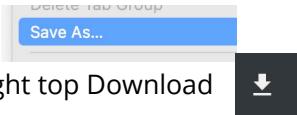


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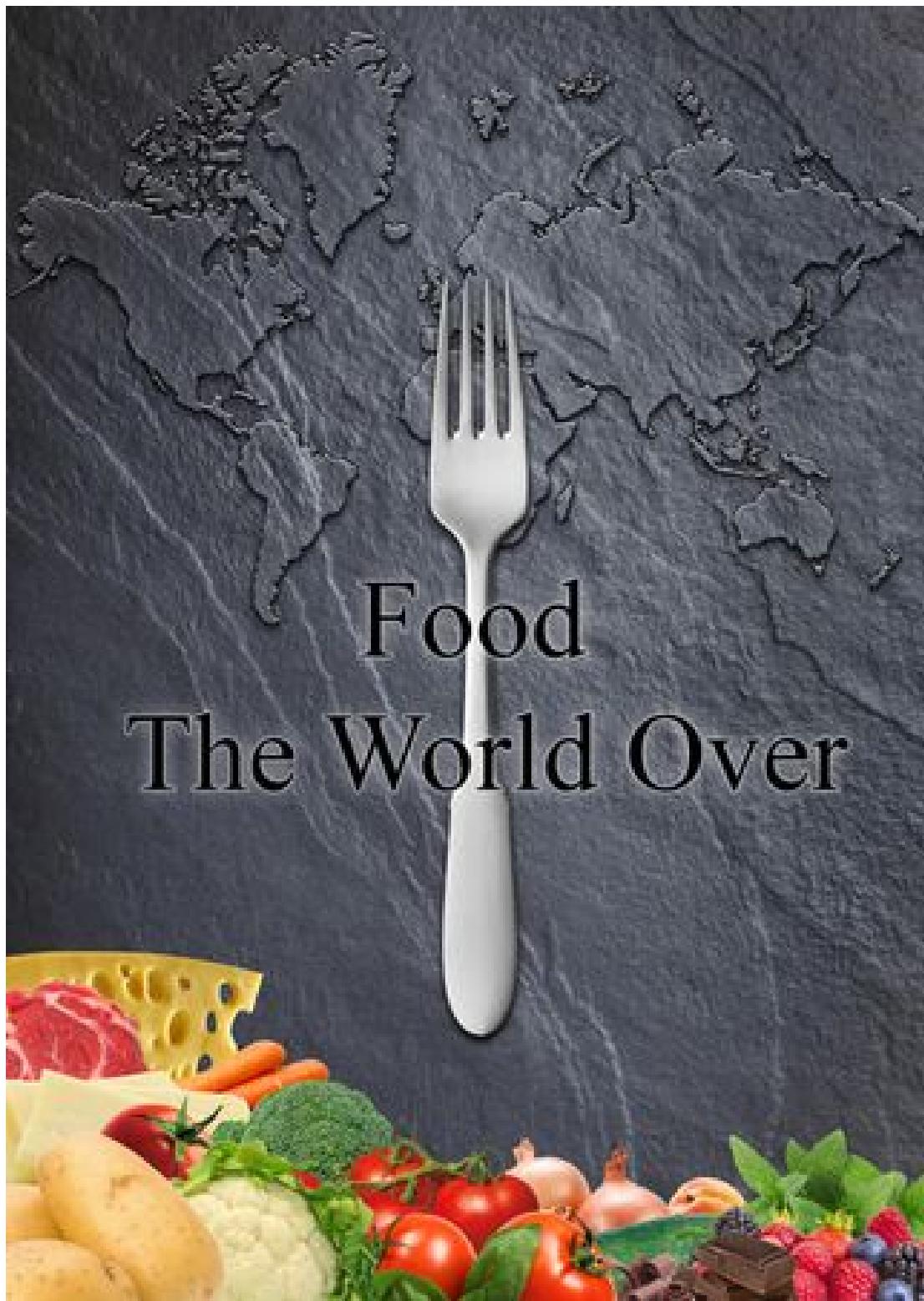


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GREETINGS

Welcome to this miscellany of recipes. What began with one member of the Rotary eClub of Innovation posting a recipe for authentic English Pasties resulted in another post and then another which, ultimately, resulted in the idea of producing this collection. From that first recipe posting to now is a span of near three years and many hours of a worldwide search for contacts and recipes.

If you ever wanted to peek into other people's family favorite food files this is the place to do it.

There are **345 recipes from 223 countries**, each donated to promote a Polio Free world. Each recipe is someone's best grub, sometimes a national dish, sometimes a personal concoction but all reflecting the food of a country. Most can be made from internationally available ingredients.

The contributions reflect the language and style of their authors and, if possible, have remained as we received them. Some are from professional recipe writers and others from people who have never described their favorite meal before.

We trust some will entertain, many will tempt you and several will join your family's file of favorite foods.

We sincerely thank all those that have given their time and efforts to helping us achieve our goal of at least one recipe representing every country in the world which has a Rotary presence. Without their kind assistance it would have been impossible to gather everything needed.

We especially wish to offer our thanks to Rotarian Allan Berry and another Rotarian (who wishes to stay anonymous) for their invaluable experience, knowledge and time in assisting us to complete a project such as this.

We are forever grateful.

Caroline Dobson
Rotary Club of Loch Ness, Scotland
Rotary eClub of Innovation

Jack Davis
Rotary Club of Morton, Illinois USA
Rotary eClub of Innovation



Photo Credit: Jeff Sheldon Unsplash

HOW TO USE THIS COLLECTION

Many of our recipes come with interesting descriptions of the dish, its ingredients, or its origins. We believe it is a pleasure to read through but if you are simply looking for inspiration for a specific type of food you will find the Table of Contents is grouped by section, e.g., Bread, and each entry is made by country e.g., Bermuda- Johnny Bread, from the Table of Contents you can scroll to the page number of the recipe. Your Navigation Tools can also be used to search by bookmarks.

There are differences between nations and authors in weights and measures, how they describe oven temperatures and even names of common ingredients. There is a section on equivalents called What on Earth to help you decipher any confusions and one on useful substitutions to help if you cannot find certain ingredients.

Our Charities



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Most donations of recipes were made in support of Rotary's End Polio campaign. Find out more about what that involves at Polio Plus or End Polio.

We have also received recipes from other charities and you can find out more about each as you read through the recipes.

If you can increase your gift by singing the praises of our collection on social media and elsewhere the extra sales we gain will help your gift to grow.

Copyright Matters



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These days many people's favorite recipes come from the web rather than having been passed down the family. Others may have been gleaned from books or magazines, often many years ago, and the original source of the recipe may not be known to the donor. We have been as careful as we can to ensure that no recipe in this book breaks someone's copy right. Most of these recipes are in the public domain. However, some are reproduced by kind permission of the author or copyright holder, e.g., [Shelterbox](#), and the copyright remains with them. Their gift is acknowledged and links to the appropriate website are included with the recipe.

If you should wish to reproduce any other recipe, please acknowledge this book as the source and if possible, make an additional contribution to End Polio in recognition of their value to you.

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We are extremely grateful for his efforts and highly recommend the site if you should ever need a free to use flag image. Click on this [link](#).

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UNITED NATIONS



In 1945 the first conference which formed the United Nations was held in San Francisco. During this conference, Rotary played a critical leadership role, being one of 42 organizations, which were invited to serve as consultants with the writing of the UN charter. When the first meeting of the United Nations' General Assembly was held a year later, Rotary was at the heart of it. 51 nations gathered in London for this historic gathering, which was organized by members of the Rotary in London.

Today Rotary is still involved with the UN through the Rotary Representative Network of the United Nations. Every year there is a Rotary Day held by the UN, celebrating the two organizations' shared vision for peace and highlighting the critical humanitarian activities that Rotary and the UN lead around the world.

Stone Soup

Ingredients

All that is needed for this delicious soup is one large smooth pebble (Preferably from your favorite seaside resort), a gift for storytelling and one or two little children with imagination to help you.

Method:

Once upon a time there was a soldier trudging wearily along the dusty road on his way home from the war. As he walked along, he noticed an old woman sitting at the door of her little cottage.

"Good-day, old woman." said the soldier, "Would you have a bite to eat for a soldier returning from the wars, cold, tired and hungry?"

"Huh!" said the old woman, "I have no food in my house to offer you. I am too poor to buy food and give it away to the likes of you! You'd best be off home." She was a mean old woman and didn't like giving anything to anyone.

"I notice you have a good fire in your hearth." Said the soldier, glancing through the open doorway, "Please may I come in and warm myself for just five minutes?"

"I suppose you may, but not for long" said the old woman grumpily and took the soldier inside where he sat down by the chimney corner.

The soldier reached into his pocket and drew out a large pebble, shiny and smooth, and began turning it in his hands.

"What's that you have there? "inquired the old woman.

"Ah, this is a magic soup stone." replied the soldier. "Now if only I had a pot of hot water, I could make us some delicious soup with it. That's all I need"

"I can give you a pot and some hot water." Said the old woman, reaching for her stew pot and filling it with hot water from the kettle simmering on the fire.

The soldier carefully placed his pebble in the water and set the pot over the coals. As the pot began to bubble the soldier stirred the liquid inside and tasted it.

"Mmm! Quite tasty! What a pity I don't have any salt, that might just make it taste all the better."

"I do not have any salt, but I have a ham bone left over from my husband's dinner. I was going to give it to the dog, but you can have it for your soup to give it the flavor of salt." Said the old woman. Into the pot went the ham bone.

"The soldier let the pot simmer a little longer before he tasted the soup again"

"That's a little better." He said, "Now if I was at home my wife would bring me some herbs from the garden to flavor our soup, but I suppose we will have to manage without."

The old woman went outside and a moment later she returned carrying a bunch of wild herbs she had gathered from the garden.

"Oh, thank you!" said the soldier "That will really make all the difference," Into the pot went the herbs. The pot was allowed to simmer a little longer. The soup was beginning to smell good, and the old woman began to feel hungry. The soldier tried the soup again.

"Mmm! That's good!" he said, "but it would be even better if it only had a little onion, I could put in it."

"Oh well, "grumbled the old woman, "I might find an onion, but only a very small one."

She went outside and returned with an onion of just the right size. "I was going to plant that in my garden so that I would get more."

"Oh, thank you!" said the soldier, "That will really make all the difference."

Into the pot went the onion. The pot was allowed to simmer a little longer, then the soldier tried the soup again.

"Mmm, that is good!" he said, "but it would be better if only it had a little carrot to put in it."

The old woman went outside again and returned with a single small carrot. "I was going to give this to the rabbit that I was fattening up for my Christmas dinner, but I suppose you can have it for your soup."

