



E-Cookbooks International Recipe Sampler

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Personalized Cooking Aprons

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Australia – Lamb Shank Pie

4–6 Lamb shanks (chopped in half)
1 large carrot
1 parsnip
2 tomatoes
6 oz. veal/chicken stock
2 tablespoons tomato paste
juice and grated rind of 1 lemon
pinch of sugar
2 tablespoons parsley
2 tablespoons chopped garlic
1 tablespoons butter
1 tablespoon vegetable oil
seasoned flour(for dusting)
1 onion
1 stick of celery
1 cup red wine
2 tablespoons basil
2 cups mashed potatoes

Dust the shanks in flour and brown them in butter and oil in a heavy skillet or fry pan. Put the cooked shanks in a saucepan, cover with water, wine, and tomato paste and cook ever so gently for about 90 min or until meat starts to soften (you may have to add a little more water or wine.)

In the meantime, saute the vegetables (roughly chopped) with the garlic in the same frying pan; you may have to add a little more oil. After a couple of minutes add the tomatoes (roughly chopped), lemon juice and rind. Cook gently for another few minutes.

Transfer partly cooked lamb shanks into a casserole dish. Skim off any fat formed during cooking. Add the cooked vegetables, mix lightly, add the fresh herbs, spoon mashed potatoes on top and finish cooking in a pre heated 190 degree oven for about 30 minutes. Serve piping hot with crusty bread.

Australia – Fluffy Pikelets

1 cup self raising flour
2 tablespoons sugar
1 teaspoon melted butter
1/2 cup milk
1/2 teaspoon baking soda
1 teaspoon vinegar or lemon juice
1 egg
pinch of salt

Sift flour, salt and soda into a small bowl. Add sugar, egg and milk. Beat on low speed until mixed. Beat on high speed for about 1 minute, then fold in melted butter. Place spoonfuls onto a hot griddle or frypan.

Barbados – Barbadian Cake

- 1 1/2 cups white sugar
- 2 cups butter
- 4 1/2 teaspoons baking powder
- 3 cups all-purpose flour
- 4 eggs
- 1 tablespoon vanilla extract
- 1 tablespoon almond extract
- 2 cups milk

Preheat oven to 400F. Lightly grease and flour one 9 or 10 inch bundt pan. By hand, with a spatula, cream butter and sugar together until light and fluffy. Add eggs all at once and beat well. Sift the flour and the baking powder together. Add to butter mixture along with 1 cup of the milk. Continue to beat well (the batter will be doughy). Add the remaining 1 cup of milk along with the vanilla and almond extracts. Pour batter into the prepared pan.

Bake at 400F for 1 hour. Reduce heat to 350F and continue baking for 15 minutes longer.

Belgium – Waterzooi A La Gantoise

3 lb. stewing chicken, stewing with giblets

1/2 lb. stew beef, cubed

Water

2 medium onions, wedged

1 celery stalk, chopped

2 leeks (white only), chopped

1 carrot, quartered lengthwise

1 teas. salt

2 egg yolks

6 tbs. half & half

1/8 teaspoon white pepper

juice of 1/2 fresh lemon

Cut chicken in 4 pieces. Place chicken, giblets, and stew beef in a large pot, cover with water – bring to a boil. Skim foam from surface until surface is clear.

Add onions, celery, leeks, carrot and salt. Cover, simmer about 2 hours. Remove beef from cooking liquid, reserve for another purpose. Remove and discard skin and bones from chicken. Cut meat into small pieces.

Strain cooking liquid, squeezing liquid from vegetables – discard vegetables. Boil cooking liquid until reduced to about 1 quart.

Beat egg yolks with half & half and white pepper in small bowl. Stir in about 1/3 cup cooking liquid; stir egg–yolk mixture into remaining liquid. Simmer over low heat, stirring constantly, until thickened. Stir in lemon juice and chicken pieces – heat through. Pour into tureen or serve in individual bowls. Serve immediately.

Bolivia – Palta Rellenos

4 oz. shrimp – peeled, cooked
2 avocados
1/2 banana
2 teaspoons lemon juice
1/4 cup mayonnaise
1 tablespoon half & half
salt and black pepper
1 pinch paprika
1 pinch sugar
1 1/2 cups chicken – cooked, diced
6 lettuce leaves – shredded

If using frozen shrimp, thaw completely. Cut avocados in half; remove stones. Use a melon baller to remove flesh from avocado skins. Reserve skins and 4 avocado balls. Dice remaining avocado flesh.

Slice banana. Combine diced avocado and banana. Sprinkle with lemon juice. Combine mayonnaise, half & half, salt, sugar, pepper, and paprika. Fold in banana mixture, chicken and lettuce. Spoon mixture over reserved avocado skins. Top with shrimp and avocado balls.

Bulgaria – Tarator

2 cucumbers, peeled and chopped
1 garlic clove, minced
4 cups plain yoghurt
1/2 cup water
1/4 teaspoon salt
2 Tablespoons dill, chopped
toasted almond slices, for garnishing

In a blender, puree cucumber and garlic, pulsing the blades to liquify the chopped cubes. Toss in the dill, salt, water, and yoghurt and mix well. Refrigerate at least 2 hours.

When ready to serve, ladle into bowls and sprinkle with toasted almonds.

Canada – Cheddar Cheese Soup

3 cups milk
1 cup chicken broth
6 slices bacon, diced
1/4 cup finely diced red onion
1/4 cup finely diced celery
1/4 cup chopped scallion
3 Tablespoons all-purpose flour
2 cups shredded Canadian white cheddar cheese
1/2 teaspoon Tabasco sauce, or to taste
1/2 teaspoon Worcestershire sauce
12 teaspoon salt, or to taste
1/8 teaspoon freshly ground pepper, or to taste
Snipped fresh chives or minced scallions for garnish

In a 2-quart saucepan, heat the milk and the chicken broth over medium-low heat. Meanwhile, in a 4 or 5 quart Dutch oven, cook the bacon, stirring, over medium heat for about 5 minutes, or until lightly browned. Add the red onion, celery, and scallion and cook, stirring, until the onion has softened, about 5 minutes. Add the flour and cook, stirring constantly, for 3 minutes.

Remove the Dutch oven from the heat, add the heated milk mixture, and whisk until well blended. Return to the heat and cook, whisking constantly, until the mixture comes to a boil. Boil for 1 minute, or until thickened.

Remove the Dutch oven from the heat and stir in the cheese, Tabasco sauce, salt, and pepper until the cheese is melted and the soup is smooth. Serve the soup hot, garnished with chives.

China – Hot–Fried Crispy Shredded Beef

4 eggs
1/2 teaspoon salt
4 oz. corn starch
1 lb. topside of beef, cut into matchstick strips
2 cups vegetable oil
3 medium carrots, scraped and cut into matchstick strips
2 spring onions, cut into 1 inch sections
2 dry red chilies, shredded
3 garlic cloves, crushed
6 teaspoons sugar
2 tablespoons soy sauce
4 tablespoons wine vinegar

Mix together the eggs, salt and cornflour and toss the beef in this until well coated. Heat the oil in a wok to 350 degree F, or until a cube of bread browns in 30 seconds, and stir–fry the beef for 1 1/2 minutes or until crispy. remove and drain on paper towels.

Reheat the oil and deep–fry the carrots for 1 1/2 minutes. Remove and drain on paper towels.

