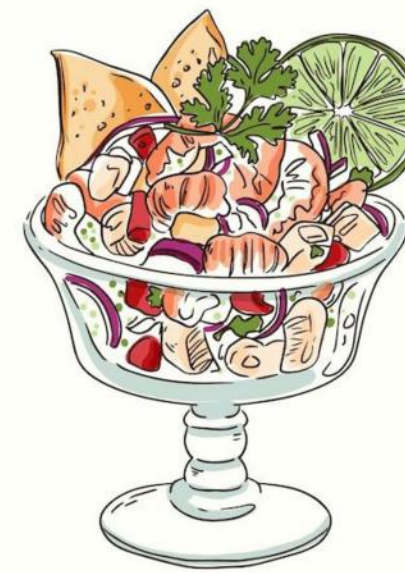
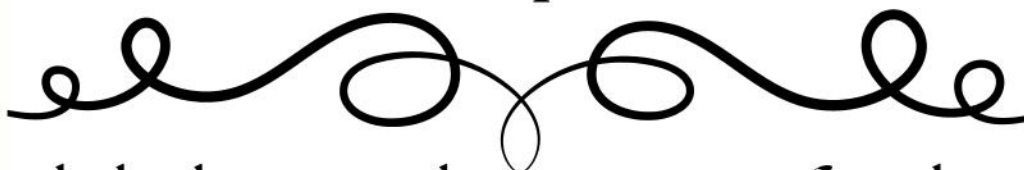


AROUND
THE
WORLD
RECIPES



Ceviche

Karina Espiricueta

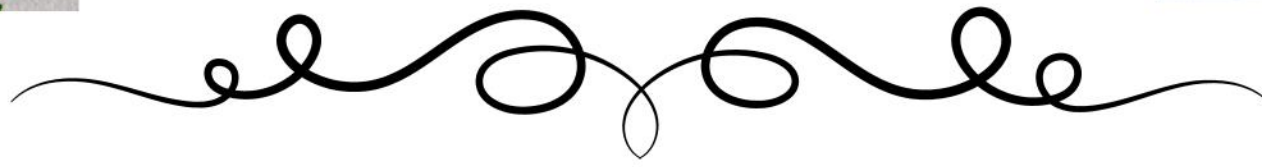


Ceviche is a dish that involves raw seafood, its mainly fish marinating and cooking in lime, the acidity of the lime cooks the fish in hours and makes it juicy when eating. This is something that me and my dad really enjoy making and eating, my dad always gets compliments for his ceviche and some even steal his recipe.



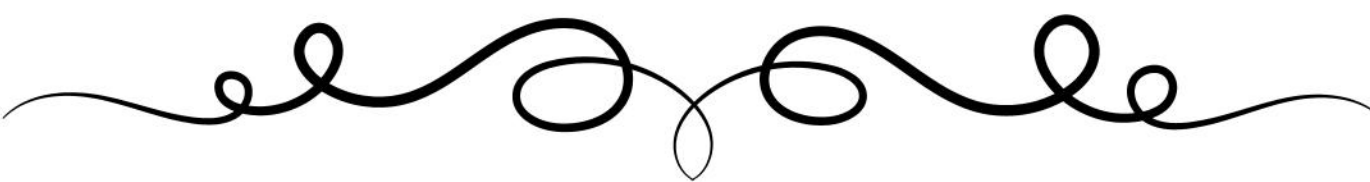
Ingredients

- 2 White onions
- 3 tomatoes
- 1 can of pickled jalapeños
- 50 Limes
- 5 c. of lime juice
- 4 fish fillets
- 1 tbsp of black pepper
- 1 tsp of salt



Directions

1. Clean and slice the fish fillet into small pieces, then place it in a large bowl.
2. Squeeze your 50 limes in a plastic container, and it should be about 5 cups of lime juice
3. After cutting the fish, pour the 5 c. of lime juice in your bowl
4. Add 1 tbsp of black pepper and 1 tsp of salt
5. Mix it up, then let it marinate thoroughly for 4- 24 hours, the longer you let it sit the better but if you're in a hurry 4 hours is good.
6. While the fish marinates and cooks, dice your 2 white onions, 3 tomatoes, and 1 can of pickle jalapeños
7. After 4 hours have passed add your vegetables in the bowl and mix it up



Add ons (optional)

You can enjoy your ceviche with tostadas, crackers, maybe even add avocado. I suggest adding 'El Yucateco' green habanero sauce for more flavor, I very much recommend trying it with this specific brand.

MAJADITO: BOLIVIA IN A BOWL, A GOLDEN RICE TREASURE

Maria Amorim

Majadito is more than just a dish, it is a story from Bolivian tradition. This satisfying bowl is rice based meal has its roots in the lowlands of Bolivia, especially in the department of Santa Cruz and Beni. The word "majadito" comes from majar, which means "to pound" or "to smash". Traditionally, dried beef (charque) was pounded using a mortar and to make it easier to cook and eat.

COURSE: **Main**

COOK TIME: **45-50 minutes**

HOW TO MAKE MAJADITO

1 GET THE BEEF READY

If the jerky beef is dry, rinse it and place it in a pot of hot water and boil it for 30 minutes to make it softer, and save the broth to use later. Then, shred or cut the beef into small pieces.

Traditional tip: Use a meat mortar to smash the beef. It is a classic Bolivian technique that adds authenticity and texture.

2 COOK THE VEGETABLES

In a large pot, heat the oil over medium heat. Add the chopped onion and garlic. Sauté for about 2-3 minutes until it looks soft.

INGREDIENTS



- 2 lbs. jerk beef (**NOT** snack jerky) (**find it in a Latin store**)
- 8 tbsps. oil (any kind you prefer)
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 tsp. cumin powder
- 4 tbsps. achiote powder (also known as annatto - for color and flavor)
- ½ tsp. black pepper
- ½ tsp. cumin
- Salt (**careful with salt, both the jerk beef and the beef broth may already be salty**)
- 6 cups beef broth or water
- 2 cups of rice
- 6 eggs
- 2 plantains, sliced



3 ADD SPICES

Stir in the cumin, achiote powder, and black pepper. Mix everything together. Add the rice and keep stirring constantly for 2-3 minutes until the grains turn translucent and are covered in the flavored base.



4 ADD BEEF AND LIQUID

Add the shredded beef into the pot and stir well for 2-3 minutes. Pour in the reserved beef broth and bring everything to a boil. Once it is boiling, reduce the heat to medium and let it simmer for 15 minutes until the rice is fully cooked and soft. Stir it sometimes so it does not burn, and the flavors can get combined.

(If it gets too dry, just add more water or broth.)

5 PREPARE THE SIDES

While the rice and the beef are cooking heat a little oil in a skillet. Fry the plantain slices until golden. In the same or separate pan, fry the eggs until your liking.

(fry everything towards the end so it can be served warm at the end)



6 SERVE AND ENJOY:

Serve the majadito in a bowl, add the egg and the plantain on the top.



BUEN PROVECHO!

Designer Stew & Rice

Peace Bobade

Ofada stew, also called Ayamase, is a spicy Nigerian sauce made with green peppers, assorted meats, and fermented locust beans. Cooked in bleached palm oil, it's rich, flavorful, and traditionally served with Ofada rice. A favorite among the Yoruba people, it's known for its bold taste and cultural significance.

