





Adana kebab

CATEGORY: LAMB | ORIGIN: TURKISH

Ingredients

- **2 large** Romano Pepper
- **800g** Lamb Mince
- **3 tablespoons** Red Pepper Paste
- **1 tablespoon** Pul Biber
- **3 tablespoons** Sunflower Oil

Instructions

1. step 1
2. Finely chop the peppers in a food processor, then tip them in a sieve and press into the sieve so that the peppers release all of their juices. Tip into a bowl along with the mince, red pepper paste, pul biber, 1½ tsp flaky sea salt, and 2 tbsp of the oil. Mix together, kneading well for at least 2-3 mins. If you need to, wet your hands with cold water to prevent the mixture from sticking. The mixture should be sticky when ready. Cover and chill for at least 2 hrs, or up to 12 hrs.
3. step 2
4. When ready to cook, heat the grill to high or an oven to 220C/200C fan/gas 6. Divide the mixture into 12 equal portions, around 85g each. If you'd like to skewer them, divide into 8 equal portions and roll into balls. Using wet hands, thread the balls onto the end of the skewers, massaging the mixture down the skewers in between the palms of your hands, until evenly distributed. Ensure that the mixture is fully wrapped tightly around the skewers without any exposed metal. Alternatively, lay them on a large baking tray lined with parchment paper if cooking in the oven, or foil if



Air Fryer Egg Rolls

CATEGORY: SIDE | ORIGIN: CHINESE

Ingredients

- **1 tablespoon** Olive Oil
- **1 lb** Ground Pork
- **1 clove peeled crushed** Garlic
- **1 tablespoon** Ginger
- **1 medium** Carrots
- **3 chopped** Scallions
- **3 Cups** Cabbage
- **1 tablespoon** Soy Sauce
- **1 tablespoon** Rice Vinegar
- **12** Egg Roll Wrappers
- **For brushing** Oil
- **To serve** Duck Sauce
- **To serve** Plum Sauce
- **To serve** Soy Sauce

Instructions

1. **Alternative Pan Fry Method:** If you don't have access to an air fryer, you can make these egg rolls using a traditional pan fry method. Add enough oil to a medium skillet with high walls so the oil is about 1/2 inch up the side of the skillet. Heat oil on medium high heat until it reaches 350°F. Add egg rolls and fry for 3 to 4 minutes, flip, and fry for another 3 to 4 minutes until golden brown. Remove and let them drain and cool on a few paper towels.
2. Cook the filling:
3. In a large skillet over medium heat, add the olive oil along with the ground pork or chicken. Break apart the meat with a spatula or wooden spoon as it cooks. Cook until the meat is cooked through, 6 to 8 minutes.
4. Add garlic, ginger, carrot, scallions, and cabbage. Continue to cook until cabbage wilts down and is soft, another 3 to 4 minutes, stirring regularly. Season the filling with soy sauce and rice wine vinegar, and take off the heat to cool. (This filling can be made in advance.)
5. Assemble the egg rolls:



Air fryer patatas bravas

CATEGORY: VEGETARIAN | ORIGIN: SPANISH

Ingredients

- **900g** Potatoes
- **3 tablespoons** Olive Oil
- **1 chopped** Onion
- **1 clove peeled crushed** Garlic
- **1 tblsp** Paprika
- **1 tblsp** Tomato Puree
- **225g** Tinned Tomatos
- **To serve** Basil Leaves

Instructions

1. step 1
2. Soak the potatoes in just-boiled water for 30 mins, then drain and leave to air-dry for 5 mins. Heat the air fryer to 200C. Tip the potatoes into a bowl and drizzle over 1 tbsp of the oil and add 1/2 tsp each of salt and freshly ground black pepper. Mix to coat the potatoes all over, then tip into the air fryer basket and cook for 20-30 mins until crisp and golden.
3. step 2
4. Meanwhile, heat the remaining oil in a small pan over a medium-low heat and fry the onion for 8-10 mins until softened but not golden. Stir in the garlic and cook for a minute before adding the paprika and cooking for 30 seconds more. Stir in the tomato purée, cook for 1 min, then tip in the chopped tomatoes. Cook for 5-10 mins over a medium heat until thickened slightly.
5. step 3
6. Once the potatoes are cooked, tip out onto a platter and pour over the tomato sauce. Sprinkle with the basil leaves, then serve.



Ajo blanco

CATEGORY: STARTER | ORIGIN: SPANISH

Ingredients

- **150g** White bread
- **200g** Almonds
- **50 ml** Extra Virgin Olive Oil
- **1** Garlic Clove
- **1 ½ tbsp** Red Wine Vinegar

Instructions

1. step 1
2. Tip the bread into a bowl and pour over 350ml water. Leave to soak for 10 mins.
3. step 2
4. Blend the ingredients together with 350ml water and 1 tsp salt.
5. step 3
6. Let the soup cool in the fridge for 1 hr or so, then serve with a drizzle of oil and some black pepper.



Alfajores

CATEGORY: DESSERT | ORIGIN: ARGENTINIAN

Ingredients

- **300g** All purpose flour
- **200g** Cornstarch
- **200g** Butter
- **100g** Sugar
- **2** Egg Yolks
- **1 teaspoon** Lemon Zest
- Dulce de leche
- **Sprinkling** Desiccated Coconut

Instructions

1. **Make the Dough:** Cream butter and sugar. Add egg yolks and lemon zest. Gradually mix in flour and cornstarch to form a dough. Chill for 1 hour.
2. **Bake the Cookies:** Roll out the dough, cut into circles, and bake at 180°C (350°F) for 12-15 minutes. Let cool.
3. **Assemble:** Spread dulce de leche on one cookie, then sandwich with another. Roll the edges in coconut flakes.
4. **Pro Tips:**
5. Chill the dough before rolling it out to make it easier to handle and to prevent the cookies from spreading too much while baking.
6. Dip the alfajores in melted chocolate and let them set on a wire rack for an extra decadent treat.



Algerian Bouzgene Berber Bread with Roasted Pepper Sauce

CATEGORY: SIDE | ORIGIN: ALGERIAN

Ingredients

- **2** Red Pepper
- **4** Tomato
- **1 tablespoon** Olive Oil
- **4 Cloves Chopped** Garlic
- **1 chopped** Jalapeno
- **To taste** Salt
- **2 Lbs** Semolina
- **1 1/2 tsp** Salt
- **3 Cups** Water
- **4 tablespoons** Olive Oil
- **6 tablespoons** Olive Oil

Instructions

1. Preheat your oven's broiler. Place red bell peppers and tomatoes on a baking sheet, and roast under the broiler for about 8 minutes, turning occasionally. This should blacken the skin and help it peel off more easily. Cool, then scrape the skins off of the tomatoes and peppers, and place them in a large bowl. Remove cores and seeds from the bell peppers.
2. Heat 1 tablespoon of olive oil in a skillet over medium heat. Add the jalapenos and garlic, and cook until tender, stirring frequently. Remove from heat, and transfer the garlic and jalapeno to the bowl with the tomatoes and red peppers. Using two sharp steak knives (one in each hand), cut up the tomatoes and peppers to a coarse and soupy consistency. Stir, and set sauce aside.
3. Place the semolina in a large bowl, and stir in salt and 4 tablespoons of olive oil. Gradually add water while mixing and squeezing with your hand until the dough holds together without being sticky or dry, and molds easily with the hand. Divide into 6 pieces and form into balls.



Algerian Carrots

CATEGORY: SIDE | ORIGIN: ALGERIAN

Ingredients

- **1 1/2 cup** Water
- **2 Lbs** Carrots
- **5 tablespoons** Olive Oil
- **1 tsp** Salt
- **1/2 teaspoon** Black Pepper
- **1/2 teaspoon** Ground Cinnamon
- **1/2 teaspoon** Ground Cumin
- **3 Cloves Crushed** Garlic
- **1/2 teaspoon** Thyme
- **1** Bay Leaf
- **1 tsp** Lemon Juice

Instructions

1. Place a steamer insert into a saucepan, and fill with 1 1/2 cups of water, or just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Add the sliced carrots, reduce the heat to medium, and cover the pan again. Steam until tender but not mushy, 4 to 6 minutes depending on the thickness of the slices. Reserve 1/2 cup of the cooking liquid.
2. Heat the olive oil in a skillet over medium heat. Reduce the heat to low and stir in the salt, pepper, cinnamon, cumin, garlic, and thyme. Cook the spices and garlic, stirring frequently, until fragrant, about 10 minutes. Add the 1/2 cup reserved cooking liquid and the bay leaf, cover, and simmer for 20 minutes.
3. Stir in the carrots, tossing well to coat with the spice mixture, and cook until heated through, about 2 to 3 minutes. Sprinkle with lemon juice and remove the bay leaf before serving.



Algerian Flafla (Bell Pepper Salad)

CATEGORY: VEGETARIAN | ORIGIN: ALGERIAN

Ingredients

- **3** Green Pepper
- **1 tablespoon** Olive Oil
- **1 tablespoon chopped** Red Onions
- **1 clove peeled crushed** Garlic
- **To taste** Salt
- **To taste** Pepper
- **1 Diced** Plum Tomatoes

Instructions

1. Preheat an oven to 450 degrees F (230 degrees C). Place the whole peppers on aluminum foil. Bake until the skin is spotted black and the peppers are soft, 30 to 45 minutes, turning the peppers once if necessary.
2. Remove peppers from the oven and set aside to cool for 10 minutes. Peel off the skin and remove the stem and seeds. Chop the roasted peppers into half-inch pieces.
3. Heat the olive oil in a skillet over medium heat. Stir in the onion and cook, stirring frequently, until the onion has softened and turned translucent, about 5 minutes. Add the garlic, salt, and pepper; stir in the chopped peppers and tomato. Cook over medium heat, stirring occasionally, until the tomato is soft and the mixture is well incorporated, about 5 minutes.



Algerian Kefta (Meatballs)

CATEGORY: BEEF | ORIGIN: ALGERIAN

Ingredients

- **1 lb** Ground Beef
- **4 Cloves Crushed** Garlic
- **1/2 cup** Onion
- **To taste** Salt
- **To taste** Pepper
- **3** Plum Tomatoes
- **1 tsp** Parsley
- **1/2 cup** Water

Instructions

1. Combine ground beef with 1/2 of the minced garlic and 1 tablespoon chopped onion in a large bowl. Mix with your hands until fully incorporated. Shape meat mixture into 1 1/2-inch oblong patties; you should have 12 to 14 meatballs.
2. Heat a large skillet over medium-high heat. Brown patties in batches in the hot skillet until crispy on both sides and no longer pink in the center, about 10 minutes. Set meatballs aside in a rimmed serving dish.
3. Reduce heat to medium and stir remaining chopped onion into drippings in the skillet. Season with salt and pepper. Cook, stirring constantly, until onion has softened and turned translucent, about 5 minutes. Stir in remaining garlic and cook for 30 seconds. Stir in Roma tomatoes, dried parsley, and ras el hanout. Pour in water. Cook until tomatoes are soft, about 5 minutes.
4. Pour tomato sauce over meatballs to serve.



Anzac biscuits

CATEGORY: DESSERT | ORIGIN: AUSTRALIAN

Ingredients

- **85g** Porridge oats
- **85g** Desiccated Coconut
- **100g** Plain Flour
- **100g** Caster Sugar
- **100g** Butter
- **1 tblsp** Golden Syrup
- **1 teaspoon** Bicarbonate Of Soda

Instructions

1. step 1
2. Heat oven to 180C/fan 160C/gas 4. Put the oats, coconut, flour and sugar in a bowl. Melt the butter in a small pan and stir in the golden syrup. Add the bicarbonate of soda to 2 tblsp boiling water, then stir into the golden syrup and butter mixture.
3. step 2
4. Make a well in the middle of the dry ingredients and pour in the butter and golden syrup mixture. Stir gently to incorporate the dry ingredients.
5. step 3
6. Put dessertspoonfuls of the mixture on to buttered baking sheets, about 2.5cm/1in apart to allow room for spreading. Bake in batches for 8-10 mins until golden. Transfer to a wire rack to cool.



Apam balik

CATEGORY: DESSERT | ORIGIN: MALAYSIAN

Ingredients

- **200ml** Milk
- **60ml** Oil
- **2** Eggs
- **1600g** Flour
- **3 tsp** Baking Powder
- **1/2 tsp** Salt
- **25g** Unsalted Butter
- **45g** Sugar
- **3 tbs** Peanut Butter

Instructions

1. Mix milk, oil and egg together. Sift flour, baking powder and salt into the mixture. Stir well until all ingredients are combined evenly.
2. Spread some batter onto the pan. Spread a thin layer of batter to the side of the pan. Cover the pan for 30-60 seconds until small air bubbles appear.
3. Add butter, cream corn, crushed peanuts and sugar onto the pancake. Fold the pancake into half once the bottom surface is browned.
4. Cut into wedges and best eaten when it is warm.



Apple & Blackberry Crumble

CATEGORY: DESSERT | ORIGIN: BRITISH

Ingredients

- **120g** Plain Flour
- **60g** Caster Sugar
- **60g** Butter
- **300g** Braeburn Apples
- **30g** Butter
- **30g** Demerara Sugar
- **120g** Blackberries
- **¼ teaspoon** Cinnamon
- **to serve** Ice Cream

Instructions

1. Heat oven to 190C/170C fan/gas 5. Tip the flour and sugar into a large bowl. Add the butter, then rub into the flour using your fingertips to make a light breadcrumb texture. Do not overwork it or the crumble will become heavy. Sprinkle the mixture evenly over a baking sheet and bake for 15 mins or until lightly coloured.
2. Meanwhile, for the compote, peel, core and cut the apples into 2cm dice. Put the butter and sugar in a medium saucepan and melt together over a medium heat. Cook for 3 mins until the mixture turns to a light caramel. Stir in the apples and cook for 3 mins. Add the blackberries and cinnamon, and cook for 3 mins more. Cover, remove from the heat, then leave for 2-3 mins to continue cooking in the warmth of the pan.
3. To serve, spoon the warm fruit into an ovenproof gratin dish, top with the crumble mix, then reheat in the oven for 5-10 mins. Serve with vanilla ice cream.



Apple cake

CATEGORY: DESSERT | ORIGIN: DUTCH

Ingredients

- **4** Eggs
- **200g** Sugar
- **200g** Self-raising Flour
- **200g** Melted Butter
- **1 tsp** Vanilla Extract
- **1 tsp** Ground Cinnamon
- **3** Apples
- **Pinch** Salt
- **Sprinkling** Ground Sugar

Instructions

1. Preheat the oven to 180°C. (350°F) Grease a cake pan and line it with baking paper.
2. In a large bowl, break the four eggs with the sugar and beat until they have tripled in volume and become fluffy.
3. Sift the self-rising baking flour and add it to your egg mixture. Fold this over, preserving as much air as possible. Add the melted (and slightly cooled) butter and mix until combined.
4. Add cinnamon, pinch of salt and vanilla extract.
5. Add the diced apple to the batter and gently fold them into the batter so that the apple pieces are evenly distributed. You can roll the apple pieces through some more cinnamon.
6. Pour the batter into the prepared cake pan and smooth the top with a spatula.
7. Place the apple slices on top of the batter and press lightly. Sprinkle optionally with some almond shavings.
8. Bake the apple cake in the preheated oven for about 45-50 minutes, or until a wooden skewer comes out clean when inserted into the center of the cake.



