

International Spouse Cookbook

Fort Huachuca

FORWARD

The military has such a diverse population, and our International Spouses bring flavor to our military community! This cookbook has recipes from around the world and is going to bring all those wonderful flavors to your kitchen.

The Soldier & Family Readiness Center's Conversational English class want to share some of their favorite recipes from their country. Each section of the cookbook will focus on a different country and provide some background about the dish.

The Conversational English classes at the Soldier & Family Readiness Center provide a safe and fun environment for our International Spouses to practice their English and to learn about the Army way of life. To learn more about this program please call 520-533-2330 or visit us at 50010 Smith Ave. Fort Huachuca AZ.

We hope that you enjoy this gift to the Fort Huachuca community from our wonderful International Spouses!

Relocation Readiness Manager
Army Community Service
Soldier & Family Readiness Center

DEDICATION

The Soldier & Family Readiness Center and Fort Huachuca's International Spouses would like to dedicate this cookbook to the amazing Volunteers who teach the Conversational English class, under the guidance of the Relocation Readiness Program Manager. These volunteers go above and beyond to help students gain confidence in speaking English and how to be resilient as an Army spouse. Thank you, Kristine Sims, Maria Fleming-Alvarez and Tina Quezada! A special thank you to Jessica de Holleben for designing and formatting our cookbook. All of you ladies have made a difference in our lives!

SFRC International Spouses

AFGHANISTAN



National Language: Dari and Pashto

Afghan cuisine is influenced by Persian and Central Asian cuisine due to Afghanistan's proximity and cultural ties. The cuisine is mainly based on Afghanistan's main crops, such as wheat, maize, barley, and rice. Accompanying these staple grains are native fruits, vegetables, and dairy products, such as milk, yogurt, whey, pomegranates, grapes, and sweet melons.

The national dish of Afghanistan is Kabuli palaw, a rice dish cooked with raisins, carrots, nuts and lamb or beef.

AFGHAN MANTOU

SERVING: 4 PORTIONS | PREP TIME: 45 MINUTES | COOK TIME: 30 MINUTES

Afghan Mantou, is one of the most beloved dishes of the Afghan people. The savory little dumplings are often served for celebrations, but can also be found at many markets and street vendors



Ingredients

Dough: 4 cups of flour, 2 eggs, 3tbsp oil, 2tbsp salt, water.

Filling: 600gr minced beef, 2 medium sized chopped onions, 1tbsp garlic paste, 1tsp red chili powder, 2tsp coriander powder, 1.5tbsp salt, 3tbsp oil.

Red sauce: 3 chopped tomatoes, half cup of water, salt, black pepper, paprika, coriander powder (to taste).

Yogurt sauce: ½ cup of yogurt, 5tbsp of water, ½ tsp salt, two grounded cloves garlic.

Directions

Making the Dough: add flour to the bowl. Add salt, oil and eggs mix well. Slowly add the water to make the dough. Knead for 10 to 12 minutes until smooth and elastic. Leave it for 30 minutes. And then cut the dough into parts. Next, roll it as thin as possible, and cut it into square shaped wonton sheets.

Filling: add 4 tbs oil in a pan, add 600 gr minced beef to the oil and stir them well. Add 1tbsp garlic paste, 1tsp chili powder, 1tsp coriander powder, 1tbsp salt to the meat and mix them well, then cook for 9 to 10 minutes in high heat. Now, add chopped onions to the meat and mix them well. Now our filling for Mantou is ready!

Making the red sauce: add 3tbsp oil in the pan, add 3 chopped tomatoes, salt, black pepper, paprika, coriander powder and half cup of water. Mix them well, let it cook and simmer for about 20 minutes, it should not be very thick or watery.

Making the yogurt sauce: pour ½ cup yogurt into a bowl. add 5tbsp of water, half tsp salt and two grounded cloves of garlic paste to yogurt and mix them well.

How to wrap the Afghan ravioli?

Put 1tbsp of the filling in the center of a wrapper.

Dip your finger into water and moisture the corner of the wrapper. Overlay the opposite corners on each other and press them. Then grab the existing corners and press them. Seal the edges on each other.

Repeat this step and wrap all of the dumplings.

Bring a pot of water. Heat them till boiling. Put the steamer basket on the pot. The water should not touch the steamer. Place the Afghan ravioli in the steamer. Cover it and let it steam for 30 minutes till Mantou's raviolis is tender and soft.

FIRNI -EASY AFGHAN DESSERT

SERVING: 4 SERVINGS | PREP TIME: 5 MINUTES | COOK TIME: 20 MINUTES

Firni (Milk pudding) is the most common Afghan dessert enjoyed at Afghan parties, weddings, or any other gathering. This simple pudding is easy and quick to make. Its best when served cold.