Ingredients:

- 10 green habanero peppers
- 2-4 scotch bonnet peppers (adjustable to your spice level)
- 2 large red onions (1 for blending, 1 sliced for frying)
- 1 cup of palm oil (bleached), I like to add a bit of 2 tbsp of vegetable oil for a more distinctive taste
- 2 tbsp locust beans (iru)-(optional)
- 1-2 tbsp of crayfish (ground)
- 3-4 hard-boiled eggs (optional).

Assorted meat:

- 4 lbs. of assorted meats like (tripe, liver, beef, round-about, intestines)
- 2-3 chicken seasoning cubes (knorr) (depending on the amount of the stew).
- 1 large red onion.



Instructions

Prepare the assorted meat:

- Firstly, wash and season the assorted meats with 3 knorr seasoning cubes, half tbsp of salt, sliced onions and leave to boil.
- Let it boil until it's really tender. Fry it if you want as it gives it more flavor (optional).

Blend the pepper mix:

- Blend the diced green habanero peppers, cut onion, 2 to 4 washed scotch bonnet peppers together in a blender on medium. The pepper mix is not to be blended entirely smoothly.
- Next, to bleach the palm oil, heat 1 cup of palm oil in a well-ventilated area in your desired pot on medium heat until the oil becomes clear.
- Cover the pot with a well lidded pot-cover and wait for about 10-15 minutes for the heat to desiccate and cool before you open.
- Add your sliced onion into the oil and fry until it's golden.
- Next, rinse the locust beans (iru) and add them in the pot and fry for 2 minutes.
- Add the blended pepper mix into the oil and stir it to cook for 10-15 minutes.
- Add in the meat broth from the boiled assorted meat which already contains the seasoning into the pot and taste to test, adjust taste by seasoning if needed and stir well.
- Pour in 1-2 tbsp of ground crayfish and the assorted meats and stir.
- Let it simmer gently for another 10-15 more minutes.
- Add in your hard-boiled eggs(optional)
- To serve: Serve with your cooked hot rice and a side of plantains as you like.

Vietnamese fried spring rolls

Gia Chau

Vietnamese fried spring rolls is a popular appetizer, mostly present at parties and loved by many people. The feeling when eating is attractive and crispy. It is also a traditional dish of my family, because when I see it, it reminds me of old memories, the image of my grandparents making this dish.



Ingredients:

- 1 pkg dried mung bean noodles
- 1 lb. ground pork
- 2 med. carrots
- 1/3 c. Rehydrated wood ear mushrooms
- 1/4 c. shallots
- 1 clove garlic
- 1 egg white
- 1/2 tsp salt
- 1/4 tsp ground white pepper
- 3 tsp sugar
- Dried rice paper wrappers
- Canola or vegetable oil

Prep time: 20 mins
Cook time: 5 mins
Total: 25 mins

Instructions:


1. Make the filling:

- Soak the dried mung bean noodles in warm water for 30 minutes. Drain thoroughly and cut into 1/4-inch pieces.
- In a large bowl, combine all chopped ingredients. Mix until everything is uniformly combined.

2. Wrap the spring rolls:

- In a large, shallow bowl or deep plate, dissolve the remaining 2 tsp sugar in 1 cup warm water.
- Place a rice paper wrapper into the water for about 5 to 10 seconds then remove it.
- Place about 1 tbsp of filling on one side of the wrapper. Begin tightly folding the wrapper over the filling and roll the spring roll forward one complete revolution. Lightly press down on each end of the filling to flatten the rice paper and push the filling together to eliminate any air bubbles.



- 
- Fold one side of the wrapper towards the middle of the spring roll. Repeat with the other side. Roll the spring roll forward while tucking in the front to prevent air pockets.

3. Keep refrigerated:

- Once wrapped, transfer the spring rolls to the refrigerator for at least 1 hour, so they can dry out and firm up. Take them out for 15 minutes before frying.

4. Start frying:

- Heat about 3 c. of canola or vegetable oil in a medium pot to 170 degrees.
- Fry it in small batches, about three at a time.
- Cook each batch for 5 to 6 minutes, or until light golden brown.

5. Finish:

- Take them out and drain the oil.
- Cut in half (optional)
- Serve with fresh lettuce, cilantro, Thai basil, mint and fish sauce garlic for dipping.
- Serves for 4 people.



Afghan Do Piazza



PREP TIME:
15–20 minutes



TOTAL TIME:
1.5 hours



SERVINGS:
4–6

INGREDIENTS:

- 2 lbs. lamb or beef, bone-in preferred, cubed
- 4 lg. onions, sliced and divided
- 5–6 cloves garlic, peeled and minced
- 1 tbsp. minced ginger
- 2 medium Tomatoes chopped or 1/2 cup canned diced tomatoes
- 1-2 sliced green serrano chili (optional)
- 1 tsp Turmeric
- 1 tsp. Coriander powder
- 1 tsp. Cumin powder
- ½ tsp. Black pepper
- Salt: to taste
- 1 cup Oil (vegetable or sunflower)
- Fresh cilantro for garnish
- 2 cups of Water as needed

Do Piazza is a beloved traditional Afghan dish Known for its rich flavors and comforting aroma, this dish celebrates the simple magic of onions—used in two ways: one to create the base of the sauce and the other to add sweetness and depth by frying them until golden and crispy.



Step 1: prepare the onions

- Slice all 4 onions thinly.
- In a large pot, heat oil, and add half of the onions (2 onions).
- Fry until golden brown and crispy – this will be for topping later. Remove and set aside to cool.

Step 2: cook the meat

- In the same oil, add the remaining onions and sauté until soft and slightly golden.
- Add ginger and garlic, stir for 1–2 minutes until fragrant.
- Add meat and cook on medium heat until the meat changes color and browns slightly.
- Add all spices: turmeric, cumin, coriander, salt, and pepper.
- Stir in the chopped tomatoes and optional green chili.
- Cover and cook for 10 minutes, letting the tomatoes break down.

Step 3: simmer the stew

- Add 2 cups of water, cover the pot, and simmer on low heat for about 45 minutes to 1 hour, or until meat is tender and sauce thickens.
- You can add more water if needed while simmering.

Step 4: final touch

- Once the stew is done, top it with the fried onions.
- Sprinkle fresh chopped cilantro on top.
- Serve hot!