Pour off most of the oil, leaving about 1 1/2 tablespoons in the bottom of the wok. Reheat, then add the spring onions, chilies and garlic. Stir–fry together for about 30 seconds over the heat then add the sugar, soy sauce and vinegar. Return the meat and carrots to the sauce. Toss over the heat and serve.

China – Moo Goo Gai Pan

4 chicken breast halves, skinned, boned and sliced
salt and pepper
4 cloves garlic, minced
2 cups water
1 tablespoon cornstarch
5 tablespoons corn oil
8 ounces fresh mushrooms, sliced
4 pounds bok choy or Chinese white cabbage, chopped
2 tablespoons sugar
4 tablespoons soy sauce
6 scallions, chopped

1. In a bowl, toss chicken with the salt and pepper, garlic and cornstarch mixture. Set aside.
2. Heat 3 tablespoons of corn oil in a wok and stir in mushrooms, bok choy/cabbage and sugar for 2 minutes. Cover and cook for 5 minutes. Remove from wok.
3. Heat remaining corn oil in wok. Stir-fry chicken for 2 minutes over high heat. Add soy sauce and mix well. Cover and cook for about 6 minutes, or until the chicken is thoroughly cooked.
4. Mix in the cooked vegetables and scallions. Stir fry together for about 1 minute. Serve hot with rice.

Czech Republic – Kolaches

1 cup sour cream
1/2 cup sugar
1 1/2 teas. salt
1/2 cup butter, softened
2 pkgs. dry yeast
1/2 cup warm water
2 eggs, beaten
4 cup flour (maybe more)
Filling
Streusel Topping
1/3 Additional butter or margarine, melted

Heat sour cream until warm. Stir in sugar, salt and softened butter. Set aside to cool. Sprinkle yeast over warm water; let stand until yeast dissolves. Add to sour cream mixture. add eggs and flour and mix well (dough does not need kneading). If necessary, work in enough flour to make dough spongy but not sticky. Put dough in a large, greased bowl; cover, and refrigerate overnight.

Remove dough from refrigerator. Shape into balls about 1 1/2 inch in diameter, and place on lightly greased baking sheets about an inch apart. Flatten balls to 1/2 inch and let rise for about 10 minutes. Make indentions in the middle of each kolache by pressing down firmly with the first two fingers of both hands. Spoon about 1 T filling into each indentation. Sprinkle about 1/2 t streusel topping over filling. Cover kolaches with a sheet of wax paper, and let rise until double in bulk. Remove wax paper and bake in 350 degree oven for 15–20 min. or until light tan. Remove from oven and brush top edges and sides with melted butter. Makes about 2 dozen.

Denmark – Hasselnodlagkage

9 egg yolks
2/3 cup sugar
3/4 cup blanched almonds -- ground
3/4 cup hazelnuts -- ground
9 egg whites
1/4 cup cherry brandy
1/4 cup raspberry jam
1 pint whipping cream
24 whole hazelnuts
Powdered sugar

Beat the egg yolks until thick. Add the sugar and beat. Add the ground nuts and mix well. Beat the egg whites until stiff. Fold into the yolk mixture.

Bake in 2 well-buttered layer-cake tins in a preheated moderate oven 350F until the top of the cake springs back quickly when you touch it. Remove from oven and let cool.

Cover the top of each layer with half of the liqueur, then with a thin layer of the raspberry jam. Place one cake on top of the other.

Whip the cream and spread over top. Place whole hazelnuts here and there on the torte. Dust the top with powdered sugar.

Egypt – Feteer Bel Asaag

- 1 large onion, chopped
- 1 lb. super lean ground beef
- 2 tablespoons olive oil
- 1/2 cup water
- salt and pepper
- 1 cup chopped nuts (optional)
- 1 stick of butter
- 1 egg
- 1 cup milk
- 1 package frozen Fillo dough sheets (thawed overnight)

Saute the onion in the oil until it changes color to dark yellow. Add the meat and brown it then add the water, salt and pepper and let it cook until all the water has evaporated. If you decide to use nuts add them at this time.

Open the Fillo dough package and divide the sheets in half (they are usually sheets of 10X20" rectangles, you want to end up with 2 stacks of 10X10 sheets. In a greased 9x12x3" baking dish layer 2 to 3 sheets at a time and sprinkle them with a few drops of the melted butter, and so on until you finish the first half of the sheets. Spread the meat and nut mixture on it and start doing the same thing with the other half of the sheets. Don't worry about spreading the butter on the sheets. When you finish with all the dough, cut the feteer in 2X1" squares with a sharp knife.

Mix together the left-over melted butter, the egg and the milk and a pinch of salt (not much) beat it with fork. Pour the egg mixture gently over the feteer and bake, uncovered, in a 375F oven for about 20 minutes or until the milk is absorbed and the feteer turns gold yellow.

France – Poulet aux Morilles

1 ounce dried morel mushrooms
1 cup hot milk
1 frying chicken, cut into 8 serving pieces
1/4 cup vegetable oil
2 tablespoons unsalted butter
1 tablespoon all-purpose flour
1/2 teaspoon dried thyme leaves
1 1/2 cups dry white wine
2 tablespoons Cognac
1 cup Creme Fraiche
Beurre manie (1 tablespoon all-purpose flour mixed with
1 tablespoon unsalted butter)
Salt and freshly ground white pepper
2 cups hot cooked rice

Creme Fraiche

1 cup heavy cream
1/2 cup sour cream

Whisk the cream and sour cream together in a mixing bowl. Cover with plastic wrap and let sit at room temperature until thickened, about 8 hours. Put a filter in a coffee filter top or line a strainer with a double thickness of paper towels and set over a bowl. Scrape in the thickened cream.

Let drain in the refrigerator, covered with plastic wrap, until very thick, at least 12 hours or up to 24 hours. Spoon the cream into a covered container and refrigerate. Creme Fraiche will keep in the refrigerator for 1 week.

Cover the morels with the hot milk and let them soak for 30 minutes. Meanwhile, pat the chicken pieces dry with paper towels. Heat the oil and butter together in a skillet or saute pan large enough to hold the chicken in one layer without crowding. Cook the chicken pieces over medium-high heat until golden brown on both sides, about 10 minutes altogether. Transfer the chicken to a plate. Reserve.

Strain the morel soaking liquid through a sieve lined with dampened cheesecloth. Squeeze the mushrooms with your fingers to force out as much liquid as possible. Reserve. Discard the cheesecloth with the sediment and set the liquid aside.

Rinse the mushrooms under cold running water to remove any grit.

Drain and squeeze dry. Cook them over medium–low heat in the fat remaining in the skillet for about 4 minutes, stirring often.

Discard all the fat from the skillet.

Return the chicken pieces in one layer to the skillet, adding any juices from the plate. Sprinkle with the flour and thyme and turn the pieces to coat. Pour in the wine, bring to the boil, cover and simmer for 15 minutes, turning the chicken once. Uncover the pan and simmer until the chicken is fork–tender, about 15 minutes more.

To make the sauce, first remove the chicken and mushrooms with a slotted spoon to a bowl and cover loosely to keep warm. Degrease the pan juices. Whisk in the Cognac, mushroom liquid and Creme Fraiche. Cook, whisking, over low heat until smooth. The sauce should be just thick enough to coat a spoon. If necessary, whisk in the beurre manie, 1 teaspoon at a time, to thicken the sauce.

Season to taste.

Return the chicken, mushrooms and any liquid in the bowl to the pan. Stir to coat the pieces with the sauce and heat through. Do not let boil. Spoon chicken and mushrooms onto a serving dish and serve with cooked rice.

