

Egg Cakes (China)



Ingredients:

- 2 eggs
- ½ cup flour
- 1 Tablespoon of cornstarch
- 3 Tablespoons and 1 teaspoon of sugar
- 1 teaspoon of oil

Directions:

1. Preheat the oven to 350 degrees.
2. In a mixing bowl, whip the eggs and the sugar using a hand mixer at medium speed, until light and fluffy. Change to low speed to get rid of bubbles. This can take about 12-15 minutes until the mixture is thick (ribbon stage).
3. Mix flour and 1 Tablespoon of cornstarch together in a small bowl. Then combine into the main mixture with a spatula.
4. Add in the 1 teaspoon of oil and mix well.
5. Spray a mini muffin pan lightly with cooking spray.
6. Bake on the middle rack in the oven for 15 to 20 minutes until the surface is golden brown.
7. Serve and enjoy!

Sweet Potato and Chickpea Curry (India)



Ingredients:

- ½ of an onion
- 1 ½ teaspoons oil
- 2 cloves garlic, minced
- Pinch of salt
- ½ of a sweet potato, chopped
- ¾ cup of coconut milk
- ½ teaspoon of ginger powder
- ½ of a can chickpeas
- 1 cup of rice
- 2 cups of water

Directions:

1. Put the water and salt into a pot and bring to a boil. Add the rice, lower heat, and place lid on pot. Allow rice to simmer for 20 minutes. Once cooked, remove from heat.
2. While cooking the rice, chop the sweet potato, onion, and garlic into small pieces.
3. On medium heat, heat up the oil and onion in a skillet for 3-4 minutes.
4. Add the sweet potatoes, coconut milk, and ginger powder. Lower the heat and simmer until the sweet potato is soft.
5. At the end, stir in the chickpeas and garlic into the skillet.
6. Spoon rice onto a plate or platter, and spoon the curry on top.
7. Serve and enjoy!

Yakwa - Syrup Cookie (Korea)



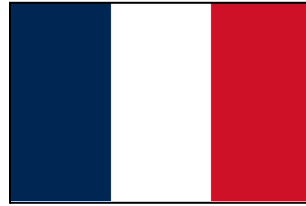
Ingredients:

- ½ cup flour
- 1 Tablespoon oil
- 1 Tablespoon water
- 1 Tablespoon honey
- Pinch of salt
- ¼ teaspoon baking powder
- Pinch of baking soda
- 1 Tablespoon of butter (melted, for brushing on top)
- Glaze
- ¼ cup honey
- ¼ cup water
- ½ teaspoon ginger powder

Directions:

1. Preheat oven to 250 degrees.
2. In a large bowl, mix flour, salt, baking soda, and baking powder.
3. Add 1 tablespoon of oil to flour mixture. Mix with clean hands by rubbing until oil is evenly distributed.
4. In a separate bowl, mix 1 Tablespoon water and 1 Tablespoon honey together.
5. Add the honey mixture to the flour mixture. Use your hands to form into a ball. (Do not over work the dough or it will become tough)
6. Roll the dough out so that it is about ¼ inch thick.
7. Cut into 1 inch strips, and then cut into 1 inch strips in the other direction (creating squares).
8. Pierce the center of each square with a fork. Place the squares on a baking tray lined with parchment paper.
9. Brush generously with melted butter.
10. Bake for 15 minutes or until golden brown.
11. Mix ½ cup honey and ½ cup water in a saucepan on medium heat.
12. Once it boils, add in 1 ½ teaspoons ginger powder. Set aside.
13. When the cookies are brown, take them out and cover them with the glaze. Let sit for about 5 minutes.
14. Serve and enjoy!

