

50

Worldwide

RECIPES

for your Family

PASTA AND NOODLES

SOUPS AND STEWS

MEAT DISHES

VEGETARIAN AND VEGAN

MAIN COURSES

APPETIZERS

SEAFOOD

SALADS

DESSERTS

DRINKS



# MENU

DAILY TASTY FOOD FROM LALLA RECIPES

LALLA  
RECIPES

## SECTION 1: APPETIZERS

- Italian Bruschetta
- Greek Spanakopita
- Spanish Patatas Bravas
- Mexican Guacamole
- Moroccan Harira Soup

## SECTION 2: SOUPS AND STEWS

- American New England Clam Chowder
- French Onion Soup
- Brazilian Feijoada
- Italian Minestrone
- Mexican Pozole

## SECTION 3: SALADS

- Greek Salad
- French Nicoise Salad
- American Cobb Salad
- Moroccan Carrot Salad
- Turkish Shepherd's Salad

## SECTION 4: MAIN COURSES

- Italian Lasagna
- Japanese Sushi
- Spanish Paella
- American BBQ Ribs
- Moroccan Chicken Tagine

## SECTION 5: PASTA AND NOODLES

- Italian Bruschetta
- Korean Japchae
- Indonesian Mee Goreng
- Filipino Pancit
- American Macaroni and Cheese



# MENU

DAILY TASTY FOOD FROM LALLA RECIPES

LALLA  
RECIPES

## SECTION 6: SEAFOOD

- Spanish Gambas al Ajillo
- Japanese Sashimi
- French Bouillabaisse
- Italian Cioppino
- Mexican Ceviche

## SECTION 7: MEAT DISHES

- Argentinian Asado
- South African Bobotie
- American Beef Brisket
- Australian Lamb Roast
- Moroccan Lamb Kebabs

## SECTION 8: VEGETARIAN AND VEGAN

- Lebanese Falafel
- Italian Eggplant Parmesan
- Mexican Tacos de Papa
- Moroccan Vegetable Couscous
- Turkish Imam Bayildi

## SECTION 9: DESSERTS

- French Crème Brûlée
- American Apple Pie
- Mexican Churros
- Indian Gulab Jamun
- Brazilian Brigadeiros

## SECTION 10: DRINKS

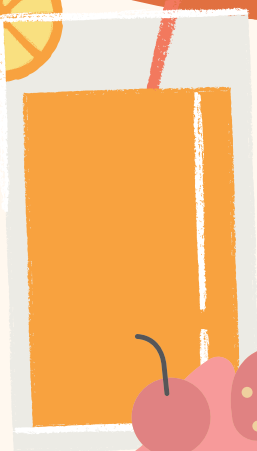
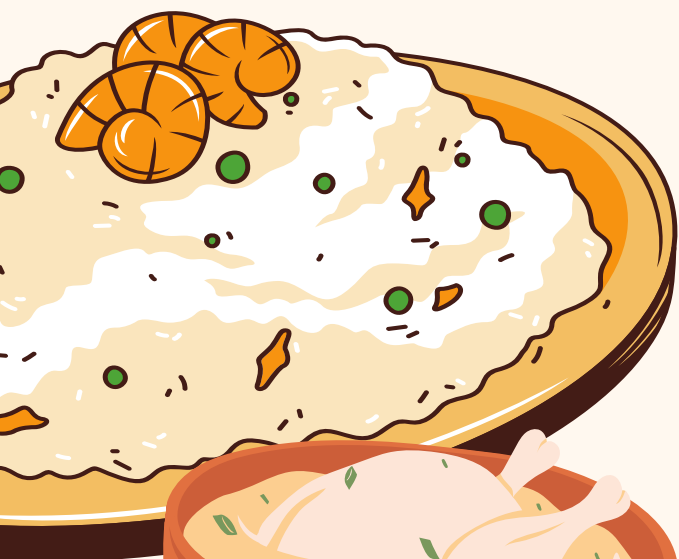
- Brazilian Caipirinha
- Spanish Sangria
- American Milkshake
- Moroccan Mint Tea
- Cuban Mojito



◆ Section 1

# APPETIZERS

Italian Bruschetta  
Greek Spanakopita  
Spanish Patatas Bravas  
Mexican Guacamole  
Moroccan Harira Soup





# Italian Bruschetta

## Ingredients

- 1 baguette, sliced
- 3 ripe tomatoes, diced
- 1/4 cup fresh basil, chopped
- 2 cloves garlic, minced
- 1/4 cup olive oil
- Salt and pepper to taste
- Balsamic vinegar (optional)



## Directions

1. Preheat your oven to 400°F (200°C).
2. Place the baguette slices on a baking sheet and brush both sides with olive oil.
3. Bake in the oven for about 5-7 minutes, until golden and crispy.
4. In a bowl, mix diced tomatoes, basil, garlic, salt, and pepper.
5. Spoon the tomato mixture onto the toasted baguette slices.
6. Drizzle with balsamic vinegar if desired. Serve immediately.

# Greek Spanakopita

## Ingredients

- 1 lb fresh spinach, chopped
- 1/2 cup feta cheese, crumbled
- 1/2 cup ricotta cheese
- 1/4 cup fresh dill, chopped
- 1/4 cup fresh parsley, chopped
- 2 eggs, beaten
- Salt and pepper to taste
- 1/2 lb phyllo dough
- 1/2 cup melted butter



## Directions

1. Preheat your oven to 375°F (190°C).
2. In a large bowl, mix spinach, feta, ricotta, dill, parsley, eggs, salt, and pepper.
3. Grease a baking dish and layer half of the phyllo sheets, brushing each with melted butter.
4. Spread the spinach mixture evenly over the phyllo.
5. Layer the remaining phyllo sheets on top, brushing each with butter.
6. Bake for 45-50 minutes, until golden brown. Let cool slightly before cutting into squares.



# Spanish Patatas Bravas

## Ingredients

- 4 large potatoes, peeled and diced
- 1/4 cup olive oil
- Salt to taste
- 1 cup tomato sauce
- 1 tsp smoked paprika
- 1/2 tsp cayenne pepper
- 2 cloves garlic, minced
- 1/4 cup mayonnaise
- 1 tbsp lemon juice



## Directions

1. Preheat your oven to 450°F (230°C).
2. Toss the diced potatoes with olive oil and salt, then spread on a baking sheet.
3. Bake for 30-35 minutes, until crispy and golden.
4. In a saucepan, heat a bit of olive oil and sauté garlic until fragrant.
5. Add tomato sauce, smoked paprika, and cayenne pepper. Simmer for 10 minutes.
6. Mix mayonnaise with lemon juice in a small bowl.
7. Serve the potatoes topped with tomato sauce and a drizzle of lemon mayonnaise.

# Mexican Guacamole

## Ingredients

- 3 ripe avocados
- 1/2 small red onion, finely chopped
- 1 medium tomato, diced
- 1/4 cup fresh cilantro, chopped
- 1 jalapeño, seeded and minced
- 2 tbsp lime juice
- Salt and pepper to taste



## Directions

1. Cut the avocados in half, remove the pits, and scoop the flesh into a bowl.
2. Mash the avocados with a fork until smooth but slightly chunky.
3. Add red onion, tomato, cilantro, jalapeño, lime juice, salt, and pepper.
4. Mix well and serve immediately with tortilla chips or as a topping.



# Moroccan Harira Soup

## Ingredients

- 1/2 lb lamb, cubed
- 1/2 cup lentils
- 1/4 cup chickpeas, soaked overnight
- 1 onion, chopped
- 2 celery stalks, chopped
- 2 tomatoes, diced
- 2 tbsp tomato paste
- 1/2 cup cilantro, chopped
- 1/2 cup parsley, chopped
- 1 tsp turmeric
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1/2 tsp ground cumin
- Salt and pepper to taste
- 6 cups water
- 1/2 cup vermicelli noodles
- Juice of 1 lemon



## Directions

1. Drain the soaked chickpeas and rinse them thoroughly. Set aside.
2. In a large pot, brown the cubed lamb or beef over medium heat.
3. Add the chopped onion and celery, and sauté until the vegetables are soft.
4. Stir in the diced tomatoes, tomato paste, turmeric, cinnamon, ginger, and cumin.
5. Cook for a few minutes until the spices are fragrant and the tomatoes start to break down.
6. Add the lentils and chickpeas to the pot.
7. Pour in the 6 cups of water.
8. Bring to a boil, then reduce the heat and let it simmer for about 45 minutes to an hour, or until the chickpeas and lentils are tender. If using canned chickpeas, add them about 20 minutes before the end of cooking.
9. Stir in the vermicelli noodles and cook until they are tender, about 5-7 minutes.
10. Add the chopped cilantro and parsley. Adjust the seasoning with salt and pepper to taste.