France – Foie de Veau au Sauternes

- 2 medium onions [about 8 ounces total], ends cut flat, peeled, cut in half lengthwise
- 1 3/4 sticks unsalted butter [7 ounces], cut into 14 pieces
- 2 small carrots [about 4 ounces total], peeled, cut to fit the feed tube vertically
- 3 plum tomatoes [about 9 ounces total], quartered and seeded
- 3 1/2 pounds fresh spinach, washed, stems removed
- 1 cup veal stock, preferably homemade
- 1/2 cup Sauternes
- Salt and freshly ground black pepper
- 6 slices calf's liver [about 5 ounces each], trimmed

Slice the onions thin, and saute in 2 tablespoons butter over low heat until the onions begin to exude their liquid, about 5 minutes. Cover and cook, stirring occasionally, until the onions are golden and very soft, about 25 minutes more.

For flower-like carrot slices, make 5 evenly-spaced lengthwise cuts on each carrot piece with a fruit and vegetable stripper; slice them into very thin rounds. Reserve.

Coarsely chop the tomatoes. Reserve.

Bring a large pot of water to the boil, add the spinach and cook for 2 minutes. Drain and rinse under cold running water until cool enough to handle. Squeeze the spinach to remove all the liquid. Pulse the spinach, in a food processor until finely chopped, about 6 times. Add the onions and process until smooth, about 1 minute. Reserve.

To make the sauce, bring the stock, Sauternes and chopped tomatoes to the boil in a medium skillet. Cook until reduced by one-third, about 9 minutes. Strain into a small saucepan, pressing on the tomatoes to exude all their liquid: there should be about 1/2 cup. Set the skillet aside. Whisk 8 tablespoons of the butter, one piece at a time, into the reduced liquid, over low heat. Season to taste and keep warm.

Add 2 tablespoons butter to the skillet used to reduce the sauce. Add the spinach mixture and season to taste. Keep warm, stirring occasionally.

Season the liver with salt and pepper. Cook 3 slices in 2 tablespoons butter over medium high heat until golden brown on the outside but still pink on the inside, about 2 minutes on each side. Remove to a plate and cover loosely with foil to keep warm. Cook the remaining liver, adding more butter as necessary.

Meanwhile, blanch the carrot slices in boiling water until just tender, about 2 minutes. Drain.

Fill a pastry bag fitted with a 1/2-inch star tip with the spinach mixture. Pipe some spinach around the inner rim of 6 individual serving plates. Cut each piece of liver diagonally into 3/4 inch wide slices and arrange spoke-fashion on each plate. Spoon an equal amount of the sauce on each serving and garnish with the carrot slices.

France – Daube de Boeuf a la Provencale

1/4 lb. salt pork
1 1/2 lb. beef boneless chuck, tip or round
1 cup dry red wine
1/2 cup water
2 cloves garlic, chopped
1/2 teaspoon salt
1/2 teaspoon dried thyme leaves
1/4 teaspoon dried rosemary leaves, crushed
1/4 teaspoon pepper
1 bay leaf
6 medium carrots, cut into 1–inch pieces
2 medium onions, cut into fourths
1/2 cup pitted ripe olives
Minced parsley
French bread

Remove rind from salt pork; cut pork into 1/4–inch slices. Cut beef into 1–inch cubes. Fry salt pork in Dutch oven over medium heat until crisp; remove with slotted spoon. Drain on paper towels. cook and stir beef in hot fat until brown, about 15 minutes. Drain fat. Add wine, water, garlic, salt, thyme, rosemary, pepper and bay leaf. Heat to boiling; reduce heat. Cover and simmer 1 hour.

Stir in salt pork, carrots, onions and olives. Cover and simmer until beef and vegetables are tender, about 40 minutes. Remove bay leaf. Sprinkle with parsley. Serve in bowls with French bread for dipping.

Germany – Neujahrspretzel

2 cups milk
2 eggs
1/2 cup butter or margarine
1 cup powdered sugar
2 packs dry yeast
Water
2 teas. salt
1 teas. vanilla extract
1/2 cup sugar
1/4 cup almonds, chopped
7 cups flour

Heat milk and butter until very warm (120–130 degrees F.). Mix yeast, salt, sugar, and 1 cup flour. Slowly beat into warm milk. Beat for 2 minutes. Add eggs and 1 cup of flour. Beat for an additional 2 minutes. Add enough flour to form a soft dough. Knead until smooth and elastic, about 5 minutes. Place dough in a greased bowl. Let rise in a warm place until doubled in bulk, about 1 hour. Punch dough down and let rise again until doubled (1 hour more). Divide dough in half. Shape pretzel as follows: Roll dough into a rope about 30 inches long and 1 1/2 inches in diameter. Cross the ends leaving a large loop in the center. Flip loop back onto crossed ends to form a pretzel. Repeat with remaining dough. Place pretzels on greased baking sheets. Let rise 15 minutes more. Bake at 375 degrees F for 25 to 30 minutes or until golden brown. Cool on wire racks. Mix powdered sugar, water and vanilla to form a thin icing. Spread icing on pretzels and sprinkle with chopped almonds. Makes 2 large pretzels.

Germany – Linzer Torte

3/4 cup sweet butter, softened
3/4 cup sugar
1 cup finely ground almonds
1 tbsp. Kirschwasser (cherry brandy)
1–1/2 cup flour
1 tsp. cinnamon
Grated rind of 1/2 orange and 1/2 lemon
1 cup good quality raspberry preserves
1 egg, lightly beaten with 1/2 tsp. water
1 tsp. finely ground cloves

Butter one 9 inch springform pan. Cream butter and sugar and beat until fluffy and creamy in color; gradually add almonds and Kirschwasser. Sift flour with cinnamon and cloves; add grated rinds and stir into butter mixture. Spread about 2/3 of dough on bottom and about 2/3 up sides of pan; spread raspberry preserves over dough. Roll remaining dough between 2 sheets of waxed paper; cut into 1/2 inch wide strips. Put in refrigerator to chill. Form strips into a latticework pattern on top of preserves, laying a strip around circumference. Push dough on sides down over strip around circumference and flute; brush top with egg mixture. Bake at 350 degrees for 35 minutes, until top is golden brown. Allow to cool about 10 minutes before removing sides of springform.

Germany – Zwetschgenknodel

3 medium potatoes, boiled the previous day, peeled
1 tablespoon butter
2 egg yolks
pinch of salt
2–3 heaping tablespoons flour
1 1/4 lbs. damson plums (sometimes called prune–plums)
1 sugar cube for each plum

Toppings:

melted butter
1/4 cup bread crumbs
3 tablespoons sugar
1 teaspoon ground cinnamon

Wash the plums, wipe dry, remove stones, and insert a sugar cube into the center of each plum. Smash the boiled potatoes and mix with the cool melted butter, egg yolks, and salt, then add as much flour as it takes to produce a slightly adhesive dough. Note that less flour you use the better they will turn out. Keep your hand cool, take enough dough to cover the plums with 1/4–1/2 inch thickness; carefully press the edges together. Drop into boiling water and simmer until they start to float.

Serve with melted butter, and sprinkle sugar, cinnamon, or a combination of both on it. Or serve with breadcrumbs, browned in butter.

Greece – Baklavas

Filling:

1 pound walnuts, coarsely chopped
1/4 cup sugar
1 teaspoon cinnamon

Pastry:

1 pound phyllo pastry
6 oz. unsalted butter, melted

Syrup:

1/2 pound sugar
10 oz. water
2 cinnamon sticks
2 teaspoons lemon juice
some lemon peel
2 tablespoons honey

Mix all the filling ingredients in a bowl.

