Recipes For All







in Coláiste Chú Chulainn

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Acknowledgments

This recipe book is a collaboration between the students, staff, parents and the wider community. We all like to eat. Our school is a celebration of the world that our children live in – a world of many cultures and values. We want our students and their families to taste the cultures of the world and this recipe book is our way of achieving this. We would like to thank the following for their work in producing this book:

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Coláiste Chú Chulainn Parents Association, January 2024

Coláiste Chú Chulainn - A School for All

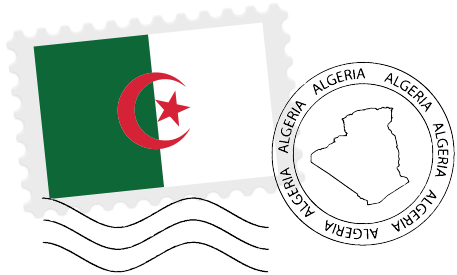
I want to thank and commend all or students, families and parents in their hard work in producing this recipe book. We are a school that includes everybody. We celebrate the cultures of all our students and food is an excellent way to do this. This recipe book is a collage of our cultures. It is also an example of the research, communication, co-operation, literacy, numeracy, skills of our students.

I hope that this book remains in family homes for generations and that families enjoy trying new dishes. Use this book. Give it to friends and family as a gift. Tell them about the young people who created it, and enjoy the flavours.

Thomas Sharkey, Principal



Algeria



Capital: **Algiers**
Area: **2,381,741 km²**
Currency: **Algerian dinar**
Continent: **Africa**
Official languages: **Arabic, Standard Algerian Berber**

Algeria is a North African country with a Mediterranean coastline and a Saharan desert interior.

Couscous

Ingredients

¼ cup olive oil, or more as needed, divided - 8 mutton chops, fat removed - 4 chicken drumsticks.

1 pinch salt and ground black pepper to taste - 3 onions, quartered - water to cover.

2 tbsp ground turmeric - 2 tbsp of ground cumin - 2 tbsp ground coriander.

3 potatoes, cut into chunks - 3 turnips, cut into chunks - 3 carrots, sliced lengthwise and cut into chunks - 1 (6 oz) can tomato paste - 2 tbsp ras el hanout.

1 (7 oz) can chickpeas, drained- 2 zucchini, sliced lengthwise and cut into chunks.

5 sprigs cilantro, chopped.

Ingredients for the Couscous cooked separately:

3 cups water.

2 cups couscous.

1 tbsp butter.

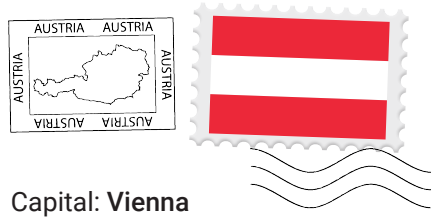
3 tbsp harissa.

Method

1. Heat 3 tbsp olive oil in a large pot over medium-high heat. Season mutton chops and chicken drumsticks with salt and pepper. Cook in batches with onions in the hot oil until browned, about 2 minutes per side. Transfer to a large plate.
2. Scrape the bottom of the pot with a wooden spoon to release browned bits. Return mutton chops and chicken to the pot. Pour in enough water to cover; add turmeric, cumin, and coriander. Cover and bring to a boil. Reduce heat to medium; simmer for 20 minutes.
3. Stir potatoes, turnips, and carrots into the pot. Simmer, covered, until vegetables start to soften, about 10 minutes. Mix in tomato paste and ras el hanout; cook for 10 minutes. Stir in chickpeas, zucchini, and cilantro; continue cooking, covered, until zucchini is tender, about 5 minutes.
4. Bring 3 cups water to a boil in a saucepan; remove from heat and stir in couscous and butter. Cover saucepan and let stand until water is absorbed completely, 5 to 10 minutes. Fluff couscous with a fork and stir in 1 tbsp olive oil. Transfer to a serving dish.
5. Ladle 2 scoops of cooking liquid into a bowl; mix in harissa until smooth.
6. Scoop vegetables onto a serving plate. Scoop mutton and chicken onto a separate plate. Serve alongside couscous, harissa sauce, and remaining cooking liquid in the pot.

For homemade ras el hanout, mix: 1 tsp ground cumin, 1 tsp ground ginger, 1 tsp ground turmeric, ¾ tsp ground cinnamon, ¾ tsp freshly ground black pepper, ½ tsp ground white pepper, ½ tsp ground coriander, ½ tsp ground cayenne, ½ tsp ground nutmeg, and ¼ tsp ground cloves (optional). Harissa can usually be found in Mediterranean stores or butchers.

Austria



Austria, formally the Republic of Austria, is a landlocked country in the southern part of Central Europe, lying in the Eastern Alps. It is a federation of nine states, one of which is the capital, Vienna, the most populous city, and state.

Capital: **Vienna**
Area: **83,879 km²**
Currency: **Euro**
Continent: **Europe**
Official languages: **German**

Viennese Apple Strudel

Ingredients

Dough

2 ½ cups all-purpose flour.

¼ tsp salt.

13 tbsp lukewarm water.

2 tbsp neutral cooking oil.

1 tsp neutral cooking oil.

Filling 1

7 tbsp (3 ½ oz) unsalted butter

1 cup breadcrumbs.

Filling 2

5 to 6 large apples, such as Gala or Granny Smith, chopped, to make 6 to 8 cups.

¾ cup (150 grams) granulated sugar.

1 to 2 tsps lemon zest.

¼ cup lemon juice.

¼ tsp cinnamon.

½ cup (4 oz) unsalted butter, melted, for brushing dough.

1 cup confectioners' sugar, for dusting.

½ cup raisins, optional.

¼ cup rum, or orange juice, optional.

Method

Make the Dough

1. Place the flour in a bowl with the salt and add the water, then 2 tbsp oil. Stir with a spoon until it comes together, and you can work it with your hands.
2. Knead the dough until it is smooth and tacky, but not sticky, about 5 minutes. If you need to add more flour, add only 1 tsp at a time.
3. Form the dough into a smooth ball, brush it with 1 tsp oil and place it back in the bowl for 1 hour at room temperature. Covering the dough with plastic wrap is fine, too.

Make Filling 1

1. Heat 7 tbsp butter in a pan until foaming and add the breadcrumbs.
2. Toast them, stirring constantly, until they are medium brown. Let cool.

Make Filling 2

1. Soak the raisins in the optional rum (or orange juice). You can heat them for 30 seconds in the microwave and then soak them until you are ready for them.
2. Peel, core and chop the apples into small pieces. Add the sugar, lemon juice, lemon zest, raisins, and cinnamon and mix well.

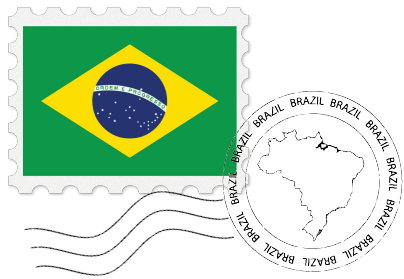
Assemble the Strudel

1. Roll out the dough on a lightly floured board to about 13 x 9 inches. Lightly flour a clean towel with no nap, place it over the dough, grab both (towel and dough) and flip over. Straighten both, as necessary.
2. Using your hands, gently stretch the dough thinner on all sides, working your way around the sheet of dough. Stretch it until it starts to look translucent in spots. Let it rest a minute and again stretch the areas you think are too thick. Thick edges can't be avoided and will be cut off. Brush dough with melted butter.
3. Spread the breadcrumbs over 2/3 of the dough and pat down evenly. Drain the apples and spread them over the other third of the dough. Cut off any thick edges of dough with kitchen shears. Using the towel, fold one side of the dough over the filling. Brush exposed dough with melted butter.
4. Fold in ends of dough like an envelope (or burrito). Fold the other side of dough up and over filling to form a roll. Brush with butter. Use the towel to maneuver strudel to a baking sheet lined with parchment paper. Roll strudel onto parchment paper so that the seam-side is down. Brush with melted butter.

Bake and Serve

1. Heat oven to 400 F. Bake for 20 minutes and then reduce heat to 350 F and bake for an additional 40 to 60 minutes. Remove from oven, brush the top with melted butter and sprinkle with confectioners' sugar while still warm.
2. Transfer to a serving platter with a large spatula (or two). Cut into 1 ½-inch-wide slices with a bread knife or serrated knife and serve with your choice of whipped cream, vanilla sauce, or vanilla ice cream.

Brazil



Capital: **Brasília**
Area: **8.516 million km²**
Currency: **Brazilian real**
Continent: **South America**
Official language: **Portuguese**

Brazil, officially the Federative Republic of Brazil, is the largest country in both South America and Latin America.

Brazilian Brigadeiro

This recipe feeds: **18 people**
Preparation time: **40 mins**
Cooking time: **15 minutes**

Ingredients

Dough

3 tbsp unsalted butter, with a bit extra.

400g sweetened condensed milk (tin).

4 tbsp cocoa powder.

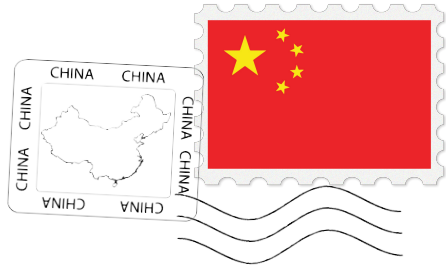
1 tsp vanilla essence.

Decoration options	50g chopped toasted pistachio. 50 g flaked almond. 50 g desiccated coconut.

Method

1. Put the butter, condensed milk, a pinch of salt, and cocoa to a boil in a medium heavy-bottomed saucepan, stirring frequently with a wooden spoon.
2. Lower the heat to medium-low and cook, stirring frequently, for 10-15 minutes, or until the mixture is thick and shiny and begins to peel away from the bottom.
3. Mix in the vanilla extract well. Spoon the mixture onto a dish that has been greased. Let at least 2 hours to chill.
4. Butter your hands and shape the dough into 2.5cm balls.
5. Place your toppings in tiny dishes and roll one of the decorations into balls.
6. Put in little paper baking cups or on a non-stick baking sheet coated with parchment paper.

China



Capital: **Beijing**
Area: **9.597 million km²**
Continent: **Asia**
Currency: **Chinese yuan**
Official language: **Mandarin**

China, officially the People's Republic of China, is a country in East Asia. It is the world's most populous country with a population exceeding 1.4 billion people. China spans five geographical time zones and borders fourteen countries by land, the most of any country in the world, tied with Russia.

Chinese Egg Fried Rice

This recipe feeds: **3 people**
Preparation time: **5 minutes (excluding storing cooked rice in the fridge).**
Cooking time: **20 minutes**
Total time to make: **25 minutes**

Ingredients

2 cups of cooked rice (store in fridge overnight for best results).

2 eggs.

2 tbsp vegetable oil.

2 cloves of garlic.

1 packet of peas.

1 tbsp light soy sauce.

1 tbsp sesame oil.

Pinch of salt.

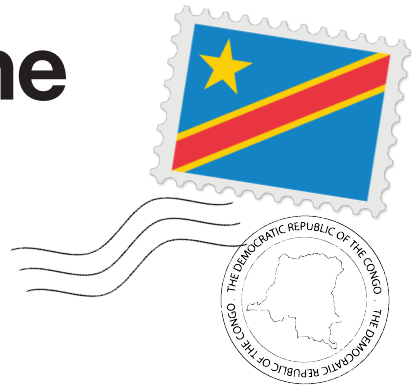
Pinch of ground white pepper.

Meat of your choice (e.g., chicken, prawn, Chinese sausage, lardons).

Method

1. Add your vegetable oil to a frying pan (or a wok if you have one).
2. Chop cloves of garlic, then add to the pan and fry until fragrant.
3. Add the meat of your choice to the pan along with the garlic, and fry until the meat is cooked through.
4. Add a pinch of salt and ground white pepper, and sesame oil to the pan and stir.
5. Add the packet of peas and stir until fully cooked.
6. Add the cooked rice and make sure to break up the grains if they are clumped together.
7. Beat the eggs with a whisk and add in the light soy sauce to it.
8. Pour eggs into the pan and stir through to incorporate the egg into the rice.
9. Continue cooking until the egg is nearly set and the rice has turned a slightly yellow appearance.

The Democratic Republic of the Congo



Capital: **Kinshasa**
Area: **2.345 million km²**
Continent: **Africa**
Currency: **Congolese franc**
Official languages: **French, Lingala, Swahili, Kongo, Luba-Kasai**

The Democratic Republic of the Congo, informally Congo-Kinshasa, DR Congo, the DRC, the DROC, or the Congo, and formerly and also colloquially Zaire, is a country in Central Africa.

Saka Saka

Preparation time: **10 minutes**
Cooking time: **40 minutes**

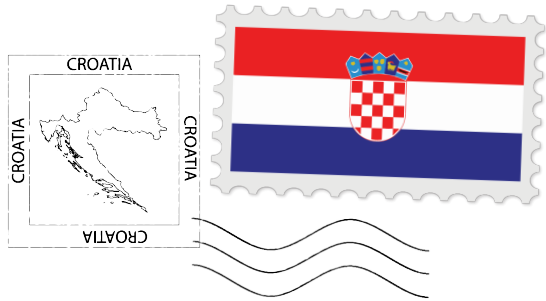
Ingredients

Cassava leaves - 3 bunches.
Spinach - 1 bunch.
2 Green sweet pepper.
Habanero pepper - half tsp.
1 Spring onion.
1 Onion (round slices).
Black pepper powder - to taste.
Garlic paste - 6 cloves.
Peanut butter - half cup.
Water - 1 litre.
Salt - to taste.

Method

1. In a pan add all the ingredients together except peanut butter, palm oil, onion cut in round. The water should cover the veggies.
2. Let it boil till the cassava leaves are tender when you taste, if not soft add more water.
3. Once the veggies are soft, you should have at least 1 cup of water left, if not add more and set the pan aside.
4. In a small container melt the peanut butter with some oil and pour over the veggies, mix them all together.
5. In a frying pan heat the remaining oil till it starts to smoke.
6. Then add the onions and then pour onto the veggies and return the pan to the heat. Mix everything together and let it simmer for 15 min and adjust the spices.
7. Serve with rice or bread.

Croatia



Capital: **Zagreb**
Area: **56,594 km²**
Continent: **Europe**
Currency: **Croatian kuna**
Official language: **Croatian**

Croatia, officially the Republic of Croatia, is a country at the crossroads of Central and Southeast Europe.