- **Serve with Afghan Challaw (white rice) or naan.**
- **Add a side of Afghan salad (chopped cucumber, tomato, onion, lemon).**
- **May also be served with yogurt or chutney.**



CHUTNEY



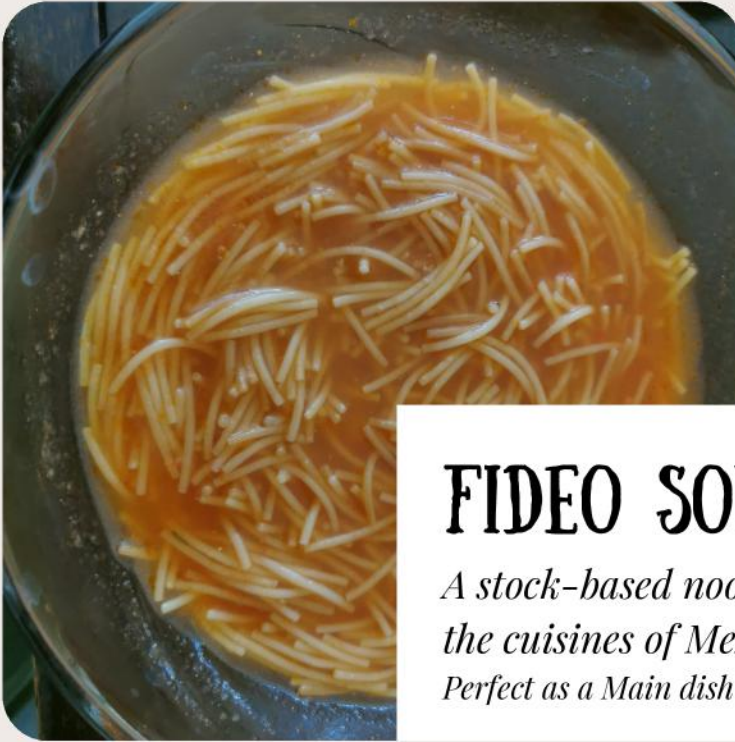
AFGHAN NAAN OR BREAD



CHALLAW OR WHITE RICE



AFGHAN SALAD



FIDEO SOUP

A stock-based noodle soup that is part of the cuisines of Mexico and Spain

Perfect as a Main dish or side

SERVINGS: 3

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

INGREDIENTS

8 oz. of Fideo Pasta
1 C. Queso fresco (The brand I use is La Vaquita)
2 Red Tomatos
1 White Onion
½ bunch of cilantro
1 clove of garlic
3 Tbsp. of Tomato Bouillion with chicken (The brand I use is Knorr)
1 tsp. salt
1 Tbsp. of olive oil
3 C. of water

Tools Needed:

Have a cutting board, chef knife, blender, and saucepan ready.

Step 1:

On a cutting board start cutting the 2 tomatoes and 1 onion into big chunks.

Step 2:

After all the vegetables are cut add the two tomatoes, onion, garlic into the blender with 1 cup of water and blend on medium for 7-10 seconds until there are no chunks and has a soup consistency.

step 3:

Put the saucepan on the stove on a medium heat, then add a Tbsp of olive oil into the pan, wait about 5 seconds until the oil gets hot, then add the fideo pasta into the pan, and stir until the fideo pasta starts turning light brown.



FIDEO SOUP

Perfect as a main dish or side

Step 4: Add the blended tomato juice into the saucepan with the fideo pasta, and add 2 cups of water into the saucepan. Add the tomato bouillion with chicken into the saucepan, then add the 1 tsp of salt into the saucepan. Let it boil on medium heat for 5-7 minutes.

Serve: When the soup is ready use small cereal sized bowls to serve. Fill the bowls halfway and garnish with queso fresco and cilantro

Storage

Once you are finished the rest of the soup can be stored in a small glass container with the lid on and label “Sopa de fideo” and date it, then store in fridge for 2-3 days

WHOLE CHICKEN RECIPE

Fanglu Lin



This is a delicious dish that I had to eat during the Chinese New Year in my hometown when I was a child. In my memory, it is a warm mark. This is a simple and delicious dish. Follow the ingredients and steps below, and you can easily make a delicious whole chicken like me.

• Ingredients

Chicken:

- A fresh whole chicken
- A pot of water

Servings: 10

Prep time: 20 minutes

Cook time: 50- 60 min

• Sauce:

- 5 Pieces of ginger
- 1 tbsp Vegetable oil
- 1 tbsp Light soy sauce
- 3 Sour oranges
- 3 pieces of Garlic
- 1 A small handful of Coriander

Instructions:

- Wash the whole chicken, apply salt to the chicken and massage it, clean it, and set aside.
- Prepare a pot of water and put a few slices of ginger in it to boil.
- Put the whole chicken in the boiling water for one second, take it out, and put it in the water again.
- Repeat this three times to make the chicken skin crispy.

**Cook:**

- Put the whole chicken in the pot, turn it over and cook for 25 minutes (depending on the size of the chicken) until it is cooked.
- While the chicken is cooking, prepare the sauce. The sauce is also very important. A small handful of coriander, 3 slices of ginger, 3 cloves of garlic, chop them into a bowl, and squeeze in calamari juice. Add soy sauce, a small spoonful of salt, sugar, a little water, and sesame oil, and mix well for later use.

Finish:

- After the chicken is cooked, put it in a large bowl of ice water to make the chicken skin crispy.

Serve:

- Cut the chicken into small pieces and put it on a plate.
- Divide the sauce into small dishes, dip the chicken pieces in the sauce, it's delicious enjoy it!

VIETNAMESE CARAMELIZED PORK BELLY AND EGGS

(NHAT HY MAI)

This dish is usually served during Lunar New Year celebration in Vietnam. There are different variations of recipe in every region in Vietnam. This recipe is commonly prepared by people in the southern region.



PREP TIME: 1H30' / BRAISING TIME: 7-8
HOUR / SERVINGS: 4

Ingredients

- 2 lbs. pork belly
- 4 garlicks
- 3 pepper chilies
- 3 shallots, slice thinly
- 1 tbsp. seasoning soy sauce
- 1 ½ tbsp. sea salt, divided
- 4 tbsp. brown sugar, divided
- 3 tbsp. + 1 tsp. chicken powder, divided
- A pinch of ground pepper
- 5 tbsp. fish sauce, divided
- ½ tbsp. rock sugar
- 1 ½ tbsp. salt, divided
- 1 tbsp. vinegar
- 1 tbsp. lemon juice
- 17.6 oz. of fresh coconut juice (a coconut)
- 6-8 eggs (more or less to your liking)
- Cooking oil

Preparation

CARAMEL SAUCE:

1. Add 2 tbsp. brown sugar and 2 tbsp. water in a saucepan.
2. Boil the saucepan until the sugar fully dissolves, then lower the heat to medium.
3. Keep boiling it until it has a honey color, reduce the heat slightly.
4. When it has a dark caramel color, turn off the heat.
5. Add 2 tbsp. cooking oil, swirl the saucepan to combine.
6. Add shallots and seasoning soy sauce.
7. Toss the mixture and set aside.

MARINADE:

8. Blend garlic cloves and pepper chilies together.
9. Add 4 tbsp. fish sauce, sea salt, 2 tbsp. brown sugar, 1 tbsp. and 1 tsp. chicken powder, and a pinch of ground pepper.
10. Toss the mixture, and set aside.

Instruction

1. Slice pork belly into 1-inch thick slices.
2. Put the porks in a large bowl and pour $\frac{1}{2}$ saucepan of caramel sauce into the bowl. Stir the mixture until the porks fully absorbed the caramel sauce.
3. Add the marinade, massage the marinade into the porks, make sure they are fully coated.
4. Add 1 tbsp. lemon juice.
5. Marinate for about an hour.
6. Turn the porks over, then marinate for one more hour.