Liberally butter the base and sides of an elongated or round baking dish. Measure the length of the phyllo against the baking dish roughly and, allowing 1 inch extra approximately for shrinkage, cut to length with a sharp knife. Brush each layer of phyllo with melted butter and spread over the base of the container as evenly as possible. Once you have used 5 layers of pastry, sprinkle a thin layer of filling all over the surface and add 3 more layers. Sprinkle a thin layer of filling and place 2 more sheets of phyllo on top. Sprinkle on all the remaining filling, spreading it evenly, and cover with 7–8 more layers of phyllo, brushing individually with butter. Fold any excess pastry on either of the sides over the filling and brush it with butter. Brush the top layer liberally with butter in order to get it crisp and golden. Trim any excess pastry with a small sharp knife, keeping in mind that it will also shrink.

Cut the top layers of fyllo carefully, either diagonally into diamond shapes or straight, which will result in square or elongated pieces. Be careful not to cut right down to the base, but only the top layers. This is done in order to make cutting and lifting the pieces out, once it is cooked, much easier and efficient. Using the tips of four fingers, sprinkle drops of water all over the surface and cook it in a preheated oven at 375F for 15 minutes; lower the heat to 350F and cook for a further 20 minutes. In the meantime, prepare the syrup. Place all the

syrup ingredients, apart from the honey, in a saucepan and stir to dissolve the sugar. Simmer for 6–8 minutes, add the honey and simmer for a further 5 minutes until it thickens slightly. Let the baklava cool down then pour the hot but not boiling syrup slowly all over, through a strainer.

Let it stand and absorb the syrup. Cut and serve.

Greece – Souvlaki

- 1 lemon, juiced
- 1/4 cup olive oil
- 1/4 cup soy sauce
- 1 teaspoon dried oregano
- 3 cloves garlic, crushed
- 4 pounds boneless pork tenderloin
- 2 green peppers, cut into 1 inch squares
- 2 yellow onions, cut into 1 inch squares
- Tzaziki (recipe follows)

In a large plastic or glass bowl, mix together lemon juice, olive oil, soy sauce, oregano, and garlic. Add pork, onions, and green pepper; stir to coat. Cover, and refrigerate for 2 to 3 hours.

Preheat grill for medium high heat. Slide pork, pepper, and onion onto skewers. When a fine gray ash covers the coals, begin grilling the kabobs. Cook about 10 to 15 minutes total; turn the skewers frequently.

Serve on pita bread with Tzaziki spooned on top.

Tzaziki

- 2 cups plain full fat yogurt
- 2 teaspoons pureed very fresh garlic
- 1 teaspoon salt
- 2 cucumbers, peeled, seeded and grated
on large holes of grater
- 1/2 teaspoon freshly ground black pepper
- 2 teaspoons olive oil
- Fresh mint leaves, for garnish

Drain yogurt for 1 hour in a cheesecloth-lined strainer to remove some of its water. In a bowl, combine the yogurt, garlic and 1/2 teaspoon salt. Sprinkle the remaining 1/2 teaspoon salt over the grated cucumber and drain, 10 to 15 minutes, to extract excess water. Add drained cucumber to yogurt, along with pepper, and mix well. Cover and refrigerate until chilled, about 1 hour. Drizzle with olive oil and garnish with mint leaves.

Hungary – Szekelygulyas

4–1/2 cups pork, cut into 1–inch cubes
3 tbsp. lard
2 cups onion, sliced
1 tbsp. Hungarian red paprika
2 tbsp. water
1 tsp. salt
2 tsp. caraway seeds
1 clove garlic, crushed
3–1/2 cups sauerkraut
1/2 cup sour cream
1 tbsp. flour

Roast the onion in heated shortening until of yellow color; remove from heat. Stir in the paprika, add water, put back onto heat. Add meat, salt, caraway seeds and garlic; cook gently for approximately 1/2 hour, stirring occasionally. Add the sauerkraut and cook until well done. Stir the flour into the sour cream, add to dish, and let simmer on very low heat for about 10 minutes. Serve with dumplings or potatoes.

Iceland – Leg Of Lamb with Caramel Potatoes

Leg of Lamb

- 1 Leg of Lamb
- Salt, Pepper
- 1 cup Cream
- 2–3 tablespoons Flour

Put the Leg of Lamb on a grid in a roasting pan and pour one quart of water into the pan. Place into oven, then heat oven to 300F. Roast for one hour for each 2 lbs. of weight. Pour the stock from the pan over the Leg of Lamb occasionally with a spoon. For the last half hour of cooking switch on the grill, and grill the Leg of Lamb on both sides.

Sieve the stock into a casserole and skim off the fat. Thicken the sauce with flour, season, and color with gravy browning. Stir in the cream and remove from the heat.

Serve with Caramel Potatoes.

Caramel Potatoes

- 1 lb. Potatoes, medium size, cooked and peeled
- 1 1/2 oz. Margarine
- 5 tablespoons Sugar

Place the sugar on a frying pan and heat until it starts melting, stir in the margarine. When golden, remove from heat, add potatoes, rolling them carefully around so they are completely covered with caramel.

India – Naan

- 4 cups all-purpose flour
- 1 Tablespoon sugar
- 1 Tablespoon double-acting baking powder
- 1/4 teaspoon baking soda
- 1/2 tsp salt
- 2 eggs
- 1 cup milk
- 4 to 6 teaspoons ghee or melted butter

Combine the dry ingredients in a large mixing bowl and stir until the ingredients are thoroughly mixed. Make a well in the center of the mixture and add the eggs, stirring them into the mixture. Add the milk in a thin stream (or a little at a time if you only have two hands), and stir until all the ingredients are well combined. Gather the dough into a ball and knead for about 10 minutes, adding a little flour as needed to prevent sticking, until the dough is smooth and can be gathered into a soft, somewhat sticky ball. Moisten your hands with a teaspoon of ghee, rub it over the ball of dough, and place it in a bowl. Drape a kitchen towel over the bowl and allow to sit at room temperature for about 3 hours.

Place two ungreased baking sheets in the oven and preheat the oven and the sheets to 450F. Divide the dough into 6 equal pieces and flatten each into a tear-drop, or leaf shape about 6 inches long and 3 1/2 inches across at its widest point. Use your fingers to do this, and moisten them with ghee as needed to prevent the dough from sticking. The ghee also assures the proper texture of the bread, so moisten your fingers with it even if the dough is not sticky. Arrange the bread "leaves" side by side on the preheated baking sheets and bake them for about 6 minutes, or until they are firm to the touch. Slide them under the broiler for a minute or so to brown the tops lightly. Serve warm or at room temperature.

Italy – Basic Italian Bread

Biga:

- 1/2 Teaspoon Active Dry Yeast
- 1 Cup Lukewarm water
- 2 Cups Unbleached, All-purpose Flour

Mix the yeast and water together, and then slowly start adding the flour, mixing well. Cover with plastic wrap and let sit at room temperature for up to 6 hours. Refrigerate overnight.

Bread:

- 2 Cups Warm Water (about 90 degrees F.)
- 1 Pkg. Active Dry Yeast
- 5–6 Cups All-purpose, Unbleached Flour
- 2 Ts. Salt

Place the water in a large bowl, sprinkle the yeast ovetop and mix well. Let sit 10 minutes until bubbly. Add the biga, flour, and salt and stir with a wooden spoon (or mix with your hands) until everything is mixed. The dough will be fairly wet and sticky at this point. Cover and let stand in a warm spot for about 1 to 1 1/2 hours until doubled in volume.

