

Mandazi (Kenyan Doughnuts)

VEG

From Nairobi, Kenya

Ingredients:

2 cups warm water
4 cups white wheat flour
1 tsp baking powder
1/2 cup sugar
Pinch of salt
2 TB butter or margarine
1/4 cup warm milk
One egg, lightly beaten (Optional – can use Yoghurt)
Corn oil for deep-frying.



Directions:

When preparing the dough, bring all the liquid ingredients to room temperature and knead them together with the dry ingredients until the dough is smooth. To make sure that the Mandazis are not oily, use hot corn oil for cooking. Test the oil by putting a small piece of dough into the pan. The dough should gradually sizzle and turn brown. You can cut whatever shapes you want for the Mandazi before placing them into the hot oil.

Fish With Cousbareia Sauce

From Egypt

Ingredients:

2 Pounds Mullet Fillet
2 Cups Flour
Salt And Pepper -- To Taste
4 Tablespoons Olive Oil
2 Large Onions -- Sliced
1 Can Tomatoes -- Chopped
1/2 Cup Pine Nuts
1/2 Cup Water
1/2 Cup Parsley -- Chopped
Rice -- Cooked



Directions:

Season flour with salt and pepper. Dredge fish in flour mixture. Saute fish in oil until well browned about 4 minutes per side. Remove and drain on paper towels. Add onions to the oil and saute for 10 minutes. Add tomatoes and pine nuts. Simmer for 5 minutes. Add water and parsley. Simmer for 5 minutes. Season with salt and pepper. Add fish to the sauce and simmer for 10 minutes. Serve fish over rice with sauce spooned over.

Dovi

From Zimbabwe

Ingredients:

2 Medium Onions -- chopped
2 Cloves Garlic -- chopped
1 Medium Chiles -- chopped
2 Medium Bell Pepper -- chopped
3 Medium Chicken Breast -- chopped
2 Cans Tomatoes
6 Tablespoons Smooth Peanut Butter
1/2 Pound Spinach

2 Tablespoons Butter
Salt And Pepper -- to taste



Directions:

Sauté onions, bell peppers, and garlic in butter. Add salt and hot peppers. Stir and sauté for 3 more minutes. Add chicken and brown. Mash tomatoes with fork and mix into stew. Add 2 cups water and simmer for 10 minutes. Thin peanut butter with a few spoons of hot broth. Add half the resulting paste to the pot. Simmer until meat is well cooked. Meanwhile boil spinach until tender. Drain and toss with the remaining peanut butter paste. Serve stew and greens together.

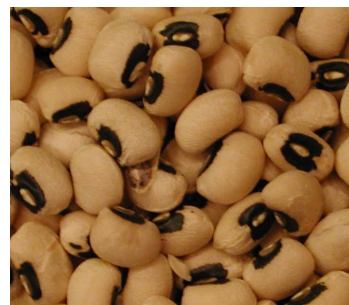
Moi-Moi

From Nigeria

VEG

Ingredients:

1/2 Pound Blackeyed Peas -- soaked overnight
3 Cups Cold Water
1 Large Onion -- chopped
1 Tablespoon Olive Oil
2 Tablespoons Tomato Paste
1 Egg
Salt And Pepper -- to taste
Parsley -- for garnish



Directions:

Soak peas overnight, drain.
Add 3 cups fresh water.
Boil, 20 minutes.
Drain, allow beans to cool to room temperature.
Place all but garnish in food processor & puree.
Pour into baking dish, bake at 350 F for 15-20 minutes.
Remove from heat, cool 10 minutes, slice it up and serve on bread or over rice.

Jollof Rice

From Mali

Ingredients:

- 1 Pound Chicken Breasts -- diced
- Salt And White Pepper -- to taste
- 4 Cups Chicken Stock
- 4 Cloves Garlic -- minced
- 3 Medium Serrano Pepper -- diced
- 4 Large Tomatoes -- chopped
- 3 Tablespoons Tomato Paste
- 1 Cup Vegetables
- 2 Cups Rice -- cooked
- 1/2 teaspoon cilantro
- 1 Tablespoon Olive Oil
- 3 Large Onions -- chopped



Directions:

Saute onions, garlic & peppers in oil.
Add chicken, spices, tomatoes, paste, vegetables & some stock.
Bring to boil, simmer for 25 minutes.
Prepare rice using stock instead of water.
Stir together & serve.