## Section 2

# SOUPS & STEW

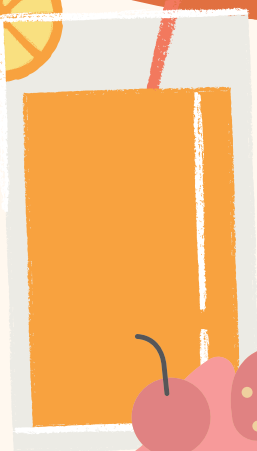
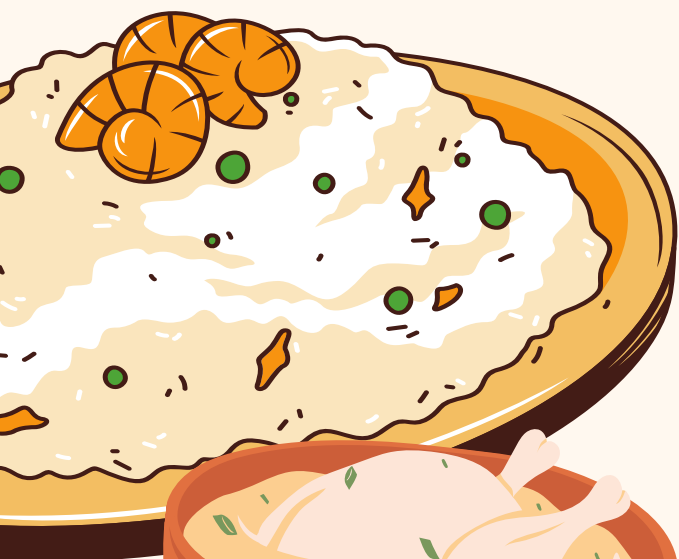
American New England Clam  
Chowder

French Onion Soup

Brazilian Feijoada

Italian Minestrone

Mexican Pozole





# American New England Clam Chowder

## Ingredients

- 4 cups (960 ml) clam juice or seafood stock
- 3 cups (720 ml) milk
- 2 cups (480 ml) heavy cream
- 2 pounds (900 g) fresh clams (or 2 cans of clams)
- 4 slices bacon, chopped
- 1 large onion, diced
- 2 celery stalks, diced
- 2 large potatoes, peeled and diced
- 2 tbsp (30 g) all-purpose flour
- 2 tbsp (30 g) butter
- 1 bay leaf
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)



## Directions

1. If using fresh clams, steam them in a pot with a little water until they open. Remove the clams from their shells and chop. Reserve the clam juice.
2. In a large pot, cook the chopped bacon over medium heat until crispy. Remove the bacon and set aside, leaving the rendered fat in the pot.
3. Add butter to the pot with the bacon fat. Sauté the diced onion and celery until they are soft and translucent.
4. Stir in the flour and cook for a minute to form a roux. Gradually whisk in the clam juice and milk, ensuring there are no lumps.
5. Add the diced potatoes and bay leaf. Bring to a boil, then reduce the heat and simmer until the potatoes are tender, about 15-20 minutes.
6. Stir in the heavy cream, chopped clams, and cooked bacon. Season with salt and pepper. Simmer for a few more minutes to heat everything through.
7. Remove the bay leaf, garnish with fresh parsley, and serve hot.

# French Onion Soup

## Ingredients

- 4 large onions, thinly sliced
- 4 cups (960 ml) beef broth
- 2 cups (480 ml) chicken broth
- 1 cup (240 ml) dry white wine
- 1 tbsp (15 g) butter
- 2 tbsp (30 ml) olive oil
- 1 bay leaf
- 1 tsp (5 g) thyme leaves
- Salt and pepper to taste
- Baguette slices
- 1 cup (100 g) Gruyere cheese, grated

## Directions

1. In a large pot, melt butter with olive oil over medium heat. Add the sliced onions and cook, stirring occasionally, until they are deeply caramelized, about 30-40 minutes.
2. Add the white wine to deglaze the pot, scraping up any browned bits from the bottom.
3. Stir in the beef and chicken broths, bay leaf, and thyme. Bring to a boil, then reduce the heat and simmer for about 30 minutes. Season with salt and pepper.
4. While the soup simmers, toast the baguette slices until they are golden brown.
5. Ladle the soup into ovenproof bowls, place a toasted baguette slice on top, and sprinkle with Gruyere cheese.
6. Place the bowls under the broiler until the cheese is melted and bubbly. Serve hot.





# Brazilian Feijoada

## Ingredients

- 1 pound (450 g) black beans, soaked overnight
- 1 pound (450 g) pork shoulder, cubed
- 1 pound (450 g) smoked sausage, sliced
- 4 strips bacon, chopped
- 1 large onion, chopped
- 4 cloves garlic, minced
- 2 bay leaves
- 1 orange, halved
- 6 cups (1.5 liters) water or chicken broth
- Salt and pepper to taste
- Rice, for serving
- Collard greens, for serving



## Directions

1. In a large pot, cook the bacon until crispy. Remove and set aside. Brown the pork shoulder in the bacon fat. Add the sausage and cook until browned.
2. Add the chopped onion and minced garlic to the pot, sautéing until they are soft and fragrant.
3. Drain the soaked beans and add them to the pot along with the water or chicken broth. Add the bay leaves and orange halves.
4. Bring to a boil, then reduce the heat and simmer for about 2 hours, or until the beans and meat are tender. Season with salt and pepper.
5. Serve the feijoada hot with rice and collard greens on the side.

# Italian Minestrone

## Ingredients

- 2 tbsp (30 ml) olive oil
- 1 large onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 2 zucchini, diced
- 1 potato, diced
- 1 can (14 oz / 400 g) diced tomatoes
- 6 cups (1.5 liters) vegetable broth
- 1 cup (150 g) green beans, chopped
- 1 can (14 oz / 400 g) cannellini beans, drained and rinsed
- 1 cup (150 g) pasta (small shapes)
- 2 tbsp (30 g) tomato paste
- 2 cloves garlic, minced
- 1 tsp (5 g) dried oregano
- 1 tsp (5 g) dried basil
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)
- Grated Parmesan cheese (for serving)



## Directions

1. Heat olive oil in a large pot over medium heat. Add the onion, carrots, and celery. Cook until the vegetables are soft, about 5 minutes.
2. Stir in the zucchini, potato, tomatoes, tomato paste, garlic, oregano, and basil. Add the vegetable broth and bring to a boil.
3. Reduce the heat and simmer for about 20 minutes, until the vegetables are tender.
4. Stir in the green beans, cannellini beans, and pasta. Cook until the pasta is tender, about 10 minutes. Season with salt and pepper.
5. Garnish with fresh parsley and serve with grated Parmesan cheese.

# Mexican Pozole

## Ingredients

- 2 lbs (900 g) pork shoulder, cut into chunks
- 1 onion, halved
- 4 cloves garlic
- 1 bay leaf
- 8 cups (2 liters) water
- 1 can (25 oz/700 g) hominy, drained and rinsed
- 4 dried guajillo chilies, stems and seeds removed
- 2 tsp (10 g) dried oregano
- Salt to taste
- Toppings: shredded cabbage, radishes, lime wedges, chopped onion, avocado, tortilla chips



## Directions

1. In a large pot, combine the pork shoulder, halved onion, garlic, bay leaf, and water. Bring to a boil, then reduce heat and simmer for about 2 hours, or until the pork is tender.
2. Remove the onion, garlic, and bay leaf. Shred the pork and return it to the pot.
3. In a separate small pot, bring some water to a boil. Add the dried guajillo chilies and boil until softened, about 10 minutes.
4. Blend the softened chilies with a bit of their soaking water until smooth. Strain the chili mixture and add it to the pork broth.
5. Add the hominy to the pot and simmer for another 30 minutes.
6. Season with dried oregano and salt to taste.
7. Serve hot, with toppings such as shredded cabbage, sliced radishes, lime wedges, chopped onion, avocado, and tortilla chips.





