10 years. The above recipe is for a meal called Abgoosht which was popular in that village and my mother was and still is a professional in cooking it. This dish is nostalgic to me and this is the reason why I chose it.

Gheimeh Stew with Rice

COUNTRY/REGION: IRAN, MIDDLE EAST

Ingredients

Cooking Oil
1/2 c for stew / 4 tbsp for Rice
1 Large Onion
Split Peas 1/2 c
3 medium sized dried limes
1 tsp of ground Saffron
1 tbsp of ground Turmeric
Salt To taste
Black Pepper 1 tbsp
500g of Lamb
Water - Enough to fill the Pot about
halfway
4 Medium sized potatoes
Tomato Paste 2 tbsp
Cinnamon To taste
1 kg of Basmati Rice

Importance

This dish I've chosen holds deep significance within my family, tracing back to the year 1982.

It all began when my grandmother fell seriously ill, her recovery becoming a beacon of hope for our family and especially my grandfather. In commemoration of her restored health, and a means of thanking God, my grandfather pledged to prepare and distribute this exact dish to the homeless each year on November 20th, coinciding with my grandmother's birthday.

My grandfather kept this tradition going until the year 2020 when he unfortunately passed due to Covid-19.

Since then, we as a family gather each year on November 20th, and keep this tradition going.

Directions

Instructions (Gheimeh Stew):

- 1) Dice the Onions finely.
- 2) Boil the Split peas for 15-20 minutes.
- 3) Cut the Lamb into bite size pieces.
- 4) Pour oil into a pot and place the chopped lamb, diced onions and tomato paste in the pot.
- 5) Sauté the mixture for 10-12 minutes on medium to low heat.
- 6) Add water, alongside the pre boiled split peas.
- 7) Add the required spices (Saffron - Turmeric - salt - Cinnamon - Black pepper)
- 8) Add the dried Limes
[Keep the heat on medium]
- 9) Allow the ingredients to simmer on medium heat for one hour (1hr)
- 9a- While the pot is simmering, cut up the potatoes into Fry shapes, and Fry the potatoes in a pan with hot oil to the desired level of crisp.
- 10) After 1 hour, the stew is ready and you can Serve it with Basmati Rice and Fries on the side.

Instructions' (Basmati Rice):

- [This dish requires 200g of Rice per serving individual]
- 1) Pour water over 1 kg of Basmati Rice and wait for 1 hour.
 - 2) fill up a large pot halfway with water and wait for it to boil.
 - 3) Add salt to the boiling water (amount to your liking).
 - 4) Strain the rice soaking in water and add it to the boiling pot of water .
 - 5) After 10-15 minutes of cooking on high heat, strain the rice from the boiling pot of water.
 - 6) Transfer the rice to a new pot.
 - 7) Pour 4 tablespoons of cooking oil on top of the rice.
 - 8) Pour 1 cup of water on top of the rice.
 - 9) Place the pot on maximum heat for 2-3 minutes with the lid closed in order for the water to steam.
 - 10) Once steam has formed, change the heat to medium level.
 - 11) Let the rice cook for 45 minutes and it's finished.

My Mother's Ghormeh Sabzi

COUNTRY/REGION: IRAN, MIDDLE EAST

Ingredients

1 bunch of fresh parsley
1 bunch of fresh cilantros
1 bunch of fresh fenugreek leaves
(if available) or 1 tbsp of dried
fenugreek leaves (also known as
"shanbalileh")
1 bunch of green onions
2 medium onions finely chopped.
4 cloves of garlic, minced.
1 lb (450g) of stewing beef or lamb,
cubed.
1 tbsp of turmeric powder
1 tsp of ground black pepper
1 tsp of ground cinnamon
Salt to taste
1 c of red kidney beans soaked
overnight or canned.
2 tbsp of vegetable oil
2 dried Persian limes (limoo amani)
Water as needed.
Optional: 1 tbsp of dried mint for
garnish

Directions

1. Start by washing the fresh herbs thoroughly. Remove any tough stems and chop the herbs finely. If using fenugreek leaves, finely chop them as well.
2. Heat the vegetable oil in a large pot over medium heat. Add the chopped onions and sauté until golden brown.
3. Add the minced garlic to the pot and cook for another minute until fragrant.
4. Add the cubed meat to the pot and brown on all sides.
5. Once the meat is browned, add the turmeric, ground black pepper, ground cinnamon, and salt to taste. Mix well to coat the meat with the spices.
6. Add the chopped fresh herbs to the pot and sauté for a few minutes until wilted and fragrant.
7. Drain the soaked kidney beans and add them to the pot along with the dried Persian limes.
8. Pour enough water into the pot to cover all the ingredients. Bring the stew to a boil, then reduce the heat to low, cover, and simmer for about 1.5 to 2 hours, or until the meat is tender and the flavors have melded together. Stir occasionally and add more water if needed to prevent the stew from drying out.
9. Once the stew is ready, taste and adjust the seasoning if necessary.
10. Serve the Ghormeh Sabzi hot with steamed Persian rice.

Importance

I chose this recipe because it's very delicious and popular meal in our culture. My mom made for me when she is coming to Canada and meet me. I got her recipe when I emigrate to Canada because I like to know and make like my mom. It is very different food and other people from different cultures like it.

I'm sure you will love it if you try it!!

Kashk Bademjan

COUNTRY/REGION: IRAN, MIDDLE EAST

Ingredients

3 large eggplants (7 small eggplants)
2 large onions, chopped into small pieces
4 cloves of garlic, minced
2 c kashk(type of fermented whey)
4-5 tbsp olive oil
Salt and pepper to taste
1 tsp turmeric
Dried mint for garnish
Chopped walnuts for garnish

Importance

I chose this recipe because it is our traditional dish/meal and one of my favorite meals too. We have it on our dinner table or as a side dish for lunch. We used to make it in our holidays specifically for our New Year gatherings.

Directions

1. Preheat your oven or air fryer to 200°C. (If you do not have it, you can sauté using a skillet and oil, but this will not be as healthy as the original recipe).
2. Wash the eggplants and pierce both sides with a fork. Place them on a baking tray and bake in the oven for 45-50 minutes. (Until they get roasted and the skin becomes wrinkled).
3. Remove the eggplants from the air fryer and let them cool. In this step, you can peel off the whole skin or just remove the hard parts of it. Then mash them with a knife or potato masher. Set aside.
4. Chop onions and mince garlic in very small pieces. In a large skillet, heat the olive oil add the chopped onions and minced garlic, and sauté until the onions and garlic become soft and fried.
5. Add the mashed eggplant to the skillet and stir to combine with the onions and garlic. Cook for 15-20 minutes, to become fully combined.
6. Add the kashk to the skillet. Stir it to combine all the ingredients. Cook for another 10 minutes, until the mixture is smooth.
7. Season the mixture with salt and pepper to taste. Additionally, add one tablespoon of turmeric.
8. This step is optional. You can add one tablespoon of oil to a small skillet add the dried mint and stir until it becomes dark green (turning to black). Set the fried mint aside.
9. Transfer the Kashk Bademjan to a serving dish and garnish with fried mint, chopped walnuts, and fried onions.
10. Serve Kashk Bademjan warm with bread. This dish mostly comes with traditional bread but it can also be served with toast.

Tahchin Morgh (Persian Saffron Rice with Chicken)

COUNTRY/REGION: IRAN, MIDDLE EAST

Ingredients

Chicken Marinade:

Chicken thighs or breasts: 500 grams,
boneless and skinless

Yogurt: 1 c

Saffron: 1 tsp (soaked in 2 tbsp of hot
water)

Onion: 1 large, finely chopped

Salt and pepper to taste

Rice Base:

Basmati rice: 3 c

Eggs: 2 large

Yogurt: 1 c

Saffron: 1 tsp (soaked in 2 tbsp of hot
water)

Vegetable oil or melted butter: 1/2 c

Salt to taste

Additional Ingredients:

Dried barberries (zereshk): 1/2 c

Butter: 2 tbsp

Sliced almonds: 1/4 c (optional)

Vegetable oil or butter: for greasing

Importance

I picked this recipe because Tahchin Morgh, a cherished Persian meal, merges different flavors and textures with its fragrant saffron rice and savory marinated chicken. It has special meaning to me, as it evokes memories of family gatherings and festive celebrations in Iran, where serving this dish was a gesture of warmth and tradition.

Directions

1. Prepare the Chicken:

1. In a large bowl, mix yogurt, saffron, onion, salt, and pepper.

2. Add the chicken pieces, ensuring they're well-coated. Let them marinate for a minimum of 2 hours or ideally overnight in the fridge.

2. Prepare the Rice:

1. Rinse the rice in cold water and soak it for an hour.

2. In a large pot, bring water to a boil, add salt, and cook the rice until al dente, around 5-7 minutes. Drain and set aside.

3. Prepare the Rice Base:

1. In a large bowl, beat the eggs.

2. Stir in yogurt, saffron, oil or butter, and salt.

3. Add half of the cooked rice, stirring until well blended.

4. Assemble Tahchin:

1. Preheat the oven to 180°C (350°F).

2. Grease a large ovenproof dish with vegetable oil or butter.

3. Firmly press the saffron rice mixture onto the bottom of the dish to create a compact layer.

4. Spread the marinated chicken evenly on top.

5. Add the remaining plain rice over the chicken, pressing down to ensure compactness.

5. Bake:

1. Tightly cover the dish with aluminum foil.

2. Bake for 60-75 minutes, allowing a golden-brown crust (tahdig) to form.

6. Prepare Barberries:

1. Heat butter in a small pan and add the dried barberries.

2. Cook for 1-2 minutes until the barberries swell, being careful not to burn them.

3. Mix in almonds if desired.

7. Serve:

1. Let the tahchin rest for 10 minutes after baking.

2. Invert the dish onto a serving plate to reveal the golden crust layer.

3. Garnish with the barberries and almonds, serving the dish warm.

Zereshk Polo (Barberry Rice and Saffron Chicken)

COUNTRY/REGION: IRAN, MIDDLE EAST

Ingredients

2 c of basmati rice
4 chicken thighs
5 medium onions
1 small green bell pepper
1 small carrot
2 cardamom seeds
2 tbsp of barberry
1 c cooking oil (any cooking oil)
1 c water
1 clove of garlic
1 gram saffron
1 tsp of turmeric
1 bay leaf
1 dried lime
2 tbsp of tomato paste
1 tsp red pepper
Salt as needed
parsley and tomato as side decoration

Importance

I chose this dish because it is one of my favorite foods from my country that my mother used to make for me as a kid. As much as I ate this food at restaurants, my Mom's Zereshk Polo would still taste better than anyone else's.

Directions

Preparing Chicken:

1. Wash and soak rice in salted water for 2 hours.
2. Remove the skin from 4 chicken thighs, wash them, and prepare vegetables (onions, bell peppers, carrots) by cutting them into rings.
3. In a frying pan, lay onions first, then add bell peppers, carrots, and chopped garlic.
4. Arrange chicken thighs around the pan without overlapping and leave space in the center for bay leaf, cardamom seeds, and crushed Amani lemon (dried lime).
5. Prepare sauce in a separate pan by adding 2 tablespoons of tomato paste and 3 tablespoons of oil, with 1 teaspoon turmeric and pepper. Add one cup of water and let it simmer for at least 5 minutes on low heat.
6. Pour sauce over chicken, cover pan, and cook on low heat for 1 hour without removing the lid.

Cooking Rice:

1. Boil two liters of water in a pot, add soaked rice, and stir occasionally to prevent sticking.
2. Before rice is fully cooked and still slightly raw, drain it.
3. In a separate pot, create a layer of pita bread at the bottom, add a little oil, and pour the drained rice over it.
4. Cover under the lid of the pot with a cloth or aluminum foil and let the rice steam on low heat for 45 to 60 minutes.

Preparing Barberries:

1. Wash barberries and fry them in a pan for 1-2 minutes on low heat until slightly cooked and soft.

Serving:

1. Serve chicken thighs on a plate, garnished with parsley and tomatoes.
2. Place chicken sauce in a separate bowl.
3. Serve rice on a dish topped with saffron rice and cooked barberries.

My Mom's Iraqi Kofta Kebab Wrap

COUNTRY/REGION: IRAQ, MIDDLE EAST

Ingredients

Large whole wheat pita bread
1 kg of 80/20 ground beef
½ cup of parsley
4 cloves of garlic
½ sweet onion
1 tsp ground coriander
2 tsp paprika
½ tsp cayenne
1 tsp ground cumin
1 tbsp sumac
1 tbsp lemon juice
1 tbsp black pepper
1 tbsp salt
1 tbsp hummus
1 tbsp garlic sauce

Importance

I chose this recipe because it is my all-time favourite meal to eat because I grew up eating this in Iraq. I would get so excited when I would be playing outside and smell the kebab on the grill. To this day, my mom makes this kebab recipe the exact same way, but the only difference is that I'm old enough to be the one grilling!

Directions

1. Dice up ½ cup of parsley and ½ a sweet onion and the 4 cloves of garlic and mince them all together until you reach a semi paste (still want some chunks in there).
2. Into a bowl, add the 1 kg of ground beef with the parsley, onion, and garlic mixture.
3. Add 1 tsp ground coriander, 2 tsp paprika, ½ tsp cayenne, 1 tsp ground cumin, 1 tbsp sumac, 1 tbsp lemon juice, 1 tbsp black pepper, 1 tbsp salt into the bowl.
4. Mix everything until all the spices are evenly mixed and place into the fridge for 20 minutes to an hour so the meat is easier to handle.
5. Once the meat has been chilled and is ready to be handled, form the meat into approximately 100g balls (you could make it more than that for a thicker kebab) and insert a long flat skewer directly into the middle of the meat ball.
6. Once the meat is on the skewer, you will form the meat into a kebab shape by using your thumb and palm (make sure you don't form the kebab too thin around the skewer).
7. Cook the kebabs.
 - a. Traditionally, we use a charcoal grill to cook the kebabs by bringing it up to temperature and then placing the kebabs on there and turning every 15-30 seconds until the kebabs are fully cooked.
 - b. Alternatively, you can place them in the oven at 350 degrees for 20-25 mins (use your judgment).
8. Spread 1 tbsp of hummus and garlic sauce onto a large pita bread (I like to use whole wheat, but you can substitute with white) and place the kebab on there.
 - a. You can add other toppings like lettuce, pickles, onions, cucumbers etc. but I enjoy my kebab wrap with just garlic sauce and hummus.
9. Enjoy!

Arayes (Meat Stuffed Pitas)

COUNTRY/REGION: LEVANTINE REGION, MIDDLE EAST

Ingredients

1 roughly chopped White
Onion
¼ Cup of Parsley
1½ lbs of Extra Lean Ground
Beef
4 Pita Breads
Olive Oil
1 tsp of Sumac Powder
1 tbsp of Baharat Spice
1 tsp of Garlic Powder
Salt
Black Pepper

Directions

1. Use a food processor to pulse the parsley and white onion until finely chopped
2. Add the onion and parsley mixture in a bowl and mix with the ground beef, garlic powder, sumac powder, Baharat, salt, and black pepper until perfectly combined
3. Carefully cut and open the pita bread in half (without completely cutting the pita into 2 different slices).
4. Scoop about 2-3 tablespoons of the ground beef mixture into each pita pocket
 - a. You should aim to spread the meat filling evenly inside the pita

Grilling Instructions

1. Use the olive oil to grill the pita pockets in a cast iron skillet or a grill pan
2. Grill on medium heat until the meat until you get grill marks on each side of the pita bread. Approximately 4-5 minutes on each side

Importance

I chose this recipe because it is a very comforting and easy meal for me to prepare now that I live away from my family. Growing up with my Middle Eastern family, we would have special dishes from our country as often as we could while also enjoying typical foods from the place we live in, however this has easily become one of my favorite meals. Throughout multiple nights of practicing this recipe on my own I've come to master it, however I can never get the same flavour that grandmother or mother get whenever they prepare it for us.

My Mom's Chicken Shawarma

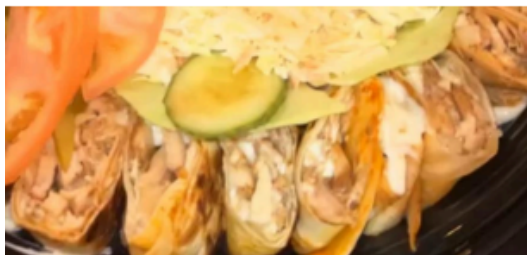
COUNTRY/REGION: MIDDLE EAST

Ingredients

1 lb boneless, skinless chicken thighs, sliced thinly
¼ c plain Greek yogurt
¼ Lemon juice
2 tbsp olive oil
2 cloves garlic, minced
1 tbsp ground cumin
1 tbsp ground coriander
1 tsp paprika
½ tsp ground turmeric
½ tsp ground cinnamon
1 tbsp Seven spices
2/3 pieces of Cardamom
½ tbsp Salt and pepper to taste
3-4 pieces of Whole wheat pita bread

Toppings: sliced tomatoes, red onions, parsley, tahini sauce

Optional sides: garlic sauce (Toum), tabbouleh salad



Directions

1. Greek yogurt, olive oil, minced garlic, paprika, cumin, coriander, turmeric, cinnamon, lemon, salt, and pepper should all be combined in a bowl.
2. Coat the sliced chicken thighs thoroughly with the marinade. Refrigerate the bowl for a minimum of two hours or overnight, covered.
3. Turn the oven on to 400°F, or 200°C.
4. The marinated chicken should be baked for 20 to 25 minutes, or until it is cooked through and has a slight char. Place the chicken on a baking sheet covered with parchment paper.
5. Warm the pita bread on a grill or in the oven while the chicken bakes.
6. Place the cooked chicken on the warm pita bread, then top with sliced tomatoes, red onions, parsley, and tahini sauce to assemble the shawarma wraps.
7. Serve with your favorite sides, such as tabbouleh salad or garlic sauce (toum), for a satisfying meal that offers a good ratio of fat, carbs, and protein. Don't forget to savor your mouthwatering, freshly made chicken shawarma!

Importance

I chose this specific recipe since I adore chicken shawarma. It's my favorite dish and something I've always had trouble resisting. In my family, in fact, this dish has kind of become a tradition; it's always on the table for birthdays and other special occasions. This meal holds very important memories for me, and every time I eat it, I am pulled back to those happy times spent with my loved ones.

My Grandmother's Dolma (Using Bell Peppers)

COUNTRY/REGION: MIDDLE EAST

Ingredients

- 4 large bell peppers, colour does not matter
- 1 ½ cups short grain white rice,
- 1 lb ground beef, 80% lean
- 2 large onions, finely chopped
- 2 cloves of garlic, minced.
- 1 lemon to taste
- 3 tbsp of tomato paste for additional flavour.
- Salt and pepper to taste
- Approximately ½ cup cooking oil (vegetable or canola oil)
- 1 bunch parsley, chopped, to taste.
- Optional 2 tbsp of pomegranate syrup to taste

Importance

I choose this recipe because it was my childhood favourite that my grandma made for us when I was little. It is also important for our Middle Eastern culture, symbolizing fancy occasions and celebrations. It always brought joy and fun to my day watching my grandma make different types of Dolmas.

Directions

1. Rinse the bell peppers with cold water until clean.
2. Cut the tops off the bell peppers and remove the seeds and membranes from inside, set aside
3. Take the 1 ½ cups of rice and rinse it in cold water, set aside
4. Finely chop: 1 onion, the garlic cloves, and the parsley
5. Remove ground beef from packaging.
6. Place in Mixing bowl: The washed rice, the ground beef, the chopped onion, the chopped garlic, the chopped parsley, 2 tablespoons of tomato paste, 3 tablespoons of cooking oil, 2 tablespoons of pomegranate syrup, Salt and pepper
7. Stir until thoroughly mixed.
8. Take the Lemon and use a squeezer or hands to squeeze as much juice out of it as possible.
9. Pour the lemon juice into mixture and mix until well combined, leave a couple tablespoons for later.
10. Take a medium sized cooking pot.
11. Cut the onion into circles and pour ¼ cup of oil onto the bottom of the pot before layering it with the onion circles. This is to form a layer of separation between the pot and the stuffed bell peppers, so they do not burn.
12. In a separate mixing bowl place together and mix: 2 ½ cups of room temperature water, 1 tablespoon vegetable oil, 1 tablespoon of tomato paste, 1 tablespoon of lemon juice, Salt to taste.
13. Stuff each bell pepper with the rice and meat mixture, leaving some room at the top for the rice to expand during cooking.
14. Place the filled bell peppers into the pot.
15. Pour the water bowl mixture into the pot on the bell peppers.
16. Increase the heat to boiling point and let the pot boil for approximately 10 mins or until most of the water has evaporated.
17. Afterwards, lower the temperature and let it slowly cook for approximately 20 minutes.
18. Take the cooked stuffed bell peppers out of the pot and place on serving plate, let cool for approximately 5 minutes.
19. Optional: garnish with chopped fresh herbs before serving, for visual appeal
20. Serve and enjoy your flavorful stuffed bell peppers!
21. Optional: This Dolma recipe can also be made with onions, grape leaves, and zucchini

My Mother's Maqluba

COUNTRY/REGION: MIDDLE EAST

Ingredients

1 c basmati rice
1 lb chicken thighs, bone-in,
skin-on
1 large eggplant, sliced into
rounds
2 large potatoes, peeled and
sliced into rounds
1 onion, sliced
2 tomatoes, sliced
4 cloves garlic, minced
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp turmeric powder
Salt and pepper to taste
2 c chicken broth
1/4 c olive oil
Yogurt-desired amount

Directions

1. In a large pot, heat 2 tablespoons of olive oil over medium heat. Season the chicken thighs with salt, pepper, cumin, coriander, and turmeric. Brown the chicken thighs on both sides for about 5 minutes per side. Remove from the pot and set aside.
2. In the same pot, add the remaining olive oil. Add the sliced onions and minced garlic. Cook until softened, about 5 minutes.
3. In another large pot, layer the sliced potatoes, eggplant, and tomatoes at the bottom. Place the browned chicken thighs on top of the vegetables.
4. Rinse the basmati rice under cold water until the water runs clear. Spread the rice evenly over the chicken thighs.
5. Pour the chicken broth over the rice, ensuring it is evenly distributed.
6. Cover the pot with a lid and place it on the stove, on medium-high heat. When the broth is absorbed by the rice or has dried, change heat to low.
7. Keep it for 30-45 minutes or until the rice is cooked and the chicken is tender.
8. Once cooked, remove the pot from the stove and let it sit for 5 minutes before carefully flipping it onto a serving platter. The rice and vegetables should now be on top, with the chicken on the bottom.
9. Serve hot, garnished with chopped parsley or toasted nuts as toppings.
10. Add desired amount of yogurt to a small bowl as a side for the rice.

Importance

I chose this recipe because it's my mom's favorite dish to make, and it holds a special place in my heart. Growing up, my siblings and I always looked forward to the moment when we could flip the pot onto the serving dish. It became a fun tradition, tapping the bottom of the pot to ensure no vegetables were left behind before lifting it up. The combination of flavorful rice, chicken, and potatoes is what I love most about this dish.

Msakhan

COUNTRY/REGION: PALESTINE, MIDDLE EAST

Ingredients

A Whole Chicken
2 Cups Extra Virgin
Olive Oil
5 Pieces Taboon
Flatbread
8 Onions (A variety
of coloured onion)
3 tbsp Sumac
1 tsp Turmeric
1 tsp Salt
1 tsp Black Pepper
1 tsp Cinnamon
1 tsp 7 Spices
1 tsp Nutmeg
3 Pieces of
Cardamom
3 Pieces of Cloves

Importance

This is not only a super quick and simple recipe but it is also one of my favourite all time dishes. I connect to it as I am Palestinian and it reminds me of my country and culture.

Directions

1. Clean the Chicken in the way you prefer (I like to use lemon and vinegar)
2. Preheat the oven to 350
3. In a bowl, mix your seasonings and your olive oil together.
4. Poke your chicken and take the mix and work it into the chicken covering every inch, into the pokes and slits you made. Set the chicken aside to marinate.
5. While waiting for the chicken to marinate, get your onions out and start chopping them into medium sized chunks. Once that's done pour over them some olive oil and sumac.
6. Then, get a pan about an inch deep and put in your marinated chicken and chopped onions. Add a little more olive oil on top over everything together and sprinkle more sumac on it. You want your olive oil to act as the water when boiling a chicken, so be generous.
7. Let the chicken bake for about 20 to 25 minutes and transfer it to the top rack and let it grill until it gets a nice color over top.
8. Once the chicken has fully cooked, pull it out the oven. Place the chicken on a plate off to the side.
9. Take your first piece of taboon bread and soak both sides in your pan of olive oil and onions, then place it on your serving plate. Take a spoon and start scooping some of the onions on the soaked piece of bread. Cover the whole piece of bread. This is optional but then you can add more sumac on top of each layer
10. You repeat this process until you end up with the last layer of bread with onions and olive oil. Then retrieve your chicken and add it on top of the tower of bread and onions.
11. Then you enjoy it by ripping the bread with onions and adding a piece of chicken into it and eating it with your hands.

My Grandfather's Menemen (Turkish Scrambled Eggs with Tomatoes)

COUNTRY/REGION: TURKEY, MIDDLE EAST

Ingredients

1 tbsp of olive oil
1 cup of chopped onions
1½ cups of canned tomatoes, finely diced with juice
2 egg whites
[or 1 whole egg if you prefer]
2 slices of bread of your choice
Salt, Pepper, and Chilli flakes to taste

Directions

1. Sauté onions in olive oil until softened.
2. Then add canned tomatoes along with their juice, followed by salt, pepper and some chili flakes to taste. Stir well until tomatoes are aromatic and lose their juice.
3. Now, add egg whites into the tomato mix and let them cook for bit.
4. In the meantime, leave your breads in the toaster to toast till they are crispy.
5. Then, stir the eggs with the mixture to scrambled them well till your desired result.
6. Serve right after with crispy breads, and enjoy the meal!

Importance

I chose this recipe because this recipe reminds me of my grandfather, who unfortunately passed away few years ago. Even though we are Indian by ethnicity, my grandfather was born and brought up in Turkey till the age of 10, before moving back to India. Menemen was his favourite meal, and is also the dish that binds me with my Turkish culture.

South Asian-Style Jumbo Shrimp Curry

COUNTRY/REGION: SOUTH ASIA

Ingredients

(30) Jumbo Shrimps
(2 tbsp) Vegetable oil
(4 tbsp) butter
(2 cans) coconut milk
(2 tbsp) Indian spice mix
(4 tbsp) ginger garlic puree
(4 tbsp) curry paste (about handful)
cilantro (1 and ½ cup) of
basmati rice
(2 cans) of peas
(1) yellow onion
(2) sweet bell peppers
(2) bok choy
(10 tbsp) crispy shallots
Salt and pepper

Directions

1. Wash rice until water runs clear, also wash shrimps
2. Heat pot, over medium heat, when hot add (2 tbsp) of oil, then rice, stir often until toasted (approx 2 minutes), add (3 cups) of water and bring to boil over high heat, once boiling reduce temp to low and cover pot until all liquid is absorbed by rice (approx 12 min), after remove from heat and set aside
3. Cut onions, peppers into 1 inch pieces, roughly chop bok choy and cilantro into small pieces.
4. Heat a large non-stick pan over medium heat, when hot add (4 tbsp) of butter, once melted add onions, bok choy, peas, sweet bell peppers and spice mix. Cook and stir until veggies soften slightly (approx 3-4 minutes)
5. Add coconut milk, (½ cup) water, ginger garlic puree, curry paste and shrimp to the pan which contains the veggies, stir until curry thickens slightly and shrimps are cooked through (approx 5 min), shrimps should turn from white to an orangey colour. Season with salt and pepper
6. Fluff rice and add cilantro and mix using a fork
7. Finally add rice topped with shrimp curry evenly to 4 bowls. Sprinkle crispy shallots over top
8. Enjoy!

Importance

I chose this recipe, because I've enjoyed having these meals and the taste of creamy shrimp since I was an elementary school child, which my mom would cook for me. This was my favourite meal growing up and still is today.

Most Comforting Khichdi

COUNTRY/REGION: SOUTH ASIA

Ingredients

Rice – 1 cup
Pigeon peas lentil – ½ cup
Yellow lentil – ¼ cup
Turmeric – ½ tsp
Salt – to taste
Water – 7 cups

For Tempering

Clarified butter – 2 tbsp
Dry red chili – 2 pieces
Mustard seeds – 2 tsp
Cumin – 2 tsp
Curry leaves – a sprig
Chopped ginger – 2 tbsp
Chopped garlic – 1 tbsp
Chopped onion – 1/3 cup
Chopped green chili – 1 pieces
Turmeric – ½ tsp
Chili powder – ¾ tsp
Chopped tomato – ½ cup

Directions

1. Start off by prepping all the ingredients,
 - a. Finely chop the ginger, garlic, and green chili
 - b. Dice the onions and tomatoes
2. Then, wash and soak all the lentils and rice in water for about 30 minutes. Once soaked, strain out the water and place in a pressure cooker along with water, turmeric, and salt.
3. Pressure cook until 1 whistle over medium heat and then reduce the heat and let it cook for another 15 minutes. Once cooked to a mash, place it on the side.

For tempering

4. Heat the clarified butter in a pan over medium heat. Add in the dry red chilies, mustard seeds and cumin. Stir for a few minutes, then add the curry leaves, chopped ginger, and chopped garlic and fry until brown in colour.
5. Add in the chopped green chili and chopped onions and cook until brown in colour.
6. Next, add in the turmeric and chili powder and stir.
7. Add in the chopped tomatoes and salt. Cook on high heat for about 5 minutes.
8. Pour in the lentils and rice, that was placed on the side, into the pan and mix it all together.

Importance

Growing up khichdi has always been the to go recipe. Whether I am not feeling well, need a quick and nutritious meal, or just need a comfort food, khichdi has always been the answer. Despite the long list of ingredients and steps, this is a quick and easy recipe and is a very filling and is a delicious one pot meal that will always be a staple recipe for me.

