



THE GNS GLOBE-TROTTER'S COOKBOOK

*CULINARY TREASURES FROM
AROUND THE WORLD*





The Globe-Trotter's Cookbook

Culinary Treasures from Around the World

The **Globe-Trotter's Cookbook** is truly a global GNS employee initiative.

GNS employees worldwide have shared their favorite recipes and stories, which have been compiled into this rich and amusing culinary collection.

This initiative has been brought to you by the NSB Diversity and ESAT teams in coordination with the GNS Regional ESAT teams.



Peter Godfrey, President GNS, whips up his favorite snack!



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VEGETARIAN COOCOO

FROM SAMAN JEBELI-JAVAN

APIA

Iran.

Can be treated as an appetizer or side-dish.

INGREDIENTS

- ❖ 3 medium potatoes
- ❖ 1 small onion (grated)
- ❖ 2 eggs
- ❖ Pinch of salt
- ❖ Pepper (optional)
- ❖ 2-4 table spoons olive oil

PREPARATION

[15-30 Minutes]

Boil potatoes, peel them and then mash them together in a mixing bowl. Mix them with the rest of the ingredients.

Heat oil in frying pan with on full setting. Place one table spoon of mix in pan. Flatten out a bit and fry on both sides until golden brown.

Repeat until mix is completely finished.

That's it - Coocoo a quick vegetarian side dish good with Lebanese bread and vegetables or rice and curry/casserole dish.

Serves 2-4



CHOPPED LIVER

FROM GILLIAN H LYONS
EMEA

Europe - Traditional Chicken Chopped Liver

INGREDIENTS

- ❖ 2-4 Tablespoons of vegetable oil - chicken if possible
- ❖ 1 pound chicken livers
- ❖ 1 large onion - Spanish if possible or 4 medium onions (about 1 pound) peeled and chopped
- ❖ 2 hard boiled eggs
- ❖ Salt
- ❖ Freshly ground black pepper

PREPARATION

[30 Minutes]

Gently heat the oil in a heavy pan (I use just a normal frying pan) over medium heat.

Add the chopped onion and cook over a low heat until soft and beginning to caramelize.

Add the chicken livers in batches and cook thoroughly until no trace of pink remains. Cool.

Put the onions and livers together in a food processor using a few very short pulses – be careful not to make a paste.

Then finely chop 3 of the eggs separately and add by hand to the mixture. Give one more quick pulse in the processor to mix.

Season the mixture with a reasonable amount of salt and pepper, to taste.

Put into any shaped dish and finally, take the 4th boiled egg finely grate and sprinkle carefully onto of the chopped liver mixture.

Chill in the refrigerator for a while.

Serve with traditional Matzos or crackers as a starter or snack at any time.

Serves 8-10



FETA CHEESE SPREAD

FROM SANDRA J MAY

NORTH AMERICA

Greek

INGREDIENTS

- ❖ 1 ½ cup of feta cheese
- ❖ ½ milk
- ❖ Oregano
- ❖ Red pepper flakes
- ❖ 1 cup toasted walnuts
- ❖ Handful of fresh parsley
- ❖ One small clove garlic

PREPARATION

[10 Minutes]

Mix everything in a food processor until blended well, serve on pitas spread with roasted garlic.

Serves 8-10



CORN FRITTERS

FROM AILEEN McCARDLE

APP

This breakfast was created after extensive testing and trial and error.

INGREDIENTS

- ❖ 2 eggs (preferably free range from happy chickens)
- ❖ 1 cup milk
- ❖ 1.5 cups self raising flour
- ❖ 1x 400g can of creamed corn
- ❖ 1x 400g can of corn kernels
- ❖ 1/2 teaspoon cumin powder
- ❖ 1/4 teaspoon salt
- ❖ 1/2 teaspoon fresh ground black pepper
- ❖ 1/2 cup fresh coriander (cilantro)
- ❖ 4 tablespoons sweet chili sauce or to taste

PREPARATION

[15 Minutes]

Whisk milk and eggs, add flour and remaining ingredients to form a thick batter.

Fry on a hot griddle or pan for 2-3 minutes per side until cooked.

To serve:

Rocket leaves, smoked salmon and sour cream, or avocado and bacon.

Makes 10 Pancakes

Serves 4-5



EMPAÑADAS

FROM JORGE A VARGAS

JAC

Columbia

INGREDIENTS

Filling:

- ❖ 1 lb. Ground Beef
- ❖ 3 onions, minced
- ❖ 1 large can Tomato Sauce
- ❖ Salt and Pepper to Taste
- ❖ 2 1/2 tsp. Grandma's Spanish seasoning (chili powder)
- ❖ 1 tsp. cumin powder

Dough:

- ❖ 3 c. flour
- ❖ 3 tsp. baking powder
- ❖ 1 1/2 Tbsp. shortening
- ❖ 1 1/2 tsp. salt
- ❖ 1 c. milk

PREPARATION

Brown beef and onion. Add tomato sauce and spices. Simmer 1/2 hour. Add approximately 2 tablespoons flour to thicken. Let cool.

Mix dough ingredients well. Form into small balls. Roll into 6 inch circles. Put filling on one side, fold over and seal edges real good. Deep fry until browned.



CHICKEN PICK UP STIX

FROM MARIYAH M BADANI

NORTH AMERICA

Handed down by Mum. Bohra food tends to be a fusion of various cuisines such as Chinese, Mexican and Thai due to the similarity in the herbs and spices used. The use of peanut butter in this recipe is a variation of the actual use of ground peanuts and cashews... to keep up with the need to speed up the preparation process.

INGREDIENTS

- ❖ 6 boneless skinless chicken breasts
- ❖ 3 table spoon peanut butter
- ❖ 2 table spoon ginger (Freshly grated and crushed)
- ❖ 2 cloves Garlic (Freshly grated and crushed)
- ❖ 2 crushed hot green chillies
- ❖ Finely chopped coriander and mint leaves
- ❖ 1 table spoon soya sauce
- ❖ 2 table spoon honey
- ❖ 1 sliced onion
- ❖ 2 table spoon lemon
- ❖ Half cup water
- ❖ Chili powder to taste
- ❖ Salt to taste

PREPARATION

[3 Hours Marination/10 Minutes Prep/30 Minutes Cooking]

Cooking Instructions:

Cut chicken in to 1" cubes.

Peel and crush the ginger.

Combine slices of onion, crushed ginger, garlic, chilli, coriander and mint leaves, soya sauce, peanut butter, lemon, honey, chili powder, salt and water.

Mix them properly and leave the chicken for marinating in the prepared marinade for 2-3 hrs.

Arrange chicken pieces in an oven proof dish and bake it for 20- 30mins.

Serving Instructions:

While serving serve the chicken with tooth picks/cocktail sticks pierced in it.

Serves 6



MEXICAN DIP

FROM PETER GODFREY

EMEA

Always been in the family - probably sent from relations in Australia.

INGREDIENTS

- ❖ 1 tin of El Paso refried beans (435 gms)
- ❖ 1 jar of hot chilli sauce (240 gms)
- ❖ 2 soft avocados (to make a guacamole or you can buy a tub of ready made)
- ❖ Large carton of sour cream
- ❖ Grated Red Leicester cheese - just enough for the top layer
- ❖ Black Olives for decoration
- ❖ 1 dish - 11"x7" x 1.5" deep

PREPARATION

[15 Minutes Prep/2-3 Hours Refrigeration]

Preparation is very easy – all you do is:

Layer the ingredients in the dish in the following order:

1. 1 layer of refried beans (mashed)
2. 1 layer of chilli sauce
3. 1 layer of guacamole
4. 1 layer of sour cream
5. 1 layer of grated red Leicester cheese
6. Lastly, black olives to decorate

Chill in refrigerator for about 2-3 hours.

Do not make the day before as avocado will discolour.

Serve with tortilla chips and crudities.

Serves 6



CARROT & ORANGE SOUP

FROM KITTY I NEUMARK NORTH AMERICA

Belize - Delicious soup for a cold, fall day! Add a little ginger for an extra kick!

INGREDIENTS

- ❖ 1 stick (1/2 cup) unsalted butter
- ❖ 5 carrots (~3/4 pound), chopped course
- ❖ 3 celery ribs, chopped course
- ❖ 1 small onion, chopped course
- ❖ 1 navel orange, peel & pith cut away with a serrated knife and sections cut free from membranes & chopped course
- ❖ 1 quart chicken broth
- ❖ A large handful fresh basil leaves, washed well and spun dry
- ❖ 2 tablespoons creme fraiche or sour cream

PREPARATION

In a large heavy saucepan melt half of butter over moderately high heat until foam subsides and saute vegetables, stirring constantly, until they begin to soften, ~5 minutes. Add chopped orange sections and broth and bring to a boil. Simmer soup 45 minutes or until vegetables are very tender, and stir in basil and remaining butter.

In a blender, puree soup in batches until smooth and season w/salt and pepper. Pour soup into pan and heat through.

Divide soup among 4 bowls and dollop w/creme fraiche or sour cream.

Serves 4



CHIPOLTE CHICKEN SALAD

FROM VICKY J SAMMONS NORTH AMERICA

Great salad with a "bite" based on the Santa Fe salad from First Watch Restaurant.

INGREDIENTS

- ✿ 3 boned and cubed Chicken Breasts
- ✿ 1/4 tsp of Salt, Pepper, Cayenne Pepper, Red Pepper,
- ✿ Garlic Salt to taste
- ✿ Romaine Lettuce
- ✿ 1/2 to 1 cup Chipolte Salad Dressing

Optional Garnish

- ✿ Croutons
- ✿ Mexican Cheese
- ✿ Button Mushroooms
- ✿ Black Olives
- ✿ Corn
- ✿ Avacado
- ✿ Black Beans

PREPARATION

[30 Minutes]

Mix lettuce and optional garnishes together. Season and saute chicken breasts. When chicken is cooked, pour chipolte salad dressing over chicken and simmer until dressing is warm. Pour chicken and dressing over salad and mix. Warm dressing will wilt lettuce a little.

Serve with bread sticks.

Serves 4



GREEN CHILE SOUP

FROM VICKY J SAMMONS

NORTH AMERICA

While dining out, my husband and I like to try new dishes and try to analyze the ingredients to try to recreate it at home. Needless to say, with no recipe, there have been some disasters with this approach. I made the Green Chili Soup in an attempt to use some left over pork roast. The soup was an instant success and is easy to fix.

INGREDIENTS

- ❖ 1 lb of pork, beef, or chicken, cubed and browned
- ❖ 5-7 peeled and cubed potatoes
- ❖ 2 16 oz cans of chicken or beef broth (use beef broth with pork or beef)
- ❖ 1 16 oz can stewed tomatoes
- ❖ 1 11 oz can corn (do not use cream corn)
- ❖ 1 4 oz can diced Green Chilies
- ❖ 1 28 oz can Green Enchilada Sauce
- ❖ 1 tsp Salt
- ❖ 1 tsp Pepper
- ❖ 3 tblsp Onion flakes
- ❖ ½ tsp Cayenne Pepper
- ❖ 1 tblsp Garlic Salt

PREPARATION

Cube meat and cook in skillet until brown. Par boil cubed potatoes and drain. Place all ingredients in a 4-quart pan. Season to taste and cook over medium heat until potatoes are cooked. Serve with heated tortillas.

Serves 4



MARY ANN'S CHAPPING

FROM KARLA A LEIS

NORTH AMERICA

My favorite hand me down fish soup recipe from mom!

INGREDIENTS

Stock Ingredients:

- ✧ 1/2 cup chopped Green Pepper
- ✧ 1/2 cup chopped onion
- ✧ 2 cloves of Garlic (minced)
- ✧ 2 tablespoon Parsely (ground)
- ✧ 1/4 teaspoon basil
- ✧ 1/4 teaspoon grated lemon peal
- ✧ 1/8 teaspoon salt
- ✧ 1/8 teaspoon ground black pepper
- ✧ 1 bay leaf
- ✧ 1/4 cup of favorite white wine (dry)
- ✧ 1/4 cup favorite olive oil
- ✧ 1 can tomatoe soup (12-16oz)
- ✧ 1 can water (use soup can to measure)
- ✧ 2 cans Tomato Sauce (10-12oz)

FISH:

- ✧ 1 pound Halibut (remove bones and skin, cut in bite size chunks)
- ✧ 1 pound Shrimp (recommend medium size-remove shells and devein)
- ✧ 1/2 pound Scallops (prefer sea scallops)
- ✧ 1/2 pound Crab Meat (can use can crab as substitute)

PREPARATION

[2 Hours]

Put all items of "Stock Ingredients" above into large cooking pot (with lid). Bring ingredients to a boil, turn down and simmer (low heat) for 1 hour. Clean and prepare fish ingredients and set off to the side. After one hour add all FISH to the stock and cook an additional 10 minutes (DO NOT OVER COOK THE FISH). Spoon into bowls and serve with warm bread! good stuff!