Croation Traditional Cobanac

This recipe feeds: **6 people**
Cooking time: **3hr 50 minutes**

Ingredients

600g beef.
600g onions.
500g potatoes.
15ml lard.
150g pancetta (dried, smoked).
15g mushrooms (dried).
15g paprika (Hungarian, sweet).
200ml wine (white, dry).
3g thyme(dried).
1 bay leaf.
10g salt.
10g pepper.
700ml water.

Method

1. Cut beef into small pieces (not larger than 2x2 cm).
   Do the same with potato.
2. Finely mince onion.
3. Soak dried mushrooms in cold water for about 15 minutes,
   and then cut them into small pieces.
4. Cut pancetta into small pieces.
5. Heat the lard and onion until translucent. Add meat and continue to sauté (covered) for 20 minutes. At that point meat will start to leave juices.
6. Add paprika, salt, pepper, bay leaf, pancetta, and thyme. Stir well and continue to sauté for 5 minutes; now add wine, stir, and sauté until alcohol evaporates.
7. Add potato and water to cover meat and potato. Add mushrooms.
   Stir and cook on an easy fire for about 120 minutes (about 2 hours).
8. If you need to add more salt, do it but do not add additional pepper or paprika. If you want it hot, do it at the beginning.
9. The stew must be soup-like. You eat it only with a spoon.
   All ingredients must be soft and easy to eat.

Cuba



Capital: **Havana**
Area: **110,860 km²**
Continent: **North America**
Currency: **Cuban National Peso**
Official language: **Spanish**

Cuba, officially the Republic of Cuba, is an island country comprising the island of Cuba, as well as Isla de la Juventud and several minor archipelagos.

Cuban 'Ropa Vieja'

Ingredients

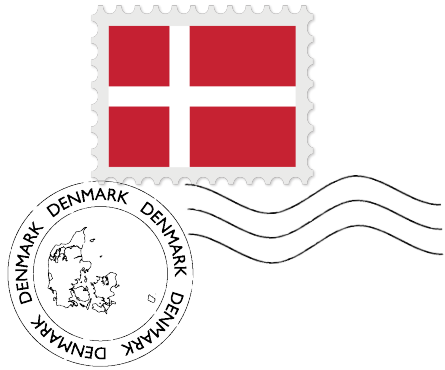
1 tbsp vegetable oil.
2 pounds beef flank steak.
1 cup beef broth.
1 (8 ounce) can tomato sauce.
1 (6 ounce) can tomato paste.
1 green bell pepper, seeded and sliced into strips.
1 small onion, sliced.
2 cloves garlic, chopped.
1 tsp ground cumin.
1 tsp chopped fresh cilantro.
1 tbsp olive oil.
1 tbsp white vinegar.

Method

1. Heat vegetable oil in a large skillet over medium-high heat. Add flank steak and cook until browned, about 4 minutes per side.
2. Transfer steak to a slow cooker; pour in beef broth and tomato sauce. Add tomato paste, bell pepper, onion, garlic, cumin, cilantro, olive oil, and vinegar; stir until well blended.
3. Cover and cook on High for 4 hours.
4. Shred steak in the slow cooker with two forks.



Denmark



Capital: **Copenhagen**
Area: **42,916 km²**
Continent: **Europe**
Currency: **Danish Krone**
Official language: **Danish**

Denmark is a Scandinavian country comprising the Jutland Peninsula and numerous islands. It's linked to nearby Sweden via the Öresund bridge.

Stegt Flaesk

Ingredients

800g-1kg pork belly, at room temperature (see recipe tip for super-crispy crackling).

½ lemon.

1 tsp flaky sea salt.

800 gram evenly sized baby new potatoes.

Pickled vegetables and/or sauerkraut, to serve.

Steamed green vegetables and/or roasted parsnip, to serve.

Parsley sauce.

25-gram butter.

3 tbsp of flour.

1 cup milk.

½ cup finely shredded curly or flat-leaf parsley, plus extra to serve.

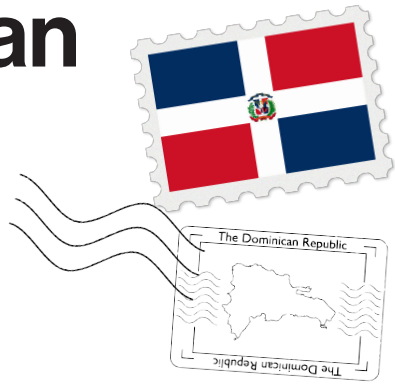
¼ cup cream or milk.

Pinch freshly grated or ground nutmeg.

Method

1. Preheat oven to 240°C. Prepare an oven tray with baking paper or place a rack inside an oven tray. Set tray/rack in the middle of the oven. Score lines across the pork rind (skin) with a sharp knife, at 5mm intervals; make them deep but don't cut into the meat. Dry the rind with paper towels, then rub the rind with the halved lemon and season with the sea salt.
2. Place pork, rind-side up, on rack and roast, uncovered, until the rind is blistered (about 25 minutes). Reduce oven to 160°C and continue to roast for 1½ hours until meat is very tender. Remove from oven and rest for at least 10 minutes before slicing into 8 thin pieces.
3. Towards the end of the pork's cooking time, place potatoes in a pot, cover with cold, salted water and bring to boil. Cook for 20 minutes or until tender.
4. To make the parsley sauce, melt the butter in a pot over medium heat. Whisk in the flour and cook for 1 minute. Gradually whisk in the milk then simmer, stirring continuously, for 3-4 minutes or until the sauce has thickened. Add the parsley, cream or milk, and nutmeg and season to taste with salt and pepper.
5. Serve pork with potatoes, pickled vegetables/sauerkraut, and steamed/roasted vegetables. Drizzle with parsley sauce.

The Dominican Republic



Capital: **Santo Domingo**
Area: **48,670 km²**
Continent: **North America**
Currency: **Dominican Peso**
Official language: **Spanish**

The Dominican Republic is a Caribbean nation that shares the island of Hispaniola with Haiti to the west. It's known for its beaches, resorts, and golfing. Its terrain comprises rainforest, savannah, and highlands, including Pico Duarte, the Caribbean's tallest mountain.

Pollo Guisado

Ingredients

2 lbs chicken, [0.9 kg] cut into small pieces.
2 limes, cut into halves.
¼ tsp oregano (dry, ground).
1 small red onion, chopped into fine strips or eighths.
½ cup chopped celery, (optional).
1 tsp salt, (more may be necessary).
½ tsp mashed garlic.
2 tbsp vegetable oil, (corn, canola, or peanut).
1 tsp sugar (white, granulated).
2 cups water.
4 plum tomatoes, cut into quarters.
2 green bell, or cubanela (cubanelle) peppers.
¼ cup pitted green olives, cut into halves (optional).
1 cup tomato sauce.
Bunch fresh coriander leaves.
¼ tsp pepper (freshly cracked, or ground).

Method

'Habichuelas Guisadas'

1. Put beans in the pressure cooker or Instant Pot and cover them with water so there is 2 inches over them (10 cups).
2. Soak overnight, but don't drain.
3. Next day, cover and seal the pressure cooker (or Instant Pot) over medium heat, when the pot comes to pressure cook high pressure 20 minutes. Natural release.
4. While the pressure releases, in a large skillet, heat oil over medium-low heat and add garlic, tomato paste, cilantro, red onion, pepper, bouillon cube and sauté about 10 minutes, stirring.
5. Open the pressure cooker when the steam releases, take 25% of the beans and liquid and transfer to the blender. Puree well then return to the pot.
6. Add adobo seasoning and salt (about 1 tsp), or to taste.
7. Add the sauteed vegetables to the beans and bring to a boil over medium heat. (In the instant pot use the sauté button.)
8. Boil uncovered over medium-low heat until the texture becomes creamy, and the liquid reduces, about 30 minutes stirring often.
9. Remove cilantro, pepper and onion and serve with rice and 'Pollo Guisado'.

'Pollo Guisado'

1. First, skin your Chicken (1) and cut it into small pieces. In a bowl, add Paprika (1 tsp), Dried Oregano (1 tsp), Ground Black Pepper (⅛ tsp), and Adobo Seasoning (½ tbsp) to the chicken.
2. Add the Low-Sodium Soy Sauce (1 tbsp), Garlic (4 cloves), juice from the Limes (2) and Orange (1) and mix everything together. Let marinade for 1 hour or longer.
3. In a pan, heat Cooking Oil (3 tbsp) and add the chicken pieces without the marinade. Cook them on medium heat for 5 minutes on one side, and then another 5 minutes.
4. Reduce the heat to medium low to let the water evaporate. Add the marinade to the pan and mix the chicken around in the sauce. If the chicken is not yet fully cooked through, add Water (to taste) to the side and braise it until it is fully cooked through.
5. Add some Tomato Paste (¼ cup) and Water (to taste) and mix until combined.
6. Then add Manzanilla Olives (6), Cubanelle Pepper (½) and Onion (½), mix, and cook for 3 - 5 minutes on low heat.
7. Serve with rice and 'Habichuelas Guisadas'. Enjoy!

Egypt



Capital: **Cairo**
Area: **48,670 km²**
Continent: **North America**
Currency: **Dominican Peso**
Official language: **Arabic**

Egypt, a country linking northeast Africa with the Middle East, dates to the time of the pharaohs. Millennia-old monuments sit along the fertile Nile River Valley, including Giza's colossal Pyramids and Great Sphinx as well as Luxor's hieroglyph-lined Karnak Temple and Valley of the Kings tombs.

Koshary

This recipe feeds: **12 people**
Preparation Time: **15 minutes**
Cooking time: **1hr 35 minutes**

Ingredients

1 tbsp vegetable oil.
2 cups uncooked white rice.
3 cups water.
1 tsp salt.
1 (16 ounce) package uncooked elbow macaroni.
1 cup beluga lentils, soaked in water.
½ tsp salt.
1 tbsp vegetable oil.
5 onions, minced.
2 cloves garlic, minced.
3 tbsp distilled white vinegar.
4 ripe tomatoes, diced.
½ cup tomato paste.

> 1 ½ tsp salt.

1 tsp ground black pepper.

2 ½ tsp ground cumin.

¼ tsp cayenne pepper.

Method

1. Heat 1 tbsp vegetable oil in a saucepan over medium-high heat. Stir in rice; continue stirring until rice is coated with oil, about 3 minutes. Add 3 cups water and 1 tsp of salt. Bring to a boil; reduce heat to low, cover, and simmer until the rice is tender and liquid has been absorbed, 20 to 25 minutes.
2. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the macaroni and return to a boil. Cook the macaroni uncovered, stirring occasionally, until it has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander. Return macaroni to cooking pot, cover and keep warm.
3. Soak lentils for 30 minutes. Drain and rinse; drain again. Bring 2 cups water to a boil in a pot and stir in lentils. Bring to a boil; cover and reduce heat to low. Simmer until lentils are tender 15 or 20 minutes. Stir in ½ tsp salt.
4. Heat 1 tbsp vegetable oil in a large skillet over medium-high heat. Cook the onions in the oil, stirring often, until they begin to brown, 10 to 15 minutes. Onions should be a nice caramelized brown colour. Add garlic and cook another minute. Remove from pan, drain on a paper towel-lined plate.
5. Place half of the onion mixture into a saucepan. Mix in the vinegar. Add the chopped tomatoes and tomato paste, black pepper, 2½ tsps salt, cumin, and cayenne (if using). Bring to a boil then reduce heat to medium-low and simmer about 12 minutes.
6. Serve by placing a spoonful of rice, then macaroni, and then the lentils on serving plates. Sprinkle with some of the browned onions, then top with tomato sauce.

Estonia



Capital: **Tallinn**
Area: **45,228 km²**
Continent: **Europe**
Currency: **Euro**
Official language: **Estonian**

Estonia, a country in Northern Europe, borders the Baltic Sea and Gulf of Finland. Including more than 1,500 islands, its diverse terrain spans rocky beaches, old-growth forest, and many lakes. Formerly part of the Soviet Union, it's dotted with castles, churches, and hilltop fortresses. The capital, Tallinn, is known for its preserved Old Town, museums, and the 314m-high Tallinn TV Tower, which has an observation deck.

Verivorst

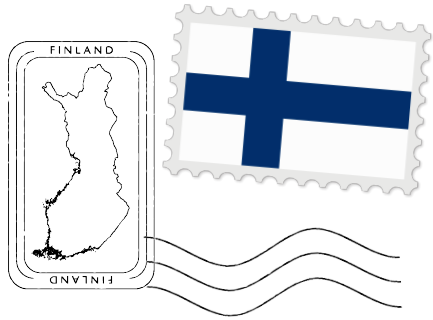
Ingredients

Salt pork 1lb.
Pig's blood 1 qt.
Fresh pork belly ½lb.
Salt 1 tbsp.
Dried marjoram 3 tbsp.
Pearl barley 1½ lbs.
Chopped onions 2 cups.
Hog casings, each cut into 18 inch long pieces 12.

Method

1. Boil the pearl barley in salted water for about forty-five minutes.
2. Drain and place in a large bowl.
3. Add the marjoram and salt to the barley, mix well and set aside.
4. Cut the salt and fresh pork into half-inch chunks.
5. Put the pork into a heated saucepan with a little water to get it cooking.
6. Increase the heat and brown the pork.
7. When the pork begins sizzling, add the chopped onions and cook for thirty minutes until they are tender and brown.
8. Add the cooked pork and onion to the barley.
9. Stir well and season to taste.
10. Allow the mixture to cool properly.
11. Pour the blood into the mixture and stir gently to avoid foaming.
12. Prepare the hog casings by rinsing them twice and soaking them in water.
13. Fit a funnel into one end of the casing and begin stuffing the sausage mixture into it.
14. Do not over-stuff the sausage, fill it in less than three-quarters full and ensure there is an empty casing on both ends.
15. Tie both ends of the casing together with twine.
16. Poach the sausages in hot water for about fifteen minutes.
17. If any sausage floats, prick any air pockets with a knife and let it continue to poach.
18. Lay the poached sausages on a tray to dry.
19. Place them in a greased baking tray and bake for one hour at 350 degrees F or until the sausages become crispy and cooked through.

Finland



Capital: **Helsinki**
Area: **338,455 km²**
Continent: **Europe**
Currency: **Euro**
Official language: **Finnish**

Finland is a Northern European nation bordering Sweden, Norway, and Russia. Its capital, Helsinki, occupies a peninsula and surrounding islands in the Baltic Sea.