*Meanwhile:

1. Take a large pot of water to boil eggs.
2. Add 1 tbsp. salt and vinegar.
3. Turn the heat to high to boil the eggs and stir gently in a circulation for about 2 minutes.
4. Cover the pot, reduce the heat, and simmer for 5 minutes.
5. Turn off the heat, wait for 5 minutes.
6. Soak the eggs in cool water, and peel the shells.

Back to the bowl of pork:

1. Boil a mixture of a coconut, 1 tbsp. fish sauce, $\frac{1}{2}$ tbsp. salt, 1 tbsp. chick powder, rock sugar, and $\frac{1}{4}$ gallon of water. Then pour it into the bowl of pork.
2. Remove garlic and pepper chilies in a bowl.
3. Pour the bowl into the large pot (use strainer to filter out the garlic and pepper chile from the bowl).
4. Cook over small heat and wait until foam appears in the pot, then skim it off.
5. Cover the pot loosely with a lid and braise for 2 hours.
6. Add the eggs and braise for another 30 minutes.
7. Turn off the heat and leave it for a few hours (Usually overnight).
8. Skim off the fat from the pot, and add $\frac{1}{2}$ of caramel sauce.
9. Braise with small heat for about 30 minutes. (During braising, keep skimming off the foam and fat from the pot). And the meal is ready to serve.



Note: Can be stored in the freezer (for meat only). Using microwave to reheat when ready to eat

Cameroon Ndole (Bitter Leaf casserole)

Steve Brayan Ngoko Nganha



Bitter Leaf casserole, usually known as Ndole, is the most popular dish in Cameroon. Probably every single Cameroonian family must have tried it more than once. What makes it more special is that it is also an iconic recipe which can always be seen in celebrations, traditional weddings and normal days as home food made.

Course : Main Dish

Prep Time: 15mins

Cook Time: 1h15mins

Cuisine: Cameroonian

Bitter Leaf

- 20 oz frozen bitter leaf (thawed, found in African grocery store)
- Water, for boiling and rinsing

Shrimp

- 1 pound jumbo shrimp, peeled and deveined
- 2 pinches Salt
- White pepper - to taste
- Vegetable oil - for frying

Final Touch

- 1/3 cup vegetable oil
- 1/2 small red onion, sliced

Ingredients (No order)

Peanut Sauce

- 2 cups raw peanuts, peeled
- 1/2 large yellow onion, chopped
- 2 (1-inch) cubes fresh ginger, minced
- 6 garlic cloves, minced
- 1/4 small red onion, sliced
- 1 tablespoon peanut oil
- 1 cup beef broth, divided
- Salt - to taste
- 2 tablespoons smoked crayfish

Beef

- 1 pound beef stew meat, cut into slightly larger chunks
- 1/4 large yellow onion, chopped
- 1/4 bunch Parsley, chopped
- 1 garlic clove, minced
- 1 cup water
- Salt - to taste

Instructions
(In order)

1 For the Bitter Leaf

- In a medium sauce pot, boil bitter leaf over medium heat for 10min with 3 inches of water over the leaves.
- Let cool or transfer to a cold-water bath. Rub leaves between your palms to wash. Rinse and squeeze water out. Repeat two more times.
- After the final rinse, squeeze out as much water as possible. Set it aside.

2 For the Beef

- In a medium pot, combine beef chunks with ¼ chopped yellow onion, 1 minced garlic clove, ¼ bunch parsley, and 1 cup water.
- Add Salt to taste
- Boil over medium heat for 25-30 minutes, or until beef is tender and broth is reduced with 3 to 4 inches of water over the beef. Set beef and broth aside.

Final Touch

- In the same skillet, heat 1/3 cup of oil. Fry sliced red onions until browned.
- Pour over Ndolé. Simmer everything together for 3-5 minutes over low heat.

3 For the Shrimp

- Rinse and pat dry shrimp. Season with salt and white pepper.
- In a skillet, heat oil and pan-fry shrimp for 1-2 minutes per side, or until pink and opaque,
- Add shrimp to the peanut-beef mixture. Stir gently.

4 For the Peanut Sauce

- Boil raw peanuts for 10-15 minutes with 4 inches of water over the peanuts.
- Blend with ½ yellow onion, garlic, and ginger to a slightly grainy paste.
- In a large skillet, heat peanut oil. Sauté sliced red onion for 3 minutes.
- Add peanut paste and ½ cup beef broth. Simmer over medium-low heat for 15 minutes, stirring to prevent burning.
- Season with salt, then add bitter leaf and remaining broth. Simmer for 15 more minutes.
- Add smoked crayfish and cooked beef. Cook for another 5 minutes on low heat.

To Serve

Serve with any classic accompaniment you want such as boiled ripe plantains, fufu corn, rice, spaghetti, or cassava.



Ebiripo

Oluwaseyi Oladipupo

Ebiripo is a traditional steamed yam dish commonly prepared by the Ijebu and Remo people of Ogun state, Nigeria. It's served during festive seasons, special occasions and family gatherings. its made from grated water yam, mixed with a bit of salt and palm oil, then wrapped in Thaumtoccoccus danielli leaves and steamed until firm.

Servings: 5

Prep time: 1 hour

Cook time: 1 hour

Ingredients:

- 3 lb of water yam (Isu Ewura) or white cocoyam found in African grocery store
- 1 tsp of salt
- Thaumtoccoccus danielli leaves (moi moi leaves)
- 2 Tbsp of palm oil

PREPARATION

PREPARING THE YAM

- Peel the yam and rinse it with water
- Grate it into a smooth paste and put it in a clean white bowl
- Add 1 tsp of salt
- Add 2 Tbsp of palm oil and mix it thoroughly

PREPARING THE LEAVES

- Cut the branches of the leaves and arrange them
- Wash the *thaumatococcus danielli* leaves with water
- Put it in water for 5 mins to make it flexible to fold.

WRAPPING THE YAM PASTE

- Scoop about ½ c. of the yam mixture into each leaf
- Fold the leaves carefully with the yam paste

COOKING THE EBIRIPO

- Arrange the branches of the leaves inside the pot or steamer.
- Arrange the folded leaves containing the yam paste neatly in a pot or steamer.
- Add water to the bottom of the pot or steamer (make sure it doesn't touch the wrap leaves).
- Cover the pot and boil it for about 1 hour.

SERVING

- Once the Ebiripo is fully cooked, remove it from the pot and allow it to cool slightly.
- Carefully unwrap the leaves and serve the Ebiripo warm.
- Best served with Egusi soup, stew, sauce and pepper soup.
- It can be refrigerated and reheated by steaming.



Lasagna Recipe

Kennedid Osman



INGREDIENTS

- 1 box Barilla lasagne.
- 4 tbsp extra virgin olive oil.
- 1 med onion diced.
- 1 lb. Italian sausage.
- ½ cup white wine (optional)
- 1 24-ounce jars marinara sauce, divided.
- 1 15-ounce container fresh ricotta cheese.
- 1 cup mozzarella cheese, diced.
- ½ cup Primiano- Reggiano cheese, grated reserve 1 tbsp for top.
- Salt and black pepper to taste.

LASAGANA IS A PASTA DISH FOR MY FAMILY TO ENJOY EATING AND TAKES TIME PREPARING IT.