Gomen Sega

From Ethiopia

Ingredients:

- 4 Pounds Mustard Greens
- 2 Pounds Beef -- diced
- 1 Large Onion -- chopped
- 2 Medium Green Pepper -- chopped
- Salt And Pepper -- to taste
- 6 Tablespoons Niter Kebbeh (Ethiopia)
- 8 Medium Scallion -- chopped
- 4 Medium Serrano Pepper -- chopped



Directions:

Clean and chop mustard greens. Place them in large pot and simmer for 10 minutes. Do not add water as enough water clings to greens in the cleaning process. Drain and set aside. In dutch oven, saute beef, onion, peppers and salt and pepper until beef is brown. Add mustard greens and remaining ingredients. Cook for 1 hour or until liquid in pan has evaporated.

Grilled Miso Chicken Breasts

From Japan

Ingredients:

- 2 tablespoons light soy sauce (usukuchi shoyu)
- 2 tablespoons saké
- 2 tablespoons mirin
- 2 tablespoons light miso
- 2 green onions, crushed and slivered
- 1 teaspoon minced ginger root
- 1 garlic clove, minced
- 8 boned chicken breast halves, skin intact
- 1 tablespoon seven-spice powder (optional)



Directions:

Blend soy sauce, saké, mirin, miso, green onions, ginger root and garlic in a rectangular baking dish. Coat chicken with mixture. Marinate 1 hour or refrigerate overnight, turning several times. Preheat a hibachi, portable tabletop grill or charcoal grill. Shake marinade off chicken; pat dry. Place skin-down on hot grill. Grill 4 to 5 minutes. Turn chicken; grill second side 4 to 5 minutes or until golden brown and done inside. When chicken is done, sprinkle with sesame seeds and spice mixture.

Beef Lo Mein

From China

Ingredients:

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|-------------------------------------|-----------------------------------|
| 8 Ounces Lo Mein Noodles | 1 Tablespoon Sesame Oil |
| 2 Tablespoons Peanut Oil | 1/2 Pound Flank Steak -- stripped |
| 4 Cloves Garlic | |
| 3 Cups Bean Sprouts | |
| 1/2 Cup Bamboo Shoots -- shredded | |
| 1/2 Cup Chinese Cabbage -- shredded | |
| 3 Tablespoons Soy Sauce | |
| 3 Tablespoons Dry Sherry | |
| 1 Tablespoon Miso | |
| 1 Teaspoon Sugar | |
| Chile Puree With Garlic -- to taste | |



Directions:

Cook noodles as directed. Toss with sesame oil. Saute beef in peanut oil, until done. Add garlic & vegetables. Stir fry 1 minute. Add soy sauce, miso & sugar. Stir fry 1 minute. Toss with noodles & serve.

Beef And Radish Soup (Faktu)

From Tibet

Ingredients:

- 1 Tablespoon Olive Oil
- 1 Pound Sirloin Tip Roast, Trimmed -- cubed
- 1 Teaspoon Ginger -- finely chopped
- 3 Cups Water
- 1 Teaspoon Salt
- 1/4 Teaspoon Pepper
- 2 Cups Pasta Shells -- small
- 2 Cups Daikon -- sliced
- 1 Teaspoon Cornstarch -- dissolved in
- 1 Tablespoon Water



Directions:

Heat oil in saucepan, and fry beef and ginger for 3 minutes. Add water, salt and pepper. Bring to a boil. Add pasta and daikon. Simmer for 15 minutes. Add cornstarch mixture and simmer for 3 minutes. Serve.