Sommer soup/Kesäkeitto

This recipe feeds: **4 people**
Cooking time: **ca. 30 minutes**

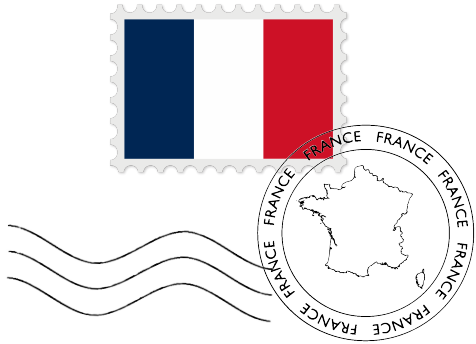
Ingredients

500 ml water.
1 tsp sea salt.
3 carrots, 1 onion, 5 new potatoes (not too big).
½ - 1 cauliflower 500 g pea pods.
600 ml milk.
1 tbsp flour.
2 tsp sugar.
White pepper.
Salt.
1 splash of lemon.
2 tbsp of butter.
2 tbsp parsley or dill.

Method

1. Bring the water to a boil with the sea salt.
2. Scrub the potatoes well with a vegetable brush and then quarter or sixths depending on the size. In Finland you usually leave the shell on, but you can handle it as you like.
3. Scrape or peel the carrots and cut into 0.5-1 cm thick slices.
4. Dice the onion and then cook everything for about 5 minutes.
5. In the meantime, cut the cauliflower into small florets and cook together with the peas for 5 minutes. 6. Then stir the flour into part of the milk and add to the soup together with the remaining milk for about 10 minutes.
6. Season with sugar, white pepper, lemon juice and butter, salt if necessary.
7. Finally, sprinkle the soup with chopped parsley or dill. The soup is traditionally served with rye bread.

France



Capital: **Paris**
Area: **551,695 km²**
Currency: **Euro**
Continent: **Europe**
Official language: **French**

France, in Western Europe, encompasses medieval cities, alpine villages and Mediterranean beaches.

Croissants

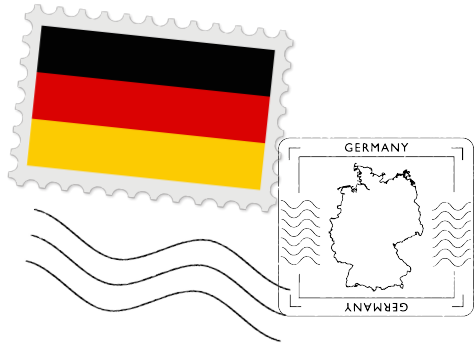
Ingredients

500g strong white flour, plus extra for dusting.
1 ½ tsp salt.
50g sugar.
2 x 7g sachets fast-action dried yeast.
Oil, for greasing.
300g butter, at room temperature.
1 egg, beaten.

Method

1. Put the flour, salt, and sugar in a mixing bowl. Measure 300ml cold water into a jug, add the yeast and stir. Make a well in the flour and pour in the liquid. Mix, then knead on your work surface for 10 mins. Shape into a ball, put in a lightly oiled bowl, cover and chill for at least 2 hrs.
2. Put the butter between 2 sheets of baking parchment. Using a rolling pin, bash and roll it into a rectangle of about 20 x 15cm. Leave wrapped in the baking parchment and chill.
3. Transfer the chilled dough to a floured surface and roll into a 40 x 20cm rectangle. Place the unwrapped slab of butter in the centre of the dough, so that it covers the middle third.
4. Fold one side of the dough up and halfway over the butter.
5. Fold the other side of the dough up and over the butter in the same way, so that the two edges of the dough meet in the centre of the butter.
6. Fold the dough in half so that the point where the ends of the dough meet becomes the seam. Wrap in cling film and chill for 30 mins.
7. Repeat the rolling, folding and chilling process (steps 3-6) twice more in exactly the same way – rolling the pastry while it's still folded – without adding more butter. Wrap and chill overnight.
8. The next day, roll the dough out on a floured surface into a large rectangle, measuring about 60 x 30cm. Using a sharp knife or pizza cutter, trim the edges to neaten.
9. Cut the dough in half lengthways so that you have 2 long strips, then cut each strip into 6 or 7 triangles with 2 equal sides.
10. Take each triangle in turn and pull the two corners at the base to stretch and widen it.
11. Starting at the base of each triangle, begin to gently roll into a croissant, being careful not to crush the dough.
12. Continue rolling, making sure the tip of each triangle ends up tucked under the croissant to hold in place. If adding any fillings (see tips, below), place across the widest part of the triangle before rolling up.
13. Bend the ends of the croissants inwards, then transfer to baking trays lined with baking parchment, spaced well apart. Cover with lightly oiled cling film and leave to rise for 2 hrs, or until doubled in size.
14. Heat oven to 200C/180C fan/gas 6. Mix the beaten egg with a pinch of salt and use to generously glaze the croissants. Bake for 15-18 mins until risen and golden brown, then cool on wire racks.

Germany



Capital: **Berlin**
Area: **357,022 km²**
Currency: **Euro**
Continent: **Europe**
Official language: **German**

Germany is a Western European country with a landscape of forests, rivers, mountain ranges and North Sea beaches. It has over 2 millennia of history.

German meatballs in caper sauce /Königsberger Klopse

This recipe feeds: **3 people**
Cooking time: **about 45 minutes**

Ingredients

Meatballs

600g minced meat.

2 onions finely diced.

1 small cup of oatmeal.

Salt, pepper, marjoram.

1 tsp mustard.

1 splash of Worcester sauce.

Sauce

1 large tbsp butter.

1 tbsp flour.

Water from boiling the meatballs.

Capers.

Method

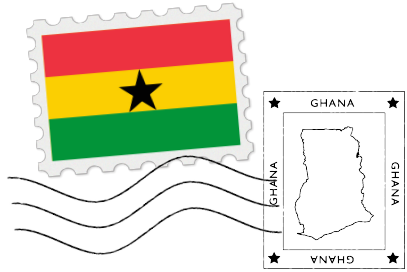
Meatballs

1. Mix ingredients well together and knead.
2. Form 8-9 meatballs by hand.
3. In a large pot (the meatballs should fit next to each other) bring about 1 litre of water to a boil, then bring to a boil on a low flame and add the meatballs. They should be about half in the water.
4. After 10 minutes, turn the meatballs over and simmer for another 10 minutes. Then take meatballs out and don't pour away the water.

Sauce

1. Sauté flour with butter in a pan and add to the meatball water.
2. Bring to the boil until the sauce thickens.
3. Season with salt and pepper and add the capers. Stir briefly, do not cook anymore.
4. Now add the meatballs to the finished sauce and mix. Traditionally served with salted potatoes.

Ghana



Capital: **Accra**
Area: **238,533 km²**
Currency: **Ghanaian cedi**
Continent: **Africa**
Official language: **English**

Ghana, officially the Republic of Ghana, is a country in West Africa. It abuts the Gulf of Guinea and the Atlantic Ocean to the south, sharing borders with Ivory Coast in the west, Burkina Faso in the north, and Togo in the east.

Red-red stew with spiced plantain

Ingredients

For the kelewele dry spice mix.

2 tbsp ground ginger.

1 tbsp ground cinnamon.

1 tbsp ground nutmeg.

1 tbsp cayenne pepper.

½ tbsp ground cloves.

For the stew

200g/7oz dried black-eyed beans or 1 x 400g tin black-eyed beans, drained and rinsed.

75ml/2½fl oz vegetable oil.

2 red onions, finely chopped.

2.5cm/1in piece fresh root ginger, finely grated.

½ tbsp dried chilli flakes.

½ red scotch bonnet chilli, deseeded and diced.

½ tsp curry powder.

½ tbsp chilli powder.

1 x 400g tin chopped tomatoes.

4 plum tomatoes, roughly chopped.

>

1 tbsp tomato purée.

1 tsp sea salt.

½tsp ground black pepper.

Garri, for garnish.

For the spiced plantain

1 heaped tbsp kelewele dry spice mix, from above.

1 small red onion, grated.

5cm/2in fresh root ginger, grated.

Pinch sea salt.

Vegetable oil, for deep-frying.

4-6 ripe plantains, peeled and cut into chips.

Handful roasted peanuts, crushed.

Method

1. Mix the ingredients for the kelewele dry spice mix together in a lidded jar and set aside.
2. If using dried beans, rinse, and place in a large saucepan, cover with water and bring to the boil, then simmer for at least 1 hour until the beans are tender.
3. Heat the oil in a large saucepan over a low-medium heat. Add the onion, ginger, chilli flakes and scotch bonnet and fry gently until the onion is translucent.
4. Add the curry and chilli powders and stir well. Add the tomatoes, tomato purée, salt and pepper and cook for 45–60 minutes.
5. Add the beans, reduce the heat, and cook for 30 minutes, stirring occasionally, until the beans are tender, and the tomatoes have lost their sharp taste.
6. For the spiced plantain, mix the dry spice mix with the onion, ginger, salt and 2 tbsp of oil in a bowl.
7. Coat the plantain in the spice mix and leave to marinate for at least 20 minutes.
8. Preheat a deep-fat fryer to 180C. Fry the plantain chips in batches until they float to the surface and are an even golden colour. Remove with a slotted spoon and drain on kitchen paper.
9. To serve, spoon the stew into large bowls and sprinkle the garri over the top. Serve the plantain on the side, sprinkled with the crushed peanuts.

Greece



Capital: **Athens**
Area: **131,957 km²**
Currency: **Euro**
Continent: **Europe**
Official language: **Greek**

Greece is a country in south-eastern Europe with thousands of islands throughout the Aegean and Ionian seas. Influential in ancient times, it's often called the cradle of Western civilization.

Greek Pastitsio

This recipe feeds: **8 people**
Preparation Time: **20 minutes**
Cooking time: **1hr 15 minutes**

Ingredients

450g bucatini pasta, penne, or ziti.

110g feta cheese.

2 egg whites.

For the Meat Sauce

900g lean ground beef.

2 medium sized red onions (finely chopped).

2 cloves of garlic (chopped).

400g canned chopped tomatoes.

1 tbsp tomato paste.

1 tsp sugar.

150ml red wine.

1 bay leaf.

1 cinnamon stick.

1 whole clove.

¼ of a cup olive oil.

2 tsp sea salt and freshly ground black pepper.

> **For the bechamel**

120g plain flour.

120g butter.

1000ml milk.

2 egg yolks.

50g/ 1.7oz. Kefalotyri or Parmigiano-Reggiano.

a pinch of nutmeg.

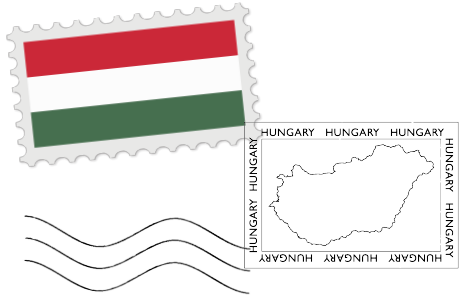
salt to taste.

50g/ 1.7oz. Kefalotyri or Parmigiano-Reggiano to sprinkle.

Method

1. To prepare this traditional pastitsio recipe (pistachio), start with the meat sauce. Place a large pan over medium-high heat and add the olive oil, the chopped onions and sauté for 2-3 minutes. Add the garlic, tomato paste and the beef. Break up the meat with a wooden spoon and brown for 4-5 minutes. Pour in the red wine and wait for it to evaporate. Add the canned tomatoes, sugar, cinnamon, clove, bay leaf, and season. Bring to the boil, turn the heat down and simmer with the lid on for about 30 minutes, until most of the juices have evaporated. (After the meat is cooked, discard the bay leaf, the clove, and the cinnamon).
2. Prepare the bechamel sauce for the pastitsio. Melt the butter in a large pan over low-medium heat. Add the flour whisking continuously to make a paste. Add warmed milk in small batches, whisking continuously to prevent your sauce from getting lumpy. If the sauce still needs to thicken, boil over low heat whilst continuing to stir. Remove the pan from the stove and add the egg yolks, salt, pepper, a pinch of nutmeg and the grated cheese (50g). Whisk quickly, to prevent the eggs from turning into an omelette! Season with salt to taste.
3. Cook the pasta for the pastitsio 2-3 minutes less than the package instructions, so that they do not get mushy after turning out of the oven later. Drain the pasta and stir in the egg whites and the feta cheese (smashed with a fork) and mix gently with a spatula.
4. For this pastitsio recipe you will need a large baking dish. Butter the bottom and sides of a pan and assemble the pastitsio. Layer the pasta, top with the meat sauce and even out. Top the pastitsio with the bechamel sauce and smooth out with a spatula.
5. Sprinkle the pistachio with grated cheese and bake in preheated oven at 180C (350F) Fan for about 40 minutes, until crust turns a light golden brown. Let the pastitsio cool down for a while before serving.

Hungary



Capital: **Budapest**
Area: **93,025 km²**
Currency: **Hungarian Forint**
Continent: **Europe**
Official language: **Hungarian**

Hungary is a landlocked country in Central Europe. Its capital, Budapest, is bisected by the Danube River. Its cityscape is studded with architectural landmarks from Buda's medieval Castle Hill and grand neoclassical buildings along Pest's Andrássy Avenue to the 19th-century Chain Bridge.

Hungarian Crepes: Palacsinta (Pancake)

Ingredients

3 Large eggs.

1-¼ Cups whole milk (plus more if needed).

3 tbsp butter, melted.

¼ tbsp salt.

1 Cup of all-purpose flour (plus more if needed).

For the Filling

2 cups cottage cheese (not reduced fat).

¼ cup confectioner's sugar.

Zest of 1 lemon.

½ tsp of vanilla extract.

For the Raspberry Sauce

2 Cups fresh raspberries, wash and well drained.

1 tbsp freshly squeezed lemon juice.

1 tbsp sugar.

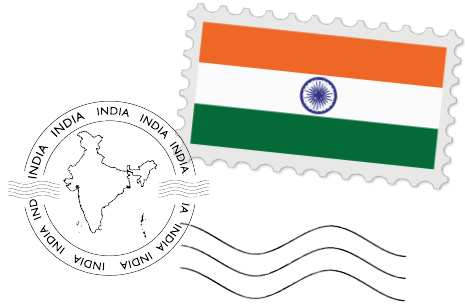
2 tbsp water.

2 tbsp corn-starch.