Into the soup went the carrot. The pot was allowed to simmer a little while longer, and the smell was so good the old woman's mouth began to water.

"If only I had two bowls and a crust of bread, we could share this soup." From the crock in the corner the old woman fetched a crusty loaf and from the dresser she took down two bowls. The soldier filled the bowls with the steaming soup, and he and the old woman sat by the fire and ate it.

"That's a wonderful soup!" said the old woman "I've never tasted such delicious soup!"

"Well." Said the soldier, "As you have been so kind to me, I will make you a present of the magic stone." And he gave the pebble to the old woman.

He said goodbye and then set off down the road, to continue his journey home. As he strode along, he reached into his pocket and took out...

*A smooth, shiny pebble
and tossed it from hand to hand, whistling as he went along.*

This story was a great favorite with my daughters when they were little, and we often made stone soup. Believe it or not the stone makes all the difference! My grandchildren are now old enough for their first cookery lesson. Now where did I put that stone...



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*Donated by Stella Russell
Rotary E-Club of London Centenary*

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S O U P



Photo Credit: Louis Hansel, Unsplash

Algeria



Harira

Maghreb is an area of North Africa including Algeria, Mauritania, Morocco and Tunisia. Their cuisine is very similar. One of the widely spread dishes is Harira soup. There are a multitude of recipes on the web for Harira. Many seem to use lamb rather than chicken. This one has been popular in our house for many years since holidays in Tunisia and Morocco introduced us to the cuisine.

Ingredients

- 200 g chickpeas (tinned or precooked)
- 1 ½ kg chicken, jointed
- 680 g onions
- 2 large cloves of garlic, crushed
- 1 inch root ginger, grated
- 12 saffron threads, soak in boiling water for 10 minutes
- 1 kilo of tomatoes, fresh or canned
- 2 tbs olive oil
- 1 ½ liters chicken stock
- 2 tbs white wine vinegar
- 115 g red lentils
- 115 g basmati rice
- Bunch of coriander, chopped
- Bunch of parsley, chopped
- Juice of 1 lemon
- 2 tbs olive oil (7 tbs would be authentic but is too greasy for my taste)
- hot crusty bread to serve

Method

Fry the onions in 2 tbs of olive oil until translucent (not brown), add garlic and stir.

Add all chicken except the breast and stir in. Add stock and vinegar. Bring to the boil (skim off any froth). Add breasts for ten minutes maximum and then remove all the meat.

Add lentils and tomatoes to the stock and simmer for 20 minutes. Then add the rice, bring back to the boil, then lower heat to simmer until it is cooked. Add chickpeas to the mix.

Cut the meat from the bones and the breasts into bite sized pieces. Put into the mix and add saffron with its soaking water.

Add ginger, coriander, parsley and lemon juice. Add the remaining tablespoons of olive oil if using. Stir in well and heat through. Serve with bread.

Donated by Caroline Dobson:

Rotary eClub of Innovation

Aruba



Lettuce Soup

This soup was made by Rotary Club of Aruba in March 2020 to make sure that locally grown lettuce did not go to waste during the COVID19 Crisis when the farms suddenly lost their usual markets. They made 1000 cups to be distributed to people in need.

Ingredients

- Per 1 gallon of soup
- 6 heads of lettuce
- 2 onions
- 4 large potatoes
- 4 garlic
- 6 blocks of vegetable stock or broth of di galinja (chicken)
- 1 Lt heavy whipped cream
- After it is cooked, we blend it, sieved and froze it.

*Donated by Diego Acevedo
Rotary Club of Aruba*

Editor's Note: we presume they simmered all the ingredients together and then added the cream just before blending

Bulgaria



Tripe Soup

Ingredients

- 1 kg Beef Tripe (veal)
- 1 kg milk
- 2 soup spoons oil
- 2 soup spoons butter
- 1 ½ tsp red paprika
- Salt
- 1 liter water

For Serving

- 4 or 5 garlic cloves, crushed
- Vinegar, approx. 100ml
- Hot paprika

Method

Wash and clean well the tripe.

Put the tripe to cook in water (50 minutes in the pressure cooker or in normal saucepan 3 hours) until the tripe get so well soften.

Take out the tripe, wait until it get colder and cut it into small pieces. The broth let it get cold and remove the tallow from the top. Strain the broth.

Heat up the butter and the oil in a saucepan and fry the paprika for short while. Top up gradually with the milk continuous stirring and after it 1 liter of the veal broth. As soon as it boils add salt to taste and the pieces of tripe.

Let it boil for 5 minutes and take out from the hob.

Crumble or compress the garlic and dilute it with around 100ml vinegar. Serve this garlic sauce in a bowl to the tripe soup together with a bowl of hot paprika.

Donated by Tanya Gicheva

Cameroon



Eru Soup

Spinach/okazi leaves, a healthy satisfying Cameroonian green dish loaded with other protein and aromatics that will make you sing for joy. Best paired with your favorite starchy sides! Eru soup is made using the creeping plant *Gnetum africanum* – an evergreen vine which grows wild in the forests of Central and West Africa. The leaf is also known as wild spinach and has a slightly bitter flavor. Dried leaves are available in African and Online specialty stores.

Prep: 10 mins Cook: 1 hr 5 mins

Serves -6 to 8

Ingredients

- 2 pounds meat (beef, tripe, cow skin, smoked turkey)
- 1 ½ pounds dried fish
- ¼ chopped onion
- 2-4 cups palm oil, you can use half corn oil and half palm oil
- ½ cup ground cray fish
- 5-6 cups dried chopped Okazi leaves
- 2 pounds frozen spinach
- Maggi bouillon cubes and stock powder
- Scotch Bonnet pepper, optional
- Salt and pepper

Instructions

Cut the beef in bite size chunks, season with salt, Maggi, and onions and cook until tender. Do the same with cow skin (they are tough, so they take a longer time to get soft). Use very little water while cooking the meat because eru does not need a lot of water. However, make sure you have at least 2 to 3 cups of stock from the beef to use in cooking this dish.

While the meat is cooking soak the dried Okazi/Eru leaves in hot water in a bowl to tenderize the leaves for approximately 10- 15 minutes. Rinse and drain

Add the assorted meats - beef, cow skin, tripe and dried fish/ turkey to a large stock pot with at least 2 cups of stock. Bring it to a boil and let it simmer for 5 minutes.

Drain the frozen spinach and add to the pot of assorted meat and fish. Add crayfish and 2 tablespoon bouillon/ Maggi at this point stir, let it cook on medium heat (approximately 10 minutes).

Add shredded Ukazi/Eru leaves, and palm oil. Stir again thoroughly making sure all the contents in the pot blend together. Simmer for another 10 minutes, add stock /water if needed. The fragrant smell that erupts from the dish lets you know it is time to eat. Season to taste with salt and more Maggi as needed. (I usually season my food with salt and Maggie as the dish progresses.)

Donated by Akofu Abeinga

This recipe is reproduced by kind permission of Imma from her website [Immaculate Bites](#), an extensive recipe site specializing in comfort and fusion food from Africa, The Caribbean, Southern USA and Europe. Well worth a visit!

Canada



Cream of Mushroom Soup

Ingredients

- 1 lb. fresh mushrooms
- 21 oz beef broth
- 2 egg yolks
- 1 bunch green onions (scallion)
- 10 oz water
- 2 tbsp butter
- ½ cup dry white wine
- salt & pepper
- 1 cup whipping cream

Method

Chop onion & mushrooms very finely. Sauté in butter till tender. Season with salt and pepper. Add broth, water and wine. Simmer covered 1 hr. Combine cream and egg yolks. Add some of the soup to the egg mixture, a little at a time. Stir this heated mixture back into the pot.

Bring to serving temp, don't boil.

*Donated by Diana White
Rotary eClub of the Caribbean*

Colombia



Ajiaco Santafereno - Chicken and Potato Soup

The ajiaco is one of the most typical and traditional dishes of Colombian cuisine, coming from the Cundinamarca region, and very popular in the capital city of Bogota. It is said that the Chibchas Indians created this recipe, since they usually consumed a base of corn porridge and potatoes with chili. With the passage of time and the arrival of the Spaniards, more ingredients were added to the preparation, obtaining as a result the ajiaco that we know today.

Ingredients

- 3 chicken breasts, skin removed
- 12 cups of water
- 3 ears of fresh corn/ maize cut into two pieces
- 1/4 tsp salt
- Pepper to taste
- 2 chicken bouillon cubes (chicken tea)
- 3 scallions (spring onions)
- 2 garlic cloves, minced
- 3 tablespoons chopped cilantro (coriander)
- 2 cups of potatoes
- 3 medium white potatoes, peeled and sliced
- 3 medium red potatoes, peeled and sliced
- 1/3 cup guascas (An herb from Colombia, guascas can be found in specialty food stores in dehydrated form) *see Editor's Note*
- 1 cup heavy cream for serving
- 1 cup of capers for serving

Method

Place the chicken, corn/maize, chicken bouillon, cilantro, scallions, garlic, salt and pepper in a large pot. Add the water and bring to the boil, then reduce the heat to medium and cook for about 35 to 40 minutes, until the chicken is cooked and tender. Remove the chicken and set aside. Continue to cook the corn/maize for 30 more minutes. Discard the green onion and add potatoes, red potatoes, white potatoes and the guascas herb. Cook for 30 more minutes.

Cut the chicken meat into small pieces and return to the pot. Serve the Ajiaco hot with capers and heavy cream on the side so that everyone can add as they like. It can be served with some other side delicacies like white rice and avocado chunks.

Some people enjoy it with a glass of red or white wine.

Estimated Servings: 6 to 8

Estimated Preparation Time: 120 minutes

Donated by Juliana Corredor Gonzalez

Rotary eClub of Latinoamerica

Editor's Note: Sources on the web suggest Oregano can be substituted for guascas.

The stew is usually made with three sorts of potatoes.

Ecuador



Locro de Papa - Ecuadoran Potato Cheese Soup

Ingredients

- 10 medium sized potatoes peeled and chopped into small and large pieces
- 2 tablespoons oil or butter
- 1 white onion diced
- 2 garlic cloves minced
- 2 tsp cumin
- 1 tsp achiote powder
- 7 cups of water
- 1 cup of milk or more
- 1 cup grated or crumbled cheese quesillo, queso fresco, mozzarella or Monterey Jack
- 1 bunch of cilantro leaves only, minced
- Salt to taste

To serve:

- 1 cup of queso fresco feta cheese, or grated mozzarella
- Chopped cilantro and green onions
- Avocados sliced or diced

Instructions

Prepare a refrito or base for the soup by heating the oil over medium heat in a large soup pot; add the diced onions, minced garlic cloves, cumin, and achiote powder.

Cook, stirring frequently, until the onions are tender, about 5 minutes.

Add the potatoes to the pot and mix until they are coated with the refrito.