## Section 3

# SALADS



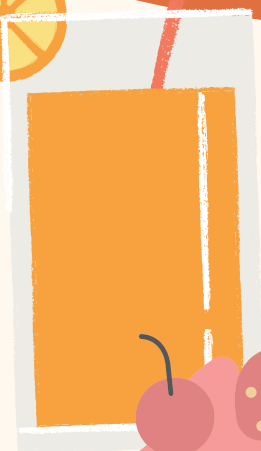
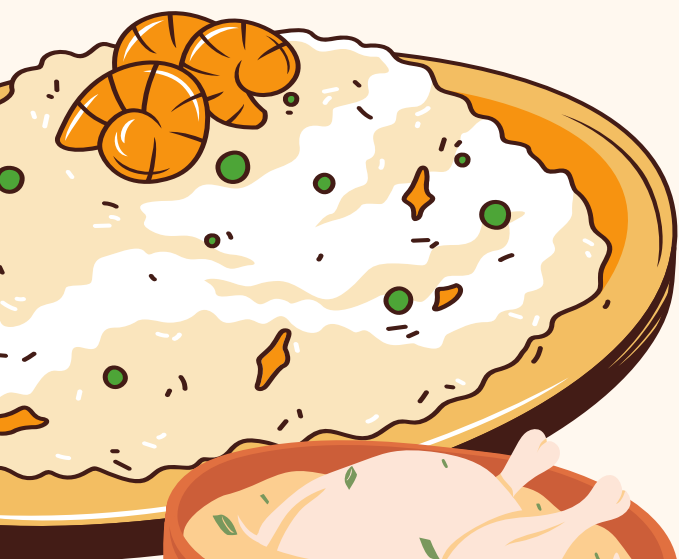
Greek Salad

French Nicoise Salad

American Cobb Salad

Moroccan Carrot Salad

Turkish Shepherd's Salad



# Greek Salad

## Ingredients

- 4 tomatoes, chopped
- 1 cucumber, sliced
- 1 green bell pepper, sliced
- 1 red onion, thinly sliced
- 1 cup (150 g) Kalamata olives
- 200 g (7 oz) feta cheese, crumbled
- 1/4 cup (60 ml) olive oil
- 1 tbsp (15 ml) red wine vinegar
- 1 tsp (5 g) dried oregano
- Salt and pepper to taste



## Directions

1. In a large bowl, combine the chopped tomatoes, sliced cucumber, sliced green bell pepper, and thinly sliced red onion.
2. Add the Kalamata olives and crumbled feta cheese.
3. In a small bowl, whisk together the olive oil, red wine vinegar, dried oregano, salt, and pepper.
4. Pour the dressing over the salad and toss gently to combine.
5. Serve immediately.

# French Nicoise Salad

## Ingredients

- 1 lb (450 g) small potatoes, boiled and halved
- 2 cups (300 g) green beans, blanched
- 1/2 cup (75 g) cherry tomatoes, halved
- 1/4 cup (50 g) Kalamata olives
- 1 can (6 oz/170 g) tuna, drained
- 4 hard-boiled eggs, halved
- 1/4 cup (60 ml) olive oil
- 1 tbsp (15 ml) red wine vinegar
- 1 tsp (5 g) Dijon mustard
- 1 clove garlic, minced
- Salt and pepper to taste



## Directions

1. In a large bowl, combine the boiled potatoes, blanched green beans, cherry tomatoes, and Kalamata olives.
2. Add the drained tuna and hard-boiled egg halves.
3. In a small bowl, whisk together the olive oil, red wine vinegar, Dijon mustard, minced garlic, salt, and pepper.
4. Pour the dressing over the salad and toss gently to combine.
5. Serve immediately.



# American Cobb Salad

## Ingredients

- 6 cups (180 g) mixed greens
- 2 chicken breasts, cooked and diced
- 4 strips bacon, cooked and crumbled
- 2 hard-boiled eggs, chopped
- 1 avocado, diced
- 1 cup (150 g) cherry tomatoes, halved
- 1/2 cup (75 g) blue cheese, crumbled
- 1/4 cup (60 ml) red wine vinegar
- 1/2 cup (120 ml) olive oil
- 1 tsp (5 g) Dijon mustard
- Salt and pepper to taste



## Directions

1. In a large bowl, arrange the mixed greens.
2. Top with diced chicken, crumbled bacon, chopped hard-boiled eggs, diced avocado, cherry tomatoes, and crumbled blue cheese.
3. In a small bowl, whisk together the red wine vinegar, olive oil, Dijon mustard, salt, and pepper.
4. Pour the dressing over the salad and toss gently to combine.
5. Serve immediately.

# Moroccan Carrot Salad

## Ingredients

- 4 large carrots, peeled and grated
- 1/4 cup (60 ml) olive oil
- 1/4 cup (60 ml) lemon juice
- 1 tsp (5 g) ground cumin
- 1 tsp (5 g) ground cinnamon
- 1/2 tsp (2.5 g) paprika
- 1/4 cup (40 g) raisins
- 1/4 cup (30 g) chopped fresh cilantro
- Salt and pepper to taste



## Directions

1. In a large bowl, combine the grated carrots and raisins.
2. In a small bowl, whisk together the olive oil, lemon juice, ground cumin, ground cinnamon, paprika, salt, and pepper.
3. Pour the dressing over the carrots and raisins, and toss to combine.
4. Stir in the chopped fresh cilantro.
5. Serve immediately or chilled.

# Turkish Shepherd's Salad (Çoban Salatası)

## Ingredients

- 4 tomatoes, diced
- 1 cucumber, diced
- 1 green bell pepper, diced
- 1 red onion, finely chopped
- 1/4 cup (50 g) chopped fresh parsley
- 1/4 cup (60 ml) olive oil
- 2 tbsp (30 ml) lemon juice
- 1 tsp (5 g) sumac (optional)
- Salt and pepper to taste



## Directions

1. In a large bowl, combine the diced tomatoes, cucumber, green bell pepper, finely chopped red onion, and chopped fresh parsley.
2. In a small bowl, whisk together the olive oil, lemon juice, sumac (if using), salt, and pepper.
3. Pour the dressing over the salad and toss gently to combine.
4. Serve immediately.



◆ Section 4

# MAIN COURSES

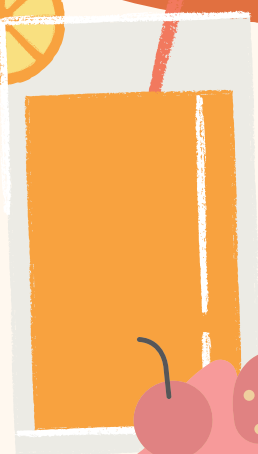
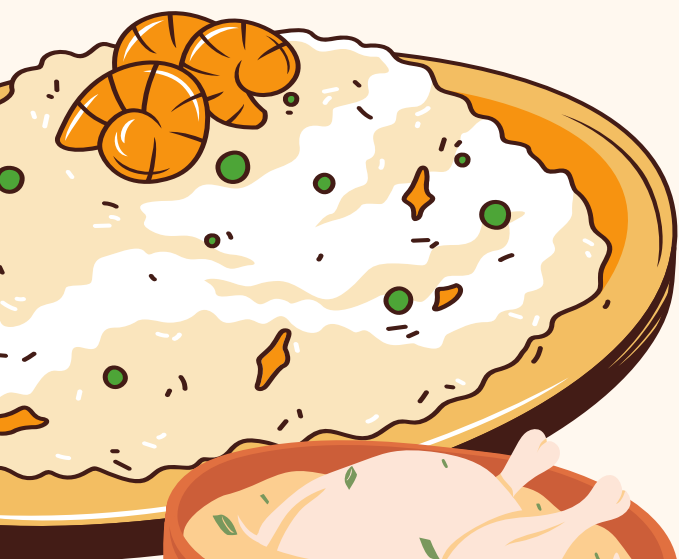
Italian Lasagna