Punch down the dough, folding it over on itself two or three times, cover and let rise once more until doubled, about 1 hour. If you choose, you could refrigerate your dough at this time and leave it overnight to prepare the next day.

Turn out your dough onto a floured baking sheet, and without overworking it too much, shape into one large or two smaller round or oval shaped loaves, using as much extra flour as needed to keep it from sticking. Slash across the tops of the loaves with a serrated knife or razor just prior to baking.

Preheat the oven to 350F and place a casserole dish with boiling water on the lower oven rack. Bake your bread 30 minutes, turn the baking sheet around, and reduce the heat to 300F and bake for another 30–45 minutes. At this point your bread should be golden brown and should sound hollow when you tap the bottom. Allow the bread to cool to room temperature and serve.

Italy – Gnocchi Alla Giordano

2 pounds Baking potatoes
1 cup All-purpose flour
1 Whole egg plus
1 Egg yolk, lightly beaten
2 tablespoons Unsalted butter, softened
1 teaspoon Salt
Freshly grated Parmesan cheese
Tomato sauce

Boil the potatoes in their jackets, drain, peel and put through a ricer or food mill. While the potatoes are still warm, blend in the flour, add the egg, egg yolk, butter and salt.

Place the potato mixture on a floured board and knead lightly; the dough will be soft. Roll the dough in 1" thick sticks about 10" long. Cut each roll into 3/4" pieces.

Rub each piece of dough lightly over the coarse side of a cheese grater over a large pot of boiling salted water. Cook the gnocchi until they rise to the top of the water. Using a slotted spoon, remove the gnocchi to a warm bowl.

Sprinkle with Parmesan cheese, top with tomato sauce and serve.

Italy – Asparagus Pasta col Pesto

3 cloves garlic, minced
1/4 to 1/2 cup olive oil (do not substitute)
1 cup chopped or sliced asparagus, use only the tender half
or tips (asparagus can be substituted with broccoli,
string beans, or zucchini)
2 tablespoons minced onion
1/4 to 1/2 cup fresh basil, finely chopped
8 ounces pasta noodles of your choice
grated Parmesan cheese

Quick Pesto Sauce: Saute garlic, onion, and basil in olive oil until the garlic and onion turns light brown. Do not over cook. Set aside and keep warm.

Prepare the pasta of your choice according to package directions except for the following:

Add 1 to 2 cups additional water. Just before water begins to boil, add the asparagus or the vegetables of your choice. When the water begins to boil add the pasta and cook according to directions

Drain the pasta and vegetable mixture and pour the pesto sauce over the top, tossing lightly to coat. Top with parmesan cheese and serve with French bread and additional parmesan cheese.

Japan – Yakitori

The sauce:

- 1 tablespoon granulated sugar
- 1/4 cup mirin (sweetened cooking sake)
- 1/2 cup sake
- 1/2 cup soy sauce

Mix ingredients over high heat and bring to a boil. Reduce heat to medium–low and simmer until reduced to one cup. (About 10 to 15 min.) Set aside.

- 12 ounces of boned, skinless chicken
- 8 ounces of chicken livers
- cold water
- 4 medium dried chinese black mushrooms, soaked in hot water until soft
- 2 medium green bell peppers
- 1 medium leek
- 16 to 20 skewers
- 1 lemon, cut into wedges

Soak the bamboo skewers in cold water while you cut up the ingredients. Cut the chicken into squares and the liver into squares and place the livers into the cold water and cover. Let stand 5 min. then drain and pat dry.

Remove the mushroom stems from the water and cut each cap into halves. Then cut each green pepper into 1–inch squares. Cut the leeks into 1– inch lengths.

Thread the pieces of food on the skewers in alternating order, then place on a hot grill and baste with the sauce. Cook for about 3 to 4 min. Do not overcook or the chicken will be dry.

Serve with the lemon wedges.

Korea – Kim Chee

2 pounds napa or celery cabbage
1/2 cup coarse salt
4 cups water
1 1/2 tablespoons crushed red pepper flakes
1 clove garlic, finely minced
1 teaspoon fresh ginger, minced
1 tablespoon granulated sugar
2 green onions, finely chopped

Rinse the cabbage in cold water and drain. Cut the cabbage into 1–1/2–inch squares. Sprinkle with salt, add the water, and let stand overnight.

Rinse the cabbage in cold water and drain. Using a wooden spoon, blend the remaining ingredients and stir this well into the cabbage pieces. Pack into a quart jar or other container and cover. Place the jar in a plastic bag to prevent the odors from spreading to other foods. Refrigerate and let stand four to five days to cure.

Libya – Halawah Bil–Fawaaki

- 2 large plums, diced
- 1 large apple, peeled, cored, and diced
- 2 medium peaches, diced
- 1 cup diced cantaloupe
- 1/4 cup raisins
- 2 tablespoons lemon juice
- 1/2 cup honey, melted
- 3 tablespoons butter, melted
- 1 teaspoon cinnamon
- 1/2 cup couscous
- 2 tablespoons crushed pistachios

Combine, plums, apple, peaches, cantaloupe, raisins, lemon juice, and honey in a saucepan; then cover and cook over low heat for 10 minutes. Add butter, cinnamon and couscous. Cook over low heat, stirring often, until couscous is done.

Transfer to a serving bowl and allow to cool for 1 hour. Sprinkle with pistachios just before serving.

Mexico – Carne Asada

- 2 pounds flank steak
- 12 flour tortillas
- 1/2 cup tequila
- 1/4 cup lime juice
- 1/4 cup lemon juice
- 1/4 cup orange juice
- 4 cloves garlic crushed
- 1 medium onion chopped
- 1 teaspoon black pepper
- 1 cup salsa
- 1 cup guacamole
- 1 teaspoon tobasco

Mix juices, garlic, onion, tequila, tobasco and pepper in a bowl. Add meat and marinate both sides. Cover and refrigerate, turning meat over occasionally. Let sit for 4 hours or more. Preheat grill. Place a few drops of water on each tortilla, stack and wrap in aluminum foil. Place on grill. Remove meat from marinade, reserving marinade. Place on grill. Turn steak and tortillas once during cooking. Brush steak with remaining marinade.

Cook to your liking (12 to 15 minutes for medium–rare). Cut into thin slices. Place a few slices of steak on each tortilla with salsa and guacamole and serve.

Mexico – Flan

- 1/2 Cup Sugar
- 1 Cup Milk
- 3 Large Egg yolks
- 1 Teaspoon Vanilla extract
- 14 Ounce Sweetened condensed milk
- 3 Large Eggs
- 1/2 Teaspoon Almond extract

In a small saucepan melt sugar over moderate heat, stirring frequently, until sugar is a dark, caramel-colored liquid. Remove from heat and pour into a 4 cup metal ring mold or 8 individual molds. Quickly turn mold to coat bottom and sides with the caramel. Let cool so caramel hardens.

Heat oven to 325F. Put the condensed milk, milk, eggs, egg yolks and flavorings into an electric blender. Cover and blend to mix well. Pour mixture into mold; put mold in a larger pan filled with water to depth of 1/2". Bake for 1 hour. Remove from oven and remove mold from water. Cool and then refrigerate up to 2 days.

Cover mold with an inverted serving platter. Hold mold and platter together and turn them over. Lift off mold. Caramel will fall as a liquid sauce over the custard.