Apple Frangipan Tart

CATEGORY: DESSERT | ORIGIN: BRITISH

Ingredients

- **175g/6oz** digestive biscuits
- **75g/3oz** butter
- **200g/7oz** Bramley apples
- **75g/3oz** Salted Butter
- **75g/3oz** caster sugar
- **2** free-range eggs, beaten
- **75g/3oz** ground almonds
- **1 tsp** almond extract
- **50g/1¾oz** flaked almonds

Instructions

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Put the biscuits in a large re-sealable freezer bag and bash with a rolling pin into fine crumbs. Melt the butter in a small pan, then add the biscuit crumbs and stir until coated with butter. Tip into the tart tin and, using the back of a spoon, press over the base and sides of the tin to give an even layer. Chill in the fridge while you make the filling.
3. Cream together the butter and sugar until light and fluffy. You can do this in a food processor if you have one. Process for 2-3 minutes. Mix in the eggs, then add the ground almonds and almond extract and blend until well combined.
4. Peel the apples, and cut thin slices of apple. Do this at the last minute to prevent the apple going brown. Arrange the slices over the biscuit base. Spread the frangipane filling evenly on top. Level the surface and sprinkle with the flaked almonds.
5. Bake for 20-25 minutes until golden-brown and set.
6. Remove from the oven and leave to cool for 15 minutes. Remove the sides of the tin. An easy way to



Apricot & Turkish delight mess

CATEGORY: DESSERT | ORIGIN: TURKISH

Ingredients

- **100g** Mascarpone
- **50g** Greek Yogurt
- **25g** Icing Sugar
- **2 tablespoons** Orange Blossom Water
- **1** Meringue Nests
- **3** Apricot
- **2 pieces** Turkish Delight
- **25g** Almonds
- **4** Mint

Instructions

1. step 1
2. Place the mascarpone, yogurt, sugar and orange flower water into a large bowl and whisk until thickened. Fold the remaining ingredients through, then divide the mix between 2 dessert glasses or bowls and decorate with extra mint, if you like.



Arepa Pabellón

CATEGORY: BEEF | ORIGIN: VENEZULAN

Ingredients

- **2** Corn Arepa Filled With Mozzarella Cheese
- **1** Fried Ripe Bananas
- **1 Can** Black Beans
- **1** Pico De Gallo Sauce
- **2kg** Shredded Meat
- **1 chopped** Tomato
- **Pinch** Salt
- **Pinch** Pepper

Instructions

1. Prepare the meat in a skillet and add salt and pepper to taste, heat the beans over medium heat in a pan, fry or grill the ripe plantains as indicated on its package and cut the tomato into small cubes. Reserve these ingredients until filling.
2. Preheat the grill or pan and grill the arepa, putting it once on each side until they are golden brown.
3. With the help of a knife, open it by the edge through the middle, creating a space to fill it with the ripe plantain, the beans, meat and chopped tomato.
4. Serve with a little pico de gallo or guacamole dip sauce.



Arepa pelua

CATEGORY: BEEF | ORIGIN: VENEZULAN

Ingredients

- **500g** Beef
- **1** Onion
- **1** Red Pepper
- **2 cloves** Garlic
- **1 tsp** Cumin
- **1 tsp** Oregano
- **1 tsp** Paprika
- **1 L** Beef Stock
- **2 1/2 cups** Water
- **Pinch** Salt
- **200g** Cheese
- **Pinch** Extra Virgin Olive Oil

Instructions

1. Cook the meat: Place the flank steak in a pot with broth or water and salt. Cook over low heat for about 2 hours, until tender and easy to shred.
2. Shred the meat: Once cooked, drain and shred the meat using two forks.
3. Prepare the vegetables: Sauté chopped onion, bell pepper, and garlic in a little oil. Add cumin, oregano, paprika, and salt. Stir in the meat and cook for a few minutes until the flavors are well combined.
4. Make the dough: In a bowl, mix the cornmeal with warm water and salt until a soft dough forms. Let it rest for 5 minutes.
5. Form the arepas: Divide the dough into 6 portions, shape into balls, and flatten into thick discs.
6. Cook: Cook the arepas on a griddle or skillet over medium heat for 2–3 minutes on each side until golden. You can then bake them for a few minutes if you prefer them crispier.
7. Fill: Slice the arepas open on one side, fill with the hot shredded beef, and top with grated cheese.



Arroz al horno (baked rice)

CATEGORY: PORK | ORIGIN: SPANISH

Ingredients

- **2 tbsp** Extra Virgin Olive Oil
- **800g** Pork belly slices
- **150g** Black Pudding
- **100g** Bacon lardon
- **1 chopped** Onion
- **2** Red Pepper
- **1 chopped** Plum Tomatoes
- **8** Garlic Clove
- **4 teaspoons** Paprika
- **1/2 teaspoon** Chilli Flakes
- **200g** Dried white beans
- **1 1/2 L** Chicken Stock
- **6 parts** Thyme
- **375g** Paella Rice
- **1** Lemon Juice

Instructions

1. step 1
2. Heat oven to 200C/180C/gas 6. Heat half the oil in a deep frying or sauté pan (or shallow casserole dish) measuring around 30cm in diameter. Over a high heat, colour the pork belly slices on each side in several batches, then transfer to a bowl. Add the remaining oil to the pan and lower the heat to medium, then add the black pudding and bacon and fry all over for several mins. Remove with a slotted spoon. Fry the onion and peppers for around 10 mins until soft and pale gold, then add the tomato and cook until soft. Add the garlic, smoked paprika and chilli flakes and cook for another 2 mins, then put the pork, black pudding and bacon back in the pan. Add the beans, stock and whichever herb you're using, and bring everything to the boil.
3. step 2
4. Sprinkle the rice around the pork belly, pushing it underneath the stock. Let the stock come to the boil again, season well, then transfer to the oven (leave it uncovered). Cook for 20 mins without stirring, then check to see how the rice is doing. The rice should be



Arroz con gambas y calamar

CATEGORY: SEAFOOD | ORIGIN: SPANISH

Ingredients

- **24** Raw King Prawns
- **2 tbsp** Olive Oil
- **1 small** Onion
- **1** Bay Leaf
- **1 pinch** Saffron
- **450g** Paella Rice
- **2 teaspoons** Tomato Puree
- **200ml** White Wine
- **650ml** Seafood stock
- **3 Medium** Squid

Instructions

1. step 1
2. Peel and devein most of the prawns (a fishmonger should be able to do this for you), keeping a few whole for decoration, if you like. Heat the olive oil in a large frying pan or shallow flameproof casserole over a medium-low heat and fry the onion for 5 mins until softened. Add the bay leaf, saffron, rice and tomato purée, and cook for 1-2 mins more, stirring.
3. step 2
4. Pour in the wine and bubble for 1-2 mins, then pour in the seafood stock and 150ml water. Cook for 5 mins, then add the squid, season well and stir to combine. Bring to the boil, then cover and reduce the heat to a gentle simmer. Cook for 12 mins more, adding a little more water if the mixture starts to look dry.
5. step 3
6. Uncover the pan and stir through the peeled prawns, then arrange any whole prawns on top of the rice mixture. Cover again and simmer for a further 5-6 mins until the prawns are pink and cooked through. Leave to stand for a couple of minutes before serving



Asado

CATEGORY: BEEF | ORIGIN: ARGENTINIAN

Ingredients

- **2kg** Mixed Beef Cuts
- **4** Chorizo
- **2** Morcilla
- **To taste** Salt

Instructions

1. **Prepare the Fire:** Start a wood fire in your grill and let it burn down to coals.
2. **Season the Meat:** Generously salt the beef cuts.
3. **Grill the Meat:** Place the beef on the grill, starting with the thickest cuts farthest from the coals. Add chorizo and morcilla after the beef has been cooking for a while.
4. **Cook to Perfection:** Cook the meat, turning occasionally, until it reaches your desired doneness. Typically, ribs may take up to 2 hours; thinner cuts will cook faster.
5. **Rest and Serve:** Let the meat rest for about 10 minutes before slicing. Serve with chimichurri sauce and grilled vegetables.
6. **Pro Tips:**
7. Use a mix of wood and charcoal for a consistent heat source. Wood adds flavor, while charcoal maintains temperature.
8. Season the meat just before grilling to ensure it retains its moisture and flavor.



Aubergine & hummus grills

CATEGORY: VEGETARIAN | ORIGIN: TURKISH

Ingredients

- **2** Aubergine
- **2 tablespoons** Vegetable Oil
- **3 sliced thinly** Bread
- **300g** Hummus
- **100g** Walnuts
- **40g** Parsley
- **200g** Cherry Tomatoes
- **Juice of 1/2** Lemon
- **Splash** Extra Virgin Olive Oil

Instructions

1. step 1
2. Lay the aubergine out in one layer on a large baking sheet. Brush sparingly with vegetable oil, then season generously. Grill for 15 mins, turning twice and brushing with oil until the slices are softened and cooked through. Meanwhile, whizz the bread into crumbs. Add 2 tsp oil and whizz briefly again, to coat.
3. step 2
4. Spread a couple of tsps of hummus on top of each slice of aubergine. Tip the breadcrumbs onto a large plate, then press the hummus side of the aubergines into the crumbs to coat. Grill again, crumb-side up, for about 3 mins until golden.
5. step 3
6. Toss the walnuts, parsley and cherry tomatoes in a bowl, season, then add the lemon juice and olive oil and toss again. Serve the grills with the salad, a dollop more hummus and some pitta bread.



Aubergine couscous salad

CATEGORY: VEGETARIAN | ORIGIN: TURKISH

Ingredients

- **1 sliced** Aubergine
- **3 tablespoons** Olive Oil
- **140g** Couscous
- **225g** Vegetable Stock
- **200g** Cherry Tomatoes
- **Handful** Mint
- **100g** Goats Cheese
- **Juice of 1/2** Lemon

Instructions

1. step 1
2. Heat grill to high. Put the aubergine on a baking sheet, brush with oil and season. Grill for about 15 mins, turning and brushing with more oil halfway, until browned and softened.
3. step 2
4. Meanwhile, tip the couscous into a large bowl, pour over the stock, then cover and leave for 10 mins. Mix the tomatoes, mint, goat's cheese and remaining oil together. Fluff the couscous up with a fork, then stir in the aubergines, tomato mixture and lemon juice.



Aussie Burgers

CATEGORY: BEEF | ORIGIN: AUSTRALIAN

Ingredients

- **500g** Lean Minced Steak
- **100g** Cooked Beetroot
- **2 small** Naan Bread
- **50g** Rocket
- **4 tablespoons** Soured cream and chive dip

Instructions

1. step 1
2. Make the burgers: Tip the meat into a bowl and sprinkle over 1 tsp salt and a good grinding of black pepper. Work with wet hands to mix in the seasoning. Divide into four with your hands and shape into burgers. (It can be frozen at this stage.)
3. step 2
4. Sort out your ingredients: Slice the beetroot and split the naan breads.
5. step 3
6. Toast the naans: Heat a griddle pan or barbecue. Griddle the naans on both sides until lightly toasted and set aside. Add the burgers to the grill or barbecue and cook for 2-3 minutes, then turn and cook the other side for a further 2-3 minutes.
7. step 4
8. Assemble the dish: Set half a toasted naan on each serving plate and put a pile of rocket on each. Top with a burger, then a few slices of beetroot and a dollop of soured cream. Sprinkle with salt and freshly ground black pepper and serve immediately with a big green



Authentic Norwegian Kransekake

CATEGORY: DESSERT | ORIGIN: NORWEGIAN

Ingredients

- **3 Cups** Almonds
- **4** Egg White
- **4 cups** Powdered Sugar
- **2 cups** Powdered Sugar
- **1** Egg White
- **1/2 teaspoon** Lemon Juice

Instructions

1. Grind almonds in an almond grinder or food processor.
2. Mix almonds and powdered sugar together in a large mixing bowl. Add three of the egg whites and knead the dough together with your hands until it comes together in a ball. Wrap in cling film and leave in the fridge for at least an hour, preferably until the next day.
3. Grease the kransekake forms thoroughly and coat with semolina, flour, or bread crumbs.
4. Preheat oven to 210°C (410°F) top and bottom heat. Divide the dough into six sections.
5. Slowly add the remaining egg white to the dough and knead it until you can roll it into long sausages about as thick as your index finger. Fill the forms with the dough sausages, pinching the ends together to make rings.
6. Set the forms on a baking sheet and back in the middle of the oven for about 10 – 12 minutes, until the tops are golden brown.



Avocado dip with new potatoes

CATEGORY: VEGETARIAN | ORIGIN: AUSTRALIAN

Ingredients

- **3 Large** Avocado
- **200g** Natural Yoghurt
- **Zest and juice of 1** Lime
- **Juice of 1/2** Lemon
- **1.25kg** Baby New Potatoes
- **2 tablespoons** Olive Oil
- **1 teaspoon** Hot Chilli Powder
- **1 teaspoon** Cumin Seeds
- **200g** Tortillas

Instructions

1. step 1
2. Whizz half the avocado flesh with the yogurt, lime and lemon juice and seasoning. Dice the remaining avocado, then gently stir into the whizzed mix with most of the lime zest. Cover, then chill until ready to serve.
3. step 2
4. Boil potatoes for 6 mins, then drain well and toss with olive oil, chilli powder and cumin seeds. Now set aside until half an hour before your guests arrive.
5. step 3
6. Heat oven to 200C/180C fan/gas 6, then roast potatoes for about 30 mins, shaking the tray halfway, until golden and tender. Transfer the dip to one or two bowls, scatter with the remaining lime zest and serve with the hot potatoes, and tortilla chips for dipping.



Ayam Percik

CATEGORY: CHICKEN | ORIGIN: MALAYSIAN

Ingredients

- **6** Chicken Thighs
- **16** Challots
- **1 1/2** Ginger
- **6** Garlic Clove
- **8** Cayenne Pepper
- **2 tbs** Turmeric
- **1 1/2** Cumin
- **1 1/2** Coriander
- **1 1/2** Fennel
- **2 tbs** Tamarind Paste
- **1 can** Coconut Milk
- **1 tsp** Sugar
- **1 cup** Water

Instructions

1. In a blender, add the ingredients for the spice paste and blend until smooth.
2. Over medium heat, pour the spice paste in a skillet or pan and fry for 10 minutes until fragrant. Add water or oil 1 tablespoon at a time if the paste becomes too dry. Don't burn the paste. Lower the fire slightly if needed.
3. Add the cloves, cardamom, tamarind pulp, coconut milk, water, sugar and salt. Turn the heat up and bring the mixture to boil. Turn the heat to medium low and simmer for 10 minutes. Stir occasionally. It will reduce slightly. This is the marinade/sauce, so taste and adjust seasoning if necessary. Don't worry if it's slightly bitter. It will go away when roasting.
4. When the marinade/sauce has cooled, pour everything over the chicken and marinate overnight to two days.
5. Preheat the oven to 425 F.
6. Remove the chicken from the marinade. Spoon the marinade onto a greased (or aluminum lined) baking sheet. Lay the chicken on top of the sauce (make sure the chicken covers the sauce and the sauce isn't



Baba Ghanoush

CATEGORY: SIDE | ORIGIN: SYRIAN

Ingredients

- **4 large** Egg Plants
- **2 cloves** Garlic
- **2 teaspoons** Kosher Salt
- **1** Lemon
- **3 tablespoons** Tahini
- **3 tablespoons** Extra Virgin Olive Oil
- **2 tablespoons** Greek Yogurt
- **1 pinch** Cayenne Pepper
- **1 Leaf** Mint
- **2 tablespoons** Parsley

Instructions

1. Preheat an outdoor grill for medium-high heat and lightly oil the grate. Prick the surface of the skin of eggplants several times with the tip of a knife.
2. Place eggplants directly on grill. Turn frequently with tongs while skin chars. Cook until eggplants have collapsed and are very soft, 25 to 30 minutes. Transfer to a bowl and cover tightly with aluminum foil and allow to cool, about 15 minutes.
3. When eggplants are cool enough to handle, split them in half and scrape flesh into a colander placed over a bowl. Drain 5 or 10 minutes.
4. Transfer eggplant to mixing bowl. Add crushed garlic and salt; mash until creamy but with a little texture, about 5 minutes. Whisk in lemon juice, tahini, olive oil, and cayenne pepper. Stir in yogurt.
5. Cover bowl with plastic wrap and refrigerate until completely chilled. Stir in mint and parsley, and taste to adjust seasonings before serving.