Japanese Sushi

Spanish Paella

American BBQ Ribs

Moroccan Chicken Tagine



# Italian Lasagna

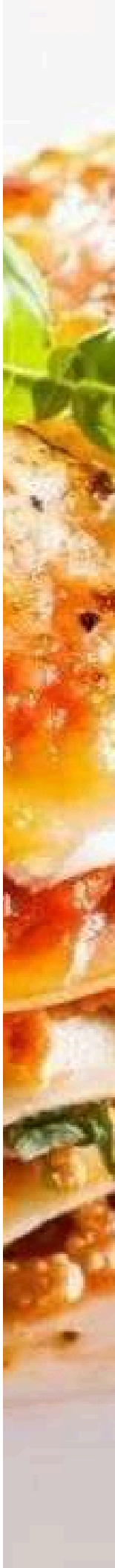
## Ingredients

- For the Meat Sauce:
- 1 lb (450 g) ground beef
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can (28 oz/800 g) crushed tomatoes
- 2 cans (6 oz/170 g each) tomato paste
- 2 cans (15 oz/425 g each) tomato sauce
- 1/2 cup (120 ml) water
- 2 tbsp (30 g) sugar
- 2 tsp (10 g) dried basil
- 1/2 tsp (2.5 g) fennel seeds
- 1 tsp (5 g) Italian seasoning
- 1 tbsp (15 g) salt, divided
- 1/4 tsp (1.25 g) black pepper
- For the Cheese Mixture:
- 4 cups (1 kg) ricotta cheese
- 1 egg
- 3/4 cup (75 g) grated Parmesan cheese
- 2 tbsp (30 g) chopped fresh parsley
- For Assembly:
- 12 lasagna noodles
- 1 lb (450 g) mozzarella cheese, sliced
- 1/4 cup (25 g) grated Parmesan cheese



## Directions

1. Preheat Oven: Preheat your oven to 375°F (190°C).
2. Cook Lasagna Noodles: Cook lasagna noodles according to the package instructions. Drain and set aside.
3. Make the Meat Sauce:
  4. In a large skillet, cook the ground beef, chopped onion, and minced garlic over medium heat until the meat is browned. Drain excess fat.
  5. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Add sugar, dried basil, fennel seeds, Italian seasoning, 1 tbsp of salt, and black pepper. Simmer for about 30 minutes, stirring occasionally.
6. Prepare Cheese Mixture:
  7. In a large mixing bowl, combine ricotta cheese with egg, 3/4 cup grated Parmesan cheese, the remaining 1 tbsp of salt, and chopped parsley.
8. Assemble Lasagna:
  9. Spread 1 1/2 cups of meat sauce in the bottom of a 9x13 inch baking dish.
  10. Place 6 lasagna noodles lengthwise over the meat sauce.
  11. Spread half of the ricotta cheese mixture over the noodles.
  12. Top with one-third of the mozzarella cheese slices.
  13. Spoon 1 1/2 cups of meat sauce over the mozzarella, and sprinkle with 1/4 cup of grated Parmesan cheese.
  14. Repeat the layers, and top with remaining mozzarella and Parmesan cheese.
15. Cover and Bake:
16. Cover with foil: To prevent sticking, either spray





# Japanese Sushi

## Ingredients

- For the Sushi Rice:
- 2 cups sushi rice
- 2 1/2 cups water
- 1/4 cup rice vinegar
- 2 tbsp sugar
- 1 tsp salt
- For the Sushi Rolls:
- 4 sheets nori (seaweed)
- 1/2 lb fresh raw fish (e.g., tuna or salmon), sliced thin
- 1 cucumber, julienned
- 1 avocado, sliced
- Soy sauce, pickled ginger, wasabi (for serving)



## Directions

1. Prepare Sushi Rice:
2. Rinse rice until water runs clear. Cook with water in a rice cooker or pot. Let stand for 10 minutes.
3. Mix rice vinegar, sugar, and salt until dissolved. Fold into rice. Cool to room temperature.
4. Assemble Sushi Rolls:
5. Place nori on a bamboo mat covered with plastic wrap.
6. Spread a thin layer of rice on nori, leaving 1 inch uncovered at the top.
7. Arrange fish, cucumber, and avocado along the bottom edge.
8. Roll tightly using the mat, sealing with water.
9. Slice and Serve:
10. Slice each roll into pieces with a sharp knife.
11. Serve with soy sauce, pickled ginger, and wasabi.

# Spanish Paella

## Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 cup (200 g) short-grain rice (such as Arborio or Bomba)
- 1 tsp smoked paprika
- 1/2 tsp saffron threads
- 1/2 cup (120 ml) white wine
- 4 cups (950 ml) chicken broth
- 1/2 lb (225 g) boneless chicken thighs, cut into pieces
- 1/2 lb (225 g) chorizo sausage, sliced
- 1/2 lb (225 g) shrimp, peeled and deveined
- 1/2 lb (225 g) mussels, cleaned
- 1 cup (150 g) frozen peas
- 1 lemon, cut into wedges
- Fresh parsley, chopped (for garnish)



## Directions

1. Heat olive oil in a large paella pan or wide skillet over medium heat. Add onion, garlic, and bell peppers; sauté until softened.
2. Add rice, smoked paprika, and saffron. Stir to coat the rice.
3. Pour in white wine and cook until absorbed. Add chicken broth and bring to a simmer.
4. Nestle chicken thighs and chorizo into the rice. Cook for 15 minutes.
5. Add shrimp, mussels, and peas. Cook until seafood is cooked through and mussels open, about 10 minutes.
6. Remove from heat and let rest for 5 minutes. Garnish with lemon wedges and parsley before serving.

# American BBQ Ribs

## Ingredients

- 2 racks pork baby back ribs
- 1/4 cup (60 g) brown sugar
- 1 tbsp paprika
- 1 tbsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp black pepper
- 1 tsp salt
- 1/2 tsp cayenne pepper
- 1/2 cup (120 ml) apple cider vinegar
- 1 cup (240 ml) BBQ sauce



## Directions

1. Preheat oven to 300°F (150°C).
2. Mix brown sugar, paprika, chili powder, garlic powder, onion powder, black pepper, salt, and cayenne pepper in a bowl.
3. Remove the membrane from the back of the ribs. Rub spice mixture all over the ribs.
4. Wrap ribs tightly in aluminum foil. Place on a baking sheet and bake for 2.5-3 hours.
5. Preheat grill to medium-high heat. Unwrap ribs and brush with apple cider vinegar.
6. Grill ribs for 10-15 minutes, basting with BBQ sauce and turning occasionally until caramelized and sticky.
7. Let rest for a few minutes before cutting and serving.



# Moroccan Chicken Tagine

## Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 tsp ground ginger
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 1/2 tsp ground turmeric
- 1/2 tsp ground paprika
- 1/4 tsp cayenne pepper
- 4 boneless, skinless chicken thighs, cut into pieces
- 1 cup (150 g) dried apricots, halved
- 1/2 cup (75 g) pitted green olives
- 1 cup (240 ml) chicken broth
- 1 can (15 oz/425 g) chickpeas, drained and rinsed
- 1 lemon, preserved and chopped
- Fresh cilantro, chopped (for garnish)
- Cooked couscous (for serving)



## Directions

1. Heat olive oil in a tagine or large pot over medium heat. Add onion and garlic; sauté until softened.
2. Stir in ginger, cumin, cinnamon, turmeric, paprika, and cayenne pepper. Cook for 1-2 minutes.
3. Add chicken pieces and cook until browned on all sides.
4. Stir in dried apricots, green olives, chicken broth, chickpeas, and preserved lemon.
5. Cover and simmer on low heat for 45 minutes, or until chicken is tender and cooked through.
6. Garnish with fresh cilantro and serve over cooked couscous.

◆ Section 5

# PASTA & NOODLES

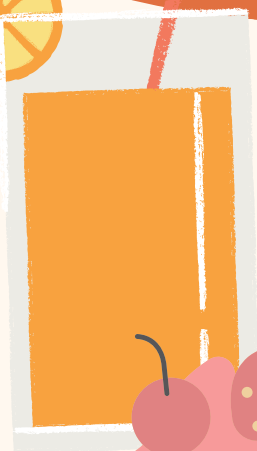
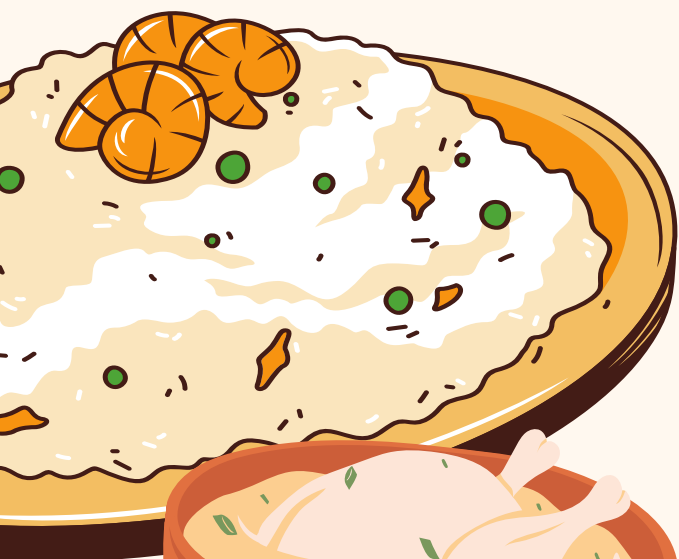
Italian Bruschetta

Korean Japchae

Indonesian Mee Goreng

Filipino Pancit

American Macaroni and Cheese



# Italian Bruschetta

## Ingredients

- 1 baguette, sliced into 1/2 inch (1.25 cm) thick slices
- 4 ripe tomatoes, diced
- 2 cloves garlic, minced
- 1/4 cup (60 ml) extra virgin olive oil
- 1/4 cup (60 g) fresh basil, chopped
- 1 tbsp balsamic vinegar
- Salt and pepper to taste



## Directions

1. Preheat the oven to 400°F (200°C).
2. Place the baguette slices on a baking sheet and toast in the oven for about 5-7 minutes until golden brown.
3. In a bowl, combine diced tomatoes, minced garlic, olive oil, chopped basil, balsamic vinegar, salt, and pepper. Mix well.
4. Spoon the tomato mixture onto the toasted baguette slices.
5. Serve immediately.