Serves 4-6



ITALIAN SAUSAGE & TORTELLINI SOUP

FROM KIRBY STAHOVIAK NORTH AMERICA

A loaf of bread, a tossed salad and a bowl of this hearty soup makes a great dinner for a cold winter evening.

INGREDIENTS

- ❖ 1 pound Italian sausage (hot or mild - your preference)
- ❖ 1 cup coarsely chopped onions
- ❖ 2 garlic cloves, sliced
- ❖ 5 cups beef broth
- ❖ 1/2 cup water
- ❖ 1/2 cup dry red wine or water
- ❖ 2 cups (4 medium) chopped seeded peeled tomatoes (you can substitute a 15 oz can diced tomatoes)
- ❖ 1 cup thinly sliced carrots
- ❖ 1/2 teaspoon dried basil leaves
- ❖ 1/2 teaspoon dried oregano leaves
- ❖ 1 (8 oz) can tomato sauce
- ❖ 1 1/2 cups sliced zucchini
- ❖ 8 oz. (2 cups) fresh cheese-filled tortellini
- ❖ 3 tablespoons chopped fresh parsley
- ❖ 1 medium green bell pepper, cut into 1/2-inch pieces

PREPARATION

[15 Minutes Prep/1 Hour Cooking]

If sausage comes in casing, remove casing. Crumble and brown sausage in 5-quart Dutch oven over medium heat. Remove sausage; reserve 1 tablespoon drippings in Dutch oven. Cook onions and garlic in reserved drippings until onions are tender. Add cooked sausage, broth, water, wine, tomatoes, carrots, basil, oregano and tomato sauce. Bring to a boil. Reduce heat; simmer 30 minutes.

Skim fat from soup. Stir in zucchini, tortellini, parsley and bell pepper. Cover; simmer an additional 20 to 25 minutes or until tortellini are tender.

Serves 8



JEWISH PENICILLIN

FROM GILLIAN H LYONS

EMEA

Europe - Traditional Chicken Soup.

INGREDIENTS

- ❖ Kosher stewing hen or fowl; if not kosher, use 1 whole chicken approx. 3lbs, or if you prefer 4 chicken quarters.
- ❖ 2 medium onions, peeled, or a leek, cut once lengthwise
- ❖ Water to cover ingredients – approx. 3 pints.
- ❖ Salt. 4 good-sized carrots, peeled and sliced thick
- ❖ Celery tops 1 bunch or 1 oz. fresh (baby) dill, trimmed to 1/2" stems 6 black peppercorns.
- ❖ (Optional 2 chicken stock cubes - Telma make is best)

PREPARATION

[20 Minutes Prep/3 Hours Cooking]

Remove all excess fat from the chicken, checking the back, the front and back ends, skin with lumps of fat, around the thighs. Rinse the chicken, remove any unwanted bits. Pour the boiled water through the chicken, then place it in the soup pot.

Cover with water, plus 2 more inches of water - approx 3 pints.

Add the onions and 2 tbsp. of salt, and bring to a boil. Keep skimming until there's nothing to skim. Add all the other ingredients. Cover and boil again, skim if necessary.

Cover and simmer for at least 3 hours, or until the chicken is falling off the bones.

Remove from heat and cool for several hours.

Skim the fat off and strain the soup - remove everything, saving only the carrots and chicken meat. Cut some of the chicken into bite-size pieces, and put it back into the pot, along with the carrots.

Finally put the soup back on a fast heat and add some vermicelli.

Serve and enjoy. Guaranteed to cure all ills.

Serves 8-10



CHILLED LETTUCE SOUP

FROM MICHAEL R EDWARDS

EMEA

Some 50 years ago my father and family began spending their late summer holidays (there were too many midges around in mid-summer) on the Kyles of Bute, in a small village called Tighnabruaich, some 120 miles west of Glasgow, Scotland. The landlady of the house they stayed in always insisted that everything on the table at mealtimes had to be fresh, and normally had to come from the garden. For reasons that were never clear, the climate was especially kind towards lettuce growing - and all of it had to be consumed. The easiest way to use the vast amount of lettuce was to make lettuce soup. The recipe for the soup was eventually passed on by the landlady to our family. It is still consumed by various branches of the family, albeit in more modest quantities than in the immediate post-war years. It is best served with an icy cold bottle of Soave.

INGREDIENTS

- ❖ Approx 1lb lettuce
- ❖ 1 small onion
- ❖ 3/4 pint chicken stock
- ❖ 1½ oz butter
- ❖ 3 egg yolks
- ❖ 3 teaspoons cream
- ❖ black pepper
- ❖ caster sugar to suit taste
- ❖ nutmeg
- ❖ 3/4 pint milk

PREPARATION

[20 Minutes Prep/2 Hours Chilling]

Sauté lettuce and onion in butter for 2-3 minutes. Add stock and simmer for not more than 10 minutes. Add egg yolks while still quite hot (thickens). Add milk, cream and seasoning. Chill for at least 2 hours.

Serve with nice fresh bread and butter.

Serves 4



ANDEAN BEEF STEW

FROM KAREN SEIGER

NORTH AMERICA

As you know, the potato, an internationally favorite food, originally came from South America and is the key ingredient in this family recipe. My grandmother Lucilla used to make this stew when we visited her in Chile, and my mother taught me how to make it. It's a great crowd pleaser for gatherings of family and friends on chilly days. You do not need to know how to cook to make this meal and impress your friends - just dice and boil.

INGREDIENTS

- ✿ 1 pound of stew beef cut in 1 inch cubes (you can substitute diced chicken breast as well)
- ✿ 2 tablespoons of olive oil
- ✿ 4 large potatoes or 6 medium potatoes
- ✿ 1 pound of fresh or frozen peas
- ✿ 2 large carrots thinly sliced
- ✿ 1 large onion halved and sliced thinly
- ✿ 1 pound of fresh mushrooms, thinly sliced
- ✿ 2 cloves of garlic, chopped
- ✿ 1 large can of cooked tomatoes
- ✿ 1 small can of tomato paste
- ✿ 2 cups of water
- ✿ 1 teaspoon salt
- ✿ 1/2 teaspoon black pepper

PREPARATION

[1½ Hours]

In a large stew pot or saucepan, sauté the onions and garlic in the oil. Add the beef and brown it with the onions. Then add in the can of cooked tomatoes (including the juice), the tomato paste, the potatoes, mushrooms, carrots, salt and pepper. Add in 1 cup of water. Bring to a rolling boil over high heat, and then turn the heat to low. Let simmer for 45 minutes, and then add in the peas so as not to overcook them. The stew should be fairly thick. Add second cup of water as needed to adjust the consistency. Let simmer for another 30 minutes (total 1 hour and 15 minutes cooking time.) Add salt as necessary. Serve hot.

Note: It is actually best to make the stew a day ahead of time, let it cool, refrigerate it, and then warm it up for the next day's meal. The extra time allows the ingredients to meld together and the stew to thicken up.

Serves 4-6 (freezes well too)

MAIN DISH



MEXICAN CHICKEN & RICE CASSEROLE

FROM KIRBY STAHOVIAK
NORTH AMERICA

Southwest United States

INGREDIENTS

- ❖ 1 tablespoon oil
- ❖ 1 cup chopped onions
- ❖ 1/2 cup chopped green bell pepper
- ❖ 1 garlic clove, minced
- ❖ 1 (15.5 oz.) can light red kidney beans, drained
- ❖ 1 (14.5 oz.) can chicken broth
- ❖ 1 (14.5 oz) can diced green chiles, undrained
- ❖ 2 cups frozen corn
- ❖ 3/4 cup uncooked regular or long grain white rice
- ❖ 1 teaspoon chili powder
- ❖ 1/2 teaspoon salt
- ❖ 1/2 teaspoon pepper
- ❖ 2 tablespoons flour
- ❖ 1 teaspoon garlic salt
- ❖ 3 teaspoons paprika
- ❖ 1 (2 1/2 to 3-lb) frying chicken, cut into 8 pieces, skin removed if desired

PREPARATION

[20min/1 hour 15 min]

Heat oven to 375 degrees. Heat oil in Dutch oven or large saucepan over medium-high heat until hot. Add onions, bell pepper and garlic; cook and stir until vegetables are tender. Add beans, tomatoes, broth, chilies, corn, rice, chili powder, salt and pepper; stir to combine. Pour mixture into ungreased 13/9 inch (3 quart) baking dish.

In 1-gallon plastic bag, combine flour, garlic salt and paprika; shake to mix. Add chicken, shake to coat. Place chicken pieces on rice mixture; press lightly into rice. Cover tightly with foil.

Bake at 375 degrees for 1 hour to 1 hour 15 minutes or until chicken is fork tender and juices run clear, rice is tender and liquid is absorbed. Remove foil; bake an additional 15 minutes to brown chicken.

Serves 8

MAIN DISH



YOUNG CHOW FRIED RICE

FROM AUDREY T CHENG

AAPA

Southern part of China

This is a popular dish in Chinese cuisine made from rice, eggs and other combinations of meat, veggies, and seafood of your preference

INGREDIENTS

- ❖ 4 oz of roast pork (or other cooked meat of your choice)
- ❖ 6 spring onions
- ❖ 1 teaspoon of sesame oil
- ❖ 3 cups of cooked rice
- ❖ 4 slightly beaten eggs
- ❖ 1 tablespoon of light soy sauce
- ❖ 2 tablespoons of water
- ❖ 2 teaspoons of salt
- ❖ Pepper to taste
- ❖ 5 tablespoons of oil
- ❖ 5 oz of crab meat (optional)

PREPARATION

[20 Minutes]

- (1) Dice the roast pork and spring onions. Add the salt, sesame oil and pepper to the cooked rice.
- (2) Heat the oil in a pan and add the beaten eggs. Add the cooked rice mixture and fry until aromatic.
- (3) Add the roast pork, crab meat and spring onions. Add the light soy sauce and water. Fry well and serve.

Serves 6

MAIN DISH



FISH HEAD CURRY

FROM JASMINE M CHAN

APPA

Singapore

In many Western kitchens, the fish head is used only for stock or may often be discarded. Yet, here in Asia it is regarded as one of the tastiest parts of fish. So even though fish fillets could simply be substituted by the unadventurous for a similar result, the recipe is highly recommended in its original form!

INGREDIENTS

- ✿ 1 large fish head
- ✿ 2 large brown onions
- ✿ 2 large tomatoes
- ✿ 4 fresh red chillies
- ✿ 2 fresh green chillies
- ✿ 1 inch length fresh ginger
- ✿ 2 cloves ginger
- ✿ 25g (5 teaspoons) curry powder
- ✿ 50 ml (10 teaspoons) vegetable oil
- ✿ Water
- ✿ 2 sprigs curry leaves
- ✿ 25ml (5 teaspoons) tamarind water
- ✿ 400ml (1&2/3 cups) thin coconut milk
- ✿ Salt to taste

PREPARATION

[30-45 Minutes]

- 1) Wash the fish head under cold running water and pat dry.
- 2) Slice the onions, quarter the tomatoes and finely chop the chillies, ginger and garlic.
- 3) Mix the curry powder with a small quantity of cold water to form a smooth paste.
- 4) Heat the oil in a large pan and fry the onion, ginger and garlic for 2-3 minutes, then add the chillies and continue to cook for a further 3 minutes, stirring frequently. Add the curry powder and the curry leaves, cover the pan and cook over a moderate heat for 2 minutes. Remove the lid and slowly pour in the tamarind water and the coconut milk, stirring to blend thoroughly. When simmering, add the fish head and the tomatoes and season to taste with the salt. Cook for 8-10 minutes over a moderate heat until the fish is completely cooked.
- 5) Transfer the fish head to a serving plate and keep warm. Increase the heat under the pan and cook until the sauce is reduced by one quarter. Pour this over the fish and serve immediately with plain rice.