Ingredients:

5 cups of whole milk

1 cup of sugar

½ tbsp cardamon

4 tbsp corn starch

Sliced of almond and pistachio as needed

Directions

STEP 1: pour 1 cup of milk in a bowl and then add 3 tbsp corn starch and mix it well. Then add sugar and mix it well again.

STEP 2: pour 4 cups of milk into the pot and add the mixture from step 1. Bring the pot to the stove in a medium temperature (never cook Firni at a high temperature) and mix well.

Add cardamom and stir constantly, this takes about 15-20 minutes to cook. Once you have a smooth mixture, pour it into a small bowls and leaver to cooldown for at least 2 hours. Garnish with almond or pistachio and enjoy!

BRAZIL



National Language: Portuguese

Brazilian cuisine is characterized by European, Amerindian, African, and Asian influences. It varies greatly by region, reflecting the country's mix of native and immigrant populations, and its continental size as well.

This has created a national cuisine marked by the preservation of regional differences.

Ingredients first used by native peoples in Brazil include cashews, *cassava*, *guaraná*, *açaí*, *cumarú*, and *tucupí*. From there, the many waves of immigrants brought some of their typical dishes, replacing missing ingredients with local equivalents.

The country's national dish is Feijoada, the national beverage is coffee while cachaça is Brazil's native liquor.

CONDENSED MILK PUDDING

SERVING: 6 PORTIONS | PREP TIME: 10 MIN | COOK TIME: 60 MIN

Known in Brazil and Portugal as “Pudim De Leite Condensado” and in English condensed milk pudding or condensed milk flan pudding. This homemade authentic Brazilian caramel flan dessert is sweet and creamy with a jiggly-like texture and baked onto a layer of caramel sauce



Ingredients:

For the syrup:

- 1 cup of water
- 2 cups (tea) of sugar

For the pudding:

- 500 ml of milk
- 3 units of eggs
- 2 boxes of condensed milk (395g)

Directions:

Preparing the syrup:

- First, put the sugar in a pan and bring to a boil.
- Soon after, let the sugar start to melt on the sides and start stirring non-stop until the sugar has completely melted.
- When the syrup is very smooth, without the sugar stones/pellets, add the water and continue mixing until the sugar dissolves completely.
- Finally, wait for the syrup to cool a little and transfer it to the mold you will use, in order to grease the mold with this syrup.

Preparing the condensed milk pudding:

- In a blender, add condensed milk, milk and eggs.
- After that, close the blender and beat the ingredients for 2 minutes.
- Pour all the mixture in the form that you will use and that already has the syrup but is now cold.
- Finally, cover the surface of the form with aluminum foil (if you have it), place it in a water bath and take the form to the preheated oven at 356°F for 1 hour and a half and it's ready.

EASY BRAZILIAN CHEESE BUNS

SERVING: 12 BUNS| PREP TIME: 5 MINUTES |COOK TIME:20 MINUTES

Brazilian Cheese Buns are a popular traditional snack.

These delicious buns are light yet rich with cheddar and Monterey Jack cheeses. They're simple to make and gluten free!



Ingredients

- 1 Egg
- 1/4 cup Olive Oil
- 2/3 cup Milk
- 1 1/2 cups Tapioca Flour
- 1/2 cup mixed Cheddar and Monterey Jack Cheeses shredded
- 1/2 tsp Salt

Directions:

- Preheat oven to 400°F and grease a 12-cup muffin tin.
- Blend ingredients together in a standing mixer, stopping to

MEXICO



National Language: Spanish

Mexican cuisine ingredients and methods begin with the first agricultural communities such as the Maya who domesticated maize (corn). Corn in Mexico is not only eaten, but also drunk as a beverage. Corn is the base of a hot drink called atole, which is then flavored with fruit, chocolate, rice or other flavors. And the most common alcoholic beverage consumed with food in Mexico is beer, followed by tequila

Today's food staples are native to the land and include corn beans, squash, amaranth, chia, avocados, tomatoes, tomatillos, cacao, vanilla, agave, turkey, spirulina, sweet potato, cactus, and chili pepper.

European contributions include pork, chicken, beef, cheese, herbs and spices, as well as some fruits. Tropical fruits, many of which are indigenous to Mexico and the Americas, such as guava, prickly pear, sapote, mangoes, bananas, pineapple and cherimoya (custard apple) are popular, especially in the center and south of the country.

AGUA FRESCA

SERVING: 1 GALLON | PREP TIME: 5 MINUTES| COOK TIME: 0 MIN.

Agua fresca is a light, non-alcoholic Mexican flavored water. Sweet, refreshing, and invigorating—agua fresca is ice-cold blends of water infused with fruits, seeds, cereals, or flowers, that can instantly quench your thirst. They are popular in the streets and homes of Mexico. They are also served during fiestas and gatherings, especially to those who don't consume alcohol.