Mexico – Sopaipillas

4 Cup Flour
2 Teaspoon Sugar
1/4 Cup Shortening or lard
1 Tablespoon Baking powder
1–1/2 Teaspoon Salt
1 1/4 Cup Water or more if needed

Sift dry ingredients together. Cut in shortening until crumbly. Add water and mix until holds together. Knead 10–15 times until dough forms a smooth ball. Cover and let set for 20 minutes. Divide dough into two parts. Roll dough to 1/8" thickness on lightly floured board. Cut into 3" squares or triangles. Do not allow to dry; cover those waiting to be fried. When ready to fry, turn upside down so that surface on bottom while resting is on top when frying. Fry in 3" hot oil until golden brown, turning once. Add only a few at a time to maintain proper temperature. Drain on paper towels.

Netherlands – Oliebollen

1 envelope dry yeast

3 tablespoon sugar

1/2 cup warm water

(Put yeast and sugar in warm water and soak 10 minutes)

2 well-beaten eggs

1/2 cups warm water

1/2 teaspoon vanilla

1 teaspoon salt

4 cups flour

2 cups seedless raisins

3 apples, peeled and diced

powdered sugar to dust

Mix together yeast mixture, eggs, water, vanilla and salt. Add to flour slowly while mixing. Add fruit, combine and let rise 1 1/2 hours.

Drop small portions in hot frying oil; cook until browned, drain, and dust with powdered sugar.

Newfoundland – Salt Cod Chowder

- 1 lb. salt cod fish
- 1/4 cup finely diced fat salt pork
- 1 medium thinly sliced onion
- 3 cups diced raw potatoes
- 1 cup diced raw carrot
- 3 cups boiling water
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 cup canned corn niblets
- 3 cups heated milk

Freshen salt cod by soaking it overnight in cold water to cover. Drain, and place in a stewing pot, and cover with fresh water. Bring to simmer with low heat, Drain, if the fish is still too salty, add fresh cold water, and bring to simmer again, and drain. Fry salt pork in stewing pot until crisp. Remove fried pork scraps and reserve for garnish. Cook onion in pork fat until tender. Add potatoes, carrots, water, salt, and pepper and cook covered about ten minutes, or until vegetables are tender. Add corn and heated milk and freshened salt cod. Bring chowder to a simmering temperature, but do not boil. Garnish with the pork scraps. Serve hot, with freshly baked home made bread or rolls and butter.

Nicaragua – Gallo Pinto

- 1 cup gallo pinto beans
- 1 bay leaf
- 1 small onion, peeled
- 1 whole clove
- 2 cloves garlic, peeled
- salt
- 1 1/2 cups long-grain white rice
- 4 tbsp olive oil
- 1 onion, finely chopped
- Freshly ground black pepper

Soak the beans in a pot in cold water covered by at least three inches of water at least four hours. Drain the beans and place in a large pot with two quarts of water. Pin the bay leaf to the onion with the clove, and add to the beans. Add the garlic. Gradually bring the beans to a boil, skimming off any foam. Reduce the heat and gently simmer the beans, uncovered, until tender, about 1 1/2 hours, adding salt, to taste, during the last ten minutes. Drain the beans and refresh under cold water. Discard the onion.

Bring 2 1/2 cups of water and 1 teaspoon salt to boil in a large heavy saucepan. Add the rice and return to a boil. Reduce the heat and gently simmer the rice until tender, about 18 minutes. Let the rice sit, covered, five minutes, and fluff with a fork.

Heat oil in a large frying pan. Add the onion and thoroughly brown over medium heat, about five minutes. Add the beans and rice and cook over medium heat until the rice is lightly browned and the mixture is very aromatic, about five minutes.

Correct the seasonings before serving.

Norway – Norwegian Meatballs

1/4 cup milk
1/2 cup cornstarch
1 pound ground chuck
1 medium onion, finely chopped
3/4 teaspoon salt
1/2 teaspoon ground nutmeg
1/4 teaspoon pepper
1 egg
2 tablespoons vegetable oil
2 (13 1/2 oz.) cans beef broth
4 cups hot mashed potatoes
2/3 cup sour cream
Fresh dill sprigs

In large bowl, mix milk and 1/4 cup of the cornstarch until well blended. Add meat, onion, salt, nutmeg, pepper, and egg. Mix until well blended. Cover. Refrigerate at least 20 minutes for easier shaping.

Shape chilled meat mixture into 1-inch balls. In 12-inch skillet, over medium heat, heat oil until hot. Cook meatballs, half at a time, until browned on all sides, about 8 to 10 minutes. Remove with a slotted spoon. Drain on paper towels.

Pour off all but 1/4 cup drippings, adding oil if necessary, to make 1/4 cup. In a medium bowl, mix beef broth and remaining 1/4 cup cornstarch until well-blended. Pour into skillet. Over medium heat, cook while stirring constantly, until sauce boils and thickens.

Add the meatballs. Reduce heat to low. Cover and simmer 15 minutes. Stir in sour cream and remove from heat.

Spoon hot mashed potatoes in center of platter. With slotted spoon, place meatballs around potatoes. Garnish potatoes with dill sprigs and serve gravy on the side.

Peru – Papas a la Huancaína

10 medium potatoes (new potatoes are best)
1 pound feta cheese
2 small hot peppers
1 cup evaporated milk
1/2 cup vegetable oil
2 cloves garlic
8 saltine crackers
1 tsp. prepared mustard
salt and pepper
lettuce
3 hard cooked eggs
black olives

Cook and peel potatoes and allow to cool.

In a blender, blend the cheese, peppers, milk, oil, garlic, crackers, mustard, salt and pepper. The sauce should be fairly thick; add crackers if not thick enough, add milk if too thick.

Lay a bed of lettuce in a serving dish and place the potatoes on top. Cover with the sauce. Cut the hard boiled eggs in half and place on top of the potatoes. Add black olives if desired.

Philippines – Pancit Canton

- 1/2 pound pork, cubed
- 1 chicken breast, cubed
- 3 cups chicken broth
- 1 tablespoon cooking oil
- 2 tablespoons minced garlic
- 1/2 cup chopped onion
- 1 tablespoon salt
- 1/2 pound small shrimps, peeled and deveined
- 1 tablespoon black pepper
- 2 cups cauliflower (divided into florets)
- 2 cups snow peas
- 2 cups cabbage, sliced into 1 inch strips
- 1 cup diced carrots
- 1 cup sliced celery
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 12 ounces Cantonese noodles (egg noodles)

In a frying pan, heat oil and saute garlic until brown. Add onion and cook until transparent. Season with salt. Stir in pork, chicken, shrimps and pepper. Simmer for 20 minutes. Add broth and vegetables. Season with soy sauce and sesame oil. Add noodles and cook until noodles are flexible and not crunchy. Season with salt and pepper to taste. Top with scallions if desired.

Poland – Babka

1 1/4 cups butter or margarine, softened
2 cups milk
1 cake yeast
1/2 cup warm water (110 degrees F)
5 eggs
4 egg yolks
1 cup white sugar
1 teaspoon salt
1 teaspoon vanilla extract
1 tablespoon orange flavored liqueur, optional
grated zest of 2 oranges
grated zest of 1 lemon
9 – 10 cups all-purpose flour
1 1/2 cups currants
1 1/2 cups raisins
1 1/2 cups golden raisins
1 cup chopped slivered almonds
1/2 cup packed brown sugar
1 teaspoon ground cinnamon
1 cup all-purpose flour

Place yeast in a small bowl, and pour warm water over it. Stir with a spoon to break up the yeast. Set aside for 2 to 3 minutes.