My Mum's Tilapia Curry

COUNTRY/REGION: BANGLADESH, SOUTH ASIA

Ingredients

500 g fish fillets of a tilapia
4 tbsp mustard oil
2 tomatoes, chopped
½ of a garlic, minced
¼ of a ginger, grated
1 tsp turmeric powder
1 tsp cumin powder
1 tsp coriander powder
1-3 tsp chili powder (adjust to taste)
Salt to taste
Fresh coriander leaves for garnish

Directions

1. Prepare the fish:
 - Rinse the fish fillets and cut the fish diagonally into medium-sized pieces.
2. Make a marinade:
 - Mix minced garlic and ginger, with 1 teaspoon of turmeric, cumin and chili each.
 - Rub the cut fish with 1-3 teaspoon chili powder (adjust to taste).
 - Add the chili coated fish to mixed spice marinate and let it sit for 20 minutes.
2. Cook the Fish Curry:
 - Heat 4 tablespoons of mustard oil in a large skillet over high heat.
 - Add minced garlic and grated ginger to cook until fragrant.
 - Add the chopped tomatoes and slit green chilies and cook until the tomatoes soften.
 - Add the fish pieces to the skillet, let it fry until the fish changes colour.
 - Pour in enough water to cover the fish, season with salt, and bring to a simmer.
 - Cover the skillet and let the fish cook until it is cooked through.
3. Serve the dish:
 - Garnish the Bengali fish curry with fresh coriander leaves.

Importance

I chose this dish as my mum used to make it for me right before my exams as an incentive to work harder. She'd say that the tilapia itself tastes bland and lesser without the aromatic spices following it up with a reminder of the importance of feeding my brain knowledge or it will be like the tilapia.

Bengali Tomato Chicken Curry with Potatoes

COUNTRY/REGION: SOUTH ASIA

Ingredients

1kg chicken, cut into pieces
2-3 medium sized potatoes, peeled and diced
3 medium-sized tomatoes, finely chopped
2 medium onions, finely chopped
3-4 large sized cloves of garlic, grated or pasted
1-inch piece of ginger, grated
2-3 green chillies, slit
1 tsp cumin powder
1 tsp turmeric powder
1.5 tsp Kashmiri red chili powder
1.5 heaped tsp coriander powder
0.5 tsp garam masala powder
4-5 green cardamom pods
4-5 cloves
1 small stick of cinnamon
1 dried bay leaf
1 black cardamom
1 sliver of mace
1 pinch or slight grating of nutmeg
1 tsp Salt, adjust to taste
3-4 tbsp mustard oil (traditional, but you can use any other oil)
Fresh coriander leaves for garnish
Water as needed

Directions

1. Before starting to cook, prepare the ingredients.
 - a. Take 1 whole chicken (1kg) and cut into curry size pieces
 - b. Peel and dice onions
 - c. Dice tomatoes
 - d. Peel and Big Dice Potatoes
 - e. Peel and grate ginger into paste
 - f. Peel and grate garlic into paste
 - g. Cut and slit green chillies down the middle
2. Heat oil in a pan over medium heat.
3. Before oil reaches smoke point but hot, temper oil with green cardamom, black cardamom, cloves, bay leaf, cinnamon stick, mace and nutmeg
4. Once raw spices are toasted, add diced onions to the pan and sauté until they turn translucent. Add pasted garlic and ginger. Cook until the raw smell disappears, and the onions turn golden brown.
5. Once the onion turns brown, Quickly add the powdered spices; Cumin, Coriander, Red chili powder, Garam masala, Turmeric, Salt. Sauté powdered spices over low medium heat for a few seconds, add splash of water if spices stick to pan. Sauté the spice onion mixture until it separates from oil.
6. Add the finely diced tomatoes to the pan and cook until they become mushy and oil starts separating from the masala.
7. Add the chicken pieces to the pan. Mix well with the mixture and cook for 5-7 minutes covered on medium heat. Stir Occasionally until chicken sweats water and water evaporates
8. Add green chillies and diced potatoes to the pan. Mix the potatoes well with the chicken for 1-2 minutes, then add a little water (about 1/2 cup) to the chicken or until the chicken and potatoes are submerged into water, cover the pan, and let it cook on low-medium heat until the chicken and potatoes is tender and cooked through. Stir occasionally and add a little more water if needed to prevent it from sticking to the bottom of the pan.
9. Once the chicken and potatoes are tender and cooked through, sprinkle some fresh coriander leaves and turn off the heat. Cover the pan
10. Serve hot with cooked rice, pita bread or paratha.

Importance

I chose this recipe because it's a comfort food for most Bengalis. Coming home from work or school and getting a plate filled with delicious rice and chicken is always exciting and heartwarming. Typically lunch and dinner is enjoyed together as a family and this is one of the dishes that all Bengali households have in common, and passed down from generations. There are many different variations depending on regions, however this is the base for most

Aloo Matar Soyabean Curry

COUNTRY/REGION: NORTH INDIA, SOUTH ASIA

Ingredients

2 large potatoes, peeled and diced
1 cup green peas, frozen or fresh
1 cup soyabeans, boiled
½ cup vegetable oil
1 large red or yellow onion, 2 cloves
garlic, 1 inch piece ginger, 1 green
chili (all chopped using chopper)
2 tsp tomato sauce
1 tsp cumin seeds
1 tsp turmeric powder
1 tsp coriander powder
1 tsp garam masala
Salt and pepper to taste
Fresh herbs to taste – cilantro
Water

Directions

1. Peel and cut the potatoes into small chunks.
2. If the green peas are frozen, rinse them with water.
3. Heat up the water and add the soyabeans.
4. Boil the soyabeans for about 3 minutes, then drain the water and let the soyabeans cool.
5. Squeeze the soyabeans enough to remove the excess water.
6. Heat vegetable oil in the pressure cooker over medium heat.
7. Add cumin seeds and let them splutter.
8. Add onion, garlic, ginger, and green chili chopped mixture.
9. If needed add ¼ cup water and sauté for about 10-15 minutes until golden brown.
10. Add tomato paste and mix it well.
11. Add all the spices which includes salt, pepper, turmeric powder, coriander powder and garam masala.
12. Cook well for 2-3 minutes on low heat.
13. Add green peas, potatoes and soyabeans. Mix everything well to coat the vegetables with the spice mixture.
14. Pour in enough water to just cover the vegetables. Close the pressure cooker lid.
15. Cook on high heat until the cooker reaches full pressure.
16. Turn off the heat once the cooker whistles.
17. Open the lid when pressure releases.
18. Taste and add salt if needed.
19. Season with cilantro before serving.
20. Serve with chapati, rice or naan bread.

Importance

I chose this dish as it is a tasty, nutritious and one of my favourite meals that can be cooked easily in a pressure cooker. The good thing is that I can eat it with rice if sometimes I don't want to make chapati which saves my time.

Butter Chicken

COUNTRY/REGION: INDIA, SOUTH ASIA

Ingredients

Sauce (gravy)

- 2 tbsp purified butter (ghee)
 - 2 tbsp of butter à fat
- 2 white onions (diced)
- 1.5 cups of canned tomato sauce
 - 2 tbsp of minced garlic
 - 2 tbsp of minced ginger
 - 1.5 tsp salt
 - 1.5 tsp black pepper
 - 1.5 tsp garam masala
- ½ a pack of butter chicken masala (any brand)
- 2/3 cup heavy cream

Chicken (marination)

- 1.5 lbs boneless chicken thigh (diced into smaller pieces)
- ½ cup plain yogurt
- 1.5 teaspoon salt
- 1.5 teaspoon black pepper
- 1.5 teaspoon garam masala
- 1.5 teaspoon red chilli powder

Importance

I chose this recipe because I have always enjoyed butter chicken since I was young. Butter chicken is such a diverse dish enjoyed by many people globally. Today, my friends and family enjoy my take on butter chicken, and I cannot wait to share this recipe with my fellow peers!

Directions

Part 1: Marination

Ensure chicken is washed thoroughly prior to cooking

1. Cut up boneless chicken thighs into smaller pieces and place into bowl.
2. Add yogurt, salt, black pepper, garam masala, and red chili powder to chicken. Mix well into chicken and leave for it to marinate for 15-20 minutes (cover with clingwrap)
3. After marination is complete, remove clingwrap and place marinated chicken in an oven safe tray, and cook the chicken for 20 minutes on 375 degrees Fahrenheit.
4. Once chicken is cooked, remove chicken from oven and place it on the side.

Part 2: Sauce

1. Dice white onions and mince ginger and garlic on a cutting board.
2. Add ghee to large pot followed by garlic and ginger, then cook on medium heat.
3. Once the garlic and ginger turn light brown, add onions.
4. Once the onions are soft and light brown, add canned tomato sauce.
5. Cook the mixture for around 5 minutes, then add salt, black pepper, and garam masala.
6. Add ½ a pack of butter chicken masala (any brand) and stir well.
7. Cook the mixture for around 5 minutes, then add heavy cream, cooking it for another 5 minutes.
8. Let the mixture cool down for 5 minutes and pour it in a blender to turn it onto a sauce. A hand-blender works as well. Blend the mixture until everything is smooth.
9. Once the mixture is smooth, remove sauce from blender and pour it back into its original pot.
10. On medium-low heat, add butter to sauce and cook the sauce until the butter is melted.
11. Take cooked chicken and add it into the butter chicken sauce and stir well until combined.
12. Cover the butter chicken with a lid and let it simmer on low heat for 15-20 minutes. Stir every 5 minutes.
13. Remove lid and enjoy! (can be served with naan or rice)

Chana Masala

COUNTRY/REGION: NORTH INDIA, SOUTH ASIA

Ingredients

2 Cans of cooked chickpeas
2 tbsp of ghee (Indian clarified butter)
1 large onion
3 cloves of garlic
A small 1-inch piece of ginger
2 large tomatoes
1 green chili
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp turmeric powder
1/2 tsp red chili powder (can be adjusted to taste)
1 tsp garam masala
Salt (can be adjusted to taste)
1/2 cup of water
Cilantro leaves (not too much just a few pieces for color whilst serving)

Importance

I picked this recipe because it was something I grew up eating every now and then when my mother would be working and my grandmother, who was quite old, would need something easy to feed my siblings and I with. Now that I live alone, this is something I cook and enjoy as a comfort food while thinking back to my childhood!

Directions

1. Prepare the Masala:
 - Start by heating the oil in a large pan over medium heat.
 - Add in chopped onions and sauté until golden brown (should take about 5-7 minutes).
 - Add in minced garlic along with grated ginger, and cook for another 2 minutes.
 - Finally, add in the chopped tomatoes and green chili to the skillet. Cook until the tomatoes break down and become soft, (should take about 5-7 minutes).
2. Season the Masala:
 - Add in ground cumin, ground coriander, turmeric powder, red chili powder, and salt to the skillet. Stir well to combine.
 - Cook the mixture for 2-3 minutes, until it becomes fragrant and oil starts to separate from the masala.
3. Add the Chickpeas:
 - Add the cooked chickpeas to the skillet and stir to coat them evenly with the masala.
4. Simmer:
 - Pour in water if the mixture is too dry. Bring to a simmer.
 - Cover skillet and let chana masala simmer for 10-15 minutes.
5. Finish and Serve:
 - Sprinkle garam masala over the chana masala and stir to incorporate.
 - Garnish with fresh cilantro leaves.

Chicken Biryani

COUNTRY/REGION: INDIA, SOUTH ASIA

Ingredients

3.5 cups of basmati rice
2 chicken breasts, chop into dices of desirable size,
2 chicken leg
2 small red onions, thin slices or chopped
1 cup of mix vegetables(peas, bell peppers)
1 cup plain yogurt
1/2 cup chopped cilantro
1/2 cup chopped mint leaves
1/2 cups desi ghee or vegetable oil
1/4 cups of butter
1/2 tsp ginger garlic paste
2 green chillies, chopped
2 large potatoes, diced
4 hard boiled eggs
1 cinnamon stick
4 cardamon pods
8 or more cloves
1 tsp cumin seeds
1 tsp turmeric powder
2 tsp garam masala
Salt to taste

Directions

- 1.Wash and rinse the basmati rice until the washed water become transparent, then left the rice in the water for 30 to 45 minutes, then drain and set aside.
- 2.In a medium or large pot, heat desi ghee or oil of your choice over medium heat. Now, add sliced red onions and set aside for garnish.
- 3.In the same pot, add ginger and garlic paste, green chilies, cinnamon stick, cardamom pods, cloves, cumin seeds. Cook until you can smell the fragrance.
- 4.Add the chicken legs, chicken breasts pieces to the same pot and cook until it becomes tender.
- 5.Add in the mixed vegetables and cook for 10 to 15 minutes.
- 6.Add garam masala, yogurt, and turmeric powder. Cook for another 5 minutes.
- 7.Drain the rice and add it to the pot.
- 8.Now, pour in 4.5 cups of water and season with salt, bring to a boil, then reduced the heat to low, cover and simmer until water is absorbed or simmer for 15 to 30 mins.
- 9.After being cooked, add cilantro, mint leaves to garnish and butter.

I chose this recipe because this is a classic Indian dish, it has rich flavors, spices, and whenever I feel homesick, I prepare this dish and it takes me back to my home country. However, I like chicken Biryani spicier than most people.

Importance

I chose this recipe because it is one of my favorite dishes that my mom makes. She makes it better than any restaurant. It is packed with a wide range of spices which makes it very flavorful and aromatic. Although it takes forever to prepare, it is all worth it when you take the first bite.

My Grandfather's Chicken Xacuti Biryani

COUNTRY/REGION: GOA, INDIA, SOUTH ASIA

Ingredients

Chicken Xacuti marinade:

- 1 kg chicken
- 2 tbsp of ginger garlic paste
- 2 tbsp of chicken xacuti masala
- 4 tbsp of yogurt
- 1 tbsp of grated coconut
- 1 tbsp of tamarind pulp
- Salt and pepper for taste

Biryani Rice:

- 2 cups of basmati rice
- 1 cup of oil
- 2 boiled eggs
- 2 tsp of jeera
- 2 red onions diced
- 4 green chilies diced
- 2 tomatoes diced
- 2 tbsp lemon juice
- 1 cup of dried raisins and chopped cashews
- 2 tsp turmeric
- 3 tbsp of cilantro

Directions

1. Cut the chicken into small bite-size portions, add it to a large container
2. Combine the following ingredients for the chicken marinade: Bite-sized chicken pieces, Ginger garlic paste, Yogurt, Grated coconut, Chicken xacuti masala, Red chilis, and Tamarind pulp
3. Combine the mixture well and make sure chicken pieces are fully coated in spices
4. Cover the container and refrigerate it overnight
5. The next day, add oil to the large pot, and wait till it heated up
6. To the hot oil, add the cumin, jeera, and grated coconut
7. Stir occasionally until they turn light brown
8. Dice the onions, green chilis and tomatoes
9. Add the diced ingredients to the pot, stir for 5 minutes
10. Add the chicken marinade mix to the large pot
11. Stir the chicken for at least 10 minutes till the chicken has a slightly brown color
12. Rinse the basmati rice in water 3 times, drain out any excess liquid
13. Add the rinsed basmati rice to the large pot
14. Add 2 cups of water to the pot
15. Stir the biryani occasionally for 20 minutes on a slow fire
16. Then add the cashews and dried raisins
17. Add parsley for garnish

Importance

I chose this recipe as my grandparents always made this dish whenever my family visited Goa, my hometown, during our vacation time. I would visit Goa at least twice a year and this recipe always brings back memories that I shared with my family. My grandfather was a chef who worked at a professional restaurant and always knew the secret tips to perfect his dish (the secret is in the chicken xacuti masala)! I love this dish as it always reminds me of my grandparents and the amount of support they have for me.

The main reason I chose to cover "Chicken Biryani" in this assignment was because it was not only my mother's favourite dish, but she would always tell me how much she missed her homeland of Punjab, and she would often reminisce about all the memories and family she had left behind in order to start a new chapter in her life and try raising her two children in a foreign country. Making this dish, which was passed down to her by her grandmother, was a good way to make her feel at home and an excellent way to revisit any old memories she had connected to this meal; This goes to show that food isn't just something we need to survive, but can have a deeper meaning to some people.

My Mom's Chickpea Curry with Coconut Rice

COUNTRY/REGION: INDIA, SOUTH ASIA

Ingredients

For the Chickpea Curry:

- 1 tbsp coconut oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp turmeric powder
- 1/2 tsp chili powder (adjust to taste)
- 1 can (15 ounces) chickpeas, drained and rinsed
- 1 can (14 ounces) diced tomatoes
- 1 cup coconut milk
- Salt and pepper to taste
- Fresh cilantro for garnish

For the Coconut Rice:

- 1 cup basmati rice
- 1 cup coconut milk
- 1 cup water
- 1/2 tsp salt

Directions

For the Chickpea Curry:

1. Heat coconut oil in a large skillet over medium heat.
2. Add chopped onion and sauté until translucent, about 5 minutes.
3. Add minced garlic and grated ginger, and cook for another 2 minutes until you can smell it.
4. Stir in ground cumin, ground coriander, turmeric powder, and chili powder. Cook for 1 minute, stirring constantly.
5. Add drained and rinsed chickpeas to the skillet, followed by diced tomatoes and coconut milk. Stir to combine.
6. Reduce heat to low and simmer the curry for 15-20 minutes, stirring occasionally, until the flavours meld together and the sauce thickens slightly.
7. Season with salt and pepper to taste.
8. Garnish with fresh cilantro before serving.

For the Coconut Rice:

1. Rinse the basmati rice under cold water until the water runs clear.
2. In a medium saucepan, combine rinsed rice, coconut milk, water, and salt.
3. Bring the mixture to a boil over high heat.
4. Once boiling, reduce the heat to low, cover the saucepan, and simmer for 15-20 minutes, or until the rice is cooked and the liquid is absorbed.
5. Remove from heat and let it sit covered for 5 minutes.
6. Fluff the rice with a fork before serving.

Importance

I chose this recipe because it was one of my favourite dishes growing up. When I was younger, I would come home from soccer practice or a soccer game, and my mom would make me this for dinner. I've since grown up, and she still makes it for me from time to time when I come home from work or school. She taught me how to make this just a couple of months ago, but I still cannot make it the way she makes it!

Egg and Potato Mix

COUNTRY/REGION: PUNJAB, SOUTH ASIA

Ingredients

2 large potatoes, boiled and peeled (4 if small Potatoes)
8 hard boiled eggs,
2 spoons of Olive oil
3 red onions, diced
2 big tomatoes, diced.
Fresh herbs – cilantro, dry fenugreek leaves,
3 green chili peppers
5 cloves of garlic
2-inch ginger piece
1 tsp Salt,
1 tsp turmeric to taste
Cumin,

Directions

1. Boil the eggs until hard boiled (15 minutes) Peel and poke holes in the eggs using a fork, put to the side.
2. Peel and cut the potatoes into little chunks.
3. Then put olive oil in a pot and add cumin.
4. While the pot is getting hot, blend: The red Onions, Tomatoes, Green Chili peppers, Ginger and garlic
5. After you are finished blending, put the pots heat too slow and add everything you blended.
6. Sauté for 15-20 minutes.
7. Add Salt, and turmeric.
8. Sauté for 10-15 minutes on low until the onions turn brown.
9. Add all the potatoes.
10. Keep sautéing and add 4 cups boiling water.
11. Cover the pot with a lid and simmer until 2 cups of water remain.
12. Add all the eggs, add cilantro,
13. Turn off heat and Taste add salt to your liking.

Importance

I chose this recipe since I ate it a lot growing up and still do. I always had my own chickens in my backyard, so my job was to collect the eggs and bring it to my mother when I was young. This is why I loved this recipe because I partook in making it.

Galouti Kebab with Saffron Rice and Mint Raita

COUNTRY/REGION: LUCKNOW, INDIA, SOUTH ASIA

Ingredients

Galouti Kebab:

- 500 grams minced lamb
- 1 tbsp ginger-garlic paste
- 2 green chilies, finely chopped
- 1 tsp garam masala
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1/2 tsp red chili powder
- 1/4 tsp turmeric powder
- 1/4 c roasted gram flour (besan)
- 1/4 c finely chopped fresh coriander
- 2 tbsp fried onions (store-bought or homemade)
- 2 tbsp ghee (for cooking)
- Salt to taste

Saffron Rice:

- 1 cup basmati rice
- 2 cups water
- A pinch of saffron threads soaked in
- 2 tbsp warm milk
- 1 tbsp ghee
- 1 small onion, finely sliced
- 2 cloves
- 1 bay leaf
- Salt to taste

Directions

Galouti Kebab:

In a large mixing bowl, combine the minced lamb, ginger-garlic paste, green chilies, garam masala, cumin powder, coriander powder, red chili powder, turmeric powder, roasted gram flour, chopped coriander, fried onions, and salt. Mix thoroughly to ensure all the spices are well incorporated into the meat. Cover and let it marinate in the refrigerator for at least 30 minutes.

After marinating, shape the mixture into small, flat patties. Heat a skillet over medium heat and add 2 tablespoons of ghee. Cook the kebabs in the skillet for about 4-5 minutes on each side or until they are cooked through and have a nice brown crust. Adjust the heat as necessary to avoid burning.

Saffron Rice:

Wash the basmati rice under running water until the water runs clear. Soak the rice in water for 20 minutes, then drain. Heat 1 tablespoon of ghee in a pot over medium heat. Add the sliced onion, cloves, and bay leaf. Sauté until the onions are golden brown.

Add the drained rice to the pot and sauté for 2-3 minutes to coat the rice with ghee and toast it slightly.

Pour in the 2 cups of water and the saffron milk mixture. Add salt to taste.

Bring to a boil, then reduce the heat to low, cover the pot with a tight-fitting lid, and simmer for 15 minutes or until the rice is cooked and the water is absorbed.

Remove from heat and let it sit covered for an additional 5 minutes before fluffing with a fork.

*Recipe continues to next page

Galouti Kebab (cont.)

Ingredients

Mint Raita:
1 cup plain yogurt
1/4 cup finely chopped
mint leaves
1/4 cup finely chopped
cucumber
1/4 tsp roasted cumin
powder
Salt to taste

Directions

Mint Raita:
In a mixing bowl, whisk the yogurt until smooth.
Add the chopped mint leaves, cucumber, roasted cumin powder,
and salt. Mix well.
Refrigerate until ready to serve.

Assembly:
Serve the hot Galouti Kebabs alongside a portion of saffron rice
and a dollop of mint raita on each plate.
Garnish with extra mint leaves or a sprinkle of fresh coriander
if desired.

Importance

This is the most famous kebabs of my hometown Lucknow, India. My mother used to make them for my entire family every week and nothing has ever beaten its taste for me. Its not just a dish that my family loves but is one of the most prestigious and renowned dishes of the city

Mom's Lentil Curry and Bitter Gourd with Yogurt and Roti

COUNTRY/REGION: PUNJAB, INDIA, SOUTH ASIA

Ingredients

Bitter Gourd (Karela):

2 Bitter Gourd, sliced bite size

1 large red onion, thin sliced

2 tbsp olive oil

½ tsp cumin powder

½ tsp garam masala

⅛ tsp turmeric

2 tbsp dry mango powder (adjust to taste)

1 tbsp cane sugar powder /

Punjabi Shakkar (adjust to taste)

⅓ tsp salt (adjust to taste)

Lentils (Daal):

1 cup lentils, boiled (¾ split pigeon peas, ¼ cup red lentils & 2 tbsps.

baby chickpeas)

1 medium onion, fine chopped

2 medium tomatoes, fine chopped

3 cloves garlic, fine chopped

1 tsp ginger, fine chopped

2 green chili, slit (optional)

3 cups water

1½ tbsp oil

½ tsp cumin seeds

½ tsp mustard seeds

¼ tsp turmeric

1½ tsp garam masala

1 tbsp dried fenugreek leaves /
kasuri methi

3 tbsp coriander leaves (fine chopped, for garnish)

Directions

Bitter Gourd:

1. Wash and slice bitter gourd and onions.

2. Heat oil in a pan. Add bitter gourd slices and sprinkle salt. Sauté for 10 minutes on medium heat. Keep stirring in between. If the pan is too dry, you may sprinkle some water and mix.

3. Add chopped onions. Sauté for another 5 minutes on medium heat.

4. Add cumin powder, garam masala, turmeric, dry mango powder and cane sugar powder. Cover and cook on a low heat until slightly tender.

5. Taste test and add more salt or dry mango powder to your liking.

Lentils curry:

1. Add lentils to pressure cooker and rinse them in water. Rub the lentils well with hands while rinsing. Drain completely.

2. Pour water and pressure cook the lentils on a medium heat for 3 to 4 whistles.

3. When the pressure drops naturally, open the lid. Lentils should be soft. Add more water if required to bring to consistency of a curry.

4. While the lentils cook (in step 2), heat oil in a separate medium pan. Add cumin seeds and mustard seeds to hot oil.

5. When the seeds begin to sizzle, add ginger garlic and sauté on a low heat until fragrant.

6. Add finely chopped onions and green chilies. Fry them on medium heat until slightly golden.

7. Lower the heat and stir in turmeric, garam masala, salt and finely chopped tomatoes. Sauté until the tomatoes become soft and mushy.

8. Transfer the mixture to the cooked lentils in pressure cooker (in step 3) and cook for about 5 minutes. Taste test and add more salt at this stage.

9. Turn on high heat. Add dried fenugreek leaves and chopped coriander leaves to the boiling lentil curry. Turn off the heat after 1 to 2 minutes.

*Recipe continues on next page

Lentil Curry, Bitter Gourd (cont.)

Ingredients

Yogurt:

- 3 cup plain Greek yogurt /
Dahi (1 cup per serving)
- 1 tsp cumin powder (optional,
adjust to taste)
- 1 tsp salt (optional, adjust to
taste)
- ½ tsp black pepper (optional,
adjust to taste)

Roti:

- 2 cups (270 grams) whole
wheat flour
- ¾ cup (180 ml) water
(adjust to dough texture)

Importance

I chose this recipe because it was always my favourite dish that my mom cooked for me. This meal was never liked by rest of the family members because of its bitter taste, but my mom would always cook it for me separately. Secret ingredients for this recipe are homemade garam masala and dry mango powder!

Directions

Yogurt:

1. Mix yogurt, cumin powder, salt, and black pepper.

Roti:

1. Add whole flour in a larger bowl and start adding water, little by little to bring the dough together.
2. Start kneading with knuckles until the dough feels soft and pliable.
3. Once the dough is done, press the dough with your fingers, it should leave an impression.
4. Divide the dough into small equal balls.
5. Take one small ball and press it or flatten it slightly.
6. Dip the flatten dough into the dry flour and dust it from all sides. (dry flour is used to avoid dough sticking on the rolling board)
7. Start rolling the roti, using a rolling board, and rolling pin. Roll it until thin.
8. Heat the tawa (skillet) on medium-high heat. Place the roti on the tawa.
9. Let it cook for few seconds until you see some bubbles on top side, flip the roti.
10. Let the other side cook more than the first side around 30 seconds more. Use a tong to see how much it has cooked from the second side now. If you see brown spots all over, means it has cooked enough and flip back to fully cook until brown spots appear.

(Note: It is normal for roti to puff. Small light brown spots are normal. If it has large dark brown spots that means the roti is burnt)

Nani's Gajarka Halwa

COUNTRY/REGION: INDIA, SOUTH ASIA

Ingredients

600 ml whole milk
2 tbsp of Khoya (Mawa)
3-4 saffron threads
(optional)
550 g shredded red carrots
4-5 tbsp of solid ghee, also
known as clarified butter
A palm of nuts such as
cashews, almonds, walnuts,
and pistachios
1/2 tsp cardamom powder
1/2 cup brown cane sugar

Importance

I choose this recipe because my Nani (maternal grandmother) used to make it for my cousins and I every time we used to visit her. I was never a big fan of carrots, but her dessert tricked me into eating it more often than I realized. Her dessert is like a magical potion for me. She is 87 years old and thriving. I was born and raised in India for 18 years and this memory is closest to my heart, it is amazing how while typing this I can smell her hand-made Gajar ka Halwa. I will be doing a video call to her today.

Directions

1. Preparation of base: put on your apron, start chopping and shredding the 550 g carrots with help of Chinni (food processor). Chop a handful of nuts (almonds, cashews, and pistachios) into small pieces.
2. Cooking the mixer: Take a big flat pan (Tava) and heat it with 3-4 tablespoons of solid ghee for 2 minutes at medium heat. Once the ghee is reduced to clear liquid form, add the shredded carrots to the pan and over the pan for 5-6 minutes, reduce the heat to low once until they become slightly browned and sweet-smelling.
3. Syrup the Halwa: pour 600 ml of whole milk into pan and stir sometimes to avoid sticking. Cook it for 40-50 minutes until the milk is less visible and carrots look soft or mash it with spoon to test if it is ready yet. Once shredded carrots seem cooked, add 1/2 cup brown cane sugar to pan and stir well and observe until it melts.
4. While Halwa is cooking (40-50 minutes) start:
 - a. De-threading saffron and grind it with 1/2 teaspoon of cardamom powder for good flavors.
 - b. In a separate flat pan, put 1 tablespoon solid ghee on medium heat. Add the sliced nuts, roast them until they turn golden brown.
 - c. Then add roasted nuts to shredded carrots mixture and mix well.
5. Cook it for another 5-10 minutes with a handful of roasted nuts to ensure they are evenly distributed in whole Halwa.
6. Once the Gajar ka halwa is ready, taste and serve it hot and sprinkle some cherries on top if desired. (Ps: don't forget to blow a whistle)

Pav Bhaji

COUNTRY/REGION: INDIA, SOUTH ASIA

Ingredients

Pav (Dinner Rolls) - 8
Potato - 3
Tomato - 4
Cauliflower - 125 grams - Floreated
Broccoli - 100 grams
Fresh peas - 1 cup
Carrots - 2 - chopped.
Green pepper - ½ cup (chopped)
Oil - 2 tablespoons.
Beetroot - ½ medium size
Turmeric powder - ½ tablespoon
Green chili - 1
Ginger and Garlic - ½ tsp - grated.
Salt - 1.25 tsp
Lemon juice - ½ tablespoon
Coriander leaves - 2 tablespoon
Butter - 70 grams

Directions

1. Add two tablespoons of cooking oil to a slow cooker or a nonstick pan and warm it.
2. Sauté chopped garlic and green Chili for about a minute, then roast in onions and ginger. Cook the onions until they turn brown.
3. Add chopped tomatoes and cook until soft. Add cauliflower, broccoli, peas, carrots, green peppers, and potatoes.
4. Cover and let it cook for about 20 minutes and keep blending the vegetables in intervals of 5 minutes.
5. Sprinkle salt as per taste and lemon juice.
6. Spread butter on the dinner rolls and lightly toast them.
7. Garnish with chopped onion, green Chili, and coriander and serve hot.