Spicy Tomato Chutney

From India

VEG

Ingredients:

- 8 medium sized tomatoes
- 1 tsp caraway seeds
- A pinch asafoetida (hing)
- 1 TB garlic, grated
- 1 tsp chili powder
- 1 tsp sugar
- 2 TB oil
- Salt to taste



Directions:

Blanch the tomatoes in hot water. Peel and puree in a blender. Heat the oil in a pan, add the caraway and asafoetida and fry for 30 seconds. Add the garlic and fry for another few seconds. Add the pureed tomatoes, chili powder, sugar and salt and allow it to simmer. Simmer for 20 minutes or until the oil gets separated. Cool it and use as a condiment.

Danish Pancakes – Pandekager

VEG

From Denmark

Ingredients:

4 large eggs, separated
4 cups all-purpose flour
1 teaspoon salt
1/4 cup sugar
3/4 cup beer
2 cups milk
1 tablespoon melted butter
Strawberry preserves



Directions:

In mixing bowl beat egg white until stiff; set aside. In another mixing bowl, beat egg yolks until thick and lemon-colored, add flour and mix well. Add beer, milk, salt and butter and beat until smooth. Carefully fold in egg whites. Pour a little batter in 6-inch greased skillet. Rotate skillet to spread batter over surface. Brown on both sides. Repeat until all batter is used. Serve hot with strawberry preserves.

Aigo Bouido

VEG

From France

Ingredients:

5 Tablespoons Olive Oil
2 Large Onions -- Chopped
8 Cloves Garlic -- Chopped
1 Can Tomatoes -- Chopped
5 Cups Chicken or Vegetable Stock
1/2 Teaspoon Sage
1/2 Teaspoon Rosemary
1/2 Teaspoon Thyme
Salt And Pepper -- To Taste
4 Ounces Gruyere Cheese -- Grated



Directions:

Saute onions in oil for 5 minutes. Add garlic and saute for 1 minute. Add tomatoes and simmer for 10 minutes. Add stock, all the herbs, salt and pepper. Simmer for 10 minutes. Serve sprinkled with cheese.

Grilled Chanterelles With Lemon Chiles And Wild Greens

VEG

From Italy

Ingredients:

7 Tablespoons Olive Oil
1 Pound Chanterelle Mushrooms -- cleaned
1 Tablespoon Pepper
1 Lemon
1 Small Red Onion
5 Large Analian Chiles -- seeded and julienned
4 Cups Wild Greens
Salt -- to taste



Directions:

Preheat broiler. In large bowl, toss the mushrooms with 3 tablespoons olive oil and pepper. Coat thoroughly. Spread evenly under broiler. Cook turning often for 10 minutes. Heat 4 tablespoons olive oil in saute pan, add lemon zest and onion. Cook until onion is translucent. Add chiles, saute 1 more minute. Add wild greens and lemon juice and remove from heat. Add mushrooms to top of saute pan. Return to high heat and stir gently until greens wilt. Season with salt and pepper and serve.

Honigplatzchen (Honey Cookies)

VEG

From Germany

Ingredients:

1 Cup Honey	3/4 Cup Packed Brown Sugar
1 Cup Nuts -- Chopped	2 Tablespoons Lemon Juice
3 Cups Flour	
1 Teaspoon Baking Soda	
1/2 Teaspoon Nutmeg	
1/2 Teaspoon Allspice	
1/4 Teaspoon Ground Cloves	
1 Medium Egg -- Beaten	
Almond Halves -- Optional	
Chocolate Chips -- Optional	



Directions:

Bring honey to a boil, add sugar, nuts and lemon juice. Stir well and remove from heat. Cool slightly. In another bowl, combine, flour, baking soda, nutmeg, allspice and cloves. Add egg, beat well. Add honey mixture and stir well. Cover and refrigerate overnight. Roll out dough to a 1/4 inch thickness and cut out 2 inch rounds. Place on baking sheet and press in almond halves and chocolate chips. Bake for 10 minutes at 375 degrees F.

