

ALPINE MACARONI

Switzerland



Ingredients

- 2 cups macaroni pasta
- 1 teaspoon salt (to the pasta water)
- 1 tablespoon oil (to the pasta water)
- 2 cups potato cubes
- 1/2 cup of cream
- 12 strips bacon
- 2 tablespoons of butter
- 1/2 onion
- 3 scallions
- 1/2 teaspoon of minced garlic
- 1 1/2 cups of mixed cheese
- 1/2 teaspoon salt and a pinch of pepper to taste

1. Bring a large pot of water to a rolling boil. Add 1 teaspoon salt and 1 tablespoon oil to the water. Boil the pasta for 8 minutes. Rinse and drain the pasta when ready. Put it in a big bowl.
2. Use diced potatoes, cut them into smaller pieces (1/2 inch) if needed. Add the potatoes to the pasta.
3. Chop the onions and in a medium saucepan, melt two tablespoons of butter and caramelize the onions until lightly brown but not burnt! Add the onions to the pasta and potato bowl.
4. Preheat oven to 400 degrees.
5. Add the followings to the mixture: 1/2 cup of cream, minced garlic, 1 cup of cheese, salt and pepper.
6. Cut the bacon into 1/2 inch pieces.
7. Grease a glass pan and put the mixture in it. Put the 1/2 cup of cheese and the bacon on the top.
8. Cook for 10-12 minutes or until cheese is brown on top.

BANANA FRITTERS

Jamaica



Ingredients

- 3 super ripe bananas
- 1 large egg
- 1 teaspoon vanilla
- 1/4 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 2 cups flour
- 1/2 cup milk
- 1/2 cup of powdered sugar
- 1 tablespoon baking powder
- enough oil to shallow fry the fritters.
- cinnamon sugar to the top

1. In a large bowl smash the bananas along with egg yolks.
2. Beat egg, sugar, vanilla, cinnamon and nutmeg.
3. Mix the egg mixture with the mashed bananas until completely combined.
4. Sift flour and baking powder into the banana/egg mixture. Mix it all together.
5. Add the milk to the mixture.

From this step please ask your counselors help.

6. Heat a large saucepan with oil up to about 1/2 inch on medium heat until hot but not smoking.
7. Using a large spoon scoop up the batter and fry in batches.
Do not over crowd the pan. Note: You will see the edge of the fritters start to turn a golden brown color. Turn only once.
8. Using a slotted spoon, remove the fritters and place them on paper towels.
9. Allow to sit for about a minute.
10. Sprinkle with cinnamon confectioner sugar.

CHOCOLATE CHIP BANANA MUFFINS

USA



Ingredients

- 1-3/4 cups all-purpose flour
- 3/4 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 egg
- 1/2 cup canola oil
- 1/2 cup vanilla yogurt
- 1/2 teaspoon vanilla extract
- 1 cup mashed ripe bananas (2 to 3 medium)
- 3/4 cup semisweet
- chocolate chips

- 1.Preheat the oven to 350°.
- 2.In a large bowl combine the flour, sugar, baking powder, baking soda and salt.
- 3.In another bowl, whisk the egg, oil, yogurt and vanilla.
- 4.Stir into dry ingredients just until moistened. Fold in bananas and chocolate chips.
- 5.Fill paper-lined muffin cups two-thirds full.
6. Bake at 350° for 15 minutes or until a skewer inserted in the center comes out clean.
- 7.Cool for 5 minutes before removing from pans to wire racks.

CHOCOLATE OREO CUPCAKES



Ingredients

Dough:

- 1 cup flour
- 1/3 cup plus 2 tablespoons cocoa powder
- 3/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup brown sugar
- 1/2 cup granulated sugar
- 1/3 cup canola oil
- 1/2 cup buttermilk
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 cup water

For the Oreo frosting:

- 1/4 cup cream cheese
- 1/4 cup unsalted butter
- 1/2 cups powdered sugar
- 2 tablespoons heavy whipping cream
- 1 teaspoon vanilla extract
- 1/3 cup finely crushed Oreo crumbs (about 5 Oreos)