Serves 2-4

MAIN DISH



RED HOT CHILLI CRAB

FROM HENG CHEW CHENG

APPA

Singapore/Malaysia

Crab cooked in chilli gravy is almost a national dish in Singapore. (The others are Hainanese Chicken Rice, Nasi Lemak and Fried Kway Teow).

INGREDIENTS

- ❖ 5 large crab
- ❖ 150ml oil
- ❖ 150g pounded ginger
- ❖ 15g bean paste
- ❖ 200ml chilli and garlic sauce
- ❖ 100ml tomato sauce
- ❖ 150ml water
- ❖ 30ml black vinegar
- ❖ Sugar to taste
- ❖ 30g cornflour
- ❖ 1 beaten egg
- ❖ Sliced spring onions to garnish

PREPARATION

[1-2 Hours]

- 1) Use a large chopper to chop each crab into 6 pieces. Clean the crabs leaving crab roe. Crack the claws with a hammer, drain and set aside
- 2) In a large wok, heat the oil and fry the pounded ginger and garlic. Add bean paste, chilli, garlic sauce, tomato sauce and water. Then add black vinegar and sugar to taste
- 3) Add crabs and bathe the crabs with sauce. Lower the heat and simmer for 15-20 min. Stir in cornflour mixed with water to thicken the sauce
- 4) Stir with beaten egg. Serve with slices of fresh bread. Garnish with spring onions.

Serves 6-8

MAIN DISH



BOLOGNESE ASPARAGUS ENCHILADA

FROM GILBERTO T BRAGA

LAC

Mexico

This is a light taste enchilada.

INGREDIENTS

- ❖ 1/8 tsp creole seasoning
- ❖ 1 tsp pinch of herbs seasoning
- ❖ 1 cup tomato & basil sauce
- ❖ 4 cups water
- ❖ ½ lb lean ground beef
- ❖ 1 2 ¼ oz can sliced olives, drained
- ❖ 12 slices swiss cheese
- ❖ 15 strips bacon
- ❖ 12 whole asparagus
- ❖ 4 whole flour tortillas

PREPARATION

[50 Minutes] Preheat oven 375°F.

Add water in a saucepan and bring to a boil. Cut the hard end of the asparagus; add to the saucepan and cook for 10 minutes or until fork tender. Drain and set aside.

Meanwhile cook the bacon strip, in batches if necessary, until crispy, but without breaking; drain and set aside.

Cook the ground beef in about 1 tablespoon of bacon fat until browned, about 10 minutes. Add in pinch of herbs, creole seasoning, and tomato sauce. Mix well, and cook for 5 minutes more.

Meanwhile roll one strip of bacon around each asparagus. When finished, grab three asparagus together and roll another bacon strip; repeat this process for the other asparagus. Roll three slices of cheese around each set of three asparagus and then into a tortilla and put it seam down into a 8-in. x 8-in. baking dish. Repeat the process until you have all four tortillas into the baking dish.

Cover the tortillas with the ground beef mixture and add the slice olives on the top. Cook in the over for 20 minutes or until bubbly and the cheese is melted.

Serves 4

MAIN DISH



CROCODILE CURRY

FROM ANNE-MARIE LUIGI-WAY

EMEA

Found on a cooking apron from Namibia.

INGREDIENTS

Personnel:

- ✧ 1 Indian chef plus assistant
- ✧ 8 Kitchen staff
- ✧ 4 Spare staff on stand-by

Ingredients:

- ✧ 3 Large crocs (*C.Niloticus*)
- ✧ 1 Smoked warthog
- ✧ 3000 Green peppers
- ✧ Curry powder
- ✧ 1/2 ton rice, 1 tree bayleaves 1 teaspoon salt
- ✧ 1/2 teaspoon black pepper

PREPARATION

[10 Days]

Beat crocs over the heads with a sledge-hammer.

Collect tears in 44 gallon drums and use them for salad dressing.

Indian chef tells assistant who tells staff to place crocs into swimming pool. Turn on steam. Make sure crocs are quite dead - otherwise spare staff might be required.

Boil for 10 days. After 7 days skin can be pulled off (which is used for handbags, etc.). During the 10th day, the teeth will fall out and are used for jewelry and amulets.

Cut off tail and use for Croc-tail soup.

Surviving kitchen staff cut crocs into curry cubes.

Add remaining ingredients and allow to simmer a further 2 days.

Curry is ready when vultures start circling above.

(P.S. Let your mother-in-law try it out first.)

Serves 1250

MAIN DISH



SPECIAL SPAGHETTI BOLOGNAISE (OR PENNE)

FROM MATT J LYNNAGH

APPA

A deviation from the normal bolognase served in many Italian cafes.

INGREDIENTS

- ❖ 500g premium mince beef
- ❖ 1 large spanish onion
- ❖ 375g Paul Newman's Tomato & Fresh Basil Sauce or your favourite variety.
- ❖ 2 beef stock cubes in 1.5 cups hot water.
- ❖ 1 teaspoon crushed garlic or 1 clove
- ❖ 1 tin Italian Capriccio style tomatoes, or your favourite tin of chopped or slices tomatoes.
- ❖ Level teaspoon cracked pepper
- ❖ Half level teaspoon cracked sea salt
- ❖ Sprinkling of tyme
- ❖ 3 bay leaves
- ❖ 4 tablespoons extra virgin olive oil
- ❖ Fresh parsley
- ❖ Fresh spring onions/shallots

PREPARATION

[10-15 Minutes Prep/45-55 Minutes Cooking]

Chop Spanish onion (large or small, it doesn't matter). Finely chop fresh parsley - about a hand full. Chop 1 or 2 shallots.

Heat Oil & Garlic in large pot for a few minutes. Make sure the garlic flavor gets through the oil. Throw in chopped onion. Cook until soft and almost browned. Add mince and cook until brown. Add Tomato sauce, Italian tomatoes and mix in well. Add beef stock/pepper/salt/thyme/bay leaves and mix in well. You may add extra water for a more fluid sauce. SPECIAL NOTE: A splash (about 5 or so tablespoons) of red wine when adding the beef stock also adds that special touch.

Bring to boil, then turn to low heat to simmer for 40 minutes, stirring occasionally. Throw in the parsley and shallots just before serving and mix in.

Prepare favorite pasta, normally Spaghetti, however goes well with Penne. I find the best way to cook pasta is plenty of water, add olive oil to keep from sticking, bring to boil, slowly add pasta, boil furiously for 12 minutes. Works every time!! But whatever you want!

Serve together immediately, removing the bay leaves before serving. ENJOY!

Serves 4 (can freeze for up to 2 weeks - leave out the parsley and shallots then add when reheating)

MAIN DISH



TUNA CURRY & NOODLES

FROM SIMON G MITCHELL EMEA

Self taught whilst living in poverty as a student.

INGREDIENTS

- ❖ 2 small cans of tuna steak in oil
- ❖ 1 can of chopped tomatoes
- ❖ 1 can of tomato soup
- ❖ 2 bricks of egg noodles
- ❖ Chopped fresh chillies to taste
- ❖ 2 finely chopped cooking onions
- ❖ 10 sliced fresh mushrooms
- ❖ Black ground pepper, chilli powder and curry powder to taste
- ❖ Ground cumin
- ❖ Fresh garlic or garlic powder to taste
- ❖ Butter

PREPARATION

[20 Minutes]

Cook in wok. Fry onions in butter until golden. Add tuna, mushrooms and spices and stir fry for 5 minutes. Add tomatoes, and soup and simmer until oil rises to top of dish; stir frequently. Boil noodles and dish up on plate - add tuna curry and hey presto!

Serves 2-4

MAIN DISH



SINGAPORE CHICKEN RICE

FROM SIEW CHOO NG

APIA

Singaporean/Hainanese.

INGREDIENTS

- ❖ 8 litres (8 cups) water
- ❖ Salt to taste
- ❖ 1 whole garlic
- ❖ 1 large chicken
- ❖ Rice - 500g(2 cups), 500ml(2 cups) chicken stock
- ❖ 2 pandan leaves (if available)
- ❖ Chili sauce - 8 fresh red chillies, 30ml chicken stock, dash of vinegar
- ❖ Ginger sauce - 10cm length (4 inch) ginger, 30ml chicken stock

PREPARATION

[1 Hour]

- 1) Bring the water to a boil. Add the salt and garlic. Add chicken to boil for 30 minutes
- 2) Remove the chicken and submerge in cold water for 20 minutes. Cool and chop into pieces
- 3) Use the chicken stock left over from boiling the chicken to cook the rice. Add the pandan leaves
- 4) Grind the fresh red chillies and knead with chicken stock. Add a dash of vinegar
- 5) Remove the skin from the ginger. Grind and store in a jar. When ready serve mix with chicken stock.
- 6) Serve the chicken on a platter, the rice in a separate bowl and the chilli and ginger sauce in small dishes on the side.

Serves 4-6

MAIN DISH



FILLET OF PORK

FROM STEVE J OCKENDEN

EMEA

Fillet of Pork with Apple and Black Pudding Rosti, in Calvados Cream Sauce.

A delicious Autumnal dish combining English ingredients with French style.

INGREDIENTS

- ✧ 1KG Pork fillet
- ✧ 4-6 Cox's apples peeled and cored (plus two extra for garnish - optional)
- ✧ 400g blackpudding
- ✧ 2 shallots
- ✧ 5 fl. oz double cream
- ✧ 10 fl. oz Calvados (or good cider)
- ✧ 8 fl. oz light chicken stock
- ✧ 80g butter (plus extra for frying)
- ✧ Olive oil for frying
- ✧ Fresh sage leaves
- ✧ Salt and pepper

PREPARATION

[60-90 Minutes]

Slice the pork fillet into 5mm medallions.

Meanwhile to make the rosti, grate the apples and blackpudding into a bowl, season with salt, pepper and sage. Mix well and make into round 1 cm thick patties. Fry gently until cooked and are holding their shape. Carefully remove from pan with a fish slice and keep warm.

Heat the butter and oil in the pan until hot. Add the pork and seal on both sides quickly in batches. Remove and keep warm.

In the same pan sweat finely diced shallots. Deglaze pan with Calvados and reduce by half. Add the chicken stock and reduce by half. Pour in the cream and cook on until sauce has thickened. Whisk in cold butter a piece at a time until well blended and the sauce is glossy. Finish off cooking the pork in sauce and test for seasoning.

To assemble the dish, place the rosti on a plate, top with pork medallions. Pour over a little of the sauce. Garnish with caramelized apple rings and/or deep fried sage leaves if desired. Pass remaining sauce around in a sauce jug.

Delicious served with small roast potatoes or sautéed potatoes, and green vegetables.

Serves 4

MAIN DISH



BEEF-A-LA-STROGANOFF

FROM JULIA SCHESNOVICH

EMEA

This is the recipe from my grandmother. As a child, I did not eat much and my grandmother found it challenging to prepare something that I would eat and enjoy. She was experimenting with various sophisticated meals but nothing worked...

Finally, she cooked beef-a-la-stroganoff (a typical Russian dish served with mashed potatoes) and to her surprise I left the plate spotless clean. Since then, it has become a 'special' meal for me.

INGREDIENTS

- ❖ Half a kilo of tender lean beef
- ❖ Onions (2 heads)
- ❖ Vegetable oil
- ❖ 1 tbsp flour
- ❖ 100 grams of sour cream
- ❖ 1/2 tbsp tomato paste
- ❖ Salt, black pepper to taste

PREPARATION

[10 Minutes Prep/40 Minutes Cooking]

- 1) Cut tender meat into small pieces: long and narrow strips, 3-4 cm long.
- 2) Chop onions into small pieces.
- 3) Fry onions in vegetable oil until golden yellow.
- 4) Roll beef pieces in flour and fry for 5-8 minutes.
- 5) Add sour cream, tomato paste and onions and mix. Sauté for another 5 minutes or until soft.
- 6) Salt and pepper to taste.

Served hot with mashed potatoes.