Anzac Biscuits (Cookies)

VEG

From Australia

Ingredients:

- 1 Stick Butter
- 1 Teaspoon Molasses
- 1 Teaspoon Baking Soda
- 3/4 Cup Sugar
- 2 Tablespoons Boiling Water
- 3/4 Cup Flaked Coconut
- 1 Cup Oatmeal
- 3/4 Cup Flour



Directions:

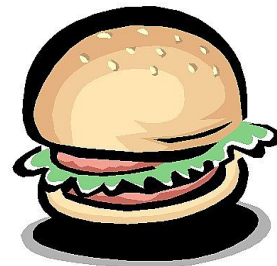
In saucepan, place butter, molasses, baking soda and sugar. Mix in boiling water. Bring to a boil, remove from heat. Add coconut, oatmeal and flour. Mix well. Place large tablespoonfuls onto a baking sheet. Bake in 275 degree F oven for 25 minutes. Serve.

Bonza Burgers

From Australia

Ingredients:

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| 450g (1lb) lean minced beef | 6-8 Tomato slices |
| 1 clove garlic | 6 Lettuce leaves |
| 1 tbsp (1/2oz) "Barbie Dust" | 6 Pack Burger Buns |
| 1 Onion (finely diced) | |
| Barbie Sauce to taste | |
| 6 Slices Canadian Bacon | |
| 6 Slices Pineapple | |
| 6 Eggs | |
| 6 Slices sharp cheddar | |



Directions:

Preheat a grill. Finely dice onion and sauté till clear. Crush garlic and add to a mixing bowl with the Barbie Dust. Mix in beef and onion, and then make patties. Cook on a hot grill for 6-7 minutes. While cooking, use a skillet or flat griddle to cook eggs. 2 minutes before burgers are done grill bacon slices and pineapple, place cheese slices on patties. Then toast buns. Butter buns. Add Patties, cheese, bacon, pineapple, lettuce, tomato, egg and Barbie Sauce to taste.

Baked Cod With Ginger On Asparagus

From Queensland, Australia

Ingredients:

- 2 Pounds Cod Fillet
- 2 Teaspoons Peanut Oil
- 2 Tablespoons Soy Sauce
- 1 Teaspoon Ginger -- finely chopped
- 4 Bunches Asparagus -- trimmed
- 1 Teaspoon Sesame Oil
- 2 Tablespoons Pickled Ginger -- sliced



Directions:

Preheat oven to 400 degrees F. Place fish in lightly oiled baking pan. Brush tops of fish with peanut oil. Drizzle with soy sauce and scatter ginger over the top. Cover with foil and bake for 30 minutes. Meanwhile steam the asparagus. Make a bed of asparagus on a plate and place fish on top. Drizzle with sesame oil. Top with the pickled ginger. Serve.

Spanner Crab Napoleons

From New South Wales, Australia

Ingredients:

- 3/4 Cup Vegetable Oil -- for deep frying
- 10 Leaves Basil -- shredded
- 3 Medium Roasted Bell Pepper -- finely chopped
- 1/2 Bunch Chives -- finely chopped
- 1/2 Cup Mayonnaise -- mixed with
- 1/2 Cup Kalamata Olives -- chopped
- 1/2 Cup Olive Oil
- 1 Pound Crabmeat
- 1 Bunch Watercress -- for garnish

- 12 Medium Won-Ton Wrappers
- 3 cups Corn
- Salt and Pepper---to taste



Directions:

In deep saucepan, heat the oil and deep fry the wonton wrappers until crisp and flat. In large bowl, stir together, basil, peppers and corn. Season with salt and pepper. Stir chives into mayonnaise and olive mixture. To assemble, place a spoonful of chive mayo on a plate, top with a wonton wrapper, a spoonful of pepper mixture, a spoonful of crab mixture and a sprig of watercress. Repeat twice more ending in a wonton wrapper. Drizzle with olive oil and serve.

Carne Adobado (Spiced Pork)

From Mexico

Ingredients:

2 cups red chile puree or 12 tablespoons chili powder
3 pounds fresh, lean pork
2 teaspoons salt
1 tablespoon oregano
2 cloves garlic, mashed



Directions:

Cut pork into strips. Mix other ingredients, add to pork strips, and let stand in refrigerator for 24 hours. Cut meat into cubes and brown in small amounts of oil. Add chili sauce and simmer one hour or more, until tender.