Baingan Bharta

CATEGORY: VEGETARIAN | ORIGIN: INDIAN

Ingredients

- **1 large** Aubergine
- **½ cup** Onion
- **1 cup** Tomatoes
- **6 cloves** Garlic
- **1** Green Chilli
- **¼ teaspoon** Red Chilli Powder
- **1.5 tablespoon** Oil
- **1 tablespoon chopped** Coriander Leaves
- **as required** salt

Instructions

1. Rinse the baingan (eggplant or aubergine) in water. Pat dry with a kitchen napkin. Apply some oil all over and
2. keep it for roasting on an open flame. You can also grill the baingan or roast in the oven. But then you won't get
3. the smoky flavor of the baingan. Keep the eggplant turning after a 2 to 3 minutes on the flame, so that its evenly
4. cooked. You could also embed some garlic cloves in the baingan and then roast it.
5. 2. Roast the aubergine till its completely cooked and tender. With a knife check the doneness. The knife should slid
6. easily in aubergines without any resistance. Remove the baingan and immerse in a bowl of water till it cools
7. down.
8. 3. You can also do the dhungar technique of infusing charcoal smoky flavor in the baingan. This is an optional step.



Baked salmon with fennel & tomatoes

CATEGORY: SEAFOOD | ORIGIN: BRITISH

Ingredients

- **2 medium** Fennel
- **2 tbs chopped** Parsley
- **Juice of 1** Lemon
- **175g** Cherry Tomatoes
- **1 tbs** Olive Oil
- **350g** Salmon
- **to serve** Black Olives

Instructions

1. Heat oven to 180C/fan 160C/gas 4. Trim the fronds from the fennel and set aside. Cut the fennel bulbs in half, then cut each half into 3 wedges. Cook in boiling salted water for 10 mins, then drain well. Chop the fennel fronds roughly, then mix with the parsley and lemon zest.
2. Spread the drained fennel over a shallow ovenproof dish, then add the tomatoes. Drizzle with olive oil, then bake for 10 mins. Nestle the salmon among the veg, sprinkle with lemon juice, then bake 15 mins more until the fish is just cooked. Scatter over the parsley and serve.



Bakewell tart

CATEGORY: DESSERT | ORIGIN: BRITISH

Ingredients

- **175g/6oz** plain flour
- **75g/2½oz** chilled butter
- **2-3 tbsp** cold water
- **1 tbsp** raspberry jam
- **125g/4½oz** butter
- **125g/4½oz** caster sugar
- **125g/4½oz** ground almonds
- **1** free-range egg, beaten
- **½ tsp** almond extract
- **50g/1¾oz** flaked almonds

Instructions

1. To make the pastry, measure the flour into a bowl and rub in the butter with your fingertips until the mixture resembles fine breadcrumbs. Add the water, mixing to form a soft dough.
2. Roll out the dough on a lightly floured work surface and use to line a 20cm/8in flan tin. Leave in the fridge to chill for 30 minutes.
3. Preheat the oven to 200C/400F/Gas 6 (180C fan).
4. Line the pastry case with foil and fill with baking beans. Bake blind for about 15 minutes, then remove the beans and foil and cook for a further five minutes to dry out the base.
5. For the filing, spread the base of the flan generously with raspberry jam.
6. Melt the butter in a pan, take off the heat and then stir in the sugar. Add ground almonds, egg and almond extract. Pour into the flan tin and sprinkle over the flaked almonds.
7. Bake for about 35 minutes. If the almonds seem to be browning too quickly, cover the tart loosely with foil to prevent them burning.



Baklava with spiced nuts, ricotta & chocolate

CATEGORY: DESSERT | ORIGIN: TURKISH

Ingredients

- **500g** Sugar
- **To taste** Lemon Juice
- **300g** Walnuts
- **200g** Pecan Nuts
- **100g** Almonds
- **2 tablespoons** Ground Cinnamon
- **1 tablespoon** Ground Cardomom
- **500g** Ricotta
- **Zest of 1** Lemon
- **Zest of 1** Orange
- **1 tablespoon** Vanilla Bean Paste
- **250g** Unsalted Butter
- **500g** Filo Pastry
- **100g** Ground Pistachios

Instructions

1. step 1
2. First, make the syrup. Tip the sugar into a large saucepan with 650ml water. Stir over a low heat until the sugar has dissolved, then turn up the heat and bring to the boil. Reduce the heat to a simmer and cook for 15 mins, then squeeze in a few drops of lemon juice and simmer for a further 5 mins. Remove from the heat and leave to cool. Meanwhile, for assembling the baklava later, melt the butter in a small pan over a low heat for 5 mins, skimming and discarding any froth that rises to the surface.
3. step 2
4. For the filling, crush all of the nuts in a pestle and mortar, or blitz in a food processor – you want a mixture of finely ground nuts with a few chunky pieces. Tip into a bowl, stir through the spices and set aside.
5. step 3
6. In a separate bowl, mix the ricotta with the lemon and orange zests and vanilla. Heat the oven to 180C/160C fan/gas 4. Brush the bottom of a large baking tray



Banana Pancakes

CATEGORY: DESSERT | ORIGIN: AMERICAN

Ingredients

- **1 large** Banana
- **2 medium** Eggs
- **pinch** Baking Powder
- **spinkling** Vanilla Extract
- **1 tsp** Oil
- **25g** Pecan Nuts
- **125g** Raspberries

Instructions

1. In a bowl, mash the banana with a fork until it resembles a thick purée. Stir in the eggs, baking powder and vanilla.
2. Heat a large non-stick frying pan or pancake pan over a medium heat and brush with half the oil. Using half the batter, spoon two pancakes into the pan, cook for 1-2 mins each side, then tip onto a plate. Repeat the process with the remaining oil and batter. Top the pancakes with the pecans and raspberries.



Bang bang prawn salad

CATEGORY: SEAFOOD | ORIGIN: VIETNAMESE

Ingredients

- **140g** Rice Noodles
- **3 tablespoons** Peanut Butter
- **4 tablespoons** Coconut Milk
- **3 tablespoons** sweet chilli sauce
- **3 sliced thinly** Spring Onions
- **1 sliced** Cucumber
- **300g** Bean Sprouts
- **200g** Prawns

Instructions

1. step 1
2. Cook the noodles following pack instructions, then rinse under cold water and drain thoroughly. In a small saucepan melt together the peanut butter, coconut milk, sweet chilli sauce and half the spring onions, adding 1-2 tbsp of water to loosen the mixture to a drizzling consistency.
3. step 2
4. Mix the noodles, cucumber and beansprouts in a serving dish. Top with the prawns, drizzle over the peanut sauce and scatter over the remaining spring onions.



Barbecue pork buns

CATEGORY: PORK | ORIGIN: VIETNAMESE

Ingredients

- **85g** Sugar
- **500g** White Bread Mix
- **1 tablespoon** Sunflower Oil
- **12** Bacon
- **Knob** Ginger
- **2 cloves chopped** Garlic
- **2 tablespoons** Soy Sauce
- **3 tablespoons** Clear Honey
- **3 tablespoons** Tomato Puree
- **1 beaten** Egg

Instructions

1. step 1
2. Heat the oven to 200C/fan 180C/gas. Mix the sugar into the bread mix in a large bowl, then add water as instructed on the pack. Bring the dough together with a wooden spoon, then knead on a lightly floured surface for 5 mins until smooth. Put into a large bowl, cover with oiled cling film then leave in a warm place until doubled in size.
3. step 2
4. Meanwhile, heat the oil in a pan, then fry the bacon until crisp, about 5 mins. Add the ginger and garlic and fry for 1 min until soft, then tip in the soy, honey and tomato purée and stir well. Can be made up to 3 days ahead.
5. step 3
6. Turn out the dough and knead briefly, then pull into 12 even-sized balls. Flatten with your hands, then put a teaspoon-size blob of the filling in the middle. Draw the dough up and pinch it closed like a purse, then turn the bun over and sit it on a large baking sheet. Cover with oiled cling film and leave to rise for about 30 mins



Barramundi with Moroccan spices

CATEGORY: SEAFOOD | ORIGIN: AUSTRALIAN

Ingredients

- **2 x 400g** barramundi
- **1/2 teaspoon** Ground Cumin
- **1/2 tsp** Coriander
- **Pinch** Paprika
- **Pinch** Chili Powder
- **2** Garlic Clove
- **Juice of 1** Lemon
- **5 tablespoons** Olive Oil
- **Bunch** Coriander

Instructions

1. step 1
2. Tip all the dressing ingredients into a food processor with a pinch of salt and blitz to a dressing. Slash the fish three times on each side, coat with half of the dressing, then set aside to marinate for about 30 mins.
3. step 2
4. Heat oven to 220C/fan 200C/gas 7. Place the fish on a roasting tray, then cook in the oven for 20 mins until the flesh is firm and the eyes have turned white. Serve the fish with the rest of the dressing and steamed couscous or rice.
5. step 3
6. **KNOW HOW: HOW TO COOK IT:** Cooking barramundi on the bone, as we have done here, has its advantages – it will stay more moist during cooking, and some would say that the flavour is enhanced, too. If you want to take out the bones they are easy to locate and less likely to be lodged in the fillet if the fish is cooked whole. Fillets can be simply pan-fried or grilled. If you like trout, you will really enjoy the flavour of barramundi, which lends itself to similar ingredients



Battenberg Cake

CATEGORY: DESSERT | ORIGIN: BRITISH

Ingredients

- **175g** Butter
- **175g** Caster Sugar
- **140g** Self-raising Flour
- **50g** Almonds
- **½ tsp** Baking Powder
- **3 Medium** Eggs
- **½ tsp** Vanilla Extract
- **¼ teaspoon** Almond Extract
- **175g** Butter
- **175g** Caster Sugar
- **140g** Self-raising Flour
- **50g** Almonds
- **½ tsp** Baking Powder
- **3 Medium** Eggs
- **½ tsp** Vanilla Extract
- **¼ teaspoon** Almond Extract
- **½ tsp** Pink Food Colouring
- **200g** Apricot
- **1kg** Marzipan

Instructions

1. Heat oven to 180C/160C fan/gas 4 and line the base and sides of a 20cm square tin with baking parchment (the easiest way is to cross 2 x 20cm-long strips over the base). To make the almond sponge, put the butter, sugar, flour, ground almonds, baking powder, eggs, vanilla and almond extract in a large bowl. Beat with an electric whisk until the mix comes together smoothly. Scrape into the tin, spreading to the corners, and bake for 25-30 mins – when you poke in a skewer, it should come out clean. Cool in the tin for 10 mins, then transfer to a wire rack to finish cooling while you make the second sponge.
2. For the pink sponge, line the tin as above. Mix all the ingredients together as above, but don't add the almond extract. Fold in some pink food colouring. Then scrape it all into the tin and bake as before. Cool.
3. To assemble, heat the jam in a small pan until runny, then sieve. Barely trim two opposite edges from the almond sponge, then well trim a third edge. Roughly measure the height of the sponge, then cutting from the well-trimmed edge, use a ruler to help you cut 4 slices each the same width as the sponge height. Discard or nibble leftover sponge. Repeat with pink



BBQ Pork Sloppy Joes

CATEGORY: PORK | ORIGIN: AMERICAN

Ingredients

- **2** Potatoes
- **1** Red Onions
- **2 cloves** Garlic
- **1** Lime
- **2** Bread
- **1 lb** Pork
- Barbeque Sauce
- Hotsauce
- Tomato Ketchup
- Sugar
- Vegetable Oil
- Salt
- Pepper

Instructions

1. Preheat oven to 450 degrees. Wash and dry all produce. Cut sweet potatoes into ½-inch-thick wedges. Toss on a baking sheet with a drizzle of oil, salt, and pepper. Roast until browned and tender, 20-25 minutes.
2. Meanwhile, halve and peel onion. Slice as thinly as possible until you have ¼ cup (½ cup for 4 servings); finely chop remaining onion. Peel and finely chop garlic. Halve lime; squeeze juice into a small bowl. Halve buns. Add 1 TBSP butter (2 TBSP for 4) to a separate small microwave-safe bowl; microwave until melted, 30 seconds. Brush onto cut sides of buns.
3. To bowl with lime juice, add sliced onion, ¼ tsp sugar (½ tsp for 4 servings), and a pinch of salt. Stir to combine; set aside to quick-pickle.
4. Heat a drizzle of oil in a large pan over medium-high heat. Add chopped onion and season with salt and pepper. Cook, stirring, until softened, 4-5 minutes. Add garlic and cook until fragrant, 30 seconds more. Add pork and season with salt and pepper. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes.



Bean & Sausage Hotpot

CATEGORY: MISCELLANEOUS | ORIGIN: BRITISH

Ingredients

- **8 large** Sausages
- **1 Jar** Tomato Sauce
- **1200g** Butter Beans
- **1 tbs** Black Treacle
- **1 tsp** English Mustard

Instructions

1. In a large casserole, fry the sausages until brown all over – about 10 mins.
2. Add the tomato sauce, stirring well, then stir in the beans, treacle or sugar and mustard. Bring to the simmer, cover and cook for 30 mins. Great served with crusty bread or rice.



BeaverTails

CATEGORY: DESSERT | ORIGIN: CANADIAN

Ingredients

- **1/2 cup** Water
- **2 parts** Yeast
- **1/2 cup** Sugar
- **1/2 cup** Milk
- **6 tblsp** Butter
- **2** Eggs
- **1 ½ tsp** Salt
- **2-1/2 cups** Flour
- **for frying** Oil
- **garnish** Lemon
- **garnish** Sugar
- **garnish** Cinnamon

Instructions

1. In the bowl of a stand mixer, add warm water, a big pinch of sugar and yeast. Allow to sit until frothy.
2. Into the same bowl, add 1/2 cup sugar, warm milk, melted butter, eggs and salt, and whisk until combined.
3. Place a dough hook on the mixer, add the flour with the machine on, until a smooth but slightly sticky dough forms.
4. Place dough in a bowl, cover with plastic wrap, and allow to proof for 1 1/2 hours.
5. Cut dough into 12 pieces, and roll out into long oval-like shapes about 1/4 inch thick that resemble a beaver's tail.
6. In a large, deep pot, heat oil to 350 degrees. Gently place beavertail dough into hot oil and cook for 30 to 45 seconds on each side until golden brown.
7. Drain on paper towels, and garnish as desired. Toss in cinnamon sugar, in white sugar with a squeeze of lemon, or with a generous slathering of Nutella and a handful of toasted almonds. Enjoy!