Gougères (France)



Ingredients:

- ½ cup water
- 3 Tablespoons butter cut into cubes
- ½ cup flour
- ¼ teaspoon salt
- Pinch nutmeg
- Pinch black pepper
- 2 eggs
- 1 cup mozzarella shredded cheese (white)

- Topping
- ¼ cup mozzarella shredded cheese (white)
- 1 egg yolk, for brushing

Directions:

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. Place water, butter and salt in a saucepan over medium-high heat. Bring to a boil.
3. Remove from the stove, add flour, pepper and nutmeg. Mix until incorporated.
4. Return to the stove on LOW heat and mix for 1 minute.
5. Remove from the stove, leave for 2 minutes.
6. Add 1 egg, mix vigorously until incorporated - batter splits at first, but it always comes together!
7. Add the other egg and mix until incorporated.
8. Stir in 1 cup of cheese.
9. Drop 1 Tablespoon mounds onto the tray.
10. Brush with egg yolk, then top with a pinch of reserved Cheese for topping.
11. Bake for 20-25 minutes.
12. Allow to cool so they become crusty and inside dries out a bit.
13. Serve and enjoy!

Bolognese (Italy)



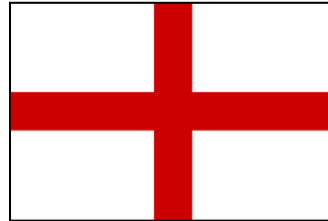
Ingredients:

- 1 Tablespoon oil
- ½ cup grated carrots
- ½ cup celery, minced
- ½ of an onion, minced
- ½ lb ground beef
- ½ of a jar marinara sauce
- ¼ cup heavy cream
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ box pasta
- 2 Tablepoons grated parmesan cheese (for topping)

Directions:

1. Chop onion and celery. Grate carrots.
2. In a large saucepan, heat oil over medium heat. Add in carrots along with celery and onions and sauté until they're just tender, about 3 minutes.
3. Bring 6 cups of water to a boil in a pot.
4. Add the ground beef to the vegetables, and cook until browned, breaking up the meat as you stir.
5. Pour in the jar of marinara sauce into the meat mixture along with salt and pepper and simmer for 30 minutes, stirring occasionally, until sauce thickens.
6. Once boiling, add pasta and cook for 8-10 minutes.
7. When the Bolognese sauce has reached your desired consistency, stir in the heavy cream.
8. Remove from heat, and serve over your pasta. Top with freshly grated parmesan cheese.
9. Serve and enjoy!

Sticky Toffee Pudding (England)



Ingredients:

- Cake
- $\frac{3}{4}$ cup flour
- 1 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ cup brown sugar (packed)
- Pinch salt
- $\frac{1}{2}$ cup milk
- 2 eggs
- 6 Tablespoons melted butter
- 2 teaspoons vanilla extract
- Toffee Sauce
- $\frac{1}{2}$ cup butter (one stick)
- $\frac{3}{4}$ cup brown sugar (packed)
- 1 cup heavy cream

Directions:

1. Preheat oven to 340 degrees.
2. In a saucepan, melt 6 tablespoons of butter. Set aside.
3. In a large bowl, whisk together flour, baking powder, and pinch of salt.
4. Add brown sugar and mix well.
5. In a separate bowl, whisk together milk, eggs, vanilla, and melted butter. Whisk together until a light and frothy foam forms on top.
6. Add the milk mixture to the large bowl of dry ingredients. Mix together until smooth.
7. Pour into a greased, square 9x9 inch baking dish (spray with cooking spray) and bake for 20 to 30 minutes (until the cake is firm on top).
8. While the pudding is baking, place $\frac{1}{2}$ cup butter, $\frac{3}{4}$ cup brown sugar, and 1 cup heavy cream in a saucepan over medium high heat. Stir continuously until sauce is smooth and dark brown.
9. Remove from heat and let stand 10 minutes before serving with pudding.
10. When pudding is done baking, cut into pieces and serve with a drizzle of sauce on top.
11. Serve and enjoy!