1. Preheat oven to 350°F. Line a 12-count muffin pan with cupcake liners.
2. In a large mixing bowl, sift together the flour, cocoa powder, baking powder, baking soda, and salt.
3. Whisk in the granulated sugar and brown sugar until well combined. Then, add the oil, buttermilk, egg, and vanilla extract and mix until just combined.
4. Evenly distribute the batter between all 16 cupcake liners, making sure to just fill each one a little over halfway full.
5. Bake at 350°F for 17-20 minutes or until a skewer inserted into the center of the cupcakes comes out clean and the tops spring back when lightly touched.
6. Remove from the oven, carefully remove the cupcakes from the pan, and transfer to a wire rack to cool completely.
7. While in the oven in a bowl beat the butter with a hand mixer on medium speed for about 1 minute or until smooth. Add the powdered sugar, the whipping cream, the vanilla extract and the crushed oreos. Mix it together until smooth but not too soft.
8. Pipe the frosting on the cooled cupcakes. Serve and enjoy!

CHOCOLATE ROLLS

Hungary



Ingredients

Dough

- 1 1/2 cup flour
- 1/2 cup sugar
- 1 1/2 teaspoon baking powder
- Pinch of salt
- 1/3 cup sour cream
- 5 tablespoons butter

Filling

- 1/2 stick butter
- 4 tablespoons cocoa powder
- 7 tablespoons powdered sugar

1. Mix all the dry ingredients in a big bowl. (flour, sugar, baking powder, salt)
2. Add the sour cream and the butter cut in small chunks to the dry ingredients and mix with a hand mixer. The dough should be a little bit floury not sticky.
3. Preheat the oven to 380 °F.
4. Cover the counter with a baking paper, lightly flour before stretching the dough. Use a rolling pin and stretch the dough to a small tray size. (around 1/3 inch)
5. For the filling cut the butter into small chunks and put it to the microwave.
6. Mix the cocoa powder with the powdered sugar.
7. Use a baking brush to butter the dough.
8. Sieve the cocoa mixture on the dough until the dough covered totally, leave a finger size edge empty.
9. Roll up the dough tightly from the long side. Ask for your counselors help.
10. Cut the rolled dough into 2 fingers pieces and place them on a tray, push them a little bit with your palm. Use the rest of the butter and the brush to cover them with a thin butter layer.
11. Bake it for 15-20 minutes until lightly brown in the edges.
12. Serve it with powdered sugar on the top.

COLCANNON

Ireland



Ingredients

- 2 cups potato cubes
- 4 tablespoons unsalted butter
- 1/4 cup 2% cream
- 2 cups shredded lettuce or kale
- 1 cup of kale ribs removed and sliced thin
- 3 scallions finely chopped
- 3/4 teaspoon salt and a pinch of pepper to taste

1. Bring a large pot of water to a rolling boil.
2. Cut the potatoes into 1/2 inch cubes.
3. Cook until the potatoes are fork tender.
4. Drain in a colander then return to the pot.
5. Mash the potatoes with a fork until smooth, then add the milk and 4 tablespoons of the butter. Salt and pepper to the mixture and set aside to keep warm while preparing the lettuce or kale.
6. Add the the cabbage and kale in a pan over medium heat with a little butter and cook until wilted.
7. Mix the potato and the lettuce or kale together and stir in the scallions.
8. To serve, scoop potatoes into a serving bowl. Garnish with a few pieces of chopped scallion.

COLD BEETROOT SOUP

Lithuania



Ingredients

- 1 can beetroots
- 1 cucumber
- 2 green onions
- 2 hard-boiled eggs
- 1 cup sour cream
- 3 cups buttermilk
- fresh dill
- salt

1. Put the eggs into a saucepan with water. Boil it for 8 minutes. When the time is up replace the hot water with cold water, and wait until the eggs cool down.
2. Peel and slice the cucumber, cut them in 1/2 inch cubes.
3. Rinse and drain a can of beetroot into a bowl. Cut the beetroot slices in quarters and put them back to the bowl of juice.
4. Chop the green onions
5. Chop the fresh dill
6. Dice the hard boiled eggs.
7. Add the followings to the bowl: cucumber, onions, sour cream, buttermilk, egg cubes and salt.
8. Stir it until completely combined.
9. Serve the soup with fresh dill on top

COLORFUL RICE SALAD

Colombia



Ingredients

- 1 cup beef
- 1 tablespoon oil
- 1 cup wild rice blend
- 1/4 tomatoes
- 1/2 cup red bell pepper
- 1/2 cucumber
- 1/2 avocado
- 1/4 large red onion
- 1 tablespoon minced garlic
- 1/2 cup kidney beans
- 3/4 cup corn
- 1/2 cup fresh cilantro/parsley
- 1 tablespoon lime juice
- 1 teaspoon salt
- Pinch of pepper
- Pinch of chives
- Red bell pepper flakes