Beef and Broccoli Stir-Fry

CATEGORY: BEEF | ORIGIN: CHINESE

Ingredients

- **1 tsp** Soy Sauce
- **1 tsp** Dry sherry
- **1/2 tsp** Cornstarch
- **1/8 teaspoon** Black Pepper
- **1 lb** Sirloin steak
- **2 tablespoons** Oyster Sauce
- **1 tsp** Dry sherry
- **1 tablespoon** Soy Sauce
- **1/4 cup** Chicken Stock
- **1 lb** Broccoli
- **2 tablespoons** High Heat Cooking Oil
- **2 cloves minced** Garlic
- **1 tsp** Cornstarch
- **1 tablespoon** Water

Instructions

1. Marinate the beef:
2. Stir together the beef marinade ingredients (1 teaspoon soy sauce, 1 teaspoon Chinese rice wine, 1/2 teaspoon cornstarch, 1/8 teaspoon black pepper) in a medium bowl.
3. Add the beef slices and stir until coated. Let stand for 10 minutes.
4. Prepare the sauce:
5. Stir together the sauce ingredients (2 tablespoons oyster sauce, 1 teaspoon Chinese rice wine, 1 teaspoon soy sauce, 1/4 cup chicken broth) in a small bowl. Set aside.
6. Blanch or steam the broccoli:
7. Bring a pot of water to a boil. Add the broccoli and cook until crisp-tender, about 2 minutes. Drain thoroughly.
8. Stir-fry the beef:
9. Heat a large frying pan or wok over high heat until a bead of water sizzles and instantly evaporates upon contact. Add the cooking oil and swirl to coat.



Beef and Mustard Pie

CATEGORY: BEEF | ORIGIN: BRITISH

Ingredients

- **1kg** Beef
- **2 tbs** Plain Flour
- **2 tbs** Rapeseed Oil
- **200ml** Red Wine
- **400ml** Beef Stock
- **1 finely sliced** Onion
- **2 chopped** Carrots
- **3 sprigs** Thyme
- **2 tbs** Mustard
- **2 free-range** Egg Yolks
- **400g** Puff Pastry
- **300g** Green Beans
- **25g** Butter
- **pinch** Salt
- **pinch** Pepper

Instructions

1. Preheat the oven to 150C/300F/Gas 2.
2. Toss the beef and flour together in a bowl with some salt and black pepper.
3. Heat a large casserole until hot, add half of the rapeseed oil and enough of the beef to just cover the bottom of the casserole.
4. Fry until browned on each side, then remove and set aside. Repeat with the remaining oil and beef.
5. Return the beef to the pan, add the wine and cook until the volume of liquid has reduced by half, then add the stock, onion, carrots, thyme and mustard, and season well with salt and pepper.
6. Cover with a lid and place in the oven for two hours.
7. Remove from the oven, check the seasoning and set aside to cool. Remove the thyme.
8. When the beef is cool and you're ready to assemble the pie, preheat the oven to 200C/400F/Gas 6.
9. Transfer the beef to a pie dish, brush the rim with the beaten egg yolks and lay the pastry over the top. Brush the top of the pastry with more beaten egg.



Beef and Oyster pie

CATEGORY: BEEF | ORIGIN: BRITISH

Ingredients

- **900g** Beef
- **3 tbs** Olive Oil
- **3** Shallots
- **2 cloves minced** Garlic
- **125g** Bacon
- **1 tbs chopped** Thyme
- **2** Bay Leaf
- **330ml** Stout
- **400ml** Beef Stock
- **2 tbs** Corn Flour
- **8** Oysters
- **400g** Plain Flour
- **pinch** Salt
- **250g** Butter
- **To Glaze** Eggs

Instructions

1. Season the beef cubes with salt and black pepper. Heat a tablespoon of oil in the frying pan and fry the meat over a high heat. Do this in three batches so that you don't overcrowd the pan, transferring the meat to a large flameproof casserole dish once it is browned all over. Add extra oil if the pan seems dry.
2. In the same pan, add another tablespoon of oil and cook the shallots for 4-5 minutes, then add the garlic and fry for 30 seconds. Add the bacon and fry until slightly browned. Transfer the onion and bacon mixture to the casserole dish and add the herbs.
3. Preheat the oven to 180C/350F/Gas 4.
4. Pour the stout into the frying pan and bring to the boil, stirring to lift any stuck-on browned bits from the bottom of the pan. Pour the stout over the beef in the casserole dish and add the stock. Cover the casserole and place it in the oven for 1½-2 hours, or until the beef is tender and the sauce is reduced.
5. Skim off any surface fat, taste and add salt and pepper if necessary, then stir in the cornflour paste. Put the casserole dish on the hob – don't forget that it will be hot – and simmer for 1-2 minutes, stirring, until



Beef Asado

CATEGORY: BEEF | ORIGIN: FILIPINO

Ingredients

- **1.5kg** Beef
- **1** Beef Stock Concentrate
- **8 ounces** Tomato Puree
- **3 cups** Water
- **6 tablespoons** Soy Sauce
- **1 tbs** White Wine Vinegar
- **2 tbs** Pepper
- **4** Bay Leaf
- **1/2** Lemon
- **2 tbs** Tomato Sauce
- **3 tbs** Butter
- **1/2 cup** Olive Oil
- **1 chopped** Onion
- **4 cloves** Garlic

Instructions

1. 0. Combine beef, crushed peppercorn, soy sauce, vinegar, dried bay leaves, lemon, and tomato sauce. Mix well. Marinate beef for at least 30 minutes.
2. 1. Put the marinated beef in a cooking pot along with remaining marinade. Add water. Let boil.
3. 2. Add Knorr Beef Cube. Stir. Cover the pot and cook for 40 minutes in low heat.
4. 3. Turn the beef over. Add tomato paste. Continue cooking until beef tenderizes. Set aside.
5. 4. Heat oil in a pan. Fry the potato until it browns. Turn over and continue frying the opposite side. Remove from the pan and place on a clean plate. Do the same with the carrots.
6. 5. Save 3 tablespoons of cooking oil from the pan where the potato was fried. Saute onion and garlic until onion softens.
7. 6. Pour-in the sauce from the beef stew. Let boil. Add the beef. Cook for 2 minutes.
8. 7. Add butter and let it melt. Continue cooking until the sauce reduces to half.



Beef Banh Mi Bowls with Sriracha Mayo, Carrot & Pickled Cucumber

CATEGORY: BEEF | ORIGIN: VIETNAMESE

Ingredients

- **White** Rice
- **1** Onion
- **1** Lime
- **3** Garlic Clove
- **1** Cucumber
- **3 oz** Carrots
- **1 lb** Ground Beef
- **2 oz** Soy Sauce

Instructions

1. Add'l ingredients: mayonnaise, sriracha
2. Place rice in a fine-mesh sieve and rinse until water runs clear. Add to a small pot with 1 cup water (2 cups for 4 servings) and a pinch of salt. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15 minutes. Keep covered off heat for at least 10 minutes or until ready to serve.
3. Meanwhile, wash and dry all produce. Peel and finely chop garlic. Zest and quarter lime (for 4 servings, zest 1 lime and quarter both). Trim and halve cucumber lengthwise; thinly slice crosswise into half-moons. Halve, peel, and medium dice onion. Trim, peel, and grate carrot.
4. In a medium bowl, combine cucumber, juice from half the lime, $\frac{1}{4}$ tsp sugar ($\frac{1}{2}$ tsp for 4 servings), and a pinch of salt. In a small bowl, combine mayonnaise, a pinch of garlic, a squeeze of lime juice, and as much sriracha as you'd like. Season with salt and pepper.
5. Heat a drizzle of oil in a large pan over medium-high heat. Add onion and cook, stirring, until softened, 4-5



Beef Bourguignon

CATEGORY: BEEF | ORIGIN: FRENCH

Ingredients

- **3 tsp** Goose Fat
- **600g** Beef Shin
- **100g** Bacon
- **350g** Challots
- **250g** Chestnut Mushroom
- **2 sliced** Garlic Clove
- **1** Bouquet Garni
- **1 tbs** Tomato Puree
- **750 ml** Red Wine
- **600g** Celeriac
- **2 tbs** Olive Oil
- **sprigs of fresh** Thyme
- **sprigs of fresh** Rosemary
- **2** Bay Leaf
- **4** Cardamom

Instructions

1. Heat a large casserole pan and add 1 tbsp goose fat. Season the beef and fry until golden brown, about 3-5 mins, then turn over and fry the other side until the meat is browned all over, adding more fat if necessary. Do this in 2-3 batches, transferring the meat to a colander set over a bowl when browned.
2. In the same pan, fry the bacon, shallots or pearl onions, mushrooms, garlic and bouquet garni until lightly browned. Mix in the tomato purée and cook for a few mins, stirring into the mixture. This enriches the bourguignon and makes a great base for the stew. Then return the beef and any drained juices to the pan and stir through.
3. Pour over the wine and about 100ml water so the meat bobs up from the liquid, but isn't completely covered. Bring to the boil and use a spoon to scrape the caramelised cooking juices from the bottom of the pan – this will give the stew more flavour.
4. Heat oven to 150C/fan 130C/gas 2. Make a cartouche: tear off a square of foil slightly larger than the casserole, arrange it in the pan so it covers the top of the stew and trim away any excess foil. Then cook for



Beef Brisket Pot Roast

CATEGORY: BEEF | ORIGIN: AMERICAN

Ingredients

- **4-5 pound** Beef Brisket
- **Dash** Salt
- **3** Onion
- **5 cloves** Garlic
- **1 Sprig** Thyme
- **1 sprig** Rosemary
- **4** Bay Leaves
- **2 cups** beef stock
- **3 Large** Carrots
- **1 Tbsp** Mustard
- **4 Mashed** Potatoes

Instructions

1. Prepare the brisket for cooking: On one side of the brisket there should be a layer of fat, which you want. If there are any large chunks of fat, cut them off and discard them. Large pieces of fat will not be able to render out completely.
2. Using a sharp knife, score the fat in parallel lines, about 3/4-inch apart. Slice through the fat, not the beef. Repeat in the opposite direction to make a cross-hatch pattern.
3. Salt the brisket well and let it sit at room temperature for 30 minutes.
4. 2 Sear the brisket: You'll need an oven-proof, thick-bottomed pot with a cover, or Dutch oven, that is just wide enough to hold the brisket roast with a little room for the onions.
5. Pat the brisket dry and place it, fatty side down, into the pot and place it on medium high heat. Cook for 5-8 minutes, lightly sizzling, until the fat side is nicely browned. (If the roast seems to be cooking too fast, turn the heat down to medium. You want a steady sizzle, not a raging sear.)



Beef Caldereta

CATEGORY: BEEF | ORIGIN: FILIPINO

Ingredients

- **2kg cut cubes** Beef
- **1** Beef Stock
- **1 tbs** Soy Sauce
- **2 cups** Water
- **1 sliced** Green Pepper
- **1 sliced** Red Pepper
- **1 sliced** Potatoes
- **1 sliced** Carrots
- **8 ounces** Tomato Puree
- **3 tablespoons** Peanut Butter
- **5** Chilli Powder
- **1 chopped** Onion
- **5 cloves** Garlic
- **3 tbs** Olive Oil

Instructions

0. Heat oil in a cooking pot. Saute onion and garlic until onion softens
1. Add beef. Saute until the outer part turns light brown.
2. Add soy sauce. Pour tomato sauce and water. Let boil.
3. Add Knorr Beef Cube. Cover the pressure cooker. Cook for 30 minutes.
4. Pan-fry carrot and potato until it browns. Set aside.
5. Add chili pepper, liver spread and peanut butter. Stir.
6. Add bell peppers, fried potato and carrot. Cover the pot. Continue cooking for 5 to 7 minutes.
7. Season with salt and ground black pepper. Serve.



Beef Dumpling Stew

CATEGORY: BEEF | ORIGIN: BRITISH

Ingredients

- **2 tbs** Olive Oil
- **25g** Butter
- **750g** Beef
- **2 tblsp** Plain Flour
- **2 cloves minced** Garlic
- **175g** Onions
- **150g** Celery
- **150g** Carrots
- **2 chopped** Leek
- **200g** Swede
- **150ml** Red Wine
- **500g** Beef Stock
- **2** Bay Leaf
- **3 tbs** Thyme
- **3 tblsp chopped** Parsley
- **125g** Plain Flour
- **1 tsp** Baking Powder
- **60g** Suet
- **Splash** Water

Instructions

1. Preheat the oven to 180C/350F/Gas 4.
2. For the beef stew, heat the oil and butter in an ovenproof casserole and fry the beef until browned on all sides.
3. Sprinkle over the flour and cook for a further 2-3 minutes.
4. Add the garlic and all the vegetables and fry for 1-2 minutes.
5. Stir in the wine, stock and herbs, then add the Worcestershire sauce and balsamic vinegar, to taste. Season with salt and freshly ground black pepper.
6. Cover with a lid, transfer to the oven and cook for about two hours, or until the meat is tender.
7. For the dumplings, sift the flour, baking powder and salt into a bowl.
8. Add the suet and enough water to form a thick dough.
9. With floured hands, roll spoonfuls of the dough into small balls.
10. After two hours, remove the lid from the stew and place the balls on top of the stew. Cover return to the



Beef Empanadas

CATEGORY: BEEF | ORIGIN: URUGUAYAN

Ingredients

- **60g** Lard
- **340g** Water
- **1 tsp** Salt
- **600g** All purpose flour
- **3** Tomato
- **1 clove** Garlic
- **1 large** Red Onions
- **Bunch** Spring Onions
- **750g** Sirloin steak
- **1 tablespoon** Dried Oregano
- **1 tsp** Paprika
- **1 tsp** Red Pepper Flakes
- **1 tsp** Parsley
- **To taste** Salt
- **To taste** Pepper
- **3** Egg
- **Splash** Egg Wash
- **Drizzle** Chimichurri sauce

Instructions

1. For the dough place lard, warm water and salt in a large kneading bowl and stir. Add flour and oregano and either knead five minutes by hand or with the kneading function of your machine. Let rest covered for at least half an hour or overnight in the fridge.
2. For the filling place tomatoes for about 30 seconds in boiling water, then cool with cold water and peel of skin and cut into cubes. Press garlic through garlic press, cut onions into cubes. Simmer garlic and onions in some olive oil until translucent. Take out onions and garlic and brown the meat at high heat from all sides. Season with all herbs and add the onions, garlic and tomatoes. Let simmer for a few minutes, add salt, pepper and additional spices to taste. You can prepare the meat the night before, chill in fridge if doing so. Boil eggs and also cut into cubes and mix with prepared meat.
3. Cut dough into half and roll out one half thinly on floured surface. Cut out circles about 12-15cm in diameter. Mine have a diameter of 12.5 cm. Place about 2-4 teaspoons of filling on one circle, put a bit of water all around the edges and fold over the other half so that you get half moons. Be sure to seal the edges