Serves: Depends on your appetite



CRUSTY CHICKEN BOTTOMLESS PIE

FROM LEANNE G WALKER

APPA

Mum.

INGREDIENTS

- ❖ 1 barbecued or steamed chicken
- ❖ 1 onion
- ❖ 2 shallots
- ❖ 1 stick of celery
- ❖ 1/4 cup water
- ❖ 30g butter
- ❖ 1 heaped teaspoon of curry powder (or to taste)
- ❖ 3 rashers bacon
- ❖ Vegetables (e.g., mushrooms, corn, leftovers!)
- ❖ 440g tin can of cream of chicken soup
- ❖ 300g carton of sour cream
- ❖ 1/4 cup grated cheese
- ❖ 1 heaped teaspoon of curry powder (or to taste)

CHEESE BATTER:

- ❖ 1 cup self-raising flour
- ❖ 1/2 red pepper
- ❖ 1/2 green pepper
- ❖ 2 eggs
- ❖ 1 cup of grated cheese
- ❖ 1/2 cup milk

PREPARATION

[30-45 Minutes]

Remove chicken meat from bones, chop meat roughly. Place chopped onion, chopped shallots, chopped celery and water in pan, bring to boil, then reduce heat and simmer covered for 15 minutes. Melt butter in pan, add chopped bacon and any vegetables, cook 3 minutes. Combine the soup, sour cream, chicken, curry powder, vegetables and bacon mixture. Pour into greased ovenproof dish. Spread Cheese Batter over top, bake uncovered at 190 degrees Celsius (375 degrees Fahrenheit) for 40 minutes. Sprinkle with cheese, return to oven for 5 minutes.

CHEESE BATTER:

Mix together sifted flour, diced peppers, lightly beaten eggs, cheese and milk to form a batter.

Serves 5-6

MAIN DISH



EASY SLOPPY JOES

FROM VICKY J SAMMONS

NORTH AMERICA

My husband invented this recipe during his lean college years, although it is still a favorite of our family. This is a recipe that he has shared throughout the years with many children leaving home for the first time, as it is inexpensive and easy to make.

INGREDIENTS

- ❖ 2 lbs of ground beef
- ❖ 1 10-¾ oz Campbell's Chicken Gumbo soup
- ❖ 2 tbsp Mustard
- ❖ ¼ cup Ketchup
- ❖ ½ tsp Salt
- ❖ ½ tsp Pepper
- ❖ ½ tsp Garlic Salt

PREPARATION

[15-20 Minutes]

Brown and drain ground beef. Combine rest of ingredients and simmer for 10 minutes. Serve over toasted hamburger buns and coleslaw and chips.

Serves 8

MAIN DISH



SPINACH-CHEESY-TATER PIE

FROM GLORIA H GIROUX

NORTH AMERICA

My Mad Mind analyzed several of my favorite eats, like Greek Spanokopita, mashed potatoes, and melted cheddar cheese, and I came up with this!

INGREDIENTS

- ❖ 1 can spinach, well drained and patted
- ❖ 1 box pie crust mix (or from scratch)
- ❖ 1/2 cup of Italian seasoning spices
- ❖ 2 cups powdered mashed potato mix
- ❖ 1/2 cup sour cream
- ❖ 1/2 stick butter or margarine
- ❖ 2 tablespoons garlic powder
- ❖ 1/2 pound shredded cheddar cheese

PREPARATION

[1 Hour]

Drain and pat down the spinach to make it as liquid-free as possible.

Prepare the pie crust mix per box instructions (or your own method). Add Italian seasoning to the flour mix and ensure it threads through the dough evenly. Divide the dough into two sections, one for the bottom of the pie plate and one for the 'cover.'

Prepare the boxed (or 'real') mashed potatoes according to instructions, using the sour cream, butter and garlic powder as part of the heated melted mixture. Potatoes should be a little 'loose' instead of very thick, so use a bit more liquid that is customary.

Use one pie dough section to line the bottom of the pie plate as you normally would, allowing enough edging to be pressed together with the top section when the pie is ready to be baked.

Line the bottom of the pie plate with a 1/2 layer of mashed potatoes. Then start layering in the spinach and cheddar cheese; e.g. potatoes, spinach, cheese, potatoes, spinach, cheese, etc., until the maximum height of the pie has been reached.

Layer the remaining section of dough over the mixture, sealing the dough edges with the bottom half by pinching firmly. Open a few tiny hole on the top with a fork.

Bake at 375-degrees until the crust is done. Let cool for 10 minutes, then slice and serve.

Additional spices can be used in the crust or mashed potatoes as tastes dictate (e.g., paprika, curry, chili, etc.)

Alternately, use a glass rectangular pan instead of a traditional round pie plate.

Serves 6

MAIN DISH



SPICY ROAST CHICKEN

FROM DAVID W RODRIGUES NORTH AMERICA

This recipe is taken from an Indian Cookbook. This chicken dish, ideal for dinner parties, is cooked in the oven – which is very rare in Indian cooking.

INGREDIENTS

- ❖ 1/4 cup ground almonds
- ❖ 1/3 cup shredded coconut
- ❖ 2/3 cup oil
- ❖ 1 medium onion, finely chopped
- ❖ 1 tsp chopped fresh ginger root
- ❖ 1 tsp crushed garlic
- ❖ 1 tsp chili powder
- ❖ 1 1/2 tsp garam masala
- ❖ 1 tsp salt
- ❖ 2/3 cup yogurt
- ❖ 4 skinless chicken quarters
- ❖ To garnish: Fresh cilantro leaves & 1 lemon cut into wedges

PREPARATION

[30 Minutes Prep/30-45 Minutes Cooking]

Step 1 - In a heavy-based saucepan, dry-fry the ground almonds and coconut and set aside.

Step 2 - Heat the oil in a skillet and fry the onion, stirring, until golden brown.

Step 3 - Place the ginger, garlic, chili powder, garam masala, and salt in a bowl and mix with the yogurt. Add the almonds and coconut and mix well. (If you want a spicier dish add more chili powder and garam masala)

Step 4 - Add the onions to the spice mixture, blend and set aside.

Step 5 - Arrange the chicken quarters in the bottom of an ovenproof dish. Spoon the onion and spice mixture over the chicken sparingly.

Step 6 - Cook in a preheated oven at 425 degrees Fahrenheit for 35 to 45 minutes. Check that the chicken is cooked thoroughly by piercing the thickest part of the meat with a sharp knife - the juices will run clear when the chicken is cooked through.

Step 7 - Garnish with the cilantro and lemon wedges and serve with salad greens.

Serves 4



BOB'S SALMON RECIPE

FROM JAY MYERS NORTH AMERICA

Outstanding family BBQ recipe.

INGREDIENTS

- ❖ 1 lb salmon filet

Marinade:

- ❖ 3 Tbsp Dijon Mustard
- ❖ 3 Tbsp soy sauce
- ❖ 3 Tbsp vegetable oil
- ❖ 3 Tbsp light brown sugar
- ❖ 3/4 Tbsp grated horseradish
- ❖ 1 1/2 Tbsp garlic, chopped
- ❖ Optional: chopped green onions, for color

PREPARATION

[10 Minutes Prep/3-4 Hours Marination/15 Minutes Cooking]

- 1) Combine all ingredients for marinade and mix well
- 2) Pour 3/4 marinade over salmon and save the other 1/4 for sauce
- 3) Cover salmon and 1/4 sauce, store in refrigerator for 3-4 hours
- 4) Place salmon on pre-heated BBQ grill and cook over medium heat for 7 minutes each side
- 5) Heat the remaining sauce in a microwave to pour over cooked salmon
- 6) Serve immediately and enjoy!

Serves 2-4

MAIN DISH



FARFAILLE WITH SMOKEED SALMON & CAVIAR

FROM FRANK A BOU
LAC

Italian pasta dish.

INGREDIENTS

- ❖ One Box of Farfalle Pasta (Bow tie)
- ❖ One Pint Heavy Cream
- ❖ 12 Ounces of Smoked Salmon
- ❖ 1/4 Pound of Butter
- ❖ Grated Parmesan Cheese
- ❖ 4 teaspoons of Caviar (Red)
- ❖ Salt/White Pepper

PREPARATION

[30 Minutes]

Boil the pasta for 8-10 minutes (or al dente).

- 1) At medium-hi heat, melt half the butter in a large sauce pan (should produce two servings).
- 2) Add half the heavy cream and add salt and pepper to taste.
- 3) When cream starts to reduce (bubble) add 4-5 tablespoons of cheese and mix until thickens.
- 4) Add 6 ounces of Smoked Salmon (in spoon size portions) for one minute.
- 5) Add half the pasta to the pan and mix (preferably tossing).
- 6) Plate and add a teaspoon of Caviar on top to garnish.

Serves 4

MAIN DISH



PUMPKIN BREAD

FROM CAROL ABERCROMBIE NORTH AMERICA

The favorite bread cake of the Pilgrims at Plymouth Rock.

INGREDIENTS

Bread mixture:

- ✧ 3 eggs
- ✧ 1 cup of sugar
- ✧ 2/3 cup pumpkin filling
- ✧ 1 tsp lemon juice
- ✧ 3/4 cup flour
- ✧ 1 tsp baking soda
- ✧ 1 tbsp pumpkin spice or (1 tsp cinnamon, 1 tsp nutmeg, 1/2 tsp ginger, 1/2 tsp all spice)

- ✧ 1 cup chopped nuts (pecans, walnuts, etc.)
- ✧ 1/2 cup powdered sugar

Cream Cheese Filling/Frosting:

- ✧ 1 8 oz pkg of cream cheese
- ✧ 2 TBS soft butter
- ✧ 1 cup powdered sugar
- ✧ 1 tsp vanilla

(You can also use a can of Cream Cheese Frosting)

PREPARATION

[1 Hour]

Cream lightly eggs, gradually add sugar, fold in pumpkin and lemon juice. Add flour, soda, and spices. Folding gently until smooth. Pour mixture onto a well greased cookie sheet (12x18x1 tefflon pan), sprinkle with chopped nuts. Bake in preheated oven at 375 for appx 15 minutes.

Quickly loosen the sides with a knife or spatula, turn onto a "cheese clothe" lightly covered with powdered sugar. Any smooth textured clothe will work (I prefer old pillow cases as a substitute for cheese clothe). Cool for 2 minutes, taking the long end (13") begin to gently roll up towards the short end (9') side so you have one long roll appx 4' in diameter. Set aside and allow to cool at least 25 minutes.

Gently unroll the bread, spread the cream cheese mix (or cream cheese frosting works well) from end to end. Tightly roll it back up, place in refrigerator to continue to cool and set. It is best if you chill for at least one hour before you slice and serve. It sounds like a lot of work but it's really not, and it is delicious.

Serves 8-10

SIDE DISHES



TORTILLAS

FROM CAROL ABERCROMBIE NORTH AMERICA

Southwest United States and Mexico.

INGREDIENTS

- ❖ 4 cups flour
- ❖ 1½ tsp salt
- ❖ 4 tsp baking powder
- ❖ 3 tbsp shortening (Crisco)
- ❖ 1 to 1½ cups warm water

PREPARATION

[15 Minutes Prep/40+ Minutes Waiting]

Will last up to three days in the refrigerator.

With a pastry blender or fork work shortening into flour. Adding warm water a little at a time, dough should be soft but not sticky.

Turn out onto a floured board and knead for 5 minutes. Cover with a hand towel or plastic wrap for 30 minutes to 2 hours. Divide dough into 1/4 cup balls (about the size of a golf ball), place back into the bowl and wrap with plastic wrap and let rest for about 10 minutes.

Roll out all the dough with rolling pin to circles that are 8 to 9 inches in diameter. Stack tortillas in between sheets of plastic wrap to keep them soft while cooking the others.

Heat a cast iron skillet or non stick pan to very hot, so water will sizzle on the grill. Place a tortilla on the pan for approximately 30 seconds, until brown spots show, then turn over for another 15 seconds. Remove quickly and place under a damp cloth to keep warm while you cook the others.

This sounds like a lot of work, but it's not and they taste delicious - enjoy.

Makes 10-12 Tortillas.

SIDE DISHES



SWEET POTATO CASSEROLE

FROM CAROL ABERCROMBIE NORTH AMERICA

Great for Fall gatherings.