Nova Scotia French Toast

From Canada

VEG

Ingredients:

5 Medium Eggs
1/4 Cup Milk
1 Cup Oats
1/2 Cup Brown Sugar
1 Teaspoon Cinnamon
1 Tablespoon Butter
8 Slices Porridge Bread -- Or Any Kind



Directions:

Whisk eggs and milk together. In separate bowl, combine oats, sugar and cinnamon. Heat butter in a skillet. Dip bread into egg mixture, then into spiced oats. Sauté in pan until golden on both sides. Serve with maple syrup.

Baked Halibut with Tarragon Crust

From Canada

Ingredients:

- 1 Cup Sour Cream
- 1 Bunch Scallions -- Chopped
- 1 Dash Hot Sauce
- Pepper -- To Taste
- 1 Cup Bread Crumbs
- 1/2 Cup Parmesan Cheese
- 1/2 Cup Swiss Cheese -- Shredded
- 1/4 Cup Parsley -- Chopped
- 2 Pounds Halibut Steak
- 3 Tablespoons Tarragon -- Chopped
- 1 Clove Garlic -- Chopped
- 1 Dash Worcestershire Sauce



Directions:

Combine sour cream, tarragon, green onion, garlic, hot sauce, Worcestershire sauce and pepper. In another bowl, combine bread crumbs, both cheeses, and parsley. Dip fish in sour cream mixture then roll in bread crumb mixture. Place on baking sheet and bake for 12 minute in 500 degree F oven. Serve.

Navajo Fry Bread

Native American Dish

VEG

Ingredients:

- 3 cups unbleached flour
- 2 teaspoons baking powder*
- 1 teaspoon salt
- 1 1/2 cups warm water or milk
- 1 tablespoon vegetable oil or shortening
- Oil or shortening, for deep frying



Directions:

* Use 3 teaspoons of baking powder at high altitudes. In a mixing bowl, combine all ingredients except oil and knead until smooth. Rub oil or shortening over dough. Cover and let sit for about 30 minutes. Either pat or roll out enough dough to fit in the palm of your hand in a circle about 1/8-inch thick. Deep fry in hot oil or shortening. Top with refried beans, confectioners' sugar or honey. Makes 10 to 12 Fry Breads.

Carnes Desmenuzadas

From Nicaragua

Ingredients:

- 2 Pounds Beef Chuck -- in 1 piece
- 5 Cups Water
- 1 Teaspoon Salt
- 3 Tablespoons Olive Oil
- 1 Large Onion -- thinly sliced
- 1 Large Tomato -- finely chopped
- 1 Small Red Bell Pepper -- finely chopped
- 1/4 Teaspoon Pepper
- 2 Tablespoons Sour Orange Juice



Directions:

Cook the beef in the water with the salt over moderate heat for 1 hour. Remove the beef, cool and pull meat into shreds. Heat oil in skillet and fry the onions, tomato, and bell pepper for 2 minutes. Add beef shreds and pepper and continue to fry for 3 minutes more. Add sour orange juice and mix well. Fry for 2 minutes more. Serve with tortillas.

Stuffed Chayote

From Costa Rica

VEG

Ingredients:

- 2 Chayote Fruit -- peeled & halved
- Salt and Pepper -- to taste
- 3 Cups Fresh Bread Crumbs
- 2 Cups Muenster Cheese
- Mild Cheddar -- grated
- 2 Eggs -- beaten
- 3 Tablespoons Parmesan Cheese -- grated
- Butter -- for dotting



Directions:

Partially boil the chayote in salted water for 10 minutes. Drain thoroughly, and then scoop out flesh, leaving a 1/2 inch shell. Chop the flesh and mix with bread crumbs, cheese, salt pepper & eggs. Stuff mixture into shells. Sprinkle with parmesan and dot with butter. Bake for 20 minutes at 450 degrees F.