1. Cook wild rice blend in 3 cups of water in a large pot. At the same time use a frying pan with oil and sear the beef for 10 minutes.
2. Chop all the vegetables (tomatoes, red bell pepper cucumber, avocado and red onion) into small pieces. Chop the fresh cilantro and parsley. Rinse and drain the beans.
3. Mix all the vegetables in a big bowl.
4. Once the rice is cooked leave it to cool for 20 minutes and mix together in the bowl with all the vegetables.
5. Add and combine lime juice, salt and pepper.

CREAMY CHOCOLATE MUFFIN



Ingredients

- 1 cup cream cheese
- 1 egg slightly beaten
- 1/3 cup sugar
- Pinch of salt
- 3/4 cup chocolate chips
- 1 cup sugar
- 1 1/2 cups flour
- 1/4 cup cocoa powder
- 1 teaspoon baking soda
- 1 cup water
- 1/2 cup oil
- 1 tablespoon vinegar
- 1 teaspoon vanilla

1. Preheat oven to 350°F. Line a 12-count muffin pan with cupcake liners.
2. In a large mixing bowl, combine cream cheese, eggs, sugar and salt.
3. Add the chocolate chips to the mixture and set aside.
4. Add the rest of the ingredients and mix it with a hand mixer until completely combined.
5. Fill muffin tins 1/2 full with the batter.
6. Bake at 350°F for 20-25 minutes.
7. Remove from the oven, carefully remove the cupcakes from the pan, and transfer to a wire rack to cool completely.

ENGLISH SCONES

United Kingdom



Ingredients

- 1 $\frac{2}{3}$ cups all purpose flour
- 2 $\frac{1}{2}$ tsp baking powder
- 3 tbsp white sugar
- pinch table salt table salt
- 3 tbsp butter
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ tsp vanilla extract
- 1 egg

1. Preheat oven to 400 degrees F.
2. Mix the flour, baking powder, sugar, and salt in a large bowl
3. Pulse in the butter until the mixture resembles a coarse meal
4. Whisk together the milk, egg and vanilla. Reserve a few teaspoons of the liquid to brush on top of the scones. This helps them brown nicely)
5. Add the liquid to the dry ingredients and stir in quickly with a plastic spoon until a soft dough forms. It should be a little sticky. Don't over work the dough or your scones will get tough and not rise well.
6. Turn the dough out onto a well floured board or counter top.
7. Lightly sprinkle the top of the dough with flour and just using your hands, form the dough into a round about 1 inch thick.
8. Using a 1 $\frac{1}{2}$ inch biscuit cutter, cut out your scones and place them about 2 inches apart on a parchment lined baking sheet.
9. Re-roll the scraps and cut out the rest of the scones. Brush the tops of all the scones with the reserved milk and egg liquid.
10. Pop the scones into the hot oven for about 10-12 minutes. Cool on a wire rack.
11. Before serving cut them in half, butter them and add your favorite jam.

GUACAMOLE

Mexico



Ingredients

- 1/4 cup finely minced onion
- 3 ripe Haas avocados
- 1 1/2 tablespoons fresh lime juice (or lemon juice)
- 1 1/4 tomato, deseeded and diced
- 1/4 cup cilantro leaves and tender stems, chopped
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt, or more to taste

1. Add diced onion to a small bowl then cover with warm water, set aside. This “de-flames” the onions, making them less intense.
2. Cut avocados in half, lengthwise and use a spoon to scoop out the seed. Scoop out the flesh and add to a bowl.
3. Add lime juice then use a fork to gently mash until creamy, but still chunky. Stir in the tomato, cilantro, cumin, de-flamed onions, and the salt.
4. Taste the guacamole and adjust with additional salt, peppers, or lime juice.