Black Bean Empanadas (Argentina)



Ingredients:

- 2 Tablespoons canned sweet corn
- ¼ cup canned black beans (drained)
- 2 Tablespoons salsa
- ½ teaspoon cumin
- Pinch of salt and pepper
- 2 teaspoons lime juice
- 1 teaspoon ground cilantro
- ½ package refrigerated pie pastry
- ¼ cup mozzarella shredded cheese (white)

Directions:

1. Pre-heat oven to 450 degrees.
2. Measure out the canned corn. If not drained, place the corn in a colander to drain.
3. Rinse under water, then transfer to a large bowl.
4. Repeat the same process for the black beans. Add to the bowl.
5. In the large bowl, add salsa, cumin, and ground cilantro. Add the lime juice. Set aside.
6. Unroll one pie pastry on a floured counter top. Use a 4-inch wide cookie cutter to cut circles out of the dough. Combine the scraps into a ball and re-roll out to cut out more circles. You should have a total of about 6 circles.
7. Place a spoonful of the mixture and a pinch of cheese on the center of each circle.
8. Fold over and use a fork to press down and seal the edges.
9. Lay each empanada on a parchment-lined baking sheet in a 450 degree oven for about 12 minutes, until browned
10. Let cool for a few minutes on a plate
11. Serve and enjoy!

Sopa de Pan (Bolivia)



Ingredients:

- ½ of an onion
- ½ of a tomato
- Pinch of salt
- 3 Tablespoon oil
- 1 teaspoon black pepper
- 6 slices of bread
- 1 cup of milk
- 2 cups Cheddar cheese (orange)
- Cooking spray

Directions:

1. Preheat oven to 400 degrees.
2. Slice the onion and tomato in long strips and place in separate bowls.
3. Place a large saucepan on the top of the stove and add the oil.
4. Sauté onions for 3 minutes and then add tomatoes. Turn the heat on low.
5. Add salt and cook until the onion is soft.
6. Turn off heat and set aside.
7. Cut each bread slice in half.
8. Use a cooking spray on a baking dish and then coat again with flour.
9. Pour milk in a bowl and soak each piece of bread one at a time in milk and place in a layer on the baking dish.
10. Then add a layer of the vegetable mix.
11. Then add a layer of the cheddar cheese.
12. Start a second row with the soaked bread in milk, add a layer of vegetables and finally a layer of cheese.
13. Add the rest of the milk. Bake it until the cheese starts to become golden, about 25 min.
14. Cut slices, serve hot and enjoy!

Arroz Zambito - Rice Pudding (Peru)



Ingredients:

- 1 ¼ cups water
- 1 cinnamon stick
- 2 whole cloves
- Peel of half an orange
- ¼ cup rice
- 2 Tablespoons golden raisins
- ½ of a can of evaporated milk
- 2 Tablespoons brown sugar
- 1 Tablespoons unsweetened, shredded coconut

Directions:

1. In a medium saucepan, place water, cinnamon stick, whole cloves, orange peel, and rice. Let it sit for 15 minutes.
2. Heat some water in a pot, until hot but not boiling.
3. In a small bowl, soak raisins in the hot water.
4. On high heat, bring the water (with seasonings) and rice to a boil. After boiling, lower the heat and simmer for about 7 minutes, stirring occasionally.
5. Once the water reduces, you can remove the cinnamon stick, cloves, and orange peel.
6. Add the brown sugar and let it melt completely.
7. Add the evaporated milk and continue to simmer and stir for another 10 to 12 minutes while the pudding thickens and gets very creamy.
8. Drain the raisins and add them to the rice pudding along with the shredded coconut before serving.
9. Serve and enjoy!

Berber Omlett (Morocco)



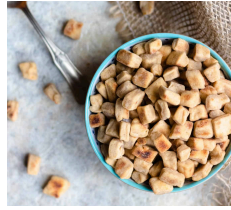
Ingredients:

- 1 tablespoon oil
- ½ of an onion, finely chopped
- ½ teaspoon ground turmeric
- ½ teaspoon ground cilantro
- ½ teaspoon ground chili powder
- 2 tomatoes, diced
- 3 eggs, beaten
- ¼ cup fresh cilantro, chopped

Directions:

1. Preheat oven to 350°F.
2. Chop half of an onion.
3. Heat a pot on the stove with the oil. Add the onion and cook slowly for about 5 minutes.
4. Add the turmeric and chili powder. Cook for a further 3 minutes.
5. Add the tomatoes and fresh cilantro then simmer for about 10-15 minutes, make sure you stir occasionally and reduce to a sauce consistency.
6. While cooking, beat the eggs in a separate bowl.
7. Remove from the stove and pour the sauce in a baking pan. Add the beaten eggs over the sauce.
8. Cover with tin foil and place in the oven for about 10 minutes or until it lightly puffs and sets.
9. Serve and enjoy!