Ingredients:

- 1 quart of chopped fruit (strawberry, pineapple, melon, watermelon, etc)
- 1-2 cups of sugar (sugar will depend on how sweet the fruit is)
- 3 quarts (3 liters) of water

Directions:

- Place fruit into blender with water (might have to blend in batches depending on size of blender)
- Place blended fruit into desired container
- Add sugar to blended fruit
- Stir until sugar completely dissolved
- Add remaining water
- Taste and add more sugar if desired
- Serve over ice

*Combine different fruits such as strawberry with melon or pineapple with watermelon. Combinations are endless

*Can make using 1 part fruit to 3 parts water

MEXICAN HOT CHOCOLATE

SERVING: 4 CUPS | PREP TIME: 10 MINUTES| COOK TIME: 0 MINUTES

Authentic Mexican chocolate caliente is comforting, as hot chocolate should be, but it is also unexpectedly refreshing. The main ingredient is less intense than the darker chocolate often used in other versions of this beverage. People in Mexico often partake of this comforting drink for breakfast or a late supper any day of the week, as well as at Christmastime (such as the Posadas celebrations) and for special occasions such as Day of the Dead.



Ingredients:

- 8 oz of water
- 1-2 (or 1 large) cinnamon stick
- 24 oz of whole milk
- 1 round tablet of Ibarra Mexican chocolate

Directions:

- Boil cinnamon stick in water on low heat for 5 minutes
- Remove cinnamon stick and turn off heat
- Add tablet of chocolate to hot cinnamon water
- Let chocolate soften for 1-2 minutes
- Use the back of a spoon/fork to break up the softened chocolate
- Once completely dissolved, add milk and turn heat to low
- Stir continuously until it reaches desired temperature - don't let it boil

*Adjust liquid content to 12 oz of water and 32 oz of milk if your family's prefers a less sweet hot chocolate

*Try to use the longer brittle cinnamon sticks in Hispanic stores

*Use hand held frother to dissolve chocolate into cinnamon water.

SWEET POTATO PANCAKE

SERVING: 4 SERVINGS | PREP TIME: 60 MINUTES| COOK TIME: 10 MINUTES

This recipe is such a fun, easy breakfast, lunch or dinners when you are in a hurry but still need something nutritious and filling.



Ingredients:

- 300gr of sweet potato
- 2 scoops of chocolate protein or cocoa powder
- 2 eggs
- 1/2 tbs of vanilla
- Butter
- Syrup

Directions:

1. Bake the sweet potato at 420F for one hour or until soft.
2. Mash the sweet potatoes, then add 2 eggs, protein powder and the vanilla.
3. Mix all the ingredients until smooth mixture.
4. Put ½ tbs of butter in a pan at medium heat
5. When pan is hot, pour half cup of mixture into pan.
6. Cover the pan and wait 3-5 minutes and then flip the pancakes.
7. Wait the same amount of time to take the pancake out of the pan.

When the pancakes are done, pour some syrup on top and enjoy!

PHILIPPINES



National Language: Filipino and English.

Philippines cuisine is a combination of Spanish, Chinese, Japanese, Arab, Malaya, American and other Asian and Latin Influences. Filipino cuisine is distinguished by its bold combination of sweet, sour, and salty flavors. While other Asian cuisines may be known for a more subtle delivery and presentation, Filipino cuisine is often delivered all at once in a single presentation. Filipinos use herbs and spices found in all the islands to season their dishes. A variety of fruits and vegetables are often used in cooking. Bananas, guavas, mangoes, papayas, and pineapples lend a distinctly tropical flair in many dishes. Rice is the staple food in the Philippines. The Philippines is famous for their pancit (noodles) and it was influenced by the Chinese. The Filipinos added their own twist and it's quite delicious. pig).

PHILIPPINES LUMPIA

PREP TIME: 1 HRS | COOK TIME: 5-7 MINUTES

Lumpia is a popular snack in the Philippines or dish at every gathering and special celebration. You can use different types of meat, but this recipe uses ground chicken. You can modify ingredients to your taste. Filling can be made a day ahead and stored covered in the fridge, for the ingredients to fully combine, but it's not necessary.



Ingredients:

- 3 lbs ground chicken
- 16 oz bag baby carrots
- 16 oz container white mushrooms
- 4 green onions
- 1 bunch of cilantro
- 2 eggs
- 1 8oz can of water chestnuts
- 1 tsp ground black pepper
- 2 tsp salt
- 1 tsp garlic powder
- 2-4 25 pack extra thin wrappers (thawed)
- Paste: 1c water and 2 tbsp. flour

Directions:

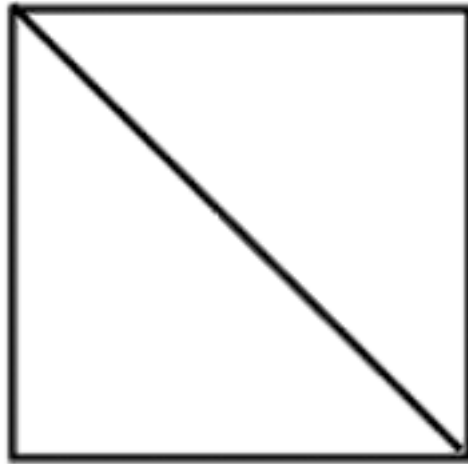
1. Place ground chicken in a colander for any moisture to drain. If the filling is soggy, it will make the wrapper soggy.
2. Mince separately carrots, mushrooms, and chestnuts in food processor and add to the ground chicken.
3. Discard bottom inch of green onions, chop and add to ground chicken mixture. Discard stems of cilantro, chop, and add to ground chicken mixture.
4. Add the eggs and seasoning to ground chicken mixture. Mix all ingredients.
5. Place mixture in a zip top bag or a pastry bag, this helps control the thickness of the lumpia. You can also use a spoon to place the mixture on the wrapper.
6. While the mixture sits, prepare the wrappers. Use scissors or a knife to cut the squares diagonally. You can place a damp paper towel on top of wrappers to make sure the wrappers don't dry out.
7. Place triangular wrapper with the long edge facing you and pipe or spoon 1 tbsp of filling in middle of wrapper toward the bottom. Fold over the left corner to the end covering the filling and the same for the right corner. Roll the filling tightly away from you, use the paste (should be a little watery, not too thick) to seal the top corner.
8. Heat oil over medium heat (375 degrees F), about 1/2" deep. Carefully place 5-6 lumpia at a time depending on how big the frying pan is that

you're using. Fry for 3 minutes on each side or until both sides are golden brown.

9. Remove from the oil and drain on paper towels.

10. Serve with sweet and sour sauce.

Below: How to cut wrappers and place filling.



******You can freeze the lumpia on a baking sheet and after they are frozen place them in freezer bags. They will keep for 6 months or longer if stored properly. They can be air fried from leftovers, but only after deep-frying first.

PUERTO RICO



National Language: Spanish and English

Puerto Rican cuisine has the roots in the cooking traditions and practices of Europe (mostly Spain), Africa, Latin American and the native Tainos. Locals call their cuisine “cocina criolla).

Some staple dishes are mofongo, tostones, pasteles, arroz con gandules, tebleque and coquito.

Named the national drink of Puerto Rico in 1978, Pina colada is a mix of pineapple juice, coconut milk and rum. Coquito is another drink enjoyed at the holidays, and it is often called Puerto Rican eggnog.

VANILLA FLAN

SERVING: 8 SERVINGS | PREP TIME: 15 MINUTES | COOK TIME: 60 MINUTES

Vanilla Flan is a Spanish dessert that consist of a custard-based top with a layer of caramel. This dessert is simple yet elegant that can be enjoyed any time of the year.



Ingredients:

- 1 can condensed milk
- 1 can evaporated milk
- 3 eggs
- 1 cup of sugar (1/2 for the milk mix, 1/2 for the caramel)
- 1 tsp of vanilla
- 1/2 tsp of cornstarch

Directions:

- Preheat oven to 350F
- Incorporate the evaporated milk, condensed milk, 1/2 cup of sugar, eggs, vanilla and cornstarch in the blender.
- Blend for 1 to 2 minutes. Set apart.
- In a saucepan add half cup of sugar with a tsp of water, low heat. Stir from time to time until has a consistency and caramel color (light brown).
- Put the caramel in a pie plate or cake pan.
- Pour the milk mixture on top of the caramel
- Place the pie plate or cake pan in a tray with water and place in the oven for 1 hour.
- Decorate with cherries or any fruit of your choice.

Mofongo with Shrimp

**SERVING: 4 SERVINGS | PREP
TIME: 50 MINUTES**

This dish represents many things from Puerto Rico, it represents who we are and where we came from. Mofongo has a cross-cultural ancestry. Taino Indians, African and Spanish. When Spanish conquerors arrived in Puerto Rico, they brought with them people from west Africa. Africans brought with them Fufu, a food made from plantains or cassava (a root), they boiled and then smashed on a mortar and pestle. Over time Taino and Spanish flavors combine and Mofongo was made.



Ingredients:

- 2 Green plantains (peeled and cut 1-inch slices)
- Olive oil
- 4 garlic cloves
- Salt
- 1lb of shrimp (peeled and cleaned)
- 1 ½ cups of chopped onions
- 1 green sweet pepper (cut into small pieces)
- 1 red sweet pepper (cut into small pieces)
- 1 can of Goya tomato sauce
- ½ cup of water
- Cilantro
- Ground black pepper
- Sofrito
- 1 pack of sazón Goya
- Adobo Goya seasoning (to your taste)
- Paprika
- Green olives (optional)

Equipment:

- Motar (Pilon)
- Deep fryer or deep-frying pan
- Deep pot

Directions:

- Season the shrimp with adobo, ground black pepper, and paprika to your taste.
- In cooking pot at medium temperature add olive oil, onions, green and red peppers, garlic, tomato sauce, sofrito, cilantro, olives (optional), sazón Goya, water, salt and ground black pepper.
- Once all ingredients are in, stir and let boil for 5 minutes.
- Add shrimp to sauce and let cook for 5 minutes.
- Add oil to the deep fryer or deep-frying pan and heat until it is hot.
- Add pre-cut plantains and fry them for 2-3 minutes.
- Remove plantains from the deep fryer and put them

- in a bowl with a paper towel to soak up the excess oil.
- In the mortar (pilon) add 2 cloves of garlic, olive oil
- (to taste), salt (to taste) and smash together.
- Add 3 plantain slices and smash everything together.
Note: If the plantains are too dry add more olive oil.
- Add the Mofongo (smashed plantains) on a deep
- plate in a basket shape.
- Add the shrimp with sauce to the Mofongo.

SPAIN



National Language: Spanish

Spanish cuisine is loved throughout the world for its mouthwatering flavors and the use of fresh, local ingredients. Olive oil (of which Spain is the world's largest producer) is heavily used in their dishes. Many dishes are prepared today using the same cooking methods and ingredients as they were two or three hundred years ago.

The two basic ingredients of Spanish food are olive oil and garlic. Some other typical ingredients are fish and seafood, cheese, ham and sausages, beef, lamb and pork, eggs and chicken.

Spain is one of the major European wine regions and there are thousands of vineyards.

Sangria is probably the most famous Spanish drink ever – which is a mix of red wine, chopped fresh sweet fruits, orange juice, or brandy.

TARTA DE SANTIAGO – SAINT JAMES CAKE

SERVING: 8 SERV | PREP TIME:10 MINUTES | COOK TIME:30 MINUTES

This recipe is an almond cake from Spain, and it is super easy to make. It's naturally gluten free, with a little brightness from lemon and lovely sweet, soft texture. Great for coffee time and dessert.



Ingredients:

- 4 eggs
- 1 cup sugar
- 2 cups almond flour
- 1 lemon zest and 1 orange zest
- 2 tablespoon confectioners' sugar approx., to dust.

Directions:

Preheat oven to 350F (180C)

Grease a 9" cake or pie pan

In a large mixing bowl, mix all ingredients until smooth.

Pour batter into pan.

Bake in preheat oven until cake begins to brown on top.

Once cooled, use powder sugar and stencil to create image on top of cake.

TURKEY



National Language: Turkish

Turkish cuisine is largely the heritage of Ottoman cuisine, which can be described as a fusion and refinement of Mediterranean, Balkan, Middle Eastern, Central Asian and Eastern European cuisines.

Turkish cuisine varies across the country including moderate use of spices, a preference for rice over bulgur, koftes, and a wider availability of vegetable stews, eggplant, stuffed dolmas and fish.

Turkey, nowadays most families enjoy 3 meals a day. Weekday breakfasts are basic and quick but weekend breakfasts where the family comes together are large and consist of many different foods.

Rakı and beer make up a large portion of alcohol consumption in Turkey and there are two dominant types of non-alcoholic drinks: black tea and Turkish coffee.

Sigara Böreği (Turkish cheese rolls)

SERVING: 12 PORTIONS| PREP TIME: 20 MINUTES| COOK TIME: 15 MINUTES

Turkish Sigara Borek Rolls are savory, cheesy and crunchy. They make great appetizers, snacks, lunch and finger food for a party! This cheese rolls recipe with phyllo is a life saver and super easy to make!



Ingredients

For The Börek Cases

- 3 sheets fresh yufka or the equivalent in phyllo pastry
- 1 egg beaten together with a splash of milk
- sunflower oil or canola oil for deep frying

For The Börek Cheese Filling

- 300 g börek cheese crumbled feta cheese can be a substitute
- 1 medium red onion very finely chopped
- 1 red capsicum pepper deseeded & very finely chopped
- 1 egg beaten
- ½ bunch flat leaf parsley very finely chopped

Directions

For The Börek Cases

- On a hard, flat surface, take one sheet of yufka and fold it in half.
- Have the straight flat side facing away from you.
- With a sharp knife, start around 4 inches in from the top left and cut diagonally downwards to the bottom left to make a triangle.
- Now go back to the top point and cut down diagonally to the right so that you have a curved triangular base, again, of around 4 inches.
- Keep going until you reach the end of your yufka sheet, and you have a series of triangles of roughly similar sizes (they don't need to be exact).
- Separate your yufka triangles and cover with a plastic bag or damp cloth so they don't dry out.

For The Börek Cheese Filling

- Take all your ingredients and mix them together, thoroughly, in a bowl.

Menemen Recipe – Turkish Scrambled Eggs with Tomatoes

SERVING: 4 PORTIONS | PREP TIME: 5 MINUTES| COOK TIME: 20 MINUTES

Menemen is a traditional Turkish dish that is mostly served as a hearty breakfast.