Method

1. In a medium mixing bowl, whisk together the eggs, milk, melted butter, and salt. Whisk in the flour ¼ cup at a time until the mixture is free of lumps and thoroughly combined. Cover and refrigerate for at least one hour to allow the batter to thicken.
2. While the batter chills, make the filling and the raspberry sauce. For the filling, combine the cottage cheese, confectioners' sugar, lemon zest, and vanilla in a bowl. Cover and refrigerate until ready to use.
3. To prepare the sauce, place the raspberries, lemon juice, and sugar in a small saucepan and bring to a simmer over medium-high heat. Whisk the water and corn-starch together in a small bowl until well blended, then add to the raspberry mixture. Return to a simmer and continue cooking until the mixture thickens to a syrup-like consistency (do not overcook). Transfer to a bowl and set aside to cool.
4. To make the palacsinta, add 1 tsp of vegetable oil to a 10-inch non-stick pan and rub it over the bottom and sides with a paper towel. Heat the pan over medium heat and add ¼ cup of the batter to the centre of the pan. Working quickly, lift the pan from the heat, tilting and rotating until the batter coats it completely in a thin layer.
5. As soon as the crêpe appears set and “dry” (20 to 30 seconds), flip it over and cook until barely browned, 10 to 15 seconds longer. Transfer to a plate and repeat with the remaining batter.
6. Stack the cooked palacsinta (crepes) on a plate. You should end up with about 1 dozen.
7. To serve, place one crêpe on a flat surface and spread about 2-½ tbsp of the filling on one side, about 1 inch in from the edges. Gently roll the crêpe to form a tube, making sure the filling is evenly distributed. Place seam side down on a serving plate and top with raspberry sauce.

India



Capital: **New Delhi**
Area: **3.287 million km²**
Currency: **Indian rupee**
Continent: **Asia**
Official languages: **Hindi, English**

India, officially the Republic of India, is a country in South Asia. It is the seventh-largest country by area, the second-most populous country, and the most populous democracy in the world.

Lamb Madras

This recipe feeds: **3 people**
Preparation Time: **30 minutes (excluding storing cooked rice in the fridge).**
Cooking time: **90 minutes**
Total Time to Make: **2 hours.**

Ingredients

2 cups of rice.
1 tbsp ground cumin.
1 tbsp ground coriander.
1 tbsp chili powder.
500g lamb leg meat.
2 tbsp vegetable oil.
2 onions peeled and finely chopped.
1 tbsp brown mustard seeds.
5 curry leaves.
2 black cardamoms, crushed.
1 cinnamon stick.
5 garlic cloves peeled and crushed.
2cm fresh ginger, peeled and grated.
5 bird's eye chilies washed and finely chopped.

> 2 tbsp tamarind concentrate.
600g chopped tomatoes.
1 half cup of coconut milk.
2 bay leaves.
6 tbsp fresh coriander leaves
washed and chopped.
1 sliced green bell pepper.

Method

1. Cut the lamb meat into cubes and season with the cumin, coriander, and chili powder until it is fully covered.
2. Marinate the lamb in a bowl for 30 minutes (marinating can be done for longer if wanted).
3. Add vegetable oil into a pot and then fry onions in it until softened.
4. Add the mustard seeds, curry leaves, cardamoms and cinnamon to the onions and continue frying until fragrant.
5. Add the garlic, ginger and chilies to the mixture and cook for 3 minutes.
6. Pour in the tamarind, tomatoes, green bell pepper, coconut milk and bay leaves. Give it a good stir and let the mixture slowly bubble for 10 minutes until a thick gravy has formed.
7. Place the marinated lamb into the mixture, and let the curry cook on a slow simmer for 90 minutes or until the meat is cooked and tender.
8. While the curry is cooking, cook the 2 cups of rice as an accompaniment to the dish.
9. Garnish with coriander and serve with the rice.

Iraq



Capital: **Baghdad**
Area: **438,317 km²**
Currency: **Iraqi Dinar**
Continent: **Asia**
Official languages: **Arabic and Kurdish**

Iraq, officially the Republic of Iraq, is a country in Western Asia. It is bordered by Turkey to the north, Iran to the east, the Persian Gulf and Kuwait to the southeast, Saudi Arabia to the south, Jordan to the southwest and Syria to the west.

Iraqi dolma

Ingredients

6 onions, peeled.

450g/1lb vine leaves, rinsed and drained.

8 baby peppers, cores removed and left whole.

8 lamb chops.

4–5 green cardamom pods.

8 garlic cloves, 6 thinly sliced and
2 peeled and left whole.

2 lemons, juice only.

150ml/5fl oz pomegranate molasses.

Salt.

For the Stuffing

1kg/2lb 4oz basmati or pudding rice,
soaked and drained.

500g/1lb 2oz 20% fat lamb mince.

20g/¾ oz salt.

15g/½oz sunflower oil.

> 50g/1¾oz pomegranate molasses.

10g/⅓oz tamarind.

5g/¼oz freshly ground black pepper.

6g/¼oz ground all spice pimento.

2.5g/½ tsp ground cinnamon.

2.5g/½ tsp ground cardamom.

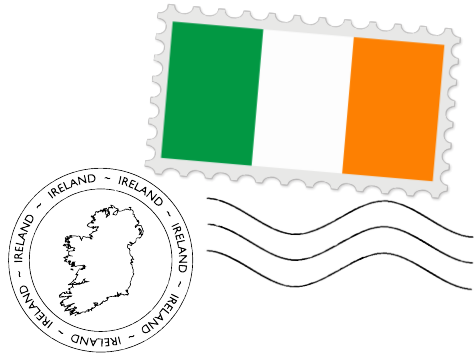
2g/½ tsp ground cloves.

1.5g/⅓ tsp grated nutmeg.

Method

1. Carefully make an incision halfway down each onion, making sure not to go past the core. Place them in a pan of salted water and bring to a simmer. When you see that each onion layer has expanded, drain, and set aside.
2. Mix all the stuffing ingredients together in a bowl with 200ml/7fl oz water until thoroughly combined.
3. Carefully remove each onion layer – you should have about three layers per onion. Stuff each of these, and the peppers, with the prepared filling. Set aside.
4. Lay all the vine leaves out on a board and add a small amount of the filling to each one. Roll the vine leaves around the filling into small cigar shapes.
5. Place the lamb chops, cardamom pods and whole garlic cloves in a large saucepan. Cover with water and bring to the boil, the simmer for 6–8 minutes. Drain and rinse the lamb under cold water.
6. Scatter the sliced garlic on the bottom of a large saucepan, then add the lamb chops. Next, add the vine leaves, arranging to fit snugly on and around the meat. Repeat with the onions, then the peppers. Season generously with salt. Pour over the lemon juice, molasses, and enough water to just cover the peppers at the top of the pan.
7. Place a small plate on top of the pan and push down firmly. Place on the hob and bring to the boil. Boil, covered, for 15 minutes. Lower the heat, remove the lid, and cook for a further 40 minutes.
8. Place a large serving plate or tray over the pan, then flip the dolma onto it and serve in the middle of the table for everyone to help themselves.

Ireland



Capital: **Dublin**
Area: **68,890 km²**
Currency: **Euro**
Continent: **Europe**
Official languages: **Irish/English**

Ireland is an island nation on the westernmost edge of Europe. It is the continent's second largest island. The island of Ireland is made up of 32 counties.

Traditional Irish Stew

Ingredients

1 tbsp sunflower oil.

200g smoked streaky bacon preferably in one piece, skinned and cut into chunks.

900g stewing lamb cut into large chunks.

5 medium onions sliced.

5 carrots sliced into chunks.

3 bay leaves.

small bunch thyme.

100g pearl barley.

850ml lamb stock.

6 medium potatoes, cut into chunks.

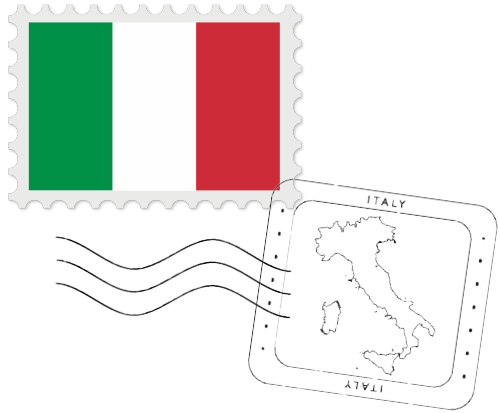
small knob of butter.

3 spring onions finely sliced.

Method

1. Heat oven to 160C/fan 140C/gas 3. Heat the oil in a flameproof casserole. Sizzle the bacon for 4 mins until crisp. Turn up the heat, then cook the lamb for 6 mins until brown. Remove the meats with a slotted spoon. Add the onions, carrots, and herbs to the pan, then cook for about 5 mins until softened. Return the meat to the pan, stir in the pearl barley, pour over the stock, then bring to a simmer.
2. Sit the chunks of potato on top of the stew, cover, then braise in the oven, undisturbed, for about 1½ hrs until the potatoes are soft and the meat is tender. The stew can now be chilled and kept in the fridge for 2 days, then reheated in a low oven or on top of the stove. Remove from the oven, dot the potatoes with butter, scatter with the spring onions and serve scooped straight from the dish.

Italy



Capital: **Rome**
Area: **301,230 km²**
Currency: **Euro**
Continent: **Europe**
Official languages: **Italian**

Italy, a European country with a long Mediterranean coastline, has left a powerful mark on Western culture and cuisine. Its capital, Rome, is home to the Vatican as well as landmark art and ancient ruins.

Tiramisu

This recipe feeds: **6 people**
Preparation Time: **30 minutes and chilling**
Cooking time: **3-4 hours or overnight**

Ingredients

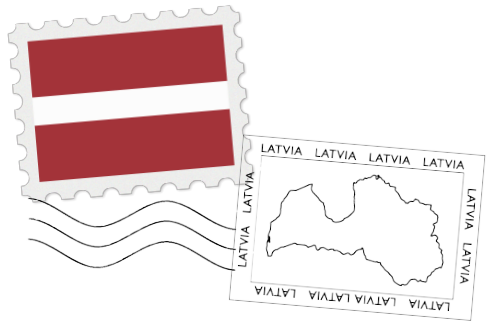
400ml double cream.
250g mascarpone.
75ml marsala.
5 tbsp golden caster sugar.
300ml coffee, made with 2 tbsp coffee granules and 300ml of boiling water.
175g of sponge fingers.
25g dark chocolate.
2 tsp cocoa powder.

Method

1. Put the double cream, mascarpone, marsala, and golden caster sugar in a large bowl.
2. Whisk until the cream and mascarpone have completely combined and have the consistency of thickly whipped cream.
3. Pour the coffee into a shallow dish. Dip in a few of the sponge fingers at a time, turning for a few seconds until they are nicely soaked, but not soggy. Layer these in a dish until you have used half the sponge fingers, then spread over half of the creamy mixture.
4. Using the coarse side of a grater, grate over most of the dark chocolate. Then repeat the process (you should use up all the coffee), finishing with the creamy layer.
5. Cover and chill for a few hours or overnight. Will keep in the fridge for up two days.
6. To serve, dust with the cocoa powder and grate over the remainder of the chocolate.



Latvia



Capital: **Riga**
Area: **64,589 km²**
Currency: **Euro**
Continent: **Europe**
Official language: **Latvian**

Latvia is a country on the Baltic Sea between Lithuania and Estonia. Its landscape is marked by wide beaches as well as dense, sprawling forests. Latvia's capital is Riga, home to notable wooden and art nouveau architecture, a vast Central Market, and a medieval Old Town with St. Peter's Church. Riga's museums include the Latvian Ethnographic Open-Air Museum, showcasing local crafts, food, and music.

Latvian Pīrāgi

This recipe feeds: **45 people**
Preparation Time: **45 mins - 1 hour 30 minutes.**
Cooking time: **15-17 minutes**

Ingredients

For the dough

500ml milk.
125ml cream.
100g sugar.
4 tsp dry yeast.
125g butter, cubed.
125g sour cream.
1 egg lightly whisked.
1kg plain flour.
1 tbsp salt.

For the filling

500g middle bacon or side bacon.

1 small onion.

salt and pepper.

Extra flour for rolling.

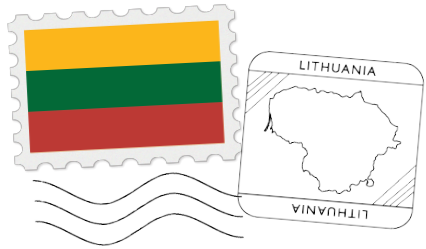
1 egg for egg wash.

Method

Dough

1. Pour milk and cream in a saucepan and add the sugar. Heat the mixture until it becomes blood warm. (Test by placing couple drops on your wrist, if the milk feels very hot, let it cool down a bit. Do not get the milk to the boiling point as it will kill the yeast.)
2. In a large bowl, pour the milk mixture and add cubed butter, sour cream, and the whisked egg, combine well.
3. Add yeast, sifted flour, salt and mix until all is combined well to create the dough. Knead the dough until it becomes smooth and does not stick to the hands or the bowl (add a bit more flour if necessary).
4. Cover the bowl with a clean tea towel and place in a warm spot for an hour or until the dough has doubled in size (about 1 to 1 ½ hours). To speed up the process, place the bowl in a sink filled with hot water.
5. Meanwhile, make the filling: finely cut the bacon and the onion, add a tsp of finely ground pepper, and combine well.
6. Preheat the oven to 180 degrees. Line a baking tray with baking paper. Whisk the egg in a small bowl and set aside.
7. Sprinkle some flour on the rolling surface and place the dough on it. Cut it in quarters and work on each quarter at a time by rolling it until the dough is 5 mm thick.
8. Cut out circles about 6 cm in diameter (I usually use a mug for cutting) from the rolled dough. Place one heaped tsp of filling on one side of the circle and fold over. Tightly press the dough together using your fingers, place pīrāgs seam side down and bend in a shape of a half-moon (the last bit is optional).
9. Transfer pies on to the baking tray, spaced about 2 cm apart. Using a pastry brush, brush each pie with the egg wash.
10. Place the tray in the oven and bake for 15-17 minutes until golden brown.

Lithuania



Capital: **Vilnius**
Area: **65,300 km²**
Currency: **Euro**
Continent: **Europe**
Official language: **Lithuanian**

Lithuania, officially the Republic of Lithuania, is a country in the Baltic region of Europe. It is one of three Baltic states and lies on the eastern shore of the Baltic Sea. Lithuania shares land borders with Latvia to the north, Belarus to the east and south, Poland to the south, and Russia to the southwest.

Cepelinai

Lithuanian potato-meat dumplings are known as cepelinai because of their shape. These hearty and rich dumplings take some time to make, but they are well worth the effort. Don't be intimidated by the recipe as it has a few steps in order to make each component.

This recipe feeds: **6-8 people**
Preparation Time: **60 minutes**
Cooking time: **50 minutes**
Cooking time: **110 minutes**

Ingredients

For the meat filling

1 pound ground pork.
1 medium onion peeled and finely chopped.
1 ½ tsps kosher salt.
¼ tsp freshly ground black pepper.
1 large egg, beaten.