Continue cooking for about 5 minutes, stirring every couple of minutes.

Add the water and bring to boil, cook until the potatoes are very tender. Use a potato masher to mash the potatoes in the pot, don't mash all of them, the consistency of the soup should be creamy with small tender chunks of potatoes.

Turn the heat down to low, stir in the milk and let cook for about 5 more minutes. You can add more milk if the soup is too thick. Add salt to taste.

Add the grated cheese and cilantro, mix well, and remove from the heat.

Serve warm with the avocados, scallions and queso.

Donated by Ana Pauletta

Former Rotary Youth Exchange scholar to Morton, Illinois

Editor's note: Achiote is a spice and coloring agent extracted from the seeds of the evergreen *Bixa orellana* shrub while it's often employed to give a dish a yellow color, it also has a mild peppery flavor.

England



Helen's Leek Soup

From Unknown European Country

Ingredients

- 4 medium sized leeks cut into rings
- 2 chicken stock cubes
- Salt, pepper and nutmeg to taste
- sunflower oil - enough to sauté leek rings
- 2 medium potatoes peeled and diced

Method

- Heat oil in bottom of large saucepan
- Sauté leek rings with lid on-10 to 15 minutes until tender.
- Add potatoes, seasoning cubes etc.
- Top up with water to desired level. Simmer until potatoes are tender.
- Liquidize – Use a blender, ricer, strainer etc.

This recipe I haven't used for a while but when the children were younger, I did. I still have a very tatty recipe on a piece of paper which I have searched out. Helen was of the Jewish faith. Her mother and father had fled Europe. I have met her mother and heard her tales of how they managed to survive in this country at first with help from her father's brothers. I had many times sat at her dining room table just in conversation and this was one of her favourite recipes. But I have no knowledge of what country other than this one and a very different culture than my own. Helen would be departed by now. But her recipe in her words live on. Helen would be over the moon if she thought her recipe had helped to raise funds for less fortunate people.

At Christmas for the children, she always gave presents, and she would say for me it does not need to be Christmas to give to a good friend.

*Donated by Pat Hinkins
Rotary eClub of Innovation*

Haiti



Soup Joumou - Haitian Pumpkin Soup

Ingredients

- Cubed Beef or Pork (quantity you desire)
- 1 Haitian Squash (pumpkin)
- 1- Head of Cabbage
- 3- Carrots
- 3- Potatoes
- 2-Sweet potatoes
- 1-Yam
- 2- Celery stalks
- 1-Head Garlic
- 1 Onion
- 2- Habanero peppers (scotch bonnet)
- Macaroni (Penne)
- Salt (to taste)

Directions:

- Boil the meat. Peel, clean and cut the squash into small (larger than bite sized) pieces approximately 3 cups. Boil the squash in the meat juices. When the squash is soft, mash it.
- Cut up and add into meat juices
- Cabbage
- Carrots
- Potatoes
- Celery
- Add salt to taste

Separately, use a mortar and pestle to grind up garlic, onion and peppers and add to soup. Let boil until potatoes and carrots are soft, adding water if the soup gets too thick. As the soup nears completion, add in the macaroni. Serve when macaroni softens.

Donated by Neil Van Dine

Rotary eClub of WASH, (a Rotary eClub focused on Global Water, Sanitation and Hygiene) and [HANWASH](#) for clean water and good sanitation in Haiti.

Editor's Note: Haitian squash may also be called Calabaza

Lao (People's Democratic Republic)



Pumpkin Soup

Delicious Traditional Recipe by La Residence Phou Vao, Luang Prabang

Ingredients

- 4 shallots, seared black then peeled and roughly sliced
- 400g of pumpkin, peeled, deseeded and slice into thin wedges
- 400ml chicken stock
- 400ml fresh coconut milk
- ½ tsp salt
- 2 dessert spoons of fish sauce
- Black pepper
- 4 spring onions, the green part only, chopped

Method

Skewer the shallots and sear them on an open flame until they are blackened all over, peel them and slice them roughly. You can leave part of the blackened skin on to flavor the soup if you wish. Peel and deseed the pumpkin and then slice into wedges about ½ cm thick.

Meanwhile, bring the chicken stock to the boil. Add the pumpkin and shallots. Bring back to a low simmer and add the coconut milk and salt. Simmer until the pumpkin is tender (but not mushy), which should take about 10 minutes.

Stir in the fish sauce and black pepper to add flavour and serve with the chopped spring onions sprinkled on the top.

Donated by Alison Tucker with the kind permission of [La Residence Phou Vao](#)

Latvia



Comforting Soup

Ingredients

- 3-4 potatoes
- 1 grated beetroot
- 2 carrots
- 1/3 cabbage
- 1 onion
- Olive oil
- Salt
- Vegetable cube
- Vinegar 2 tbsp
- Water

Cooking:

- Chop onions, cabbage and grate carrots, fry them in the pot with the olive oil until goldish.
- Add grated beetroot, fry for a moment.
- Add water 2-3 litres. Boil for 10 min then add chopped potatoes.
- After 10 minutes add salt, vinegar and vegetable cube. Boil until ready.

Serve with fresh greens, rye bread and garlic.

There's nothing more comforting than a bowl of hot soup so grab your spoon!

Recipe by Vika Dubaņevičas mom

Donated by Vika Dubanevica

Junior Chamber of Commerce International, Latvia

Pumpkin Soup

Ingredients

- 1 pumpkin (peeled and seeded)
- 2-3 carrots
- 2-3 onions
- 1 leek
- 20-300 ml broth



- 200g cream cheese
- 200ml sweet cream
- salt
- cayenne pepper
- ground ginger
- ground nutmeg

Method

Cut pumpkin, onions, carrots and leek into pieces and bake in the oven for 20-30min at 200°C. Carrots can be baked sooner than other ingredients as it cooks longer.

When ready put ingredients into the pot where is 200-300 ml broth, stew until ready and soft.

Start to blend and add cream cheese and sweet cream. At the very end add the spices as much as you like.

Serve with seeds and toasted bread.

Donated by Karīna Ielīte

JCI Latvia

Moldova



Zeama - Chicken Noodle Soup

Ingredients

- About 2 ½ kgs chicken meat and bones (see note)
- 1 onion, diced
- 1 carrot, diced
- 1 stalk celery, chopped fine
- 8 to 10 cups of water
- Chicken stock cube, optional
- 2 cups egg noodles, cooked as per package instructions and chopped
- Lemon juice to taste, up to 2 tbs
- ¼ cup finely chopped fresh dill
- ¼ cup finely chopped fresh parsley
- 2 sprigs fresh thyme, leaves only
- Fresh celery leaf chopped (traditionally lovage is used but this is difficult to find)
- Salt and pepper to taste

Method

Cut the chicken meat into soup size pieces. Bring the chicken meat and bones slowly to the boil in the water. Skim off any froth that rises. Add the chopped vegetables and simmer gently for about an hour, skimming any froth regularly. Remove the chicken bones. Taste and add chicken stock cube, if required. Add herbs. Add lemon juice carefully, tasting until preferred degree of tartness is achieved. Remove from heat and let the flavors mingle for ten minutes or longer. Add the egg noodles and bring back to heat and serve.

Note: It should be made with a whole small chicken cut into small pieces but as I find chicken skin too fatty for my taste, I used chicken breasts and bones and added a chicken stock cube to the water. There are many versions of this recipe on the web, all of which comment on its value as a hangover cure! For more traditional version [click here](#) or go to the printed version [click here](#).

*Donated by C Dobson,
Rotary eClub of Innovation*

Russia



Russian Borsch

Boil meat with bones (preferably beef or with chicken it will be tender) till the meat is soft. Add some salt and a piece of hot pepper (which can be thrown away later).

Meanwhile:

- Peel several potatoes; let them stand aside till the meat is half ready.
- Dice 1 onion, fry it in sunflower (or vegetable) oil, then add 1-2 peeled and grated small red beets, fry for 3-4 min., add 1 Tbsp sour cream, sliced or diced tomatoes, mix and fry till dark color for several min.
- Peel and grate 1 carrot.
- Cut 1 sweet (bell) pepper into stripes.
- Cut cabbage into narrow stripes.

When the meat is half ready, add potatoes and let it boil till it is soft. When it is nearly ready, add carrot. Then take the potatoes out and smash it by the fork. Then put it back into the broth with cabbage, sweet pepper and 1-2 bay leaves.

Let it boil for 4-5 min., and then add fried mixture with tomatoes. Check salt and pepper.

At the end add cut greenery (dill, parsley); boil 1-2 min. Ready.

Let it stand 15-20 min.

If the broth is not fat add 1 Tbsp sour cream in a plate.

Garlic bread matches well with it.

*Donated by Elvera Gray
Georgievsk- Northern Caucasus*

Sint Maarten



Pindasoep

Ingredients

- 100 g salt beef (cooked and cut into pieces)
- 100 g pig tail (cooked and cut into pieces)
- 1 whole chicken cut into pieces
- 3 liters of water
- 6-7 allspice grains
- 1 onion (chopped)
- 2 cloves of garlic (chopped)
- 2 large tomatoes (chopped)
- few branches of celery, fine chopped
- 2-3 bay leaves
- 3 chicken broth cubes
- 2 pots of 350 g peanut butter (creamy or crunchy)
- Madame Jeanette pepper

Method

Boil out

Salt beef / pork tail must always be boiled out first, because otherwise it is much too salty. The best way to desalinate and cook is, to boil it in a closed pan for 10-15 minutes. Then change the water and bring to boil again until it is tender enough. If necessary, cut the meat into small pieces.

Basic preparation:

- 1 onion, fine
- 2 cloves of garlic, fine
- oil for baking
- 2 large tomatoes, diced
- black pepper to taste
- Fry onions and garlic in oil. Add diced tomatoes, pieces of salt meat and pork tail and cook over medium heat and season with pepper.
- Continue to stew meat with lid on pan for 10 minutes.

Preparation method (30-60 min)

Boil the chicken in 3 liters of water.

Add the allspice, onion, celery, Madame Jeanette pepper, tomato, the chicken broth cubes to the chicken and cook over a low heat for 20 minutes.

Add the salt meat and pork tail to the whole and cook over a low heat for 20 minutes.
Now add peanut butter lumps until you get the desired thickness
Serve with cooked rice. For 4 people

*Donated by Grace Linger
Rotary Club of Sint Maarten - Mid Isle*

Suriname



Pinda Bravoe with tom tom

Ingredients

- ½ teaspoon butter
- ½ cup onion, chopped
- 2 garlic cloves, minced
- 1 small tomato, chopped
- 6 ounces chicken meat
- 2 ounces corned beef brisket
(not canned corn beef but home cooked
brisket)
- 4 cups chicken stock
- 1 bay leaf
- 4 whole allspice berries
- 1 sprig of celery leaves
- 10 ounces peanut butter, natural
- 1 Madame Jeanette pepper**
- 1 plantain
- Salt



Melt the butter in a small stockpot and sauté the chopped onion until they are translucent. Add the minced garlic, then add the tomatoes. Carefully stir for a couple of minutes or until the tomatoes have softened. Add the chicken meat and the corned beef and give it a couple of stirs, then add the chicken stock, the bay leaf, the 4 allspice berries and the sprig of celery.