Importance

This is one of my favorite childhood meals. My mother still makes this for me. Whenever I and my brother got bored of the regular dishes, she made this for us, as it is full of nutrients, protein, carbohydrate, and fat. The bhaji (gravy) garnished with lemon and chili gave the whole dish a tangy and spicy taste, which is out of the world.

Potato Cheese Paratha

COUNTRY/REGION: INDIA, SOUTH ASIA

Ingredients

2 Large Potatoes
1 medium onion
1 Thai green chili
1 cubic inch of store bought
cheese
1 tsp. of paprika powder
1 tsp. of pepper
Salt as per taste
½ cup of wheat flour
2 tsp of oil
1 tsp. of butter
Water as needed.

Directions

1. Boil potatoes until tender (15-20 minutes).
2. Mash potatoes.
3. Cut onion and green chili into tiny pieces.
4. Shred cheese.
5. Combine the potatoes, cheese, onion, green chili, and mentioned seasonings.
6. Mix all ingredients and set aside.
7. In a large bowl, combine wheat flour, water, and knead into dough.
8. Set aside the dough to rest for 10 minutes.
9. Divide the dough into two equal balls.
10. Sprinkle wheat flour on the rolling surface, smooth out the dough ball, and dip it in wheat flour.
11. Flatten the dough ball to a 4-inch round disc.
12. Place the potato filling in the center of the disc and seal it like a dumpling.
13. Dip in wheat flour, flatten, and roll to desired thickness, but avoid tearing.
14. Heat up a pan.
15. Gently place the rolled paratha in the pan.
16. Once it begins to inflate, apply 1 tsp oil around it.
17. Flip and cook the other side.
18. Once golden-brown on all sides, transfer to a plate.
19. Follow the same instructions for the second paratha.
20. Add butter to the parathas and enjoy!

Importance

I chose this recipe because it was my favourite childhood dish. It is a regular Sunday brunch dish for my family, which we enjoy with a cup of tea. It is normally made without cheese, but adding it gives it a wonderful mellow flavour and makes it softer.

Punjabi-Style Chicken Kadhai with Naan

COUNTRY/REGION: PUNJAB, INDIA, SOUTH ASIA

Ingredients

500g (~ 1 lb) boneless, skinless chicken thighs, cut into bite-sized pieces

3 tbsp vegetable oil

2 onions, finely chopped

3 tomatoes, finely chopped

1 green bell pepper, sliced

1 red bell pepper, sliced

2 green chilies, slit lengthwise

1 tbsp ginger-garlic paste

1 tbsp coriander powder

1 tsp cumin powder

1 tsp turmeric powder

1 tsp red chili powder (adjust to taste)

1 tsp garam masala

Salt, to taste

Fresh coriander leaves, chopped (for garnish)

Ingredients for Naan:

2 cups all-purpose flour

1 tsp baking powder

1/2 tsp baking soda

1/2 cup yogurt

2 tbsp ghee or melted butter

Water, as needed

Salt, to taste

Garlic, finely chopped (optional, for garlic naan)

Fresh coriander leaves, chopped (optional, for garnish)

Directions

Instructions for Chicken Kadhai:

- 1. Heat Oil and Sauté Onions:** Heat three tablespoons of vegetable oil in a kadhai (or a deep skillet) over medium heat. Add the chopped onions and sauté until they turn golden brown.
- 2. Add Ginger-Garlic Paste and Spices:** Add the ginger-garlic paste to the onions and sauté for another minute until fragrant. Then, add the coriander powder, cumin powder, turmeric powder, red chili powder, and salt. Mix well and cook for a minute.
- 3. Cook Chicken:** Add the chicken pieces to the kadhai and stir-fry on high heat until the chicken starts to brown.
- 4. Add Tomatoes and Peppers:** Add the chopped tomatoes, sliced green bell pepper, red bell pepper, and slit green chilies. Mix well and cook until the tomatoes soften and release their juices.
- 5. Simmer and Finish:** Reduce the heat to medium-low, cover the kadhai/deep skillet, and let it simmer for about 15-20 minutes or until the chicken is cooked through and tender. Stir occasionally. Sprinkle garam masala and mix well. Adjust seasoning if needed.
- 6. Garnish and Serve:** Garnish with chopped fresh coriander leaves. Serve hot with naan.

*Recipe continues on next page

Chicken Kadhai and Naan (cont.)

Importance

I chose this meal because it's a staple in my Punjabi household that my mom and dad taught me to make, reminding me of home and family gatherings. This flavourful and comforting dish not only satisfies my cravings but also nourishes my soul, providing a taste of cultural heritage wherever I am.

Directions

Instructions for Naan:

1. Prepare Dough: In a large bowl, combine the all-purpose flour, baking powder, baking soda, and salt. Add yogurt and ghee (or melted butter). Mix well to form a dough. Add water gradually as needed to make a soft, smooth dough. Knead the dough for about 5-7 minutes until it's elastic.
2. Rest the Dough: Cover the dough with a damp cloth and let it rest for at least 2 hours at room temperature.
3. Preheat Oven: Preheat your oven to the highest setting (typically around 500°F or 260°C) with a baking tray or pizza stone inside.
4. Shape and Bake Naan: Divide the dough into equal-sized balls. Roll out each ball into an oval or round shape (about 1/4 inch thick) using a rolling pin. Sprinkle chopped garlic and coriander leaves on top if desired. Place the naan on the hot baking tray or pizza stone and bake for 2-3 minutes or until puffed up and golden brown.
5. Serve: Brush the hot naan with melted butter. Serve the freshly baked naan with hot chicken kadhai.

*A kadhai is a traditional deep, circular cooking vessel found in many Indian kitchens, crafted from thick, sturdy materials like cast iron or stainless steel. Its design features a broad, flat base and gently sloping sides that converge inward. This recipe can be used with a kadhai or a deep skillet.

Rajma Chawal (with Green Chutney)

COUNTRY/REGION: INDIA, SOUTH ASIA

Ingredients

For Rajma Chawal:

Asafoetida – ½ tsp

Boiled rajma/kidney beans -
300g

Boiled rice/chawal – 900g

Oil/Ghee – 6-7 tsp

Onion – 3 medium size

Salt to taste

Turmeric Powder – ¾ tsp

Kashmiri Red Chili Powder (for
colour) - 1.5 tsp

Spicy Red Chili Powder - 1.5 tsp

Cumin seeds - 1.5 tsp

Bay Leaf - 3 leaves

Cinnamon - 1.5 inch

Black Cardamom – 2 pieces

Cloves – 4 pieces

Tomato Puree – 4 pieces

Ginger
Garlic Paste – 3.5 tsp

Garam
Masala – 1 tsp

Coriander Powder – 2 tsp

Roasted Kasuri Methi to taste

Fresh Coriander – Handful
(Chopped)

Lemon – 2 pieces

Cooking Cream – 1 tsp

Water as required

Directions

1. Wash the kidney beans well with water and rinse it properly; soak them for 4-5 hours or for quick result, you can also soak them in hot water for 2 hours or so.
2. Add the same soaked kidney beans into a pressure cooker and pour water up to 1- 1.5 inches above the kidney beans (little less than half of your index finger should be submerged), then add salt and a bit of lemon juice and put the lid on, switch on the gas flame to high & cook for 7-8 mins until the first whistle.
3. Lower the flame to medium and cook for another 10-15 mins (2-3 whistles), switch off the flame and let the cooker depressurize naturally until the kidney beans are ready.
4. Add oil/ghee to a cooking pot and once the oil is hot add cumin seeds, asafoetida, bay leaves, cinnamon, cloves, and black cardamom, and cook for about 1-2 mins. (Make sure oil isn't super hot otherwise the spices will burn)
5. Once the spices are cooked, add ginger garlic chilli paste and chopped onions, and cook until the onions are golden brown.
6. Add tomato puree and cook for 2-3 mins; then add turmeric, coriander, Kashmiri red chilli, spicy red chilli powder, and garam masala and cook for another 4-5 mins on high-medium flame with the lid on.
7. Once you see the oil separated on the top, remove the lid, and add the boiled rajma to the pot and mix it well with the spices; once rajma starts to boil cover the pot and cook for 20 mins on low-medium flame.

*Recipe continues on next page

Rajma Chawal (cont.)

Ingredients

For Green Chutney:
Mint – 1 cup
Fresh Coriander – 1 cup
Spring Onion Green – ½ cup
Onion – 1 piece
Ice cubes – 2 pieces (for
colour retainment)
Green Chilies – 4 pieces
Black Salt – 1.5 tbsp
Jaggery – 1 tbsp
Tamarind – 1 tbsp
Garlic cloves – 4 pieces
Pomegranate Powder – ½
tbsp (Optional)
Amchur (Dry Mango) Powder
- ½ tbsp (Optional)
Water as required
Salt to taste

Directions

8. After cooking rajma for 20 mins, the gravy will thicken up and the colour will get slightly darker; to make the gravy more consistent mash some of the kidney beans using a ladle.

9. To finish it off, add cooking cream, roasted kasuri methi, lemon juice, fresh coriander, and salt, and mix everything well, and keep the pot aside.

10. Now add all the ingredients of the chutney into a mixer grinder and grind it into a fine chutney. Your delicious Rajma Chawal with fresh Green Chutney is ready to serve.

Importance

I chose this recipe because it is my favourite Indian dish, and it reminds me of my mother's cooking and hits me home. While growing up, my mother used to cook this dish on festivals and occasions like a family get together, and we all used to enjoy having conversations while feasting on this dish. Moreover, rajma chawal is a common food item for an Indian household, and each household has its own unique way to prepare and cook this meal. This is one of those dishes that becomes a favourite for anyone who has tried it and misses their home.

My Mother's Sarson Da Saag (Mustard Green's Gravy) & Makai di Roti (Flatbread of Corn)

COUNTRY/REGION: PUNJAB, INDIA, SOUTH ASIA

Ingredients

Sarson da Saag:

300 grams of Mustard greens

525 grams of Spinach

1½ cup of Water

6 garlic cloves, minced

1 tsp Salt

1½ tbsp of corn flour

3 tbsp of clarified butter (Ghee)

½ tsp of asafoetida (Hing)

½ tbsp of cumin seeds

2 red onions, chopped

1 tbsp of dried fenugreek leaves

(Kasuri Mehti)

2 Inch of ginger, minced

3 Indian finger hot pepper (Jwala

chilli), minced

Salt as per taste

2 tbsp of Butter

Makki di Roti

2 ½ cups of corn flour

½ cup of whole wheat flour

Warm water as needed (usually 1.5-

2 cups)

2 tablespoons of butter

Importance

I chose this recipe because firstly, it is a traditional dish which everyone eats in Punjab, and this is only cooked in the winters so I have to wait for every winter to have it.

Secondly, this recipe I shared is from my mother and every time she cooks this for me it gives some satisfaction and happiness for that moment and also in Canada it reminds me of some good memories of my native place.

Directions

Sarson da Saag

- 1.) Wash and roughly cut the mustard greens and spinach properly.
- 2.) Add the mustard greens, spinach, garlic, and water with salt as per taste to a pressure cooker. Then allow the pressure to naturally release after ten minutes of high-pressure cooking.
- 3.) Prepare the Sarson da saag's basis in the meanwhile.
 - a) Heat 3 tablespoons of clarified butter or ghee in a medium-sized pan over medium heat.
 - b) For a little period of time, let it bloom after adding ½ teaspoon of asafoetida or Hing.
 - c) Include the ½ tablespoon of cumin seeds then and make sure that the cumin seeds do not burn while stirring them for 40 seconds to 1 minutes.
 - d) Then add the 3 Indian finger hot pepper, 2 inch of ginger, and 6 garlic cloves. Stir for a duration of two minutes. Include the 2 red onions and sauté well with all the ingredients in the pan.
 - e) Sauté until it becomes translucent.
 - f) Add 1 tablespoon of dried fenugreek leaves or Kasuri Methi and sauté it for one minute.
- 4.) Keep the pressure cooker open on medium heat.
- 5.) Gradually add 1 ½ tablespoons of corn flour, mashing the greens with potato mashing tool to further break them down and mix in the corn flour or if don't have potato mashing machine then use a ladle to mash and mix.
- 6.) Simmer for a further ten minutes. In case, it begins to boil wildly, lower the heat.
- 7.) Cover it and cook for two minutes.
- 8.) After adding some butter, it is ready to serve.

Makki di Roti

1. Fill a bowl with whole wheat and corn flour. Pour hot water into the middle as well as required to form the dough into an adaptable, slightly sticky ball.
2. Then a small-sized chunk of dough should be broken off, and it should be rolled on a sheet of parchment paper until it reaches about ¼ inch in thickness.
3. Turn the heat down to medium. Use a Indian frying pan or tawa. On the pan, then place that roti and when spreading the roti, use splatter water over your hands.
4. When notice dark patches on one side, turn it over so the other side can finish cooking.
5. Turn, pour a little ghee over the top of the roti and continue cooking until both sides are cooked through.
6. To keep the roti moist, put a little bit of butter over it.
7. Then serve the sarson da saag with makai di roti.

Shahi Paneer

COUNTRY/REGION: INDIA, SOUTH ASIA

Ingredients

250g of cubed paneer
3 tbsp of butter
2 tbsp of vegetable oil
2 finely chopped onions
2 pureed tomatoes
1/4 c of tomato paste
1/2 c of heavy cream
1/2 c of cashews soaked in warm water for 20 minutes
1/2 c of milk
4 minced garlic cloves
1-inch piece of ginger minced
2 green chilies cut lengthwise
1 tsp of cumin seeds
1 tsp of turmeric powder
1 tsp of red chili powder
1 tsp of garam masala
Salt to taste
Chopped fresh cilantro for garnish

Importance

I chose this recipe because growing up my mom would always make this dish on special occasions like birthdays, diwali, etc. We would always look forward to eating it, so eventually my mom shared the recipe with me so I can recreate it on special occasions with my own family.

Directions

1. Soak the cashews in warm water for 20 minutes. Then remove them from the water and blend them into a smooth paste with 1/2 cup of milk, then set aside.
2. Heat 1 tablespoon of butter and 1 tablespoon of oil in a large skillet over medium heat.
3. Add the cubed paneer and lightly fry until you get a golden brown colour on all sides of the paneer, remove and set aside.
4. In the same skillet, add 2 more tablespoons of butter and 1 more tablespoon of vegetable oil
5. Add the cumin seeds and sauté them until they start to crackle.
6. Now add in the minced garlic, ginger, and green chilies and cook for 2-3 minutes.
7. Then add the chopped onions and cook until they turn golden brown.
8. Add all the spices now: turmeric powder, red chili powder, and garam masala.
9. Add the 1/4 cup of tomato paste and 2 pureed tomatoes. Cook until the mixture thickens.
10. Add the cashew paste that was made earlier to the skillet and stir well.
11. Add the heavy cream and salt and bring the mixture to a gentle simmer
12. Now add the fried paneer cubes to the sauce, and let it simmer for 5-7 minutes, so the paneer can absorb the flavours from the sauce
13. Garnish with fresh cilantro, and it is ready to serve

Sweet Pongal

COUNTRY/REGION: SOUTH INDIA, SOUTH ASIA

Ingredients

½ cup of brown rice
1/3 cup of moong dal
3 1/2 cups of water
½ cup of jaggery
5 green cardamoms
5 tbsp of ghee
15 cashews
1 tbsp of golden raisins

Directions

- 1.Heat a small pan and add both the rice and moong lentils.
- 2.Roast the moong lentils and rice on low heat while stirring, until they become fragrant.
- 3.Then place the moong lentils and rice in a bowl and rinse with water.
- 4.After rinsing, add the moong lentils and rice in a pressure cooker along with 3 cups of water.
- 5.Pressure cook the mixture for 12 minutes on medium heat.
- 6.Once done cooking check to see if there is a mushy consistency, otherwise add more water and mix.
- 7.Once there is a mushy consistency lightly mash the cooked rice and moong lentil with a spoon and leave to the side.
- 8.Next, chop jaggery into small chunks.
- 9.In a pan add the jaggery along with half a cup of water.
- 10.Melt the jaggery on medium heat until it becomes a syrup.
- 11.Once the jaggery is melted, strain using a mesh strainer.
- 12.Once strained, add it to the cooked rice and moong dal.
- 13.Then crush 5 green cardamoms in a mortar - pestle, add it into the rice mixture, mix well and leave to the side.
- 14.Next, heat 5 tablespoons of ghee in a pan on low heat.
- 15.Add cashews into the pan and sauté until they become lightly golden.
- 16.Add raisins in the pan and stir until the raisins swell.
- 17.Add the mixture of raisins, cashews and ghee into the cooked rice mixture and mix well.

Importance

I chose this recipe as Sweet Pongal is often prepared during holidays and special events. Eating Sweet Pongal reminds me of the special and happy moments with my family throughout the years.

Biryani

COUNTRY/REGION: PAKISTAN, SOUTH ASIA

Ingredients

1/2 cup Rice
100g Chicken, cut into small pieces
1/3 cup Yogurt
1/2 tbsp Ginger-Garlic Paste
1/2 tsp Red Chili Powder
1/4 tsp Turmeric Powder
1/2 tsp Biryani Masala
1 Green Chili, slit
1/4 tsp Cardamom Powder
Salt, to taste
1 tbsp Lemon Juice
1/4 cup Fried Onions
1/4 cup Clarified butter
A pinch of Saffron, soaked in 1
tbsp warm Milk
Fresh Cilantro and Mint Leaves,
chopped

Importance

I choose this recipe because it is my favourite out of everything that I have ever tried. I like it to be spicy but putting some mint yougurt on it gives extra taste and texture and relief to the tongue.

Directions

1. Marinate the Chicken:
 - In a bowl, mix yogurt, ginger-garlic paste, red chili powder, turmeric, biryani masala, green chili, cardamom powder, lemon juice, and salt.
 - Add the chicken pieces to the marinade and let it sit for at least 2 hours, or overnight for best results.
2. Prepare the Rice:
 - Wash the basmati rice thoroughly until the water runs clear.
 - Soak the rice for 30 minutes, then drain.
 - Bring a large pot of water to a boil, add the rice, and cook until it's 70% done.
 - Drain the rice and set aside.
3. Layering:
 - In a heavy-bottomed pot, spread the marinated chicken as the first layer.
 - Layer the partially cooked rice over the chicken.
 - Sprinkle fried onions, chopped cilantro, and mint leaves on top.
 - Pour the saffron-infused milk and ghee evenly over the rice.
4. Cooking (Dum Process):
 - Cover the pot with a tight-fitting lid to seal it (you can use dough to seal the edges if necessary).
 - Cook on a low flame for about 20-25 minutes, or until the chicken is cooked through and the rice is fluffy.
5. Serving:
 - Gently mix the biryani before serving to combine the layers.
 - Serve hot with raita or your choice of side.

Butter Chicken

COUNTRY/REGION: PAKISTAN, SOUTH ASIA

Ingredients

2.2 lbs boneless chicken breast, cut into small pieces
1 cup plain yogurt
1 tbsp ginger, crushed
2 tbsp lemon juice
2 tsp garam masala (traditional South Asian spice blend)
1 tsp turmeric powder
1 tsp ground cumin
1 tsp ground coriander
1 tsp chili powder
1 tsp salt
4 tbsp butter
2 tbsp oil
2 large diced onions
0.5 tbsp ginger, crushed
0.5 tbsp garlic, crushed
4 large tomatoes, crushed till smooth texture
2 tsp garam masala
1 tsp ground cumin
1 tsp ground coriander
1 tsp chili powder
1 tsp sugar
1 tsp salt
1 cup heavy cream
Fresh cilantro for garnish
2 tbsp dried fenugreek leaves, crushed

Directions

1. Marinate the chicken and let it rest for about 1-2 hours (if you want more and better flavors marinate for longer) In a bowl add:
 - a) small cut up chicken breast pieces (about 2 cm)
 - b) combine the yogurt, lemon juice, ginger blend, garlic blend, garam masala, turmeric powder, ground cumin, ground coriander, chili powder, and salt.
 - c) Mix chicken and spices together until chicken is finely coated
2. Bake the chicken
 - a) Preheat oven 200°C
 - b) Slightly grease a tray
 - c) Add the marinated chicken on the tray and put it in the oven to bake for about 20 minutes
3. Dice/cut and crush
 - a) Dice onions
 - b) Crush ginger (till smooth texture)
 - c) Crush garlic (till smooth texture)
 - d) Crush tomatoes till smooth paste
4. Prepare the sauce
 - a) In a large pan, heat butter and oil over medium heat
 - b) Add diced onions until golden brown
 - c) Add crushed ginger and garlic
 - d) Add Spices: Stir in the garam masala, ground cumin, ground coriander, and chili powder. Cook for 1-2 minutes
 - e) Add the crushed smooth textured tomatoes
 - f) Stir all of the above ingredients till a smooth textured consistency
5. Combine everything in the sauce pan
 - a) Add Cream and Chicken: Lower the heat and add heavy cream.
 - b) Add the cooked chicken pieces to the sauce. Simmer for another 10-15 minutes
 - c) Add salt, sugar, and crushed dried fenugreek leaves
 - d) garnish with fresh cilantro and serve

Importance

I chose this recipe because it was my favorite dish growing up. My mother used to prepare it on a regular basis for our family. She got the recipe from my grandmother, and ever since it became a household essential. I also have strong appreciation for this meal due to my Pakistani origin, which makes this dish even more meaningful to me.

Mom's Chicken Karahi

COUNTRY/REGION: PAKISTAN, SOUTH ASIA

Ingredients

½ cup oil or ghee
1 small chicken, bone in and cut into pieces
3 cups tomatoes, finely chopped
1 head of garlic minced
2 tbsp ginger minced
1-2 tsp salt or to taste
2 tsp Kashmiri red chili
1.5 tsp crushed black pepper
1 tsp chili flakes
½ tsp cumin powder
½ tsp coriander powder
1 tsp kalonji black seed (optional)
2 green chillies
½ bunch coriander chopped
¼ cup ginger julienned

Importance

I chose this recipe because it is one of my favourite Pakistani dishes and is very loved by my family. My mom learned this recipe from my grandmother, and she has taught it to me and my sister.

Directions

1. Heat up your oil in a karahi dish or pan suitable for stir frying, keeping the flame on high the entire time.
2. Add the chicken in. Fry the chicken, stirring continuously until the chicken begins to turn golden.
3. Add in the minced ginger and garlic. Give this a fry alongside the chicken, again stirring constantly and ensuring nothing burns. Keep frying this until the raw smell of the ginger and garlic begins to fade.
4. Add all the chopped tomatoes and spices. Stir in and allow everything to cook on high, stirring to make sure nothing sticks to the bottom of the pan.
5. Continue to cook this for about 20 minutes, over high heat. The oil will separate, the tomatoes will thicken and begin to coat the chicken. You will see holes begin to bubble in the gravy. The chicken should be cooked through at this point once the oil rises to the top and you see the holes coming through.
6. Add the coriander and green chillies and turn the heat down to a low flame and allow everything to simmer together for 5 minutes with the lid still off.
7. Serve with the julienned ginger and extra coriander/green chillies if desired.

My Mother's Fried Egg Sandwich

COUNTRY/REGION: PAKISTAN, SOUTH ASIA

Ingredients

2 loaves of whole wheat bread
(any type of bread will work)

1 egg

Half of a sliced wine tomato

Half of a small yellow onion

2 large leaves of iceberg
lettuce

½ tsp of mayonnaise

1 tsp of ketchup

2 tbsp of olive oil

1 tbsp of water

Salt and pepper to taste

1 tsp of butter (optional fat)

Importance

I chose this recipe because it is easy to make, and I always go for it or ask my mom to make it for me whenever I am unsure of what to eat. It has the perfect balance of spices and different textures, and all the ingredients taste delicious together. The recipe is accessible to almost everyone since the ingredients are easy to find in your fridge.

Directions

1. Wash and slice half the wine tomato into thin slices and set aside in a separate dish
2. Peel, wash and slice half the white onion into thin slices and set aside in a separate dish
3. Wash 2 leaves of Iceberg lettuce and set aside into a separate dish
4. Set a cast iron skillet or nonstick pan on the stove and add one teaspoon of butter to the cold pan
5. Turn the heat to medium, and move the pan around until it is evenly coated with the butter
6. Once the pan is evenly coated with the butter, place one or two loaves of bread in the pan according to the size of your pan
7. 1-2 minutes is enough for both sides of the bread. Just make sure it is golden-brown in colour and crispy
8. Remove the loaves of bread from the pan, place them on a plate to assemble and turn the heat off
9. Take ½ a teaspoon of mayonnaise and coat one side of one loaf of bread with mayonnaise (making sure all the bread is evenly coated with mayonnaise you may adjust the quantity otherwise)
10. Take a tablespoon of ketchup and coat the other side of the second loaf of bread with ketchup making sure that it is fully coated with ketchup (you may adjust the amounts of sauces to your liking to make it more or less saucy)
11. Place one leaf of iceberg lettuce on each loaf of bread (on the sides coated with ketchup and mayonnaise)
12. Then place the sliced tomatoes and onions on each loaf of bread
13. Using the same cast iron skillet or nonstick pan used earlier, place it on the stove add two tablespoons of olive oil to the pan, and make sure the heat is low
14. While the oil heats up, take an egg and crack it into a dish
15. Add one tablespoon of water to the dish with the egg in it
16. Add a pinch of salt and pepper to the same dish (you may adjust it to your taste)
17. Using a fork, mix the egg, water, salt and pepper until it is well combined
18. Once the contents are well combined, pour the mixture into the pan which is heating the olive oil and turn the heat up to medium
19. Let the egg mixture fry on each side for 2-4 minutes (check in between to make sure the egg doesn't burn)
20. The egg is ready to flip when the edges look golden brown and crispy
21. Once the egg is cooked on both sides, is crispy and looks golden brown on both sides, it is ready to remove from the pan and place on one of the loaves of bread that are prepped with the sauces and vegetables
22. Now, just assemble your sandwich placing the other half on top of the loaf with the egg and enjoy!

My Amma's Kothu Roti

COUNTRY/REGION: SRI LANKA, SOUTH ASIA

Ingredients

- 2 Lbs Chicken (cut into pieces, bone or boneless)
- 2 1/2 Tbsp Sri Lankan Roasted Curry Powder
- 1 Tbsp Red Chili Powder
- 1/2 Tsp Turmeric
- 2 Tsp Salt
- 3 Tbsp Coconut Oil
- 1 Red Onion, Medium Chopped
- 1 Tbsp Garlic, Minced
- 1 Tbsp Ginger, Minced
- 5 Curry Leaves
- 2 Green Chilies, Sliced
- 1 Large Tomato, Chopped
- 1 Cup Water
- 1/4 Cup Coconut Milk

Kothu Roti

- 4 Rotis (Can Be Homemade Or Store Bought)
- 3 Tbsp Of Oil
- 6 Tbsp Red Onion, Chopped
- 2 Tsp Garlic, Chopped
- 2 Tsp Ginger, Chopped
- 2 Tsp Green Chili, Chopped
- 15 Curry Leaves, Chopped
- 4 Eggs

Chicken Curry (Made From Last Recipe)

Directions

Chicken Curry

1. Start by marinating the chicken with Sri Lankan Roasted Curry Powder, Red Chili Powder, Turmeric, and Salt for at least 1 hour.
2. Add oil to a pan on medium-high heat.
3. Add the onions and sauté them until they become golden brown.
4. Add the garlic, ginger, and curry leaves to the pan, and cook for 2 minutes.
5. Add the marinated chicken, curry leaves and green chilis. Stir well, and cook for an additional 2 minutes.
6. Add the diced tomatoes and a cup of water. Reduce the heat to medium, cover the pot, and cook for at least 30 minutes.
7. Add coconut milk and cook uncovered for an additional few minutes.

Kothu Roti

1. Cut the rotis into small rectangle size pieces.
2. Add the oil to a pan on medium heat.
3. Then add the onion, garlic, ginger, green chilis and curry leaves to the pan, and cook for 2 minutes, or until the onions turn golden brown.
4. Make a small space in the middle of pan using a spatula, and crack all eggs into the pan. Add salt and pepper to taste.
5. Cook the eggs by scrambling, and once the eggs are cooked, mix the rest of ingredients together. Try combining this using the "kothu" motion, which means "to chop" in Tamil, the up and down movement of 2 spatulas to cook the ingredients.
6. Add the cut roti, and small bits of the chicken curry and gravy and mix together.

Importance

I chose this recipe because growing up in a mainly western society, I had been used to eating foods that are more of the American style and culture, and rarely would I get the chance to eat a delicious savoury dish like this. My mother would make it, and it would usually take some time as it has lots of ingredients and steps, however she finally shared this recipe with me, and I'm glad I'll be able to make this one day too!

Pasta with Vietnamese Sausage

COUNTRY/REGION: SOUTHEAST ASIA

Ingredients

2 carrots, sliced
6 mushrooms, sliced
2 garlic cloves, minced
1 (12 ounce) Vietnamese sausage
1 package of pasta noodles
1 cup of vegetable oil
Spices to taste: black pepper, red chili flakes or sriracha
2 green onions, diced

Directions

- Peel the skin of the carrot, then cut them into round circles 3-4 inches lengthwise.
- Peel the skin of the garlic clove, then finely mince it into small pieces.
- Cut the stem of the mushrooms off, then slice them into even pieces.
- Cut a portion of the Vietnamese sausage, then slice it into julienne and rest it aside.
- Add cold water to a pot and boil the water over high heat. Once the water is boiling, add your sliced carrots into the pot for about 3 minutes. Strain the water and rest the carrots aside.
- Add cold water to another pot and boil the water over high heat. Once the water is boiling, add pasta noodles into the pot. Cook the noodles for about 12 minutes and stir the pasta noodles occasionally. Strain the water and rest the noodles aside.
- Add oil to a large pan over high heat, then add the minced garlic. Cook the minced garlic until they are golden brown, then add the Vietnamese sausage.
- Cook the Vietnamese sausage until they are golden brown, then add the carrots and mushrooms. Stir them for about 2 minutes.
- Add the pasta noodles into the pot, then stir the noodles and vegetables together for another 3 minutes. Turn off the heat and add spices to taste.
- Add green onions for garnish.