For the Dumplings

1 tbsp freshly squeezed lemon juice.
8 large potatoes peeled and finely grated, about 5 pounds.
2 large potatoes, about 1 ½ pounds, peeled,
boiled, and riced.

1 medium onion finely grated.

1 ½ tsps kosher salt, more as needed.

1 tbsp corn-starch.

For the Gravy

½-pound bacon, diced.

1 large onion coarsely chopped.

1 cup sour cream.

Freshly ground black pepper, to taste.

1 to 2 tbsp milk, as needed.

Method

Making the meat filling

1. In a large bowl, mix together ground meat, finely chopped onion, the salt, a few grinds of pepper, and the egg until well combined.
2. Cover and refrigerate until ready to use.

Making the Dumplings

1. Gather the ingredients.
2. Add lemon juice to the potatoes so they don't turn brown.
3. Place them in a cheesecloth and twist over a large bowl to get rid of the excess water.
4. Pour off the water, reserving the potato starch at the bottom of the bowl.
5. Unwrap the cheesecloth and place the raw potatoes in the bowl with the potato starch you reserved from the bottom of the bowl.
6. Add the cooked riced potatoes, grated onion, and the salt, more to taste. Mix well.
7. Put a large stockpot of well salted water on to boil.
8. To form the zeppelins, take about 1 cup of dumpling mixture and pat it flat in the palm of the hand.
9. Place ¼ cup or more of meat mixture in the centre and, using slightly dampened hands, fold the potato mixture around the meat into a football shape, sealing well. Continue until both mixtures are used.

Cook the dumplings

1. Carefully lower dumplings into salted, boiling water to which 1 tbsp of corn-starch has been added (to prevent dumplings from falling apart). Make sure water returns to the boil, reduce the heat to low and continue

simmering until the filling is cooked through, 20 to 25 minutes.

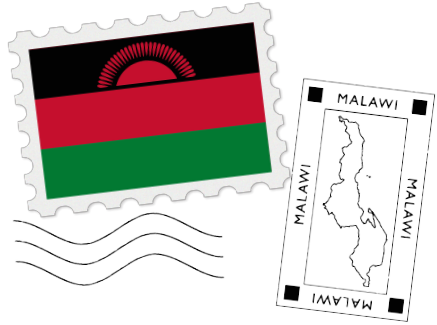
2. Remove dumplings with a slotted spoon or strainer, drain briefly on a clean dish towel and place on a heated platter.

Make the gravy

1. While the dumplings are boiling, make the gravy. In a medium skillet, fry the bacon and chopped onion until tender.
2. Drain and combine with source cream and black pepper. Thin with 1 to 2 tbsp of milk if necessary.
3. Ladle the gravy over the dumplings.



Malawi



Capital: **Lilongwe**
Area: **118,480 km²**
Currency: **Malawian Kwacha**
Continent: **Africa**
Official language: **English**

Malawi, a landlocked country in south-eastern Africa, is defined by its topography of highlands split by the Great Rift Valley and enormous Lake Malawi.

Mgaiwa Phala (Sweet Cornmeal Porridge)

Ingredients

3 Cups of water.

½ cup of Mgaiwa (whole ground dry maize aka grits, course ground cornmeal or polenta)

¼ Cups of Milk.

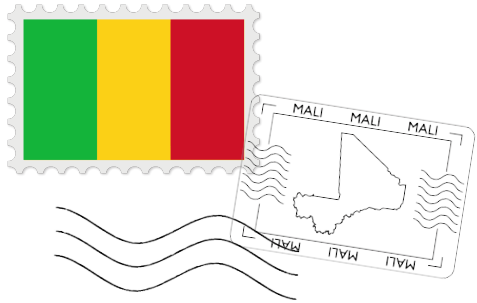
¼ cup sugar, or to taste.

1 Dash of salt.

Method

1. Combine all the ingredients in a saucepan then set it over a high heat. Whisk constantly to avoid clumps.
2. Bring to boil, reduce heat to a simmer then cover and cook 15 minutes, stirring 3-4 times.
3. Serve hot with more sugar for sprinkling if desired (Also tasty with a swirl of melted butter).

Mali



Capital: **Bamako**
Area: **1,241,238 km²**
Currency: **West African CFA Franc**
Continent: **Africa**
Official languages: **Bambara and French**

Mali, officially the Republic of Mali, is a landlocked country in West Africa. Mali is the eighth-largest country in Africa, with an area of over 1,240,000 square kilometres.

Tigua Degué Aka Mafé – Chicken in Peanut Butter Sauce

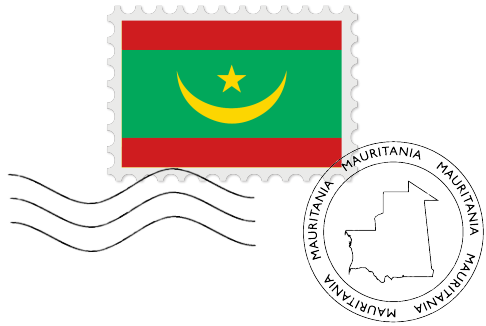
Ingredients

1 chicken, cut in pieces and skin removed.
1 large onion, chopped.
4 garlic cloves, finely chopped.
4 tbsp of peanut butter.
2 tomatoes chopped and 1 tbsp of tomato paste.
3 tbsp of olive oil.
1 celery stick, diced.
3 carrots, peeled and cut into halves.
2 medium potatoes, cut into four pieces.
1 large, sweet potato, cut into four pieces.
¼ of white or green cabbage, shredded.
1 green bell pepper, diced.
Green beans (optional).
1 green or red chili, to taste.
½ l of water + 1 organic chicken stock cube.
Pepper and salt, to taste.

Method

1. Heat olive oil in a large pot over a medium heat. Fry the chicken until slightly coloured then put aside.
2. In the same pot, fry the onions followed by the garlic, celery, and bell pepper. Stir in the tomatoes, tomato paste, chili, and the peanut butter. Toss for 1 minute then add the water, the stock cube, and the chicken pieces.
3. Simmer for 15 minutes before adding the vegetables except the sweet potato which will be added few minutes before the end of the cooking.
4. Season with salt and pepper then cook for about 30 minutes until the sauce thickens and all is cooked through.
5. Serve with the rice of your choice.

Mauritania



Capital: **Nouakchott**
Area: **1,030,700 km²**
Currency: **Mauritanian Ouguiya**
Continent: **Africa**
Official languages: **Arabic**

Mauritania, officially the Islamic Republic of Mauritania, is a sovereign country in Northwest Africa. It is bordered by the Atlantic Ocean to the west, Western Sahara to the north and northwest, Algeria to the northeast, Mali to the east and southeast, and Senegal to the southwest.

Slow Roasted Lamb (Mechoui)

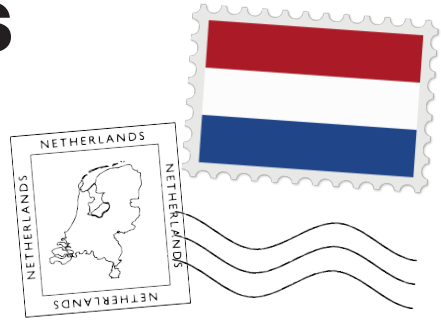
Ingredients

1 and a half tsp of ground allspice.
Half a tsp of ground cinnamon.
2 tsps of ground cumin.
1 tsp of dried chili flakes.
1 tsp of ground turmeric.
3 garlic cloves, crushed.
100 grams of unsalted butter.
2.5kg of lamb shoulder, bone in.
2 tsps of cumin seeds, toasted, roughly ground.
1 tbsp of sea salt flakes.
Bread and orange wedges to serve.

Method

1. Preheat oven to 140°C. Combine spices, garlic, and butter in a bowl. Rub mixture all over lamb and season with salt. Completely enclose lamb in two large sheets of foil and place in a deep roasting pan. Roast for 8 hours or until meat is meltingly tender and comes away easily from the bone.
2. Combine cumin seeds and sea salt in a small bowl.
3. Shred lamb into large pieces and serve with cumin salt, bread, and orange wedges.

Netherlands



Capital: **Amsterdam**
Area: **41,850 km²**
Currency: **Euro**
Continent: **Europe**
Official languages: **Dutch**

The Netherlands, a country in north-western Europe, is known for a flat landscape of canals, tulip fields, windmills and cycling routes. Amsterdam, the capital, is home to the Rijksmuseum, Van Gogh Museum, and the house where Jewish diarist Anne Frank hid during WWII.

Kaassoufflé

This recipe feeds: **5 people**
Preparation Time: **5 minutes**
Cooking time: **10 minutes**

Ingredients

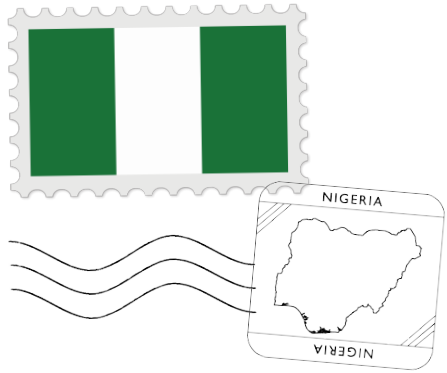
5 squares of puff pastry.
10 slices of Gouda cheese.
2 eggs.
large handful of breadcrumbs.
little bit of water.
frying oil.

Method

1. Heat the frying oil to about 180 degrees Celsius or 350 degrees Fahrenheit.
2. Get your puff pastry from the freezer, remove the plastic wraps, and divide the squares in half.
3. Cut the cheese slices so they will fit exactly on half of the rectangle pieces of puff pastry, leaving about 0,5 cm (0,20 inch) space on the edges. Place about 2 or 3 slices on top of each other so there will be enough cheese on the inside.
4. Use your finger to coat the edges with a little bit of water, this will help the puff pastry pieces to stick together. Place the other half of the puff pastry square on the top.
5. Grab two deep plates and beat the eggs using either a whisk or fork in one, add the breadcrumbs to the other. Coat the puff pastries filled with cheese with the beaten eggs first and then with the breadcrumbs.
6. Deep-fry the cheese soufflé in batches until golden brown on both sides, don't forget to flip them over halfway. Enjoy this lovely deep-fried Dutch snack!



Nigeria



Capital: **Abuja**
Area: **923,768 km²**
Currency: **Nigerian naira**
Continent: **Africa**
Official language: **English**

Nigeria, an African country on the Gulf of Guinea, has many natural landmarks and wildlife reserves. Protected areas such as Cross River National Park and Yankari National Park have waterfalls, dense rainforest, savanna, and rare primate habitats. One of the most recognizable sites is Zuma Rock, a 725m-tall monolith outside the capital of Abuja that's pictured on the national currency.

Nigerian meat pie

This recipe feeds: **12 people**
Preparation Time: **1 hour 30 minutes.**
Cooking time: **40 minutes**

Ingredients

For the pastry

4 cups (500g) all-purpose flour.
200g cold Butter, cubed.
2 Eggs.
1 tsp Salt.
1 tbsp sugar.
1 tsp baking powder.
¼ cup (60ml) cold water.

For the filling

350g Ground beef.
1 Potato (peeled and diced into small cubes).
1 Large Onion (chopped).
1 Large Carrot (peeled and diced).

1 cup (240ml) Water/beef broth.

Salt to taste.

Pepper to taste.

1 tsp Thyme.

2 tbsp flour.

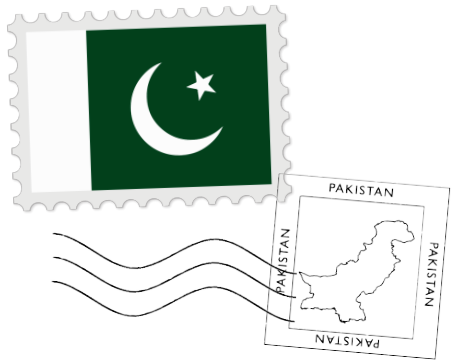
2 tbsp Oil.

1 egg for brushing.

Method

1. In a large bowl mix together flour, sugar, salt, and baking powder. Add cubed butter and rub it with the flour until you get a crumbly texture.
2. Beat 2 eggs with cold water and add it to the flour mixture, mix until dough is formed.
3. Wrap the dough with cling film and refrigerate for 30 minutes.
4. For the filling, in a large pan heat oil. Add onion and sauté for 5-6 minutes, until translucent.
5. Add diced carrots and cook for 3-4 minutes.
6. Add the meat and cook, for 4-5 minutes, until it is not pink.
7. Season with salt, pepper, thyme, and flour. stir and cook for 2 minutes more.
8. Add in cubed potatoes stir well. Pour in the water/broth. Stir.
9. Bring to a simmer over medium-high heat. Reduce the heat to low and simmer for 15 minutes, until thickens. Set aside to cool.
10. Preheat oven to 175C.
11. Divide the dough into 2-4 pieces.
12. Roll out the dough into ¼ cm thickness. Cut out a round shape with your desired sized. Combine all the leftover dough and roll it again to make more circles.
13. Place about 1-2 tbsp of the meat mixture in the centre, brush the edges with water and fold over the dough. Seal it with your fingers or with a fork. Poke the pies with a fork to create a steam outlet while baking brush the pies with beaten egg.
14. Bake for 25-30 minutes, until golden.
15. Cool slightly and enjoy!

Pakistan



Capital: **Islamabad**
Area: **796,095 km²**
Currency: **Pakistani Rupee**
Continent: **Asia**
Official languages: **English and Urdu**

Pakistan, populous multi-ethnic country of South Asia.
Having a predominately Indo-Iranian speaking population.

Gol Gappa

Ingredients

For the Golgappa shells

1 cup semolina (Sooji).
¼ cup all-purpose flour (Maida).
¼ tsp baking soda.
¼ tsp salt. ⅛
¼ cup warm water.
Oil for frying.

For the Pani (Spiced Water)

1 cup fresh mint leaves.
1 cup fresh cilantro leaves.
1 green chili pepper, chopped.
1 inch ginger, grated.
½ tsp cumin powder.
½ tsp coriander powder.
½ tsp chaat masala.
½ lemon, juiced.
3 cups cold water.

For the stuffing

1 cup boiled chickpeas.

½ cup boiled potatoes, mashed.

½ cup onion finely chopped.

¼ cup tamarind chutney.

Salt to taste.