Chicharrones De Pollo (Cracklin' Chicken)

From Puerto Rico

Ingredients:

3 Pounds Chicken Breasts -- cut up
1 Teaspoon Oregano
3 Cloves Garlic
1/2 Cup Rum
3 Lemons or Lemon Juice
1 Cup Flour
Salt And Pepper
1/4 Cup Oil



Directions:

Marinate in rum or brandy and spices for 1/2 hour. Dredge in flour and then fry in hot oil until done.

Dobladas

From Guatemala

VEG

Ingredients:

1 Cup Farmer Cheese
1 Small Red Bell Pepper -- finely chopped
1 Small Onion -- finely chopped
1/2 Teaspoon Pepper
1/2 Teaspoon Salt
10 Flour Tortillas
1/4 Cup Olive Oil



Directions:

Mix cheese, pepper, onion, black pepper and salt together. Put 1 heaping tablespoon of the cheese mixture on the lower half of a tortilla and fold over to make a half-moon shape. Press lightly. Heat oil in skillet and fry until crisp on both sides. Drain on paper towels and serve warm.

Vinha d'Alhos

From Portugal

Ingredients:

3 lb boneless pork loin
1 1/2 cups vinegar
2 cloves garlic, crushed
6 Hawaiian red peppers, seeded and chopped
1 bay leaf
2 teaspoons salt
6 whole cloves
1/4 teaspoon thyme
1/8 teaspoon sage
2 tablespoons salad oil



Directions:

Cut pork into 2 x 1.5 inch pieces. Combine vinegar, garlic, red pepper, bay leaf, salt, cloves, thyme and sage; pour over pork and let stand overnight in refrigerator. Cook pork in marinade for 20 minutes; drain. Heat oil in skillet; add pork and sauté slowly for 10 to 15 minutes until browned.

Chorizo Y Lentijas

From Uruguay

Ingredients:

1 Pound Chorizo
1 Cup Lentils -- cooked
1 Medium Onion -- thinly sliced
1 Clove Garlic -- finely chopped



Directions:

Cut sausage into bite-sized coins. Sauté in large skillet. When it has surrendered most of the fat, remove sausage and set aside. Drain all but 2 tablespoons of grease. Sauté pepper, lentils, onion and garlic. Cook slowly, stirring occasionally. Cook until lentil mixture turns slightly yellow from the sausage seasonings. Return sausage and remaining ingredients to the pan. Cook until sausage is fully cooked about 18 minutes. Serve.

Guiso D Repollo

From Bolivia

VEG

Ingredients:

- 1 Small Cabbage -- shredded
- 3 Tablespoons Olive Oil
- 1 Large Onion -- chopped
- 3 Medium Tomatoes -- chopped
- 1 Large Jalapeno -- chopped
- Salt And Pepper -- to taste
- 1 Tablespoon Tomato Puree
- 2 Tablespoons Cilantro -- chopped
- 4 Medium Potatoes -- peeled & cooked



Directions:

Drop cabbage into large sauce pan of boiling salted water. Simmer 5 minutes. Drain thoroughly, set aside. In skillet, sauté onion in oil until soft. Add tomatoes & pepper. Sauté 5 minutes. Add seasonings and tomato puree allow to simmer 1 minute. Fold into cabbage; add to potatoes, which are cut into chunks. Cook until just heated through.

Brazilian-Style Collard Greens

From Brazil

VEG

Ingredients:

- 2 1/2 pounds collard greens, leaves halved lengthwise and stems and center ribs discarded
- 4 teaspoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper



Directions:

Stack half of collard leaves and roll into a cigar shape. Cut crosswise into very thin strips (1/8 inch wide) with a sharp knife. Repeat with remaining leaves. Heat 2 teaspoons oil in a heavy 12-inch skillet over moderate heat until hot but not smoking, then cook half of collards, tossing, until just tender and bright green, about 1 minute, and transfer to a serving dish. Cook remaining collards in remaining 2 teaspoons oil in same manner, then toss all of collards with salt and pepper. Serve immediately.