Importance

I chose this dish for my recipe assignment because it's a recipe that I always enjoy making at home after seeing my parents making the meal. It has also helped me in practicing my cooking skills so that I can use what I've learned into other dishes.

My Mother's Arroz Caldo Rice Soup

COUNTRY/REGION: PHILIPPINES, SOUTHEAST ASIA

Ingredients

2 lbs chicken skinless thighs
2 tbsp canola oil
1 medium onion, chopped
3 cloves garlic, minced
2-inch piece ginger, peeled
and sliced
2 tbsp fish sauce "patis"
Ground black pepper to taste
8 cups chicken stock
1 cup jasmine rice
4 scallions, sliced

Directions

- Chop onions, slice ginger into thick chunks, slice scallions
- In a spacious pot, sauté chunks of ginger and the onions on medium-low heat. Sauté until onions turn translucent. (7 minutes)
- Mix in the chicken and fish sauce. Add pepper to taste. Cook until chicken is almost cooked through
- Pour in chicken stock and rice. Bring mixture to a boil. Once boiling, reduce the heat to simmer
- Cover the pot and let it cook until chicken becomes tender and rice is fully cooked and fluffy. Continue stirring occasionally. (20 minutes)
- Once done, remove all ginger chunks
- To finish, garnish with pepper and scallions

Importance

I chose this recipe because it is my favourite comfort dish when I am feeling under the weather. It also contains all three macronutrients to create a balanced meal. It is a delicious meal to share with family and friends.

Bistek

COUNTRY/REGION: PHILIPPINES, SOUTHEAST ASIA

Ingredients

1 ½ lbs beef sirloin (thinly sliced)
4 pieces calamansi or 1 piece lemon
¼ cup soy sauce
½ tsp ground black pepper
2 tbsp cooking oil or vegetable oil
2 pieces of white or yellow onion (sliced into rings)
2 cloves of garlic (minced)
1 cup of water or beef broth
1 pinch salt
4 cups of steamed rice for serving

Directions

1. Marinate beef in soy sauce, calamansi or lemon, and ground black pepper for at least 50 minutes.
2. Heat a pan over medium-high heat and add cooking or vegetable oil. If the oil is heated enough, place the sliced onions in the pan. Cook until the onions are a little brown around the edges but still crunchy. Reserve half of the onions for later.
3. In the same pan, sauté garlic. If necessary, add more cooking oil.
4. Remove the beef from the marinade and reserve the liquids for later. Pan-fry the meat on both sides until golden. Cook for approximately 10 minutes.
5. Add the remaining marinade, beef stock, or water to the beef. Simmer the beef until it is tender.
6. Season with soy sauce or water and add salt to taste.
7. Place in a serving plate. Serve the beef with the reserved onions on top. Enjoy your meal with a steamed rice!

Importance

I chose this recipe since it is still my favourite Filipino food from my childhood, which I normally eat whenever I travel to the Philippines. The main difference when making this recipe in Canada is that the beef loses its sourness when the calamansi is missing.

Caldereta

COUNTRY/REGION: PHILIPPINES, SOUTHEAST ASIA

Ingredients

Onion (1 large)
Garlic (1 large, sliced)
Pepper ($\frac{1}{2}$ tsp, ground)
Red Bell Pepper (1 whole)
Potatoes ($\frac{1}{4}$ kilogram)
Carrots ($\frac{1}{4}$ kilogram)
Mutton - Goat Meat (1 kilogram)
Tomato Sauce (500 grams)
Pack of Tomato Paste (1 small pack)
Peanut Butter (200 grams)
Reno's Spread (1 small can)
Pineapple Tidbits (1 small can)
Green Peas (1 small can)
Garbanzos (1 small can)
Nestle Cream (1 small pack)
Fish Sauce (3 tbsp)
Butter ($\frac{1}{4}$ cup)

Directions

- 1.) Turn on the stove on medium heat and set up the pan.
- 2.) Ensure that the ingredients are prepared in the kitchen, so it is easy to pour them.
- 3.) Sauté the 1 large sliced garlic clove and 1 large onion to butter.
- 4.) Add the 1 kilogram goat meat (mutton) to the pan, and stir it occasionally for an hour.
- 5.) Add 1 cup of water and pour $\frac{1}{4}$ kilogram of potatoes and $\frac{1}{4}$ kilogram of carrots. Leave it for 10 minutes.
- 6.) Pour 3 tablespoons of fish sauce, 1 small pack of tomato paste, 500 grams of tomato sauce, and 1 small can of Garbanzos. Leave for 5 minutes.
- 7.) Also add 1 small can of Reno's Spread and 200 grams of Peanut Butter.
- 8.) Sprinkle the $\frac{1}{2}$ teaspoon ground black pepper.
- 9.) Put the sliced red bell pepper and 1 small can of pineapple tidbits. Boil for 5 minutes.
- 10.) Finally, pour the small pack of Nestle Cream and boil it for the final time, for another 5 minutes.
- 11.) Wait until it finishes boiling, tying all the ingredients together. After that, it is ready to serve!

Importance

My earliest memory of eating Caldereta is when I lost my pet goat named Theo, during my birthday; turns out, he was simply turned into a delicious meal. Now that I am far from home, every time I eat it, it allows me to reminisce about my childhood memories from my grandparents' house in the Philippines.

My Dad's Filipino-Style Chicken Adobo

COUNTRY/REGION: PHILIPPINES, SOUTHEAST ASIA

Ingredients

4-5 pounds of chicken legs and wings
3 large potatoes, cut into 4-5 slices
½ cup of vinegar
2 tbsp of oil
½ cup of soy sauce
½ cup of water
2 tbsp of oyster sauce
4 cloves of crushed garlic (herbs and aromatics)
1 tsp of black Peppercorns
2 tsp of salt
1 tsp of white sugar
4 bay leaves
Half of lemongrass (aromatics)

Directions

1. Wash the chicken
2. Wash and cut the potatoes into chunks and set aside
3. Put oil into the pan, add garlic and sauté
4. Add chicken legs and thighs into a pot and cook until chicken is golden brown
5. Add ½ cup of water to the pot
6. Add ½ cup of vinegar, soy sauce, and oyster sauce into the pot
7. Add bay leaves, lemon grass, salt, and peppercorns
8. Add 1 teaspoon of sugar evenly into the pot
9. Let it boil over high heat until 30 minutes and stir
10. Add potatoes and let them simmer until the chicken is cooked, and the sauce is thickened, and serve.

Importance

I chose this recipe because it's the national dish of the Philippines. Growing up in Canada, my twin brother and I didn't experience what it is like living in the Philippines compared to our older siblings who grew up there. This dish is delicious and allows me to have a taste of one of the most popular dishes in the Philippines. I love it when my mom makes it and the hard-boiled eggs are the cherry on top.

I chose this recipe because this dish holds a special place growing up in my heart. It is my Favorite dish that is easy and convenient to cook and will always turn out amazing no matter what.

I chose this recipe because it is my favorite dish. As someone who was born and raised in the Philippines, it feels like I am back home whenever my dad cooks Adobo. Adobo is originally a Spanish dish but since the Philippines was colonized by Spain, Filipinos inherited the recipe and it became the national and most famous dish. My dad makes it sweet and savory.

Adobo is also my grandfather's favorite Filipino dish and we would always order that whenever we go to a Filipino restaurant. My dad allows me to help him cook because I also want to learn our Filipino culture and tradition. I know that there's one thing my Dad would add to make his recipe a bit more special. He usually adds lemon grass which makes it aromatic. So whenever I have time or crave Adobo, I make sure to follow his recipe. As Filipinos, we eat our dishes with steamed rice, it is part of our Asian culture. Rice and adobo are a perfect combination. Adobo is easy to cook and I can use chicken or pork as my protein source.

Corned Beef Silog

COUNTRY/REGION: PHILIPPINES, SOUTHEAST ASIA

Ingredients

1 Egg (sunny side-up or scrambled depending on personal preference)
1/3 of a 12 o.z. Can of Hereford Corned Beef (Brand and portion based on preference)
2 Cups of Cooked Rice
2 Garlic Cloves
1/2 of an Onion
1 tbsp of Vegetable Oil
1 small potato
Salt and Pepper to taste

Directions

1. Rinse 2 cups of raw rice in a large bowl of water and cook in a rice cooker OR boil in a pot with 3 - 4 cups of water until the pot begins to boil, then remove.
2. While the rice is cooking, cut the potato into small cubes, crush and mince the garlic cloves into small pieces, and slice the onion half into small shreds.
3. In a cooking pan, add your vegetable oil and turn on the stove to medium heat.
4. Add in and sauté your garlic until golden brown, then add and mix in the onion and potato slices, and cook until soft.
5. Add in the corned beef with 2 tbsp of water, and mix until the corned beef is cooked thoroughly.
6. In a bowl, add in 2 cups of cooked rice.
7. Top off the rice by adding in the cooked corned beef, garlic, potatoes, and onions.
8. Using the same pan, crack a raw egg and cook for 1 - 2 minutes until egg whites are solid and the yolk is still runny (sunny side-up).
9. Use a spatula or slide out the egg onto your corned beef and rice.
10. Season with salt and pepper to taste.
11. Enjoy!

Importance

I chose this recipe because besides being a staple breakfast item in the Philippines, it is also one of my favourite to cook in the morning to prepare and keep me sustained for an incredibly busy day. Although I don't have this meal often, making it every now and then makes it all the better to enjoy after a while.

Lumpia Shanghai (Filipino Spring Rolls)

COUNTRY/REGION: PHILIPPINES, SOUTHEAST ASIA

Ingredients

25 lumpia wrappers
1 ½ cups of cooking oil

For the filling:

1 pounds of ground pork
1 onion
1 carrot
¾ tsp of garlic powder
¼ tsp of black pepper
⅓ cup of chopped parsley
¾ tsp of salt
¼ cup soy sauce
1/2 tbsp sesame oil
1 egg

Importance

I chose this recipe because growing up Lumpia was a staple food at Filipino gatherings and parties. This is only one of many ways to make it and I love how interchangeable the ingredients are. If you don't eat pork, you can add a meat of your choice or if there is a vegetable you do not like, you can remove and add another

Directions

1. Leave the lumpia wrappers out to defrost.
2. Finely chop the onion and carrot.
3. Beat the egg in a bowl and set it aside.
4. Incorporate the ground pork, chopped onion, and chopped carrot. Then gradually add the garlic powder, black pepper, parsley, salt, soy sauce, and sesame oil until everything is combined. Make sure to mix thoroughly, this can be done by hand or using a mixer.
5. Place one lumpia wrapper down on a flat surface diagonally with one of the corners towards you. Add two teaspoons of the filling. Spread the filling horizontally in a line in the middle of the wrapper, leaving about half an inch of space from either side of the filling.
6. Take the bottom edge of the wrapper and tightly wrap it over the filling.
7. Fold the left and right sides of the wrapper in towards the middle.
8. Continue to roll the lumpia tightly. At the top edge of the wrapper, brush some of the beaten egg and continue to roll the wrapper to seal the lumpia closed.
9. Repeat steps 5 to 8 for each lumpia.
10. In a deep fryer or cooking pot, heat the cooking oil to 375 °F.
11. Prepare a plate with a paper towel on top.
12. Be sure to cook the lumpia in batches for about 3 to 4 minutes, 5 minutes at the maximum. The outer layer should become crispy and a golden brown colour.
13. Remove the lumpia from the oil and put them on to the plate, allowing the paper towel to soak up any extra oil.

My Mother's Filipino Lumpia

COUNTRY/REGION: PHILIPPINES, SOUTHEAST ASIA

Ingredients

2 lbs of ground pork
2 raw beaten eggs
2 minced carrots
2 packs – 30 sheets per pack
of lumpia wrappers
1 minced small onion
3 cloves of minced garlic
5g of chopped green beans
2 tbsp of sesame oil
1 pack of Knorr pork cubes
Wonton soup seasoning
Salt and pepper to taste

Importance

This recipe is my mom's own unique style of the famous Filipino cuisine "lumpia", which is always popular at family gatherings and parties. I chose this recipe because I always get compliments on the spring rolls whenever my friends and family have a bite; there's something unique and flavourful about my mom's lumpia that never fails to fill everyone's stomach!

Directions

1. Heat a medium-sized pot on medium heat.
2. Pour in oil, then sauté the garlic and onions in the pot until brown.
3. Add & sauté minced carrots and chopped green beans until half cooked.
4. Once light brown, add minced pork and mixture of eggs. Mix together until golden brown.
5. Season the following to taste, then stir until all ingredients are mixed in. a. Salt b. Pepper c. Wonton soup seasoning d. Knorr pork cubes e. Sesame oil
6. After the mixture is combined, taste; season to taste if required. Strain leftover water from moisture and let sit to cool down.
7. Set lumpia wrappers on a plate with a small bowl of lukewarm water on the side.
8. When the mixture is cool, take one lumpia wrapper, set it as the shape of a diamond on the plate, and put one tablespoon of mixture onto the middle of the wrapper.
9. Take both sides of the wrapper, set it on top of the mixture, then take the bottom half and set it on top as well.
10. Start rolling the wrapper tightly and leave space to rub water on the top half. Keep rolling until the wrapper is made into a secured roll.
11. Once finished with the mixture, put and freeze rolls in a Ziploc bag overnight. Leftover wrappers can be secured in a Ziploc bag in the freezer.
12. When it's time to cook, fry rolls into a pot with oil on medium-high or an air fryer (375°F, 3-5 minutes on each side) while frozen. Fry until brown on both sides.
13. Place finished rolls onto a paper towel to remove excess oil.
14. Finally, serve hot with a side of sweet chili dipping sauce.

Pancit Canton so Manok (Chicken Stir Fry with Egg Noodles)

COUNTRY/REGION: PHILIPPINES, SOUTHEAST ASIA

Ingredients

1 large bag of dried egg noodles
1/2 carton of chicken stock
1 lb boneless, skinless chicken thighs
2 medium-sized carrots
1/2 head of napa cabbage
1 white/yellow onion
6 garlic cloves
1/4 cup mushroom
soy sauce, adjust for taste preference
1 tbsp sesame oil
4 tbsp. vegetable oil
1 lime
Salt and pepper to taste

Importance

Whenever I go to birthday parties or weddings, this dish was always a "must-have" for the event. I was told that the food symbolized longevity and an abundant life due to the length of the noodles. This could either be served as a main meal or an accompaniment for other proteins.

Directions

1. Wash and peel all vegetables and chicken.
2. Cut the following ingredients;
 - cut chicken into 1-inch cubes,
 - mince garlic cloves,
 - finely dice onion,
 - cut carrots into thin strips,
 - squeeze lime juice from the fruit,
 - cut cabbage into thin ribbons.
3. Heat the wok to medium-high temperature.
4. Add chicken stock. Wait until it boils and add egg noodles. Cook until it's al dente or until chicken stock is reduced by half. Remove noodles from the wok and add to a bowl.
5. Add vegetable oil to the pan and add chicken. Fry into golden brown. Take out chicken and set aside for later.
6. Add onions and garlic, and fry until aromatic or golden brown.
7. Add cabbage, and carrots and cook until cabbage leaves become slightly see-through.
8. Mix soy sauce, lime juice, salt and pepper into the vegetables until desired taste.
9. Put back the chicken and noodles into the wok. Mix thoroughly so that the vegetables are evenly incorporated.
10. Plate up and enjoy!

Pork Adobo

COUNTRY/REGION: PHILIPPINES, SOUTHEAST ASIA

Ingredients

1 kg pork belly
255 g soy sauce
240 g vinegar
30 g (5 cloves) cloves garlic,
minced
160 g (one) onion, sliced
2 g (1 tsp) whole black
peppercorns
13 g (1 tbsp) cooking oil
400 g steamed rice

Directions

1. Cut the pork belly into small cubes.
2. Cut the garlic cloves into small pieces
3. Slice the onions
4. In a big bowl, add the pork cubes, soy sauce, vinegar, garlic, onions, and black peppercorns
5. Mix it well
6. Marinate the pork in the refrigerator for one hour
7. Heat the cooking oil in a large pot on medium heat
8. Add the marinated pork and the marinade to the pot and lower the heat and let it simmer,
9. Cover it for 1-2 hours until the pork is tender and cooked
10. Add salt or soy sauce if needed
11. Serve with rice

Importance

Pork Adobo is my favorite dish from my home country the Philippines. My dad cooks it very often, but the ones cooked in the Philippines are much tastier.

Mom's Specialty Chicken

COUNTRY/REGION: PHILIPPINES, SOUTHEAST ASIA

Ingredients

6oz Boneless Skinless Chicken
Thighs (170 grams)
25 grams Vinegar White
25 grams Soy sauce
2 clove Garlic (6g)
1 Jalapeno peppers (14g)
1 tsp Peppercorn (2.1g)
 $\frac{1}{3}$ cup Water (79g)
1 Whole Bay Leaves (0.5g)
80 grams Brown Rice

Directions

1. Marinate chicken in vinegar, soy sauce, garlic, jalapeno and pepper got at least an hour (preferably overnight for best tasting)
2. When ready to cook add chicken, $\frac{1}{2}$ cup water, bay leaves and marinade into a deep non-stick skillet and cook on medium-low heat
3. Cover and cook until meat is tender, about 35 minutes. Remove the cover and cook for an additional 15 minutes, until the sauce reduces.
4. Discard bay leaves and serve over rice.
5. Enjoy juicy tender chicken with a hot bowl of rice.

Importance

This was a dish that is often made at home, for easy preparation of my mom and easier for me to make as well. A traditional Filipino dish that is savory, giving that tangy, little sweet and salty taste. A meal that always tastes great, no matter what

My Father's Vietnamese Sour Soup

COUNTRY/REGION: VIETNAM, SOUTHEAST ASIA

Ingredients

3 tomatoes
2 litres of water
Tamarind Soup Base
10 shrimps
1 squid cut into pieces.
Instant sour shrimp paste
Chicken Broth
Sugar
Salt

Directions

1. Cut each tomato into 8 pieces each
2. Cut squid into bite sized pieces
3. Add 2 litres of water to the pot
4. Turn stove on high
5. Add 4 cups of chicken broth to the pot
6. Add a pinch of sugar and salt to the pot
7. Add a tablespoon of shrimp paste to the pot
8. Add a tablespoon of Tamarind soup base to the pot
9. Add the chopped tomatoes to the pot
10. Wait for the pot to boil
11. When it boils add shrimp and squid pieces
12. Turn off stove
13. Then wait for one minute and done

Importance

I chose this recipe because I had this for lunch. It was not that sour then what I was expecting but it tasted alright. 7/10

Sườn kho trứng (Vietnamese Caramelized Pork Ribs with Boiled Eggs)

COUNTRY/REGION: VIETNAM, SOUTHEAST ASIA

Ingredients

3 lbs of bone-in pork back ribs, already cut into 2 inches strips
1 dozen raw eggs
400 grams of white rice
3 shallots, diced
3 garlic bulb, peeled and diced
1 whole white onion, peeled
3 tbsp of black pepper
4 tbsp of fish sauce
1.5 liter of canned coconut water
Salt to taste
Sugar to taste
1 cup of vegetable oil
A few cilantro branches for garnishing
500 grams of cucumber, cut into round pieces

Importance

I chose this recipe because my mom used to cook me this dish when I was a kid. It is easy to cook (for me it took me about an hour and a half), has a perfect combination of flavors (saltiness, sweetness, fatty, very mildly spicy from the pepper). It is also relatively affordable as you can feed a family of 4 for around 40 dollars or less. Finally, it is nutritious and healthy as you get fat, carbohydrate, protein and fiber in 1 meal.

Directions

1. Turn stove on high heat, get water to boiling level and boil all eggs for 7-9 minutes. Once done, dip the eggs in an ice bath, this will make it easier for peeling the shell.
2. Rinse the rice with water for 3-4 minutes, drain the rice and add to rice cooker, then add 600 ml of water into rice cooker, press cook and let the rice cooker cook the rice.
3. Cut the pork ribs into small cubes by slicing in between the bones in the strips.
4. After cutting, wash the pork ribs in a bowl of water + a pinch of salt 2 times, then rinse off the ribs. This will remove any blood, debris on the ribs.
5. Turn the stove on high heat, get a pot that can fit all ribs, put water in it and bring the water to boiling temperature. Then boil the ribs for 4-5 mins. Add a pinch of salt and add the white onion while boiling the ribs. This will remove the any bad smell from the ribs and add a bit of sweet taste to them. Once finished, drain the ribs and put them aside.
6. In the same pot, bring the stove to medium high heat, add oil, diced shallots and garlic and stir fry till golden brown.
7. Once the shallots and garlic are golden brown, add the ribs and stir fry for 3-4 minutes. Then add in salt, fish sauce, and all the coconut water. Bring stove to high heat and let all the coconut water reduce to a thicker form. Also add the boiled eggs in the pot. This will give the eggs all the flavours of the mixture.
8. While the ribs are being cooked, grab a small pan, bring to medium heat, and add 4 table spoons of sugar, mix until the sugar turn into a golden brown liquid, turn off the heat then add the liquid sugar to the rib pot. This will give the ribs a nice golden brown color.
9. Once the water in the rib pot is reduced, turn down the heat then add more salt + sugar to taste and add all the black pepper. Adding the pepper last will preserve the taste of the pepper.
10. Pour the ribs on a plate, garnish with some more pepper and cilantro branches.
11. Serve with the dish with with rice and cucumber. Cucumber will balance the taste of the ribs.

Khengel: Azerbaijani Pasta

COUNTRY/REGION: AZERBAIJAN, WEST ASIA

Ingredients

Pasta:

- 2 cups of all purpose flour
- ½ tsp of salt
- 1 large egg
- ⅔ cup of water

Garlic Yogurt:

- 12 ounces of plain yogurt
- 4 peeled garlic cloves
- Pinch of salt to taste

Toppings:

- 4 tbsp of butter
- 1 medium onion
- 1 lb of ground beef
- Salt and pepper to taste

Importance

I chose this recipe because it is my childhood comfort food. My mom would make these during cold winter nights and I remember eating it and feeling so incredibly full and satisfied. It's a very hearty dish that is made with love and so much flavor.

Directions

Prepare garlic yogurt:

1. Place the yogurt in a medium bowl.
2. Use a mortar and pestle to crush the garlic cloves. Mix in the salt with the garlic cloves to create the garlic paste
3. Mix the paste into the yogurt, then cover and refrigerate until needed.

Prepare toppings:

1. Using a cutting board and knife, peel the onion to thinly slice it and separate the onion layers once sliced.
2. In a pan, melt the butter over medium-low heat. Add the onion slices and cook, stirring often, until caramelized, for about 30 minutes.
3. Transfer the caramelized onions to a plate and set aside, leaving the butter in the pan.
4. Increase heat to medium and crumble the ground meat into the pan. Cook the meat, breaking it apart into small pieces, until browned and starting to crisp around the edges.
5. Season with salt and pepper, and keep over low heat as pasta cooks.

Prepare pasta:

1. In a large bowl, combine flour, salt, and egg. Mix in the water slowly until the dough comes together.
2. On a lightly floured surface, knead the dough until smooth. Add flour to the dough if it is too sticky to be able to handle the dough. If the dough is too dry, add some water to get it to the desired consistency.
3. Roll the dough into a thin sheet about 1/8 inch thick in the shape of a circle.
4. Using a knife, cut the circle into vertical strips of about 2 inches wide. Then cut horizontal strips of about 2 inches wide to produce squares.
5. Separate the pieces and arrange in a single layer on a parchment lined baking sheet.
6. Bring a large pot of salted water to a boil. Cook the pasta for 4-5 minutes until the pasta rises to the surface.
7. Drain the pasta in a colander over the sink and place the drained pasta on a serving platter or divide among bowls.

Assemble dish:

1. Take the plate of pasta and spread the garlic yogurt over the pasta.
2. Spread the meat over the yogurt and then the caramelized onions over the top.
3. Finally, add some melted butter over the entire dish and serve immediately.



Shah Plov

COUNTRY/REGION: GANJA, AZERBAIJAN, WEST ASIA

Ingredients

2-2.5 cups of rice
500 g of chicken meat
150-200 g of dried yellow
plums
150-200 g of chestnuts
150-200 g of raisins
3 medium sized onions
250-300 g butter
Salt and Turmeric

To brew saffron:

1 pinch of saffron
Half a glass of hot water

For dough:

2 full tablespoons of butter
Half a glass of warm water
Salt
Flour as needed

Directions

1. Add water until it covers the meat and boil it until it becomes soft.
2. Cut off the head and back parts of the chestnuts and let them soak in water.
3. Then boil them for 5 min and clean the shells.
4. Chop the onions and put them in a pan, sprinkle a little salt on them and mix them.
5. Add 100 gr of butter and caramelize it over low heat, stirring occasionally.
6. Add 1 teaspoon of turmeric to the caramelized onions, mix and put it on a different plate.
7. Put the raisins, chopped apricots, dried plums and chestnuts in the same pot.
8. Put the dried fruits flavoured with butter on a plate, and put the boiled meat in the same pot, add 1 tablespoon of butter, 1 teaspoon of turmeric and 2 tablespoons of boiling water. Turn it for a few minutes and turn off the stove.
9. For the dough. Put the butter and water in the kneading bowl and add a little salt and flour little by little to obtain a soft dough.
10. Divide the dough into 5 pieces, flour the pieces and roll them out not too thin.
11. Boil water in a large pot, add salt and boil the rice soaked in water until it slightly stirs.
12. So let's not cook it completely. Strain the rice, add 1 tablespoon of butter and mix.
13. Heat a pot that we can put in the oven, grease it with margarine and arrange the phyllo dough nicely. Put half the rice in the pot.
14. Let's drizzle a few tablespoons of the saffron brew over it.
15. Put the dried fruits, caramelized onion and onion we prepared before into the pot and cover it with the rest of the rice and drizzle the saffron brew over it.
16. And let's fold the dough inwards to cover it completely. (I put 1 in 4 phyllo sheets and 1 on top).
17. Let's oil the top layer of dough and cover the pot with a lid that you can put in the oven. Let's bake it in the oven at
18. 200 degrees for 30 minutes and remove the lid. Let it cook uncovered for about 30 minutes.
19. Time varies from oven to oven, so let's be controlled.
20. And let's serve our cooked Shah Plov rice by turning it upside down on a tray.



Importance

I chose this recipe because of how tasty and beneficial it is for us. There are many variations of this dish but I specifically chose this one because it is the healthiest option and in my opinion the best for everyone to try. I chose a dish from my country because I want to share some part of my culture with whoever I can to show how amazing it is.



Recipes *from*

EUROPE



Lahmajoun (Assyrian/Armenian Pizza)

COUNTRY/REGION: ARMENIA, EAST EUROPE

Ingredients

1 lb ground beef
2 Garlic cloves
1 Green pepper
1 Can of diced tomatoes
1 Can of tomato paste
Sliced lemons
Flour tortillas
1 Onion
Salt and pepper
½ tsp cumin
½ tsp Paprika
½ tsp cayenne pepper
¼ Chopped Parsley

Directions

1. Finely dice: The garlic cloves, Green pepper, Onion
2. Placing the diced veggies aside, begin to make the meat mixture. In a bowl, add: ground beef, Can of diced tomatoes, Can of tomato paste, Cumin, Paprika, Cayenne pepper, Salt and pepper
3. Combine the diced vegetables and meat mixture in a bowl and mix well. You can use your hands to combine all the ingredients.
4. Once all of the ingredients have been combined, place the mixture in a processor and begin to process it. The texture of the mixture should be minced and pasty.
5. Begin to heat your oven to 350 degrees F.
6. While the oven heats up, evenly spread the meat mixture onto the flour tortillas.
7. Once the oven is heated up, place the tortillas onto a baking tray and leave in the oven for about 10-15 min until the edges are browned.
8. Once the lahmajoun is cooked and ready, serve with lemon slices to squeeze over the lahmajoon and garnish with parsley

Importance

I chose this recipe because it is one of my favourite traditional dishes from growing up. In comparison to other traditional dishes, lahmajoon is relatively quick and simple to prepare, which is why it is my go-to dish when I need something quick and easy.

My Grandmother's Delicious Polish Perogies

COUNTRY/REGION: KRAKOW, POLAND, EAST EUROPE

Ingredients

8 large baking potatoes,
peeled and diced in cubes
2 - 4 raw eggs
2 tsp of sea salt flaked
4 ½ Cups of all purpose
flour
2 cups sour cream
1 cup of melted mixed half
cheddar / mozzarella
2 egg yolks
¼ melted butter - grass
fed

Directions

Step 1 - Create the dough for the filling. MIX IN BOWL Take the 4 ½ cups of all purpose flour, and mix it with the 2 cups of sour cream. Put the 2-4 raw eggs as well as 2 egg yolks. Mix the melted butter with the vegetable oil then add to the bowl.
Step 2 - Boil the potatoes on low for about 20-25 minutes.
Step 3 - Take out the potatoes dice then bring to a mashed consistency, bring the cheese and mix and mash with the potatoes to make a paste.
Step 4 - After letting the dough rest, take a cut out into squares. Try to make everything even. As a kid my grandmother would make small ones separate for me and my brother so it was more fun to eat for us!
Step 5 - Take small spoonfuls from the filling bowl and put into the small squares of dough. Once completed take each piece of dough and filling and fold in half. Grab you pierogi tool and roll over to create a crinkle edge.
Step 6 - Put each of the Pierogies in a boiling pot of water with a pinch of salt.
Step 7 - Plate with a side of sour cream and ketchup but grandma never liked ketchup!

Importance

I chose this recipe because my family immigrated to Canada and wanted to always keep our dishes to feel like home. My grandma's perogies always tasted like home and made everyone happy, also they taste amazing and are quite clean and light on the stomach.