Simmer for thirty minutes. Remove the bay leaf and the allspice berries and discard them. Take the meat out and set it aside. Purée the soup. In a separate bowl, mix the peanut butter and one cup of soup until it's smooth. Add it in to the rest of the soup. Stir until the soup is homogenous and return the meat to the soup.

Add the Madame Jeanette pepper to the soup, whole, and let it simmer for another ten minutes. Make sure the pepper does not break or rip, as the soup will be too hot to eat, we're trying to get the pepper to add flavor but no heat.

Discard the pepper after ten minutes: taste the soup and adjust with salt and pepper. If you'd like some spice, try to add a little bit of chili sauce.

To make the tom tom, peel the plantain and boil it until soft. Remove it from the water and mash it with a fork. Add a pinch of salt, and roll into small balls, the size of a marble. Add one or two into each soup portion.

** you can use Scotch Bonnet or habaneros but watch the heat

*Shirley Sowma – Sumter,
Rotary Club of Paramaribo Central (Suriname, District 7030)
She reckoned it was her family favorite.*

Nicole Holten, [author of The Dutch Table LLC](#), was happy to give us permission to use the recipe and photos for the good work Rotary does. There are lots more tasty recipes on the blog, so it is well worth a visit.

Tunisia



Tunisian Tomato Soup with Chickpeas and Lentils

Ingredients

- 1 cup of tinned chickpeas
- 1 cup uncooked red lentils
- 1 cinnamon stick
- 1 Tbs olive oil
- 4 cups minced Onion
- 2 Tbs minced garlic
- 2 tsp chicken stock powder
- 1 tsp turmeric
- 1 1/2 tsp cumin seeds
- 2 tsp ground cumin
- 2 to 3 bay leaves
- 1 (28-ounce) can crushed tomatoes
- black pepper and Cayenne to personal taste
- fresh lemon juice to personal taste

To serve

Yoghourt
Mint and or Parsley
Hot bread of choice

Method

Cook the lentils with the cinnamon stick in 5 cups water until tender-about 30 minutes. Remove and discard the cinnamon stick, and drain the lentils, saving the water.

Heat the oil in a soup pot or Dutch oven. Add the onion, garlic, salt, turmeric, cumin seeds, ground cumin, and bay leaves, and sauté until the onions are soft.

Measure the reserved water from the lentils and make up to 5 cups. Add this water and the tomatoes and bring to a boil. Lower the heat to a simmer, partially cover, and cook for another 15 minutes or so. (The timing does not need to be exact.) Fish out and discard the bay leaves.

Stir in the chickpeas and lentils, and cook for only about 5 minutes longer, so they won't become mushy. Season to taste with black pepper, Cayenne, and lemon juice.

Serve hot. You can have yoghourt, parsley and mint on the table for people to top the soup to their personal preference or it is good just as is. Hot bread goes very well with this.

Adapted from [Fandom Recipe Wiki](#)

*Donated by C Dobson
Rotary eClub of Innovation*

Editor's note: chickpeas are also called garbanzo bean

Ukraine



Borscht

Ingredients

- 1 ½ cups potatoes, thinly sliced
- 1 cup sliced beetroot
- 4 cups water
- 2 tbs butter
- 1 ½ cups chopped onions
- 1 ½ tsp salt
- 1 stalk celery, chopped
- 1 carrot. Chopped
- 4 cups shredded cabbage
- Fresh ground black pepper
- 1 tsp dill weed
- 1 to 2 tbs cider vinegar
- 1 to 2 tbs brown sugar or honey
- 1 cup tomato puree or ½ tomato paste

To serve

Sour cream or yoghourt

Dill weed

Method

Cook the potatoes and beetroot together in the 4 cups of water for 20- 30 minutes, keeping the pan covered.

In a soup pot melt the butter. Cook the onion with the salt in the butter until the onion is translucent.

Take two cups of the cooking water from the potato/ beets. Add to the soup pan. Put carrots, cabbage and celery into the soup pan and cook covered until tender.

Add the other ingredients to the soup pan, including the potatoes, beetroot and their cooking water. Cover and simmer for at least 15 minutes.

Taste and adjust seasoning. If the soup is too thin add more tomato and simmer uncovered until reduced slightly.

Serve hot topped with sour cream or yoghourt and sprinkled with dill.

Donated by Anton Senenko

Ukraine

B R E A D S



Photo Credit: Victoria Shes, Unsplash

Chad / Angola / Democratic Republic of Congo



Chikwanga

(Also known as Cassava Baton, Kwanga, Chikwangue, Chickwang, Miondo, Mounguele, Bâton de manioc). Chikwanga or kwanga is a traditional bread from the Democratic Republic of Congo, consisting of cassava flour cakes that are wrapped in dry banana leaves, then steamed. Its savory flavor pairs well with most of the main meals in the country.

It is especially popular to serve warm Chikwanga with various African stews, soups, and sauces as it helps to slightly offset their spicy flavors. This cassava-based bread is typically cut into thick round slices before it's served on the plates. Once prepared, Chikwanga will keep for a few days, but only if it's kept in the leaf-wrapper in a dry and cool place.

In Congolese cuisine, Chikawanga has the same role as bread does in traditional American and European cuisine — it is a side which can go with almost anything. However, unlike its European and American counterparts, Chikawanga has an entirely different texture — it is clay-like and not firm. The preparation is a lengthy one, and it starts with soaking the bitter cassava tubers for a few days, the outer layer can be peeled off before or after soaking. The tubers are then washed a few times, each time in fresh water, which serves to remove as much bitterness as possible. Traditionally, the soaked cassava would be left to drain at this point — most recipes today skip this step — and then, ground in a mortar and pestle. For at home preparation, a grater, an immersion blender, or a food processor can be used instead. Typically, the resulting mass is then kneaded, shaped into 2-inch wide and 12-inches long oblongs and wrapped in magaphyrinum macrostchym leaves which impart the Chikwanga with a distinct flavor when steamed. To secure that the leaves stay in place during steaming, chikawanga is tied with rope. Apart from this basic version, there also exist other shapes of Chikwanga, such as the mombamda, which is the big version of Chikawanga that lasts up to seven days and is cut into smaller portions for consumption. Then there is also nsesa which is smaller than mombamda and keeps for up to four days and ntinga which is distinguished from others by its surface which has an imprint from the leaves in which it was wrapped. No matter the shape, Chikawanga is steamed for anywhere from four to eight plus hours. Flavor wise, Chikwanga is pretty bland tasting, which makes it a great side to any dish, and is served either warm or at room temperature. The leaves are discarded, and the Chikawanga is first softened with fingers and then used as a scoop

Ingredients

- 2 pounds cassava (yuca) tubers

- banana leaves, or sheets of aluminum foil

Method

- Chop off the ends of the cassava tubers, peel them, cut them into chunks, and place them in a bowl of water to soak for three days.
- After three days have passed, wash them several times under running water to eliminate as much bitterness as possible.
- Add the chunks to a mortar and pestle and mash until you have a smooth paste.
- Divide the resulting paste into fist-sized batches and on a separate banana leaf or a sheet of aluminum foil, shape each batch into oblongs that are 2 inches wide and 12 inches long, then fold, so they are wrapped.
- Arrange the Chikwanga on a steamer placed over a pot of boiling water. Cover and steam for 4 to 8 hours.
- Serve at room temperature as a side to any Central African stew, soup, or sauce.

Cooking tips

Since this is a pretty simple dish to make, the only thing to be mindful of is that the tubers are well soaked and rinsed to remove the bitterness. Also, the hard, middle section of the tuber must be removed before the soaking. When it comes to the wrapping, banana leaves, aluminum foil, or plastic wrap can all be used instead of the magaphyrrinum macrostchym leaves.

Chikwanga does not have to be consumed immediately; rather it can keep for a few days if wrapped in leaves and stored in a cold and dry place. You can reheat it in a microwave or a bain-marie. If the Chikwanga is wrapped in aluminum foil, place it in a heatproof container and put a lid on top before you microwave it.

8 servings. Cooking Time 480 min

*Donated by Bob Thomson,
Rotary eClub of Innovation*

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Anguilla



Caribbean Corn Bread

Ingredients

- 1 cup all-purpose flour
- 1 cup cornmeal
- 2 tablespoons baking powder
- 1 teaspoon salt
- ½ pound (2 sticks) unsalted butter, at room temperature
- ¾ cup sugar (or I use Splenda sweetener)
- 4 eggs
- 1 ½ cups canned cream style corn
- ½ cup canned crushed pineapple, drained
- 1 cup shredded Monterey Jack or mild white Cheddar cheese (I sometimes add spicy cheese.)

Method

Preheat the oven to 325 F.

Butter and flour a 9 x 13-inch glass cake pan.

In a medium bowl, whisk together the flour, corn meal, baking powder, and salt, and set aside.

In a mixer, cream the butter and sugar. While the mixer is running, add the eggs one at a time, beating well after each addition. Add the corn, pineapple, and cheese, and mix to blend. On a low speed, add the dry ingredients and mix until well blended.

Pour the batter into the prepared pan and bake until a tester stuck in the center comes out clean.

NOTE: My cook time in my gas oven is about 53 minutes for optimum results. However, the original recipe indicated about one hour to an hour and 15 minutes. Do not undercook. It should be golden brown on top when done.
(The original recipe is from [Blanchard's in Anguilla](#))

*Donated by Kitty Bucsko
Rotary eClub of Canada One*

Antarctica



Sledging Biscuit

374 degrees F. for 20 minutes

Ingredients

- 1 1/4 cup flour
- 2 Tbsp butter
- 1/2 tsp baking soda
- 1/2 tsp salt
- 4 Tbsp water

Method

With a fork, mix flour, salt and baking soda. Mix well. Next add the butter and mix until it forms a crumb texture.

Add water in small amounts until a dry ball of dough forms. Roll out dough on a well-floured surface until it is 1/4 inch thick. Cut the dough into squares 3x3 inches.

Place squares gently on a baking sheet lined with parchment paper.

Prick each square in 3 vertical rows with a fork to prevent air bubbles from forming while baking.

Place in oven preheated to 374 degrees f for 20 minutes. There will only be a minimum browning of the surface.

Baking longer will only make the biscuits more brittle.