# Korean Japchae

## Ingredients

- 200 g (7 oz) sweet potato noodles (dangmyeon)
- 1/2 lb (225 g) beef sirloin, sliced thinly
- 1 onion, sliced
- 1 carrot, julienned
- 1 red bell pepper, thinly sliced
- 1 cup (150 g) spinach
- 2 cloves garlic, minced
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp sugar
- 1/4 cup (25 g) sesame seeds
- 1 tbsp vegetable oil
- Salt and pepper to taste



## Directions

1. Boil the sweet potato noodles according to the package instructions. Drain and set aside.
2. Heat vegetable oil in a large skillet over medium heat. Add onion, carrot, and red bell pepper. Stir-fry until softened.
3. Add spinach and cook until wilted. Remove vegetables from the skillet and set aside.
4. In the same skillet, add the sliced beef and minced garlic. Stir-fry until the beef is cooked through.
5. Return the cooked vegetables to the skillet. Add the noodles, soy sauce, sesame oil, sugar, and sesame seeds. Toss to combine.
6. Season with salt and pepper to taste.
7. Serve hot.

# Indonesian Mee Goreng

## Ingredients

- 200 g (7 oz) egg noodles
- 2 tbsp vegetable oil
- 2 cloves garlic, minced
- 1 onion, sliced
- 1 carrot, julienned
- 1 cup (150 g) cabbage, shredded
- 1/2 lb (225 g) shrimp, peeled and deveined
- 2 eggs, lightly beaten
- 3 tbsp sweet soy sauce (kecap manis)
- 1 tbsp soy sauce
- 1 tsp chili paste (sambal oelek)
- 1 green onion, sliced
- Lime wedges (for serving)



## Directions

1. Boil the egg noodles according to the package instructions. Drain and set aside.
2. Heat vegetable oil in a large skillet over medium heat. Add garlic and onion, sauté until fragrant.
3. Add carrot and cabbage, stir-fry until vegetables are tender.
4. Push vegetables to the side of the skillet and add the shrimp. Cook until pink and opaque.
5. Push shrimp and vegetables to the side and pour the beaten eggs into the skillet. Scramble until cooked through.
6. Add the cooked noodles, sweet soy sauce, soy sauce, and chili paste. Toss to combine.
7. Garnish with sliced green onions and serve with lime wedges.

# Filipino Pancit

## Ingredients

- 200 g (7 oz) rice noodles
- 2 tbsp vegetable oil
- 2 cloves garlic, minced
- 1 onion, sliced
- 1 carrot, julienned
- 1 cup (150 g) cabbage, shredded
- 1/2 lb (225 g) chicken breast, sliced thinly
- 1/2 lb (225 g) shrimp, peeled and deveined
- 3 tbsp soy sauce
- 1 tbsp fish sauce
- 1 cup (240 ml) chicken broth
- 1 lemon, sliced into wedges
- Fresh parsley, chopped (for garnish)



## Directions

1. Soak the rice noodles in warm water until softened, about 10 minutes. Drain and set aside.
2. Heat vegetable oil in a large skillet or wok over medium heat. Add garlic and onion, sauté until fragrant.
3. Add carrot, cabbage, chicken, and shrimp. Cook until the chicken is no longer pink and the shrimp is opaque.
4. Add the soaked noodles, soy sauce, fish sauce, and chicken broth. Toss to combine and cook until the noodles are heated through.
5. Garnish with chopped parsley and serve with lemon wedges.



# American Macaroni and Cheese

## Ingredients

- 8 oz (225 g) elbow macaroni
- 2 tbsp butter
- 2 tbsp all-purpose flour
- 2 cups (480 ml) milk
- 2 cups (200 g) shredded cheddar cheese
- 1/2 cup (50 g) grated Parmesan cheese
- Salt and pepper to taste
- 1/2 cup (60 g) bread crumbs (optional, for topping)
- 1 tbsp butter (optional, for topping)



## Directions

1. Boil the elbow macaroni according to the package instructions. Drain and set aside.
2. In a large saucepan, melt 2 tbsp butter over medium heat. Stir in the flour and cook for 1-2 minutes to form a roux.
3. Gradually whisk in the milk, and cook until the mixture is thickened and bubbly.
4. Remove from heat and stir in the shredded cheddar cheese and grated Parmesan cheese until melted. Season with salt and pepper.
5. Add the cooked macaroni to the cheese sauce and stir until well coated.
6. If using bread crumbs, melt 1 tbsp butter in a small skillet and toss with bread crumbs until golden brown. Sprinkle over the macaroni and cheese.

◆ Section 6

## SEA FOOD



Spanish Gambas al Ajillo

Japanese Sashimi

French Bouillabaisse

Italian Cioppino

Mexican Ceviche

# Spanish Gambas al Ajillo (Garlic Shrimp)

## Ingredients

- 1 lb (450 g) large shrimp, peeled and deveined
- 6 cloves garlic, thinly sliced
- 1/4 cup (60 ml) olive oil
- 1 tsp red pepper flakes
- 1/4 cup (60 ml) dry sherry or white wine
- 2 tbsp fresh parsley, chopped
- Salt to taste
- Lemon wedges (for serving)



## Directions

1. Heat olive oil in a large skillet over medium heat. Add the garlic and red pepper flakes, and sauté until the garlic is golden, about 2 minutes.
2. Increase the heat to high, add the shrimp, and cook until they turn pink and opaque, about 3-4 minutes.
3. Pour in the sherry or white wine and cook for an additional 1-2 minutes.
4. Remove from heat, stir in the chopped parsley, and season with salt.  
Serve hot with lemon wedges.



# Japanese Sashimi

## Ingredients

- 1/2 lb (225 g) fresh raw fish (e.g., tuna, salmon, yellowtail), sliced thinly
- Soy sauce (for dipping)
- Wasabi (for serving)
- Pickled ginger (for serving)
- Shiso leaves or shredded daikon radish (for garnish)



## Directions

1. Using a sharp knife, slice the fish into thin pieces.
2. Arrange the slices on a plate with shiso leaves or shredded daikon radish.
3. Serve with soy sauce, wasabi, and pickled ginger on the side

# French Bouillabaisse

## Ingredients

- 1/4 cup (60 ml) olive oil
- 1 onion, chopped
- 2 leeks, sliced
- 2 cloves garlic, minced
- 1 fennel bulb, sliced
- 4 tomatoes, chopped
- 1/2 cup (120 ml) dry white wine
- 1 qt (950 ml) fish stock
- 1/2 tsp saffron threads
- 1 bay leaf
- 1/2 tsp dried thyme
- 1 lb (450 g) mixed fish fillets (e.g., cod, halibut), cut into chunks
- 1 lb (450 g) shellfish (e.g., mussels, clams, shrimp)
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)
- Rouille sauce (for serving)



## Directions

1. Heat olive oil in a large pot over medium heat. Add onion, leeks, garlic, and fennel, and sauté until softened.
2. Stir in tomatoes and cook for 5 minutes. Add white wine and simmer for another 5 minutes.
3. Pour in the fish stock, saffron, bay leaf, and thyme. Bring to a boil, then reduce heat and simmer for 20 minutes.
4. Add the fish and shellfish to the pot. Cook until the fish is opaque and the shellfish have opened, about 5-7 minutes.
5. Season with salt and pepper. Garnish with fresh parsley and serve with rouille sauce and crusty bread.