This simple egg dish gets its name from a Turkish town called Menemen, which is in Izmir. It is said that this egg dish was made first by the Cretan Turks who moved to this town.



Ingredients

- 4 large eggs
- 1 large tomato or 3-4 medium tomatoes finely chopped
- 1 medium-sized onion peeled & finely chopped
- 1 small green bell pepper deseeded & finely chopped
- 1 handful parsley freshly chopped
- 2 teaspoons hot chili flakes (or Aleppo pepper) optional
- 1 teaspoon sweet paprika
- 1 teaspoon thyme or oregano
- salt & pepper to season
- 1 tablespoon sunflower or canola oil for frying

Directions

Add a small glug of sunflower oil to a frying pan and heat gently over medium heat.

Add your onions and sauté for a few minutes until they become translucent.

Now add your green pepper and stir for a few minutes until it starts to soften.

Now stir in your chopped tomato and add your herbs and spices and salt and pepper.

Simmer over a low heat until your tomato cooks down to form a thick tomato sauce.

crack your eggs into the pan and stir them until they are scrambled into the mixture.

Remove from the heat and garnish with your parsley.

Serve alone or as part of a larger breakfast.

Kofte – Turkish Meatballs

SERVING: 6 | PREP TIME: 20 MINUTES| COOK TIME: 5 MINUTES

Köfte is a staple of Turkish cuisine and beloved by almost everyone. The word köfte comes from the Persian “küfte” or “köfte” meaning finely chopped meat.



Ingredients

- 1 1/2 lbs lean ground lamb (or beef)
- 1 medium onion, grated
- 1 cup white breadcrumbs
- 1 tablespoon water
- 2 eggs
- 1/4 cup fresh parsley, finely chopped
- 1/4 cup of fresh mint, finely chopped (or 1 1/2 tablespoons of dried mint)
- 1/2 teaspoon salt (or to taste)
- 1/2 teaspoon white pepper
- 1 to 2 cloves of garlic

Directions

- In a bowl add all the ingredients and lightly combine mixture. Set aside in the fridge for the flavors to meld for at least 2 to 4 hours.
- Form the mixture into balls then roll between your palms into sausage shapes.
- Add a little olive oil on a cookie sheet covered with foil and bake for 35 to 45 minutes at 350 degrees or until Kofte is cooked through.
- Serve with pita bread and a salad.

GERMANY



National Language: German

German cuisine might be associated with two things – potatoes and sauerkraut – there is much more to it than meets the eye. In fact, German cuisine is made up of many different local or regional cuisines, reflecting the country's federal history. Germany itself is part of the larger cultural region of Central Europe, sharing many culinary traditions with neighboring countries such as Poland and the Czech Republic.

Beer is very common throughout all parts of Germany, with many local and regional breweries producing a wide variety of beers. The pale lager pilsner, a style developed in the mid-19th century, is predominant in most parts of the country today.

Wienerschnitzel mit Bratkartoffeln | BREADED PORK CUTLET WITH HOME FRIES

SERVING: 4 PORTIONS | PREP TIME: 10 MIN | COOK TIME: 30 MIN

Breaded schnitzel is popular in many countries and is made using veal, pork, chicken, mutton, beef, or turkey



Ingredients for the Wiener Schnitzel:

- 4 boneless pork chops or Chicken breast
- 1/4 cup flour
- 1 tsp salt
- 1 tsp. paprika
- 1/4 tsp ground black pepper
- 1 egg, beaten
- 2 tbsp milk
- 3/4 cup panko breadcrumbs
- 6 tbsp vegetable oil.

Ingredients for the Bratkartoffeln:

- 1 1/2 pounds new baby potatoes, boiled in skin and cooled
- 4 lardons bacon, diced (optional)
- salt and pepper to taste
- Fresh parsley for decoration

Directions

- Use a meat mallet to pound the pork cutlets to 1/4-1/8-inch thickness. Cut small slits around the edges of the cutlets to prevent curling.
- Set out 3 shallow bowls. One with a mixture of the flour, salt and pepper, the second with the egg and milk whisked together and the third with a mixture of the panko and paprika.
- Heat the olive oil in a large skillet on medium high heat. Dredge the cutlets first in the seasoned flour, then dip the cutlets in the egg mixture, and then into the mixture of breadcrumbs and paprika. Working in batches, sauté the cutlets for 3-4 minutes on each side. Remove the cutlets from the skillet and cover with foil or place in a warm oven to keep warm.
- For the bratkartoffeln, peel and cut the potatoes into small slices. Heat a medium skillet to render the bacon. When the bacon is not quite crispy, remove from the pan (leave the bacon fat) and add the vegetable oil. Once oil is hot, add the potatoes and very gently sauté (don't move them too much as the slices will break apart) until golden brown, about 8-10 minutes. For the last few minutes, return the bacon pieces to the mixture. Season with salt and pepper to taste.