Chicken Soup Cold Cure

COUNTRY/REGION: RUSSIA/UKRAINE, EAST EUROPE

Ingredients

3 chicken legs, bone in
3 Tbs sunflower oil
1 large onion, cubed
4 large carrots, peeled
and sliced thickly
2 large potatoes,
peeled and cubed
2 Tbs salt
4 Tbs fresh dill,
chopped
Pepper to taste

Importance

My great-grandma survived 2 World Wars and the Russian Revolution. I was named after her. This soup was a life-saver when processed foods and medical care was scarce. She brought many 'from scratch' recipes to Canada, and my mother still makes this soup when anyone in the family is ill. It is so filling, that it is often served as the main course of a meal. I chose this recipe because of nostalgia, but also because it is so very flexible, simple and forgiving. It will taste good even if your measurements or timing is different. Any part of the chicken can be used, and many of the vegetable ingredients can be substituted with whatever is in the fridge. And I like that it can be sipped from a cup in bed.

Directions

1. Bring 2 litres of water to a low boil in a large pot. Once it boils, reduce to medium heat and add the chicken legs and salt.
2. While the pot of broth is boiling, heat the canola oil in a skillet on medium heat. Add the onion and carrot and cook for 5 minutes stirring occasionally. Onions should be soft but not brown.
3. Transfer the onions, carrots and oil into the pot with chicken. Add the diced potatoes. Reduce heat to low and simmer for about an hour. Cover the pot with a lid but leave a crack for steam to escape.
4. After an hour, use tongs to remove the chicken from the pot and let it sit until it is cool enough to handle. Remove the skin and pull the meat from the bones. Shred the meat and drop it back in the pot. Feed the skin to the dog but put the bones in the compost.
5. Take the soup off the stove and stir in the fresh dill. Add pepper to taste. If the soup has become too dense, then add some boiled water to desired thickness.

Notes

Rice, noodles or green cabbage can be used instead of potatoes. If using cabbage, chop $\frac{1}{2}$ head into small squares and add to the pot with carrots. If using rice or noodles, boil about half a cup of rice or egg noodles in 2 cups of water in a separate pot, (10 minutes for pasta or 20 minutes for parboiled rice) then drain and add to soup with the shredded chicken.

Optional: after 5 minutes at a low boil, a white foam will appear on top of the water. If you skim it off, the soup broth will look clear. If you don't skim it, the soup will look cloudy.

There is no difference to the taste.

The sauteing brings out the onion and carrot flavours, but the soup tastes great even if the chopped vegetables are just dropped in without frying.

Crepes for Maslenitsa

COUNTRY/REGION: RUSSIA, EAST EUROPE

Ingredients

Flour - 1 glass
Milk - 0.5 l
Chicken eggs - 2 pcs.
Vegetable oil - 2 tbsp.
Soda - 1 tsp.
Vinegar - 1 tsp.
Sugar - 2 tsp.
Salt - 1 pinch

Directions

- The milk should be taken out of the refrigerator in advance or heated a little, up to 40 degrees, so that it is warm. Pour the milk into a bowl, mix in the eggs.
- Add salt and sugar. You can add more sugar than indicated if you want sweet crepes.
- Pour the baking soda into a small bowl and quench it with vinegar.
- Add slaked soda to the pancake batter. Mix the dough well.
- Gradually add flour, stirring the dough so that it turns out a little thinner than sour cream.
- Pour vegetable oil into the dough.
- Once again, knead the dough well and leave it on the table for 20 minutes, covering the top of the bowl with a towel.
- Heat the crepes pan over the fire. Add a small amount of vegetable oil. Then pour a little dough into the middle of the frying pan and, using circular movements of the frying pan in a horizontal plane, distribute the dough along the bottom. Bake the pancake on one side. Then turn the pancake over and cook for another 1-1.5 minutes.
- We carry out the procedure of baking pancakes until all the dough is gone.

Importance

I chose this recipe because it is the main dish that people in my country would eat for a week during the celebration of a spring coming - Maslenitsa. This dish reminds me of the time when our family would gather to cook crepes and celebrate Maslenitsa together.

Serbian Homemade Stuffed Cabbage Leaves (Sarma)

COUNTRY/REGION: SERBIA, EAST EUROPE

Ingredients

800 grams of pork ground meat
4 large onions
200 grams of white rice
1 small carrot
Sour/Fermented cabbage leaves
(sauerkraut) around 25 cabbage
leaves
3 garlic cloves
3 bay leaves
500 grams of smoked pork ribs
1 tbsp of animal fat
Seasoning from dried ground
vegetables (vegeta) to taste
1 tsp of ground red paprika
Salt and pepper to taste

Directions

1. Peel the onion and garlic, chop finely.
2. Fry the onion for 5 minutes.
3. Add ground meat (pork ground meat), fry for another 10 minutes.
 - At the same time add finely chopped garlic.
4. Add washed white rice.
5. Fry (onion, garlic, pork ground meat, & white rice) altogether for another minute.
6. Add salt, pepper, dried ground vegetables (vegeta) to taste and 1 tsp of ground red paprika.
7. Wash sauerkraut quickly.
8. On each leaf of sauerkraut, add 1 tbsp of the filling (onion, garlic, pork ground meat, & white rice).
9. Twist the stuffed cabbage leaves (Sarme) and arrange it in a slow cooker.
10. Chop the smoked ribs and put them between the stuffed cabbage leaves (Sarme).
11. Add a little more ground red paprika, then add 400 milliliters of water.
12. Add 1 tbsp of animal fat and three bay leaves.
13. Close the slow cooker and cook for 4 hours on high.
 - Or cook in Oven: Arrange the stuffed cabbage leaves (Sarme) in a pan and cook for 3 hours on low-medium heat.

Importance

I chose this recipe because it holds a special significance to my family heritage and Serbian culture. This dish is passed down through generations and has been prepared in my family for a very long time. The dish is important in my culture as it strengthens relationships among loved ones by ultimately bringing family and friends together at the dinner table.

Shrimp Alfredo Pasta

COUNTRY/REGION: EUROPE

Ingredients

900g penne pasta
1 lb peeled and seasoned
shrimp
5 Tbsp of butter
1 small onion
1 peeled garlic clove
2 cups of heavy whipping
cream
1/3 cup of parmesan cheese
1 Tsp Salt, pepper, and
paprika to taste
1 Tsp Parsley to garnish

Directions

1. Boil the penne pasta for 10-12 minutes. Drain and set aside
2. Cut the garlic and onion into small pieces
3. Heat a pan with 2 Tbsp of butter and sauté the shrimp, onion, and garlic for 2-3 minutes per side, then remove from pan
4. In the same pan put the remaining 3 Tbsp of butter in the pan and when melted add the 2 cups of heavy whipping cream
5. When it comes to a boil add the parmesan cheese and stir for 2-3 minutes
6. Then add the shrimp and pasta back to the sauce
7. Finally season and garnish to taste with salt, pepper, paprika, and parsley

Importance

I chose this recipe because it's a quick and easy meal that is tasty and suitable for large families. The meal consists of simple ingredients that most people have in their pantry and fridge.

Spaghetti with Meat Sauce

COUNTRY/REGION: EUROPE

Ingredients

- 1 lb ground beef
- 1 yellow onion
- 4 stalks of celery
- 4 garlic gloves
- 1 can of diced tomatoes
- 1 can of tomato sauce
- 1 can of beef broth
- 2 tbsp of sugar
- 2 bay leaves
- ¼ cup parsley
- 1 tsp basil
- 1 tsp salt
- 1 tsp oregano
- 1 tsp black pepper
- 1 pound spaghetti
- Grated parmesan cheese

Directions

1. In a large pot over medium-heat, cook the ground beef until it turns brown, stir occasionally for 5-7 minutes.
2. Chop the following vegetables and add into pot, cook until they soften for about 5 minutes
 - a. Onion
 - b. Celery
 - c. garlic
3. Add the diced tomatoes, tomato sauce, beef broth, sugar, bay leaves, and the following spices. Stir and bring to a boil, then cover with lid and let simmer on low heat
 - a. Basil
 - b. Oregano
 - c. Salt
 - d. Black pepper
4. In a separate pot, generously salt the water and boil on medium heat
5. Then add spaghetti and cook until soften, once cooked mix with spaghetti sauce. Serve with grated parmesan cheese and parsley!

Importance

This has been my comfort food since I was a child that my mom always makes for me. Whenever, I cook spaghetti for myself it's never the same as hers, even though she shared her recipe with me. She always enjoys making it for me because it reminds her of my childhood.

I chose this recipe because it is very simple. I am a Chinese international student and I currently live alone. I grew up eating Chinese food. Chinese food generally has staple food, meat, vegetables and soup cooked separately, which is suitable for many people to eat together. Chinese food is too complicated for one person. But this recipe contains carbohydrates, salt, vitamins and other essential elements for the human body. Can replenish a person's nutrition in a short period of time.

Grilled Chicken and Potatoes Gym Salad

COUNTRY/REGION: GREECE, MEDITERRANEAN

Ingredients

- 3 boneless chicken breasts
 - 2 tbsp olive oil
 - 1 tsp dried oregano
 - Salt and pepper to taste
- 100g feta cheese, crumbled
- 4 cups mixed salad greens (lettuce, spinach, arugula)
- 1 cup of button mushrooms, sliced
- 3 large potatoes, boiled and diced
 - 2 cups of broccoli
 - 2 cucumbers, sliced
 - 2 tomatoes, diced
 - 1 red onion, sliced
- 1/2 cup black olives, halved

Importance

I chose this recipe because it is a major part of my everyday routine, serving me as the perfect meal before going to the gym. I believe it provides me with a great amount of protein, carbohydrates, and nutrients to power my workout. Also its simplicity allows me to quickly whip up this delicious salad.

Directions

1. First start by preheat the grill:
 - a. Preheat your grill to a medium to high heat.
2. Next you must prepare the chicken breast before cooking:
 - a. Now you must lightly wash the boneless chicken breasts and pat them dry with paper towels.
 - b. Next, in a small bowl, mix together the olive oil, dried oregano, and light salt and pepper.
 - c. Then, brush the mixture of seasoning evenly over both sides of the chicken breasts.
3. Grill the chicken:
 - a. Now, put the chicken breasts onto the grill and let them cook for about 8 minutes on both sides.
 - b. The chicken should be cooked when it reaches an internal temperature around 75°C. Which can be easily checked by the use of a food thermometer.
4. Allow the chicken to rest:
 - a. Once the chicken is fully cooked, cover the chicken with aluminum foil and let it rest for approximately 5-10 minutes.
5. While the chicken rests, boil the potatoes:
 - a. Chop the potatoes into large pieces and place them in a pot with boiling water.
 - b. The potatoes should be boiled till they are soft and edible. You can use a fork test to determine this by; poking a fork into a potato, if it is able to stay on the fork, the potatoes are cooked.
6. Prepare the salad components:
 - a. Now, place The mixed salad greens (lettuce, spinach, arugula) into a large bowl.
 - b. Next, thinly slice the cucumbers, thinly slice button mushrooms, thinly slice the red onion, cut the olives in halves and dice the tomatoes.
 - c. Crumble the feta cheese into small pieces.
 - d. Lightly steam broccoli
 - Simply place the 2 cups of broccoli into a skillet with enough water to just cover the bottom and let it rest for about 4-6 minutes on medium heat.
7. Assemble the salad:
 - a. Once all the salad components are ready, distribute them evenly over the bed of mixed greens (lettuce, spinach, arugula).
8. Add the chicken:
 - a. After the grilled chicken has rested for about 5-10 minutes, slice it thinly into rectangles of your preferred size and place it on top of the salad.
9. Enjoy:
 - a. Finally, enjoy your delicious meal!

Makaronia Me Kima

COUNTRY/REGION: GREECE, MEDITERRANEAN

Ingredients

Olive oil (1/4 cup)
Carrots (1/2 cup chopped)
Celery (1/4 cup chopped)
Onion (1/2 cup chopped)
Ground beef (3 cups)
Tomato paste (2 tbsp)
Canned crushed tomatoes (3 cups)
Salt (2 tbsp)
Pepper (1 tbsp)
Garlic powder (1 tbsp)
Onion powder (1 tbsp)
Paprika (1 tbsp)
Oregano (1 tbsp)
Bay leaves (2 whole)
Cloves (2 whole)
Pasta of choice (3 cups) -
Water (6 cups)

MATERIALS NEEDED

Large saucepan
Pot
Stirring spoon

Directions

PREPARATION

Chop up 1/2 a cup worth of carrots, 1/2 a cup worth of onions, and 1/4 of a cup worth of celery.

STEPS

1. Heat up the olive oil in a large saucepan
2. Once hot, add the carrots, celery, and onion to the oil and put the heat on medium-low
3. Sauté the vegetables until translucent
4. Add the tomato paste and mix in with the vegetables
5. Add the ground beef and cook on medium-high until brown
6. Add the crushed tomatoes and stir well
7. Add salt, pepper, garlic and onion powder, paprika, oregano, bay leaves, and cloves and stir well
8. Bring heat down to low and continue to reduce the sauce
9. In a separate pot, pour six cups of water and bring to a boil
10. Add pasta to boiling water and cook for 6 minutes or until halfway tender
11. Pour 1 cup of the pasta water into the saucepan before straining the pasta
12. Add pasta to the saucepan and finish cooking in the meat sauce for another 6 minutes or until pasta is fully tender
13. Continue to add spices to taste until desired flavour is reached
14. Serve and enjoy!

Importance

As the grandchild of four Greek immigrants, I grew up eating lots of traditional foods. This pasta with meat sauce recipe was one of my favourites growing up, and I still love it today. It is simple yet nourishing, containing a great balance of vegetables, protein, and carbs! It is extremely easy to make and does not require lots of preparation, making it an ideal dish for a last minute family dinner. The sauce for this meal is made all in one saucepan, making cleanup super easy if you have other things on the go.

Mediterranean Chicken Bowl

COUNTRY/REGION: GREECE, MEDITERRANEAN

Ingredients

Chicken Marination

- 8 Chicken breasts - cut into cubes
- ¼ cup olive oil
- ⅓ cup sour cream
- ½ of a large lemon or 1 whole small lemon
- 1 tbsp garlic paste or 3 cloves of garlic, minced
- 1 tsp oregano or to taste
- 1 tsp red chili powder or to taste
- Salt and pepper to taste

Quinoa or Brown Rice Base

- 1 cup Quinoa or Brown rice
- 2 cups water
- 1 and ½ tsp salt

Directions

Chicken Marination

- In a large bowl add the cubed chicken breasts, followed by the sour cream and olive oil. Make sure it is evenly coated throughout the chicken to make sure the marinade sticks. Then add the garlic, lemon juice, oregano, red chili powder, salt and pepper. Thoroughly mix to make sure all the chicken is coated. Let the chicken rest in the marinade for at least 1-2 hours. But the longer the chicken sits the more flavour it will absorb. If marinating for more than 1 hour, place the chicken in the fridge. Not the freezer:)

Preparing the base

- Whether you pick quinoa or brown rice as your base, the cooking procedure is very similar, brown rice just takes a little longer to cook.
- In a saucepan, add your water and salt and bring it to a boil. Then add your quinoa or brown rice into the saucepan, cover with the lid and just let it simmer. Keep in mind depending on what you pick, quinoa takes about 20 minutes to cook and brown rice takes almost double the time(not exactly because each stove is different but just a roundabout estimate on how long it takes to cook.)
- Once your base is cooked and all the water has evaporated, spilt the base into your bowls or plates and get ready to prepare the chicken.

*Recipe continues to next page

Chicken Bowl (cont.)

Ingredients

Toppings:

- 1 large cucumber diced
- 2 medium tomatoes diced
- ¼ cup black olives
- ⅓ cup feta cheese
- ¼ cup hummus
- 2 tbsp olive oil
- 1 tbsp white vinegar
- 1 tsp Dijon mustard
- ½ tsp lemon juice
- ½ tsp chili flakes
- Salt and pepper to taste
- Parsley and spring onions finely chopped to garnish (optional)

Directions

Cooking the chicken

- Warm up a skillet on the stove and add a drizzle of olive oil. Once the oil is warm add the chicken to the skillet and cook for about 8-10 minutes on a medium flame. Remember to stir the chicken every once in a while until the chicken is browned and cooked. If you're not sure if the chicken is cooked through, try to poke a fork and a piece and check for any pink. Once done Place the chicken in the bowls on top of you chosen base.

Personally I like to cook the base and then the chicken so it can cool down a little and the chicken is still hot by the time I eat.

Finishing up

- In a small bowl mix together the olive oil, white vinegar, dijon mustard, chilli flakes, salt and pepper. Taste it to make sure you're happy with the salt and pepper. Add more if needed, if it's too much add a little drizzle of olive oil to balance it out.
- Finally in your bowl with the chicken and quinoa/brown rice add the cucumbers, tomatoes, olives and feta cheese. Add your freshly made depression and a spoon of hummus. Add the garnishing if you please and enjoy your homemade meal. Don't forget to take some aesthetic pictures and share them to make your family and friends jealous:)

Feel free to make any changes to the recipe, add your own little twist and spice to it, make it your own. And of course don't forget to enjoy!

Importance

I chose this recipe because in our home it has been a dinner staple for years. We love Greek food and this meal is heavily inspired by the cuisine. It's super easy to throw together and it is healthy, giving us the nutrients we need. This meal is also super easy to customize to everyone's liking. You could easily add or take away ingredients to make everyone happy. Ever since I moved away from home this recipe has been my comfort meal. I make it every time I miss my family. I make it to feel the comfort of home. It's a recipe that my mom taught me to make and it makes me feel like I'm still close to my family. I really hope you try this recipe and enjoy it.

Moussaka

COUNTRY/REGION: GREECE, MEDITERRANEAN

Ingredients

2 large eggplants, sliced into
1/4 inch rounds
1 lb ground lamb or beef
1 large onion, finely chopped
2 cloves garlic, minced
1 can crushed tomatoes
1/2 cup red wine
1 tsp dried oregano
Salt and pepper to taste
1/4 cup olive oil
2 tbsp butter
1/4 cup all-purpose flour
2 cups milk
Pinch of nutmeg
1/2 cup grated Parmesan
cheese
1/2 cup breadcrumbs

Importance

I chose Moussaka because it's a classic Greek dish that encompasses all three macronutrients - eggplant provides carbohydrates, ground meat provides protein, and the béchamel sauce made with milk and flour provides fat. It's a delicious and satisfying meal that represents the richness of Greek cuisine. My mother and I often bake and serve it at every party/event!

Directions

You'll want to start by heating your oven to 375°F. Lay out the eggplant slices on a baking sheet, then add a thin layer of olive oil and sprinkle on some salt and pepper. Roast the eggplant for 20-30 mins until soft. Next in a skillet make sure it is on medium heat, you're going to warm up 2 tablespoons of olive oil and let that heat up. After 2 mins, add in your chopped onion, and garlic. Cook for a few more mins. Next, you're going to add the ground meat and make sure to cook it until it's browned. After the meat is FULLY cooked you're going to stir in your crushed tomatoes, red wine, dried oregano, salt, and pepper. Let everything sit on medium/low heat for about 15 minutes until the sauce thickens a bit. In a separate saucepan, you're going to add butter and let that melt a bit, then at the same time whisk in some flour to make a smooth mixture called a roux. Cook it for 10 minutes, stirring constantly as you begin to slowly pour in the milk at this time. Make sure to keep whisking at the same time until the sauce it's nice and thick. Add salt, pepper, and a pinch of nutmeg for taste. Now it's time to put everything together almost like a lasagna! Spread half of the meat sauce on the bottom of a baking dish of your choice, then layer half of the roasted eggplant slices on top of the sauce. Pour half of the béchamel sauce over the eggplant and sprinkle on half of the Parmesan cheese. Repeat these layers one more time or a 3rd if you wish. Finish off by adding bread crumbs over the top (optional). Finally, bake the dish for 45-50 minutes until the top is golden brown and bubbling. Once it's done, let it cool for a bit before slicing and serving. Enjoy your Moussaka!

High Protein Pancake

COUNTRY/REGION: GREECE, MEDITERRANEAN

Ingredients

1 banana
75 g oats
3 large eggs
2 tbsp milk
1 tbsp baking powder
pinch of cinnamon
2 tbsp protein powder
coconut oil, or a flavourless oil, for frying
nut butter
maple syrup and berries or sliced banana to serve

Directions

Step 1: For 1-2 minutes blend the protein powder, banana, eggs, oats, cinnamon, milk, and baking powder until it is smooth

Step 2: Make sure the oats are in bits and if not blend it until it is broken.

Step 3: In a pan pour oil and heat it

Step 4: Between each spread make sure to leave small space after Pour 2-3 disk shaped batter

Step 5: Cook the batter for 2 minutes until the bottom is golden and bubbles start to form on the surface

Step 6: Flip the batter and cook for another minute up till it's cooked through

Step 7: Transfer to a warm oven and with the extra batter repeat

Step 8: Finally serve in stacks with any toppings (nut butter, maple syrup, fruit, etc.)

Importance

I chose this recipe because I have a craving for sugar and pancakes are my go to breakfast meal everyday. This recipe is beneficial to me because a person going to the gym every morning needs to have a healthy and full breakfast. What matters to me is to reach my protein goal as this recipe will help boost my energy and protein intake every morning. I definitely recommend it to someone who has a sweet tooth or goes to the gym daily.

Yaya's Pastichio

COUNTRY/REGION: GREECE, MEDITERRANEAN

Ingredients

For the meat filling:

- 1.5 pounds ground beef
- 1.5 pounds ground veal or pork
- 1/3 cup olive oil
- 1/3 cup vegetable oil
- 1 medium onion
- 1/2 tbsp salt
- 1/2 tsp pepper
- 1 tsp sugar
- 3 cups tomato juice

For the pasta:

- 16 ounces long macaroni (bucatini)
- 4 eggs
- 1/2 cup butter
- 1 cup grated Romano cheese

For the custard sauce:

- 5 tbsp custard powder
- 4 tbsp flour
- 4 cups whole milk

Importance

I chose this recipe because it reminds me of sitting down with my family and all the yummy food in our Greek culture. My Yaya would make this dish for my mom growing up and she would always give extra scoops even when you say you're full. My mom does the same with me to this day!

Directions

1. Add the beef and veal in a large stockpot and cover with water, mix. Bring to boil. Once the meat browns, strain the meat with a mesh strainer to remove the excess water. Rinse the pot.
2. Pour the olive and vegetable oils in the same pot, chop the onion into 1/2-inch cubes, and sauté. Add the meat, and once again pour water in (from a boiling kettle) to cover the meat. Toss in the salt, pepper, and sugar, and mix. Bring to a rapid boil. Then, lower the heat to medium-high to maintain a constant boil, partially covering the pot. Cook for 30 minutes, stirring occasionally. Add the tomato juice, and stir again. Lower the heat one notch and simmer 45 minutes, or until the water has essentially evaporated from the meat. Stir occasionally, so the meat doesn't stick to the pot.
3. In another large stockpot, bring water to a rapid boil. Add a few dashes of salt. Cook the long macaroni for 10 minutes (or al dente), stirring occasionally. Drain the pasta, and pop it back into the same pot. Add the eggs, butter, and grate Romano cheese into the pot and mix by hand.
4. Spread a 1/2-inch layer of meat sauce into 10 x 15-inch Pyrex baking dish. Add 1-inch layer of macaroni on top, then 1 inch of meat sauce. Sprinkle additional grated Romano cheese. Finally, add one more layer of macaroni and meat sauce, sprinkling on some more grated cheese.
5. Preheat the oven to 350°F (175°C)
6. Whisk the custard powder, flour, and milk in a saucepan on low heat until the cream thickens. Then, liberally spread the custard cream evenly over the meat and macaroni. Sprinkle grated Romano cheese on top. Place in the oven and bake for 40 minutes, or until the custard cream sauce turns lightly golden brown.
7. Let set for 1 hour before serving; otherwise the pastichio is too "runny" to properly cut.

Caprese Prosciutto Toast

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

2 slices of sourdough bread
6 slices of fresh mozzarella
8 slices of medium tomatoes
4 pieces of prosciutto
6 fresh basil leaves
4 tsp extra virgin olive oil
2 tsp balsamic glaze
Sea salt to taste
Black pepper to taste

Directions

1. Drizzle the bread on both sides with extra virgin olive oil, and add sea salt and black pepper to taste
2. Toast boats sides of the bread on the oven on broil, until lightly golden
3. Place the toasted breads on a plate and arrange on top into alternate layers:
 - a. The sliced tomatoes
 - b. The sliced mozzarella
 - c. The whole fresh basil leaves
4. Season once again with salt and black pepper to your liking
5. Arrange the prosciutto neatly on top and drizzle with balsamic glaze
6. Cut the toasts in half and enjoy!

Importance

I chose this recipe because it is a quick and easy plate to prepare when I either don't feel like cooking or I am on the run and need a fast meal before heading out. I like how it has a fresh and light taste because of its ingredients, but at the same time fills me up because of its components.

My Classic Cheese Pizza

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

300 grams of bread/pizza
flour
200 grams of traditional
pizza sauce
1 tbsp of extra virgin Olive
oil
3 - 5 grams salt
3 - 5 grams of yeast
5 - 7 grams of sugar
5 grams of oregano
seasoning
2 grams of Italian
seasoning
150 grams mozzarella
cheese grated

Directions

1. Prepare Yeast Mixture:
 - a. Measure 50 grams of hot water and dissolve 4 grams of sugar in it.
 - b. Cool the water to a warm temperature, then add 4 grams of yeast.
 - c. Let the mixture rest for 5 minutes. If no reaction occurs (such as bubbling), the yeast is inactive, and you should use a new pack of yeast.
2. Mix Dry Ingredients:
 - a. In a stand mixer, combine 300 grams of flour with 4 grams of salt and 5 grams of oregano.
3. Make the Dough:
 - a. With the mixer running at its lowest speed, gradually add the yeast mixture.
 - b. Once the dry ingredients are moistened, slowly incorporate 160 grams of water (total water is 70% of the dough weight).
 - c. Increase to the second lowest speed and knead for 5-7 minutes until the dough develops enough gluten. Test by stretching a small piece; it should stretch without tearing.
 - d. Drizzle in a tablespoon of extra virgin olive oil and knead at low speed for another 30-60 seconds, until the oil is fully incorporated.
 - e. Let the dough rest at room temperature for 3 hours.
 - f. Shape the dough into a ball and place it in a container large enough to allow for doubling in size.
 - g. In a dark environment 40-48 hours.
4. Make the Sauce:
 - a. Mix 200 grams of pizza sauce with 3 grams of sugar, and 2 grams of Italian seasoning. Optionally, add black pepper or salt to taste.
 - b. Store the sauce in the refrigerator until needed.
5. Preheat the Oven:
 - a. Set the oven to 550°C and allow it to heat for 10-15 minutes.

*Recipe continues on next page

Cheese Pizza (cont.)

Importance

I chose this recipe because I enjoy making pizza and baking. Having experimented with various breads and dough types, I am showing the class how to make a delicious, classic cheese pizza. This is a recipe that you can make with your friends or family and it's sure to be a favourite.

Directions

6. Prepare the Dough:
 - a. Generously flour your counter and place the dough ball on it, turning to coat all sides.
 - b. Flatten the dough into a circle by hand, then transfer to a lightly oiled or floured pizza tray.
 - c. Stretch the dough to form a 12 to 14 -inch pizza.
7. Assemble the Pizza:
 - a. Spread the 200ml sauce evenly over the dough.
 - b. Grate cheese and distribute 150 grams evenly over the sauce. Add more cheese if desired for extra cheesiness.
8. Bake the Pizza:
 - a. Place the pizza on the lowest oven rack.
 - b. After 2 minutes, rotate the pizza 180 degrees on the tray.
 - c. After another 2 minutes, slide the pizza directly onto the oven rack to crisp the bottom.
 - d. Continue baking until the pizza is golden and crispy as per your preference.
9. Serving:
 - a. Remove the pizza from the oven, slice, and garnish as desired.

Cherry Tomato Pasta

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

½ cup of extra-virgin olive oil
6 smashed garlic cloves
4 pints (2 ½ lb.) cherry tomatoes
¾ tsp. red pepper flakes, crushed
2 large sprigs of basil, plus 1 cup of basil leaves (tear if large)
1 ½ tsp. of kosher salt
Pinch of sugar (optional)
12 oz. Campanelle pasta or other tube pasta
1 oz. (1/3 cup) of Parmesan, freshly grated

Directions

1. Heat ½ cup of olive oil on low in a large heavy pot. Add garlic, cook, and stir until softened for about 2 minutes. Put in the cherry tomatoes, red pepper flakes, basil sprigs, and 1 ½ tsp. of salt, and, raise the heat to medium. Cook and stir until tomatoes begin to burst, for about 4 minutes. Smash tomatoes with a wooden spoon and continue to cook until there is a chunky and thickened sauce. Take out the basil sprigs.
2. Cook pasta in a large pot of boiling water with salt in it. Stir occasionally and cook the pasta until it is al dente. Drain the pasta, add it to the pot with the sauce, and cook on medium heat. Stir for about 1-2 minutes, until the pasta is coated in the sauce. Remove the pot from the heat and stir in 1 oz. of grated parmesan.
3. Divide the pasta into different bowls. Put the parmesan and 1 cup of basil leaves at the top. Drizzle with olive oil.

Importance

I chose this recipe because I like pasta.

Chicken Alfredo Pasta

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

- 1 lb chicken breast, cut into bite-sized pieces
- 3 lbs fettuccine or linguine pasta
- 1 small onion, finely chopped
- 3 cloves garlic, finely chopped
- 2 cups heavy cream or half & half
- 1 cup white cheddar cheese, shredded
- 1 cup Parmesan cheese, grated
- 1 tbsp butter
- 3 tbsp cooking oil
- ½ tsp lemon pepper
- ½ tsp chili flakes
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp paprika
- 1 tsp Cajun seasoning

Importance

I chose this recipe because it's my comfort food. Its creamy goodness balances the spices out and is very filling. I can easily eat it when I am feeling sick or hungry. Also, it's easy to make as everything goes into one pot and not many dishes to do after.

I choose Chicken Alfredo Pasta because it offers a timeless, creamy, and savoury dining experience. Its adaptability allows me to customise it effortlessly. I often experiment with different ingredients to create new flavours.

I chose this recipe because ever since my dad made his homemade chicken alfredo it has become one of my favourite dishes to eat. And I couldn't wait to learn how to make it once I grew older.