Beef Lo Mein

CATEGORY: BEEF | ORIGIN: CHINESE

Ingredients

- **1/2 lb** Beef
- **pinch** Salt
- **pinch** Pepper
- **2 tsp** Sesame Seed Oil
- **1/2** Egg
- **3 tbs** Starch
- **5 tbs** Oil
- **1/4 lb** Noodles
- **1/2 cup** Onion
- **1 tsp** Minced Garlic
- **1 tsp** Ginger
- **1 cup** Bean Sprouts
- **1 cup** Mushrooms
- **1 cup** Water
- **1 tbs** Oyster Sauce
- **1 tsp** Sugar
- **1 tsp** Soy Sauce

Instructions

1. STEP 1 - MARINATING THE BEEF
2. In a bowl, add the beef, salt, 1 pinch white pepper, 1 Teaspoon sesame seed oil, 1/2 egg, corn starch, 1 Tablespoon of oil and mix together.
3. STEP 2 - BOILING THE THE NOODLES
4. In a 6 qt pot add your noodles to boiling water until the noodles are submerged and boil on high heat for 10 seconds. After your noodles is done boiling strain and cool with cold water.
5. STEP 3 - STIR FRY
6. Add 2 Tablespoons of oil, beef and cook on high heat untill beef is medium cooked.
7. Set the cooked beef aside
8. In a wok add 2 Tablespoon of oil, onions, minced garlic, minced ginger, bean sprouts, mushrooms, peapods and 1.5 cups of water or until the vegetables are submerged in water.
9. Add the noodles to wok
10. To make the sauce, add oyster sauce, 1 pinch white pepper 1 teaspoon sesame seed oil sugar and 1



Beef Mandi

CATEGORY: BEEF | ORIGIN: INDIAN

Ingredients

- **1 kg** Basmati Rice
- **5 Cups** Beef Stock
- **2 medium** Onion
- **5 chopped cloves** Garlic
- **2** Green Chilli
- **1 small** Tomato
- **2 1/2 Tsp** Salt
- **3 tablespoons** Oil
- **1 ½ tsp** Turmeric Powder
- **1/2 tsp** Cardamom
- **1/2 tsp** Cloves
- **1/2 tsp** Bay Leaf

Instructions

1. Wash the beef and cut into large pieces. Season lightly with salt and turmeric.
2. Heat ghee/oil in a large pot. Add sliced onions and sauté until light golden.
3. Add garlic, green chillies, and tomato; cook until softened.
4. Add the mandi spice mix: coriander, cumin, black pepper, cinnamon, cardamom, cloves, and bay leaves.
5. Add beef pieces and stir on medium heat until the meat is well coated with spices.
6. Pour in water or beef stock. Cover and simmer until beef is tender (about 1.5–2 hours depending on cut).
7. Remove beef carefully and set aside. Strain and measure the broth.
8. Add washed, soaked basmati rice to the broth (usually 1 cup rice = 1.5–2 cups liquid). Adjust seasoning and bring to a boil.
9. Lower heat, cover, and cook the rice until fluffy.
10. Place the beef pieces over the rice and steam on low heat for 10 minutes so flavors combine.



Beef Mechado

CATEGORY: BEEF | ORIGIN: FILIPINO

Ingredients

- **3 cloves** Garlic
- **1 sliced** Onion
- **2 Lbs** Beef
- **8 ounces** Tomato Puree
- **1 cup** Water
- **3 tbs** Olive Oil
- **1 Slice** Lemon
- **1 large** Potatoes
- **1/4 cup** Soy Sauce
- **1/2 tsp** Black Pepper
- **2** Bay Leaves
- **To taste** Salt

Instructions

0. Make the beef tenderloin marinade by combining soy sauce, vinegar, ginger, garlic, sesame oil, olive oil, sugar, salt, and ground black pepper in a large bowl. Mix well.
1. Add the cubed beef tenderloin to the bowl with the beef tenderloin marinade. Gently toss to coat the beef. Let it stay for 1 hour.
2. Using a metal or bamboo skewer, assemble the beef kebob by skewering the vegetables and marinated beef tenderloin.
3. Heat-up the grill and start grilling the beef kebobs for 3 minutes per side. This will give you a medium beef that is juicy and tender on the inside. Add more time if you want your beef well done, but it will be less tender.
4. Transfer to a serving plate. Serve with Saffron rice.
5. Share and enjoy!



Beef pho

CATEGORY: BEEF | ORIGIN: VIETNAMESE

Ingredients

- **1 L** Beef Stock
- **1 large** Onion
- **1 Large Chopped** Ginger
- **1** Cinnamon Stick
- **2** Star Anise
- **1 tsp** Coriander Seeds
- **1/2 teaspoon** Cloves
- **225g** Sirloin steak
- **1 tsp** Palm Sugar
- **1 tablespoon** Fish Sauce
- **1 ½ tbsp** Soy Sauce
- **200g** Rice Noodles
- **2 sliced** Spring Onions
- **1 small** Birds-eye Chillies
- **Handful** Basil
- **Handful** Coriander
- **1** Lime

Instructions

1. step 1
2. Tip the beef stock along with 500ml of water into a large saucepan. Sit the onion and ginger in a frying pan over a high heat and char on all sides, around 3-5 mins (you can also do this under your grill). Once charred, add to the beef stock. In the same pan, toast the spices for 2-3 mins and once they begin to smell fragrant, add them to the beef stock as well. Bring the stock to the boil, then turn to a simmer and cook for 30mins before straining.
3. step 2
4. Meanwhile, cut the fat from the steak and wrap in cling film, then put into the freezer for 15 mins – this will make your steak really easy to slice! Slice it thinly, then cover with cling film again and pop into the fridge.
5. step 3
6. Taste the beef stock and use the palm sugar, fish sauce and soy to season. Cook the noodles according to package instructions and split between two bowls, topping each with the sliced beef. Bring the stock to the boil and then pour into the bowls (the heat will



Beef Rendang

CATEGORY: BEEF | ORIGIN: MALAYSIAN

Ingredients

- **1lb** Beef
- **5 tbs** Vegetable Oil
- **1** Cinnamon Stick
- **3** Cloves
- **3** Star Anise
- **3** Cardamom
- **1 cup** Coconut Cream
- **1 cup** Water
- **2 tbs** Tamarind Paste
- **6** Lime
- **1 tbs** Sugar
- **5** Challots

Instructions

1. Chop the spice paste ingredients and then blend it in a food processor until fine.
2. Heat the oil in a stew pot, add the spice paste, cinnamon, cloves, star anise, and cardamom and stir-fry until aromatic. Add the beef and the pounded lemongrass and stir for 1 minute. Add the coconut milk, tamarind juice, water, and simmer on medium heat, stirring frequently until the meat is almost cooked. Add the kaffir lime leaves, kerisik (toasted coconut), sugar or palm sugar, stirring to blend well with the meat.
3. Lower the heat to low, cover the lid, and simmer for 1 to 1 1/2 hours or until the meat is really tender and the gravy has dried up. Add more salt and sugar to taste. Serve immediately with steamed rice and save some for overnight.



Beef stroganoff

CATEGORY: BEEF | ORIGIN: RUSSIAN

Ingredients

- **1 tbs** Olive Oil
- **1** Onions
- **1 clove** Garlic
- **1 tbsp** Butter
- **250g** Mushrooms
- **500g** Beef Fillet
- **1tbsp** Plain Flour
- **150g** Creme Fraiche
- **1 tbsp** English Mustard
- **100ml** Beef Stock
- **Topping** Parsley

Instructions

1. Heat the olive oil in a non-stick frying pan then add the sliced onion and cook on a medium heat until completely softened, so around 15 mins, adding a little splash of water if they start to stick at all. Crush in the garlic and cook for a 2-3 mins further, then add the butter. Once the butter is foaming a little, add the mushrooms and cook for around 5 mins until completely softened. Season everything well, then tip onto a plate.
2. Tip the flour into a bowl with a big pinch of salt and pepper, then toss the steak in the seasoned flour. Add the steak pieces to the pan, splashing in a little oil if the pan looks particularly dry, and fry for 3-4 mins, until well coloured. Tip the onions and mushrooms back into the pan. Whisk the crème fraîche, mustard and beef stock together, then pour into the pan. Cook over a medium heat for around 5 mins. Scatter with parsley, then serve with pappardelle or rice.



Beef Sunday Roast

CATEGORY: BEEF | ORIGIN: BRITISH

Ingredients

- **8 slices** Beef
- **12 florets** Broccoli
- **1 Packet** Potatoes
- **1 Packet** Carrots
- **140g** plain flour
- **4** Eggs
- **200ml** milk
- **drizzle (for cooking)** sunflower oil

Instructions

1. Cook the Broccoli and Carrots in a pan of boiling water until tender.
2. Roast the Beef and Potatoes in the oven for 45mins, the potatoes may need to be checked regularly to not overcook.
3. To make the Yorkshire puddings:
4. Heat oven to 230C/fan 210C/gas 8. Drizzle a little sunflower oil evenly into 2 x 4-hole Yorkshire pudding tins or a 12-hole non-stick muffin tin and place in the oven to heat through
5. To make the batter, tip 140g plain flour into a bowl and beat in four eggs until smooth. Gradually add 200ml milk and carry on beating until the mix is completely lump-free. Season with salt and pepper. Pour the batter into a jug, then remove the hot tins from the oven. Carefully and evenly pour the batter into the holes. Place the tins back in the oven and leave undisturbed for 20-25 mins until the puddings have puffed up and browned. Serve immediately.
6. Plate up and add the Gravy as desired.



Beef Wellington

CATEGORY: BEEF | ORIGIN: BRITISH

Ingredients

- **400g** mushrooms
- **1-2tbsp** English Mustard
- **Dash** Olive Oil
- **750g piece** Beef Fillet
- **6-8 slices** Parma ham
- **500g** Puff Pastry
- **Dusting** Flour
- **2 Beaten** Egg Yolks

Instructions

1. Put the mushrooms into a food processor with some seasoning and pulse to a rough paste. Scrape the paste into a pan and cook over a high heat for about 10 mins, tossing frequently, to cook out the moisture from the mushrooms. Spread out on a plate to cool.
2. Heat in a frying pan and add a little olive oil. Season the beef and sear in the hot pan for 30 secs only on each side. (You don't want to cook it at this stage, just colour it). Remove the beef from the pan and leave to cool, then brush all over with the mustard.
3. Lay a sheet of cling film on a work surface and arrange the Parma ham slices on it, in slightly overlapping rows. With a palette knife, spread the mushroom paste over the ham, then place the seared beef fillet in the middle. Keeping a tight hold of the cling film from the edge, neatly roll the Parma ham and mushrooms around the beef to form a tight barrel shape. Twist the ends of the cling film to secure. Chill for 15-20 mins to allow the beef to set and keep its shape.
4. Roll out the puff pastry on a floured surface to a large rectangle, the thickness of a £1 coin. Remove the cling film from the beef, then lay in the centre. Brush the

Beetroot & red cabbage sauerkraut

CATEGORY: VEGETARIAN | ORIGIN: POLISH

Ingredients

- **320g** Beetroot
- **450g** Red Cabbage
- **1 small** Onion
- **2 tsp** Caraway Seed
- **1 tsp** Sea Salt

Instructions

1. step 1
2. Tip all the ingredients into a large bowl, add 1-1½ tsp freshly ground black pepper, then scrunch it all together with your hands for 5 mins. You might want to wear gloves to avoid staining your skin with the beetroot juices.
3. step 2
4. Press the veg down in the bowl with your hands, then cover the surface and up the side of the bowl with a large sheet of compostable cling film or something reusable like a beeswax wrap. Now place another similar-sized bowl on top. Press down hard and add anything heavy (packs of rice or cans work well) to weigh it down so the juices rise to cover the surface. Cover again.
5. step 3
6. Leave to ferment at room temperature for at least five days, but for maximum flavour, leave for one-five weeks (until the bubbling subsides).
7. step 4
8. Check the sauerkraut. After a few days, you will see



Beetroot latkes

CATEGORY: VEGETARIAN | ORIGIN: UKRAINIAN

Ingredients

- **1 tablespoon** Rapeseed Oil
- **4 tablespoons** Greek Yogurt
- **1/2 bag** Mint
- **150g** Rocket
- **130g** Cherry Tomatoes
- **400g** Beetroot
- **1 beaten** Egg
- **1 tablespoon** Plain Flour
- **1 clove finely chopped** Garlic
- **1 tsp** Caraway Seed
- **1/2 teaspoon** Ground Cumin
- **Zest of 1** Lemon

Instructions

1. step 1
2. Heat the oven to 180C/160C fan/gas 4. Make the latkes by combining all of the ingredients.
3. step 2
4. Heat the oil in a large non-stick pan. Spoon in the mixture to make six round latkes. Fry for 4-5 mins on each side, then transfer to a baking sheet and bake for 10 mins.
5. step 3
6. Combine the yogurt and mint in a small bowl. Toss the salad leaves and tomatoes together, then serve the latkes with the mint yogurt and salad.



Beetroot pancakes

CATEGORY: DESSERT | ORIGIN: UKRAINIAN

Ingredients

- **3** Beetroot
- **50 ml** Milk
- **200g** Self-raising Flour
- **1 tsp** Baking Powder
- **2 tablespoons** Maple Syrup
- **1/2 teaspoon** Vanilla Extract
- **3** Egg
- **25g** Butter
- **200g** Frozen Mixed Berries
- **2 tablespoons** Blackcurrant Jam
- **100g** Greek Yogurt

Instructions

1. step 1
2. Put the beetroot in a jug with the milk and blend with a stick blender until smooth. Pour into a bowl with the rest of the pancake ingredients and whisk until smooth and vibrant purple.
3. step 2
4. Put a small knob of butter in a large non-stick frying pan and heat over a medium-low heat until melted and foamy. Now create 3 or 4 pancakes each made from 2 tbsp of the batter. Cook for 2-3 mins then flip over and cook for a further minute until cooked through. Repeat with any remaining batter. Heat oven to lowest setting and keep the pancakes warm in there until needed.
5. step 3
6. Serve with your favourite pancake toppings or make a simple compote by simmering frozen berries in with 1 tbsp blackcurrant jam until bubbling and syrupy (about 5-10 mins). In a small bowl stir together the remaining jam and the yogurt. Stack the cooked pancakes with the yogurt and pour the warm berry compote over the top.



Beetroot Soup (Borscht)

CATEGORY: VEGETARIAN | ORIGIN: UKRAINIAN

Ingredients

- **3** Beetroot
- **4 tbs** Olive Oil
- **1** Chicken Stock Cube
- **6 cups** Water
- **3** Potatoes
- **1 can** Cannellini Beans
- **Garnish** Dill

Instructions

1. Chop the beetroot, add water and stock cube and cook for 15mins. Add the other ingredients and boil until soft. Finally add the beans and cook for 5mins. Serve in the soup pot.