# Italian Cioppino

## Ingredients

- 1/4 cup (60 ml) olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 fennel bulb, sliced
- 1/2 cup (120 ml) dry white wine
- 1 can (28 oz/800 g) crushed tomatoes
- 1 qt (950 ml) fish stock
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1 bay leaf
- 1 lb (450 g) mixed fish fillets (e.g., cod, halibut), cut into chunks
- 1/2 lb (225 g) shrimp, peeled and deveined
- 1/2 lb (225 g) mussels, cleaned
- 1/2 lb (225 g) clams, cleaned
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)



## Directions

1. Heat olive oil in a large pot over medium heat. Add onion, garlic, and fennel, and sauté until softened.
2. Stir in white wine and cook for 2-3 minutes. Add crushed tomatoes and fish stock.
3. Stir in oregano, basil, and bay leaf. Bring to a simmer and cook for 20 minutes.
4. Add fish, shrimp, mussels, and clams. Cook until the fish is opaque and the shellfish have opened, about 5-7 minutes.
5. Season with salt and pepper. Garnish with fresh parsley and serve with crusty bread.



# Mexican Ceviche

## Ingredients

- 1 lb (450 g) fresh white fish fillets (e.g., snapper, tilapia), diced
- 1 cup (240 ml) lime juice
- 1/2 cup (120 ml) lemon juice
- 1/2 red onion, finely chopped
- 1 jalapeño, seeded and finely chopped
- 2 tomatoes, diced
- 1 cucumber, diced
- 1 avocado, diced
- 1/4 cup (60 g) fresh cilantro, chopped
- Salt and pepper to taste
- Tortilla chips (for serving)



## Directions

1. Place the diced fish in a large bowl. Pour lime and lemon juice over the fish, ensuring it is fully submerged. Cover and refrigerate for 1-2 hours until the fish is opaque and "cooked" through.
2. Drain excess liquid from the fish. Add red onion, jalapeño, tomatoes, cucumber, avocado, and cilantro. Mix gently to combine.
3. Season with salt and pepper to taste. Serve with tortilla chips.

◆ Section 7

## MEAT DISHES



Argentinian Asado  
South African Bobotie  
American Beef Brisket  
Australian Lamb Roast  
Moroccan Lamb Kebabs

# Argentinian Asado

## Ingredients

- 4 lbs (1.8 kg) beef short ribs or flank steak
- Coarse salt (as needed)
- Chimichurri sauce (for serving)



## Directions

1. Preheat the grill to medium-high heat.
2. Generously season the beef with coarse salt on both sides.
3. Place the beef on the grill and cook for 5-7 minutes per side, or until the meat reaches your desired doneness.
4. Let the meat rest for a few minutes before slicing. Serve with chimichurri sauce.



# South African Bobotie

## Ingredients

- 2 tbsp vegetable oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 lb (450 g) ground beef or lamb
- 2 slices white bread
- 1 cup (240 ml) milk
- 2 tbsp curry powder
- 1/2 tsp turmeric
- 1/4 cup (60 g) raisins
- 2 tbsp chutney
- 2 tbsp lemon juice
- 1/4 cup (60 g) slivered almonds
- 2 eggs
- Salt and pepper to taste
- Bay leaves (for garnish)



## Directions

1. Soak the bread in half of the milk, then squeeze out the excess milk and crumble the bread.
2. Heat oil in a large skillet. Add the onion and garlic, sauté until softened. Add the ground meat and cook until browned.
3. Stir in the curry powder, turmeric, raisins, chutney, lemon juice, crumbled bread, and slivered almonds. Season with salt and pepper.
4. Preheat the oven to 350°F (175°C). Transfer the mixture to a greased baking dish. Beat the eggs with the remaining milk and pour over the meat mixture. Garnish with bay leaves.
5. Bake for 30-40 minutes, or until the top is set and golden.

# American Beef Brisket

## Ingredients

- 4-5 lbs (1.8-2.3 kg) beef brisket
- 1/4 cup (60 g) brown sugar
- 2 tbsp paprika
- 2 tbsp chili powder
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp black pepper
- 1 tsp salt
- 1/2 cup (120 ml) apple cider vinegar
- 1 cup (240 ml) BBQ sauce



## Directions

1. Mix brown sugar, paprika, chili powder, garlic powder, onion powder, black pepper, and salt in a bowl.
2. Rub the spice mixture all over the brisket. Wrap in plastic wrap and refrigerate for at least 2 hours or overnight.
3. Preheat the oven to 300°F (150°C). Place the brisket in a roasting pan. Pour apple cider vinegar into the pan.
4. Cover tightly with aluminum foil and bake for 3-4 hours, or until the meat is tender.
5. Remove the foil, brush the brisket with BBQ sauce, and bake uncovered for an additional 30 minutes. Let rest before slicing.

# Australian Lamb Roast

## Ingredients

- 4-5 lbs (1.8-2.3 kg) leg of lamb
- 4 cloves garlic, sliced
- 2 tbsp olive oil
- 2 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- Salt and pepper to taste
- 1 cup (240 ml) beef or lamb stock



## Directions

1. Preheat the oven to 375°F (190°C). Make small slits all over the lamb and insert garlic slices into the slits.
2. Rub the lamb with olive oil, rosemary, thyme, salt, and pepper.
3. Place the lamb in a roasting pan. Pour the stock into the pan. Roast for 1.5-2 hours, or until the internal temperature reaches 135°F (57°C) for medium-rare.
4. Let the lamb rest for 15 minutes before slicing and serving.



# Moroccan Lamb Kebabs

## Ingredients

- 2 lbs (900 g) lamb shoulder or leg, cut into 1-inch cubes
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh cilantro, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp paprika
- 1/2 tsp ground cinnamon
- 1/2 tsp cayenne pepper
- Salt and pepper to taste
- Lemon wedges (for serving)



## Directions

1. In a bowl, combine minced garlic, olive oil, parsley, cilantro, cumin, coriander, paprika, cinnamon, cayenne pepper, salt, and pepper. Add the lamb cubes and toss to coat. Marinate for at least 2 hours or overnight.
2. Thread the lamb onto skewers.
3. Preheat the grill to medium-high heat. Grill the lamb kebabs for 8-10 minutes, turning occasionally, until the meat is cooked to your desired doneness.
4. Serve with lemon wedges.

◆ Section 8

# VEGETARIAN & VEGAN

Lebanese Falafel

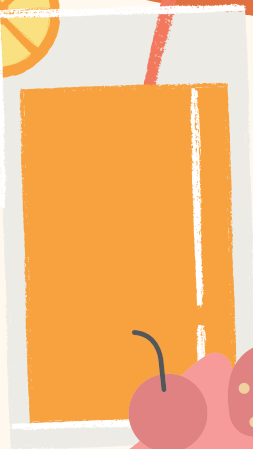
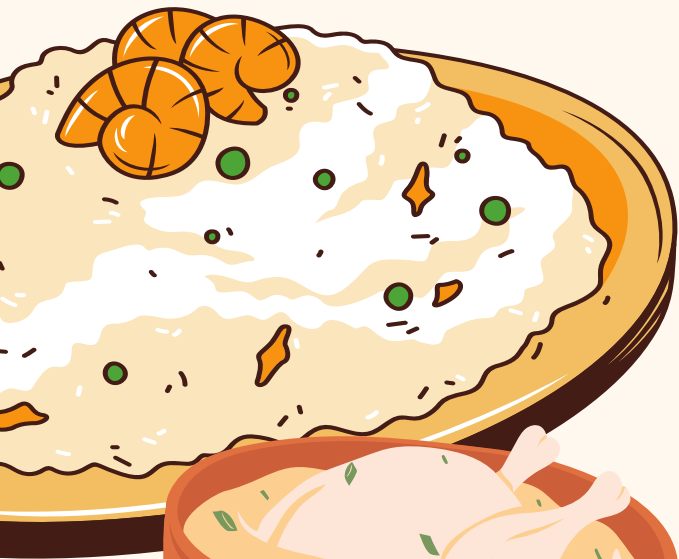
Italian Eggplant Parmesan

Mexican Tacos de Papa

Moroccan Vegetable

Couscous

Turkish Imam Bayildi



# Lebanese Falafel

## Ingredients

- 1 cup dried chickpeas
- 1/2 cup fresh parsley, chopped
- 1/2 cup fresh cilantro, chopped
- 1/2 onion, chopped
- 3 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground cayenne pepper
- 1 tsp baking powder
- 3 tbsp all-purpose flour
- Salt and pepper to taste
- Vegetable oil for frying



## Directions

1. Soak the dried chickpeas in water overnight. Drain well.
2. In a food processor, combine chickpeas, parsley, cilantro, onion, garlic, cumin, coriander, cayenne, baking powder, flour, salt, and pepper. Blend until the mixture is smooth but still slightly coarse.
3. Shape the mixture into small balls or patties.
4. Heat vegetable oil in a deep skillet or fryer. Fry the falafel in batches until golden brown and crispy, about 3-4 minutes per side.
5. Serve hot with pita bread, tahini sauce, and fresh vegetables.