Servings: 12 Prep Time: 20 minutes Cook Time: 30 minutes

DIRECTIONS

- Preheat the oven 375F. For the meat sauce, brown beef in a large skillet.
- Meanwhile, in a skillet, sauté onion with 4 tbsp. Olive oil until translucent, about 5 minutes. Add sausage, salt, pepper; brown well until cooked through and crumbly.
- If desired add wine (optional) and continue cooking until liquid has reduced by half.
- Add 3 ½ cups sauce to the sausage mixture, bring to a boil.
- Spray 9" X 13" baking dish with cooking spray. Pour 1 cup sauce on the bottom.
- Cover with 5 cooked sheets lasagne, top with 1 cup sausage mixture, ½ cup ricotta and 2 tbsp of Parmigiano cheese. Repeat for 2 more layers.
- On the top layer, pour the remaining sauce and Parmigiano cheese. Add mozzarella; cover the foil. Bake for 25 minutes.
- Uncover and bake for 5 minutes. Let rest 15 minutes before serving.



PREP TIME:

30 minutes

COOK TIME:

60 - 80 minutes

SERVING:

4-5 BOWLS

Vietnamese Crab and Tomato Noodle Soup

THI THANH TRUC PHAN



This is a common dish to Vietnamese culinary. You cook and reserve it for a whole week or more in the refrigerator. Perfect for breakfast, lunch or even dinner. For more flavor, use can add extra ingredients like tofu, pork or vegetables. This dish is versatile, easy to make, and will always be a comforting meal for your family.

INGREDIENTS

SOUP

- 2 lb. pork bone
- 3-4 tbsp fish sauce
- 2-3 tbsp fermented shrimp paste
- 3-4 ripe tomatoes, cut into ¼
- 1 fresh pineapple, cut the pineapple into small wedges
- ½ tsp salt, 1tbsp sugar, 1 tbsp bouillon granules

RIEU (MEATBALLS)

- 1 lb. ground crab
- 1 lb. ground pork (70% lean or above)
- 1 Egg
- 1 tbsp shallots, minced
- 1 tbsp. fermented shrimp paste
- ½ tbsp. salt, 1 tsp. sugar, ½ bouillon granules

OTHER

- 3 oz. rice vermicelli
- 1-2 lb. boil pork
- 1-1.5 lb. crab meat (fresh or frozen)
- Fresh herbs: Cilantro, fresh basil



INSTRUCTION:

BROTH:

- Blanch the pork bones in boiling water for 3-5 minutes to clean it from impurities and keep the broth clear.
- Boiling 85-100 oz. water, add pork bone, tomatoes, pineapples cut into wedges.
- Add salt, sugar, seasoning powder and 1tbsp of fermented shrimp paste. Stir well and leave it for another 15-20 minutes.

RIEU (CRAB PASTE)

- Mix ground crab with 1 liter of water, stir well, strain the mixture through a sieve to remove shell bits. Repeat 2-3 times to make sure it's clean. Let the liquid sit until crab meat settles at the bottom.
- Slowly pour the crab broth into a pot without stirring. Set heat to low or medium.
- When the crab mixture rises and clumps together on the surface, gently scoop that mixture out and put it in a bowl.
- Blend the crab mixture with ground pork, 1 egg, 1 tbsp of minced shallot, 1tbsp of fermented shrimp paste, salt, pepper and ½ tbsp bouillon granules.
- Scoop the mixture into small meatballs and drop it directly into the broth.

FINISH

Serve the dish in a large bowl, adding rice vermicelli, boiled pork, crab meat. Add more fresh herbs, lime or chili to spice up the taste. You can serve with bean sprouts or cabbage for a refreshing balanced meal.



Pupusas

Bryan Ramirez



Despite me being American, I've been mostly surrounded by Salvadoran culture, music, religion, and food. This in particular always keeps us together, it binds us as people, the flavor, the comfort, and the simplicity.

Servings: 8 pupusas

Prep Time: 20 minutes

Cook Time: 25 minutes

Ingredients:

For the Dough:

- 2 cups masa harina (corn flour, like Maseca)
- 1 ½ cups warm water (plus more if needed)
- ½ tsp salt

For the Filling:

- 1 ½ cups shredded mozzarella (or a mix of mozzarella and Oaxaca cheese)
- 1 cup refried beans (store-bought or homemade)
- (Optional) 1 finely chopped jalapeño or cooked chicharrón (pork)

instructions:

Make the Dough

- In a large bowl, mix masa flour, salt, and water.
- Knead until the dough is smooth and feels like soft playdough. Add a bit more water if it's dry, or dough if it's too sticky.
- Cover with a damp cloth and let it rest for 10 minutes.

Prepare Filling

- In a small bowl, mix the beans and cheese (and pork, if using).

Shape the Pupusas

- Wet your hands slightly to prevent sticking.
- Grab a ball of dough (about the size of a golf ball).
- Flatten it slightly in your palm.
- Add about 1 tbsp of filling in the center.
- Carefully fold the edges over the filling and seal it, then gently flatten it into a thick disc (~½ inch).

Cook the Pupusas

- Heat a lightly oiled skillet or griddle over medium heat.
- Cook each pupusa for about 3–4 minutes per side, until golden brown and slightly charred.

SERVE:



- Serve hot with curtido (pickled cabbage slaw) and red sauce (tomato sauce).

GỎI CUỐN

Vietnamese Spring Roll

Minh Tan



Gỏi cuốn represents food that brings back memories of my home and my heritage. I learned patience and experienced tradition while also discovering the joy of sharing when rolling them with my family. This basic recipe holds the essence of my cultural identity and personal story.



SERVINGS: 10 ROLLS

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

FOR THE ROLLS

10 rice paper wrappers (bánh tráng)

20 medium fresh shrimp

2 lbs. pork belly

2 oz. rice vermicelli noodle

A head of green leaf lettuce

Fresh herbs: 1.8 oz. mint leaves, 1.8 oz. Thai basil

Optional: 3.5 oz. bean sprouts, 1.8 oz. chives, a medium cucumber, 3 small and peeled onions, and chopped ginger.

FOR THE SAUCE

½ c. hoisin sauce

2 tbsp. smooth peanut butter

1 tsp. soy sauce

1 tsp. white sugar

¼ c. water

1 tsp. chili sauce (like Chinsu), to taste

For topping: crushed peanut, sliced chili, and crispy fried shallot

PREPARATION



Prep the fillings:

- 1
 - Cook rice noodles for 12 minutes, then drain and rinse with cold water.
 - Boil pork belly with 3 peeled onions and chopped ginger for 10 minutes. Slice it into thin pieces. Then put it onto a plate.
 - Peel the fresh shrimp and cook for 5 minutes. Then, devein and slice the shrimps half lengthwise. Put the shrimp on the plate also.
 - Pick and wash the vegetables and herbs. Then put them into a colander to let them drain.

Make the peanut sauce:

- 2
 - In a small saucepan over low heat, combine hoisin sauce, smooth peanut butter, soy sauce, sugar, and water. Stir until smooth and slightly thickened. Add chili sauce if you like the heat. Top with crushed peanuts, crispy fried shallots, and some sliced chili (if you want it to taste spicier)



Soften the rice paper:

- 3

Fill a large shallow bowl with warm water. Dip one rice paper sheet for about 3 seconds until it softens (don't over soak – it keeps softening after you take it out).