Kartoffelpuffer mit Apfelmus |Potato Pancake with Applesauce

SERVING: 8 PORTIONS | PREP TIME: 15 MINUTES| COOK TIME: 10 MINUTES

These classic potato pancakes are perfect as an appetizer, a side dish, or just as a plain old snack and would make a great addition to any Oktoberfest-themed party or German Christmas market-themed celebration



Ingredients

- 6 medium potatoes, scrubbed
- 1 medium onion
- 2 eggs, lightly beaten
- 1/3 cup flour
- 1/2 teaspoon salt
- Cooking oil

Directions

- Grate potatoes and onion. Stir in eggs, flour and salt immediately.
- In preheated electric frying pan (350 F) or frying pan over medium high stove-top, add cooking oil--about 2 T per batch.
- Using a one-third-cup metal measuring cup, scoop up some potato-onion mixture, and spread in a circle in the pan. Flatten out a bit, to about a 5-inch thin cake. Fry for about 2 minutes per side until golden-brown and crispy around edges.
- Transfer cakes to a warm plate or keep warm in the oven. Best when served immediately.
- Serve with applesauce, honey, or butter with salt & pepper.

SOUTH KOREAN



National Language: Korean

South Korean cuisine is primarily rice, which is accompanied by many side dishes created with vegetables, meat, and fish, which conjure a balanced daily diet. Hot and spicy food equals delectable South Korean cuisine. Soybean paste and soy sauce are other main features of South Korean food, where the fermented soybean paste is used as a base for most of the dishes.

Soju is South Korea's most popular alcoholic drink and the world's most popular liquors. You can find it across the country in all the convenience stores and even fancy restaurants.

GIMBAP (KIMBAP)

SERVING: 5 ROLLS| PREP TIME: 25 MINUTES |COOK TIME:20 MINUTES

Kimbap is the most popular on-the-go meal in Korea. This recipe is seaweed rice roll filled with a variety of delicious fillings. Gim is dried sheets of seaweed, and bap means rice.



Ingredients

- 5 sheet Seaweed paper
- 4 cups cooked rice
- ½ cup shredded/matchstick carrots
- 3 eggs
- Imitation crab sticks
- 1 cucumber
- Bamboo gimbap rolling mat
- 3 tsp sesame oil
- Pinch of salt
- 2 tsp sesame seeds

Directions:

- Place freshly made rice in a large bowl. Mix in salt, sesame oil and sesame seeds and mix with a rice spoon. Let the rice cool and set aside.
- Sauté carrots with ¼ teaspoon of salt and little bit of oil and set aside.
- Crack 3 eggs in a bowl and beat it with a fork to mix.
- On a non-stick pan spread the egg mixture so it fills the pan. Keep it on a medium low heat. When the bottom of the egg is cooked, flip it over with a spatula. Once cooked, remove from heat and set aside to cool it down (egg should not be overcooked).
- Cut the egg into ½ inch wide strips.
- Cut the cucumber in half and remove seeds. Cucumber should be cut into ½ inch wide strips.
- Half the sticks of the imitation crab and set aside.
- Place a sheet of seaweed on the rolling mat with the shiny side down.
- Evenly spread out ¾ cup of cooked rice over top of it, leaving about 2 inches uncovered on one side of the seaweed.
- Place cucumber, egg, imitation crab, and carrots in the center of the rice.
- Use both hands to roll the mat over the fillings, so one edge of the rice and seaweed reached the opposite edge.
- Grab the mat with both hands and press it tightly as you continue rolling the gimbap. Push out the mat as you roll so it doesn't get wrapped in the gimbap.
- Remove the roll from the mat at the end and set the finished roll aside with the seam down.
- Repeat for other rolls. Cut rolls into ¼ inches bites size – enjoy.

JAPCHAE – KOREAN NOODLES

SERVING: 6 SERVINGS | PREP TIME: 20 MINUTES | COOK TIME: 55 MINUTES

Japchae is a simple Korean noodle dish packed with a rainbow of vegetables and accented with a hit of flank steak.

Japchae is made with Korean potato starch glass noodles, which are surprisingly light and gluten-free



Ingredients

- 6 ounces flank steak cut into thin strips
- 3 cloves garlic, minced
- 6 teaspoons sugar
- $\frac{3}{4}$ teaspoon black pepper
- $4\frac{1}{2}$ tablespoons soy sauce
- 1 teaspoon sesame oil (plus 2 tablespoons, divided)
- 1 onion (sliced thinly)
- 2 carrots (julienned)
- 4 fresh shiitake mushrooms (cut into thin strips)
- 1 small red bell pepper (cut into thin strips)
- 4 ounces baby spinach (115g, about 3 large handfuls)
- 3 scallions (cut into 3-inch sections and thinly sliced)
- 10 ounces 280g dangmyeon (sweet potato starch noodles)
- Vegetable oil
- 1 tablespoon toasted sesame seeds