# Italian Eggplant Parmesan

## Ingredients

- 2 large eggplants, sliced into 1/2 inch rounds
- Salt
- 2 cups (240 g) breadcrumbs
- 1 cup (100 g) grated Parmesan cheese
- 2 cups (240 g) mozzarella cheese, shredded
- 4 cups (950 ml) marinara sauce
- 2 eggs, beaten
- 1/2 cup (60 g) all-purpose flour
- 1/4 cup (60 ml) olive oil
- Fresh basil leaves for garnish



## Directions

1. Sprinkle the eggplant slices with salt and let them sit for 30 minutes to draw out moisture. Rinse and pat dry.
2. Preheat oven to 375°F (190°C). Dredge eggplant slices in flour, dip in beaten eggs, and coat with a mixture of breadcrumbs and Parmesan cheese.
3. Heat olive oil in a large skillet over medium heat. Fry the eggplant slices until golden brown on both sides.
4. Spread a layer of marinara sauce in a baking dish. Layer eggplant slices, marinara sauce, and mozzarella cheese. Repeat layers, ending with cheese.
5. Bake for 25-30 minutes, or until bubbly and golden.
6. Garnish with fresh basil leaves and serve hot.

# Mexican Tacos de Papa

## Ingredients

- 4 large potatoes, peeled and diced
- 1/2 cup (60 ml) vegetable oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp ground cumin
- Salt and pepper to taste
- Corn tortillas
- Shredded lettuce, for serving
- Salsa, for serving
- Crumbled queso fresco, for serving



## Directions

1. Boil the diced potatoes in salted water until tender, about 10-15 minutes. Drain and mash the potatoes.
2. In a skillet, heat 2 tbsp of vegetable oil. Add onion and garlic, sauté until softened. Stir in mashed potatoes, cumin, salt, and pepper. Cook for a few minutes.
3. Heat the remaining oil in a skillet. Place a spoonful of the potato mixture onto each tortilla and fold in half.
4. Fry the tacos in the hot oil until golden and crispy, about 2-3 minutes per side.
5. Serve hot with shredded lettuce, salsa, and crumbled queso fresco.

# Moroccan Vegetable Couscous

## Ingredients

- 1 1/2 cups (300 g) couscous
- 2 cups (480 ml) vegetable broth
- 2 tbsp olive oil
- 1 onion, chopped
- 2 carrots, diced
- 1 zucchini, diced
- 1 bell pepper, diced
- 1 cup (150 g) chickpeas, cooked
- 1/2 cup (60 g) raisins
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground cinnamon
- Salt and pepper to taste
- Fresh cilantro, chopped (for garnish)



## Directions

1. Bring the vegetable broth to a boil. Stir in couscous, cover, and remove from heat. Let stand for 5 minutes, then fluff with a fork.
2. In a large skillet, heat olive oil over medium heat. Add onion and sauté until softened. Add carrots, zucchini, bell pepper, and chickpeas. Cook until vegetables are tender.
3. Stir in raisins, cumin, coriander, cinnamon, salt, and pepper. Cook for an additional 5 minutes.
4. Serve the vegetable mixture over the couscous. Garnish with chopped cilantro



# Turkish Imam Bayildi

## Ingredients

- 4 small eggplants
- 1/4 cup (60 ml) olive oil
- 2 onions, sliced
- 3 cloves garlic, minced
- 4 tomatoes, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 tbsp tomato paste
- 1 tsp sugar
- 1/2 cup (120 ml) water
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)



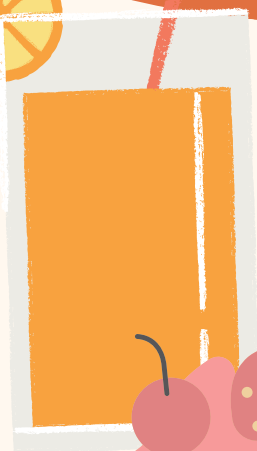
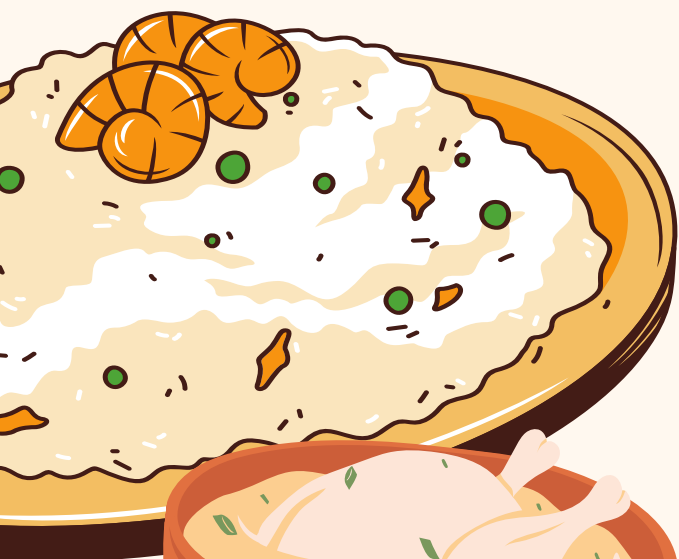
## Directions

1. Preheat the oven to 375°F (190°C). Cut a slit lengthwise in each eggplant. Place in a baking dish and brush with olive oil. Bake for 20 minutes, or until softened.
2. In a skillet, heat remaining olive oil. Sauté onions and garlic until softened. Add tomatoes, bell peppers, tomato paste, sugar, water, salt, and pepper. Cook until the mixture thickens.
3. Stuff the softened eggplants with the vegetable mixture. Place back in the baking dish and cover with foil.
4. Bake for an additional 20-30 minutes, or until the eggplants are fully tender.
5. Garnish with fresh parsley and serve warm.

◆ Section 9

# DESSERTS

French Crème Brûlée  
American Apple Pie  
Mexican Churros  
Indian Gulab Jamun  
Brazilian Brigadeiros



# French Crème Brûlée

## Ingredients

- 2 cups (480 ml) heavy cream
- 1 vanilla bean, split and scraped (or 1 tsp vanilla extract)
- 6 large egg yolks
- 1/2 cup (100 g) granulated sugar, plus extra for topping



## Directions

1. Preheat oven to 325°F (160°C).
2. In a saucepan, heat the heavy cream and vanilla bean (or extract) over medium heat until it begins to simmer. Remove from heat and let it steep.
3. In a bowl, whisk the egg yolks and sugar until pale and thick.
4. Gradually pour the warm cream into the egg mixture, whisking constantly.
5. Pour the mixture into ramekins. Place the ramekins in a baking dish and fill the dish with hot water halfway up the sides of the ramekins. Bake for 40-45 minutes until the custards are set but still slightly jiggly in the center.
6. Remove from the oven, cool to room temperature, then refrigerate for at least 2 hours.
7. Just before serving, sprinkle an even layer of sugar on top of each custard. Use a kitchen torch to caramelize the sugar until golden brown and crisp.



# American Apple Pie

## Ingredients

- 2 1/2 cups (300 g) all-purpose flour
- 1 cup (230 g) unsalted butter, cold and cut into pieces
- 1 tsp salt
- 1/4 cup (60 ml) ice water
- 6 cups (720 g) apples, peeled, cored, and sliced
- 3/4 cup (150 g) granulated sugar
- 1/4 cup (50 g) brown sugar
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 tbsp lemon juice
- 2 tbsp all-purpose flour
- 1 egg, beaten (for egg wash)



## Directions

1. In a bowl, mix flour and salt. Cut in the butter until the mixture resembles coarse crumbs. Gradually add ice water, mixing until the dough comes together. Divide the dough in half, shape into disks, wrap in plastic wrap, and refrigerate for at least 1 hour.
2. In a large bowl, combine apples, granulated sugar, brown sugar, cinnamon, nutmeg, lemon juice, and flour.
3. Preheat oven to 425°F (220°C). Roll out one disk of dough on a floured surface to fit a 9-inch pie plate. Place the dough in the pie plate and trim the edges.
4. Add the apple mixture to the crust. Roll out the second disk of dough and place it over the apples. Trim, seal, and crimp the edges. Cut slits in the top crust for steam to escape.
5. Brush the top crust with beaten egg. Bake for 45-50 minutes, or until the crust is golden and the filling is bubbly. Cool before serving.