Big Mac

CATEGORY: BEEF | ORIGIN: AMERICAN

Ingredients

- **400g** Minced Beef
- **2 tbs** Olive Oil
- **2** Sesame Seed Burger Buns
- **Chopped** Onion
- **1/4** Iceberg Lettuce
- **2 sliced** Cheese
- **2 large** Dill Pickles
- **1 cup** Mayonnaise
- **2 tsp** White Wine Vinegar
- **Pinch** Pepper
- **2 tsp** Mustard
- **1 1/2 tsp** Onion Salt
- **1 1/2 tsp** Garlic Powder
- **1/2 tsp** Paprika

Instructions

1. For the Big Mac sauce, combine all the ingredients in a bowl, season with salt and chill until ready to use.
2. To make the patties, season the mince with salt and pepper and form into 4 balls using about 1/3 cup mince each. Place each onto a square of baking paper and flatten to form into four x 15cm circles. Heat oil in a large frypan over high heat. In 2 batches, cook beef patties for 1-2 minutes each side until lightly charred and cooked through. Remove from heat and keep warm. Repeat with remaining two patties.
3. Carefully slice each burger bun into three acrossways, then lightly toast.
4. To assemble the burgers, spread a little Big Mac sauce over the bottom base. Top with some chopped onion, shredded lettuce, slice of cheese, beef patty and some pickle slices. Top with the middle bun layer, and spread with more Big Mac sauce, onion, lettuce, pickles, beef patty and then finish with more sauce. Top with burger lid to serve.
5. After waiting half an hour for your food to settle, go for a jog.



Bigos (Hunters Stew)

CATEGORY: PORK | ORIGIN: POLISH

Ingredients

- **2 sliced** Bacon
- **1 lb** Kielbasa
- **1 lb** Pork
- **1/4 cup** Flour
- **3 chopped** Garlic
- **1 Diced** Onion
- **1 1/2 cup** Mushrooms
- **4 cups** Cabbage
- **1 Jar** Sauerkraut
- **1/4 cup** Red Wine
- **1** Bay Leaf
- **1 tsp** Basil
- **1 tsp** Marjoram
- **1 tbs** Paprika
- **1/8 teaspoon** Caraway Seed
- **1 dash** Hotsauce
- **5 Cups** Beef Stock
- **2 tbs** Tomato Puree
- **1 cup** Diced Tomatoes

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Heat a large pot over medium heat. Add the bacon and kielbasa; cook and stir until the bacon has rendered its fat and sausage is lightly browned. Use a slotted spoon to remove the meat and transfer to a large casserole or Dutch oven.
3. Coat the cubes of pork lightly with flour and fry them in the bacon drippings over medium-high heat until golden brown. Use a slotted spoon to transfer the pork to the casserole. Add the garlic, onion, carrots, fresh mushrooms, cabbage and sauerkraut. Reduce heat to medium; cook and stir until the carrots are soft, about 10 minutes. Do not let the vegetables brown.
4. Deglaze the pan by pouring in the red wine and stirring to loosen all of the bits of food and flour that are stuck to the bottom. Season with the bay leaf, basil, marjoram, paprika, salt, pepper, caraway seeds and cayenne pepper; cook for 1 minute.
5. Mix in the dried mushrooms, hot pepper sauce, Worcestershire sauce, beef stock, tomato paste and tomatoes. Heat through just until boiling. Pour the vegetables and all of the liquid into the casserole dish



Bigos (Polish hunter's stew)

CATEGORY: BEEF | ORIGIN: POLISH

Ingredients

- **1 sliced** White Cabbage
- **250ml** Beef Stock
- **100g** Mushrooms
- **2 tablespoons** Lard
- **400g** German Sausages
- **250g** Bacon
- **2 chopped** Onion
- **750g** Beef
- **200g** Prunes
- **1** Bay Leaf
- **2** Cloves
- **12** Peppercorns
- **4** Juniper Berries
- **4** Allspice Berries
- **90 ml** Red Wine
- **2 tablespoons** Tomato Puree

Instructions

1. step 1
2. Put the cabbage in a heavy casserole dish, add the stock and cook over a low heat for about 50 mins, until tender.
3. step 2
4. Cut the soaked mushrooms into strips and save the soaking water. Heat the lard and fry the sausages and bacon, then scoop out, leaving the fat in the pan. Fry the onion in the same pan for 5-8 mins until lightly browned.
5. step 3
6. Add the mushrooms and their liquid along with all the cooked meat, onions and prunes, then cover and cook for 20 mins. Add the spices, red wine and tomato purée and bring to a simmer, then cover and cook for 1 hr. Season well and leave to cool. Will keep covered and chilled for up to two days. Bigos improves in flavour over a couple of days. Leave to cool first. Reheat until piping hot before serving.



Bistek

CATEGORY: BEEF | ORIGIN: FILIPINO

Ingredients

- **1 lb** Beef
- **5 tablespoons** Soy Sauce
- **1** Lemon
- **3 cloves** Garlic
- **3 parts** Onion
- **4 tbs** Olive Oil
- **1 cup** Water
- **1 pinch** Salt

Instructions

0. Marinate beef in soy sauce, lemon (or calamansi), and ground black pepper for at least 1 hour. Note: marinate overnight for best result
1. Heat the cooking oil in a pan then pan-fry half of the onions until the texture becomes soft. Set aside
2. Drain the marinade from the beef. Set it aside. Pan-fry the beef on the same pan where the onions were fried for 1 minute per side. Remove from the pan. Set aside
3. Add more oil if needed. Saute garlic and remaining raw onions until onion softens.
4. Pour the remaining marinade and water. Bring to a boil.
5. Add beef. Cover the pan and simmer until the meat is tender. Note: Add water as needed.
6. Season with ground black pepper and salt as needed. Top with pan-fried onions.
7. Transfer to a serving plate. Serve hot. Share and Enjoy!



Bitterballen (Dutch meatballs)

CATEGORY: BEEF | ORIGIN: DUTCH

Ingredients

- **100g** Butter
- **150g** Flour
- **700ml** Beef Stock
- **30g** Onion
- **1 tbs** Parsley
- **400g** Beef
- **Pinch** Salt
- **Pinch** Pepper
- **Pinch** Nutmeg
- **50g** Flour
- **2 Beaten** Eggs
- **50g** Breadcrumbs

Instructions

1. Melt the butter in a skillet or pan. When melted, add the flour little by little and stir into a thick paste. Slowly stir in the stock, making sure the roux absorbs the liquid. Simmer for a couple of minutes on a low heat while you stir in the onion, parsley and the shredded meat. The mixture should thicken and turn into a heavy, thick sauce.
2. Pour the mixture into a shallow container, cover and refrigerate for several hours, or until the sauce has solidified.
3. Take a heaping tablespoon of the cold, thick sauce and quickly roll it into a small ball. Roll lightly through the flour, then the egg and finally the breadcrumbs. Make sure that the egg covers the whole surface of the bitterbal. When done, refrigerate the snacks while the oil in your fryer heats up to 190C (375F). Fry four bitterballen at a time, until golden.
4. Serve on a plate with a nice grainy or spicy mustard.



Blackberry Fool

CATEGORY: DESSERT | ORIGIN: BRITISH

Ingredients

- **50g** Hazlenuts
- **125g** Butter
- **150g** Caster Sugar
- **Grated** Lemon
- **150g** Plain Flour
- **½ tsp** Baking Powder
- **600g** Blackberries
- **75g** Sugar
- **2 tbs** Caster Sugar
- **1 tbs** Lemon Juice
- **300ml** Double Cream
- **100ml** Yogurt
- **Garnish with** Mint

Instructions

1. For the biscuits, preheat the oven to 200C/180C (fan)/Gas 6 and line two large baking trays with baking parchment. Scatter the nuts over a baking tray and roast in the oven for 6-8 minutes, or until golden-brown. Watch them carefully so that they don't have a chance to burn. Remove from the oven, tip onto a board and leave to cool.
2. Put the butter and sugar in a large bowl and beat with a wooden spoon until light and creamy. Roughly chop the cooled nuts and add to the creamed butter and sugar, along with the lemon zest, flour and baking powder. Stir well until the mixture comes together and forms a ball – you may need to use your hands.
3. Divide the biscuit dough into 24 even pieces and roll into small balls. Place the balls on the prepared baking trays, spaced well apart to allow for spreading.
4. Press the biscuits to flatten to around 1cm/½in thick. Bake the biscuits, one tray at a time, for 12 minutes or until very pale golden-brown. Leave to cool on the trays. They will be very soft when you take them out of the oven, but will crisp as they cool.
5. Store in an airtight tin and eat within five days.



Blini Pancakes

CATEGORY: SIDE | ORIGIN: RUSSIAN

Ingredients

- **1/2 cup** Buckwheat
- **2/3 Cup** Flour
- **1/2 tsp** Salt
- **1 tsp** Yeast
- **1 cup** Milk
- **2 tbs** Butter
- **1 Seperated** Egg

Instructions

1. In a large bowl, whisk together 1/2 cup buckwheat flour, 2/3 cup all-purpose flour, 1/2 teaspoon salt, and 1 teaspoon yeast.
2. Make a well in the center and pour in 1 cup warm milk, whisking until the batter is smooth.
3. Cover the bowl and let the batter rise until doubled, about 1 hour.
4. Enrich and Rest the Batter
5. Stir 2 tablespoons melted butter and 1 egg yolk into the batter.
6. In a separate bowl, whisk 1 egg white until stiff, but not dry.
7. Fold the whisked egg white into the batter.
8. Cover the bowl and let the batter stand 20 minutes.
9. Pan-Fry the Blini
10. Heat butter in a large nonstick skillet over medium heat.
11. Drop quarter-sized dollops of batter into the pan, being careful not to overcrowd the pan. Cook for about 1



Blueberry & lemon friands

CATEGORY: DESSERT | ORIGIN: AUSTRALIAN

Ingredients

- **100g** Unsalted Butter
- **125g** Icing Sugar
- **25g** Flour
- **85g** Almonds
- **3** Egg White
- **1** Unwaxed Lemon
- **85g** Blackberries

Instructions

1. step 1
2. Preheat the oven to fan 180C/conventional 200C/gas
6. Generously butter six non-stick friand or muffin tins. Melt the butter and set aside to cool.
3. step 2
4. Sift the icing sugar and flour into a bowl. Add the almonds and mix everything between your fingers.
5. step 3
6. Whisk the egg whites in another bowl until they form a light, floppy foam. Make a well in the centre of the dry ingredients, tip in the egg whites and lemon rind, then lightly stir in the butter to form a soft batter.
7. step 4
8. Divide the batter among the tins, a large serving spoon is perfect for this job. Sprinkle a handful of blueberries over each cake and bake for 15-20 minutes until just firm to the touch and golden brown.
9. step 5
10. Cool in the tins for 5 minutes, then turn out and cool on a wire rack. To serve, dust lightly with icing sugar.



Borsch

CATEGORY: BEEF | ORIGIN: UKRAINIAN

Ingredients

- **1kg** Beef Shin
- **1** Onion
- **1** Bay Leaf
- **2.5kg** Potatoes
- **2 tablespoons** Sunflower Oil
- **1 Diced** Onion
- **1** Carrots
- **200g** Beetroot
- **1 chopped** Red Pepper
- **200g** Tinned Tomatos
- **6** Prunes
- **1/2** White Cabbage
- **400g** Kidney Beans
- **100 ml** Creme Fraiche
- **Bunch** Dill
- **To serve** Crusty Bread

Instructions

1. step 1
2. To make the stock, put the meat, whole onion, bay leaf and 2 litres of lightly salted cold water in a large saucepan. Cook over a very low heat for 1 hr 30 mins or until the beef shin is soft and falls apart easily – this can take up to 3 hrs. Skim off the scum with a spoon from time to time. Break up any larger pieces of beef into the broth, remove the whole onion and discard.
3. step 2
4. Add the potatoes to the borscht, season well with salt and pepper and cook for 10-15 mins until tender. Meanwhile, heat the sunflower oil in a large, deep frying pan. Add the diced onion and carrot, and cook over a medium heat, stirring, until the carrot is soft and is about to start caramelising.
5. step 3
6. Add the beetroot and cook for around 5 mins, stirring occasionally. Add the red pepper, if using, and cook for another 2 mins, then add the tomatoes and prunes, stir, then increase the heat and boil to reduce slightly,



Boulangère Potatoes

CATEGORY: SIDE | ORIGIN: FRENCH

Ingredients

- **2 finely chopped** Onions
- **sprigs of fresh** Thyme
- **2 tbs** Olive Oil
- **1.5kg** Potatoes
- **425g** Vegetable Stock

Instructions

1. Heat oven to 200C/fan 180C/gas 6. Fry the onions and thyme sprigs in the oil until softened and lightly coloured (about 5 mins).
2. Spread a layer of potatoes over the base of a 1.5-litre oiled gratin dish. Sprinkle over a few onions (see picture, above) and continue layering, finishing with a layer of potatoes. Pour over the stock and bake for 50-60 mins until the potatoes are cooked and the top is golden and crisp.



Boxty Breakfast

CATEGORY: PORK | ORIGIN: IRISH

Ingredients

- **4 large** Potatoes
- **1 bunch** Spring Onions
- **100g** Plain Flour
- **1** Egg White
- **150ml** Milk
- **1 tsp** Bicarbonate Of Soda
- **3 tbs** Butter
- **2 tbs** Vegetable Oil
- **6** Cherry Tomatoes
- **12** Bacon
- **6** Egg

Instructions

1. STEP 1
2. Before you start, put your oven on its lowest setting, ready to keep things warm. Peel the potatoes, grate 2 of them, then set aside. Cut the other 2 into large chunks, then boil for 10-15 mins or until tender. Meanwhile, squeeze as much of the liquid from the grated potatoes as you can using a clean tea towel. Mash the boiled potatoes, then mix with the grated potato, spring onions and flour.
3. STEP 2
4. Whisk the egg white in a large bowl until it holds soft peaks. Fold in the buttermilk, then add the bicarbonate of soda. Fold into the potato mix.
5. STEP 3
6. Heat a large non-stick frying pan over a medium heat, then add 1 tbsp butter and some of the oil. Drop 3-4 spoonfuls of the potato mixture into the pan, then gently cook for 3-5 mins on each side until golden and crusty. Keep warm on a plate in the oven while you cook the next batch, adding more butter and oil to the pan before you do so. You will get 16 crumpet-size



Braised Beef Chilli

CATEGORY: BEEF | ORIGIN: MEXICAN

Ingredients

- **1kg** Beef
- **3** Onions
- **4 cloves** Garlic
- **Dash** Olive oil
- **300g** Chorizo
- **2 tsp** Cumin
- **2 tsp** Allspice
- **1 tsp** Cloves
- **1 large** Cinnamon stick
- **3** Bay Leaves
- **2 tsp dried** Oregano
- **2 ancho** Ancho Chillies
- **3 tbsp** Balsamic Vinegar
- **2 x 400g** Plum Tomatoes
- **2 tbsp** Tomato Ketchup
- **2 tbsp** Dark Brown Sugar
- **2 x 400g tins** Borlotti Beans

Instructions

1. Preheat the oven to 120C/225F/gas mark 1.
2. Take the meat out of the fridge to de-chill. Pulse the onions and garlic in a food processor until finely chopped. Heat 2 tbsp olive oil in a large casserole and sear the meat on all sides until golden.
3. Set to one side and add another small slug of oil to brown the chorizo. Remove and add the onion and garlic, spices, herbs and chillies then cook until soft in the chorizo oil. Season with salt and pepper and add the vinegar, tomatoes, ketchup and sugar.
4. Put all the meat back into the pot with 400ml water (or red wine if you prefer), bring up to a simmer and cook, covered, in the low oven.
5. After 2 hours, check the meat and add the beans. Cook for a further hour and just before serving, pull the meat apart with a pair of forks.