DIRECTIONS

1. Mix the beef together with 1 clove of the garlic, 1 teaspoon sugar, $\frac{1}{4}$ teaspoon ground black pepper, 1 tablespoon soy sauce, and 1 teaspoon of sesame oil.
2. Prepare the vegetables and set aside. Cook the noodles for 7 minutes in a large pot of boiling water. Strain and cut with scissors so that they're a little shorter. Add 1 tablespoon sesame oil, 1 tablespoon soy sauce, and 2 teaspoons sugar to the noodles. Toss thoroughly.
3. Heat up a skillet over medium high heat. Stir-fry the onion and carrot with 1 tablespoon of vegetable oil until tender, but still a little crunchy. Transfer to a large mixing bowl. Add another tablespoon of oil to the pan and add the mushrooms. Cook until caramelized, and transfer to the mixing bowl along with the onion and carrot. Add another tablespoon of oil to the pan and cook the red peppers until tender. Add in the spinach, scallions, and the remaining garlic. Cook the entire mixture until the scallions and spinach are wilted. Transfer to the mixing bowl with the other vegetables.
4. Turn up your heat to high and add the beef to the pan. Stir-fry for a couple minutes until the beef is no longer pink. Transfer the noodles and the beef to the mixing bowl, along with the sesame seeds.
5. Add 3 teaspoons sugar, $\frac{1}{2}$ teaspoon ground black pepper, 2 $\frac{1}{2}$ tablespoons soy sauce, and 1 tablespoon of sesame oil to the mixing bowl full of ingredients. Toss to combine all the ingredients together and serve.

KIMICHI PANCAKE

SERVING: 8 SERVINGS | PREP TIME: 20 MINUTES | COOK TIME: 40 MINUTES

Kimchi pancake is made from a simple batter of kimchi, scallions, salt, and water fried to a crispy pancake in the skillet and served with a dipping sauce.



Ingredients

For The Pancake:

- ½ cup all-purpose flour
- ½ cup potato starch
- 1/4 teaspoon salt
- ½ cup cabbage kimchi (roughly chopped)
- ½ cup kimchi juice
- 3 tablespoons water
- 1 scallion (chopped)
- 2 tablespoons vegetable oil
- 1 teaspoon toasted sesame seeds

For The Dipping Sauce:

- 1 tablespoon soy sauce
- 1 tablespoon water
- 1 teaspoon rice vinegar
- 1 teaspoon sugar
- ½ teaspoon sesame oil

DIRECTIONS:

1. In a large bowl, combine the flour, potato starch, and salt until combined. Add the kimchi, kimchi juice, water, and scallion. Use a pair of chopsticks or a fork to stir the mixture until well-combined.
2. Heat a nonstick or cast-iron pan over medium high heat. Add 2 tablespoons vegetable oil and add the batter to the pan, spreading it in an even layer. Fry until browned on one side. Flip the pancake and continue to cook until browned on the other side.
3. Meanwhile, assemble the dipping sauce by combining the sauce ingredients in a small bowl. Serve alongside the pancake.

BEEF AND KIMICHI FRIED RICE

SERVING: 4 SERVINGS | PREP TIME: 10 MINUTES| COOK TIME: 25 MINUTES

This kimchi fried rice includes beef and a luscious runny egg on top. You can use brown or white rice.



Ingredients

For The Beef and Marinade:

- 1 cup thinly sliced beef
- 1 1/2 teaspoons cornstarch
- 1/2 teaspoon sesame oil
- 1 teaspoon soy sauce
- 1/4 teaspoon sugar
- 1 teaspoon shaoxing wine

To Cook the Fried Rice:

- 4 eggs
- 3 tablespoons oil (divided)
- 1 medium onion (finely chopped)
- 1 red bell pepper (chopped; you can also use a red long hot pepper if you like heat)
- 1 1/2 cups kimchi (coarsely chopped)
- 4 cups cooked white rice (or brown rice)
- Salt (to taste)
- 1/2 teaspoon sesame oil
- 1/2 cup scallion (chopped)
- Korean chili flakes (to taste; optional)

Directions:

1. In a bowl, mix the beef and marinade ingredients and set aside for at least 15 minutes.
2. Right before you're ready to make your rice, cook the eggs sunny side up in a pan, and keep them warm while you're making the rice. Make sure the yolks stay runny!
3. Heat 2 tablespoons oil in a wok over high heat. Once the wok starts to smoke, sear the beef and then set it aside on a plate.
4. Add another tablespoon of oil to the wok and cook the onion until it's translucent. Add the peppers and cook for another minute, and then add the kimchi. Stir everything together well, and add the rice, stirring constantly.
5. Add the cooked beef back to the wok, along with salt to taste, sesame oil, scallions and a pinch of chili flakes for extra heat. Thoroughly mix everything together and serve with your eggs.