Griot

From Haiti

Ingredients:

- 2 Pounds Pork Loin -- Cubed
- 2 Cloves Garlic -- Chopped
- 2 Medium Onions -- Chopped
- 4 Medium Green Onions -- Chopped
- 2 Medium Jalapenos -- Chopped
- Salt And Pepper -- To Taste
- 2 Limes or lime juice
- 1 Orange or orange juice --sour
- 1 Cup Beef Broth
- 4 Tablespoons Olive Oil



Directions:

Combine pork, garlic, onions, peppers, salt, pepper, lime and orange juice. Marinate for 1 hour, longer is better if you have the time, up to 24 hours. Transfer pork and marinade to saucepan, add broth and bring to a boil. Simmer for 1 hour or until broth evaporates. Remove pork to a skillet. Add oil and sauté pork until well browned. Serve with the vegetables on top with tortillas.

Bajan Brown Stew

From Barbados

Ingredients:

- 2 Pounds Beef -- Cubed
- 2 Cups Beef Broth
- 1/2 Teaspoon Garlic Powder
- 1 Tablespoon Butter
- 1 Medium Onion -- Chopped
- 2 Medium Shallots -- Chopped
- 1 Small Bell Pepper -- Chopped
- 1 Medium Jalapeno -- Chopped
- 1/2 Teaspoon Thyme
- 1 Teaspoon Marjoram
- 1 Clove Garlic -- Chopped
- 1 Pinch Sugar
- Salt And Pepper -- To Taste



Directions:

Place beef in broth and bring to a boil. Simmer for 10 minutes. Add all remaining ingredients and simmer for 45 minutes. Serve.

Beet Borscht from Russia

Ingredients:

2 lb beef brisket
1 large bunch of beets
2 medium onions
2 TB sugar
1 large clove garlic
2 medium nuggets sour salt or juice of 1 lemon
Salt and pepper to taste



Directions:

Simmer beef in water to cover generously. Skim to clear. Add sour salt or lemon juice, sliced and peeled onions and beets, sugar, and seasoning. Mince garlic fine, add to broth. Cook until meat is tender (about 3 hours). Correct seasonings, serve hot.

Chicken Soupe Soup From the Bahamas

Ingredients:

6 Cups Chicken Stock	2 Teaspoons Allspice
1/2 Teaspoon Red Pepper Flakes	4 Cloves Garlic -- Chopped
1 Large Onion -- Chopped	2 Stalks Celery -- Chopped
2 Medium Carrot -- Chopped	
6 Medium Red Potatoes -- Chopped	
1 Pound Chicken Breast -- Cubed	
Salt And Pepper -- To Taste	
1 Lime or Lime Juice	
2 Tablespoons Mint -- Chopped	
2 Tablespoons Cilantro-- Chopped	



Directions:

Bring stock, allspice, and red pepper flakes to a boil. Add garlic, onions, celery, carrots and potatoes. Simmer for 30 minutes. Add chicken and cook for 5 minutes. Season with salt and pepper. Remove from the heat and add lime juice, mint and cilantro. Cover and let sit for 5 minutes. Serve.

Bukhari Chicken Stew

From Saudi Arabia

Ingredients:

4 Pounds Chicken -- cubed
Salt and Pepper -- to taste
5 Tablespoons Butter
1 Teaspoon Ground Ginger
1/2 Teaspoon Cumin
1/2 Teaspoon Ground Coriander
1 Large Onion -- finely chopped
2 Cloves Garlic -- finely chopped
8 Ounces Mushrooms -- sliced
1 Cup Cabbage -- shredded
1 Cup Peas



Directions:

Sprinkle chicken with salt and pepper. Melt butter in fry pan and sauté chicken until well browned. Add water to cover by 1 inch, ginger, cumin, and coriander. Cover and simmer for 25 minutes. Add the remaining ingredients, cover and simmer for 20 minutes. Add more water if necessary.