Donated by Alison Krall (PHF) Groveland, Illinois USA

Note: searching for the history of the cuisine of Antarctica it was found that Antarctica has no native peoples so does not have a native or national dish.

Research found Sledging Biscuit were used by the first explorers up to modern times. We, therefore, felt this to be the only dish common to everyone and, as one of the first things cooked there, could be considered a national dish.

Bermuda



Johnny Bread

Ingredients

- 85g sugar
- 500g plain flour
- 85g butter
- 1 egg
- 120cl milk
- ¼ tsp salt
- 2 tsp baking powder

Method

Mix dry ingredients & butter till a sandy mixture. In a separate container mix the milk & egg & beat slightly then add to dry mix to make a dough.

Roll out on a floured board to a thickness of half an inch then cut into 3-inch rounds & bake on a buttered griddle pan, medium heat turning once.

Note: Johnny Bread was originally called Journey Bread because it was found to keep better on-board ship than regular bread.

*Donated by Peter Senior,
Rotary Club of Woodbridge Deben*

Hungary



How to make an amazing bread at home

It is simpler than you would think. I even encourage you to make sourdough starter instead of yeast for your bread. How? Let me explain it to you.

Sourdough Starter:

Day 1 – Combine 3 tablespoon water with flour in a jar – leave it in room temperature

Day 3 – Add 3 tablespoon water and flour again

Day 6 – Add 100 g flour and 1dl water

Day 7 – Bake your bread

There will be some remains from the sourdough. You can store it in the fridge and repeat the process from day 6 to bake another bread.

Homemade sourdough bread makes 1 loaf

- 500g bread flour (in the video it is dark rye) see note below
- 100g sourdough starter, recipe above (or 1 packet of dried yeast)
- 3-4 dl water
- 1 teaspoon salt seeds (like sunflower seeds, flax seeds, pumpkin seeds)

In a large bowl combine flour, starter, water and salt until just mixed together.

Cover with cling wrap and leave overnight for at least 8 but preferably 12 hours.

Form your loaf. Place a generous amount of flour on your kitchen counter. Scoop dough out onto the flour. Gently fold the edges from the outside in to form a round loaf. Let it rest until the oven and the dish gets warm.

Place a large ovenproof dish with a lid in the oven. Preheat oven to 200C and heat the dish for around 1/2 hour.

Carefully remove the hot pan from the oven. Remove lid. Sprinkle a little semolina or flour in the base of the pan. Gently place the loaf in the pan inverted so that the rougher surface is now on top. Don't worry about smoothing it out or having it centered – it will work itself out in the oven.

Pop the lid back on and bake for 30 minutes.

Remove the lid and bake for a further 15 minutes until the loaf is deep brown.

Cool on a wire rack uncovered.

Donated by Paul and Agnes Nagy

Note: The donors of this original Hungarian recipe Pal Nagy and his wife Agnes, used to run a foodie website. You can watch a video of how to make the bread [click here](#).

Ireland



Four Breads

Editor's note: You need a griddle for these recipes, but oven versions are also given. A griddle is a cooking device consisting of a broad flat surface heated by gas, electricity, wood, or coal, with both residential and commercial applications. In industrialized countries, a griddle is most commonly a flat metal plate, elsewhere typically a brick slab or tablet. Wikipedia

Soda Bread Flour is a 50:50 mixture of plain and (coarse grind) wholemeal flour
Buttermilk is a fermented dairy drink. Traditionally, it was the liquid left behind after churning butter out of cultured cream.

Buttermilk Substitute: Measure one tablespoon of white vinegar or lemon juice into a liquid measuring cup. Add in milk and fill to the 1 cup measurement line.

Stir the mixture together and let sit for 5 minutes.

May be used 1 to 1 for buttermilk.

Soda Bread - Griddle

Ingredients

- 8 oz soda bread flour
- 1 dessert spoon (2 tsp) of melted butter
- ½ pint of buttermilk

Method

Pre heat the griddle

In a bowl, sieve 8 oz soda bread flour. Make a well in the middle of the flour, add melted butter and about ¼ pint of buttermilk. Mix to a soft, workable dough, adding more buttermilk as required.

Lightly flour your baking board and turn the mixed dough out onto it. With floured hands, knead the dough 7 or 8 times. Work into a ball with the heel of your hand. Press it out into a circle and finish by rolling into a circle about ½ inch thick.

Flour the blade of your knife and cut into four farls (*4 triangular quarters from the Gaelic word fardel meaning four parts*). Lift with a spatula and your floured hands and place on the preheated griddle.

Leave for approximately 5 minutes until the bread has risen and looks dry on top. Turn and cook the other side.

When cooked, 'harn' the bread by standing it on its edges and cooking the edges for approximately 10 seconds on each side.

Remove from the griddle and cool on a wire cooling tray.

Then ease gently out of the tin and onto a wire cooling tray.

If cooked correctly, it will have a hollow sound when tapped on the bottom.

Irish Wheaten Bread - Griddle

Ingredients

- 6 oz coarse wholemeal flour
- 4 oz soda bread flour
- 1 level teaspoon of salt
- 1 level teaspoon of baking soda
- 1 oz butter
- 1 oz caster sugar
- ½ pint of buttermilk

Method

Pre heat your griddle

In a bowl, put 6 oz of wholemeal flour and 1 oz of butter. Rub the butter into the flour until it looks like breadcrumbs.

Sieve 4 oz of soda bread flour, plus 1 tsp salt and 1 tsp baking soda over the mixture. Mix it all together with your hands and make a well in the middle.

Add ¼ pint buttermilk and mix from the center, adding more buttermilk to bring the mix to a workable state.

Flour a baking board with wholemeal flour and, with floured hands, roll and knead the mix 7 or 8 times, leaving it in a ball.

With the heel of your hand, gently press into a circle, finishing off with the rolling pin.

And with a floured knife, cut into 4 farls (*four triangular quarters*)

Using your hands and a floured spatula, lift onto a pre-heated griddle.

When well risen and of a dry appearance (5 mins approx.), the bread will be ready for turning. (Cook other side)

When cooked, 'harn' the bread by standing it on its edges and cooking the edges for approximately 10 seconds on each side.

Cool on a wire rack.

Wheaten and Soda Bread – Oven Cook

Grease a 1lb loaf tin with oil or butter and preheat oven to 190°C.

Use the above methods and measures, but make your mixes much softer, like porridge.

Scrape or pour into the greased loaf tin.

Sprinkle the top with mixed seeds, pressed in with a knife.

Bake on the middle shelf for 50 minutes.

When cooked, take out of the oven and allow to cool in the tin for 5 minutes.

Then ease out gently and cool on a wire cooling rack.

If cooked correctly, the loaves will have a hollow sound when tapped on the bottom.

Irish Pancakes ('Drop Scones')

Ingredients

- 1 lb of soda bread flour
- 6 oz caster sugar
- A pinch of salt
- 3 medium eggs
- 1 dessert spoon of syrup
- 3 dessert spoons of melted butter
- 1 pint of buttermilk

Method

In a large baking bowl, sieve the flour. Add sugar and salt. Make a well and add the syrup, butter and eggs.

Mix from the center, combining the mix into a thick batter. Gradually add the buttermilk, drawing in the flour to make a smooth, light batter which should be like yogurt in consistency.

Lightly grease a pre-heated griddle with butter or oil.

Spoon or pour the batter evenly into four circles. Wait until bubbles start appearing and bursting, then turn over with a spatula and cook the other side.

When cooked, cool on a wire tray.

Note: Fruit can be added to the batter before cooking – also chocolate chips or savories.

Irish Treacle Bread

Ingredients

- 8 oz of soda bread flour
- 1 large dessert spoon of treacle
- 1 dessert spoon of melted butter
- $\frac{1}{2}$ pint of buttermilk

Optional

Teaspoon of ginger or mixed spice can be added to flour before sieving

Method

Pre heat a griddle

In a bowl, sieve flour (and spice if using). Make a well in the middle and add the melted butter and the treacle.

Add about half of the buttermilk and mix from the centre, incorporating the flour as you mix. Use a strong spatula for mixing – and mix to a fairly stiff mixture.

Flour a baking board lightly and turn the treacle mix out onto it. Knead 7 or 8 times and work into a ball.

With the heel of your hand, flatten into a circle and finish by rolling to ½ inch thickness. Cut into four farls (triangular quarters) and cook on the preheated griddle until well risen with the top looking dull and dry. Turn and cook the other side. To cook both sides should take a total of about 10 minutes.

When cooked, ‘harn’ the bread by standing it on its edges and cooking the edges for approximately 10 seconds on each side.

Remove from the heat and cool on a wire cooling tray.

NOTE: With this mixture, you can also make treacle scones. When you have rolled your dough on the baking board, use a round cutter to cut out your scones. Bake in the oven at 200°C.

Donated by Phillip Begg

Rotary Club of Comber and Rotary eClub of Innovation

Irish Fadge – Potato Bread

Ingredients

- 12 oz of seasoned mashed potatoes, slightly warm
- 3 oz of plain flour

Method

Flour a baking board.

Mix the flour into the mashed potatoes and turn out onto the baking board.

With floured hands, gather the potatoes into a ball in the centre of your baking board.

With the heel of your hand, press gently into a circle. Finish by rolling out into a ½ inch thick circle. With a floured blade, cut into four farls and place on a pre-heated griddle or heavy based frying pan, about 200°C (medium heat).

Check after about 7 minutes by turning over to see if cooked on the underside.

Turn and cook the other side – this will take less time.

When cooked, remove and place on a cooling rack.

Other Versions:

Cooked bacon, broken into pieces, can be added to the mix

You can also substitute mashed potatoes for champ (potatoes with scallions (spring onions) which have been chopped and sweated in milk).

Other options: include onion, cheese, sun-dried tomatoes, peppers or apples.

Donated by Philip Begg

Rotary Club of Comber and Rotary eClub of Innovation

Isle of Man



Manx Bonagh

Bonagh (or Bonnag) is a traditional Manx bread which, it is believed, has been around for hundreds of years. Originally it was a flat unleavened loaf cooked on the griddle, but today, it is either baked plain, as in the recipe below, or has dried fruit added to make it a richer cake-like fruit bread.

Ingredients

- 1 lb of flour
- 1 teaspoonful of soda
- 1 teaspoonful of baking powder
- Pinch of salt
- 1 teacupful of sour milk

Method:

Make into dough and put into a small cake tin.

Bake about 30 minutes at 175°C. Bread should have a hollow sound when the bottom is thumped.

This recipe comes from a handwritten cookbook dated 1948 which belonged to the mother of Howard Callow, Past President of the Rotary Club of Douglas in the Isle of Man.