In a small saucepan, scald milk. Add 1 cup butter or margarine, and stir until melted. Remove from heat, and let cool until lukewarm.

In a mixing bowl, beat 4 eggs and egg yolks with an electric mixer with a paddle attachment. Add sugar and salt, and continue to beat until mixture is thick and pale. Add vanilla, orange-flavored liqueur, zests, and yeast mixture. Combine. Beat in 4 cups flour gradually. Add milk mixture alternately with remaining 4 cups flour while beating on medium speed. Add up to an additional 1 cup flour if the dough is sticky. Mix in currants, raisins, golden raisins, and almonds.

Transfer dough to a clean large bowl. Knead using a large wooden spoon until the dough pulls away and doesn't stick to the spoon, about 8 to 10 minutes. Transfer dough to a large buttered bowl, and turn to coat. Cover with plastic wrap. Place in a warm place until dough reaches the top of the bowl, about 1 to 2 hours. Punch the dough down, re-cover the bowl, and allow to rise again.

Butter 3 angel food cake pans. In a small bowl, combine 1 cup flour, 4 tablespoons butter or margarine, brown sugar, and cinnamon to form

crumb topping. Sprinkle evenly among the 3 pans.

Preheat oven to 350 degrees F.

Punch the dough down again. Turn out onto a lightly floured surface. Knead for 1 minute. Cut into thirds, and transfer dough to prepared pans. Cover loosely with plastic wrap. Allow to rise to the top of pan. Beat remaining egg, and brush the top of the dough.

Bake until golden brown and hollow sounding when tapped, about 30 to 45 minutes. Immediately turn out onto a cooling rack so bread does not stick to the pan. Cool.

Poland – Pieczen Siekana

3 pounds ground beef
1 pound ground pork
1/4 pound kidney fat, chopped fine
1 cup bread crumbs, day old
1 onion, chopped fine
2 egg yolks
1/4 pound salt pork, chopped
3 tablespoons butter
1 tablespoon flour
1/2 teaspoon savory
1/2 cup heavy cream
Salt and pepper

Fry onion in butter until transparent, not yellow. Combine the meat, kidney fat, salt pork, bread crumbs, onion, egg yolks, and seasonings and mix very thoroughly with your hand. Shape into a loaf, rub with butter and bake at 350F for one hour. Baste often. In the last 15 minutes, sprinkle flour on meat and add cream.

Portugal – Caldeirada De Peixe

1/2 pound fish or shellfish, any kind
1/2 teaspoons salt
4 tablespoons olive oil
2 onions, chopped
8 tomatoes, peeled & chopped
1 green pepper, seeded & chopped
4 large cloves garlic, crushed
1 pinch nutmeg
1/2 teaspoon ground allspice
3 teaspoons piri–piri sauce (recipe follows)
1 small glass dry white wine
1/2 ounce cilantro, chopped
4 slices of bread with the crusts cut off

Clean the fish and cut into fairly small pieces, removing as many bones as possible. Sprinkle the salt over the fish and leave while you make the following sauce. Heat 2–3 Tbsp of the oil in a saucepan and stir in the onions, tomatoes and pepper. Cook gently until they start to soften, then put in the garlic, nutmeg, allspice and piri–piri sauce. Add the wine and a little water. Cook for about 5 minutes, stirring frequently, then remove from the heat. Lightly oil the bottom of a shallow, ovenproof dish (preferably earthenware). Put in a layer of fish followed by a layer of sauce and sprinkle with coriander. Continue with these layers until the ingredients are used up. Cover the top of with the bread and sprinkle well with the remaining oil or dot with a little butter. Cook in a pre–heated oven at 350F for about 30 minutes or until the fish is tender. Serve with boiled or sliced and fried potatoes, bread and a salad to make a substantial main meal. If you cannot obtain coriander leaves, you can use fresh parsley instead, but this will alter the flavor of the dish.

Piri–Piri Sauce:

1 1/4 cups olive oil
8 chilli peppers with tops removed
1 small piece lemon rind

1 bay leaf

Pour the oil into a small, screw-top jar and add the chilli peppers, bay leaf and lemon rind. Screw on the top and shake. Leave to stand in a warm place for at least 24 hours before use. It will keep at room temperature indefinitely.

Puerto Rico – Taino Pollo Picante

1 4–pound chicken
8 garlic cloves, peeled
1 teaspoon salt
1 tablespoon chopped fresh oregano
1 teaspoon black peppercorns
4 small hot chili peppers
1 teaspoon minced fresh gingerroot
1/4 teaspoon saffron threads
1/2 teaspoon ground cumin seeds
1/2 cup olive oil
2 teaspoons paprika
3 chopped green onions
2 medium tomatoes, chopped
1/3 cup chicken stock
1/2 cup burgundy
1 tablespoon chopped fresh cilantro
Garnish: lemon wedges

Wash the chicken parts, pat dry and remove the skin. Place in a deep square pan and set aside. In the belly of a mortar, combine garlic, salt, oregano, and black peppercorns. Press down with the pestle until garlic is crushed and peppercorns are cracked, then add the chili peppers, minced ginger, and saffron threads. Slowly pound the mixture until achieving a paste and incorporate the oil slowly. At the same time, stir with a spoon to break down the paste.

Spread the mixture evenly over the chicken parts, lifting the chicken pieces to ensure distribution of the marinade to the bottom of the chicken parts. Sprinkle all parts with paprika. Cover and refrigerate overnight. If no mortar and pestle is available, execute the steps in a blender set on low speed until all the ingredients are coarsely chopped, then remove the canister, add the oil and shake or stir to break down the paste and blend the ingredients.

In a preheated deep skillet, over low–to–medium heat, arrange marinated chicken pieces side by side and brown the chicken on all sides. Spread the chopped onions, chopped tomatoes, and drizzle the burgundy over the chicken parts. Cover and finish cooking on low heat for approximately 35 minutes. Remove from heat and sprinkle chopped cilantro on the chicken prior to serving.

Puerto Rico – Sancocho

2 tablespoons olive oil
5 garlic cloves, minced
1–1/2 pounds top round beef, cubed into 1–1/2–inch pieces
1/3 cup chopped yellow onions
1/3 cup chopped green pepper
1/3 cup chopped celery
1 teaspoon minced fresh ginger root
1 chili pepper; seeded and minced
5 sprigs of cilantro, chopped
1/4 teaspoon ground cumin
1 teaspoon pulverized rock salt
1/4 teaspoon ground white pepper
1/3 cup burgundy wine
4 medium tomatoes, cored and chopped
4 quarts beef stock
2 green bananas, peeled and slice into 1–inch pieces
1 yellow plantain, peeled and sliced into 1/2–inch pieces
1 medium sweet potato (1/2 pound), diced into 1–inch pieces
1/2 pound butternut squash, peeled and cubed into 1–inch pieces
3 medium new potatoes, scrubbed clean and quartered
1 large chayote, peeled, cored, and diced into 1–inch pieces
2 ears of white corn, cleaned and sliced into 6 parts each

In a preheated kettle over low–to–medium heat, combine olive oil, garlic, beef cubes, and onions, stir until beef is brown on all sides and onions begin to clear. Fold in chopped pepper, celery, ginger root, chili pepper, cilantro, cumin, salt, white pepper, burgundy wine, tomatoes, and 1 quart of beef stock. Cook down until stock is reduced by half.

Stir beef, then fold in all the remaining vegetables and beef stock. Continue to cook until meat is tender and the vegetables soft.