Assemble the roll:

- 4
 - Lay the softened wrapper flat on a clean surface.
 - At the center of wrapper, place 4 shrimp halves, and 2 pieces of pork belly next to the shrimp.
 - Add a few pieces of lettuce, noodles, veggies and herbs.
 - Fold the bottom over the filling, then fold in the sides like a burrito, and roll it up tightly. Put some chives at the end (optional) and finish wrapping it.

Serve:

- 5

Serve spring rolls fresh with the dipping sauce on the side.



Qabuli Palau

By Faisal Safi

PREP TIME:
30 minutes

TOTAL TIME
3 hours

SERVINGS:
8

INGREDIENTS:

2 cups of rice
2 lamb shanks 1.9lbs
3 lg. carrots, cut into long strips (British carrots are preferred if available)
½ cup brown raisins
1 onion
5 cloves garlic
3 tbsp sesame oil
3 tbsp vegetable oil
2 tbsp butter
3 tbsp cumin powder
3 tbsp sugar
1-1/2 tbsp ground garam masala
½ tbsp black pepper
2 tbsp salt for extra taste
3 tbsp ground saffron
3 ice cubes (for blooming the saffron)
1 tbsp chopped pistachios as garnish (optional)



PREP THE INGREDIENTS

- Put ice cubes in a glass and sprinkle 1 tbsp saffron on top, let it melt.
- Peel the onion, cut it in half, and slice it.
- Peel the garlic cloves and finely chop them.
- Peel the carrots and thinly slice them.

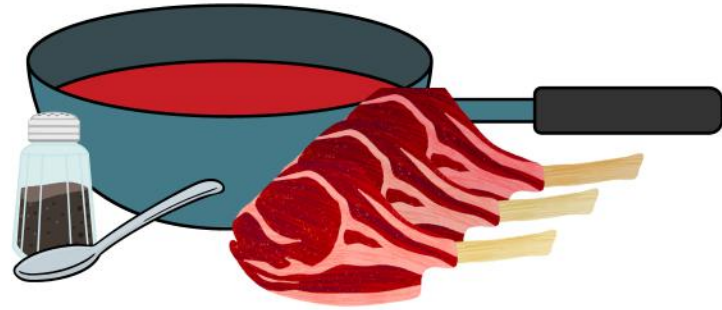
(The saffron gives that yellow color and pleasant smell, making it more appealing.)



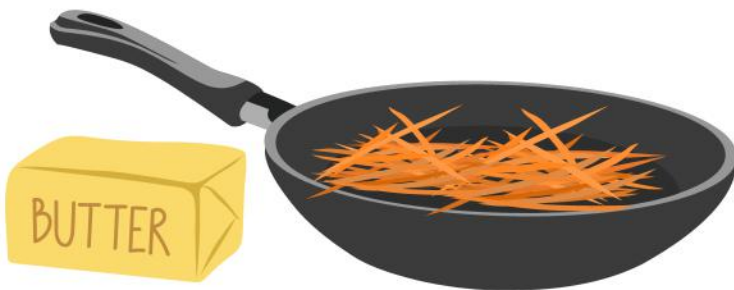
Prep the sauce

- Cut the lamb into 2" chunks.
- Heat 3 tbsp of sesame oil in a small frying pan and sear the lamb shanks for about 10 mins. until golden brown from all sides.
- Remove the meat from the pan and gently fry the onions in the same oil over low to medium heat for 15 mins.
- Add the garlic and fry both together for another 3 mins.
- add turmeric , black pepper, 1 tsp of cumin powder, and salt.

- Add 2 cups of fresh water and then add the prepared saffron water to it
- Give the mixture a good stir and return the meat to the pan (cover with the lid) and let it simmer over low heat for 45min to 1hr 25min. **(be careful not to burn it)**
- Once the meat is cooked, remove it from the pan. Set them aside and wait until the rice is parboiled.



SAUTÉ THE CARROTS



- Melt 2 Tbsp butter in a small pan.
- Add carrots with 1 tbsp of sugar, cook for 10 min until soft and caramelized
- Then wash the raisins and add them all together and fry them for 30 seconds, stirring constantly.
- Remove them from the pan and set them aside.



4: PARBOIL THE RICE.

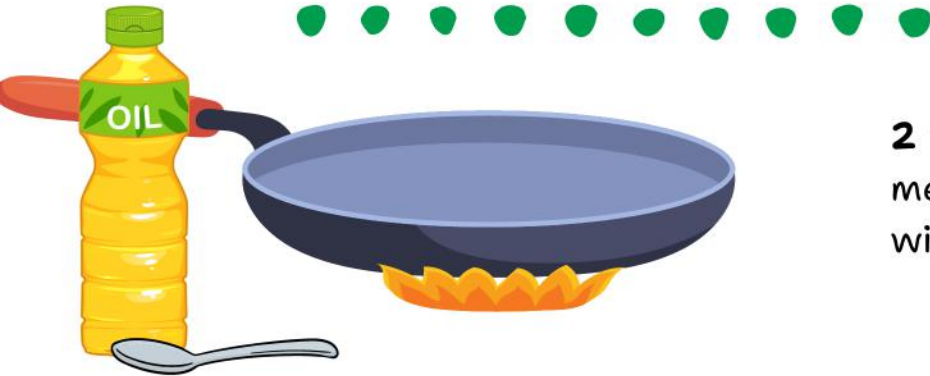
- In a large pot boil 4 cups of water with 2 tbsp of salt for the rice to about 25min. (don't worry, you will rinse most of the salt off later) while waiting on that, wash the rice in a bowl by adding cool water to it, moving it around with your hand, drain the water, and repeat this process 3 to 4 times until the water is clear.



- Next add the rice to the boiled water and parboil it until the rice corns are soft on the outside.
- Once the rice is parboiled, drain it in a strainer and immediately rinse it with cold water to interrupt the cooking process and wash off any excess salt

Layer the rice

1: You can combine some of the parboiled rice with 1 tsp of saffron water and add it to the pot first for a nicer looking (tahding) or golden layer of rice that forms at the bottom.



2 Place a non-stick pot over medium heat. Cover the bottom with 4 tbsp vegetable oil..

3 Now add some more parboiled rice. Next, add a little sauce, a little meat, some carrots and raisins, and sprinkle with some of the ground garam masala, remaining cumin, and cardamom powder. Repeat these steps until all the ingredients are used up.

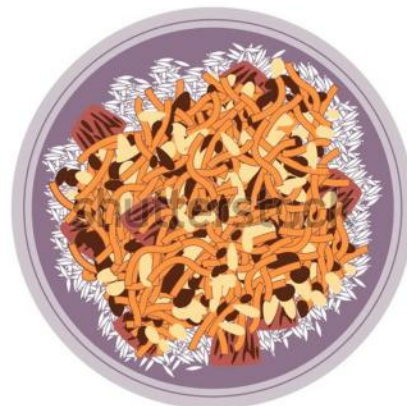


(If there is any saffron left mix it with fresh water and pour it on the top of the rice.)