*Donated by Anthony Pugh
Rotary Club of Douglas*

Lithuania



Beer Bread

Ingredients

- 650 ml flour
- 2 tsp baking powder
- 1 tsp salt
- 2 tsp sugar
- 1 tbsp lemon juice
- 330 ml of beer
- Oil for the baking tray
- It is possible to put in your favorite seeds, even garlic, dried tomatoes, dried fruits or greens such as basil, rosemary, parsley.

Instructions:

- Preheat the oven to 210 °C
- Sift flour, baking powder, sugar and salt into a bowl.
- Add lemon juice and other desired ingredients to the beer, pour everything into the flour mixture and stir until well combined. The batter looks pretty moist/wet, but it is OK.
- Pour everything into an oiled baking tray and cover with a lid or foil.



- Bake at 210 °C for about 15 minutes and another 40 minutes at 190 °C uncovered until golden brown or until a toothpick comes out clean when inserted into the loaf.



Preparing: baking and cleaning everything takes around 1hour 10minutes.

*Donor: Dr. Dovilė Žiaukienė
2020 JCI Lithuania National President*

New Zealand



Four Cheese Roulade

Bread Dough

- 4 cups of flour
- 1/2 cup of oil
- 1/2 cup of yoghurt
- Salt
- 1 tablespoon sugar
- 1 tablespoon dry active yeast
- 1 cup of warm water



Mix all dry ingredients then add oil, yoghurt and enough warm water to knead the dough. Proof for an hour or so.

Filling ingredients

- 1/2 cup of ricotta cheese
- 1/2 cup of cheddar cheese
- 1/2 cup of Roquefort cheese
- 1/2 cup of mozzarella cheese

Parsley and Thyme to taste

Mix all together.

Assembly

Roll the dough simply by hand. Spread with the combined filling. Roll up, slice and let it proof again for about 30 minutes then sprinkle with sesame seeds bake in a hot oven for 30-40 minutes



Donated by Marleina Broadhurst.

Editor's note: A hot oven is 425°F/ 220 °C

Northern Ireland and Eire



Irish Soda Bread

This is traditionally eaten in all parts of Ireland.

As a non-yeast bread it is essential that an acidic environment is provided for the bicarbonate of soda and baking powder. The traditional way is to use buttermilk but I prefer to use yogurt and old milk. Once you have mixed the dry and wet ingredients put in the oven as soon as possible.

Ingredients

- 1 lb of the coarsest brown flour you can find (difficult in UK! Whenever I go home the only thing, I bring home is coarse Irish brown flour)
- 1 lb of strong white flour (@12 grams of protein, look at side of bag. Canadian is best)
- 2 teaspoons of bicarbonate of soda
- 5 teaspoons of baking powder
- 1 egg(optional), (I think it keeps the mixture moist.)
- small container of natural yogurt
- Milk, old milk is good

Method

Mix all dry ingredients together. Make a well in the middle. Add wet ingredients and mix with dry. You want a moist but not wet mix. Add extra white flour if required.

There is no need to knead!

Shape on a dry floured surface. Flatten so that it is approximately 1 inch thick.

You can place on a flat baking tray or in a Pyrex lid, both covered with butter and flour to prevent sticking. The essential thing is to divide the flattened bread into 4 quadrants. Cut down to the base and separate by about 1 cm. Unless this is done the central portion of the bread will not cook fully.

Place in top of oven at @380-400f. C

Check at about 30 minutes. You may need to leave in for a further 5-10 minutes. If it sounds hollow when you tap the base and you can still hear a sizzling, then remove from oven and wrap in a tea towel and place on a cooling rack. The tea towel stops the outer crust from going hard.

Leave for 10-20 minutes. Best enjoyed on its own with lovely Kerrygold butter, or with some nice hot smoked salmon or cheese of your choice.

Soda bread dries out quickly and becomes hard so depending how much you plan to use, place the remaining quadrants in a Ziplock bag and freeze. Remove each quarter when you want to use and put in microwave for 1 minute.

*Donated by Noelle Murphy
Rotary Club Inverness Loch Ness*

Palau



Very Healthy Yummy Bread

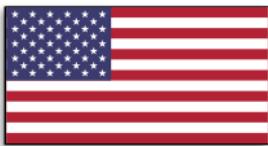
- 2 cups of water
- 2 cups of whole wheat flour
- 1 cup of flax seed meal
- 1 cup of white unbleached flour
- 1 tbsp of yeast
- $\frac{3}{4}$ of tablespoon of salt.

All mix into dough in a big bowl. Let raise for 1 hour covered with a plastic bag. After that get the dough on flat surface /table using a little flour or oil to form dinner rolls or a loaf of bread and put on baking sheet-an oily pan. Let it raise again this time for 45 min only and after that put into oven for 25 min - you will smell the nice Greg damce of fresh bread as well or until desire color (I like a little darker and harder/crunchy crust) 😊 when done take is put into a towel to cool down. Non aperitif 😊 this is my own recipe for over 20 years 😊

Donated by Rotary Club of Palau

Editor's Note: Baking temperature for this multigrain whole wheat bread is 400 degrees F. Average baking time is 25 minutes. Oven temperatures will vary. Bread is done when the loaf is tapped, and it sounds hollow.

USA



Grandma's Cathead Biscuit

From the Kitchen of Grandma Olmstead to Rebecca

- 2 c. self-rising flour
- 1/3 c. butter flavored Crisco
- ¾ c. buttermilk or milk

Cut together Crisco and flour until it forms small crumbs.

Mix in milk, thoroughly.

Knead on 10 times.

Tear off ¾ cup portions or roll out and cut with biscuit cutter or large glass.

Bake at 425° for 10-12 minutes depending on size of biscuit. Makes 6-12 biscuits.

Donated by Dr Phyllis Olmstead Rotary eClub of Florida

Editor's Note: Crisco is a high-quality vegetable fat or shortening

Ingredients for self-rising flour: 1 Cup flour, 1 ½ tsp baking powder, ¼ tsp salt.

Thoroughly combine all before using.

MEAT



Photo Credit: Wesual Click, Unsplash

Albania



Tavë kosi - Soured Milk Casserole

Ingredients

- 70g butter
- 1 tbsp olive oil
- 1.2kg boned lamb shoulder
- 4 garlic cloves
- 1 tsp dried oregano
- 60g long-grain rice, rinsed
- 50g plain flour
- 600ml Greek-style yoghurt
- 4 eggs, beaten
- grated nutmeg, to finish
- salt and freshly ground black pepper

Preparation

Preheat the oven to 180°C.

Brown the lamb in a third of the butter and all the olive oil, in a large pan you can transfer to the oven.

Add the garlic, oregano and 200ml water. Bring to a simmer and cook, covered with a lid, for about 45–60 minutes. Make sure the lamb is tender.

Stir in the rice, and season with salt and pepper.

To make the sauce. Melt the butter and stir in the flour, heat through. Take the pan off the heat to mix in the yoghurt. Reheat briefly. Take off the heat, add the beaten eggs and season with salt and pepper.

Pour the sauce over the lamb and rice mixture, grate fresh nutmeg on top and bake for 40–45 minutes until starting to turn golden-brown.

Remove from the oven and allow to sit for 5 minutes before serving. Serve with a simple lettuce salad.

Donated by Eva

Albanian Embassy, Washington

Andorra



Andorran Trinxat

Trinxat is an Andorran specialty. Potatoes, cabbage, garlic and bacon, topped with fresh chopped parsley.

Ingredients

- 2 lbs potatoes, peeled and quartered (about 6 medium)
- 1 medium green cabbage, cut into pieces about the same size as potatoes
- 1 lb bacon, diced
- 6 -8 cloves garlic, minced
- 2 tbs minced fresh parsley
- 2 tbs butter
- Salt, pepper

Method:

In a large pot filled with salted water, boil potatoes and cabbage until tender. Drain thoroughly. Return vegetables to pot over low heat and let steam dry some more. Roughly mash the cabbage and potatoes with minced garlic, salt and pepper.

In a large cast iron skillet, cook bacon over medium heat until crispy. Drain some of the fat. Add potatoes and cabbage on top of bacon. Press into the pan to make a flat cake. Dot with butter.

Bake at 350° F for 20 minutes.

Turn over onto serving platter, bacon side up or brown top under broiler and serve from pan - sprinkle with parsley before serving.

Donated by Cindy Bezant-Titus

Rotary Club of Halifax Harbour

Roll Out the Barrel Trust

Roll Out The Barrel provide roll- along water barrels to people, especially young children, in developing countries who otherwise would be carrying water, sometimes many miles in searing temperatures or through muddy fields. This prevents problems associated with water collection including physical deformity and compressed organs and frees up time and energy for other tasks, as well as making an onerous chore less burdensome. [Find out more about their work](#)

Argentina



Meat Empanadas

To make 18 tapas/flat pieces of dough for empanadas/pies

If in your country the pastry is not sold, you can make it yourself using 750 grams of all-purpose flour (000), a cup of lard, needed quantity of salt and boiling water.

The flour must be put into a bowl like if it was a mountain or pyramid. Put the solid fat to melt on a pan to make it not liquid but thick, if it gets too liquid, cool it for a moment. Inside of a cup put the boiling water with the salt. Then the flour mountain becomes a volcano, when a not so deep hole in the center is made. Inside of the volcano the lava starts to be made! A bit of the thick fat must be put with some of the salty water which should be poured. After this small quantity of liquid material is added, the "walls" of the "flour volcano" should be slowly incorporated to the "lava" of the center at the same time knead and keep adding the water and the thick fat and knead again until it becomes a ball of dough.

The dough must be elastic and malleable by kneading, not by adding more water or fat. With a rolling pin the dough should be extended on a table surface (previously put flour on it for the dough not to stick to it). It should become a big flat rectangle on the table. With a circled cutting mold (or anything you can use similar to it, like the border of a teacup) make circled tapas/flat pieces of dough.

To make filling for empanadas

A kilo and a half of meat (it's better if it's from a soft part of the cow such as cuadril, bola de lomo, cuadrada (see Editor's Note). It could be already processed in the meat shop if asked, for an easier version.

- 2 onions
- 3 teeth of garlic
- A bunch of green onion
- 4 or 5 hard-boiled eggs
- A cup and a half of olives
- Salt and pepper
- spices: chili, paprika, cumin
- Olive oil (2 or 3 tablespoon)
- 1 egg yolk

Slice and cut the meat into very small cubes for a textured filling or ask the person who provides your meat if it could already be processed. After that, cut the onions, and garlic into small cubes or pieces as well. The green onion too, except the tail which should be cut in julienne. The eggs and olives should also be cut in small pieces. Put oil into a frying pan until gets hot, and fry the onions, garlic and the white part or tail of the green onion until it becomes transparent.