Braised stuffed cabbage

CATEGORY: VEGETARIAN | ORIGIN: POLISH

Ingredients

- **6 large** Cabbage Leaves
- **2 tablespoons** Olive Oil
- **1 chopped** Onion
- **2 tsp** Rosemary
- **1 chopped** Celery
- **140g** Basmati Rice
- **140g** Cooked Chestnut
- **50g** Cranberry
- **300ml** Vegetable Stock
- **1 tablespoon** Balsamic Vinegar
- **1 tsp** Clear Honey

Instructions

1. step 1
2. Heat oven to 180C/fan 160C/gas 4. Remove the tough central stalk from the cabbage leaves. Bring a large pan of salted water to the boil, add the cabbage, then cook for just 1-2 mins until the leaves are starting to wilt. Drain and refresh under cold running water. Drain well, then pat dry with a tea towel.
3. step 2
4. Heat the oil in a pan, add the onion, then fry for 5 mins until slightly browned. Add the rosemary and celery, then cook for 8 mins more. Stir in the rice, then cook for a min or so until the grains are glistening. Remove from the heat, stir in the chestnuts and cranberries, then season.
5. step 3
6. Spoon a little stuffing onto a cabbage leaf, roll up and fold in the sides to enclose the filling. Put in a single layer in a large, oiled, shallow ovenproof dish with the join underneath. Fill the remaining leaves in the same way. Mix the stock, vinegar and honey, then pour over the cabbage. Cover the dish tightly with foil, bake for 1



Bread and Butter Pudding

CATEGORY: DESSERT | ORIGIN: BRITISH

Ingredients

- **25g/1oz** butter
- **8 thin slices** bread
- **50g/2oz** sultanas
- **2 tsp** cinnamon
- **350ml/12fl** milk
- **50ml/2fl oz** double cream
- **2 free-range** eggs
- **25g/1oz** sugar
- **grated, to taste** nutmeg

Instructions

1. Grease a 1 litre/2 pint pie dish with butter.
2. Cut the crusts off the bread. Spread each slice with on one side with butter, then cut into triangles.
3. Arrange a layer of bread, buttered-side up, in the bottom of the dish, then add a layer of sultanas. Sprinkle with a little cinnamon, then repeat the layers of bread and sultanas, sprinkling with cinnamon, until you have used up all of the bread. Finish with a layer of bread, then set aside.
4. Gently warm the milk and cream in a pan over a low heat to scalding point. Don't let it boil.
5. Crack the eggs into a bowl, add three quarters of the sugar and lightly whisk until pale.
6. Add the warm milk and cream mixture and stir well, then strain the custard into a bowl.
7. Pour the custard over the prepared bread layers and sprinkle with nutmeg and the remaining sugar and leave to stand for 30 minutes.
8. Preheat the oven to 180C/355F/Gas 4.
9. Place the dish into the oven and bake for 30-40

#76



Bread omelette

CATEGORY: BREAKFAST | ORIGIN: INDIAN

Ingredients

- **2** Bread
- **2** Egg
- **0.5** Salt

Instructions

1. Make and enjoy



Breakfast Potatoes

CATEGORY: BREAKFAST | ORIGIN: CANADIAN

Ingredients

- **3 Medium** Potatoes
- **1 tbs** Olive Oil
- **2 strips** Bacon
- **Minced** Garlic Clove
- **1 tbs** Maple Syrup
- **Garnish** Parsley
- **Pinch** Salt
- **Pinch** Pepper
- **To taste** Allspice

Instructions

1. Before you do anything, freeze your bacon slices that way when you're ready to prep, it'll be so much easier to chop!
2. Wash the potatoes and cut medium dice into square pieces. To prevent any browning, place the already cut potatoes in a bowl filled with water.
3. In the meantime, heat 1-2 tablespoons of oil in a large skillet over medium-high heat. Tilt the skillet so the oil spreads evenly.
4. Once the oil is hot, drain the potatoes and add to the skillet. Season with salt, pepper, and Old Bay as needed.
5. Cook for 10 minutes, stirring the potatoes often, until brown. If needed, add a tablespoon more of oil.
6. Chop up the bacon and add to the potatoes. The bacon will start to render and the fat will begin to further cook the potatoes. Toss it up a bit! The bacon will take 5-6 minutes to crisp.
7. Once the bacon is cooked, reduce the heat to medium-low, add the minced garlic and toss. Season once more. Add dried or fresh parsley. Control heat as



Brie wrapped in prosciutto & brioche

CATEGORY: SIDE | ORIGIN: FRENCH

Ingredients

- **375g** Plain Flour
- **50g** Caster Sugar
- **7g** Yeast
- **75g** Milk
- **3 Large** Eggs
- **To Glaze** Eggs
- **180g** Butter
- **250g** Brie
- **8 slices** Prosciutto

Instructions

1. Mix the flour, 1 tsp salt, caster sugar, yeast, milk and eggs together in a mixer using the dough attachment for 5 mins until the dough is smooth. Add the butter and mix for a further 4 mins on medium speed. Scrape the dough bowl and mix again for 1 min. Place the dough in a container, cover with cling film and leave in the fridge for at least 6 hrs before using.
2. Wrap the Brie in the prosciutto and set aside. Turn out the dough onto a lightly floured surface. Roll into a 25cm circle. Place the wrapped Brie in the middle of the circle and fold the edges in neatly. Put the parcel onto a baking tray lined with baking parchment and brush with beaten egg. Chill in the fridge for 30 mins, then brush again with beaten egg and chill for a further 30 mins. Leave to rise for 1 hr at room temperature. Heat oven to 200C/180C fan/gas 6, then bake for 22 mins. Serve warm.



Broccoli & Stilton soup

CATEGORY: STARTER | ORIGIN: BRITISH

Ingredients

- **2 tbsp** Rapeseed Oil
- **1 finely chopped** Onion
- **1** Celery
- **1 sliced** Leek
- **1 medium** Potatoes
- **1 knob** Butter
- **1 litre hot** Vegetable Stock
- **1 Head chopped** Broccoli
- **140g** Stilton Cheese

Instructions

1. Heat the rapeseed oil in a large saucepan and then add the onions. Cook on a medium heat until soft. Add a splash of water if the onions start to catch.
2. Add the celery, leek, potato and a knob of butter. Stir until melted, then cover with a lid. Allow to sweat for 5 minutes. Remove the lid.
3. Pour in the stock and add any chunky bits of broccoli stalk. Cook for 10 – 15 minutes until all the vegetables are soft.
4. Add the rest of the broccoli and cook for a further 5 minutes. Carefully transfer to a blender and blitz until smooth. Stir in the stilton, allowing a few lumps to remain. Season with black pepper and serve.



Brown Stew Chicken

CATEGORY: CHICKEN | ORIGIN: JAMAICAN

Ingredients

- **1 whole** Chicken
- **1 chopped** Tomato
- **2 chopped** Onions
- **2 chopped** Garlic Clove
- **1 chopped** Red Pepper
- **1 chopped** Carrots
- **1** Lime
- **2 tsp** Thyme
- **1 tsp** Allspice
- **2 tbs** Soy Sauce
- **2 tsp** Cornstarch
- **2 cups** Coconut Milk
- **1 tbs** Vegetable Oil

Instructions

1. Squeeze lime over chicken and rub well. Drain off excess lime juice.
2. Combine tomato, scallion, onion, garlic, pepper, thyme, pimento and soy sauce in a large bowl with the chicken pieces. Cover and marinate at least one hour.
3. Heat oil in a dutch pot or large saucepan. Shake off the seasonings as you remove each piece of chicken from the marinade. Reserve the marinade for sauce.
4. Lightly brown the chicken a few pieces at a time in very hot oil. Place browned chicken pieces on a plate to rest while you brown the remaining pieces.
5. Drain off excess oil and return the chicken to the pan. Pour the marinade over the chicken and add the carrots. Stir and cook over medium heat for 10 minutes.
6. Mix flour and coconut milk and add to stew, stirring constantly. Turn heat down to minimum and cook another 20 minutes or until tender.



Brun Lapskaus (Norwegian Beef Vegetable Stew)

CATEGORY: BEEF | ORIGIN: NORWEGIAN

Ingredients

- **2 tbsp** Olive Oil
- **2 Lbs** Beef
- **1** Onion
- **3 Cups** Beef Stock
- **1 small** Swede
- **1** Celery
- **4** Carrots
- **4** Parsley
- **1 lb** Potatoes
- **1/2** Leek
- **Garnish** Parsley

Instructions

1. Heat olive oil in a large pot. Cut beef into 1 inch (2.5 cm) cubes and brown in oil.
2. Dice the onion and add to browning beef. Add the stock and bring to a boil, then lower the heat, cover, and let simmer for about 30 minutes.
3. Peel and cut the rutabaga and celery root into 1 inch (2.5 cm) cubes. Add to the pot, cover, and continue simmering for another 30 minutes.
4. Peel and chop the rest of the vegetables into 1 inch (2.5 cm) cubes and add to the pot. Slice the leek into rings. Cover and continue simmering for about 20 minutes. Stir as little as possible.
5. Top with fresh parsley.



Bryndzové Halušky

CATEGORY: PORK | ORIGIN: SLOVAKIAN

Ingredients

- **500g** Potatoes
- **200g** Plain Flour
- **1** Egg
- **1 teaspoon** Salt
- **250g** Bryndza cheese
- **200g** Bacon
- **Garnish** Chives

Instructions

1. Prepare the Dough
2. Grate the potatoes finely using a hand grater or food processor. Place the grated potatoes in a bowl and mix them with flour, egg, and salt until a sticky dough forms. The consistency should be thick but pliable.
3. Cook the Dumplings
4. Bring a large pot of salted water to a boil. Using a halušky maker (similar to a spaetzle maker), press the dough directly into the boiling water. If you don't have one, use a tilted cutting board and a knife to scrape small pieces of dough into the water.
5. Let the dumplings cook until they float to the surface, usually within 2-3 minutes. Scoop them out with a slotted spoon and set aside in a large bowl.
6. Prepare the Toppings
7. Chop the bacon into small pieces and fry in a skillet over medium heat until crispy. If using a bryndza substitute, mix crumbled feta with a dollop of sour cream to mimic the tangy flavour of traditional Slovak sheep cheese.
8. Assemble the Dish



Budino Di Ricotta

CATEGORY: DESSERT | ORIGIN: ITALIAN

Ingredients

- **500g** Ricotta
- **4 large** Eggs
- **3 tbs** Flour
- **250g** Sugar
- **1 tsp** Cinnamon
- **Grated Zest of 2** Lemons
- **5 tbs** Dark Rum
- **sprinkling** Icing Sugar

Instructions

1. Mash the ricotta and beat well with the egg yolks, stir in the flour, sugar, cinnamon, grated lemon rind and the rum and mix well. You can do this in a food processor. Beat the egg whites until stiff, fold in and pour into a buttered and floured 25cm cake tin. Bake in the oven at 180°C/160°C fan/gas 4 for about 40 minutes, or until it is firm.
2. Serve hot or cold dusted with icing sugar.



Burek

CATEGORY: SIDE | ORIGIN: CROATIAN

Ingredients

- **1 Packet** Filo Pastry
- **150g** Minced Beef
- **150g** Onion
- **40g** Oil
- **Dash** Salt
- **Dash** Pepper

Instructions

1. Fry the finely chopped onions and minced meat in oil. Add the salt and pepper. Grease a round baking tray and put a layer of pastry in it. Cover with a thin layer of filling and cover this with another layer of filo pastry which must be well coated in oil. Put another layer of filling and cover with pastry. When you have five or six layers, cover with filo pastry, bake at 200°C/392°F for half an hour and cut in quarters and serve.



Cabbage Soup (Shchi)

CATEGORY: VEGETARIAN | ORIGIN: RUSSIAN

Ingredients

- **3 tbs** Unsalted Butter
- **1 large** Onion
- **1 medium** Cabbage
- **1** Carrots
- **1** Celery
- **1** Bay Leaf
- **8 cups** Vegetable Stock
- **2 large** Potatoes
- **2 large** Tomatoes
- **Garnish** Sour Cream
- **Garnish** Dill

Instructions

1. Add the butter to a large Dutch oven or other heavy-duty pot over medium heat. When the butter has melted, add the onion and sauté until translucent.
2. Add the cabbage, carrot, and celery. Sauté until the vegetables begin to soften, stirring frequently, about 3 minutes.
3. Add the bay leaf and vegetable stock and bring to a boil over high heat. Reduce the heat to low and simmer, covered, until the vegetables are crisp-tender, about 15 minutes.
4. Add the potatoes and bring it back to a boil over high heat. Reduce the heat to low and simmer, covered, until the potatoes are tender, about 10 minutes.
5. Add the tomatoes (or undrained canned tomatoes) and bring the soup back to a boil over high heat. Reduce the heat to low and simmer, uncovered, for 5 minutes. Season to taste with salt and pepper.
6. Remove and discard the bay leaf from the pot.
7. Serve topped with fresh sour cream and fresh dill.



Cacik

CATEGORY: SIDE | ORIGIN: TURKISH

Ingredients

- **500g** Natural Yoghurt
- **2 tsp** Lemon Juice
- **1 tablespoon** Extra Virgin Olive Oil
- **1 tablespoon** Dried Mint
- **1** Cucumber
- **2 cloves minced** Garlic

Instructions

1. step 1
2. Put a sieve over a large bowl, line it with a thick sheet of non-dyed kitchen paper or a clean muslin cloth, and spoon in the yogurt. Cover with another sheet of kitchen paper and leave to strain in the fridge for a minimum of 12 hrs.
3. step 2
4. Add the lemon juice, most of the olive oil and the dried mint to a bowl and stir well for the dried mint to soften and soak up the juices. Mix in the strained yogurt, then pour away the strained yogurt liquid and leave that bowl to one side.
5. step 3
6. Halve the cucumber(s) lengthways and remove the seeds by running a teaspoon from the top to the bottom of the flesh, halve the cucumbers widthways to make them shorter and easier to handle, then coarsely grate each one into the bowl the yogurt was straining over. Using clean hands (or a clean muslin cloth), squeeze as much of the liquid out of the cucumber as possible.



Cajun spiced fish tacos

CATEGORY: SEAFOOD | ORIGIN: MEXICAN

Ingredients

- **2 tbsp** cajun
- **1 tsp** cayenne pepper
- **4 fillets** white fish
- **1 tsp** vegetable oil
- **8** flour tortilla
- **1 sliced** avocado
- **2 shredded** little gem lettuce
- **4 shredded** Spring Onions
- **1 x 300ml** salsa
- **1 pot** sour cream
- **1** lemon
- **1 clove finely chopped** garlic

Instructions

1. Cooking in a cajun spice and cayenne pepper marinade makes this fish super succulent and flavoursome. Top with a zesty dressing and serve in a tortilla for a quick, fuss-free main that's delightfully summery.
2. On a large plate, mix the cajun spice and cayenne pepper with a little seasoning and use to coat the fish all over.
3. Heat a little oil in a frying pan, add in the fish and cook over a medium heat until golden. Reduce the heat and continue frying until the fish is cooked through, about 10 minutes. Cook in batches if you don't have enough room in the pan.
4. Meanwhile, prepare the dressing by combining all the ingredients with a little seasoning.
5. Soften the tortillas by heating in the microwave for 5-10 seconds. Pile high with the avocado, lettuce and spring onion, add a spoonful of salsa, top with large flakes of fish and drizzle over the dressing.