INGREDIENTS

- ❖ 2 cups mashed sweet potatoes (3-4 large) or 1 lg can of sweet potatoes
- ❖ 1/2 cup sugar
- ❖ 1/4 cup butter
- ❖ 2 eggs, beaten
- ❖ 1/2 tsp salt
- ❖ 1 tsp cinnamon
- ❖ 1 tsp allspice
- ❖ 1/2 cup milk
- ❖ 1 cup pecans
- ❖ 2 cups marshmallows for top - optional

PREPARATION

[10-25 Minutes Prep/30 Minutes Cooking]

Bake or boil potatoes until tender, then peel - or heat canned potatoes. Beat until smooth. Add butter and eggs - beat well. Stir in dry ingredients; add milk-mix until smooth. Stir in 2/3-cup pecans. Place in well buttered 9x13 or large casserole dish. Bake in slow oven (325 degrees) for about 30 minutes, or until firm on top. Remove from oven, sprinkle remaining pecans and marshmallows on top. Brown quickly in oven or under broiler for 1-3 minutes.

Serves 8 -10

SIDE DISHES



LATKES/POTATO PANCAKES

FROM ERIKA GUTHIERZ
NORTH AMERICA

A family tradition, these potato pancakes are great as a side dish, but best when first off the stove.

INGREDIENTS

- ❖ 2 lbs (1 kg) potatoes
- ❖ 2 large eggs
- ❖ Salt
- ❖ Oil for frying

PREPARATION

[1 Hour]

Peel and finely grate the potatoes. Put them straight into cold water, then drain and squeeze them as dry as you can by pressing them with your hands in a colander. This is to remove the starchy liquid, which could make the latkes soggy.

Beat the eggs lightly with salt, add to the potatoes, and stir well. Film the bottom of a frying pan with oil and heat. Take serving-spoonfuls, or as much as 1/4 cup (50 ml), of the mixture and drop into the hot oil. Flatten a little, and lower the heat so that the fritters cook through evenly. When one side is brown, turn over and brown the other. Lift out and serve very hot.

Serves 6



NOODLE KUGEL.

FROM RANDI WITH AM
NORTH AMERICA

Noodle dish, very popular for Jewish holiday feasts.

INGREDIENTS

- ❖ 8 oz. Wide noodles
- ❖ $\frac{3}{4}$ butter
- ❖ 8 oz. Cream cheese
- ❖ 3 eggs beaten
- ❖ $\frac{3}{4}$ cup sugar (you can use less if desired)
- ❖ 1 teaspoon vanilla
- ❖ Cinnamon (to taste)
- ❖ $\frac{3}{4}$ cups milk
- ❖ Crushed corn flakes, special-K, or frosted flakes (enough to cover top of casserole)

PREPARATION

[1 Hour]

Preheat oven to 325.

In salted water, cook wide noodles according to package directions. Drain noodles and put in bowl. Melt stick of butter with cream cheese. Add eggs, sugar, vanilla and cinnamon to butter/cream cheese mixture and blend thoroughly. Combine with noodles.

Butter a large baking or casserole dish and pour in noodle mixture. Add milk and sprinkle crushed corn flakes (or Special K or Frosted Flakes) over top of mixture. Bake for about 1 hour. To test for doneness, tilt the baking dish to see if milk no long runs.

Variation on Kugel:

- ❖ 10 oz wide noodles
- ❖ 3 eggs
- ❖ Small cottage cheese
- ❖ Small can crushed pineapple
- ❖ 2 tablespoons sour cream
- ❖ 1 tablespoon milk
- ❖ Crushed frosted flakes or special k or corn flakes
- ❖ Cinnamon
- ❖ 2 teaspoons sugar
- ❖ 1/4 stick melted margarine

Serves 4-6.

SIDE DISHES



BROCCOLI RICE CASSEROLE

FROM CAROL ABERCROMBIE NORTH AMERICA

Southern United States.

INGREDIENTS

- ❖ 2 Tbsp chopped onions
- ❖ 2 Tbsp butter
- ❖ 2 pkgs frozen chopped uncooked broccoli, thawed
- ❖ 1 can cream of chicken soup
- ❖ 1 cup water
- ❖ 1 large jar of Cheese Whiz, or a can of Cheese Soup, or 1 lb of Velveeta cheese
- ❖ 1 cup of cooked white rice
- ❖ 1/2 tsp salt - to taste
- ❖ Dash of paprika
- ❖ Garlic powder or garlic salt to taste

PREPARATION

[20 Minutes Prep/25 Minutes Baking Time]

Sauté onion in butter, add the broccoli. Heat soup and water, add cheese product stir until smooth -add this to broccoli mix. Add rice, salt, paprika, and garlic to taste. Bake at 350 degrees for 25 minutes. This can be made up ahead of time and refrigerated for baking the next day.

Serves 8-10

SIDE DISHES



YORKSHIRE PUDDING

FROM JUNE COLLINS NORTH AMERICA

This recipe is from Yorkshire in England. The pudding(s) traditionally accompany roast beef.

INGREDIENTS

- ❖ Ingredients:
- ❖ 75g (2/3 cup) plain (all purpose) flour
- ❖ 250 ml (1 cup) milk
- ❖ 1 egg
- ❖ Pinch salt

PREPARATION

[35-40 Minutes]

Place flour in a bowl, make a well in the centre and pour in the milk. Gradually mix ingredients together thoroughly. Add egg and pinch of salt. Beat well for several minutes. Set aside. Take 2 tablespoons of fat from the roasting meat (or melted lard equivalent) and place in a small ovenproof dish or tin/pan (e.g., a 1 kg/2-1/2 lb bread tin, or, for small individual puddings, a 6 cup muffin pan/cake tin). Pour batter into dish or pan. Bake beside roast beef at 200 degrees C or 400 degrees F for 35-40 minutes, or until set and golden brown.

Serves 4

SIDE DISHES



BANOFFI PIE

FROM PETER I CLINCH NORTH AMERICA

This English dessert was pioneered at the Hungry Monk restaurant in Sussex, a frequent location for evening dinners for visitors to the Brighton office. It is copied in restaurants throughout England and even further. It consists of sliced bananas and whipped cream over a soft toffee layer.

INGREDIENTS

Pastry:

- ❖ 6 oz / 150 g of plain flour
- ❖ 4 oz / 100 g butter
- ❖ 1 egg
- ❖ pinch of salt

Pie:

- ❖ 1.5 tins of condensed milk (1 lb / 450 g)
- ❖ 1.5 lbs / 700 g firm bananas
- ❖ 1 pint / 600 ml double cream
- ❖ 0.5 teaspoon of powdered instant coffee
- ❖ 1 dessertspoon caster (fine) sugar
- ❖ A little fresh ground coffee

PREPARATION

[5 Hours]

Boil the tins of condensed milk in a deep pan of water (unopened) for 5 hours. Don't forget to top up the water every now and again! This creates the toffee mixture - why not boil a few tins and store them for emergency?

Combine the flour, salt and butter in a food processor and whirr until they are the consistency of breadcrumbs. Add the egg and process again until combined. Rest the raw pastry in the fridge for 20 minutes.

Roll the pastry over sprinkled flour to about 3mm. Pick it up (roll it over the rolling pin) and rest it in a flan tin. Push into the corners and roll over the top to cut the edges. Prick the base with a fork and line with greaseproof paper. Fill with baking beans and cook at 200 degrees (gas mark 6) for 15 minutes. Remove greaseproof paper and beans, then cook another 5 minutes to make the base crisp.

Let the tins cool completely then open. Spread the toffee over the base of the flan. Whip the cream and the instant coffee and sugar until thick and smooth. Peel and halve the bananas lengthways and lay them on the toffee. Spoon or pipe on the cream, then sprinkle the fresh ground coffee over it.

Serves 8-10



DUMP CAKE

FROM KERBY STAKOVIAK

NORTH AMERICA

A friend shared this recipe with me. Just "dump" the ingredients into a pan and bake!

INGREDIENTS

- ❖ 1 can (15oz) sweetened applesauce.
- ❖ 1 can (15oz) crushed pineapple (do not drain)
- ❖ 1 package dry yellow cake mix
- ❖ 1 cup butter or margarine melted
- ❖ 1 1/2 cups chopped walnuts or pecans

PREPARATION

[10 Minutes Prep/40-50 Minutes Cooking]

Preheat oven to 350 degrees. Grease a 13x9 inch baking pan. Dump applesauce followed by undrained pineapple into pan. Sprinkle dry cake mix evenly over the fruit. Sprinkle nuts over cake mix. Drizzle butter evenly over nuts. Bake for 40 to 50 minutes.

Let cool for 15 minutes or so. Serve with whipped cream.

Serves 24



COFFEE-TOFFEE ICE CREAM TART

FROM KITTY I NEUMARK NORTH AMERICA

United States - Yummy and easy ice cream cake--perfect for a summer day!

INGREDIENTS

Crust and Filling:

- ❖ 1 1/2 cups finely ground or crushed chocolate wafer cookie crumbs (about 7 ounces)
- ❖ 1/2 teaspoon ground cinnamon
- ❖ 1/4 cup (1/2 stick) unsalted butter, melted
- ❖ 1/2 cup coarsely chopped chocolate-covered English toffee bars (such as Skor or Heath; about 4 ounces)
- ❖ 1 1/2 pints coffee ice cream, slightly softened

Topping:

- ❖ 1/3 cup whipping cream
- ❖ 1 tablespoon unsalted butter
- ❖ 6 ounces good-quality white chocolate (such as Lindt or Baker's), chopped
- ❖ 1 teaspoon vanilla extract

PREPARATION

Crust and filling: Preheat oven to 325°F. Butter 9-inch-diameter tart pan with removable bottom. Mix cookie crumbs and cinnamon in medium bowl. Add melted butter and stir until crumbs are evenly moistened. Press crumb mixture firmly onto bottom and up sides of prepared pan. Bake until crust is set, about 9 minutes. Cool completely.

Sprinkle 2 tablespoons chopped toffee over cooled crust. Spread ice cream evenly in crust. Freeze until firm, at least 4 hours or overnight.

Topping: Combine cream and butter in medium saucepan. Bring to simmer. Remove from heat. Add white chocolate; let stand 1 minute. Stir until chocolate is melted and smooth. Mix in vanilla. Let topping stand until cool and slightly thickened but still pourable, about 15 minutes.

Pour white chocolate topping over ice cream tart; tilt pan to cover top of tart completely. Freeze until topping is firm, about 1 hour. Sprinkle remaining toffee over. Freeze until tart is firm, about 4 hours. (Can be prepared 5 days ahead. Cover tightly and keep frozen.)

Using small knife, carefully loosen crust from pan sides. Gently push up tart bottom to release tart and serve.

Serves 8



PUMPKIN CHEESECAKE

FROM MARIA G ALVAREZ

JAG

INGREDIENTS

- ❖ 1 Lg. Cream Cheese
- ❖ 1/2 cup Sugar
- ❖ 1/2 cup Pumpkin Mix (Libby's Can)
- ❖ 1 tsp. Vanilla
- ❖ Cinnamon to taste
- ❖ 2 Eggs
- ❖ 1/2 cup Half and Half
- ❖ Keebler Crust

PREPARATION

[30 Minutes]

Mix cream cheese and sugar. Pour eggs, vanilla, pumpkin and cinnamon. Mix well (adding Half & Half to the eye - do not liquify).

Pour mix into Keebler Crust. Place in oven at 350° F for 30 minutes.



KEY LIME PIE

FROM NYDIA FARA LAC

INGREDIENTS

- ✧ 1 Can Condensed Milk
- ✧ 1 Bar Cream Cheese - Room Temperature
- ✧ 1/3 cup Lime Juice
- ✧ 1tbs. Vanilla Extract
- ✧ 1 Ready Made Graham Cracker Pie Crust

PREPARATION

[30 Minutes]

With an electric blender mix condensed milk and cream cheese until smooth. Stir in lime juice and vanilla extract. Pour in pie crust and refrigerate overnight.