I chose this recipe because it signifies many childhood memories. For many years, this was a family tradition meal, as we used to make it for dinner every weekend. Although we may not make it as often now, I still occasionally help my mom with this dish and enjoy it with my family.

Directions

1. Begin by cleaning the chicken breast under warm water and lemon. Pat dry and cut it into small, bite-sized pieces. Place the chicken in a bowl.
2. Season the chicken with the measured salt, black pepper, paprika, and Cajun seasoning. Mix well to ensure the seasoning coats all the chicken pieces evenly. Set aside.
3. Finely chop the onion and garlic cloves.
4. In a pot, bring 2 cups of water to a boil. Add 1 tablespoon of salt and the pasta. Cook according to package instructions until done. Drain and set aside.
5. In a frying pan, heat 3 tablespoons of cooking oil over medium heat. Once hot, add the seasoned chicken pieces and cook for 3-5 minutes until browned and cooked through. Remove the chicken from the pan and set aside.
6. In the same pan, add the chopped onion and garlic. Cook for about 1 minute on low heat until softened.
7. Add 1 tablespoon of butter to the pan and stir until melted.
8. Pour in 2 cups of heavy cream and add the white cheddar cheese and Parmesan cheese. Stir continuously over low heat until the cheeses melt and the sauce thickens, about 2 minutes.
9. Season the Alfredo sauce with salt, black pepper, lemon pepper, Cajun seasoning, and chili flakes to taste.
10. Add the cooked pasta and chicken to the Alfredo sauce. Stir well to combine and let it simmer for 1 minute.
11. Turn off the heat and let the pasta sit for another minute to allow the flavours to meld.
12. Serve the Chicken Alfredo Pasta hot, garnished with additional Parmesan cheese if desired.

I chose to share this recipe because it's one of the easiest and fastest qualitative recipes to make for a 4-5 day work week. I do track and field for York University and practice is 5 days a week so being a commuter and having classes as well, I not only have to leave the house earlier but I also can't always have a breakfast nor afford fast food everyday. Thankfully I found this recipe on YouTube at the start of the school year and it's been my saving grace ever since, not too pricey, not too difficult, but tastes great and satisfies my macros for a portion of my day until I can get home and enjoy a homemade meal.

Chicken Penne Alla Vodka (Hold the Vodka)

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

16 oz of penne pasta
12 oz of boneless chicken
breast
¼ cup of olive oil
½ white onion, diced
4 cloves of garlic, minced
2 tsp of chili flakes
1 can (13 oz) tomato paste
1 cup heavy cream
¼ cup of pasta water
½ cup of parmesan cheese
2 tbsp of unsalted butter
Salt and pepper to
season/taste

Directions

1. Prep ingredients
 - a. Dice white onion (½ cup)
 - b. Dice 4 cloves of garlic
2. In a large skillet, add 2 tbsp olive oil over medium-high heat. Add the chicken, season with salt and pepper, and cook until brown on both sides and thoroughly cooked. Transfer to a plate and set aside.
3. In the same skillet, on medium heat, add remaining olive oil, diced white onion, minced garlic, and chili flakes. Cook until softened (3-4 minutes). Add tomato paste until browned.
4. Meanwhile, bring a large pot of salted water to a boil, add pasta and cook according to package. Reserve some pasta water for later (about ¼ cup).
5. Lower heat to medium-low on skillet then slowly incorporate heavy cream and stir until thickened. Add salt and pepper to taste.
6. Add cooked pasta to the saucepan, along with the butter, leftover pasta water, and parmesan cheese.
7. Take the set aside chicken and slice it to your preferred size.
8. Lastly add sliced chicken and toss well, ready to serve with additional parmesan, pepper, and chili flakes to garnish (optional).

Importance

I chose this recipe because it is a comforting meal, my sister and I would cook it all the time during the pandemic. In some ways, it feels nostalgic since it reminds me of a period when time was spent binge-watching movies, going on family walks, and generally spending quality time with one another as time seemed to stand still.

Chicken Pesto Pasta

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

1 lb boneless skinless chicken breasts, cut into 1-inch pieces
1 tsp Italian seasoning
Kosher salt
Black pepper
8 ounces penne pasta, preferably with ridges
2 tbsp extra virgin olive oil
½ cup heavy cream
¼ cup parmesan cheese, plus more for serving if you like
¼ cup sun dried tomatoes, drained if packed in oil
½ cup basil pesto, homemade or quality store-bought, plus more if you like
½ to 1 teaspoon red pepper flakes
Handful of torn basil leaves, for garnish

Directions

1. Season the chicken. Add the chicken to a bowl and season with the Italian seasoning and a big pinch each of kosher salt and black pepper. Toss to coat.
2. Cook the pasta. Bring a medium pot of water to a boil and salt it well with about 1 tablespoon of salt. Drop the pasta in the boiling water and cook until al dente according to package instructions (about 8 to 9 minutes).
3. Cook the chicken. While the pasta is cooking, add the olive oil to a large non-stick skillet and heat over medium-high. Add the chicken and cook, tossing occasionally, until golden brown on the outside and cooked through, about 7 to 8 minutes.
4. Drain the pasta. When the pasta is ready, reserve about 1 cup of the cooking water and drain.
5. Combine. To the pan with the chicken, lower the heat and stir in the cooked pasta, heavy cream, parmesan, and sundried tomatoes. Stir until everything is well combined. If it looks a bit dry, add a splash of the pasta cooking water (a couple tablespoons at a time) until the pasta is glossy and coated in the creamy sauce.
6. Add the pesto. Turn off the heat and take the pan off the burner. Stir in the basil pesto and finish with a sprinkle of grated parmesan, red pepper flakes, and basil leaves. Serve.

My Mom's Chicken Pesto Sandwich

COUNTRY/REGION: GENOA, ITALY, MEDITERRANEAN

Ingredients

1/2 pound (about 1 medium) boneless skinless chicken breasts
4 slices sourdough bread
3 tbs pesto sauce
3 cherry tomatoes
Butter
3 slices of cheese
Italian seasoning
1 tbs of olive oil
Salt and Pepper to taste

Directions

1. Fill a deep pot with water and place the pot on the stove
 - a. Add the chicken into the water
 - b. Let it boil for approx 10 minutes
 - c. Drain the water and add the chicken into a bowl
 - d. Add, Olive oil, Salt and pepper into the chicken bowl
 - e. Shred and mix the seasoning in the bowl
 - f. Keep aside to assemble the sandwich
2. Slice your Sourdough
 - a. Butter the insides of the slice
 - b. Add shredded cheese to the same side
 - c. Spread the pesto sauce to the other side
 - d. Layer the cheese on top of the pesto
 - e. Now add the shredded chicken
 - f. Finish off by adding the sliced cherry tomatoes
 - g. Put both bread slices together

Importance

I chose this recipe because it's always been my go-to lunch when I'm hungry. My mom taught me how to make this simple dish, which I can quickly prepare whenever I need a meal, specifically in the summer.

We make the pesto sauce and grow the cherry tomatoes in our garden every summer. My family loves gardening, which ensures that these ingredients are always readily available during the summer.

Family Favourite Homemade Chicken Pizza

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

For Dough:

2 cups flour

1 tsp salt

4 tbsp vegetable or canola oil

1 tsp dry-active yeast + 2
tbsp warm water

$\frac{2}{3}$ cup cold water

For Pizza:

$\frac{3}{4}$ cup readymade grilled
chicken

$\frac{3}{4}$ cup readymade pizza
sauce

1 cup grated mozzarella
cheese

$\frac{3}{4}$ cup chopped bell peppers

Importance

This recipe is sentimental to me/I chose this recipe because it is the first meal I learned how to cook, and is a family favourite.

In our house, everybody eats different meals, but when it's pizza night, everybody eats and enjoys this homemade pizza!

Directions

1. In a ceramic bowl, dilute yeast in the warm water until it becomes a paste
2. Combine flour, salt, oil, and the yeast mixture in a mixing bowl.
3. Using the hands, mix the ingredients and slowly add cold water until everything is incorporated.
4. On a work surface, dust the work surface with flour and knead the dough for about 15 minutes or until the dough becomes soft to the touch.
5. Place dough in a bowl and then put the bowl in the oven with the light on for 3 hours
6. Use a grater to grate the mozzarella cheese.
7. Use a knife and a chopping board and chop the bell peppers.
8. Roll out the dough with a rolling pin until it is evenly rolled out and to the size that you desire.
9. Spread the pizza sauce on the dough evenly.
10. Add the cheese, grilled chicken, and bell peppers evenly across the pizza.
11. Spray pizza stone or circular cookie pan with cooking spray and place the pizza on the pizza stone circular cookie pan.
12. Bake pizza at 400°F for 15-20 mins.
13. Let the pizza cool for 5 minutes, then cut with a pizza cutter.
14. Ready to serve!

Lasagna

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

2 lb ground beef
1 large onion, diced
1 tsp of ginger and garlic paste
1 can of tomato sauce
½ can of crushed tomatoes
1 cup of water
½ tsp of salt, or to taste
½ tsp of black pepper, or to taste
½ tsp of coriander powder, optional
½ tsp of cumin powder, optional
½ tsp of cayenne pepper, optional
1 pack of lasagna noodles
475 g of ricotta cheese
Fresh parsley to taste and garnish
1 raw egg
320 g of mozzarella cheese
1 tsp oil of choice

Directions

- Dice the onion.
- Add the diced onion to a saucepan with oil on medium heat and sauté until translucent.
- Add ginger and garlic paste into the saucepan and continue cooking.
- Add ground beef to the saucepan. Break up the meat and continue cooking until the meat is brown.
- Add all the seasoning to the ground beef and mix well.
- Add water to the saucepan and let it simmer for 5 minutes.
- Add the tomato sauce and crushed tomatoes to the saucepan and stir well.
- After mixing well, cover the saucepan and let it simmer on medium low heat for 40 minutes.
- Boil water for 10 minutes in a large pot and add salt to cook the lasagna noodles.
- Add the lasagna noodles to the boiling water and cook for 10 minutes.
- Drain the noodles and run it through cold water and put aside.
- To make the ricotta filling, grab a bowl and add the ricotta.
- Stir up the ricotta until it becomes softer and the chunks are gone.
- Add the raw egg to the ricotta and mix well.
- Chop some fresh parsley and add it to the ricotta.
- Add salt for taste to the ricotta.
- Preheat the oven to 180 degrees C.
- Now it's time to assemble the lasagna.
- To the bottom of the baking dish, add a little bit of meat sauce to prevent it from sticking.

*Recipe continues on next page



Lasagna (cont.)

Importance

I chose this recipe because it is one of my dishes my boyfriend loves and he absolutely fell in love with the lasagna the first time I made it for him. He loved it so much that he could have eaten the whole lasagna all by himself. This recipe holds a special place in my heart which is why I chose this dish.

I chose this recipe because my mom makes it all the time for me which she has been doing since I was little. I also love cheese and this recipe has three different cheeses. I love the way my mom adds the ricotta cheese to the ground beef mixture even though traditionally it is layered separately.

I love Lasagna and would probably consider it to be my favourite food. I have always wanted to make it for myself and my family but have always been deterred because it looks difficult to make. This assignment however has presented itself as an opportunity to do so, giving me the motivation I needed.

I have chosen this dish for many reasons, the first reason is this dish has been special to me as it is connected to my Italian Heritage. My Nonni's Immigrated here with nothing but they brought their identity and their culture. When I was growing up as a child they were also very close to my siblings and I. As an Italo Canadian food has never been lacking in both my house and especially my nonna's. Unfortunately my Nonna passed away and this dish has so much significance to me and will always have a deep memory in my heart. This dish is more than food but a legacy

Directions

- Start layering by putting lasagna noodles down length wise (my baking dish used 3 lasagna noodles per layer).
- Add ½ cup of meat sauce on noodles.
- Add 2 tbsp of ricotta on top of the meat sauce and sprinkle a good amount of mozzarella cheese on top and repeat the layering process.
- The last layer should be the lasagna noodles with a little bit of meat sauce and mozzarella cheese.
- Cover the lasagna with foil and bake the lasagna for 20 minutes.
- After 20 minutes, remove the foil and bake for another 10 minutes.
- An additional step I like to do with my lasagna is to set the oven to broil and broil the lasagna for 2-3 minutes. This gives the top layer of cheese a nice colour and appearance. Keep a close eye on the lasagna as the broil happens really fast.
- Once the lasagna is done cooking, let it sit for 10-15 minutes.
- Garnish the lasagna with fresh parsley and serve.

I chose this recipe because I tasted it for the first time at my friend's place when I was 13 years old, and was absolutely obsessed with it! Every time I visit her place, I always ask her mother to make lasagne for me, as I can never make it as good as she does, even though she has shared the recipe with me!

I chose the dish because it was my favourite meal that my nonna made for me when we visited her house for lunch each Sunday. On Sundays, my family would come together for a delicious and flavourful meal, and we would make a diverse array of pasta dishes each time. My nonna passed away last year, and making lasagna is precious to my family as it allows us to preserve a memory of her in our hearts while also celebrating what she enjoyed most; sharing a meal and spending quality time with those we care about.

Lasagna Bolognese (Lasanga alla Bolognese)

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

For Bolognese Sauce (Ragu alla Bolognese)

300 g Beef, coarsely ground

150g Pancetta, sliced

300 g Passata

1 Carrot

1 Celery Stalk

1 Onion

100 ml White Wine

100 ml Milk

300 ml Chicken Broth

3 tablespoons of Olive Oil

Salt and Black Pepper to taste

For Lasagna

14 Lasagna Sheets

200 g of Parmigiano Reggiano

For Bechamel Sauce

4 cups of Milk, fresh and whole

1 stick of Unsalted Butter

$\frac{2}{3}$ cup of Flour

$\frac{1}{2}$ teaspoon of Fine Salt

Nutmeg, freshly grated

Importance

I chose Lasagna Bolognese because it is a comfort food that my grandmother cooked for me when I was younger to make me happy. The rich flavors embodied her love for her culture and the desire to pass down culinary traditions to keep the culture alive.

This dish will always remind me of her loving heart and the strong family connections we made over this dish.

Directions

Make the Bolognese Sauce

1. Place the chopped pancetta in a saucepan and cook, stirring occasionally with a wooden spoon, over medium-high heat for five minutes.
2. Add the finely chopped vegetables (onions, carrot, and celery) and extra virgin olive oil. Stir and cook for an additional five minutes over medium heat. Add the ground beef once the vegetables start to soften.
3. After five more minutes of stirring, increase the heat to high. Add the white wine now, stir, and allow it to evaporate.
4. Add the tomato passata and simmer over low heat for about two hours, covering with a lid and adding broth as needed. Add milk towards the end to balance the tomato's acidity and season with salt and pepper.

Make the Bechamel Sauce

1. Melt the butter in a saucepan over low heat. After melting the butter, rapidly whisk in the flour and sift it. Place aside and let cool. Heat the milk simultaneously, being careful not to let it boil.
2. Slowly pour the heated milk over the butter and flour mixture, whisking constantly to avoid lumps. After adding the milk, return the saucepan to a low simmer and stir continuously for about ten minutes, or until the consistency thickens. To taste add a small pinch of fine salt and grated nutmeg.

Make the Layers

1. Add two tablespoons of bechamel across the bottom of a baking dish. Then cover the entire bottom of the pan with the lasagna sheets. Top with 2 tablespoons of bechamel sauce and 2 tablespoons of Bolognese sauce.
2. Add a few teaspoons of finely grated Parmigiano Reggiano cheese on top. Once you fill your baking dish, repeat this process for at least four layers (lasagna - Bolognese sauce - bechamel - parmigiano - repeat) until the baking dish is filled.
3. Add a generous amount of Parmigiano cheese to the final layer. Bake it for about thirty minutes at 190 C (380 F) in the oven. Before serving, allow the lasagna Bolognese to cool for ten minutes after cooking.

Lemon Chicken Piccata and Pasta

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

Chicken:

4 skinless chicken breast halves
1/2 cup white wine
1/4 cup lemon juice
1/4 cup of water
3 tbsp unsalted butter
2 tbsp chopped parsley
2 tbsp olive oil
1 tbsp drained capers
Cayenne pepper to taste
Salt and pepper to taste
All purpose flour for dredging

Pasta (and extra sauce):

454 g of Spaghettini (1 box)
6 L of water
3/4 cup of lemon juice
2 cloves of garlic minced
1 tbsp olive oil
2 tbsp butter
Salt and pepper to taste

Importance

I chose this meal as it was my favourite to eat when I was growing up. It is something I always used to have before hockey games or sporting events as it is fairly carbohydrate heavy and it tastes great. Eating it always brings back fond memories and helps calm my nerves.

Directions

Instructions (chicken):

1. Put chicken breasts in multiple layers of plastic wrap, hit with a tenderizer until 1/2 inch.
2. Season the chicken using salt, pepper, and cayenne.
3. Dredge the chicken in all purpose flour making sure to remove excess.
4. Put olive oil in a pan and place over high heat. Put the chicken in the pan and reduce heat, cook for about five minutes on both sides or until the chicken is evenly browned and cooked.
5. Remove the chicken from the pan and pour capers in. Warm for 30 seconds smashing them until brine is released.
6. Deglaze the pan using the white wine, make sure to scrape the pan with a wooden spoon. Cook for 2 minutes or until the pan is about half deglazed.
7. Pour the water, lemon juice, and butter into the pan, stir for 2 minutes or until a thick sauce forms.
8. Reduce heat once more to low and stir parsley throughout the entirety of the sauce.
9. Place the chicken breasts back into the pan for about 1 minute and 30 seconds, while spooning the sauce overtop.

Instructions (pasta):

1. Add 6L of water to a large pot, heat until boiling, once boiling pour the pasta into the water, cook for 7-9 minutes or until al dente (firm).
2. Add garlic, olive oil, and butter to a pan, on medium heat, cook for about 2 minutes.
3. Add salt and pepper to taste and reduce the pan to a simmer.
4. Once the pasta is finished cooking, keep a cup of water and drain the rest. Add the cup of water to the pan and stir as per above.
5. Add the pasta to the sauce pan and toss making sure all of it is coated. If you are making the pasta and the chicken at the same time you are able to use the same sauce for both.

“Marry Me” Chicken Pasta

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

500 g chicken breast
2 bell peppers
1 onion
3 garlic cloves
80 ml vegetable oil
1 tbsp red pepper flakes
1 tbsp cajun seasoning
2 tbsp of tomato pasta
600 ml heavy cream
100 g mozzarella cheese
300 g penne pasta
2 litres of water
Salt to taste

Directions

1. Start by seasoning the chicken with: a. Red pepper flakes b. Cajun seasoning c. Salt d. Pepper
2. Add about 80ml of vegetable oil to a pan. Place the chicken into the pan and fry evenly on both sides till brown.
3. While the chicken is cooking, dice: a. Bell peppers b. Garlic cloves c. Onion
4. Remove the cooked chicken from the pan and set aside.
5. In the same pan, add in the bell peppers and onions and cook until soft. Then, add in the garlic and tomato paste and cook for another minute.
6. While the vegetables are cooking, add water to a pot and cook the pasta until soft.
7. Drain the pasta and add it to the pan, followed by heavy cream and give it a mix.
8. Add in grated mozzarella cheese and stir until the cheese is melted.
9. Add the chicken back into the pan and stir.
10. Season with salt and pepper to taste.

Importance

I chose this recipe because pasta is my favourite food. This specific pasta recipe is from a friend of mine who found it on TikTok, and I routinely go to her house to eat this meal once every few weeks. It's called "marry me" pasta for a reason; it makes you want to do just that.

Pasta c'Anciuova (Sicilian Pasta with Tomato Paste and Anchoives)

COUNTRY/REGION: SOUTHERN ITALY, MEDITERRANEAN

Ingredients

¼ cup extra virgin olive oil
1 small red onion
3 medium size garlic cloves
12 whole anchovy filets
1 tbsp of the oil the anchovy filets were packed with
½ cube fish flavored bouillon cube
2 small cans (12 ounces) tomato paste
12 ounces water
12 ounces linguine pasta
2 tbsp pine nuts
Salt and pepper to taste
not too much salt - anchovies naturally are quite salty
4 tablespoons freshly grated pecorino cheese

Importance

I chose this dish because I am an Italian citizen and food is such a big part of my Sicilian and Neapolitan roots. Growing up spending my summers in Sicily, my Mother's family would make this all the time. Every time I go back I absolutely have to have it! Now that I am able to make it for my family, it has become a family favorite and it is always my sister's number one dinner request!

Directions

1. Boil a large pot of water with a generous amount of salt in it (In Italy, we say "salata come il mare" which means, "as salty as the sea")
2. Cook linguine pasta according to package directions (Around 8-10 mins)
3. Heat up extra virgin olive oil in a medium sized pot on medium heat and dice up onion
4. Add in the diced onion and wait until it turns translucent
5. Sliver garlic and add slivered garlic to the pot with the onions and olive oil
6. Once garlic is golden brown add in anchovy filets, the ½ of a fish flavored bouillon cube, and 1 tablespoon of the oil the anchovies were packed with
7. Use a wooden spoon to break down the anchovies and bouillon cube
8. To the medium sized pot add 2 small cans of tomato paste then fill up the cans with water and add the contents of those in as well
9. Roughly chop pine nuts and add to your sauce
10. Simmer the sauce on medium-low heat for 10 mins while adding salt and pepper to taste
11. Drain the pasta and return to large pot, adding sauce and combining well
12. Plate pasta and add fresh pecorino cheese on top

Italia Pasta Carbonara

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

Pasta (spaghetti or linguine):
400 grams
Fresh large eggs: 4
Parmesan cheese, grated: 1 cup
(about 100 grams)
Pancetta or thick-cut bacon,
diced: 200 grams
Garlic clove minced: 1
Olive oil: 2 tbsp
Chili flakes, to taste
Salt and black pepper, to taste
Fresh parsley chopped or truffle
shavings (optional for garnish):
2 tbsp.

Directions

1. Start preparing ingredients:
 - Start boiling a large pot of salted water.
 - In a mixing bowl, whisk together the eggs and grated parmesan. Then add a pinch of salt, and a generous amount of black pepper.
2. Cook the pasta:
 - Add pasta to the pot of boiling water and cook according to instructions on the package until al dente.
 - Save 1 cup of pasta water to use for later, then drain your pasta.
3. Cook the pancetta:
 - While the pasta cooks, heat olive oil in a large skillet over medium heat
 - Add the diced pancetta or bacon and cook until crisp, about 5 minutes.
 - Add the minced garlic and sauté for about 1 minute until fragrant.
 - Add chili flakes to integrate flavour into the pancetta.
4. Combine pasta and pancetta:
 - Add the drained pasta to the skillet with pancetta. Stir well to coat in the fat, then remove from heat.
5. Mix in Egg and Cheese Mixture:
 - Pour your egg and cheese mixture on top of the pasta, using tongs to toss quickly until the eggs thicken but do not scramble. If the sauce is too thick, take any of the pasta water we saved and start adding it in a little at a time. This way you can reach your desired thickness.
6. Serve:
 - Serve immediately, garnished with additional grated parmesan, chopped parsley or truffle shavings (if using), and freshly ground black pepper on the top.

Importance

I chose this recipe because it reminds me of a special summer spent with a family friend, who was like an aunt to me, in a cozy town in Italy. My mother and I stayed with her, and she introduced me to the authentic flavors of Italian cuisine and their culture. Every evening, she would share these stories of her youth and teach me how to cook traditional Italian dishes. Pasta Carbonara was one of the first recipes she taught me, forming our little tradition. It was more than just cooking; it was a way to bond and learn about an enriching culture and about each other through food. Preparing this dish now brings back those cherished moments and memories and honours those skills and traditions I learned during that time.

Creamy Pesto Pasta with Grilled Chicken

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

3 large chicken breast
Seasoning for the chicken:
 ½ a lemon
 4 garlic cloves
¼ cup vegetable oil
 2 tsp oregano
 chili flakes
 salt and pepper
1 pack of pasta of your
 choice
 4 garlic cloves
 ¼ of an onion
1 cup of whipping cream
 (heavy cream)
 4 tbsp of pesto

Importance

I chose this recipe because it is one of my favourite meals to cook and one of the first meals I learned to cook by myself!

Directions

1. Cut the chicken breasts in halves (butterfly)
2. Marinate the chicken with: lemon juice, garlic cloves, vegetable oil, oregano, and chili flakes
3. Let the chicken marinate for 30 minutes or to your liking.
4. While the chicken marinades a. Prep vegetables b. Mince the garlic and dice the onions
5. Put water to boil. Wait until water is at a rolling boil.
6. Add pasta to boiling water for 8-10 minutes or until preferred tenderness
7. While the pasta is boiling bring a separate pan to medium heat
8. Add vegetable oil
9. Cook chicken 5-7 minutes each side. Once done, set chicken aside.
10. Remove pasta from the stove then, drain pasta into a strainer.
11. In the same pan sear both onions and garlic. Once they are translucent add whipping cream to the pan.
12. Add pesto and stir until it starts to thicken.
13. OPTIONAL Add seasoning of choice to taste
14. Once the sauce has thickened, remove from heat.
15. OPTIONAL depending on serving style, cut chicken into slices or small pieces You can mix everything together and plate or serve pasta, sauce and chicken

Rigatoni Bolognese

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

6 stalks of celery, diced
4 carrots, diced
1 onion, diced
2 tbsp of olive oil
2 lbs of ground beef
3/4 bottle of red wine
2 jars of (store bought or homemade) tomato sauce
1 box of uncooked Rigatoni
Fresh parmigiano reggiano, to taste
fresh basil, salt, pepper, to taste

Directions

1. Add your diced celery, carrots, and onion into large pot with the olive oil. Sauté for about 10 minutes, or until carrots soften.
2. Stir in ground beef into the same pot. Sauté until beef is cooked thoroughly.
3. Pour in 3/4 of a bottle of red wine into pot and let it simmer until evaporated.
4. Stir in the tomato sauce and allow to simmer until sauce heats up (about 3 mins)
5. Cook the Rigatoni in a separate pot, make sure to add a pinch of salt to the water.
6. Mix in the pasta to the bolognese, and add a splash of pasta water for texture.
7. Garnish with fresh parmesan, basil, salt and pepper to taste

Importance

I chose this recipe, because it was the first dish I learned to make when I first started cooking. It's a very simple and non-intimidating recipe. It's also a crowd pleaser, I make it whenever I have guests over and I don't know what to cook. It's versatile for most food sensitivities, I can make it gluten free, vegetarian, dairy free, so everyone can enjoy it!

Spaghetti Bolognese

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

600g of lean ground beef
600g of spaghetti (any other pasta of choice works as well)
2-3 pieces of onions diced or minced
3-4 cloves garlic minced
2x 650ml Classico pasta sauce: Tomato and garlic flavour (any other pasta sauce works as well)
Please note: Use one full bottle and half of the second one
3-4 tbsp of olive oil
1-2 tbsp of dried oregano
1-2 tbsp of basil
1-2 tbsp of roasted red peppers
Salt and black pepper to taste
Grated parmesan/ cheddar cheese right before serving
2 eggs

Importance

I choose this recipe because I make it almost every week and it tastes quite good. For someone who goes to the gym 5 days a week it helps me hit my protein and calorie intake goals every day. Making a big portion meal like this also means I don't have to cook the next few meals after. From an economic perspective this is a relatively cheap meal as well considering the portion you can get out of it.

Directions

1. Cooking the spaghetti:
2. Use a large pot and fill it up 60-70% with water and put it on high heat till it starts boiling.
3. Put some salt in the water; when it starts to boil, put the spaghetti in to cook according to instructions on the package. Should take about 10-12 minutes.
4. Drain the pasta once it's done and set it aside.
5. Preparing the Pasta sauce and the ground beef:
6. Use a large non-stick saucepan to heat the olive oil up to medium heat.
7. Add the onion and garlic, cook it for about 7-10 minutes until it starts to give a brownish color.
8. Take a separate bowl, add ground beef, raw eggs, oregano, basil, roasted red peppers, salt and black pepper and mix everything up.
9. Once done, put the ground beef and seasonings into the saucepan and mix it up with the onions and garlic.
10. Keep medium heat and stir the beef to cook for about 6-8 mins till it's brown.
11. Once it's brown, add one full bottle and another half bottle of your desired pasta sauce.
12. Reduce the heat to low and let it simmer for the next 20-25 minutes. Stirring occasionally until the sauce has thickened.
13. Serve
14. Mix up the spaghetti with the Bolognese sauce in a bowl or plate.
15. Put some grated parmesan/cheddar over the pasta before serving.
16. Serve while it's hot, should get about 5-7 full plate meals out of this.

Spicy Savory Rose Chicken Pasta (Non-Alcoholic)

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

2 cups cooked chicken breast,
diced
7 ounces linguine pasta
3 tbsps unsalted butter
2 whole cut up tomatoes
3 cloves garlic, minced
2 cups whipping cream
1/2 cup chicken broth or pasta
water (based off of preference)
1 tsp onion powder
1/2 tsp cayenne pepper
1/2 tsp chili flakes (optional
for extra heat)
Salt and pepper to taste
1 1/2 cups freshly grated
Parmesan cheese
1/2 cup shredded mozzarella
cheese
Chopped mint, as a garnish

Importance

I have picked this dish as it is a classic in my household and makes for the perfect dinner or lunch to take to work. This variation allows for a creamy and flavorful pasta dish with a spicy twist (my personal preference), but with a different combination of ingredients and proportions.

Directions

1. Cook linguine pasta (or any other preferable options) according to package instructions in a pot of boiling water until cooked (or roughly 20 minutes) (Can salt the boiling water). Ensuring to constantly mix the pasta so it does not stick to the bottom of the pot. Drain, reserving 1/2 cup of pasta water, and move to the side.
2. As the pasta is cooking begin to prep other ingredients such as:
 - a. Cut tomatoes into 4 pieces
 - b. Dice garlic
 - c. Grate parmesan cheese
 - d. Grate mozzarella cheese
 - e. Chop basil leaves
3. In a pan of your choice cook over medium heat, ensuring to melt the butter. Add the minced garlic and cook until fragrant, (roughly about 1-2 mins) a. Also add tomatoes and cook until mushy
4. Pour tomato mixture into a blender and blend until fully smooth. Once this is done pour mixture back into pan a. Bring tomato mixture to a simmer
5. Add the heavy cream and chicken broth into the tomato mixture, making sure to stir and combine both. a. Allow the mixture to come to a gentle simmer again.
6. Proceed to add in the a. smoked paprika, b. cayenne pepper, c. chili flakes (if using), stirring all until well incorporated.
7. Taste and adjust sauce with salt and pepper to your liking.
8. Incorporate the grated Parmesan cheese and shredded mozzarella, making sure to stir constantly the mixture is all melted and the sauce is smooth.
9. Add diced chicken breast to the mixture,
10. If the sauce is too thick for your liking more pasta water or chicken broth can be added until desired thickness
11. Add the cooked pasta, making sure everything is mixed well and everything is evenly coated in the sauce.
12. Lastly garnished with chopped mint leaves (if preferred).