Dabo Kolo - Fried Bread Snack (Ethiopia)



Ingredients:

- 1 cups flour
- ¼ teaspoon salt
- 1 Tablespoon sugar
- ½ teaspoon chili pepper
- 2 Tablespoons oil
- ⅓ cup water

Directions:

1. In a medium bowl, mix together the flour, salt, sugar, and chili pepper.
2. Pour the oil into the bowl and use your hands to mix it in. The mixture will still seem dry.
3. Pour the water into the dough, little by little, kneading in between. The dough should not be sticky or crumbly. Once all the water has been added, use your hands to knead for 5 minutes.
4. Flour a dry, flat surface and use a rolling pin to roll the dough out until it's about ¼ inch thick. Then, cut the dough into strips lengthwise and horizontally. The pieces should be about ½ inch on all sides (except for thickness).
5. Heat a pan over medium heat with no oil or grease. Add the pieces (gently) to the pan and mix occasionally for about 20 minutes until they're toasted on all sides.
6. Serve and enjoy!

Shuku Shuku - Coconut Balls (Nigeria)



Ingredients:

- 1 cups coconut flakes
- 3 egg yolks
- 3 Tablespoons powdered sugar
- ¼ cup plain bread crumbs
- 2 Tablespoons condensed milk

- Notes on the ingredients
- You only need enough condensed milk to just make the coconut mixture stick together. So just keep adding bit by bit until the mixture is sticky enough to make balls, but it should not be soaking

Directions:

1. Preheat oven to 335°F.
2. Crack egg and separate egg yolk from the white.
3. Put the coconut flakes in a deep bowl and add the egg yolks and the powdered sugar.
4. Mix very well with a spatula till everything is well incorporated.
5. Use fingertips to make small balls of Shuku Shuku, about the size of a ping pong ball. Add condensed milk as needed, 1 teaspoon at a time, until the ingredients stick.
6. Gently roll each ball in the bread crumbs until it is completely covered.
7. Place balls on a baking sheet and bake in a preheated oven for 15-20 minutes or until they turn slightly yellow all over.
8. Remove and place on a cooling rack and serve when cool, and enjoy!

Cheese Scones (Australia)



Ingredients:

- 1 cup flour
- 1 ½ teaspoons baking powder
- ½ teaspoon salt
- 2 Tablespoons butter
- Cooking spray
- ¼ cup cheddar cheese, finely grated
- 6 Tablespoons milk, plus 1 Tablespoon more for brushing

Directions:

1. Preheat oven to 390 degrees. Lightly grease a baking sheet using the cooking spray, and set aside.
2. In a mixing bowl, mix flour, baking powder and salt together.
3. Place butter in the mixture and using your fingertips, mix the butter together with the flour until you have a mixture resembling coarse breadcrumbs.
4. Mix in the milk and almost all the cheese, reserving about 1 tablespoon of cheese.
5. Once it's loosely combined, transfer mixture into a clean bowl and knead together with your hands until the mixture takes a dough form - avoid over-working the dough as this will make for heavy scones.
6. Knead gently for about 1 minute and form into a round flat ball. Cut into small circles using a cookie cutter.
7. Place the cut circles touching side by side on the baking sheet and bake for 13 minutes.
8. Remove from oven and then sprinkle the remaining cheese over the top. Put back in the oven for another 3 minutes until they are nicely golden.
9. Serve and enjoy!