Serves 8



BRIGADEIRO

FROM SHIRLEI C HERNANDEZ

JAC

Brazilian – Chocolate Fudge Candy

INGREDIENTS

- ❖ 1 can (14 oz) sweetened condensed milk
- ❖ 1 tablespoon margarine
- ❖ 3 tablespoon cocoa powder

PREPARATION

[30-60 Minutes]

Over medium-low heat, stir vigorously the sweetened condensed milk, margarine and cocoa powder. Cook the mixture until it thickens enough to show the pan bottom during stirring. Pour the mixture in a greased dish and let it cool to room temperature. Take small amounts of the mixture with a teaspoon and make 1 ½ inch balls. Roll the balls over chocolate jimmies to decorate.

Hint: Grease your hands with margarine to make the balls easily. If the balls don't hold the shape and flat down like coins, it means that you did not cook enough. Cook additional five minutes, take a small sample and dip it in a glass with cold water. If you cooked enough, this sample should hold the shape after cooling down in the water.

Place the balls in candy cups to serve. They are great for birthday parties.

Makes 40 Candies



AMARETTI ROULADE

FROM GILLIAN H LYONS EMEA

Old family recipe and a delicious dessert for a dinner party.

INGREDIENTS

- ❖ 4 whites of egg
- ❖ 8 oz of caster sugar
- ❖ Amaretti biscuits, enough to make approx 3 tablespoons when you have broken them up fairly finely

PREPARATION

[20-30 Minutes]

Whizz the whites first and add the sugar slowly whisking all the time.

When firm (as for normal meringues) then carefully add the crumbled amaretti biscuits and spoon into mixture well.

Place on square tray with bakewell paper - it will make roughly 12" x 12" square by about half an inch deep.

Put into hot oven 220c for about 6 - 10 minutes; the meringue will look quite brown (the time will depend on the heat of your oven, a convection oven will be slightly quicker than an ordinary one) and then 140c for another 8 - 10 minutes.

Bring out and cool.

Then add the whipped cream. Spread over the meringue and add sliced strawberries.

Hold the edge of the Bakewell (greaseproof) paper and to help fold it into a roulade (sausage) peel the paper back as you fold over (pull towards you) the last folding bit you make sure it turns out on to a plate and the paper should then come free as you fold the last part over.

Roulade will now resemble a log with a crunchy topping.

Leave in a refrigerator until thoroughly chilled, and serve with champagne.

Serves 6



MOUSSE DE MARACUJA (PASSION FRUIT MOUSSE)

FROM VILMA LOREY

LAC

A popular Brazilian dessert.

INGREDIENTS

- ❖ 1 can condensed milk (400 grams)
- ❖ 1 box of whipping cream or Half & Half (300 grams)
- ❖ 4 large passion fruits
- ❖ 1 package of non-flavored jello

PREPARATION

[2 Hours]

- 1) Make passion fruit juice with 3 passion fruits and a little water
- 2) Dissolve the jello with 5 spoons of water
- 3) Mix all the ingredients in the blender and then place the mixture in the refrigerator for 2 hours
- 4) Decorate the top with the seeds from the fourth passion fruit and then serve

DESSERTS



CHOCOLATE CHILI CHEESECAKE

FROM STEVE J OCKENDEN

EMEA

This is a dessert I was asked to create for a 'dare' by some chili loving friends! The initial taste is that of an ordinary chocolate cheesecake but the chili kicks in after it is eaten! (weights and volumes are approximate)

INGREDIENTS

- ✧ 250g cream cheese (such as Philadelphia)
- ✧ 10 floz whipping cream
- ✧ 180g dark chocoalte melted
- ✧ Icing sugar to taste
- ✧ 6 small dried chilies (flaked and seeds removed)
- ✧ 1 pack of ginger biscuits
- ✧ 100g unsalted butter

PREPARATION

[30 Minutes]

Crush biscuits to resemble bread crumbs (either in a food processor or place in a polythene bag and crush using a rolling pin).

Melt the butter, allow to cool slightly and mix into the biscuits. Line the bottom of a shallow cake tin (8 - 10" diameter) with this mixture, pressing down slightly and place in fridge.

In a bowl beat the cheese to loosen slightly. Add cream and whisk until well blended. At this point sieve a little icing sugar into the bowl and taste for slight sweetness.

Add chili flakes and mix well.

Stir in melted chocolate until well blended. Spoon into the prepared base and smooth over the top.

If desired, pipe extra cream to decorate the top. Allow to set in the fridge for a few hours.

Serves 6-10



STRAWBERRY AND CINNAMON TORTE

FROM PETER WRIGHT EMEA

Mediterranean Dessert

INGREDIENTS

- ❖ 6oz butter, softened
- ❖ 6oz golden caster sugar
- ❖ 6oz ground almonds
- ❖ 1 large egg, plus 1 egg yolk
- ❖ 6oz self-raising flour
- ❖ 1 teaspoon ground cinnamon
- ❖ 1lb fresh strawberries, hulled and sliced

PREPARATION

[1½ Hours]

Butter and line the base of a 20cm spring form tin. Preheat the oven to 180 C/Fan 160 C/Gas Mark 4.

Mix all ingredients together with an electric whisk. Spread half the mixture over the base of the tin in a smooth layer with no gaps - easiest to do this with 2 forks. Lay the sliced strawberries on top. Spread the remaining mixture as evenly as you can over the strawberries. (Don't worry if the mixture is in blobs as the finished result looks more attractive with fruit peeping through.)

Bake for around 1 hour, but check after 40 minutes - if it is getting too brown, cover loosely with foil. The torte should be slightly risen and golden brown when cooked.

Allow the torte to cool slightly in the tin before loosening the edges with a knife and removing the side of the tin. (It will be trickier to get the cake off the base as it is quite moist!) When completely cool, carefully transfer to a serving plate and dust with icing sugar.

Note: I have made this without cinnamon, which was equally nice, and also with half raspberries to strawberries which I prefer as the raspberries are more tart and cut through the richness. I always use 2 whole eggs rather than '1 egg plus a yolk' as the mixture is quite stiff and I think the extra egg white lightens it a little. I also cream the butter and sugar first before adding the eggs, almonds and flour as the mixture is easier to manage that way.

Serves 6



FLAN

FROM ELENA D. TORRES

LAC

Cuban Dessert

INGREDIENTS

- ❖ 1 can condensed milk
- ❖ 1 can evaporated milk
- ❖ 4 Eggs / Plus 2 additional yolks
- ❖ 3/4 c. Sugar
- ❖ Vanilla extract to taste

PREPARATION

[50 Minutes]

Mix ingredients in blender until smooth and set aside.

Cover with caramel the bottom and sides of a small round aluminum pan (do this by caramelizing 1 cup sugar over low heat so as not to burn the caramel).

Place pan in larger pan with water "bain-marie" and bake for 50 minutes at 375F.

Test for doneness by inserting toothpick in the center. If dry - its done. Do not overcook so that the texture is creamy.



DEEP FRIED MARS BAR

FROM IVOR K. CHUNG

APM

This dessert originated in Scottish Chip Shops.

INGREDIENTS

- ❖ 1 Mars Bar (UK) or Milky Way (US)
- ❖ 1 cup plain flour
- ❖ 1/2 cup corn flour
- ❖ A pinch of bicarbonate of soda (or baking soda)
- ❖ Milk or beer
- ❖ Oil for deep frying

PREPARATION

[10 Minutes]

Chill the chocolate bar by keeping it in the fridge, but don't freeze it.

Mix the flours and bicarbonate of soda (baking soda) together.

Add milk (traditional) or beer (which gives a lighter result) until you get a batter with the consistency of thin cream.

Heat the oil until a small piece of bread will brown in a few seconds, but don't allow to smoke.

Remove wrapper from chilled chocolate bar. Coat completely in batter. Carefully lower into hot oil and fry until golden brown. Serve, with ice cream or french fries, if you're so inclined.

(Of course, if you want to be sophisticated, you can cut the bar into bite-sized pieces before coating in batter.)

Serves 1



CHOCOLATE, CHOCOLATE CAKE FROM MEG BUEHLER NORTH AMERICA

A very rich chocolate cake from Craig Lundblom's wife.

INGREDIENTS

- ❖ 1 Devils food cake mix
- ❖ 4 eggs
- ❖ 1 package (12 oz) instant chocolate pudding
- ❖ 8 oz sour cream
- ❖ 1/2 warm water
- ❖ 1/2 cup oil
- ❖ 1 12-oz package Nestle's chocolate chips

PREPARATION

[15 Minutes Prep/50 Minutes Cooking]

Combine all ingredients in a large bowl. Beat together for 1 minute or until all ingredients combined. Pour into a greased and floured bunt pan. Bake at 350 for 50 minutes. Cool on wire rack. Dust with Powdered Sugar or pour Ganache over the top, if desired. Best if refrigerated at least 2 hours before serving.

Serves 12-16



NEW YORK BIG APPLE PIE

FROM KAREN E. SEIGER NORTH AMERICA

This is my husband James' recipe, and it makes a subtle, light, appley apple pie. I'm including a pretty good pie crust too. James has one caveat - if you have any respect for pie, do not use the frozen pie shells. HOWEVER, in the US, the Pillsbury ready-made refrigerated pie crust dough is miraculous and a nice timesaver. If you have ready-made dough in your country, that's fine. Just not the scary frozen pie crusts.

INGREDIENTS

- ✿ 8 cups diced apples - approximately 8 good sized apples. (Use fresh, crunchy ones, like Gala or Granny Smith - you can mix different kinds.)
- ✿ 3/4 cup white sugar
- ✿ 1/4 cup light brown sugar
- ✿ 1 tablespoon lemon juice
- ✿ 1 teaspoon lemon zest
- ✿ 1/4 teaspoon allspice
- ✿ 1/4 teaspoon cinnamon
- ✿ 1/4 teaspoon nutmeg

- ✿ 1 tablespoon flour

EASY PIE CRUST

- ✿ 1 cup all purpose flour
- ✿ 1/3 cup cake flour
- ✿ 1 tablespoon sugar
- ✿ 1/2 teaspoon salt
- ✿ 6 tablespoons (3/4 stick) chilled unsalted butter, cut into 1/2-inch pieces
- ✿ 2 tablespoons chilled solid vegetable shortening, cut into 1/2-inch pieces
- ✿ 3 tablespoons (or more) ice water

PREPARATION

[1 Hour]

Preheat oven to 425F/220C. Mix ingredients until apples are all coated. Pour into pie crust and place top crust. Cut several small slits around the top of the crust. You can brush the crust with heavy cream or milk for a subtle glaze if desired. Cook 20 minutes, and then cover the pie crust edges with tinfoil or edge protectors. Cook for 20 more minutes (40 minutes total) until crust is golden brown. Let cool and serve warm a la mode.

Pie Crust: Blend first 4 ingredients in processor. Add butter and shortening and cut in using on/off turns until mixture resembles coarse meal. Add 3 tablespoons ice water and process until moist clumps form, adding more water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic; refrigerate 1 hour. (Can be made 2 days ahead. Keep refrigerated. Soften dough slightly at room temperature before rolling out.)

Roll out dough disk on floured surface to 12-inch round. Transfer to 9-inch-diameter glass pie dish. Fold crust edge under; crimp edge decoratively.

Makes one 9-inch pie crust.

Pie serves 1 (or 6-8 if you feel like sharing)



NO BAKE CHOCOLATE COOKIES

FROM CAROL L. ABERCROMBIE NORTH AMERICA

Great for summer.

INGREDIENTS

- ❖ 1/2 cup margarine or butter
- ❖ 2 cups sugar
- ❖ 3 Tbs cocoa
- ❖ pinch of salt
- ❖ 1/2 cup milk
- ❖ 1/2 cup peanut butter
- ❖ 1 tsp vanilla
- ❖ 2 1/2 cups quick oats

PREPARATION

[10 Minutes]

Melt butter in heavy saucepan. In a bowl, combine sugar, cocoa, and salt. Add to butter mixture, add milk and bring to boil on medium heat. Boil 3 to 4 minutes, turn off heat and quickly add peanut butter and vanilla. Stir until peanut butter is dissolved, then add oats. Mixture will be hot, working quickly, drop by table spoonfuls, onto waxed paper. The cookies will become firm as they cool.

Yields 3 dozen medium sized cookies



OLD FASHION SUGAR COOKIES

FROM CAROL L. ABERCROMBIE NORTH AMERICA

Great for cut out cookies.