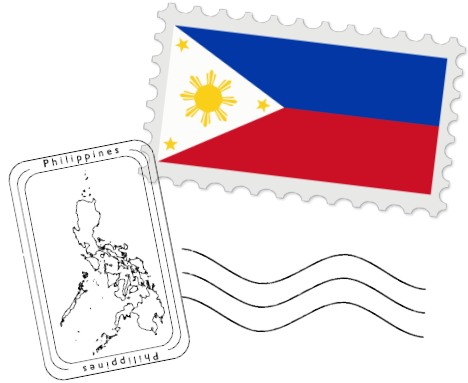
Red chili powder to taste.

Chaat masala to taste.

Method

1. To make the golgappa shells, combine semolina, all-purpose flour, baking soda, and salt in a bowl. Gradually add warm water and knead until you have a smooth dough. Cover the dough and let it rest for 10-15 minutes.
2. After the resting period, knead the dough again for a couple of minutes. Roll out small balls of dough about the size of a marble.
3. Heat the oil in a deep-frying pan over medium heat. Once the oil is hot, add the small dough balls in batches and fry them until they are golden brown and crispy. Remove the fried golgappa shells from the oil and place them on a paper towel-lined plate to absorb any excess oil. Repeat the process for all the dough balls.
4. To make the pani (spiced water), combine mint leaves, cilantro leaves, green chili pepper, grated ginger, cumin powder, coriander powder, chaat masala, and lemon juice in a blender. Add a little water to make a smooth paste.
5. In a large bowl, mix the paste with cold water and stir well.
6. To make the stuffing, combine boiled chickpeas, boiled potatoes, chopped onion, tamarind chutney, salt, red chili powder, and chaat masala in a bowl.
7. To serve, take one golgappa shell and carefully break a small hole on the top. Stuff a tsp of the stuffing mixture inside the shell. Dip the stuffed golgappa in the pani and enjoy the burst of flavours in your mouth. Repeat with the remaining golgappa shells and stuffing.

Philippines



Capital: **Manila**
Area: **300,000 km²**
Currency: **Philippine peso**
Continent: **Asia**
Official languages: **Filipino and English**

The Philippines, officially the Republic of the Philippines, is an archipelagic country in Southeast Asia. It is situated in the western Pacific Ocean and consists of around 7,641 islands that are broadly categorized under three main geographical divisions from north to south: Luzon, Visayas, and Mindanao.

Chicken Adobo

Preparation Time: **10 minutes.**
Cooking time: **30 minutes**

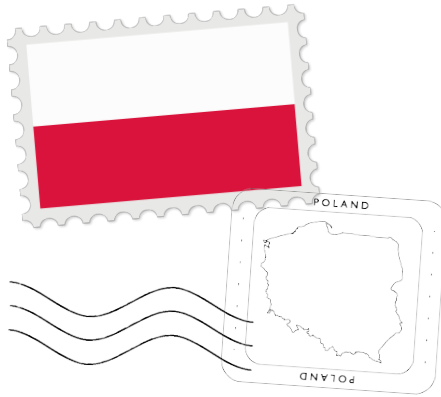
Ingredients

2 tbsp of olive oil.
½ pounds of boneless skinless thighs.
10 garlic cloves chopped.
½ medium onion sliced.
2 tbsp of whole black peppercorns.
¼ cup of soy sauce.
¼ cup of vinegar.
½ cup of chicken broth.
2 bay leaves.
2 cups jasmine rice.

Method

1. In a large skillet, heat olive oil over medium heat.
2. Add the chicken and ½ of the garlic to the skillet. Cook the chicken just until browned. To make sure it does not get too dry during the rest of the cooking process, it is important not to cook the chicken all the way through at this point. You may need to cook the chicken in batches.
3. Remove chicken and garlic from the pan and discard all but 1 tbsp of the pan drippings.
4. Add the chicken and garlic back to the pan and add the onion, peppercorns, and remaining garlic. Sauté for 2 minutes.
5. Add the soy sauce, vinegar, chicken broth and bay leaves.
6. Cover and cook for 20 minutes.
7. Meanwhile, start your rice and prepare according to the package instructions.
8. After 20 minutes, uncover the adobo and let the sauce boil until it reduces by ⅓. Remove the bay leaves.
9. Spoon the chicken and sauce over the rice and serve.

Poland



Capital: **Warsaw**
Area: **312,696 km²**
Currency: **Polish złoty**
Continent: **Europe**
Official language: **Polish**

Poland, officially the Republic of Poland, is a country in Central Europe. It is divided into 16 administrative provinces called voivodeships, covering an area of 312,696 km². Poland has a population of over 38 million and is the fifth-most populous member state of the European Union.

Bigos

Ingredients

1.32 pounds (600 g) sauerkraut chopped.

10.58 ounces (300 g) white cabbage chopped.

4 chicken thighs skinless.

7.05 ounces (200 g) Polish smoked sausage kielbasa, diced.

0.25 ounces (7 g) dried porcini mushrooms.

8 prunes pitted, halved.

1 onion finely chopped.

1½ tsps caraway seeds, dried marjoram and paprika each.

3 allspice and juniper berries each.

1 bay leaf.

2 tbsp tomato paste.

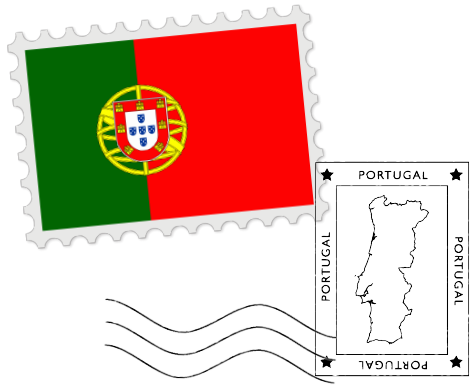
5 tbsp vegetable/olive oil.

1½-2 cups (360-480ml) water.

Method

1. In a large pot heat up 3 tbsp of the oil, add the caraway seeds, juniper and allspice berries, bay leaf and onion and gently fry for 3 minutes stirring often.
2. Push the onion mixture to the side and add the chicken thighs. Fry for 2 minutes on each side.
3. Add the sauerkraut, cabbage, prunes, tomato paste, mushrooms, marjoram, paprika, pepper to taste and half of the water and stir to combine. Close the lid, bring to the boil then simmer for 1 hour.
4. In a frying pan heat up the remaining oil (1-2 tbsp) and fry the chopped sausage until crispy stirring often. Add the sausage (not the fat) into the stew and continue cooking gently for another hour. Add a little more water at this point if you like.
5. Remove the chicken from the pot, separate the meat from the bone and put the meat pieces back into the pot. Serve with mashed potatoes or rye/pumpernickel bread.

Portugal



Capital: **Lisbon**
Area: **92,090 km²**
Currency: **Euro**
Continent: **Europe**
Official language: **Portuguese**

Portugal is a southern European country on the Iberian Peninsula, bordering Spain. Its location on the Atlantic Ocean has influenced many aspects of its culture: salt cod and grilled sardines are national dishes, the Algarve's beaches are a major destination and much of the nation's architecture dates to the 1500s–1800s, when Portugal had a powerful maritime empire.

Pastel De Nata (Custard Tarts)

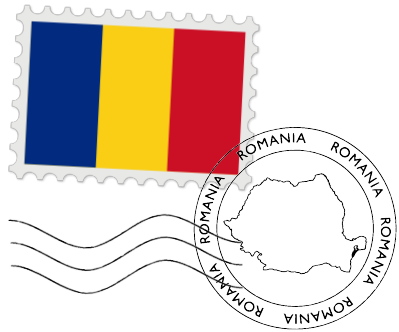
Ingredients

1 whole egg (large).
2 egg yolks (large).
115g golden caster sugar.
2 tbsp of cornflour.
400ml full fat (creamy) milk.
2 tsps vanilla extract.
1 sheet ready rolled puff pastry.

Method

1. Lightly grease a 12-hole muffin tin and pre-heat oven to 200C/180C fan/Gas 6.
2. Put egg, yolks, sugar & cornflour in a pan and mix well together then gradually add the milk until mixture is well mixed and smooth.
3. Place pan on medium heat and stir constantly until mixture thickens and comes to the boil. Remove pan from heat and stir in vanilla extract.
4. Put custard in a glass/ceramic bowl to cool and cover with cling film to prevent skin forming.
5. Cust pastry sheet into two pieces and place them on top of each other. Roll the pastry tightly, from the short side, into a log and cut the log into 12 even sized rounds.
6. On a lightly floured board, roll each round into a disc (approx. 10cm) and press the pastry discs into the muffin tin.
7. Spoon in the cooled custard and bake for 20-25mins until golden on top. Leave to cool in the tin for 5mins then move to a cooling rack to finish cooling although they can be eaten warm.

Romania



Capital: **Bucharest**
Area: **238,397 km²**
Currency: **Romanian leu**
Continent: **Europe**
Official language: **Romanian**

Romania is a southeastern European country known for the forested region of Transylvania, ringed by the Carpathian Mountains. Its preserved medieval towns include Sighişoara, and there are many fortified churches and castles, notably clifftop Bran Castle, long associated with the Dracula legend. Bucharest, the country's capital, is the site of the gigantic, Communist-era Palatul Parlamentului government building.

Sarmale Cabbage Rolls

Makes 60-70 cabbage rolls
Preparation Time: **1 hr**
Cooking time: **1 hr 15 minutes**

Ingredients

For preparing the cabbage leaves

2 medium cabbages.
1 tbsp (15g) salt 4-5 thyme sprigs.
2 fresh dill sprigs.
Hot boiling water.

Meat Filling

4 medium onions (500g).
Chopped 5 tbsp (70g).
Vegetable oil.
¼ cup (65g) tomato paste.
2 tsps (4g) paprika.
1 ¼ cup (250g) long grain rice, rinsed and drained.
1 pound (450g) ground pork

.¼-pound (110g) ground beef.

½ cup (25g) fresh dill, chopped.

1 ½ tsp (7g) salt.

1 ½ tsp (5g) ground black pepper.

For cabbage mixture to place in top and bottom of the pot

½ tsp (3g) salt.

2 tbsp fresh dill, chopped.

Freshly ground black pepper.

For adding on top of the rolls

14 oz (400g) can diced tomatoes.

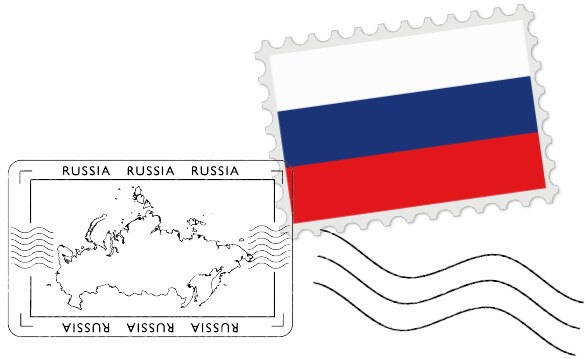
½ pound (230g) smoked pork ribs, cut in smaller pieces.

Hot salted water.

Method

1. Remove core from cabbages. In a large pot bring water to a boil, enough to almost cover the cabbage. Add salt, a little thyme and dill sprigs. Immerse cabbage in boiling water with core side down. Cook over medium-high heat for 5 to 10 minutes. Turn and gently remove the leaves. When the leaves are tender and flexible remove and let them cool.
2. Prepare the filling. In a frying pan heat oil over medium high heat. Cook onion until soft and glossy. Stir in paprika and tomato paste and remove from heat. Let cool slightly. Add rice, ground pork and beef, dill, salt, and pepper. Stir until well combined.
3. Trim the thick veins from cabbage leaves for easier rolling and set aside. Cut leaves into smaller pieces if too large. Chop any leftover cabbage (middle part) and the veins and place in a bowl. Mix chopped cabbage with dill, salt, and pepper. Place a few thyme sprigs on the bottom of a large pot, place half of the chopped cabbage and a few dill sprigs on top.
4. Start making the cabbage rolls. Place ½ to 1 tbsp of mixture in the center of the bottom of each leaf. Fold in the sides and start rolling the cabbage leaf to create a roll. Place it in the prepared pot and continue until all the filling is done. Place the other half of chopped cabbage over the top of the rolls.
5. Add diced tomatoes on top, arrange the pork ribs and pour hot salted water until the cabbage rolls are almost covered with liquid.
6. Cover the pot and cook at medium heat until they start to boil. Reduce heat to low and simmer for 1 hour.
7. Serve cabbage rolls warm with sour cream and polenta.

Russia



Capital: **Moscow**
Area: **17,075,200 km²**
Currency: **Ruble**
Continent: **Europe**
Official Language: **Russian**

As the world's largest country, Russia occupies one-tenth of all the land on Earth. It spans 11 time zones across two continents (Europe and Asia) and has shores on three oceans (the Atlantic, Pacific and Arctic Ocean).

Traditional Russian Pirozhki

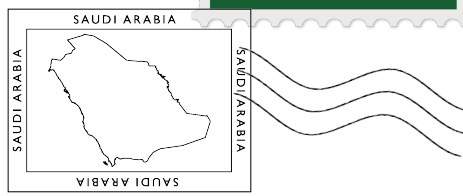
Ingredients

2 cups milk, warmed.
1 tbsp white sugar.
1 tbsp active dry yeast.
2 tbsp butter, melted.
1 egg.
1 tsp salt.
6 cups all-purpose flour.
1 tbsp butter.
½ medium head cabbage, finely chopped.
6 hard-cooked eggs, chopped.
Salt and pepper to taste.

Method

1. Place ½ cup milk in a cup or small bowl. Stir in sugar and sprinkle yeast over the top. Set aside until foamy, about 10 minutes. Pour the remaining milk into a large bowl.
2. Add the melted butter, egg, salt and 1 cup of flour to the large bowl with the milk. Stir in the yeast mixture. Mix in flour 1 cup at a time until dough pulls away from the sides of the bowl and doesn't stick to your hands. Cover the bowl loosely and set in a warm place to rise for about 1 hour. Dough should almost triple in size.
3. While you wait for the dough to rise, melt the remaining butter in a large skillet over medium heat. Add cabbage and cook, stirring frequently, until cabbage has wilted. Mix in the eggs and season with salt and pepper. Continue to cook, stirring occasionally until cabbage is tender. Set this aside for the filling.
4. Place the risen dough onto a floured surface and gently form into a long snake about 2 inches wide. Cut into 1-inch pieces and roll each piece into a ball. Flatten the balls by hand until they are 4 to 5 inches across. Place a spoonful of the cabbage filling in the centre and fold in half to enclose. Pinch the edges together to seal in the filling.
5. Preheat the oven to 400 degrees F (200 degrees C). Line one or two baking sheets with aluminium foil. Place the pirozhki onto the baking sheet, leaving room between them for them to grow.
6. Bake for 20 minutes in the preheated oven, or until golden brown.