Mama Moo's Air-Fried Stuffed Portobello Mushrooms

COUNTRY/REGION: ITALY MEDITERRANEAN

Ingredients

8 large (420g) portobello mushrooms

Shredded mozzarella cheese - used for topping as desired

Filling:

2 tubs of the 280g Tre Stelle Ricotta Cheese

1 bag (227g) of fresh spinach

½ large yellow onion

1 tsp crushed garlic

½ tsp Salt- or as to your desired saltiness

Olive oil

*OPTIONAL: FOR ADDITIONAL PROTEIN, you can add ground turkey (454g) into the filling!

Directions

1. Prepare mushrooms by peeling them and setting them aside with the hollow side facing upwards
2. Chop up the fresh spinach into small pieces, along with chopping up yellow onion
3. Ensure you have crushed garlic ready (we use garlic from the jar which is already pre-crushed for us)
4. To make the filling, start by heating olive oil, then add the yellow onion into the pan
5. Once the onions have browned a little then add in the crushed garlic.
6. Once the garlic is also browned add in the spinach. Wait until spinach has kind of shriveled.
7. When spinach is shriveled, add in the ricotta and mix.
8. Add the filling onto the mushrooms, fill generously!
9. Top with mozzarella (if you're a cheese lover like me then you might need extra cheese!)
10. Put into the air fryer at 380° for 12 minutes
11. Serve and enjoy!

**Little tip, if there is extra filling you can buy small mushrooms and make bite-sized stuffed mushrooms!

Importance

I chose this recipe since my family has different dietary restrictions (gluten free, pescetarian and vegetarian), the first time my mom made this recipe it was one of the first attempts at finding a recipe that suited all our dietary restrictions and not to mention it was absolutely delicious we went back for seconds! I also would've added a photo to the recipe but we eat them way too quickly for a photo to be taken.

My Nonna's Tiramisu Dessert

COUNTRY/REGION: ITALY, MEDITERRANEAN

Ingredients

6 egg yolks
¾ cup white sugar
1 block of
mascarpone cheese
¼ cup of brewed
espresso
2 tbsp of Kahlua
coffee liquor
2 (3 ounce) packages
of ladyfinger cookies
3 tbsp of semisweet
cocoa chocolate

Directions

Step 1: Brew the espresso and let it sit until its cooled
Step 2: In two bowls, separate the egg yolks from the egg whites
Step 3: Beat the egg whites with a blender until fluffy
Step 4: Beat the egg yolks and gradually add the ¾ cup of white sugar until smooth
Step 5: Combine the 1 block of mascarpone cheese with the whipped sugar and egg yolks to create a sweet creamy filling
Step 6: Add in the egg whites into the mixture until smooth
Step 7: Poor the brewed espresso into a bowl and add the 2 tablespoons of Kahlua coffee liquor
Step 8: Dip the 2 (3 ounce) packages of ladyfinger cookies into the spiked espresso and begin to layer into a glass dish
Step 9: Spread the mascarpone mixture onto the first layer of ladyfinger cookies, then add another layer of dipped ladyfinger cookies
Step 10: Add the final layer of mascarpone mixture and grate the semisweet cocoa chocolate on top
Step 11: Put in the fridge and let it chill for 24 hours before eating

Importance

I chose this recipe because it has been passed down for many generations. Whether it be a birthday, Christmas, or Easter, it is a family tradition to make tiramisu for every special occasion. Our tiramisu is a dessert that everyone enjoys. It is filled with love and is something that brings our family together. As I get older and create a family of my own, I will share this recipe with my children with hopes that it will continue to be passed down.

Caldo Verde - Collard Green Soup

COUNTRY/REGION: PORTUGAL, MEDITERRANEAN

Ingredients

5 Medium Sized Potatoes
1 Portuguese Chourico - Rui Borges (spicy) is my recommendation
5-8 Collard Green Leaves
Roughly 150 ml of vegetable oil
1 onion diced
1 TBSP of Spicy Pimenta Moida (Ground Red Pepper Sauce) - (to taste)
Salt, Garlic Powder, and Pepper to taste
7-8 cups of water depending on consistency preference



Directions

1. In a large sized pot, heat the vegetable oil over medium heat and add in the Chourico - cook until lightly browned, this should not take more than 2-5 minutes
2. Once completed take out the sausage and place on a plate to the side until ready to add to the soup.
3. Next I recommend cutting the potatoes into smaller pieces. Pour the water into a pot and begin to boil the potatoes until they become very soft.
4. While the potatoes are boiling, dice the onions and add them into the boiling pot; at this point you may begin to add in the seasonings to taste.
5. The next step is to wash the collard green leaves and slice them thinly in order to achieve a noodle effect. These strips should not be too long/ large or else they will be more challenging to eat.
6. At this point the potatoes should be ready to mash, you can choose to mash them directly inside the pot of water or remove them from the water first. I prefer to remove them in order to make sure there are no chunks left behind. Once mashed, add them back inside the water. If the soup is too watery, you may need to add more potatoes and vice versa, if it is too thick you can add more water. Your preference is what matters.
7. Let this simmer for 5-10 minutes and then you are ready to add in the Collard Greens. As soon as you add them, begin to cut the Chourico and add it to the pot once cut into thin slices.
8. At this point the soup should be near completion, you can add any extra seasoning and let the soup rest for 10 minutes on low heat to finish off

Importance

I decided to choose this recipe because as a kid my Vavó (grandmother) and all my aunts used to make this whenever we would go over. I remember always begging my Vavó to make it (the very few times she didn't have it) and then next time I would go visit, the soup was there and ready to eat. Although this may not taste exactly like her soup, it is as close as I can get. I know that with love and passion, your relatives will think it tastes just as amazing as the way my Vavó made it. ENJOY!

Peanut Butter Banana Oatmeal

COUNTRY/REGION: BRITIAN, NORTH EUROPE

Ingredients

½ cup rolled oats
1 cup 2% milk or any
nut milk
1 medium banana, cut
in half
¼ tsp vanilla extract
¼ tsp ground
cinnamon
⅛ tsp salt
1 tbsp peanut butter

Directions

1. Mash one half of the medium banana. Save the other half of the banana for later.
2. Add the rolled oats, milk, mashed banana, vanilla extract, ground cinnamon, and salt to a small saucepan. Mix until fully combined.
3. Turn the heat to medium-high and bring to a boil.
4. Once boiling, turn the heat down to medium-low and stir continuously for around 5 minutes. The oatmeal will continue to cook and thicken during this time.
5. Once all of the liquid in the mixture has been absorbed and the oats have thickened, remove from heat and transfer to a medium bowl.
6. Slice the remaining half of the medium banana into ¼ inch slices. Place the banana slices on top of the oatmeal, along with the peanut butter.

Importance

I chose this dish because it is one of my favourites to have for breakfast. It provides a healthier option due to the presence of banana as a natural sweetener, while also making me feel full for longer. And, the flavour combination of banana and peanut butter has always been one of my favourites.

My Healthier Shepherd's Pie

COUNTRY/REGION: IRELAND, UK, NORTH EUROPE

Ingredients

- 6-8 large potatoes (I like Yukon Gold), cubed
- 1 large yellow onion, diced
- 3-4 large carrots*, coined
- 1 ½ cups of corn* (I use local corn cooked and frozen, but commercial frozen will also work)
- 10-12 white, button or cremini mushrooms*, sliced
- 1 tbsp chopped garlic
- 2-3 tbsp olive oil
- 1 lb package of ground turkey (can substitute for chicken)
- 2 ½-3 cups of low sodium chicken stock
- 1 tsp Italian Seasoning
- Salt and Pepper to taste
- 1 large egg

*Vegetables can be substituted for any available in your fridge or that your people enjoy.

Importance

I chose this recipe because it was my first attempt at making a family favourite "healthier" after my son was diagnosed at 8 years old, with several health issues that limited the foods he could eat. It has become a staple in our home, especially in the cold months and recently the "leftovers" have become even more popular with the cheesy potato waffles being much more fun than eating the same dinner two nights in a row.

Directions

1. Peel and cut potatoes into cubes, place in a large pot, cover with water, a pinch of salt, and place on stove to boil.
2. Preheat oven to 400C.
3. While the potatoes are boiling, prepare the vegetables by:
 - a. dicing the yellow onion.
 - b. peeling and slicing the carrots into thin coins.
 - c. slicing mushrooms.
 - d. chopping garlic.
4. Pour olive oil in a frying pan (I prefer cast iron to reduce dishes) on medium heat, after a few minutes add thawed ground turkey, chopped garlic and onions.
5. Once the onions and ground meat begin to cook, add corn, carrots and sliced mushrooms, and ½ cup of chicken stock, Italian seasoning, salt and pepper.
6. Check potatoes regularly with a fork, when the fork slides in easily remove from heat and drain water. Return the pot to the stove (with element turned off) and add remaining chicken stock, salt and pepper to the pot, mash potatoes to a whipped consistency. Add more stock if needed, to ensure potatoes are smooth.
7. Once the meat and vegetable mixture is cooked through, turn off the stove element and thoroughly mix. Even out the contents of the cast iron pan. (If not using a cast iron pan, transfer to a deep sided oven proof dish).
8. Scoop whipped potatoes and smooth with a spatula to cover the entire top of the pan. Crack egg into a small dish and beat with a fork. Brush egg over the top of the potato.
9. Place in the oven and bake for 25-30 minutes or until the top is golden. If further browning is desired place under broiler for 1-3 minutes.
10. Let stand for 5-7 minutes and serve.

**Leftover idea for people who hate leftovers- Preheat a waffle iron (or frying pan), for each serving of leftover Shepherd's pie add ¼ cup of low-fat shredded cheese (fat) and mix, make into 2 "balls" per serving (if 3 servings remain add ¾ cup of shredded cheese and make 6 "balls"). Place on the iron or pan and flatten to re-heat. Serve with a dollop of plain Greek yogurt.

Baked Feta Pasta (Twist with Tomatoes and Asparagus)

COUNTRY/REGION: FINLAND, NORTH EUROPE

Ingredients

4 cups of cherry or grape tomatoes
8 oz asparagus
 $\frac{1}{3}$ cup extra virgin olive oil + 1 Tbsp (to drizzle over cheese),
 $\frac{1}{4}$ tsp salt
 $\frac{1}{2}$ tsp black pepper
8 oz block Feta Cheese
10 oz penne pasta
4 garlic cloves, finely minced
 $\frac{1}{4}$ cup fresh basil or parsley, finely minced

Directions

1. Prepare and combine the veggies in a 9x13 casserole dish then create a space in the center
 - a. The tomatoes
 - b. Half of the minced garlic
 - c. Salt
 - d. Pepper
2. Add the Feta Cheese in the center and pour 1 Tbsp olive oil over it
3. Bake at 400°F for around 30 min (until tomatoes start to burst open)
4. Boil the pasta around halfway through the baking time (keep $\frac{1}{2}$ cup hot pasta water aside)
5. Remove the casserole dish from the oven, add remaining ingredients
 - a. Chopped parsley
 - b. Remaining minced garlic
6. Mash the cheese with the other ingredients in the dish using the back of a spoon or a spatula
7. Drain the pasta, add it to the casserole dish and combine everything with a spatula (add as much of the hot pasta water to your liking to make the pasta creamier or saucier)

Importance

I chose this recipe because Italian cuisine, especially pastas and pizzas, is one of my favorite cuisines. This is also the first recipe I helped my mom make in the kitchen.

Chicken Breast Cutlet with Buckwheat and Broccoli

COUNTRY/REGION: IRELAND, NORTH EUROPE

Ingredients

Chicken Cutlets

- 4 boneless skinless chicken breasts
- ½ cup all-purpose flour
- 1 cup of avocado oil
- 2-3 garlic cloves finely chopped.
- Freshly ground black pepper
- Herbs to taste
- Salt

Buckwheat

(Buckwheat is a gluten-free grain with an exceptional nutritional profile – protein, fiber, essential minerals, and vitamins)

- 1 cup (300 ml) of buckwheat
- 1 cup (300 ml) water for cooking
- Salt to taste
- Butter

Broccoli

- Broccoli Florets (1 pound)
- Avocado oil
- Salt and black pepper to taste
- ½ lemon
- Water for steaming

Directions

1. Cut the 4 chicken breasts in half lengthwise (8 halves)
2. Prepare marinate for chicken breasts: ¼ cup avocado oil, salt, black pepper, garlic, and dry herbs.
3. Marinate breast halves for at least 30 minutes (up to 1 hour).
4. Coat each piece of chicken in the flour.
5. Heat avocado oil in a large heavy-based skillet over medium heat and cook for 3 to 4 minutes on each side. Avoid crowding the pan.
6. If needed cook for an additional 2-3 minutes with the lead on.
7. Transfer the cutlets to a dish covered with a paper towel to absorb extra oil.

Cooking Buckwheat:

8. Wash 1 cup (300 ml) of buckwheat in cold water and drain it.
9. Add 300 ml of cold water, and salt to taste, put the lead on, and leave on low heat until it starts boiling.
10. Turn the heat off (do not open the lead) and leave it for 15-20 minutes.
11. Then, add 50 g butter and mix.

Broccoli

12. Cut the broccoli into small florets.
13. Fill a pot filled with 2 cm of water, bring it to a boil, and place a steamer basket with the broccoli florets in it.
14. Reduce the heat and steam florets for a few minutes (al-dente). Florets should remain bright green and crispy.
15. Season broccoli with salt, ground pepper, avocado oil, and squeeze lemon juice for a brighter taste.

Importance

I chose this recipe because it is one of my favorite dishes. We often prepare it in our household since it is a tasty and well-balanced meal, rich in protein, fiber, healthy fats, and micro-nutrients.

My Grandmother's Chicken Pot Pie

COUNTRY/REGION: SCOTLAND, NORTH EUROPE

Ingredients

1 box of frozen Pillsbury pie crusts, follow the instructions on box for how to thaw properly
⅓ cup of butter or margarine
⅓ cup of chopped onion
⅓ cup of all purpose flour
½ tsp of salt
¼ tsp of pepper
1¾ cups of chicken broth
½ cup of milk
2½ cups of shredded cooked chicken or turkey
2 cups of frozen mixed vegetables

Importance

I chose my grandmother's chicken pot pie recipe because it was one of my favourite meals as a child growing up. Me and my siblings loved it so much that we started asking my mom to make it for us, and as I grew up it's now something that when we are visiting her we make the chicken pot pie that we remember when I was a kid. It is just a really sentimental recipe for me, not because it's difficult to prepare but because it's time that I get to share with my grandma and do something I have loved since I was a child, which is cook!

Directions

1. Preheat the oven to 425 degrees Fahrenheit.
2. Place the bottom half of the pie crust on a baking sheet to prevent drips and leave on the counter while completing the mixture.
3. Melt the butter in a saucepan of your choosing but make sure it is big enough to fit everything going in the mixture, turn the stove to medium.
4. Chop or dice the onion to preferred size and then add it to the butter in the saucepan and stir for about 2 minutes until the onion gets tender.
5. To the saucepan add the flour, salt and pepper until well mixed.
6. Slowly add in broth and milk while frequently stirring until it starts to bubble and thicken.
7. Add in the shredded chicken and frozen vegetables and then remove the saucepan from the heat.
8. Move the chicken mixture from the saucepan into the crust that was prepared on the pan.
9. Top with the top half of the crust, push on the edges to seal, then use a knife to make slits on the top of the crust.
10. Make an egg wash and brush it onto the top crust with slits in it.
11. Bake in the oven for 30-40 minutes or until the crust is golden brown.
12. When there are approximately 15-20 minutes left, to prevent the edges from being overcooked, cover them with tin foil strips.
13. Take out of the oven and let sit for 5 minutes before serving to allow the mixture inside to thicken.
14. Serve and enjoy

Classic Shepherd's Pie

COUNTRY/REGION: UK, NORTH EUROPE

Ingredients

Meat Filling:

1 lb ground beef

1 onion, chopped

2 carrots, diced

2 cloves garlic, minced

1 cup peas

1 cup of beef broth

2 tbsp of tomato paste

1 tsp Worcestershire sauce

1 tsp thyme

2 tbsp olive oil

Salt and Pepper to taste

Potato Topping:

3 large potatoes, peeled

Salt and Pepper to taste

½ tsp garlic powder

¼ cup parmesan cheese

8 tablespoons (1 stick) unsalted
butter

Directions

1. Add the olive oil to a frying pan and cook it over medium high heat for 2-3 minutes.
2. Then add the ground beef to the frying pan, break it apart with a spoon and cook until browned, around 6-8 minutes.
3. Add the chopped onion, diced carrots, and minced garlic to the frying pan. Cook for 5-7 minutes, or until the vegetables start to soften.
4. Stir in the peas, thyme, salt, and pepper. Cook for another 2-3 minutes.
5. Pour in the beef broth and add the tomato paste and Worcestershire sauce. Stir everything together and simmer for 5-10 minutes, or until the mixture has thickened slightly.
6. Let the meat mixture cool down and start the potato topping. Also preheat the oven to 400 degrees F.
7. Add the potatoes to a large pot filled with water. Allow the water to a boil, then lower to a simmer. Cook for 10-12 minutes or until the potatoes are tender.
8. Remove the potatoes from the pot and set them aside to rest for 1-2 minutes to allow the remaining liquid to evaporate.
9. Add the potatoes, garlic powder, parmesan cheese salt, pepper, and unsalted butter to a bowl. Mash and stir the potatoes until all the ingredients are well combined.
10. Now transfer the meat mixture into a baking dish. Ensure that it is evenly spread out. Then place the mashed potatoes evenly over the meat.
11. Bake uncovered for 25-30 minutes or until the mashed potatoes are lightly golden on top.
12. Let the Shepherd's Pie cool for 10 minutes before serving.

Importance

I chose this dish because it was one of my favourites that had been introduced to me from my stepmother. Anytime I went to my father's house I would look forward to her making this one dish which made my day every time. Later on I asked for the recipe as I got older because in my household my mom doesn't usually make dishes like this so I knew I would have to learn it for myself.

I chose the shepherd's pie recipe because it holds a special place in my heart, reminding me of cherished family dinners. The rich aroma as it bakes brings a sense of anticipation and warmth that is very nostalgic for me. Additionally, the dish is not only delicious but also provides a balanced meal with protein, carbohydrates, and vegetables, ensuring a satisfying and nutritious dish.

Biscoff Cheesecake

COUNTRY/REGION: BELGIUM, WEST EUROPE

Ingredients

¾ cup of Cream Cheese
½ cup of Biscoff Spread
1 cup of Whipping Cream
1 tsp of Vanilla Extract
½ cup of Powdered Sugar
250g of Biscoff Biscuits

Utensils:

Three bowls
Electric mixer
Measuring cups and spoons
Ice cream scooper
Spatula
Serving cups
Blender

Importance

I chose this recipe because it is my favourite dessert. I love making sweet treats, which is why I am constantly trying out new recipes. I made biscoff cheesecake for the first time for a family gathering and everyone loved it including myself. Due to this I make it very often as I have gotten the hang of it and love it because of its soft and creamy texture that just melts right into your mouth.

Directions

1. Add the cream cheese into a bowl.
2. Then add the Biscoff spread into the same bowl as the cream cheese.
3. Next, blend them together using an electric mixer for about 15 - 20 minutes, until a brownish creamy spread is formed.
4. Afterwards, in a separate bowl add the whipping cream along with the vanilla extract.
5. Also, add the powdered sugar into the whipping cream and blend everything together for about 10 - 15 minutes, until a fluffy yellowish mixture is formed.
6. Now, combine the cream cheese, Biscoff spread mixture with the whipped cream mixture and mix thoroughly using a spatula and if needed use an electric mixture until a fluffy light brown mixture is formed.
7. Place the cream mixture aside and now crush the Biscoff biscuits with the help of a blender.
8. Take the crushed biscuits out of the blender and put them in a separate bowl.
9. Now that both the cream and biscuit mixtures have been formed, the final preparations can begin.
10. Start by gathering the serving cups and adding a layer of the biscuits on the bottom of the cups and pressing down on them to flatten them.
11. Then, using an ice cream scooper, add a thicker layer of the cream mixture on top of the biscuits.
12. Repeat the same steps of adding layers of the crushed biscuits and the cream mixture until all the cups have been filled to the top.
13. On top of the final layer of the cream mixture, sprinkle some crushed Biscoff biscuits on top for a finished look.
14. Then, refrigerate for 2 - 3 hours.
15. Now, enjoy a yummy and creamy dessert because it is well deserved.

Summer Spiced Pear Sandwich

COUNTRY/REGION: BELGIUM, WEST EUROPE

Ingredients

Ciabatta Bun - approximately
80-90g

*Could be replaced with a
baguette, or any sturdy
sourdough

1/2 Bosc pear, sliced -
approximately 70g

2 slices of prosciutto or jamon
- 30g

*Vegetarians can substitute
with more avocado

1/4 avocado, sliced

Teaspoon of maple mustard
grain spread - 3g

Tablespoon of olive oil

Two tablespoons of goat
cheese - 30g

Handful of fresh arugula -
approximately 8-10g

Teaspoon of chili crisp

Flakey salt to taste

Squeeze of lemon juice
(optional)

Directions

1. Warm a pan to medium-low heat, drizzle the olive oil on the pan to toast the inside of the Ciabatta buns lightly until a light gold interior. (2-5 minutes)

*Olive oil has a low smoke point, be sure to check constantly for burning.

2. Remove the bun from pan and place onto a plate for assembly then lower the heat to low.

3. Using the small amount of residual oil left in the pan, place the pear slices individually to ensure each slice has full contact to the pan. Sear each side for 1-2 minutes or until heated through.

4. While the pear slices sear, add the condiments and spreads on to the buns

a. Spread the goat cheese directly onto the top bun. The small holes in the bun will benefit the texture creating pockets of cheese.

b. Drizzle the spoon of chili crisp evenly on top of the goat cheese. Use less or more depending on your spice preference.

c. Flip the pear slices to sear the other side.

d. Spread the mustard grain evenly onto the other bun (bottom side)

e. Place the avocado slices onto the bottom bun, evenly fanning them out to cover as much surface area as possible. Each bun should represent an intense flavour pairing with its creamy counterpart.

Chili crisp + goat cheese

Mustard grain + avocado

*Recipe continues on next page

Notes

- You will need a cutting board, spatula, sharpened knives, utensils and a frying pan.
- Slice the ciabatta bun in half with a serrated knife to prevent ripping and crumbling
- Goat cheese comes in various textures, if its too crumbly or hard, use a fork to mash the cheese for an easier spread.
- Slice the fruit (avocado & pear) thinly. Have the pear ready by the stove top to quickly pan sear. To prevent browning you may also sprinkle a few drops of lemon juice onto the avocado slices.
- Have an appropriate amount of utensils ready with their containers for the various spreads/condiments so as to not cross contaminate.
- Do not use chili crisp in the hot pan to toast as the chilies and garlic chunks burn very easily

Spiced Pear Sandwich (cont.)

Importance

My recipe, inspired by European sandwiches, is my go-to light meal perfectly suitable for summer. It combines pungency, creaminess, salt, fat, and sweetness for an upscale result. It reflects my Belgian and Chinese heritage with key European ingredients like bread, meat, cheese, and mustard, while the chili crisp adds a unique touch to the palate.

Directions

5. After placing the spreads on the buns, complete the assembly of the sandwich with the greens and protein.
 - a. Fold the slices of prosciutto over the avocado. The flat surface will prevent ingredients slipping.
 - b. Remove the pear slices with a spatula, place ovetop of the prosciutto. Immediately sprinkle a pinch of flakey salt on the fruit slices to taste. The warmth of the pear not only tenderizes the fruit, mimicking a jam, but also starts melting the thin fat of the cured meat below it. Be sure to not over salt the pears as the cured meat already will add salty flavour.
 - c. Place a handful of arugula leaves directly above the pear, forming a small pile.
6. Now that the ingredients are completed, place the top bun over the mountain of greens to finish the assembly. The goat cheese will act as a glue for the arugula to not fall out of the sandwich.
7. Enjoy the handheld sandwich as is or use toothpicks to hold the layers together and cut the sandwich in half.

LegenDAIRY Crème Brûlée

COUNTRY/REGION: FRANCE, WEST EUROPE

Ingredients

500ml of 35% Heavy
Cream
5 egg yolks
100g of granulated
Sugar
1g of Salt
½ (Half) a Vanilla
bean (You could also
use the whole bean
to add more vanilla
flavour)

Directions

1. Slice the vanilla bean in half (vertically) and combine with the cream in a pot to simmer (about 5 min).
2. In a bowl combine the sugar, salt, and the egg yolks and whisk until silky smooth - Do not incorporate air!
3. Add the hot cream in small batches at a time (if you add too much it will scramble the eggs).
4. Portion the mixture into ramekins and place them into a larger dish filled half way with boiling water.
5. Bake in the oven at 325 degrees for 40 min (or until the center is slightly jiggly - The edges should not move).
6. Let the ramekins sit in the water bath until the water has cooled, then remove the water dish and let the crème brûlées rest in the fridge overnight.
7. The next day while the crème brûlée is very cold, sprinkle some sugar on the top of the crème and torch them until they turn a golden brown colour (another way to do this is to place them in the oven on the broil setting. If you choose to caramelize this way be mindful as they can burn very easily). You can also plate it with some berries or mint leaf's.

Importance

I chose this recipe because crème brûlée is my favourite dessert to bake (and eat). This was one of the first things I learned to bake in culinary school, now that I have perfected it, I make them almost every weekend.



FUSION
and
OTHER

Recipes





Modified Instant Ramen Bowl



COUNTRY/REGION: CANADA/KOREA

Ingredients

- 1 package of Samyang Ramen
- 1 raw egg
- ½ cup of shredded/ground beef
- 1 tsp of sesame oil
- 1 tbsp of cream cheese
- 2 tbsp of minced garlic
- 4 stalks of green onions, chopped
- 1 tbsp of red pepper powder
- 2 tbsp of black pepper

Directions

- Boil 2 cups of water over high heat
- Add the cream cheese, red pepper powder, black pepper, ramen packet seasoning and dry vegetables into the water and stir
- Once the mixture starts to thicken, add the raw egg and stir again to break it up
- As your soup base is coming together, heat an oiled pan to high heat and cook: The shredded/ground beef until it's ready
- Once the mixture has thickened again, add the minced garlic and dry noodles, and stir again
- After around 2-3 minutes (or longer if you prefer your noodles softer), and then turn off the heat, letting the reduced heat cook the rest of the ramen
- As the heat is cooling down, add your sesame oil and shredded/ground beef, and lightly stir
- Finally, pour everything into a bowl, and top it off with green onions

Importance

I decided to choose this recipe as instant ramen was a staple dish in our house growing up, even when we had many other options available in terms of food.

After consuming this dish for years on end, it became a very easy and comforting food for myself and my family, and it never failed to lift our spirits, even if it was just for a little bit. Once I grew older, I would experiment more with different ingredients, until I finally came up with the ultimate version of instant ramen, which took many attempts to perfect, despite how simple it seems.



Beef Stir-Fry with Rice



COUNTRY/REGION: INDIA/CHINA

Ingredients

1 pound (about 450 grams) lean ground beef
1/2 cup (about 90 grams) white rice (uncooked)
2 tbsp avocado oil
1 large green pepper, diced (approximately 1 cup)
1 large red onion, diced (approximately 1 cup)
1 cup broccoli florets
2 cloves garlic, minced
Seasonings (to taste): Salt, black pepper, Cajun seasoning, and a hint of tandoori masala

Directions

1. Prepare the Rice:
 - Wash 1/2 cup white rice thoroughly.
 - In a medium saucepan, bring water to a boil and add a pinch of salt.
 - Add the washed rice to the boiling water and reduce heat to a simmer. Cook for 10-15 minutes or until rice is soft and water is absorbed.
 - Remove from heat and drain any excess water. Set aside.
2. Cook the Stir-Fry:
 - Heat the avocado oil in a large skillet over medium heat.
 - Add the diced onions and sauté until translucent, about 2-3 minutes.
 - Incorporate the green pepper, broccoli, and minced garlic, continuing to sauté for another 5 minutes or until vegetables are tender.
 - Add the ground beef to the skillet. Break it up with a spatula and mix well with the vegetables.
 - Season with salt, pepper, Cajun seasoning, and tandoori masala. Cook until the beef is thoroughly browned and cooked through, approximately 7-10 minutes.
3. Assemble the Meal:
 - Spoon the cooked rice onto plates.
 - Top with the beef and vegetable stir-fry mixture.
 - Serve hot and enjoy!

Importance

I chose to focus my assignment on this beef stir-fry with white rice because it's not only my favorite meal, but also a staple in my daily diet. As someone passionate about health and fitness, and as a weightlifter, I find this meal provides the perfect balance of nutrition and protein I need. A few years ago, I encountered some digestive health issues that led to significant weight loss and impacted my overall wellbeing and mental health. This experience motivated me to educate myself extensively about proper nutrition. Since then, this meal has become a cornerstone of my healthy eating regimen.

My Nana's Chocolate Chip & Banana Muffins

COUNTRY/REGION: GERMANY/FRANCE

Ingredients

3 Large Ripe Bananas
2 Raw Eggs
2 Cups of All-Purpose Flour
¾ Cup of White/Granulated Sugar
½ Cup of Butter
1 tsp of Vanilla Extract
1 tsp of Baking Powder
1 tsp of Table Salt 1 Cup of Semi-Sweet Chocolate Chips
Small amounts of vegetable oil to coat the muffin tray

Importance

Although this recipe is more of a bakery item rather than a proper dish, I chose this as my recipe because it was the first food I learned how to make. This was originally my Nana's recipe, but it was taught to me by my mother. My family is famous for not knowing how to cook proper dishes; however, this very simple recipe is the only thing that has been a constant in what my household makes. I also believe that I have perfected the process!