Pasha's Kofta

From Turkey

Ingredients:

1/2 Cup Bread Crumbs
2 Pounds Ground Beef Or Lamb
1 Small Onion -- Grated
4 Cloves Garlic -- Chopped
1/2 Bunch Parsley -- Chopped
2 Medium Eggs
1/2 Teaspoon Red Pepper Flakes
1 Teaspoon Paprika
1 Tablespoon Cumin
Salt And Pepper -- To Taste
Creamy Garlic Mashed Potatoes



Directions:

Combine all ingredients, except mashed potatoes. Cover and refrigerate for 30 minutes. Separate mixture into four equal portions; flatten into patties, with a small well in center of each. Place potatoes in the center of each patty and bake in oven at 350 degrees F for 35 minutes.

Mnazzalleh

VEG

From Iraq

Ingredients:

1/2 Cup Dried Chickpeas -- soaked overnight	4 Small Eggplants
Salt	1/2 Cup Olive Oil
1 Large Onion -- sliced	5 Cloves Garlic
3 Medium Tomatoes -- chopped	1/2 Cup Parsley
1 Teaspoon Sugar	1/2 Tablespoon Mint
1 Pinch Nutmeg	1 Pinch Cinnamon
2 Tablespoons Cilantro -- chopped	



Directions:

Remove 3 vertical strips of skin from each eggplant, then cut each eggplant into six chunks. Salt and leave them to drain overnight. Drain and split the chickpeas. Rinse the eggplant and squeeze dry. Slowly heat the oil in a skillet. Add eggplant and fry in batches until golden brown on all sides. Transfer eggplant to paper towels and pat dry. Reheat the oil in the skillet. Add sliced onions and 1/2 cup water and cook for 20 minutes. When the water has evaporated and the onions turn golden, add garlic, chickpeas and tomatoes. Cook, stirring, for a minute then add 1 1/2 cups water. Bring to a boil, cover and cook for 20 minutes. Add eggplant to tomato mixture, along with half the parsley, 1 teaspoon salt, sugar, mint and nutmeg. Simmer until the eggplant is very soft about 20 minutes. Remove from heat. Garnish with parsley and cilantro and serve.

Tahini And Cumin Dip

VEG

From Syria

Ingredients:

- 1 Cup Tahini
- 2 Cloves Garlic -- finely chopped
- 1 Lemon or Lemon Juice
- 1/2 Cup Water
- 1/2 Teaspoon Cumin
- 1/2 Teaspoon Cumin Seed
- 1 Tablespoon Parsley -- finely chopped



Directions:

Put tahini in a bowl and whisk until smooth. Stir in garlic and lemon juice. Add water slowly, while whisking until dip is a consistency to your liking. Stir in ground cumin, sprinkle with cumin seed and parsley. Serve with pita bread for dipping.

Sopa de Platano (Plantain Soup)

VEG

From Cuba

Ingredients:

2 TB extra-virgin olive oil
1 small onion, finely chopped
1 carrot, finely chopped
2 ribs of celery, finely chopped
2 cloves garlic, minced
5 cups chicken or vegetable stock
2 green plantains, peeled and diced
1 bay leaf

1 tsp. ground cumin
1/2 cup chopped cilantro leaves
Salt and fresh pepper



Directions:

Heat the oil in a large saucepan. Cook the onion, carrot, celery, garlic and plantains over medium heat until soft, but not brown, about 3 to 4 minutes. Add the stock and bring to a boil. Reduce heat and gently simmer, uncovered, until plantains are very tender, 40-50 minutes. Remove and discard the bay leaf. Puree the soup in a blender and return to the pot. If the soup is too thick, thin it a little with more stock. Just before serving reheat and correct seasonings, adding salt, pepper, and cumin, if necessary. Garnish with cilantro.

Avocado Vichyssoise (Sopa de Aguacate y Papas)

VEG

From Colombia

Ingredients:

3 leeks
2 medium potatoes
3 cups vegetable or chicken stock
1 cup heavy cream
Salt and pepper to taste
2 avocados
Chopped chives or chopped cilantro



Directions:

Heat stock in a saucepan and add leeks and potatoes. Boil, then reduce heat and simmer about 20 minutes. Stir in the heavy cream. Puree avocado in blender. Stir in the avocado. If serving cold, refrigerate. Serve with minced chives or cilantro.