Saudi Arabia



Capital: **Riyadh**
Area: **2,150,000 km²**
Currency: **Saudi Riyal**
Continent: **Asia**
Official Language: **Arabic**

Saudi Arabia, officially the Kingdom of Saudi Arabia, is a country in Western Asia. It covers the bulk of the Arabian Peninsula and has a land area of about 2,150,000 km², making it the fifth-largest country in Asia, the second largest in the Arab world, and the largest in Western Asia and the Middle East.

Al Kabsa

Ingredients

¼ cup butter.

3 lbs chicken cut into 8-10 pieces.

1 large onion finely chopped.

6 garlic cloves minced.

¼ cup tomato puree.

14 ounces canned chopped tomatoes with liquid (or fresh).

3 carrots grated.

2 whole cloves.

¼ tsp grated nutmeg.

½ tsp ground cumin.

½ tsp ground coriander.

salt & freshly ground black pepper to taste.

4 cups hot water.

1 chicken stock cube.

2 ¼ cups basmati rice do not rinse or soak this.

¼ cup raisins.

¼ cup slivered almonds toasted.

Kabsa Spice Mix

½ tsp saffron.

¼ tsp ground green cardamoms.

½ tsp ground cinnamon.

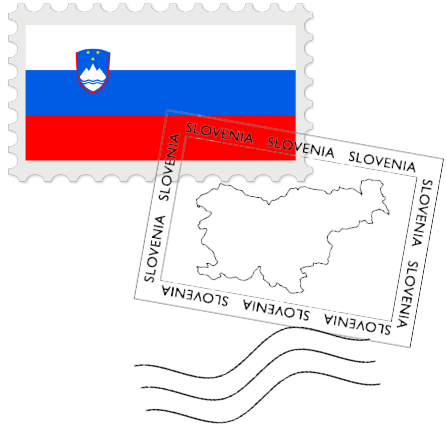
½ tsp ground allspice.

½ tsp ground dried limes.

Method

1. Melt butter in a large stock pot, or dutch oven.
2. Add chicken pieces, onion & garlic & sauté until onion is tender and chicken is browned.
3. Stir in tomato puree & simmer over a low heat for a couple of minutes.
4. Add tomatoes, carrots, cloves, all the spices including the kabsa spice mixture, salt, and pepper.
5. Cook for a couple of minutes.
6. Add the water & chicken stock cube.
7. Bring to a boil, then reduce heat and cover.
8. Simmer over low heat for 30 minutes.
9. Add rice to the pot & stir carefully.
10. Re-Cover & simmer for 35 - 40 minutes - adding the raisins for the last 10 minutes - cook until rice is tender.
11. Place the rice on a large serving dish, topped with the chicken & garnished with almonds.
12. Serve with a hot sauce called 'Shattah'.

Slovenia



Capital: **Ljubljana**
Area: **20,273 km²**
Currency: **Euro**
Continent: **Europe**
Official Language: **Slovenian**

Slovenia, a country in Central Europe, is known for its mountains, ski resorts and lakes.

Al Kabsa

Ingredients

1kg white flour (mix of soft and hard, durum flour preferably).

35g yeast (or sour dough if available.)

2-3eggs.

1 tbsp sunflower oil.

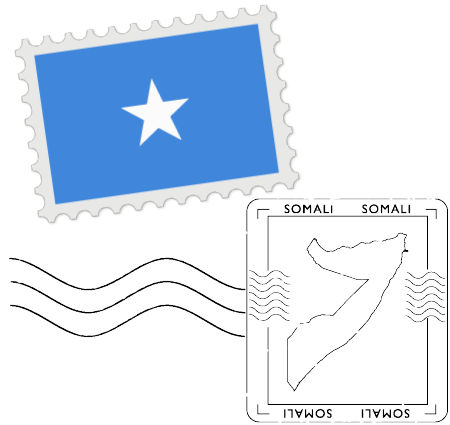
1-2 tsps salt.

Dome Carum carvi.

Method

1. Mix yeast with 1-2 tsps of honey and 0.1l lukewarm water and a tsp or two of flour. Wait until it rises (about 10 minutes).
2. Mix the risen yeast with flour and add 1-2 beaten eggs, salt and water as needed to make a nice medium firm silky textured dough (for special occasions water can be replaced with mixture of sour cream and milk - be careful that either water or cream/milk mixture isn't cold or hot). I also suggest that you dissolve the salt in a little water before adding.
3. Leave it to rise in a warm place (but not too warm) for approx. half an hour, sometimes more. If you add more oil or cream or eggs the time to rise the dough prolongs. As I make it usually takes about 45 minutes.
4. Put the risen dough on a floured surface and gently beat it to fit the baking plate. You should get a 1.5 -2 cm (about 0.79 in) thick dough. If you have a smaller oven or baking plate it will probably make two pogaca breads. Traditionally it is round shaped, but you can adapt it to your baking plate.
5. Take a knife and carve squares half deep into the dough.
6. Dampen the surface with a mixture of 1 beaten egg and a tbsp of milk - use a brush.
7. Sprinkle with salt and cumin.
8. Leave it for up to 10 minutes if you want the bread to be a little bit higher or bake it immediately in the oven at 200C for about 20 - 30 minutes until nice golden brown.
9. On different occasions you can enrich the Belokranjska pogaca with cheese (sprinkle small dices on top instead of cumin) or some dry meat (smoked ham). The pogaca is also sometimes made with onions which are cut in small, fried until brown, cooled down then mixed into the dough (step 2).

Somali



Capital: **Mogadishu**
Area: **637,657 km²**
Currency: **Somali Shilling**
Continent: **Africa**
Official languages: **Somali and Arabic**

Somalia, officially the Federal Republic of Somalia, is a country in the Horn of Africa. The country is bordered by Ethiopia to the west, Djibouti to the north-west, the Gulf of Aden to the north, the Indian Ocean to the east, and Kenya to the southwest. Somalia has the longest coastline on Africa's mainland.

Sambusa

Ingredients

2 tbsp olive oil.
1 small onion finely chopped.
1 leek, chopped.
1 clove garlic, minced.
2 pounds ground beef.
2 tsps ground cumin.
2 tsps ground cardamom.
1 tsp salt.
1 tsp pepper.
1 tbsp all-purpose flour.
1 tbsp water, or as needed.
1 (14 ounce) package spring roll wrappers.
1 quart oil for frying, or as needed.

Method

1. Heat olive oil in a large skillet over medium heat. Cook and stir onion, leek, and garlic in hot oil until onion is transparent. Add ground beef; cook and stir until still slightly pink and about halfway done. Season with cumin, cardamom, salt, and pepper; mix well. Continue cooking until beef is browned and crumbly. Remove the skillet from heat.
2. Mix together flour and water in a small bowl to make a thin paste. Using one wrapper at a time, fold into the shape of a cone. Fill cone with beef mixture, close the top, and seal with paste. Repeat until wrappers or filling are used up.
3. Heat oil in a deep fryer or large saucepan to 365 degrees F (170 degrees C). There should be enough oil to submerge sambusas. Fry sambusas, a few at a time, in hot oil until golden brown. Remove to a paper towel-lined plate to drain.

South Africa



Capitals: **Cape Town, Pretoria, Bloemfontein**
Area: **1.22 million km²**
Currency: **South African Rand**
Continent: **Africa**
Official languages: **English, Afrikaans, isiZulu, isiXhosa, isiNdebele, Sepedi, Sesotho, Setswana, siSwati, Tshivenda, Xitsonga**

South Africa is a country on the southernmost tip of the African continent, marked by several distinct ecosystems. Inland safari destination Kruger National Park is populated by big game.

South African Traditional Bobotie

Feeds: **6 people**
Cooking time: **60 minutes**

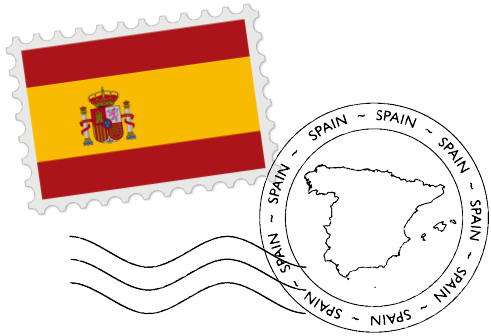
Ingredients

- Beef mince x 900g.
- Oil x 30ml.
- Hot curry powder x 4 tbsp.
- 1 slice white bread.
- Milk x 250ml.
- 2 tbsp of sugar.
- Salt.
- Pepper.
- Turmeric x 2 tsps.
- White vinegar x 30ml.
- ¾ cup seedless raisins.
- Ms Balls chutney.
- Bay leaves x 5.
- 2 medium eggs.

Method

1. In a pan, add chopped onions, and fry until transparent - add curry powder.
2. Add beef mince and brown.
3. Soak slice of white bread in 250 ml milk. Carefully squeeze the milk out from bread. Keep the milk.
4. Mash soggy bread and add to beef mince.
5. Add sugar, salt, pepper, turmeric, vinegar, chutney + raisins. Stir well for 5 minutes.
6. Spoon mixture into greased baking dish, and place bay leaves on top.
7. Bake for 20 minutes in oven.
8. Remove from oven.
9. Beat eggs with remaining milk and pour over the top. Bake for 20-25 minutes.

Spain



Spain, a country on Europe's Iberian Peninsula, includes 17 autonomous regions with diverse geography and cultures.

Capital: **Madrid**
Area: **505,990 km²**
Currency: **Euro**
Continent: **Europe**
Official Language: **Spanish**

Tortilla de Patata

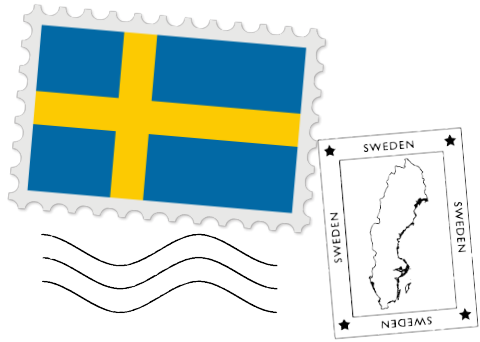
Ingredients

3 medium eggs
300g of potatoes.
Extra virgin olive oil.
Half a small onion (optional).
Salt.

Method

1. Peel the potatoes, wash them to remove traces of dirt and very importantly, dry them. We cut into semi-thin slices; I don't like them to fall apart but rather that they brown a little when frying. We put them in a large bowl, where we will later mix with the egg and add salt to taste. Stir well and reserve.
2. We chose our largest, non-stick skillet. We put it on the fire and add a good extra virgin olive oil. Don't be afraid to spend a little money on oil, it will give it that point of flavour that distinguishes your tortilla from the others, you can use many varieties: arbequina, picual, cornicabra, hojiblanca, royal... the one you like the most, but quality.
3. We introduce the cut and already salted potatoes and let them cook for approximately twenty to thirty minutes over low heat. The issue of the thickness of the potatoes is also up to taste. Some people prefer to cut them into very small pieces, into very thin slices that almost break when frying, or rather large ones.
4. While the potatoes are frying, in the bowl where we are going to put the potatoes later, we beat the eggs, reserve. Peel the onion and cut as thin as possible.
5. In another pan, heat olive oil and add the onion pieces. We poach until it has a golden colour, that it has a point of caramelization but without burning. The onion will be done before the potatoes, so we drain and add to the bowl with the beaten egg.
6. Remove from the pan with a slotted spoon, leaving the potatoes with as little oil as possible, well drained. If we do not want any extra oil, we can use a large strainer. We let them drain and then we put them in the bowl with the onion and the egg.
7. We rest the future tortilla for 15 minutes so that all the flavours come together well.
8. In the same pan in which we have fried the potatoes and once the oil has been removed. We cook the mixture that we have at rest. I like it rare, so that when you break it with a fork, a little liquid egg comes out. For this type of tortilla, we only need 4 minutes over medium-high heat on each side. It depends on how curdled we want the tortilla to be.
9. To turn it around I use a large flat plate that I have for salads. But you can use a lid with a smooth edge, even now I have seen that they sell special lids to turn the tortilla. Use the most comfortable method that is easiest for you so that it does not spread,
10. carefully. Don't despair if you don't get it, in that case you will have a more curdled tortilla, but just as tasty.

Sweden



Sweden is a Scandinavian nation with thousands of coastal islands and inland lakes, along with vast boreal forests and glaciated mountains. Its principal cities, eastern capital Stockholm and southwestern Gothenburg and Malmö, are all coastal.

Capital: **Stockholm**
Area: **528,447 km²**
Currency: **Swedish Krona**
Continent: **Europe**
Official Language: **Swedish**

Kottbullar

Feeds: **6 people**
Prep Time: **25 minutes.**
Cooking time: **60 minutes**

Ingredients

2 slices day-old white bread, crumbled.
½ cup heavy cream.
1 tsp butter.
1 small onion, minced.
2/3-pound ground beef.
⅓ pound finely ground pork.
1 egg.
1 tbsp brown sugar (optional).
1 tsp salt.
¼ tsp ground black pepper.

¼ tsp ground nutmeg.

¼ tsp ground allspice.

⅛ tsp ground ginger (optional).

1 tbsp butter.

¼ cup chicken broth.

3 tbsp all-purpose flour, or as needed.

2 cups beef broth, or as needed.

½ (ounce) container sour cream.

Method

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Place breadcrumbs into a small bowl; mix in cream. Allow to stand until crumbs absorb cream, about 10 minutes.
3. Meanwhile, melt 1 tsp butter in a skillet over medium heat; cook and stir onion until light brown, about 10 minutes. Transfer onion to a mixing bowl.
4. Mix ground beef, ground pork, egg, brown sugar, salt, black pepper, nutmeg, allspice, and ginger with onion in the mixing bowl. Lightly mix in breadcrumbs and cream.
5. Melt 1 tbsp butter in a large skillet over medium heat. Pinch off about 1 ½ tbsp meat mixture per meatball: form into balls. Place meatballs into the skillet and cook, turning often, until browned, about 5 minutes. Insides of meatballs will still be pink. Place browned meatballs into a baking dish, pour in chicken broth, and cover with foil.
6. Bake in the preheated oven until meatballs are tender, about 40 minutes. Remove meatballs to a serving dish.
7. Pour pan drippings into a saucepan over medium heat. Whisk flour into drippings until smooth. Gradually whisk in enough beef broth to total about 2 ½ cups liquid. Bring gravy to a simmer, whisking constantly, until thickened, about 5 minutes.
8. Just before serving, whisk in sour cream. Season with salt and black pepper. Serve gravy with meatballs.