Directions

1. Preheat oven to 350°C.
2. Organize ingredients into 2 bowls for wet (eggs, butter, bananas, vanilla extract) and dry (flour, sugar, salt, baking powder, chocolate chips).
3. While the oven is pre-heating:
 - Measure out all dry ingredients and place them into a large bowl.
 - Measure out all wet ingredients and place them into a large bowl.
4. Whisk the dry ingredients until the ingredients are well combined.
5. Use an electric mixer to blend the wet ingredients until the liquid comes out smooth with no lumps.
6. Place both the wet and dry ingredients into the same bowl and stir the mixture continuously until the batter becomes viscous.
7. Coat each placeholder of your muffin tray with subtle amounts of vegetable oil to prevent sticking. Once the Oven has Reached 350°C:
8. Gently divide and pour the batter into each of the 12 muffin spots on the tray.
9. Insert the tray into the oven and leave for around 15-20 minutes.
10. To check if muffins are done, poke the muffins with a toothpick until there is no wet residue left on the toothpick.

Miso Tomato Pasta

COUNTRY/REGION: JAPAN/ITALY

Ingredients

Olive Oil
2 Tbsp of Miso (White or Red
Miso preferred)
1 Tbsp of Butter
½ Tbsp of Red Pepper Flakes
Salt & Pepper
3 Large Cloves of Garlic
3 Shallots
1 Pack of Vine on Cherry
Tomatoes
½ Lemon Juice Parsley
(optional)
1 lbs of Shrimp
2-3 servings of Spaghetti

Importance

I chose this recipe because it is one of my younger sisters' favourite recipes. Once I pick them up from school, this dish can easily be made with minimal effort. My sisters don't enjoy eating plain tomato pasta so cooking this was a way to trick them a little making them think it was a slightly elevated tomato pasta when in reality it's just a more flavourful tomato pasta with shrimp.

Directions

1. Take your cherry tomatoes off the vines and wash them. Pat dry afterwards.
2. Add in a generous amount of olive oil into your pan and set to medium – medium low heat.
3. Meanwhile start boiling a pot of water.
4. Add in your cherry tomatoes and drizzle a bit more olive oil on top.
5. After 2 minutes add in your shallots. Once the shallots have softened a little add in the garlic.
6. Once the water has started boiling add in your spaghetti.
7. Once the garlic and shallots are fragrant, turn down the heat to medium-low and add in your chili flakes.
8. Once softened add in your shrimp and mix for about 30 seconds.
9. Add in your Miso, Lemon Juice and season with a pinch of salt and pepper.
10. Let it cook for 3-4 minutes or until your shrimp changes colour.
11. Add in your butter and stir.
12. Add some pasta water to loosen the sauce a little
13. Finally add in your spaghetti and continue to mix over low heat until the spaghetti is coated.
14. Add in a bit more pasta water if the sauce is too thick.
15. Chop up some parsley and throw it in.
16. Enjoy

Soba Noodles with Tofu and Vegetables

COUNTRY/REGION: JAPAN/SINGAPORE



Ingredients

For the Soba Noodles:

8 oz (225g) soba noodles

1 tbsp sesame oil

1 lb (450g) firm tofu, drained and cubed

1 red bell pepper, thinly sliced

1 cup shredded carrots

2 cups baby spinach

2 green onions, sliced

2 tbsp soy sauce

1 tbsp rice vinegar

1 tbsp mirin (optional)

1 tsp grated ginger

1 garlic clove, minced

1 tbsp sesame seeds (for garnish)

1 tbsp vegetable oil (for cooking tofu)

For the Sauce:

3 tbsp soy sauce

2 tbsp rice vinegar

1 tbsp sesame oil

1 tsp honey or maple syrup

1 tsp sriracha or chili sauce (optional for heat)

Directions

1. Prepare the Soba Noodles:

- Cook the soba noodles according to package instructions.

Drain and rinse under cold water to stop the cooking process.

Toss with 1 tablespoon sesame oil to prevent sticking. Set aside.

2. Cook the Tofu:

- Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat. Add the cubed tofu and cook until golden brown on all sides, about 8-10 minutes. Remove from the skillet and set aside.

3. Prepare the Vegetables:

- In the same skillet, add the red bell pepper and shredded carrots. Cook for 3-4 minutes until they start to soften. Add the baby spinach and cook until wilted, about 2 minutes. Remove from heat.

4. Make the Sauce:

- In a small bowl, whisk together 3 tablespoons soy sauce, 2 tablespoons rice vinegar, 1 tablespoon sesame oil, 1 teaspoon honey or maple syrup, and 1 teaspoon sriracha or chili sauce (if using).

5. Combine Everything:

- In a large mixing bowl, combine the cooked soba noodles, tofu, and vegetables. Pour the sauce over the top and toss to combine evenly.

6. Serve:

- Divide the soba noodle mixture among four bowls. Garnish with sliced green onions and sesame seeds. Enjoy your nutritious and flavorful soba noodles with tofu and vegetables!

Importance

I chose this recipe because soba noodles are a staple in Japanese cuisine, offering a balanced and nutritious meal. This dish holds personal significance as it reminds me of growing up in Singapore as a vegetarian this was one of my favourite meals as it was sold at asian hawker market, to my mom making it at home for me till this day to recreate the same memory.



My Dad's Contingency Tacos

COUNTRY/REGION: MEXICO/INDIA



Ingredients

- 1 package of paneer (400g)
- 1-2 avocados
- 4-5 green onions
- 2-3 tomatoes
- 1 lime
- Clarified butter (amount varies on serving size)
- Chili flakes, salt and black pepper for taste
- Taco seasoning
- Taco shells or tortilla

Directions

1. Heat a pan on medium heat and add the clarified butter according to the serving size.
2. Cut the paneer into small diced pieces
3. Add the paneer to the pan and wait till they are all golden brown evenly on all sides.
4. Once color is achieved add the tacos seasoning according to how potent you would like it.
5. Leave on low heat and continuously stir to prevent sticking
6. Cut the avocado(s) and mash until a creamy texture is made.
7. Cut the tomatoes into small diced pieces and add to the avocado mash.
8. Mix the avocados and tomatoes and squeeze half lime into the mix. Also add chili flakes, pepper, and salt to taste.
9. Back to the tacos, layer each taco with paneer, tomatoes, green onions, shredded lettuce and shredded cheese in that order.
10. Put said tacos in oven until layer of cheese melts and the taco shells slightly darken in color
11. Once all set, serve with the avocado mix, and half a lime
12. Enjoy!

Importance

This dish is my father's go-to meal whenever he needs a quick lunch with items that are readily available at the house. This is where I got the name for the recipe because most of the time we have the ingredients in the kitchen already. He used to make these tacos in the early 90s when he first reached California. The issue was that they would always make tacos with beef or chicken and his family couldn't eat them as they were vegetarians. He added his own Punjabi twist by using Indian cottage cheese (paneer) and spices and herbs from back home.

My Mom's Homemade Chili with Rice



COUNTRY/REGION: MEXICO/USA



Ingredients

2 cups uncooked white rice
1 seeded jalapeno pepper
1 small yellow onion
2 packs (454g each) of ground turkey
2 cans of diced tomatoes (796 ml each)
1 can of black beans drained (540 ml)
1 can of kidney beans (540ml)
1 can of peaches and cream corn (340ml)
2.5 cups of shredded cheddar cheese
Chili powder to taste
Salt to taste
Black pepper to taste
3 tbsp Olive oil

Directions

1. Add 2 cups of uncooked white rice and water until slightly above rice level to the rice cooker and turn on
2. Chop onion and remove seeds/chop jalapeno
3. Add approximately 3 tbsp of olive oil in a pot and sauté onions on medium heat
4. Sauteed jalapenos and add salt/pepper to taste
5. Add 2 packs of ground turkey to cook
6. Once the turkey is cooked add 2 cans of diced tomatoes and let simmer
7. Add chili powder to taste
8. Drain both canned beans and season with salt and pepper
9. Add beans to the pot
10. Drain corn in a strainer
11. Add corn to the pot
12. Stir and let simmer for 20 minutes
13. Add 2.5 cups of shredded cheddar cheese on top of chilli
14. Serve 1 serving of chilli on top of 1 cup cooked of rice

Importance

I chose this meal because it is a staple dinner my mom makes for the household because the whole family regularly exercises and/or plays sports. This meal supplies us with a mix of vitamins, minerals carbohydrates and fats but especially a very high amount of animal/plant-based protein that the whole family really appreciates after a good workout.

Roasted Chicken and Vegetable Sandwich

Ingredients

Bread: Baguette
Spicy Mayo Sauce

Chicken Marinade:

1 Pound boneless skinless chicken
thighs
1 tbsp olive oil
3 tbsp low sodium soy sauce
1 tbsp garlic paste
2 tsp ginger paste
1/2 tbsp chili powder
3/4 tsp onion powder
1/2 tsp salt
1/4 tsp black pepper
2 tbsp light brown sugar

Roasted Vegetable Marinade:

1 cup white vinegar
1/2 cup olive oil
20 Cloves of Garlic Grated
1 1/4 tsp Salt
1 tsp chili flakes
2 Red Peppers
2 Yellow Peppers
2 Eggplants
2 Onion
2 Zucchini

Directions

Roasted Vegetables

1. In a blender, combine white vinegar, olive oil, cloves of grated garlic, salt and chili flakes.
2. Cut the red and yellow bell peppers into strips. Slice the large eggplants into 1/2 cm rounds. Slice the red onions into thin rounds. Slice the zucchini into thin ovals
3. Toss all the prepared vegetables in the marinade until it's evenly coated
4. Preheat the oven to 425°F. On a well-oiled pan, spread the vegetables evenly and bake until slightly charred and tender, about 20 - 25 minutes.

Roasted Chicken

1. Preheat the air fryer or the oven to 400°F
2. In a bowl, combine chopped chicken, olive oil, soy sauce, oyster sauce, garlic paste, ginger paste, chili powder, salt, black pepper, onion powder, and light brown sugar. Mix it well and let it marinate for at least 30 minutes (an hour to 2 is recommended).
3. Once marinated, add the chicken to the air fryer, and air fry it for 7 minutes on one side, then turn it over and air fry for another 6-7 minutes until fully cooked and charred.

To Assemble:

1. Slice the baguette in half and spread Spicy Mayo on both sides of the bread.
2. Add the roasted vegetables to the bottom part of the bread.
3. On top of the vegetables, place the chicken according to your liking.
4. Close the top and slice it into as many pieces as you like.
5. Enjoy!

Importance

I chose this recipe as it has become a staple in my household ever since I started making it and the chicken always turns out amazing. Everyone in my family enjoys eating this when I make it.

@TheGoldenBalance One-Pan Coconut Chicken and Rice

Ingredients

1.5 lbs chicken thigh
2 tsp curry powder
2 tsp cardamom
salt to taste
1/2 lemon juice
2 Tbsp oil
1 large onion (chopped)
2 tbsp curry paste
1 tbsp butter (optional)
2 tsp cardamom
2 tsp curry powder
salt to taste
2 cups basmati rice
35 oz coconut milk
top with cilantro, and basil
(optional)

Directions

1. Clean the chicken as desired. You don't need to trim the fat, as it renders down in the pan.
2. Marinate chicken with salt, cardamom, curry powder, and lemon juice (can add more seasoning if preferred)
3. In a pan, pour the oil and heat on high heat until very hot. Bring the stove to medium heat, toss in the chicken, and cook for 5 minutes (the point is to get a quick flavourful crust). Remove the chicken once it has a crust.
4. Add chopped onions to the pan and soften them.
5. After the onions are softened, add the curry paste and the same spices as before (cardamom, curry powder, and salt), butter, washed rice, and coconut milk. Then re-add the chicken and let everything come to a boil.
6. Cover and let it simmer for 20-25 minutes or until rice is tender and chicken is cooked through.
7. Once cooked, add basil and cilantro and serve!

Importance

I chose this recipe because it is one of my comfort meals. The first time I had it was when my mom made it for my friends and me. After enjoying such a hearty, delicious meal with my friends, it became a comfort meal. I also enjoy how easy it is to make.

Crunchy Mixed Salad with Grilled Chicken, Garlic Bread, & Peanuts

Ingredients

Salad:

- 4 cups of mixed greens (lettuce, spinach, arugula)
- 1 cucumber, sliced
- 1 bell pepper, diced
- 2 medium carrots, grated
- 1/4 cup of sliced red onion
- 1/2 cup of cherry tomatoes, halved
- 1/2 cup of peanuts
- 1/2 cup of crumbled feta cheese
- 2 boiled eggs, diced
- 2 chicken breasts, grilled and sliced

For the dressing:

- 1/4 cup of olive oil,
- 2 tbsp of lemon juice,
- 1 tbsp of honey, salt, and pepper

Garlic Bread:

- 1 baguette, sliced horizontally
- 3 tbsp of butter
- 2-3 garlic cloves, minced
- 1/2 tsp of dried oregano or parsley
- 1/4 cup of shredded Parmesan cheese

Directions

1. Grill the Chicken:

- Season the chicken breasts with salt, pepper, and curry and paprika.
- Grill over medium-high heat for about 6-8 minutes on each side, or until they reach an internal temperature of 165°F (75°C).
- Let them cool, then slice into strips.

2. Prepare the Salad:

- Mix the greens, cucumber, bell pepper, carrots, red onion, cherry tomatoes, and peanuts in a large bowl.
- Add the boiled eggs, feta cheese, and chicken strips.
- Whisk the olive oil, lemon juice, honey, salt, and pepper, then drizzle it over the salad and toss to coat.

3. Make the Garlic Bread:

- Preheat the oven to 400°F (200°C).
- Combine the butter, garlic, and oregano or parsley.
- Spread the mixture on the baguette halves, then sprinkle Parmesan cheese on top.
- Place the bread on a baking sheet and bake for 8-10 minutes, until the edges are crispy and golden.
- Slice it into smaller pieces before serving.

4. Serve:

- Plate the salad and serve with warm garlic bread on the side.

Importance

I picked this recipe because it's a refreshing and satisfying meal that brings together a delightful mix of flavors and textures. The grilled chicken adds heartiness to the salad, while the peanuts and feta offer a contrasting crunch and taste. The garlic bread provides an aromatic, comforting touch that rounds out the dish perfectly.

Kabsa

Ingredients

2 onions
8 chicken thighs
6 garlic cloves
2 lemons sliced in half
4 chili peppers, minced
5 tomatoes diced
5 garlic, minced
1 tbsp ghee
1 cinnamon stick
3 bay leaves
5 cardamom
2 star anise
1 tsp whole pepper
2 tbsp chili powder
1 tbsp mixed spices
1 tbsp salt
2 tbsp tomato puree
3 cups of rice
¼ cup of raisins
¼ cup of almonds

Directions

Before starting anything, take your rice and let it soak in water for 20 minutes. You typically do this whilst making the first component of the chicken and the tomato sauce.

1. Add the ghee first and let it melt in your pot, like butter. Then add cinnamon stick, bay leaves, cardamom and star anise in. Let them sizzle a bit to gain their flavour
2. Add in the onion, chili and let them cook down a bit until the onions wilt.
3. Add in the peppercorns, mixed spices, chili powder, salt and tomato purée and stir all the ingredients in the pot. Then after a moment add in your tomatoes
4. Add in your raw chicken and some water and let them cook. After they cook, put them aside.
5. Add in your pre-soaked rice into the leftover tomato sauce alongside some water, you will put them into another pot with some oil and start cooking the rice.
6. In a separate pan with a bit of oil, cook the almonds and raisins until the raisins puff up and the almonds gain a colour outside them.
7. Put your rice and chicken on a plate. Top your rice and chicken off with the raisins and almonds and enjoy

Poppyseed Cake

Ingredients

1 cup poppy seed
1/3 cup honey
1 cup butter or margarine
1 1/2 cups sugar
4 eggs, separated
1 cup sour cream
1 tsp pure vanilla extract
2 1/2 cups sifted all
purpose flour
1 tsp baking soda
1 tsp salt

Importance

I chose this recipe due to it being considered a staple in my family. My grandmother would cook a poppyseed cake for almost every holiday and family gathering (New Years, Easter, Thanksgiving, Christmas Etc) and sometimes I would even help her cook it, one of my favorite activities with her when I was younger.

Directions

1. In a small saucepan, cook poppy seed with honey and 1/4 cup water for 5 to 7 minutes. Cool.
2. Cream butter and sugar until light and fluffy. poppy seed mixture. Add cooled
3. Add egg yolks one at a time, beating well after each addition.
4. Blend in sour cream and vanilla. Sift together flour, soda and salt.
5. Gradually add to the poppy seed mixture, beating well after each addition.
6. Beat egg whites until stiff peaks are formed. Fold into batter.
7. Pour batter into lightly greased and floured 9-inch tube pan.
8. Bake in a preheated moderate oven (350F.) 1 hour and 15 minutes or until done.

TEST @ 50 min + every 5 min after initial testing

Cool in pan for 5 minutes. Remove cake and cool on a wire rack. Frost if desired, with confectioner's sugar icing, blending 1 cup sifted confectioner's sugar and 4 teaspoons cold water together until smooth.

Spaghettini with Ground Chicken Marinara Sauce

Ingredients

1 lb package of ground chicken
1 small onion diced
1 clove of garlic minced
4 tbsp vegetable oil
1 tbsp salt
1 tbsp black pepper
1 tbsp onion powder
1 tbsp garlic powder
1 tbsp Italian seasoning
1 tbsp paprika
1 tbsp cajun seasoning
2 cups water
750 ml marinara sauce
340g spaghettini
½ cup shredded cheese

Directions

1. Dice onion and mince garlic
2. Combine vegetable oil, diced onion, and minced garlic in a pan on medium-high heat. Let simmer for 1-2 minutes.
3. Add ground chicken, salt, black pepper, onion powder, garlic powder, Italian seasoning, paprika, and cajun seasoning. Mash/mix for 5-10 minutes or until no longer pink.
4. Add water and cover, stirring occasionally until water evaporates.
5. While waiting for the water to evaporate boil spaghettini for 7-8 minutes then drain
6. Add marinara sauce to the seasoned ground chicken and stir until warm about 2-4 minutes.
7. Add cheese to sauce and stir until melted
8. Serve spaghettini with sauce on top

Importance

I choose Spaghettini with ground chicken marinara sauce as it is simple, easy to prepare, easily adapted, and delicious. The recipe's straightforward cooking techniques, such as boiling pasta and sautéing chicken, are suitable for beginners like myself and can be easily customized allowing for adaptations to accommodate dietary preferences or restrictions.

Spinach and Sausage Pasta with Tomato Sauce

Ingredients

16 Spicy Italian Sausages
4 Tbsp Extra Virgin Olive Oil
680 g Cherry Tomatoes
6 Cloves Minced Garlic
1 Small Yellow Onion Diced
Pinch Chili Flakes
2 Tbsp Salt
600 g Spaghetti
312 g Spinach
Handful of Basil
1/2 cup Parmesan Cheese

Importance

This pasta recipe started off as something that my mom made a few times when I was a kid and it was not only the first pasta dish that she made, but one that made me like spinach. Once I was older, and I started to cook meals for my family I tried to recreate her recipe. This recipe was something that she found on the internet but once she lost the recipe she stopped making it. Taking what I remember from the recipe I experimented a lot with different techniques. It took a few tries to get it right, playing with the quantities and types of ingredients before realizing that using fresh ingredients taste the best for this dish.

Directions

1. Start by prepping the vegetables by mincing the garlic, dicing the onions and halving the cherry tomatoes.
2. Shred the parmesan cheese, chiffonade the basil and set them to the side.
3. Remove the casing of the sausages by slicing the skin and peeling it off the sausages.
4. Place a large pan on high heat and once hot enough add the olive oil and the sausages to the pan.
5. Break it up as it cooks, turning it over so that it browns evenly for about 10 min.
6. Lower the heat to medium low before removing the sausages into a separate container. Make sure to leave as much of the oil behind as you can.
7. In the same pan used to cook the sausages, add the onions to the pan and cook it down until translucent before adding the minced garlic.
8. Once the garlic is fragrant, add the chili pepper and a pinch of salt before dumping the cherry tomatoes into the pan. Stir this before covering with a lid.
9. In a large pot, bring water to a boil before lowering the heat to medium and adding the salt and the spaghetti to the pot. Do not break the spaghetti, instead use a spoon to push it completely into the water.
10. Cook the spaghetti according to packet instructions, and make sure to stir the spaghetti every 2 minutes so that it does not stick together.
11. Stir the sauce and press down on the tomatoes to help create a sauce, you may need to add some pasta water to loosen the sauce.
12. Once the tomatoes are soft enough and are bursting, add the spinach.
13. Once the spinach is wilted, add the sausages and basil to the pan before turning off the heat.
14. When the spaghetti is finished cooking, add it to the pan using tongs.
15. Mix everything together before adding the parmesan cheese and mixing again.
16. Garnish with more parmesan cheese and basil before serving.

Stir Fried Chicken Quinoa

Ingredients

half a lemon for marination
3-4 sprays of olive oil (not store bought spray, just put organic olive oil in sprayer)
3-4 pieces of garlic and ginger half the size of 1 garlic clove
2 onions chopped in rings
3 eggs
1-2 green onions
2-3 broccoli florets and 2 small sweet carrots.
half green and half red bell peppers
2 avocados raw chopped
2 chicken breast
1 packet of quinoa 200-300g
soy sauce and chili sauce and corn flour to taste
Salt and Pepper to taste
Sesame oil to taste

Importance

I made this recipe because I am very lazy and looking to get all my nutrients from one dish that is very simple and easy to make. I really like stir fry chicken and fried rice, so I thought I'd combine the two. Its a great option when you just want to have your nutrients in a very simple and easy to make dish that also tastes great!

Directions

Preparation:

1. Marinate chicken with lemon and salt and little bit of corn flour for at least 20 mins.
2. Boil the quinoa.
3. Dice garlic and ginger into very small pieces.
4. Cut the chicken, avocados, bell peppers into small cubes.
5. cut broccoli and carrots into small pieces.
6. Cut onion into rings and green onions in circles.

Cooking:

1. Spray olive oil 3-4 times on cast iron skillet (pls don't use non-stick its toxic), wait until oil heats up. (use semi high heat)
2. Put the ginger and garlic, wait 30 secs
3. Put onions and green onions and then bell peppers, toss salt on them for caramelization. wait until onion is golden brown.
4. Put the eggs, scramble and cook for 30-40 seconds.
5. Put the chicken, wait till chicken is brown-ish.
6. Put broccoli and carrots and avocados, cook for 30 seconds.
7. Put the quinoa. cook for 30 seconds
8. Put soya sauce and chili sauce and pepper for taste.
9. cook for 2-3 mins, stir every 30 seconds.
10. Put sesame oil and cook for 30 seconds.
11. Turn off heat and transfer food to a container (non plastic because its toxic). Let it rest a while 3-5 mins.
12. Eat it!

Teriyaki Peanut Tofu with Stir-Fried Veggies & Brown Rice

Ingredients

BROWN RICE BASE

3 cups (750ml) cooked brown rice (1 cup - 250ml brown rice + 2.5 cups - 625ml vegetable broth)

VEGGIE STIR-FRY

1 tbsp (15ml) sesame oil or coconut oil
3 cups (750ml) broccoli florets
2 cups (500ml) zucchini, quartered and cut into 1/2 inch slices
2 cups (500ml) white button mushrooms, quartered
1 cup (250ml) carrots, sliced diagonally
1/2 red pepper, sliced

TERIYAKI PEANUT TOFU

1 block (350g) firm or extra-firm tofu, cubed
1/2 tbsp (7.5ml) sesame oil or coconut oil

TERIYAKI PEANUT SAUCE

1/4 cup (60ml) soy sauce or Bragg's Liquid Aminos
2 tbsp (30ml) chile garlic sauce or sriracha (or a mix of the two)
3 cloves garlic, minced
1 tbsp (15ml) brown sugar
1 tbsp (15ml) peanut butter
2 tbsp (30ml) sesame oil
1 tbsp (15ml) sesame seeds (optional)
water to thin the sauce

Directions

1. Prepare: BROWN RICE

- In a medium-sized saucepan, pour 2.5 cups of vegetable stock and let it come to a boil
- Once vegetable stock comes to a boil, add 1 cup of brown rice and leave it to cook for 55 minutes on low heat
- When rice is done cooking, take it off burner and fluff it with a fork

2. Prepare: TERIYAKI PEANUT SAUCE

- Pour all sauce ingredients in a medium sized bowl and mix
- Once complete, taste it. You may customize to your liking (add more of whatever you would like or feel is missing)

3. Prepare: THE TOFU

- Over medium heat, pour 1 tbsp of coconut or sesame oil in a pan
- Put cubed tofu in skillet and wait 3-4 minutes, until turns golden-brown
- After waiting 3-4 minutes, flip the tofu to the other side and wait an additional 3-4 minutes until that side turns golden-brown
- Once fully cooked, transfer them into teriyaki sauce and leave it to sit

4. Prepare: THE VEGETABLES

- In skillet, pour 1 tbsp of sesame oil over medium-high heat
- Next, add your broccoli. Keep in skillet for 2 minutes while stirring regularly
- After 2 minutes, add your zucchini and carrots for 3 minutes, while again stirring regularly
- Finally, add your red peppers and mushrooms for an additional 2-3 minutes
- As a final touch, pour a small amount of soy sauce and mix
- Transfer vegetables into another bowl

5. Prepare: TOFU SAUCE

- Pour both the sauce and tofu into heated skillet (medium-high heat)
- You should see the sauce thicken and bubble, taking around 1-1.5 minutes. To keep the sauce from burning, constantly stir.
- Once sauce thickens, take off heat

6. PLATE AND SERVE

- In a bowl, first add your rice
- on top, add 1/4 of the vegetables and 1/4 of the tofu

Importance

I decided to choose a tofu bowl as my recipe because ever since I had a crispy tofu bowl at Joey's, one of my favourite restaurants, it has been my go-to order whenever I go and one of my favourite meals. Although this dish is different in ingredients than the dish at Joey's, it has the same concept and ingredients that I also love!

Turkey and Sweet Potato Skillet

Ingredients

1 lb Ground turkey
2 sweet potatoes, diced
1 bell pepper, diced
1 onion , diced
2 clove garlic , minced
1 tbsp olive oil
1 tsp paprika
Salt and pepper to taste
Fresh parsley for garnish

Directions

1. In a skillet over medium heat, warm the olive oil.
2. Cook the sweet potatoes in diced form for ten minutes or until they are cooked.
3. Add the minced garlic, bell pepper, and diced onion. Sauté the veggies till they get tender.
4. Add the ground turkey to the skillet after pushing the vegetables to one side.
5. Cook until well cooked and browned.
6. Combine all ingredients in the skillet. Add paprika, salt, and pepper for seasoning.
7. Before serving, garnish with fresh parsley.

Importance

This recipe for Turkey and Sweet Potato Skillet gives your body the critical elements it needs to support overall health and well-being by balancing protein, carbs, and fats. Hence perfect breakfast to stay healthy and fit.

Vegan Chili

Ingredients

One can (398ml) of black beans.
One can (341ml) of yellow corn nibblets.

One can (796ml) of canned San Marzano tomatoes.

One can (398ml) kidney beans (can be white or red).

3 celery stalks.

2 onions.

½ cup nutritional yeast.

Salt to taste.

Red pepper flakes to taste.

Ground white or black pepper to taste.

Oregano to taste.

Water, depending on size of pot, it needs to cover all ingredients and go over by about an inch. More can be depending on desired

consistency.

3 tbsp olive oil

Directions

1. As preparation, peel and dice the two onions and wash and dice the three stalks of celery.

2. To save time later, also remove the tops of all the canned products used in this recipe (beans, corn, and tomatoes).

3. In a large pot over medium heat, add olive oil, diced onions, and diced celery.

4. Using a wooden spoon, sauté the onions and celery constantly until onions become translucent and celery soften a little bit.

5. Once this state is occurred, add the rest of the ingredients to the pot, along with enough water to cover everything and go over about an inch. If a thicker chili is desired, add less water. If a thinner chili is desired, add less water.

6. Bring the chili up to a boil, stirring occasionally to prevent sticking.

7. Once it boils, add all seasonings mentioned earlier to taste along with the nutritional yeast and reduce heat to low.

8. After the heat is lowered, the boil should reduce to a simmer.

9. Leave simmering for about an hour, stirring occasionally to prevent sticking.

10. Once the chili is thickened, turn heat off and serve with desired toppings.

11. Enjoy!

Wonton Soup

Ingredients

0.5 lb ground pork
2 oz peeled shrimp
10 g green onion
5 g ginger
1 tbsp light soy
sauce
200 g flour
1.1 g salt
650 ml water

Directions

Step1: Mince 0.5 pound of pork (make sure it is boneless), 2 ounces of peeled shrimp, 10 gram of green onion and 5 gram of ginger. Then put these ingredients in to a clean bow and mix them up with 1 table spoon of Chinese rice wine and 1 tablespoon of light soy sauce.

Step2: Get 200 gram of flour, slowly pour it in to a mixing bow, add 1.1 gram of salt and 650ml of water that is 15 Celsius hot, well mix it and leave it for 2 minutes so the flour can absorb the hot water, and it should have a clay type texture after.

Step3: Roll the mixed flour on a cutting board until it is only 0.3 centimeter thin. Then cut them in to 20 piece that is equally with a kitchen knife, then scoop out the chopped mixed meat using a spoon with the size you like and wrap it up with the mixed flour and the Wonton is now made

Step 4: Heat up 3 liter of clean water in a steamed pot, meanwhile fry the Wonton in a pan, then put the fried Wonton in to the steam pot, add in vegetables that you like

Importance

I choose to share this meal is because that I found this meat really healthy and stomach warming, it is a great option for both lunch and dinner, it contains the nutrition that you need for you day, but it is also are low in additive and trans fats.

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Thank you for
your recipes!
Have a
wonderful
summer!