Poutine
(Canada)



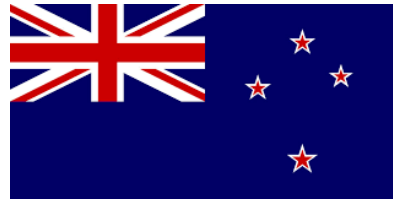
Ingredients:

- Gravy
- 1 teaspoons cornstarch
- 2 teaspoons water
- 3 Tablespoon butter
- 2 Tablespoons flour
- 1 ½ cups beef broth
- Pinch or two of pepper
- Fries
- 1 Russet potato
- 1 Tablespoon oil
- 1 teaspoon of salt
- Toppings
- ¼ cup mozzarella cheese balls

Directions:

1. Preheat the oven to 400 degrees. Line a baking sheet with parchment paper.
2. Wash potatoes. Slice potatoes lengthwise into 1/2 inch slices; then cut each slice in half.
3. In a large bowl, gently toss potatoes in the oil and salt.
4. Place potatoes in a single layer on the prepared cookie sheet and cook for about 25 minutes, turning once or twice during cooking to allow a golden-brown crust to form on the potatoes.
5. Prepare the gravy while potatoes cook: In a small bowl, dissolve the cornstarch in the water and set aside.
6. In a large saucepan, melt the butter on low. Add the flour and cook, stirring regularly, for about 5 minutes, until the mixture turns golden brown.
7. Add the beef broth and bring to a boil, stirring with a whisk. Stir in about HALF the cornstarch mixture and simmer for a minute or so. If you'd like your gravy thicker, add a more of the cornstarch mixture, in small increments, as needed, to thicken. Season with pepper.
8. To Prepare Poutine: Add your fries to a large, clean bowl. Season lightly with salt while still warm. Add a ladle of hot poutine gravy to the bowl and using tongs, toss the fries in the gravy.
9. Add the cheese pearls and toss with the hot fries and gravy.
10. Serve and enjoy!

Pavlova
(New Zealand)



Ingredients:

- Meringue:
- 4 egg whites
- 1 pinch of salt
- ½ cup white sugar
- 2 teaspoon cornstarch
- ½ teaspoon vanilla extract
- ¼ teaspoon white vinegar
- Topping:
- 6 Tablespoons heavy cream
- ¼ teaspoon vanilla extract
- 1 teaspoon of powdered sugar
- ¼ cup strawberries
- ¼ cup blueberries

Directions:

1. Preheat the oven to 350 degrees F.
2. Separate the egg whites and put in a bowl (make sure there is no yellow yolk). Beat the egg whites with the salt until they are holding soft peaks, but are not stiff. Then add in sugar by the spoonful while beating the mixture.
3. Add cornstarch, vanilla extract and vinegar and mix it.
4. Place parchment paper onto a baking sheet
5. Spoon the meringue onto the parchment paper and smooth them to about 4 inch circles. Try to form a shallow bowl so the meringue can hold the topping.
6. Bake in the oven for 30 minutes, then let cool. While in the oven, start to make the topping.
7. In a large bowl, whip the heavy cream until stiff peaks are about to form. Beat in the vanilla and sugar until peaks form.
8. Rinse off strawberries and cut them into smaller pieces.
9. Rinse off blueberries.
10. Once the meringues are cool, spoon whipped cream on top and add fruit.
11. Serve and enjoy!

Strawberry Shortcake Cupcakes



Ingredients:

- 1 & ¼ cup of cake mix
- ⅓ cup water
- 8 teaspoons oil
- 1 egg
- ⅔ cup heavy cream
- 4 teaspoons powdered sugar
- ¼ teaspoon vanilla extract
- 4-5 strawberries

Directions:

1. Heat oven to 350 degrees and spray a large muffin tin with cooking spray.
2. Mix cake mix, water, oil, and egg in a large mixing bowl and whisk until combined.
3. Fill muffin tins half of the way and bake for 8-10 minutes.
4. While cupcakes are baking, remove tops of strawberries and dice finely.
5. Place heavy whipping cream, powdered sugar, and vanilla in a large mixing bowl. Beat at high speed with a hand mixer until stiff peaks form.
6. Once cupcakes are out of the oven, let them cool.
7. Hollow out a portion of the center of each cupcake. Fill with berries and top with whipped cream.
8. Serve and enjoy!