Callaloo and SaltFish

CATEGORY: SIDE | ORIGIN: JAMAICAN

Ingredients

- **1/2 lb** Salt Cod
- **4** Bacon
- **525g** Callaloo
- **1 chopped** Onion
- **2 chopped** Spring Onions
- **2 cloves minced** Garlic
- **1 chopped** Scotch Bonnet
- **2 chopped** Plum Tomatoes
- **2 sprigs** Thyme
- **1/4 tsp** Black Pepper

Instructions

1. Soak salted fish in water overnight. Next, heat salted fish in water on stove until water boils. You should see a foam on top. Remove from heat and drain. Set aside and shred salted fish once it cools.
2. Cook bacon in skillet over medium heat until crispy. Remove bacon from heat and drain the majority of the bacon grease, leaving about 1 tablespoon in the skillet.
3. Add yellow onion, green onion, scotch bonnet pepper, and garlic to the skillet and stir. Cook for about 2 minutes or until onions soften. Add salted fish to skillet and stir. Cook for about a minute.
4. Next, add callaloo, roma tomatoes, thyme, and black pepper. Stir to combine and cook until heated through, about 2 minutes.
5. Enjoy



Callaloo Jamaican Style

CATEGORY: MISCELLANEOUS | ORIGIN: JAMAICAN

Ingredients

- **1 bunch** Kale
- **2 strips** Bacon
- **3 cloves Chopped** Garlic
- **1 medium** Onion
- **1/2 tsp** Paprika
- **1 Sprig** Thyme
- **1** Tomato
- **1** Red Pepper
- **4** Banana
- **Splash** Vegetable Oil

Instructions

1. Cut leaves and soft stems from the kale branches, them soak in a bowl of cold water for about 5-10 minutes or until finish with prep.
2. Proceed to slicing the onions, mincing the garlic and dicing the tomatoes. Set aside
3. Remove kale from water cut in chunks.
4. Place bacon on saucepan and cook until crispy. Then add onions, garlic, thyme, stir for about a minute or more
5. Add tomatoes; scotch bonnet pepper, smoked paprika. Sauté for about 2-3 more minutes.
6. Finally add vegetable, salt, mix well, and steamed for about 6-8 minutes or until leaves are tender. Add a tiny bit of water as needed. Adjust seasonings and turn off the heat.
7. Using a sharp knife cut both ends off the plantain. This will make it easy to grab the skin of the plantains. Slit a shallow line down the long seam of the plantain; peel only as deep as the peel. Remove plantain peel by pulling it back.
8. Slice the plantain into medium size lengthwise slices



Canadian Butter Tarts

CATEGORY: DESSERT | ORIGIN: CANADIAN

Ingredients

- **375g** Shortcrust Pastry
- **2 large** Eggs
- **175g** Muscovado Sugar
- **100g** Raisins
- **1 tsp** Vanilla Extract
- **50g** Butter
- **4 tsp** Single Cream
- **50g** Walnuts

Instructions

1. Preheat the oven to fan 170C/ conventional 190C/gas
5. Roll out the pastry on a lightly floured surface so it's slightly thinner than straight from the pack. Then cut out 18-20 rounds with a 7.5cm fluted cutter, re-rolling the trimmings. Use the rounds to line two deep 12-hole tart tins (not muffin tins). If you only have a regular-sized, 12-hole tart tin you will be able to make a few more slightly shallower tarts.
2. Beat the eggs in a large bowl and combine with the rest of the ingredients except the walnuts. Tip this mixture into a pan and stir continuously for 3-4 minutes until the butter melts, and the mixture bubbles and starts to thicken. It should be thick enough to coat the back of a wooden spoon. Don't overcook, and be sure to stir all the time as the mixture can easily burn. Remove from the heat and stir in the nuts.
3. Spoon the filling into the unbaked tart shells so it's level with the pastry. Bake for 15-18 minutes until set and pale golden. Leave in the tin to cool for a few minutes before lifting out on to a wire rack. Serve warm or cold.



Carbonada Criolla

CATEGORY: BEEF | ORIGIN: ARGENTINIAN

Ingredients

- **500g** Beef
- **1 chopped** Onion
- **2 chopped** Carrots
- **2 chopped** Potatoes
- **1 small** Pumpkin
- **100g** Dried Apricots
- **2 Litres** Beef Stock
- **To taste** Salt
- **To taste** Pepper

Instructions

1. **Brown the Beef:** In a large pot, brown the beef cubes. Remove and set aside.
2. **Sauté Vegetables:** In the same pot, cook the onion until translucent. Add carrots, potatoes, and pumpkin, cooking for a few minutes.
3. **Simmer:** Return the beef to the pot. Add broth and dried apricots. Season with salt and pepper. Simmer for 1-2 hours, until the beef is tender.
4. **Serve:** Enjoy hot, with a crusty piece of bread.
5. **Pro Tips:**
6. Brown the beef in batches to ensure it gets a good sear, which adds depth to the stew's flavor.
7. Adding the fruits towards the end of cooking preserves their texture and adds a subtle sweetness to the dish.



Caribbean Tamarind balls

CATEGORY: DESSERT | ORIGIN: JAMAICAN

Ingredients

- **16 ounces** Tamarind Pulp
- **1 1/2 cups** Sugar

Instructions

1. Add tamarind pulp and 1 cup granulated sugar to a bowl and mash together with a spoon or fork. Take small amounts of the tamarind and sugar mix and shape them into small balls by rolling them in your hands. Make them the size of a marble or slightly bigger, as you like.
2. Add the remaining sugar to a flat surface, like a plate or a sheet pan. Roll the tamarind balls in granulated sugar until they're well-coated.
3. You can eat the tamarind balls immediately, or you can let them set for a few hours or overnight. Allowing them to set will give them a firmer texture and more crystallized sugar coating. Enjoy.



Carrot Cake

CATEGORY: DESSERT | ORIGIN: BRITISH

Ingredients

- **450ml** Vegetable Oil
- **400g** Plain Flour
- **2 tsp** Bicarbonate Of Soda
- **550ml** Sugar
- **5** Eggs
- **½ tsp** Salt
- **2 tsp** Cinnamon
- **500g grated** Carrots
- **150g** Walnuts
- **200g** Cream Cheese
- **150g** Caster Sugar
- **100g** Butter

Instructions

1. For the carrot cake, preheat the oven to 160C/325F/Gas 3. Grease and line a 26cm/10in springform cake tin.
2. Mix all of the ingredients for the carrot cake, except the carrots and walnuts, together in a bowl until well combined. Stir in the carrots and walnuts.
3. Spoon the mixture into the cake tin and bake for 1 hour 15 minutes, or until a skewer inserted into the middle comes out clean. Remove the cake from the oven and set aside to cool for 10 minutes, then carefully remove the cake from the tin and set aside to cool completely on a cooling rack.
4. Meanwhile, for the icing, beat the cream cheese, caster sugar and butter together in a bowl until fluffy. Spread the icing over the top of the cake with a palette knife.



Cashew Ghoriba Biscuits

CATEGORY: DESSERT | ORIGIN: TUNISIAN

Ingredients

- **250g** Cashew Nuts
- **100g** Icing Sugar
- **2** Egg Yolks
- **2 tbs** Orange Blossom Water
- **To Glaze** Icing Sugar
- **100g** Almonds

Instructions

1. Preheat the oven at 180 C / Gas 4. Line a baking tray with greaseproof paper.
2. In a bowl, mix the cashews and icing sugar. Add the egg yolks and orange blossom water and mix to a smooth homogeneous paste.
3. Take lumps of the cashew paste and shape into small balls. Roll the balls in icing sugar and transfer to the baking tray. Push an almond in the centre of each ghoriba.
4. Bake until the biscuits are lightly golden, about 20 minutes. Keep an eye on them, they burn quickly.



Cassava pizza

CATEGORY: PORK | ORIGIN: VENEZULAN

Ingredients

- **6 cut thick slices** Casabe
- **450g** Tomato Sauce
- **225g** Chorizo
- **225g** Turkey Ham
- **75g** Sweetcorn
- **40g** Green Olives
- **55g** Paprika
- **50g** Mozzarella

Instructions

1. Preheat the oven to 200°C.
2. Cut the bacon or chorizo into medium pieces and the paprika into strips.
3. Spread a little tomato sauce and mozzarella cheese on each portion of cassava.
4. Add the bacon or chorizo, corn, turkey ham, some olives and paprika.
5. Bake for 7 to 10 minutes.
6. Remove from the oven and enjoy.



Cevapi Sausages

CATEGORY: BEEF | ORIGIN: CROATIAN

Ingredients

- **500g** Minced Beef
- **250g** Minced Pork
- **1** Onion
- **4 cloves** Garlic
- **3 tblsp chopped** Parsley
- **1 tbs** Paprika
- **3/4 teaspoon** Baking Powder
- **2 tbs** Breadcrumbs
- **3 tbs** Water
- **1** Vegetable Stock Cube
- **1 tsp** Salt
- **1 tsp** Pepper

Instructions

1. Place the ground meat in a bowl. Chop the onion very finely and grate the garlic cloves. Add to the bowl. Add the chopped parsley, all sorts of paprika, baking soda, dried breadcrumbs, water, Vegeta, salt, and pepper.
2. Mix well with the hand mixer fitted with the dough hooks. Cover the bowl with cling film/ plastic foil and leave to rest for 1 or 2 hours in the refrigerator.
3. Take portions of the meat mixture, about 50-55 g/ 1.7-1.9 oz/ ¼ cup portions, and form the cevapi. The rolls should be about as thick as your thumb and about 7-10 cm/ 3-4 inches long. I had 18 sausages. The recipe can be easily doubled.
4. Grill the cevapcici on the hot grill pan or on the barbecue for about 12-14 minutes, turning them several times in between, or until brown and cooked through. I checked by cutting one in the middle and then grilling the following batches for the same period of time.
5. Serve hot as suggested above. The cevapcici can be reheated in the oven at 180 degrees Celsius/ 350 degrees Fahrenheit for about 10 minutes or until heated through. Check one. if it is not hot enough. give



Chakchouka

CATEGORY: MISCELLANEOUS | ORIGIN: TUNISIAN

Ingredients

- **4** Tomatoes
- **2 tbs** Olive Oil
- **1 Diced** Onion
- **1 sliced** Red Pepper
- **1 sliced** Green Pepper
- **3 Cloves Crushed** Garlic
- **1 tsp** Cumin
- **1 tsp** Paprika
- **3/4 teaspoon** Salt
- **1/2 teaspoon** Chili Powder
- **4** Eggs

Instructions

1. In a large cast iron skillet or sauté pan with a lid, heat oil over medium high heat. Add the onion and sauté for 2-3 minutes, until softened. Add the peppers and garlic, and sauté for an additional 3-5 minutes. Add the tomatoes, cumin, paprika, salt, and chili powder. Mix well and bring the mixture to a simmer. Reduce the heat to medium low and continue to simmer, uncovered, 10-15 minutes until the mixture has thickened to your desired consistency. (Taste the sauce at this point and adjust for salt and spice, as desired.) Using the back of a spoon, make four craters in the mixture, large enough to hold an egg. Crack one egg into each of the craters. Cover the skillet and simmer for 5-7 minutes, until the eggs have set. Serve immediately with crusty bread or pita.



Challah

CATEGORY: SIDE | ORIGIN: POLISH

Ingredients

- **500g** Strong white bread flour
- **70g** Caster Sugar
- **10g** Yeast
- **2 Beaten** Egg
- **70 ml** Sunflower Oil
- **1 tablespoon** Poppy Seeds

Instructions

1. step 1
2. Combine the yeast, a pinch of the sugar and a couple tablespoons of lukewarm water in a small bowl. Stir to dissolve the yeast, then leave for 10 mins until foamy.
3. step 2
4. Meanwhile, combine the flour, the remaining sugar and 2 tsp fine salt in a large bowl. Make a well in the centre, then add half the beaten egg, the yeast mixture and the oil. Pour in 200ml lukewarm water (it should feel slightly warm to the touch) and stir with a spoon, then mix using one hand, keeping the other clean while you bring the dough together. If there are a lot of very dry bits, gradually add a little water to just bring it together – you don't want it to get too wet and sticky. The dough should be moist, but not soggy.
5. step 3
6. Once the dough has come together, turn it out onto a lightly floured surface. Knead using both hands for 10 mins until smooth and a bit springy. If it gets very sticky, add a very small amount of flour – as little as possible. A dough scraper is useful if the dough is



Cheese Borek

CATEGORY: SIDE | ORIGIN: ALGERIAN

Ingredients

- **1 beaten** Egg
- **1 bunch** Parsley
- **2 cloves minced** Garlic
- **3/4 teaspoon** Red Pepper
- **6 oz** Gouda Cheese
- **6 oz** Emmentaler Cheese
- **12** Phyllo Dough
- **1 1/2 cups** Unsalted Butter

Instructions

1. In a medium bowl, whisk together egg, parsley, garlic and crushed red pepper. Mix in Gouda and Emmentaler.
2. One sheet at a time, place phyllo dough on a flat surface and brush with about 1 tablespoon butter. Cut lengthwise into 4 strips. Place a rounded teaspoon of the egg mixture at one end of each strip. Fold corner of strip over the filling, forming a triangular fold. Continue folding the length of the strip in triangular folds to form a small stuffed triangle. Repeat with remaining phyllo dough.
3. Preheat oven to 350 degrees F (175 degrees C). Lightly butter a large baking sheet.
4. Arrange stuffed phyllo triangles in a single layer on the prepared baking sheet. Bake in the preheated oven 30 minutes, or until lightly browned. Serve warm



Chelsea Buns

CATEGORY: DESSERT | ORIGIN: BRITISH

Ingredients

- **500g** White Flour
- **1 tsp** Salt
- **7g** Yeast
- **300ml** Milk
- **40g** Butter
- **1** Eggs
- **Dash** Vegetable Oil
- **25g** Butter
- **75g** Brown Sugar
- **2 tsp** Cinnamon
- **150g** Dried Fruit
- **2 tbs** Milk
- **2 tbs** Caster Sugar

Instructions

1. Sift the flour and salt into a large bowl. Make a well in the middle and add the yeast.
2. Meanwhile, warm the milk and butter in a saucepan until the butter melts and the mixture is lukewarm.
3. Add the milk mixture and egg to the flour mixture and stir until the contents of the bowl come together as a soft dough. (You may need to add a little extra flour.)
4. Tip the dough onto a generously floured work surface. Knead for five minutes, adding more flour if necessary, until the dough is smooth and elastic and no longer feels sticky.
5. Lightly oil a bowl with a little of the vegetable oil. Place the dough into the bowl and turn until it is covered in the oil. Cover the bowl with cling film and set aside in a warm place for one hour, or until the dough has doubled in size.
6. Lightly grease a baking tray.
7. For the filling, knock the dough back to its original size and turn out onto a lightly floured work surface. Roll the dough out into a rectangle 0.5cm/¼in thick. Brush all over with the melted butter, then sprinkle over the