5 Poke 3 holes halfway through the rice with the back of a wooden spoon.

6 Line the lid with a clean kitchen towel. As soon as steam rises from the rice, put the lid on.

7 Reduce the temperature to low and let it steam for 45 to 50 min.



ENJOY!

Karachi Beef Nihari

Maryum Azam

Course: Main Course

Cuisine: Pakistani

Difficulty: Difficult

Beef Nihari is a stew made with slow-cooked beef. The Arabic word "Nahâr," which translates as "morning," is the origin of the word "Nihari," indicating that it has historically been a breakfast food, particularly for nawabs. It is thought to have started in Old Delhi in the late 1700s, when the Mughal Empire.

Homemade Nihari masala ingredients

- 3 tbsp dry ginger powder
- 10 cloves pepli (long pepper)
- 6-8 pcs cloves
- 2 tsp cinnamon powder
- 2 tbsp mace
- 1 tsp nutmeg
- 1 tbsp cumin seeds
- 1 tbsp coriander seeds
- 1 pod star anise
- 2 pods black cardamom
- 2 tbsp fennel seeds

Prepare the homemade nihari masala

1. In a pan roast all the spices mentioned in the ingredients for a few minutes until fragrant.
2. When cool, grind all the spices in a spice grinder until smooth. Now mix in the powdered spices.
3. Store in a glass jar.

ingredients

- 2 lbs. beef shank (nihari meat)
- 1 tbsp ginger garlic paste (international aisle)
- $\frac{3}{4}$ cup whole wheat flour
- $\frac{3}{4}$ packet Nihari masala (Shan brand, international aisle)
- 2 tbsp paprika
- 5 cups water
- $\frac{1}{2}$ cup ghee
- $\frac{1}{4}$ cup oil
- salt to taste
- Cilantro, chopped for garnish
- 10 lime/lemon wedges
- 10 green Serrano Chilis for serving (sliced with seeds)





1.

In a bowl, combine the homemade nihari masala, salt, paprika, and shan nihari masala with half a cup of water to form a paste.



2.

Make a smooth paste in a bowl by combining $\frac{3}{4}$ cup wheat flour and 1 cup water.



3.

In a heavy bottom stock pot heat oil and ghee. Then, Add the masala paste to this and simmer for one minute.



4.

After that, add your Nihari meat and fry it for a few minutes on each side. then add your ginger garlic paste and cook over medium-low heat for a few more minutes.

5.



pour in five cups of water and bring to a boil. then add the wheat flour paste while the water is boiling, stirring constantly to prevent lumps. There will be no more oil visible to you.

(After three hours, you can remove the marrow from any bones that have it.)

6.



Now reduce the heat to medium-low, put a lid on the pot, and simmer the nihari slowly for eight hours.

(make sure to stir the meat around and check the nihari every few hours.)



7.



After a few hours, you will be able to see the oil on the gravy's surface as it gradually begins to separate from it

(After around 7 hours the meat should be fully cooked and fork tender. Turn off the flame.)



8.



To serve, garnish with lime/lemon wedges, thinly julienned ginger, cilantro, and chopped green Chile.



Serve with hot naan!

ENJOY!



KABYLE COUSCOUS

This is a traditional dish from the region of Kabyle in Algeria, It is a comforting meal, often served during family gatherings, holidays, and weddings. It is rich in vegetables and perfect for sharing

Servings: 4 to 6

Prep time: 20 minutes

Cook time: 45 to 50 min

INGREDIENTS

FOR THE COUSCOUS:

- 2 c. med couscous
- 1 Tbsp. olive oil
- 1 tsp. salt
- 2 c. of water

FOR THE MEAT:

- 1 ½ lbs. chicken pieces with bone, skin removed
- 1 ½ tsp. salt
- ¼ tsp. black pepper

FOR THE VEGETABLE SAUCE:

- 2 Tbsp. of olive oil
- 1 med onion, chopped
- 2 med carrots, peeled and cut into sticks
- 2 med zucchinis, cut into 2-inch chunks
- 1 c. fresh or frozen green beans, trimmed
- 1 c. of squash or pumpkin, cut into 2-inch pieces (optional)
- 2 med tomatoes, peeled and diced
- ½ c. cooked or canned chickpeas
- 1 tsp. salt
- ½ tsp. black pepper
- ½ tsp. turmeric
- A pinch of cinnamon (optional)
- 4 c. of water

INSTRUCTIONS

Couscous:

- Place the couscous in a large bowl.
- Add the olive oil and salt. Mix well
- Boil water, pour on the mixed couscous, cover, and let it soak for 5 to 10 minutes.
- Fluff the couscous with a whisk until light and separate.

For Chicken and Vegetable Sauce:

- In a large pot, heat the olive oil over medium heat.
- Add the chopped onion and sauté for 2 to 3 minutes.
- Add the chicken pieces, salt, and pepper. Sear for 5 -7 minutes, turning brown on all sides.
- Stir in the tomatoes, salt, pepper, paprika, turmeric, and cinnamon (if using). Simmer for 5 minutes.
- Add the carrots, zucchini, green beans, squash, and chickpeas.
- Pour in the water. Cover and cook for 35 to 45 minutes, or until the vegetables are tender.

Assemble and Serve:

- Place the hot couscous in a large serving dish.
- Spoon the chicken, vegetables, and vegetable sauce over the couscous.
- Serve immediately

Storage:

- Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Reheat before serving.



Tô with Palm oil sauce

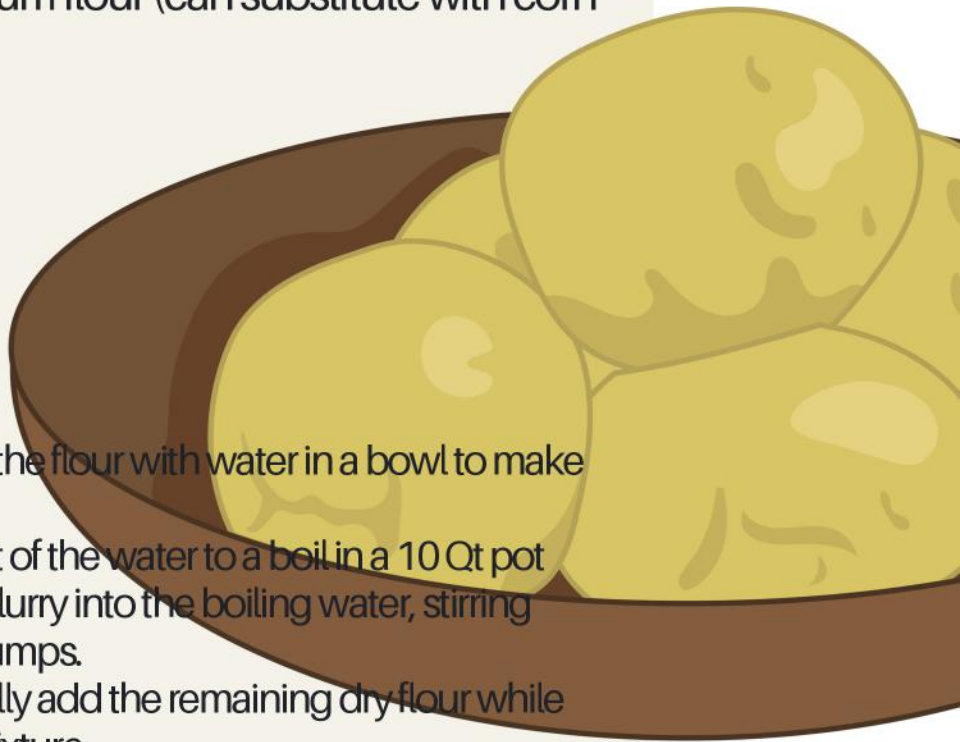
Tô is a staple dish in many parts of West Africa. Traditionally in Burkina Faso, it is made from millet, sorghum or maize flour and eaten with different sauces