Then, put in the meat and more olive oil. Mix as it cooks, until meat becomes golden on the sides. After that turn off the fire. Incorporate the egg yolk. Put the spices: a teaspoon of paprika, half of chili, two spoons of cumin. Finally put the olives and eggs into the preparation. When you've got the filling, put a tablespoon of it in the center of the tapa or flat pieces of dough and close it. Make the repulgue/border. You can do different fillings with different repulgues. (If you don't know how to make the border, google "cómo hacer repulgue" and follow the movements).

To end, you can put them into the oven at medium heat (see Editor's Note). They are usually painted with eggs on the surface to give them shine.

Another version from the north part of the country for the filling is:

For a dozen empanadas approximately.

- 2 tablespoons of vegetable margarine/shortening or lard
- 1/2 tablespoon of salt
- ½ kilo green and common onions
- ¼ cup of tomato sauce
- 1 green bell pepper
- 1/2 kg of loin
- 1/3 cup of seedless grapes
- 100 grams of olives, finely chopped
- 1 bunch of green onion, chopped
- 4 hard and chopped eggs
- Pepper and salt
- Ground chili

Cut the meat into very small cubes or pieces, with a knife.

In a medium skillet, place two tablespoons of shortening or lard. Chop the onion and chili and fry over medium heat until the onion begins to brown. Add the meat. Season to taste with salt, ground pepper and add green pepper. Fry, mixing from time to time, until the meat is golden on all sides. Remove the pan from the fire. Add the egg, raisins, olives and green onions. Leave until it cools. These are usually fried in lard or oil.

Recipe credits: Cesarina and Oscar. Rotary General Rodriguez, Argentina.

Translated by Natasha, Rotaract

Donation through Adrian Brewer

Roll Out the Barrel
Rotary eClub of Innovation

Editor's Note: Natasha was not sure of the translation of these beef cuts. The cuts seem to be different around the world. An explanation of Argentina meat cuts can be found by [clicking here](#), where you can choose the nearest cut in your locality. From other recipes for Empanadas on the web it seems cooking time will be 25 to 35 minutes at 350°F

Roll Out the Barrel provide roll- along water barrels to people, especially young children, in developing countries who otherwise would be carrying water, sometimes many miles in searing temperatures or through muddy fields. This prevents problems associated with water collection including physical deformity and compressed organs and frees up time and energy for other tasks, as well as making an onerous chore less burdensome. [Find out more about their work.](#)

Bahrain



Machboos

Serves 2 / Prep time: 25 mins / Cooking time: approximately 1 hour 40 mins

INGREDIENTS

- For Bharat (Spice Mixture)
- 1/3 tbsp black peppercorns
- 1/3 tbsp cumin seeds
- 2/3 tsp coriander seeds
- 1/3 cinnamon stick (about 2 inches long)
- 1/3 tsp whole cloves
- Seeds from 3 green cardamom pods
- 1/3 tbsp paprika powder
- Pinch of ground nutmeg

For Machboos

- 1 large onion, chopped
- 3 tbsp ghee
- 1 tbsp bharat
- 1 tsp turmeric
- 2 tbsp vegetable oil
- 2 1/3 pounds chicken chunks
- 1 hot green chili, seeded and diced
- 1 tbsp fresh ginger, minced
- 5 large cloves of garlic, thinly sliced
- 3 garden tomatoes, diced
- 3 dried limes (loomi)
- 5 green cardamom pods
- 1/8 tsp ground cloves
- 2 1/2 tsp salt
- 1 stick cinnamon
- 2 1/2 cups chicken stock
- 2 cups basmati rice
- Rosewater for sprinkling

Method

For Baharat (Spice Mixture)

Toast the whole spices in a dry pan until the smell rises. Cool them and then grind to a very fine powder with the paprika and nutmeg.

For Machboos

Combine ginger, garlic and green pepper in one bowl. Mix baharat and turmeric in another bowl. Combine tomatoes, loomi, cardamom, cinnamon and cloves in another bowl.

Heat the oil and fry the chicken pieces on both sides until the skin is brown and crispy. Transfer the chicken to a plate.

Add the ghee to the fat in the pan, reduce the heat to medium and fry the onions until starting to brown.

Mix into the onion, the ginger, garlic, and green chile pepper and sauté for another 2 minutes.

Add the baharat and turmeric and cook for another minute.

Put the chicken pieces into the skillet along with the tomatoes, dried limes, cardamom pods, cinnamon and cloves. Add the chicken stock and stir to combine. Bring it to a boil, reduce the heat to low, cover and simmer for one hour.

Add rice and stir to combine. Boil it again, cover and reduce to a simmer for another 15-20 minutes until the rice is done and has absorbed the liquid. Stir every 5 minutes. If rice is still dry, add another cup of boiling water and cook longer.

Transfer the chicken and rice to a serving dish and sprinkle it with 1-2 tablespoons of rosewater.

Quick Tip: To get the best flavor, the meat should be cooked on very low flame.

This is the recipe I use for Machboos based on an original from [Will Fly for Food](#)

Donated by Paul Grant:

Rotary eClub of Innovation

Bolivia



Bolivian Lapping (Beef)

LAPI means beef in Bolivia, and the ING was incorporated as an Anglo-Saxon adding. The recipe is believed to have been introduced in the Cochabamba region 100 years ago.

Estimated serving: 4 Preparation Time: 180 minutes

Ingredients

- 1.000 to 1.500 grams of beef
- ½ Papaya, medium size
- 1 or 2 cloves of garlic
- 8 medium potatoes
- 1 Quesillo, 400 grams (soft fresh cheese)
- 1 Kg of broad beans.
- 4 corns (maize)
- 2 large onions
- 4 tomatoes
- Black Pepper, mustard and salt to taste
- 4 tablespoons of soy sauce (optional)
- 1 sprig of coriander
- 4 teaspoons of oil

Preparation

If at all possible, the night before serving, cut the meat in four portions, flatten the meat with a meat pounder or knife, and press the papaya with a fork (purée) and put the fruit over the meat. Cover and let it stand overnight (if not possible, do it during 2 hours before cooking, preferably in a warm place).

Cook the broad beans in water without peeling them. Cook the whole potatoes in water with the skin on.

Thinly slice the onions. Cut the tomatoes in thin strips and add to the onions. Add the coriander leaves, and the crumbled cheese, making a salad.

How to prepare the meat.

Remove the papaya from the meat. Drain any liquid from the meat in a small bowl.

The following day (or after 2 hours), remove the excess of the papaya, add condiments (mustard, pepper, crushed garlic, soy sauce and salt) and let it stand for 10 minutes. Heat oil in a pan and fry the meat both sides, until it gets a nice brown color.

Optional: fry the meat and when it is nicely browned, add the condiments and cover during ten minutes.

Serving: Put the potatoes, corn, beans and salad on a plate, and the meat on top. You may want to pour any juice from the meat that is left in the pan.

*Donated by Marcelo Aguilar Rocha
Rotary eClub of LatinoAmerica*

Editor's Note: From Wikipedia "In Bolivia, [quesillo](#) refers to a type of small fresh cheese. It is a popular farm cheese of the Cochabamba valley; and is usually made from raw cow milk, pepsin and acid coagulation, a maize size curd, and a dry-salted, hand-formed, palm-size mold. After resting for two or three hours it has a crumbly consistency and is ready to eat.

Donor did not designate a cooking method for the corn leaving the user to use their preferred method for cooking fresh corn.

Bonaire



Kabritu Stoba

Ingredients

- 250 g lamb or lean goat meat cut into small cubes
- Juice of half a lime
- 1 ½ tbs butter-optional
- 1 medium onion
- 2-3 cloves of garlic
- 1 large tomato
- 3 tbs tomato paste (or more to taste)
- 1 tb bottled jalapeno chilies (or more to taste)
- ½ tsp paprika
- Stock to cover
- Splash of white wine vinegar
- Salt and ground black pepper to taste

Method

This can be cooked in a slow cooker or in the oven. If using the oven pre heat to 350 degrees.

Pour the lime juice over the meat. Finely chop the onion and garlic in a food processor. Fry the meat in the butter. Add onion and garlic and fry until translucent. Add the other ingredients, except stock, and stir well for several minutes. Add the stock and bring to the boil. Cover and cook until the meat is tender. At least 45 minutes in the oven, four hours minimum in the slow cooker.

Serve with rice.

Serves 2

Donated by Caroline Dobson

Rotary eClub of Innovation

Note: if you wish for a low fat version omit the butter and seal the meat and onions in a pan coated with low fat spray.

Based on a recipe from Taste the Islands <https://tastetheislandstv.com/kabritu-stoba-bonaire-goat-stew/>

Bosnia Herzegovina



Ćevapi with Ajvar

Ćevapi Ingredients

- 1 lb. ground beef
- 1/2 lb. ground lamb
- 3 cloves minced garlic
- 1 tsp. baking soda
- 1 egg white
- Salt
- Ground black pepper
- (Additional spices if desired)



Method

Mix everything together in a large bowl, then cover with plastic wrap and refrigerate for at least one hour or overnight. Shape mixture into finger-length sausages that are about 1/2-inch thick (they will expand a bit while cooking).

Either on a grill or in a sauté pan, cook over medium-low heat until browned on all sides. Served with flatbread (such as pita), finely diced white onion and ajvar — a red pepper and eggplant sauce.

Ajvar (adapted from this [website](#)).

Ingredients

- 1 large eggplant
- 4 red bell peppers
- 7 cloves garlic, unpeeled
- 1/2 cup olive oil
- Salt
- Pepper

Roast the vegetables and garlic on a baking sheet in a 475-degree oven. Remove garlic after 15 minutes, leave other ingredients in until blackened and soft — peppers should take another 15 minutes, eggplant may need a little longer.

Once roasted, put everything whole into a bowl and cover with plastic wrap until cool enough to work with. Remove stems, seeds and skins. Combine with olive oil in a food processor and blend until smooth. Add salt and pepper to taste.

Donated by: Bridget Kranz, USA.

Rotary Exchange Student in Bosnia Herzegovina 2011-12

Brazil



Farofa

With bacon, sausage and vegetables.

Ingredients

- 100 gr of bacon,
- 2 spoons of butter,
- 1 onion cubes,
- 1 stalk of garlic, thinly sliced,
- 1/4 small yellow bell pepper diced,
- 1 thinly sliced sausage,
- 1 grated carrot,
- 1 cup cassava / manioc flour (farofa ready)
- 2 diced tomatoes,
- Olive and palm hearts in slices to taste,
- Salt, pepper and cheiro verde (green scent) to taste.

Method of Preparation

Pour the bacon in a high frying pan or medium saucepan add finely sliced sausage. Before they brown, add the bell pepper, onion, garlic and carrot, stirring constantly, sauté these vegetables until everything is golden.

Add the farofa ready flour and stir until the meats and vegetables are well distributed.

Add the butter and stir until the farofa absorbs it.