MALVA PUDDING

South African Republic



Ingredients

pudding

- 3/4 cup sugar
- 2 large eggs
- 1 tablespoon apricot jam
- 2/3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 big tablespoon butter
- 1 teaspoon vinegar
- 1/3 cup milk

Sauce

- 3/4 cup fresh cream
- half stick butter
- 8 tablespoons sugar
- 1/3 cup hot water
- 2 teaspoons vanilla essence



1. Preheat oven to 350 deg F.
2. Grease a small glass oven dish.
3. Beat or whip the sugar and eggs with a hand mixer in a big bowl. Beat until thick and lemon colored, then add the jam and mix through.
4. Melt the butter in the microwave and add the butter and vinegar to the wet mixture.
5. Sieve, or simply mix together the following in a small bowl: the flour, soda and salt.
6. Add this mixture with the milk to the egg mixture mix it well in the big bowl.
7. Pour into the glass dish and bake until pudding is brown and well-risen, 15 - 20 minutes.
8. Meanwhile make the sauce: In a pot, melt together the ingredients and stir well. Pour it over the pudding as soon as it comes out of the oven. Leave to stand awhile before serving. Serve warm.

MINI BANANA PUDDING CHEESECAKES



Ingredients

VANILLA WAFER CRUST

1 cup vanilla wafer cookie crumbs
2 tbsp sugar
4 tbsp butter melted

BANANA FILLING

12 ounces cream cheese
1/2 cup sugar
3 tbsp all purpose flour
1/4 cup sour cream
1/4 cup lightly mashed bananas
1 tsp vanilla extract
2 eggs
Banana slices

WHIPPED CREAM

3/4 cup heavy whipping cream, cold
6 tbsp powdered sugar
1/2 tsp vanilla extract
Vanilla wafers
Banana slices

1. Preheat oven to 325°F. Add cupcake liners to a cupcake pan.
2. Combine the vanilla wafer cookies crumbs, sugar and melted butter. Divide the mixture between the cupcake liners (about 2 tablespoons per cup) and press into the bottoms.
3. Bake the crusts for 5 minutes then remove from oven. Allow to cool while you make the filling.
4. Reduce oven to 300°F
5. In a large bowl, mix the cream cheese, sugar, and flour until combined (Use low speed to keep less air from getting into the batter, which can cause cracks). Scrape down the sides of the bowl.
6. Add the sour cream and mashed bananas. Beat on low speed until well combined.
7. Add the vanilla extract and the first egg and beat slowly until mostly combined.
8. Add the remaining egg and mix until well combined.
9. Add a small amount of filling to each cheesecake cup, then add a couple banana slices on top.
10. Bake the cheesecakes for 18-20 minutes, then turn off the oven and leave the door closed for another 5 minutes.
11. Put cheesecakes to the freezer to cool for 10 minutes
12. When cheesecakes are cooled, remove them from the pan.
13. While cooling make the whipped cream, add the heavy whipping cream, powdered sugar and vanilla extract to a large mixer bowl. Whip on high speed until stiff peaks form.
14. Pipe a swirl of whipped cream on top of each cheesecake and finish off with a banana slice and vanilla wafer.

PICADILLO

Mexico



Ingredients

- 1 1/2 cups beef
- 1 cup potato, peeled and diced into 1/2 inch cubes
- 1/4 onion, diced fine
- 1/4 tomato, diced fine
- 1 tablespoon grated garlic
- 2 tablespoons oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon cumin
- 1/2 cup fresh cilantro or parsley
- 3/4 cup tomato sauce

1. Dice the potato into 1/2 inch cubes.
2. Heat the oil in a frying pan on medium heat. Add the potatoes and the beef and sear it for 5 minutes.
3. Dice the tomato into 1/4 inch cubes. Chop the onion.
4. Add the diced tomatoes, onion and garlic. Lower the temperature to medium low.
5. Add the spices and stir.
6. Add the tomato sauce and cook together for 5-8 minutes.
5. Remove from the heat, put into a bowl and serve over tortillas.

PIGS IN A BLANKET

Germany



Ingredients

- Ready made puff pastry
- 4 tablespoons mustard
- 2 teaspoons herbs such as thyme, marjoram or rosemary
- sausage
- optional: cheese
- 1 egg

1. Roll out the ready made puff pastry and cut it into rectangles.
(around 1 inch * 4 inch strips)
2. Preheat the oven to 400 °F.
3. Put the mustard on the dough with a baking brush, sprinkle the herbs on the top.
Leave a little edge empty. If you want, you can add a little bit of cheese as well.
4. Cut the sausages into half.
5. Roll the sausage up in the pastry, sealing the ends.
6. Put a baking sheet into a baking pan and place the rolled sausage on it.
7. Whisk the egg and use a baking brush to paint the rolls.
8. Put it to the oven for 20-25 minutes until the pastry has turned a golden brown.
9. Remove it from the oven and serve warm or at room temperature.