Ingredients:

- 2 cups millet or sorghum flour (can substitute with corn flour if unavailable)
- 4 cups water
- Pinch of salt

Instructions:

- Make slurry: Mix part of the flour with water in a bowl to make a smooth paste.
- Boil water: Bring the rest of the water to a boil in a 10 Qt pot
- Cook: Slowly pour the slurry into the boiling water, stirring continuously to avoid lumps.
- Add more flour: Gradually add the remaining dry flour while stirring to thicken the mixture.
- Stir vigorously: Reduce heat to medium low and stir well until the mixture becomes thick and smooth
- Steam briefly: Cover and let it steam for 5-10 minutes on low medium heat.
- Serve: Mold into round shapes using a wet bowl or spoon. (Palm side balls)



Palm Oil Sauce (Tiga Degue)

Ingredients:

- ¼ to ½ cup red palm oil
- 1 cup of vegetable or meat broth (can substitute with water)
- 1 medium onion (chopped)
- 2-3 tomatoes (blended)
- 2 tbsp tomato paste
- 1-2 cloves garlic (minced)
- 1 Small eggplant or okra (optional, sliced)
- 1 chili pepper (optional, for spice)
- Maggi cube or bouillon
- Salt to taste
- Crayfish powder or dried fish (optional)
- Cooked meat or smoked fish
-

Instructions:

- **Heat palm oil:** In a 10 Qt saucepan over medium heat, add the oil.
- **Add aromatics:** Sauté chopped onions until soft, then add garlic and chili then cook for 1 minute.
- **Tomato base:** Stir in the tomato paste and blended tomatoes. Cook down until it loses excess moisture and darkens (about 10-15 minutes).
- **Season:** Add bouillon cube, salt, and crayfish or meat/fish and sliced eggplant and okra.
- **Add liquid:** pour in the entire cup of broth or water then cover saucepan.
- **Simmer:** Let it cook down further with medium low heat until vegetables are soft, then sauce is rich and flavorful (about 20-25 minutes).

Serving: Scoop to into bowls then pour palm oil sauce over (can also be serve on the side).

Side note: Eating To is more than just a meal, it's a whole experience.

Traditionally it's eaten with your right hand (left hand is considered impolite).

Guwendmanegre Zabre

CONTRIBUTORS



Maria Amorim is a Bolivian student at HCC. She is studying to become a Surgical Technician, and she enjoys learning about healthcare and how to assist doctors during surgeries. A proud mother of two boys, Maria also enjoys playing basketball and spending time with family.

Maryum Azam is a Pakistani student at HCC. Her major is criminology. She enjoys cooking and baking for her family and friends, and she loves to hike in her free time. She hopes to finish law school in the next 7 years.

Peace Bobade is a freshman studying at HCC. She enjoys watching K-dramas, reading novels, and listening to music. She is passionate about her journey towards becoming a healthcare professional. She will complete her biology degree in 2027 and transfer to UH.

Jahir Castro is a student at Houston Community College studying to become a mechanical engineer. He enjoys playing his guitar, photography, film editing, and playing online games.

Gia Phat Chau is the eldest brother in the family, and he loves his family very much. He enjoys learning about finance, playing games, listening, making music, and watching movies. He will complete his major in 2028. He wishes to work at a big bank and will continue with his passion for music.

Siyam Elham is an HCC student from Afghanistan. He is majoring in Computer Science-Cyber Security. He wants to become a Computer Engineer. He wants to seek knowledge and explore the world, and he likes nature.

Karina Espiricueta is a college student majoring in nursing. She's always loved helping people because making people makes her happy.

William Kyle is a college student at HCC. William is majoring in business finance and hopes to graduate in 3-4 years. In William's free time, he likes to listen to music, hangout with friends, and play basketball. Raised in a family of chefs, William also likes to cook and learn new recipes.

Fanglu Lin is a mother of two children, and she loves her family very much. She enjoys going to the beach and skiing with her family. She is a music teacher by profession and will complete her major in 2027. She plans to be a elementary school music teacher.

Nhat Hy Mai is a first-year student at HCC. In his free time, he likes to watch TV, read books, play games, and learn about physics-related topics. He is pursuing his mechanical engineering career and will graduate with his Associate of Science degree by 2027.

Leslie Montejano is a college student at HCC. Leslie has always been fascinated with the different people and their points of view which has inspired her to study psychology. She loves learning about the mind and human behavior, and she looks forward to becoming a free therapist to those around her.

Steve Brayan Ngoko Nganha is a freshman at HCC. A passionate stargazer, he enjoys learning about the universe, playing video games or board games like chess, and watching anime in his free time. Originally from Cameroon, he dreams of one day working at NASA. He'll complete his Associate of Science in Math, Earth, and Natural Sciences in 2026 or 2027.

Oluwaseyi Oladipupo is a freshman at HCC. He likes watching anime, reading manga, and listening to cool music. He is an overthinker with big goals. He's hoping to be one of the best interventional cardiologists in the USA and plans to complete his bachelor's degree in biology by 2028.

Kennedid Osman is a college student at HCC. Kennedid enjoys watching television and playing video games. Kennedid has studied karate since he was a kid. A Houston native, he plans to graduate in 4-5 years and attend the University of Houston.

Thi Phan is a freshman at HCC majoring in Health Science. She is not only a passionate traveler but also enjoys staying at home and spending time with her family. She plans to graduate in the next three years and earn a bachelor's degree in health science.

Bryan Ramirez is an HCC student. He hopes to get his bachelor's degree in computer science by 2028. He enjoys pursuing physical fitness and watching combative sports as well as exploring creative endeavors.

Faisal Safi is from Afghanistan studying at HCC. He is majoring in science to become a dental hygienist. He hopes to eventually become a pilot. He loves learning about diverse cultures. He likes to play cricket during his free time.

Minh Tan studies at HCC and will transfer to the University of Houston in the next two years. He wants to become a pharmacist. In his free time, Minh not only loves listening to music but also practices cooking many Vietnamese recipes.

Riad Younsi is a student at HCC pursuing an Associate of Applied Science in Computer System Networking. He enjoys watching movies, training, and cooking. He hopes to travel across Europe soon and expects to complete his degree by late 2026.

Guwendmanegre Zabre is a US Army veteran who enjoys anything outdoors such as camping, fishing, and most importantly cooking. He loves trying food from different countries. So far, he has tried more than 65 dishes from 20 different countries.



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