INGREDIENTS

- ❖ 1 cup shortening (Crisco)
- ❖ 1 3/4 cup sugar
- ❖ 1 tsp salt
- ❖ 1 tsp almond extract
- ❖ 2 eggs
- ❖ 3/4 cup sour cream
- ❖ 1 tsp baking soda
- ❖ 5 cups flour
- ❖ 1/2 cup flour - to roll out the dough

PREPARATION

[40 Minutes]

Cream shortening and sugar until fluffy, and salt and almond extract continue to mix, add eggs and mix well. Add the baking soda to the sour cream, mix well - then add them to the shortening mixture. Add flour one cup at a time, mixing well.

Kneed on flour surface until dough is stiff - not sticky. Roll and cut as desired, sprinkle with sugar.

Bake at 350 approx for 8-9 minutes, the bottoms should look slightly tan.

Yields 7-8 dozen medium sized cookies



BOLINHO DE CHUVA

FROM SHIRLEI C. HERNANDEZ

LAC

Bolinho de chuva is traditional all over Brazil. It is served for breakfast or tea time. The recipe below is for the sweet version. You can also make a salty bolinho de chuva by replacing the sugar with one teaspoon of salt and some chopped green onions. Either way, sweet or salty they are delicious. When you deep fry them they get some crunchy peaks that are fun to eat. Bolinho de chuva means “donut of rain”. They are best when fresh. So, if you want them for breakfast, prepare them in the same day, they are easy to do. You can have your Brazilian donuts done in about 30 minutes.

INGREDIENTS

- ❖ 1 cup all purpose flour
- ❖ 1/2 cup corn starch
- ❖ 2 tsp baking powder
- ❖ 1/2 cup milk
- ❖ 2 eggs
- ❖ 4 tbs granulated sugar
- ❖ Pinch of salt
- ❖ Oil to deep fry or shortening
- ❖ Sugar with cinnamon to sprinkle over.

PREPARATION

[30 Minutes]

In a large bowl, mix in the eggs, sugar and pinch of salt. While mixing with a wood spoon add the flour, corn starch, baking powder and milk until you get a batter similar to cake batter. Preheat the fryer to 350 degrees F, using two table spoons, take a spoon of batter and scrape off the batter into the fryer using the second spoon. Fry about six doughnuts each time until golden brown, about 3 to 4 minutes, flipping just once for overall browning. (The doughnut will flip by itself). Remove the doughnuts from the oil and drain on a paper towel-lined plate. Sprinkle with powdered sugar with cinnamon and serve. Hint: The fryer temperature is very important. If it is too hot, the doughnuts will burn outside and be doughy inside. Makes about 25 doughnut balls.

Serves 25 people



TOFFEE CANDY

FROM CAROL L. ABERCROMBIE NORTH AMERICA

Christmas treat.

INGREDIENTS

- ❖ 1/2 lb butter
- ❖ 1 cup sugar
- ❖ 1/2 cup nuts, finely chopped
- ❖ 1/2 cup chocolate chips

PREPARATION

[10 minutes]

In a Teflon pan, combine first 3 ingredients and boil, stirring constantly until it thickens and looks like a brown paper bag (approximately 4-6 minutes). Pour on buttered cookie sheet. Sprinkle the chocolate chips on top. Let melt and spread smooth over the mixture. Let cool, then break apart.

Serves 8 people



CHEWY CHOCOLATE GINGERBREAD

FROM MICHELLE N LEWIS
NORTH AMERICA

Inner Harmony Yoga Retreat - this was our favorite dessert on my recent vacation - they are so yummy - even better when eaten while lounging in a hot tub.

INGREDIENTS

- ❖ 1 1/2 cups + 1 tablespoon all-purpose flour
- ❖ 1 1/4 teaspoons ground ginger
- ❖ 1 teaspoon ground cinnamon
- ❖ 1/4 teaspoon ground cloves
- ❖ 1/4 teaspoon ground nutmeg
- ❖ 1 tablespoon cocoa powder
- ❖ 1/4 pound (1stick) unsalted butter, room temperature
- ❖ 1 tablespoon freshly grated peeled ginger
- ❖ 1/2 cup packed dark-brown sugar
- ❖ 1/2 cup unsulfured molasses
- ❖ 1 teaspoon baking soda
- ❖ 1 1/2 teaspoons boiling water
- ❖ 7 ounces best quality semisweet chocolate, in 1/4 inch chunks
- ❖ 1/4 cup granulated sugar

PREPARATION

[2 1/2 Hours Prep/10-12 Minutes Cooking]

- 1) Line two baking sheets with parchment. In a medium bowl, sift together flour, ginger, cinnamon, cloves, nutmeg, and cocoa. In the bowl of an electric mixer fitted with the paddle attachment, beat butter and ginger on medium speed until lightened, about 4 minutes. Add brown sugar; beat until combined. Add molasses; beat until combined
- 2) In a small bowl, dissolve baking soda in boiling water. Beat half of flour mixture into butter mixture. Beat in baking-soda mixture, then remaining half of flour mixture. Mix in chocolate; turn onto plastic wrap. Pat out to a 1-inch thickness; seal with wrap. Refrigerate until firm, 2 hours or overnight.
- 3) Preheat oven to 325 degrees. Roll dough into 1 1/2 inch balls; place 2 inches apart on baking sheets. Chill 20 minutes. Roll in granulated sugar. Bake until surfaces just begin to crack, 10-12 minutes, rotating halfway through. Let cool 5 minutes. Transfer to a wire rack and cool completely.

Serves 12



TIRAMISU

FROM GORDAN SISSINGH NORTH AMERICA

Mama Morangelli (Sept-Isle, Quebec) - Italian Dessert Staple.

INGREDIENTS

- ❖ EGGS, 8, with yolks and whites separated
- ❖ SUGAR, 1/3 cup
- ❖ MASCARPONE, 1 pound (can substitute cream cheese - not as good though)
- ❖ ESPRESSO COFFEE, 2 cups cooled
- ❖ LICQUOR, 2/3 cup (your taste ie. Frangelico, Amaretto)
- ❖ LADY FINGERS, 30
- ❖ BITTERSWEET CHOCOLATE, 2 ounces grated
- ❖ COCOA POWDER, Dutch process, sifted, for garnish

PREPARATION

[1 Hour – Make Espresso the night your serve]

Mix the sugar into the egg yolks, blending well.

Add a little Mascarpone at a time to the egg yolk mixture, and mix until smooth. Set aside.

In another bowl, beat the egg whites until stiff peaks form.

Fold in the beaten egg whites into the egg yolk mixture.

Spread about 1/3 of the cream mixture of a 4-6 quart glass baking dish or serving bowl.

Place espresso coffee in a large mixing bowl, and combine with the Licquour.

Dip a lady finger into the espresso, lay it in baking dish on cream mixture.

Top with grated chocolate.

Continue in this manner, laying lady fingers side by side to cover the bottom.

Place another 1/3 of cream mixture on top of soaked lady fingers.

Cover this with another layer of espresso-soaked lady fingers.

Top with remaining cream mixture and grated chocolate.

Dust final layer with grated chocolate and cocoa powder.

Chill 2 hours to set..

Serves 8



CAIPIRINHA

FROM SHIRLEI C HERNANDEZ

LAC

Brazil

INGREDIENTS

- ❖ 1 lime quartered
- ❖ 1 tablespoon of sugar
- ❖ 1 shot of cachaça
- ❖ 1/2 Cup of ice cubes with water

PREPARATION

[10 Minutes]

Place the lime and sugar in the bottom of a glass. Using the handle of a wooden spoon, crush and mash the limes. Pour the liqueur and ice. Stir well.

SERVE

This is a summer drink to appreciate before eating. Decorate the glass with a slice of lime. Great with Brazilian barbecues.

ALTERNATIVE PREPARATION

Using Lemon/Lime soft drink. MIX 1 Cup of lemon/lime soft drink with ice 1 shot of cachaça.

Serves 1



COQUITO

FROM ELENA D TORRES

LAC

Puerto Rico

INGREDIENTS

- ❖ 1 can condensed milk
- ❖ 1 can evaporated milk
- ❖ 1 can cream of coconut (Coco Lopez)
- ❖ 1/2 cup Rum
- ❖ 1/2 tsp. Cinammon

PREPARATION

Mix in blender - High for 1 minute. Pour in bottle and refrigerate. Shake well before serving.
ENJOY!



MARGARITAS

FROM LOURDES SIERRA NORTH AMERICA

This yields a strong, tangy, bright-flavored margarita that's been shaken to iciness. This is meant to be served in a 6-ounce martini glass. Just remember: They're strong.

INGREDIENTS

- ❖ 1 cup tequila, preferably a young silver or reposado 100% agave tequila
- ❖ (look for widely distributed ones like El Tesoro, Cuervo Tradicional, and Herradura, or search out the distinctive small production tequilas like Chamucos or Suave Patria)
- ❖ 1/2 cup Cointreau or other orange liqueur
- ❖ 1/3 cup fresh lime juice, plus a little extra for moistening the rim of the glasses
- ❖ A little sugar if necessary
- ❖ About 1/3 cup coarse (Kosher) salt for crusting the rim of the glasses
- ❖ About 3 cups medium ice cubes

PREPARATION

[10 Minutes]

In a small pitcher, combine the tequila, orange liqueur and lime. Taste and decide if you think the mixture needs to be a little sweeter or a little tangier (keep in mind that it will taste a little tangier once it's been shaken). Add a bit more lime or a touch of sugar, if necessary.

Spread out the salt onto a small plate. Moisten the rim of four 6-ounce martini glasses with a little lime juice (if you have a cut lime, even an already-squeezed one, moisten the rims by running it around them). One by one, turn the glasses over and dip them lightly in the salt, creating a thin, even crust all around the rim. Pour half of the margarita mixture into a cocktail shaker, add half of the ice cubes. Shake vigorously for about 15 seconds (this is important to achieve the perfect strength -some of the ice needs to melt into the margarita -and the right degree of frostiness). Strain into the prepared glasses, then repeat with the remaining margarita mixture.

Relax and enjoy.

Serves 4



BEEF JERKY

FROM CAROL ABERCROMBIE NORTH AMERICA

Southwestern part of the United States.

INGREDIENTS

- ❖ 2-3 lbs of steak (Flank or London Broil)
- ❖ 1/2 cup soy sauce
- ❖ 1 cup water
- ❖ 1 Tbs crushed red peppers or coarse black pepper
- ❖ 1½ tbsp rock salt
- ❖ 2 tsp. liquid smoke
- ❖ 1/8 tsp pepper (if you don't use the coarse black pepper above)

PREPARATION

[30 Minutes Prep/8 Hours Marination/6 Hours Cooking]

Cut steak into very thin strips (if you have a nice butcher he/she will slice it for you). Starting with soy sauce, mix all ingredients together. Add steak and marinate for 8 or more hours. Place foil on the bottom of your oven, use racks to drape steak strips across the racks (bottom and top). Turn oven to 120 degrees - no higher. Bake for appx 5 -6 hours. Start testing doneness within 5 hours on the smaller pieces of meat; it will be done when it is dry but not too brittle. This makes a great snack while hiking or other outdoor sports.

Serves 10

OTHER STUFF



HOT SURPRISE

FROM ANNIE L GOLD

EMEA

Indian Chutney.

INGREDIENTS

- ❖ 1 fresh Bunch of Coriander
- ❖ 5 Green chilies
- ❖ 1 inch of fresh ginger
- ❖ 1 fresh lemon
- ❖ Cumin seeds
- ❖ Salt
- ❖ Sugar
- ❖ 10 Peanuts

PREPARATION

[10 Minutes]

Coriander Chutney

Clean the coriander, wash and chop. Roast the cumin seeds - 3/4 teaspoon full. Grind some peanuts and roasted cumin seeds together.

Add chilies (split in 2-3 pieces). Peel and wash the ginger. Cut some pieces and grind. Add salt and lemon juice to this according to taste.

Mix well till fine paste. Add Coriander and grind again until it forms a paste. Add sugar and salt to taste.

Coconut Chutney

Same as above, but add grated coconut instead of coriander and add dry split chick peas instead of cumin seeds.