SCOTTISH SHORTBREAD

Scotland



Ingredients

- 6 sticks butter softened at room temperature
- 1 cup powdered sugar
- 3 1/2 cups all-purpose flour
- 1 teaspoon salt

1. Preheat oven to 325 F degrees.
2. Add the butter to a large bowl and blend it until smooth using an electric mixer set at medium speed for about 30 seconds.
3. Add the powdered sugar and continue mixing until well incorporated. Scrape down the sides of the bowl and combine thoroughly.
4. Add flour and mix at low speed until well blended. The mixture will be crumbled and soft.
5. Pat dough into an ungreased cookie sheet, lined with baking sheet hanging off the sides to make it easy to lift out the cookies. Alternatively you can roll out the dough so that it's about 1/4 of an inch in thickness, you can knead it a bit just so that the dough comes together, but don't overwork it, then cut into your desired shape.
6. Put the cookies next to each other on a tray. Bake for 20 to 25 minutes, or until just done (slightly golden in color). Do not let them get brown. Remove from the oven. If using a cookie sheet, lift out the cookies from the sheet. Finish cooling the cookies on a rack.

SMOOTHIES & FRUIT SKEWERS

Netherlands



Strawberry & Banana Smoothie

- 1 1/2 cup strawberries
- 2 bananas
- 1/2 cup blueberries or watermelon
- 2 cups orange juice
- optional 1/3 cup vanilla yogurt

Blueberry & Yogurt Smoothie

- 1 1/2 cup blueberries
- 1 banana
- 1 cup vanilla yoghurt
- 1/2 cup strawberry yogurt
- optional 1/4 cup whipping cream

Blend all the ingredients together until smooth.

For the fruit skewer mix all the ingredients based on your taste. Be creative !



SUGAR COOKIE FRUIT PIZZAS



Ingredients

SUGAR COOKIES

- 1 1/4 cups all-purpose flour
- 1 tsp baking soda
- 1/4 tsp cream of tartar
- 3/4 cup granulated sugar
- 1/2 cup unsalted butter, softened
- 1 large egg
- 1 tsp vanilla extract
- 1 cup Fresh fruit of various colors*

CREAM CHEESE FROSTING

- 5 Tbsp butter, softened
- 1 cup cream cheese, softened
- 1 cups powdered sugar
- 1/2 tsp vanilla extract
- pinch of salt

TOP

- 1 cup fruits, all kinds

1. Preheat oven to 350 degrees.
2. In a mixing bowl whisk together flour, baking soda, salt and cream of tartar for 20 seconds, set aside.
3. In the bowl cream together sugar and butter until combined.
4. Mix in egg, then mix in egg yolk and vanilla extract.
5. With mixer set on low speed slowly add in dry ingredients and mix just until combined (dough will thicken, stop mixer and mix by hand to get flour at bottom if needed).
6. Scoop dough out 1 1/2 Tbsp at a time and shape into balls.
7. Transfer to a baking sheet lined with baking paper, spacing cookies 2-inches apart.
8. Bake in preheated oven 15 - 20 minutes (cookies should appear slightly under-baked). Remove from oven and allow to rest several minutes then transfer to a wire rack to cool completely.
9. While baking make the frosting: In a bowl mix butter and cream cheese until smooth. Add powdered sugar and vanilla and mix until light and fluffy. Add a pinch of salt.
10. Once cookies are cool (and just before serving) frost cookies with cream cheese frosting and top with fresh fruit.

TORTILLAS

Mexico



Ingredients

- 1 cup flour
- 1/3 cup butter
- 1/4 teaspoons
baking powder
- 1/2 teaspoon salt
- 1/4 cup water

1. Combine flour, baking powder and salt.
2. Cut the butter into small chunks and add it to the dry mixture. Mix it first with a silicon spoon and then with a hand mixer on the lowest level.
3. Slowly add the water until completely combined.
4. Divide the dough into 8 pieces. Make small balls and use a baking sheet and a rolling pin to roll them flat.
5. Fry on a very hot ungreased pan. Flip it after 30 seconds. Should still be soft and pliable when done.
6. Place tortillas on a plate, cover until serving.