# Mexican Churros

## Ingredients

- 1 cup (240 ml) water
- 2 1/2 tbsp (37.5 g) sugar
- 1/2 tsp salt
- 2 tbsp (30 g) vegetable oil
- 1 cup (120 g) all-purpose flour
- Vegetable oil for frying
- 1/2 cup (100 g) sugar
- 1 tsp ground cinnamon



## Directions

1. In a saucepan, combine water, sugar, salt, and vegetable oil. Bring to a boil, then remove from heat. Stir in flour until the mixture forms a ball.
2. Heat oil in a deep fryer or heavy saucepan to 375°F (190°C)
3. Transfer the dough to a piping bag fitted with a star tip. Pipe strips of dough into the hot oil and fry until golden brown, about 2-3 minutes per side.
4. Combine 1/2 cup sugar and 1 tsp ground cinnamon in a shallow dish. Roll the fried churros in the cinnamon sugar mixture while still warm.
5. Serve immediately with chocolate sauce or caramel for dipping

# Indian Gulab Jamun

## Ingredients

- 1 cup (120 g) milk powder
- 1/4 cup (30 g) all-purpose flour
- 1/4 tsp baking soda
- 2 tbsp ghee (clarified butter), melted
- 2-3 tbsp milk
- Vegetable oil for frying
- 2 cups (400 g) sugar
- 2 cups (480 ml) water
- 1/2 tsp cardamom powder
- 1 tsp rose water



## Directions

1. In a bowl, combine milk powder, flour, and baking soda. Add melted ghee and enough milk to form a soft dough. Let it rest for 10 minutes.
2. Divide the dough into small balls, making sure there are no cracks.
3. In a saucepan, combine sugar and water. Bring to a boil, then simmer until slightly thickened. Add cardamom powder and rose water.
4. Heat oil in a deep skillet over medium heat. Fry the balls until golden brown, then remove and drain on paper towels.
5. Place the fried balls in the warm syrup and let them soak for at least 30 minutes before serving.



# Brazilian Brigadeiros

## Ingredients

- 1 can (14 oz/395 g) sweetened condensed milk
- 2 tbsp unsweetened cocoa powder
- 2 tbsp unsalted butter
- Chocolate sprinkles (for coating)

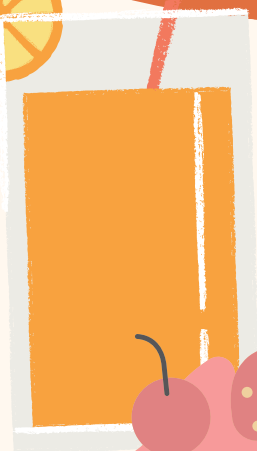
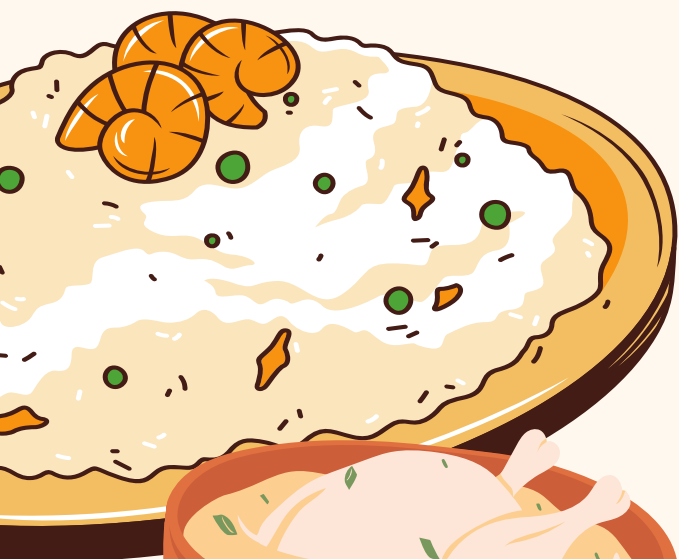


## Directions

1. In a saucepan, combine condensed milk, cocoa powder, and butter. Cook over medium heat, stirring constantly, until the mixture thickens and starts to pull away from the sides of the pan, about 10 minutes.
2. Remove from heat and let the mixture cool to room temperature.
3. Grease your hands with butter, then roll the mixture into small balls.
4. Roll each ball in chocolate sprinkles until fully coated.
5. Place the brigadeiros in mini paper cups and serve at room temperature.

◆ Section 10

# DRINKS



Moroccan Mint Tea  
Brazilian Caipirinha  
Spanish Sangria  
American Milkshake  
Cuban Mojito



# Moroccan Mint Tea

## Ingredients

- 1 tbsp green tea leaves
- 1 large bunch of fresh mint leaves
- 1/4 cup (50 g) sugar (or to taste)
- 4 cups (1 liter) boiling water



## Directions

### 1. Rinse Tea:

Place the green tea leaves in a teapot. Pour in about 1/2 cup of boiling water, swirl to rinse the leaves, and discard the water.

### 2. Brew Tea:

Add the mint leaves and sugar to the teapot. Fill with the remaining boiling water.

### 3. Steep:

Let the tea steep for 3-5 minutes.

### 4. Mix and Serve:

Stir well, then pour the tea into small glasses, ideally from a height to create a frothy top. Garnish with extra mint leaves if desired.



# Brazilian Caipirinha

## Ingredients

- 1 lime, cut into wedges
- 2 tsp sugar
- 2 oz (60 ml) cachaça
- Ice cubes



## Directions

### 1. Muddle Lime and Sugar:

Place the lime wedges in a glass. Add the sugar and muddle together to release the lime juice and dissolve the sugar.

### 2. Add Cachaça:

Fill the glass with ice cubes and pour in the cachaça.

### 3. Stir:

Stir well to mix all the ingredients.

### 4. Serve:

Serve immediately, garnished with a lime wedge if desired.

# Spanish Sangria

## Ingredients

- 1 bottle red wine (750 ml)
- 1/4 cup (60 ml) brandy
- 1/4 cup (50 g) sugar
- 1 orange, sliced
- 1 lemon, sliced
- 1 apple, cored and diced
- 1 cup (240 ml) orange juice
- 1 cup (240 ml) soda water (optional)
- Ice cubes



## Directions

### 1. Mix Ingredients:

In a large pitcher, combine the red wine, brandy, and sugar. Stir until the sugar is dissolved.

### 2. Add Fruit:

Add the orange, lemon, and apple slices.

### 3. Chill:

Refrigerate for at least 2 hours to allow the flavors to meld.

### 4. Serve:

Just before serving, add the orange juice and soda water (if using). Serve over ice.

# American Milkshake

## Ingredients

- 2 cups (480 ml) vanilla ice cream
- 1 cup (240 ml) milk
- 1 tsp vanilla extract
- Whipped cream (optional, for garnish)
- Maraschino cherry (optional, for garnish)



## Directions

### 1. Blend Ingredients:

In a blender, combine the ice cream, milk, and vanilla extract. Blend until smooth and creamy.

### 2. Serve:

Pour the milkshake into a tall glass. Top with whipped cream and a maraschino cherry if desired.



# Cuban Mojito

## Ingredients

- 10 fresh mint leaves
- 1/2 lime, cut into 4 wedges
- 2 tsp sugar
- 1 cup (240 ml) ice cubes
- 1 1/2 oz (45 ml) white rum
- 1/2 cup (120 ml) soda water



## Directions

### 1. Muddle Mint and Lime:

Place mint leaves and 1 lime wedge into a sturdy glass. Use a muddler to crush the mint and lime to release the mint oils and lime juice.

### 2. Add Sugar:

Add 2 more lime wedges and the sugar, and muddle again to release the lime juice.

### 3. Add Ice and Rum:

Fill the glass with ice cubes and pour the rum over the ice.

### 4. Add Soda Water:

Fill the rest of the glass with soda water. Stir well.

### 5. Garnish and Serve:

Garnish with the remaining lime wedge and a sprig of mint. Serve immediately.