Turkey



Capital: **Ankara**
Area: **783,562 km²**
Currency: **Turkish lira**
Continent: **Europe/Asia**
Official Language: **Turkish**

Turkey, officially the Republic of Türkiye, is a transcontinental country located mainly on the Anatolian Peninsula in Western Asia, with a small portion on the Balkan Peninsula in Southeast Europe.

Chicken Kebabs

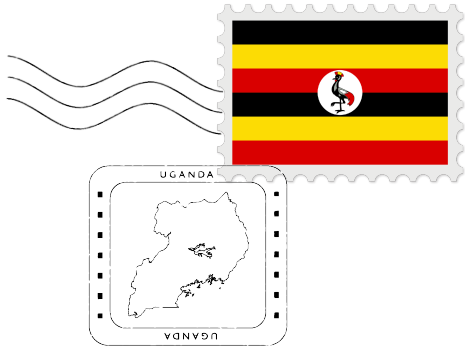
Ingredients

1 cup whole-milk Greek yoghurt.
6 cloves garlic, minced.
2 tbsp olive oil.
2 tbsp freshly squeezed lemon juice, or more to taste.
2 tbsp ketchup.
1 tbsp Aleppo red pepper flakes.
1 tbsp kosher salt.
1 ½ tsps ground cumin.
1 tsp freshly ground black pepper.
1 tsp paprika.
⅛ tsp ground cinnamon.
2 ½ pounds boneless, skinless chicken thighs, halved.
4 long metal skewers.

Method

1. Whisk yogurt, garlic, olive oil, lemon juice, ketchup, red pepper flakes, salt, cumin, black pepper, paprika, and cinnamon together in a large bowl.
2. Place chicken thigh halves into the yogurt marinade and coat them thoroughly on all sides. Cover the bowl with plastic wrap and refrigerate, 2 to 8 hours.
3. Preheat an outdoor grill for medium-high heat and lightly oil the grate.
4. Using 2 skewers for each kebab, thread half of the chicken thighs onto each pair of skewers making a thick "log" shape.
5. Place kebabs on the preheated grill. Do not try to turn them until they begin to unstick from the grill, 3 or 4 minutes. Turn kebabs and grill the other side for 3 to 4 minutes. Continue cooking and turning until chicken is no longer pink in the centre, about 6 minutes more. An instant-read thermometer inserted into the centre should read at least 165 degrees F (74 degrees C).

Uganda



Capital: **Kampala**
Area: **241,038 km²**
Currency: **Ugandan Shilling**
Continent: **Africa**
Official languages: **Swahili and English**

Uganda is a landlocked country in East Africa whose diverse landscape encompasses the snow-capped Rwenzori Mountains and immense Lake Victoria. Its abundant wildlife includes chimpanzees as well as rare birds.

Matoke

Ingredients

Avocado oil.
Onion.
Garlic.
Ginger.
Red bell pepper.
Tomatoes.
Curry powder.
Cayenne pepper.
Cilantro.
Bouillon cubes.
Water.

Method

1. Peel the bananas; then cut them into two-inch pieces and place them inside salted water to avoid discoloration when they come into contact with air.
2. Place a saucepan over medium heat and add avocado oil to it. Once the oil is hot, add chopped onion and cook for about 2 minutes or until they are translucent and soft. Next, garlic, ginger, bell pepper, and tomatoes and continue to cook for 2 more minutes.
3. Now, add curry powder, cayenne pepper, bouillon cube, and cilantro, and mix well. Cook for a minute or two until spices are fragrant.
4. Add the green bananas and mix well.
5. Pour water and stir. Bring the mixture to a boil and cover the saucepan with a lid. Reduce the heat and let the mixture simmer for about 25 minutes or until the green bananas are tender.





Ukraine

Capital: **Kyiv**
Area: **603,550 km²**
Currency: **Ukrainian hryvnia**
Continent: **Europe**
Official languages: **Ukrainian**

Ukraine is a country in Eastern Europe. It is the second-largest European country after Russia, which it borders to the east and northeast. Ukraine covers approximately 600,000 square kilometers.

Chicken Kiev

Ingredients

For the Garlic butter stuffing

Butter - softened and unsalted.

Garlic - Finely minced using a knife or using a garlic crusher.

Salt, and parsley - Finely chopped.

For the Crumbed chicken

Panko breadcrumbs- Better than ordinary breadcrumbs because they are slightly larger which yield a better crunch!

Flour and egg - The binding agents to make the breadcrumbs stick to the chicken.crusher.

How to make the chicken Kiev

1. Roll up your chicken breast with garlic butter inside.
2. Crumb chicken.
3. Fry; then
4. Bake, to finish cooking.

Do you have to deep fry? For a true Kiev experience, yes you do BUT for an at-home version baking will surpass.

Part 1

1. Mix the softened butter with salt, parsley, and garlic until smooth.
2. Spread butter on to parchment paper into a rectangle. It does not need to be perfect, just roughly is fine!

3. Refrigerate until firm, then cut lengthwise into 2 pieces.

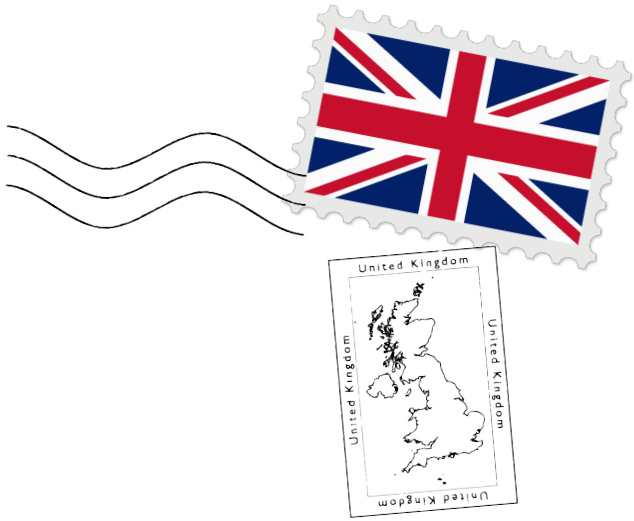
Part 2

1. Pound chicken- place a chicken breast between two freezer bags. Place the smooth side down so that side stays neat and flat. Now pound the chicken using a meat mallet until it is around 0.5cm thick. In a perfect world you would achieve a neat rectangle shape, but the world is not perfect so do not set your expectations to high. It totally okay.
2. Season and stuff- season the chicken breast with salt, pepper, and your chosen spices, then place a baton of butter in the middle.
3. Wrap Fold the sides in. Then starting from the bottom, roll the chicken up into a log (like a burrito).
4. Freeze for 30 minutes to partially firm for easier handling when coating with breadcrumbs, and to ensure the chicken stays sealed for less risk of butter leakage.

Part 3

1. Flour - Once the outside of the chicken is firm to touch, unwrap and roll in flour. Then shake off excess.
2. Egg - Next, roll in lightly whisked egg.
3. Breadcrumbs - Then roll in breadcrumbs, pressing to adhere.
4. Partially freeze again - Place the crumbed chicken back in the freezer for 30 minutes to partially freeze so the outside firms up again. As with the first partial freezing, this ensures the chicken holds its shape and the crumb coating and chicken wrapping doesn't shift when putting the chicken in the oil, so it remains sealed to keep the butter inside.
5. Fry until golden - Next, fry the chicken until it's golden on the outside, just 2 to 3 minutes. It will still be raw inside, so we will finish it in the oven. We can't cook it completely when deep frying because the shape of the Chicken Kiev is too thick for it to cook through inside before the outside becomes overly brown.
6. Bake - Finish in the oven for 12 to 15 minutes or until the internal temperature of the chicken is 65°C. When inserting the tip of the meat thermometer to check, be sure to only pierce the flesh partway through so you don't make a hole that causes the butter to ooze out!
7. Your homemade chicken Kiev is all done. Serve it with a side of your choice (My favourite is mash potatoes) and enjoy watching your butter sauce ooze out of your chicken!

United Kingdom (UK)



Capital: **London**
Area: **244,820 km²**
Currency: **Pound Sterling**
Continent: **Europe**
Official language: **English**

Crumpets

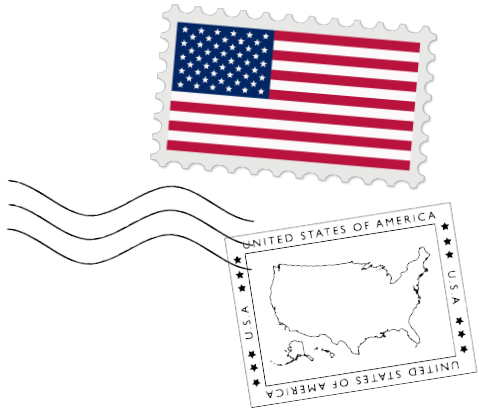
Ingredients

400ml milk.
1 tbsp dried yeast.
1 tsp caster sugar.
300 g strong white flour.
½ tsp bicarbonate of soda.
Vegetable oil, for greasing.
350 ml double cream.
Homemade butter.

Method

1. Gently warm the milk. In a bowl, dissolve the yeast and sugar in the warm milk and 100ml of tepid water. Leave in a warm place for 15 minutes, or until frothy.
2. Sift the flour, bicarbonate of soda and 1 tsp of fine sea salt into a large bowl. Make a well in the centre and pour in the yeast mixture.
3. Whisk from the centre outwards until the consistency of double cream – this will take a few minutes. Add a splash more water, if needed.
4. Cover with a damp tea towel and set aside for 45 minutes or until little bubbles form on the surface.
5. For the butter, pour the cream into a freestanding mixer. Whisk on high for 5 to 10 minutes, or until the cream splits into solids and liquid.
6. Drain through a sieve, discard the liquid, then rinse the solids thoroughly with cold water. Place in muslin and squeeze out any excess liquid. Mix ½ a tsp of sea salt through and wrap in greaseproof paper.
7. Grease four 10cm egg rings with vegetable oil. Wipe a little oil around a large frying pan or iron skillet and place over a medium-high heat.
8. Arrange the rings in the frying pan and, once hot, spoon 4 tbsp of the batter into each ring. Cook for 5 minutes, or until little bubbles appear on the surface.
9. Once the bubbles have burst, leaving little holes, use tongs to carefully lift off the rings and flip over the crumpets, then cook for 1 minute on the other side. Re-grease and reheat the rings and pan before cooking the next batch.
10. Serve the crumpets warm, with a slather of butter. If making them in advance, just toast lightly on both sides when you come to serve them.

United States of America



Capital: **Washington, D.C.**
Area: **9.834 million km²**
Currency: **US Dollar**
Continent: **North America**
Official language: **English**

The U.S.A. is a country of 50 states covering a vast swath of North America, with Alaska in the northwest and Hawaii extending the nation's presence into the Pacific Ocean.

Cheeseburger Macaroni

Feeds: **5 people**
Preparation Time: **15 minutes.**
Cooking time: **20 minutes**

Ingredients

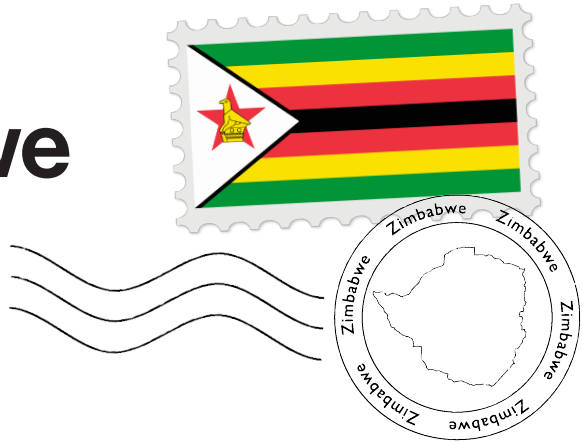
2 packs of macaroni.
Minced beef 2½ pounds.
Grated cheese 2 cups.
Milk ½ cup.
Flour 2 tbsp.

Method

1. Cook the macaroni with the instructions.
2. Cook minced beef.
3. In another pot Put flour.
4. Very slowly mix in the milk be careful to avoid chunks.
5. When all the milk is added the roux is done.
6. Add the rest of the cheese and the cheese powder from the macaroni.
7. Mix cheese with macaroni and minced beef.



Zimbabwe



Capital: **Harare**
Area: **390,757 km²**
Currency: **Zimbabwean dollar**
Continent: **Africa**
Official language: **Shona**

Zimbabwe is a landlocked country in southern Africa known for its dramatic landscape and diverse wildlife, much of it within parks, reserves and safari areas. On the Zambezi River, Victoria Falls make a thundering 108m drop into narrow Batoka Gorge, where there's white-water rafting and bungee-jumping. Downstream are Matusadona and Mana Pools national parks, home to hippos, rhinos, and birdlife.

Zimbabwe's Sadza

Ingredients

7 scoops mealie-meal.
1 cup cold water.
750 ml boiling water.

Method

1. Put mealie-meal in pot.
2. Add cold water to make a paste.
3. Put pot on stove and add boiling water whilst stirring simultaneously to avoid getting lumps.
4. Keep stirring until rakukwata (it's boiling).
5. Cover pot, reduce heat and let it simmer for 15 minutes. (This is highly depending on the type of mealie-meal you're using.
6. After 15 minutes, add more mealie-meal bit by bit and as we say it in our vernacular, mona sadza (mix). Be sure to do it well, again to avoid lumps.
7. When it's just about to reach the consistency, you want, cover it rishinyire (loosely translated- let is simmer) for 5 minutes. Your sadza is ready. Serve with your preferred relish.

Notes

Coláiste Chú Chulainn - Success for All.

We **Plan** for Success for Every Student
We **Model** Success in Our Practice
We **Celebrate** Success
We are **Partners** for Success in Our Community
We **Deliver** Success for Students, Families and Community

We Plan for Success for Every Student

We set and share learning intentions in our work.

We differentiate in our lessons.

We give formative feedback to our students on their work.

We use self and peer assessment in our lessons.

We engage all students in school life.

We Model Success in Our Practice

We implement LMETB and Coláiste Chú Chulainn policies in all of our work.

We are prepared for our work as students and staff.

We reflect on our professional practice and strive for improvements where identified.

We share resources, knowledge and experience.

We Celebrate Success

We praise our students for their efforts and achievements.

We hold Awards Events.

We share our stories at every opportunity.

We include the whole community in our celebrations.

We are Partners for Success in Our Community.

We collaborate with local and national enterprises.

We are active in community activities.

We invite guests to work with us in our learning.

We are inclusive of everybody.

We Deliver Success for Students, Families and Our Community

Our students achieve the best possible grades.

Our students complete their 2nd Level education in Coláiste Chú Chulainn.

Our students progress to Higher & Further Education or employment.

Our students have excellent attendance.