Russia – Blinis

2 cups milk, scalded and cooled
2 packages quick rising yeast
1/2 cup warm water (105F)
1 teaspoon sugar
1/2 cup buckwheat flour
2 cups all-purpose flour
3 eggs, separated
1/2 teaspoon salt
3 tablespoons sour cream
3 tablespoons melted butter, cooled; plus more for cooking
1 1/2 cups additional milk

Put the yeast in water and add sugar. Let sit for 5 minutes, then stir to dissolve the yeast.

In an electric mixer combine the scalded (cooled) milk, yeast mixture, both flours, the egg yolks only, salt, sour cream, and melted butter. Mix thoroughly. Beat the egg whites until they form soft peaks and gently fold into the batter. Allow to rise for 30 minutes, and then stir in additional milk.

Heat an electric skillet to 400F, or a large frying pan on medium high. Brush the pan with a bit of butter and fry the pancakes using 3 tablespoons of batter for each. They should be about 3 to 4 inches in diameter. Cook until golden and turn. Serve with lumpfish caviar and/or sour cream.

Russia – Pelmeni

2 cups flour
1 cup milk or water
1/2 teaspoon salt
1 tablespoon vegetable oil
3 eggs
1/2 pound beef
1/2 pound pork
1 medium onion
salt and pepper, to taste

Grind beef and pork twice in meat chopper. Then add chopped onion, salt, and pepper. To make mincemeat more tender and juicy, add a bit of milk. Reserve.

Mix flour with eggs and milk, salt and oil until a soft dough forms. Knead on floured surface until dough is elastic. Take some dough and make a "sausage" (1 inch in diameter). Divide into pieces (1 inch thick). Roll each piece so that they are 1/16 inch thick. Take a glass or a cup and make 2 inch rounds. Fill each round with 1 teaspoon of the mincemeat, fold into half-moons. Pinch edges together and connect the opposite sides. Pelmeni can be frozen to be cooked later (you can keep them in the freezer for a long time), or cooked immediately.

To cook pelmeni, boil in a lot of water, as they can stick to each other. Salt the water rather heavily. Carefully drop pelmeni into boiling water. Stir them from time to time and boil for 20 minutes. Pelmeni are served with butter, sour cream, vinegar, or ketchup.

Switzerland – Swiss Fondue

10 oz. grated Swiss Cheese
10 oz. Grated Gruyere Cheese
15 oz. White Wine (dry)
2 oz. Kirschwasser (cherry brandy)
1 clove Garlic
3 teaspoons Cornstarch
pinch Nutmeg & Pepper
2 lbs. French Bread

Cut bread into 1/2 – 3/4 inch cubes. Rub serving dish with garlic, and add bread cubes.

Mix cornstarch and Kirschwasser together.

Heat wine until it starts to boil. Then add the grated cheeses, stirring constantly until the cheese has melted. Do not boil.

Add the cornstarch – Kirschwasser mixture to the melted cheese, stirring until it is a creamy consistency. Add nutmeg and pepper.

Serve at once in a fondue pot.

Syria – Koosa

6 small zucchini (or 3 large cut in half)
1/2 pound ground lamb (or beef)
1/4 cup uncooked rice
2 pressed garlic cloves
1 minced onion
2 teaspoons salt, divided into two—one teaspoon portions
1 8-oz. can tomato sauce
3 cups water
2 tablespoons lemon juice

Wash zucchinis and cut green caps off.

Core each zucchini with a coring knife, scooping out insides.
Save the insides and set aside.

Mix lamb (or beef), rice, garlic, onion and 1 teaspoon salt.

Knead well. Stuff each zucchini with the meat mixture.

If you have more meat mixture than zucchini, make meatballs out of the remaining stuffing. In the bottom of a 5-quart pot, place the insides of the carved zucchinis, then arrange the stuffed zucchini on top of them. Add remaining salt, tomato sauce, water and lemon juice. Bring to a boil on high heat.

Reduce to medium heat and cook for 20 minutes, or until tender.
Serve with rice or bread.

Tunisia – Salata Mechouia Nablia

1 pound large red peppers
1 fresh red chili
2–4 garlic cloves, unpeeled
3 well flavored tomatoes
1 teaspoon caraway seeds
2–3 tablespoons olive oil
salt
quarters of hard boiled eggs, chunks of canned tuna fish and
black olives to serve

Preheat the broiler and place the peppers, chili, garlic and tomatoes in a broiler pan and cook, turning occasionally until the skins are charred and blistered, and the garlic is soft. Leave to cool then peel the vegetables. Discard the cores and seeds from the peppers and chili, and the seeds from the tomatoes.

Put all the vegetables into a blender or food processor. In a frying pan, gently heat the caraway seeds and oil until fragrant. Add to the blender or food processor with the salt and puree to a paste. Chill before serving. Serve in a bowl with quarters of hard boiled eggs, chunks of tuna fish and black olives.

Turkey – Eggplant Imsakaa

2 eggplants
1 tablespoon salt
1/2 cup vegetable oil
1 pound lamb (or beef), cut into 1/2 inch cubes
1/2 teaspoon salt
1/4 teaspoon black ground pepper
1/2 teaspoon Middle Eastern spice
1 8-oz. can tomato sauce
2 cups water
2 medium ripe tomatoes, sliced

Slice eggplants lengthwise into 1/2 inch thick slices.

Sprinkle 1 tablespoon salt on the sliced eggplant, place eggplant in a colander, let drain for one hour then rinse and pat dry.

In a skillet, heat oil. Fry eggplant in hot oil on each side until golden brown. Place fried slices on paper towels to absorb excess oil. Discard frying oil. In the same frying pan, cook lamb (or beef) on medium heat until all broth evaporates. Add salt, pepper and spice, stir for about 10 minutes.

In a 9x13x2 inch, or similar size pan, place one half of the eggplant slices on the bottom. Place the meat mixture on top of the eggplants, then place the rest of the eggplant slices on top of the meat mixture. Pour the tomato sauce and water on top of the layers, then place the tomato slices. Bake in a 350F oven for about 45 minutes or until stew becomes thick and bubbly. Let stand for about 10 minutes before serving. Serve with Pita bread and/or rice.

United States – Flag Cake

1 – 9X13 inch white cake
2 pints strawberries
1 pint blueberries
Boiled Icing

Boiled Icing:

1 cup white sugar
1/3 cup water
1 tablespoon light corn syrup
1/8 teaspoon salt
2 egg whites
1 teaspoon vanilla extract
3 tablespoons confectioners' sugar

Combine sugar, water, corn syrup, and salt in a saucepan; stir until well blended. Boil slowly without stirring until mixture will spin a long thread when a little is dropped from a spoon (hold the spoon high above saucepan), or reaches 238F – 242F.

In a large bowl, beat egg whites with a mixer until they are stiff, but still moist. Pour hot syrup slowly over egg whites while beating. Continue until mixture is very fluffy, and will hold its shape. Add vanilla, and beat until blended. If icing does not seem stiff enough, beat in 2 or 3 tablespoons confectioners' sugar 1 tablespoon at a time until stiff enough to hold its shape.

De-stem the strawberries and cut in half. Spread boiled icing on cake. In the top left hand corner of the iced cake, make a four inch tall by five inch wide rectangle with the blueberries. Lightly press the berries into the icing. Fill in the rectangle with remaining blueberries in rows. The white space in between will resemble stars.

Place strawberries cut side down in rows going across horizontally. The bottom stripe is red, so start with that row. Be sure to press the berries lightly into the frosting.