ENCHILADA SAUCE

FROM CAROL ABERCROMBIE NORTH AMERICA

Southwestern part of the United States.

INGREDIENTS

- ❖ 1/3 cup oil
- ❖ 2½ cup red chili paste (hot,med,or mild)
- ❖ ½ cup flour
- ❖ 2 cloves of garlic, minced
- ❖ 2 cups water
- ❖ Salt to taste (1 tsp)
- ❖ 1 med. onion, diced small

PREPARATION

[30 Minutes]

Dilute the chili paste with the water, set aside. Place oil in heavy skillet; sauté onions and garlic in oil. Add flour and brown. Slowly add chili sauce and salt boil over low heat for 10 to 15 minutes. Add more water if sauce is too thick after boiling. Use this sauce to make enchiladas or to top burros, eggs, etc.

Serves 16



SUSAN HILLEL'S PERFECT PARTY PREFACE

FROM SUSAN F HILLEL NORTH AMERICA

This recipe guarantees a perfect start to any party or gathering in any season.

INGREDIENTS

- ❖ Fresh Broccoli
- ❖ 2 Medium Sized tomatoes
- ❖ 6 eggs
- ❖ 1/2 Cup granulated Roquefort Cheese
- ❖ 1 Stalk Celery
- ❖ 2 Quarts Fresh squeezed Orange Juice
- ❖ 2 bottles Veuve Cliquot Gold Label Champagne (chilled)

PREPARATION

[2 minutes early in the evening; 30 minutes later on]

Collect your ingredients in an organized manner to the side of your preparation area

Unwrap the champagne cork and after removing the metal restrainer, use a clean white linen hand towel (folded perfectly down the center and wrapped conically about the cork) to slowly twist the cork out of the bottle(a pop will sound when the cork is extant). Note that placing the bottle between your legs for leverage is perfectly acceptable, only if everyone is watching.

Pour champagne into perfectly clear and clean champagne flutes (Waterford or Bachrach Crystal only please); however after midnight, plastic cups will do!

Distribute filled glasses to your guests, preferred guests receiving theirs first, and make this very obvious.

Make a tasteful toast in broken French ending with "ooh la la" (you have of course have already finished a bottle yourself before the guests arrived).

Drink in whistful abandon and repeat if desired!

Put the other ingredients in the refrigerator for tomorrow's omelets! No, that's the oven -- yes, that one is the refrigerator...

Serves 1-8

OTHER STUFF



SOMMER'S SALSA

FROM TIMOTHY S SOMMERS

NORTH AMERICA

Addictive salsa, developed over the years.

INGREDIENTS

- ❖ 4 ounce can of tomato sauce
- ❖ 4 medium tomatoes
- ❖ 2 jalapenos
- ❖ 2 green chiles
- ❖ 1 medium white onion (equivalent amount of green onions can be substituted)
- ❖ 1 green bell pepper (other types of bell peppers may be substituted)
- ❖ 1 clove garlic
- ❖ 1 bundle of cilantro
- ❖ 1/2 teaspoon cayenne pepper (more or less depending on your spice threshhold)
- ❖ 1 lime
- ❖ 1 teaspoon vinegar

PREPARATION

[30 Minutes Prep/60 Minutes Cooking]

Chop all vegetables (except the lime) to desired size.

Combine tomato sauce plus chopped vegetables into sauce pan.

Cook on low setting for 60 minutes.

Add juice from lime plus the vinegar.

Chill salsa and enjoy.

You should try to use the salsa within 5-7 days as it is made from mostly fresh vegetables.

If you don't like an ingredient, remove it. If you want more or less than something, change the quantity. Don't be afraid to explore with this one – that's how I came to this recipe :)

Serves Lots!

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North America	Bob's Salmon Recipe	Jay Myers
North America	Broccoli rice casserole	Carol Abercrombie
North America	Carrot & Orange Soup	Kitty I Neumark
North America	Chewy Chocolate Gingerbread	Michelle N Lewis

INDEX BY REGION

REGION	FOOD NAME	CONTRIBUTOR
North America	Chicken Pick Up Stix	Mariyah M Badani
North America	Chipolte Chicken Salad	Vicky J Sammons
North America	Chocolate, Chocolate Cake	Meg Buehler
North America	Coffee-Toffee Ice Cream Tart	Kitty I Neumark
North America	Dump Cake	Kerby Stahoviak
North America	Easy Sloppy Joes	Vicky J Sammons
North America	Enchilada Sauce	Carol Abercrombie
North America	Feta Cheese Spread	Sandra J May
North America	Green Chile Soup	Vicky J Sammons
North America	Italian Sausage & Tortellini Soup	Kerby Stahoviak
North America	Latkes/Potato Pancakes	Erika Gutherz
North America	Margaritas	Lourdes Sierra
North America	Mary Ann's Chappino	Karla A Leis
North America	Mexicali Chicken & Rice Casserole	Kerby Stahoviak
North America	New York Big Apple Pie	Karen E. Seiger
North America	No Bake Chocolate Cookies	Carol L. Abercrombie
North America	Noodle Kugel	Randi Witham
North America	Old Fashion Sugar Cookies	Carol L. Abercrombie
North America	Pumpkin Bread	Carol Abercrombie
North America	Sommer's Salsa	Timothy S Sommers

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REGION	FOOD NAME	CONTRIBUTOR
North America	Spicy Roast Chicken	David W Rodrigues
North America	Spinach-Cheesy-Tater Pie	Gloria H Giroux
North America	Susan Hillel's Perfect Party Preface	Susan F Hillel
North America	Sweet Potato Casserole	Carol Abercrombie
North America	Tiramisu	Gordan Sissingh
North America	Toffee Candy	Carol Abercrombie
North America	Tortillas	Carol Abercrombie
North America	Yorkshire Pudding	June Collins

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CONTRIBUTOR	FOOD NAME	REGION
Aileen McCardle	Corn Fritters	APA
Anne-Marie Luigi-Way	Crocodile Curry	EMEA
Annie L Gold	Hot Surprise	EMEA
Audrey T Cheng	Young Chow Fried Rice	APA
Carol Abercrombie	Beef Jerky	North America
Carol Abercrombie	Broccoli rice casserole	North America
Carol Abercrombie	Enchilada Sauce	North America
Carol Abercrombie	Pumpkin Bread	North America
Carol Abercrombie	Sweet Potato Casserole	North America
Carol Abercrombie	Tortillas	North America
Carol Abercrombie	No Bake Chocolate Cookies	North America
Carol Abercrombie	Old Fashion Sugar Cookies	North America
Carol Abercrombie	Toffee Candy	North America
David W Rodrigues	Spicy Roast Chicken	North America
Elena D Torres	Coquito	LAC
Elena D. Torres	Flan	LAC
Erika Gutherz	Latkes/Potato Pancakes	North America
Frank A Bou	Farfalle With Smoked Salmon and Caviar	LAC
From Julia Schesnovich	Beef-A-La-Stroganoff	EMEA
From Leanne G Walker	Crusty Chicken Bottomless Pie	APA
Gilberto T Braga	Bolognese Asparagus Enchilada	LAC
Gillian H Lyons	Amaretti Roulade	EMEA
Gillian H Lyons	Chopped Liver	EMEA
Gillian H Lyons	Jewish Penicillin	EMEA
Gloria H Giroux	Spinach-Cheesy-Tater Pie	North America
Gordan Sissingh	Tiramisu	North America

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CONTRIBUTOR	FOOD NAME	REGION
Heng Chew Cheng	Red Hot Chilli Crab	APA
Ivor K. Chung	Deep Fried Mars Bar	APA
Jasmine M Chan	Fish Head Curry	APA
Jay Myers	Bob's Salmon Recipe	North America
Jorge A Vargas	Empanadas	LAC
June Collins	Yorkshire Pudding	North America
Karen E. Seiger	New York Big Apple Pie	North America
Karen Seiger	Andean Beef Stew	North America
Karla A Leis	Mary Ann's Chappino	North America
Kerby Stahoviak	Dump Cake	North America
Kerby Stahoviak	Italian Sausage & Tortellini Soup	North America
Kerby Stahoviak	Mexicali Chicken & Rice Casserole	North America
Kitty I Neumark	Carrot & Orange Soup	North America
Kitty I Neumark	Coffee-Toffee Ice Cream Tart	North America
Lourdes Sierra	Margaritas	North America
Maria G Alvarez	Pumpkin Cheesecake	LAC
Mariyah M Badani	Chicken Pick Up Stix	North America
Matt J Lynagh	Special Spaghetti Bolognaise (Or Penne)	APA
Meg Buehler	Chocolate, Chocolate Cake	North America
Michael R Edwards	Chilled Lettuce Soup	EMEA
Michelle N Lewis	Chewy Chocolate Gingerbread	North America
Nydia Fara	Key Lime Pie	LAC
Peter Godfrey	Mexican Dip	EMEA
Peter I Clinch	Banoffi Pie	North America
Peter Wright	Strawberry and Cinnamon Torte	EMEA

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CONTRIBUTOR	FOOD NAME	REGION
Randi Witham	Noodle Kugel	North America
Saman Jebeli-Javan	Vegetarian Coocoo	APA
Sandra J May	Feta Cheese Spread	North America
Shirlei C Hernandez	Bolinho de chuva	LAC
Shirlei C Hernandez	Brigadeiro	LAC
Shirlei C Hernandez	Caipirinha	LAC
Siew Choo Ng	Singapore Chicken Rice	APA
Simon G Mitchell	Tuna Curry & Noodles	EMEA
Steve J Ockenden	Chocolate Chilli Cheesecake	EMEA
Steve J Ockenden	Fillet of Pork	EMEA
Susan F Hillel	Susan Hillel's Perfect Party Preface	North America
Timothy S Sommers	Sommer's Salsa	North America
Vicky J Sammons	Chipolte Chicken Salad	North America
Vicky J Sammons	Easy Sloppy Joes	North America
Vicky J Sammons	Green Chile Soup	North America
Vilma Lorey	Mousse De Maracuja (Passion Fruit Mousse)	LAC

MEASUREMENT CONVERSION TABLE

Liquid or Volume Measures (approximate)

1/4 teaspoon	=			1 ml	
1/2 teaspoon	=			2 ml	
1 teaspoon	=		1/3 tablespoon	5 ml	
1 tablespoon	=	1/2 fluid ounce	3 teaspoons	15 ml	15 cc
2 tablespoons	=	1 fluid ounce	1/8 cup	30 ml	
1/4 cup	=	2 fluid ounces	4 tablespoons	50 ml	
1/3 cup	=	2 2/3 fluid ounces	5 1/3 tablespoons	75 ml	
1/2 cup	=	4 fluid ounces	8 tablespoons	125 ml	
2/3 cup	=	5 1/3 fluid ounces	10 2/3 tablespoons	150 ml	
3/4 cup	=	6 fluid ounces	12 tablespoons	175 ml	
7/8 cup	=	7 fluid ounces	14 tablespoons	200 ml	
1 cup	=	8 fluid ounces	16 tablespoons	250 ml	
2 cups	=	16 fluid ounces	32 tablespoons	500 ml	
4 1/4 cups	=	34 fluid ounces		1000 ml	1 liter
	=	.034 fluid ounce	1 cc	1 ml	.001 liter
1 pint	=	16 fluid ounces	2 cups	500 ml	
2 pints	=	32 fluid ounces	1 quart	946 ml	
4 quarts	=	128 fluid ounces	1 gallon	3785 ml	
1 liter	=	1.057 quarts	1/4 gallon	1000 ml	

Dry or Weight Measures (approximate)

1 ounce		30 grams	(28.35 g)
2 ounces		55 grams	
3 ounces		85 grams	
4 ounces	1/4 pound	125 grams	
8 ounces	1/2 pound	250 grams	
12 ounces	3/4 pound	375 grams	
16 ounces	1 pound	454 grams	a bit less than 1/2 kilogram
32 ounces	2 pounds	907 grams	a bit less than 1 kilogram
1 kilogram	2.2 pounds	1000 grams	35.2 ounces

Oven Measurements Guide

Fahrenheit	250	275	300	325	350	375	400	425	450	475
Centigrade	130	140	150	170	180	190	200	220	230	240
Gas Mark	1/2	1	2	3	4	5	6	7	8	9