Season with salt, pepper (if necessary) and green scent

Add the palm heart, the olive and the tomatoes, stir to distribute throughout the farofa, turn off the fire, cover the pan and let the tomato withering for 5 minutes

Donated by Rotary E-club de Jaraguá do Sul"

Editor's note: Cheiro Verde or green scent is a mixture of chopped parsley and chives.

Feijoada

Ingredients

- 1 kg of black beans
- 100 g of dried meat (Jerk Beef)

- 70 g of pig ear
- 70 g of pork tail
- 70 g of pig's foot
- 100 g of pork ribs
- 50 g pork loin
- 100 g of country bacon
- 150 g of Portuguese sausage
- Cabbage
- oranges

Seasoning:

- 2 large onions, chopped
- 1 bunch of chopped green onions
- 3 bay leaves
- 6 garlic cloves
- Black pepper to taste
- 1 or 2 oranges
- 40 ml of bacon drip
- Salt if needed

Method of preparation

On the Eve:

1. Wash all the salted meats (Jerk Beef, loin and ribs), change the water several times
2. Leave in a large bowl with a stream of water running all night
3. Choose the beans and leave to soak (reserve)

In the morning:

4. Change the water of the meat 4 more times
5. Clean by removing excess fat and cut the loin and Jerk Beef into 4-cm cubes
6. Cut the ribs with one or two ribs each
7. Throw boiling water to remove excess fat
8. Cover with boiling water and put in pressure (low heat) for about 40 minutes or until softened by prying the fork
9. Transfer only the meat to another standard pan and cover with boiling water and leave over low heat and cover
10. Place the beans in the pressure cooker over low heat for 30 minutes
11. Remove the skin from the sausage and country bacon
12. Cut the sausage from the 1-finger thickness, 2-finger thickness, and the bacon into very small pieces (set aside separately)
13. As soon as the beans are almost cooked, always check the amount of water add the sausage to the pail let it cook over low heat without pressure
14. In another pan pour 2 tablespoons of oil to sauté the bacon until they become golden Separate 2/3 for the cabbage, add 2/3 of the garlic and sauté and last 2/3 of the onion until they are golden
15. With a skimmer remove a few grains of cooked beans and mash in these seasonings

16. Return all the seasonings to the pan with the beans, add the bay leaf and cover without pressure
17. Cook over low heat and gradually add the remaining meat with the skimmer
18. Always have the kettle on hand with boiling water
19. I needed to use 2 pans to accommodate the meats with the beans, try the salt and boil for another 10 minutes and add the parsley
20. Turn off the heat and serve with white rice, cabbage, farofa and orange

Cabbage:

1. Cut into strips or buy already cut. Cut strips fine
2. Put 2 tablespoons of oil in a pan, fry the remaining onion and then the remaining garlic, add the already fried bacon, always stirring not to burn
3. Add the cabbage and stir to mix well all the ingredients
4. Add the salt and cook for 2 minutes, but always stirring and dropping the strips

Oranges:

1. Peel and slice the number of oranges equal to guests and leave in front of each dish

Donated by Elisabeth Furlanis Martin Andrade

Rotary E-Club do Distrito 4430

Editor's Note: Feijoada is a stew of beans with beef and pork. It is commonly prepared in Portugal, Brazil, Angola, Cape Verde, Guinea-Bissau, Mozambique, Timor, Goa, and Macau.

Cameroon



Sweet Potato Shepherd's Pie

Serves: 6 – 10 depending on age and appetite

Prep time: 40 minutes

Cooking time: 30 minutes

Ingredients

- 3 large, sweet potatoes (about 800g), peeled and cut into chunks
- 40g butter, at room temperature
- 3 tbsp vegetable oil
- 65g raisins
- 750g minced lamb
- 1 large onion, finely chopped
- 1 large carrot, grated
- 2 celery sticks, finely chopped
- 1 tsp ground cumin
- 1/4 tsp ground cinnamon
- 1 tsp sweet smoked paprika
- 1 x 400g can plum tomatoes
- 2 tbsp tomato purée

Method

Preheat the oven to 190°C/gas 5.

Place the sweet potatoes in a pan of water and bring to the boil. Cook until tender, then drain. Lightly mash with 30g of the butter, using a fork or potato masher, to a smooth purée, season with salt and pepper and leave to cool.

Meanwhile, heat 1 tbsp of oil in a large, deep casserole dish over a high heat and, when hot, add the raisins and cook for a few minutes until just puffing up and changing color. Remove with a slotted spoon and set aside.

Heat another 1 tbsp of oil in the same pan and add the meat, stirring well to break it up and brown all over, about 5 minutes. Add another splash of oil, reduce the heat to medium and stir in the onion, carrot, celery and spices, seasoning with a little salt and pepper. Fry for 10 minutes to cook out the raw onion flavor before adding the raisins, plum tomatoes, tomato purée and 500ml water. Bring to simmering point and simmer for 15 minutes. Preheat the oven to 190°C/gas 5.

Spoon the mince into a deep oven dish and spread the mash on top. Melt the remaining butter and use to brush the top, then bake for about 30 minutes until the top is golden and crisp. Remove from the oven, leave to sit for 5 minutes and serve.



Recipe taken from 'Home Cook' published by Faber & Faber. Donated to Shelterbox Shine campaign by [Thomasina Miers](#) top cook, winner of British Masterchef 2005 and founder of the Wahaca restaurant chain, and reproduced here by kind permission of Shelterbox.

Shelterbox in Cameroon 2020: "Just 40 miles east of the Nigerian border lies Minawao camp – a dusty, sprawling refugee camp in the extreme north of Cameroon. It is officially home to around 51,000 refugees, but families in the camps say that the number is much higher. Families have come here from Nigeria after escaping Boko Haram. To date, we've provided shelter and essential aid to around 15,000 families in Cameroon who have been forced from their homes due to Boko Haram violence, climatic changes or economic pressures". [Find out more about Shelterbox](#).

Cayman Islands



Curried Goat

Ingredients

- 2 ½ lbs of goat meat, cut into 1 ½ inch pieces
- 4 scallions, diced
- 2 medium onions, diced
- 1 tbs butter
- Cooking oil
- Pimento seeds to taste
- 3 or 4 garlic cloves, crushed
- 2 tbs curry powder
- Sprig thyme
- 1/3 tbs scotch bonnet pepper
- Salt and black pepper

To serve: Rice, Raisins and Coconut (finely cut), Chutney, Nuts

Method

Season the meat with salt, black pepper, garlic, scallion, onions and curry powder. Leave to marinate for half an hour. Scrape off the seasoning and sauté in the oil. Add about 1 pint of boiling water then the pimento seeds, thyme and Scotch Bonnet. Cover and cook over medium heat until the meat is tender (approx. 30minutes). Add the rest of the curry powder, the butter and the onions. Cook for 10 minutes. Serve with accompaniments above

*Donated by William Inniss
Rotary Central Cayman Islands*

Central African Republic



Chicken in Cumin Sauce

Ingredients

- 1 onion, finely chopped
- 1 small can tomato paste (puree)
- 400g can chopped tomatoes
- 3 cloves of garlic crushed
- 1 teaspoon cumin
- cayenne pepper or red pepper, black pepper, (amount depends on how spicy you like your food, I use ½ teaspoon of cayenne)
- salt or chicken stock cube
- 2 chicken breasts cut into small pieces

Method

Combine everything except the chicken in a cooking pot. Stir until all is well mixed. Bring to a slow boil then reduce heat, cover, and simmer for about twenty minutes, stirring occasionally.

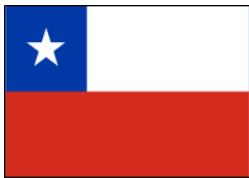
Add chicken, cover, and simmer for another half hour or more, stirring occasionally, until chicken is thoroughly cooked.

Serve with rice.

*Donated by C Dobson
Rotary eClub of Innovation*

Note: based on a recipe from [Recipes Wiki](#)

Chile



Chili

Ingredients

- 1-3 chilies, based on heat preference
- oil, as needed
- 3/4 – 1 lb boneless beef shank cut into 1/2-inch cubes
- 1 onion, diced
- 1 teaspoon cumin
- 14 ounce can crushed tomatoes
- salt and freshly ground pepper to taste

Method

Begin by charring the chilies. You can either do them directly on the rings of your gas grill or you can do it in your oven using the broil function. If using a gas grill, place the chili directly on the ring and turn the gas up to high and let the skin blister and turn black. Use a pair of tongs to flip and char evenly. If using the oven, turn the oven to broil and place the chilies on the rack closest to the top of the oven. Keep an eye on them as they turn black and turn, using tongs, as needed.

When all the skin is charred, place the chili in a bowl, cover and let sit. The steam will help the skins slip off more easily. When the chilies are cool, rub away the charred peel and cut away the stem. If you are averse to spice, remove the seeds and ribs. Chop into small pieces and set aside.

In a deep pot, heat up a bit of oil over medium-high heat. When hot, add the beef cubes and sear on all sides until a deep brown. Remove from the pot and set aside. Add the onions to the pot and brown slightly, 1-2 minutes. Add the meat back in as well as the peppers, cumin and crushed tomatoes. Bring to a simmer and stew, covered on low for 1 hour. Stir occasionally. Allow 1 hour for the meat to become tender, test, and give another 30 minutes if needed. Taste and season with salt and pepper as needed. At this point, you can refrigerate the chilli until the next morning.

*Donated by Robert Thomson
Rotary Club of Perth Kinnoull*

China



Kung Pao Chicken

Ingredients

- 2 Tbs vegetable oil
- a handful cashews
- 500g chicken thigh fillets, cut into bite sized pieces
- 1 stick celery, sliced
- 2 red chilies, sliced
- 1 green pepper, chopped into chunks
- 1 red pepper, chopped into chunks
- 3 cloves garlic
- a thumb sized piece of ginger
- 1 tsp Szechuan peppercorns, finely chopped
- 4 crushed spring onions, cut into 4cm pieces
- 2 tsp corn flour
- 1 tbs Shoaxing rice wine
- 1 Tbsp soy sauce
- 1 tsp caster sugar
- Rice and extra red chilies to serve

Method

Heat the oil in a large wok over medium heat and cook the cashews, stirring, for a few minutes until brown, then use a slotted spoon to scoop out onto a plate.

Season the chicken well, turn up the heat and cook for 5-10 minutes or until well browned. Scoop out on to the plate. Cook the celery, red chilies, and green and red peppers for 5 minutes or until softening and browning at the edges. Add the garlic, ginger, peppercorns, and spring onions and cook for 1 minute. Mix all the ingredients together and serve with rice and extra chilies.

*Donated by Alexander Ollett
Rotary eClub of Innovation*

Costa Rica



Chifrijo

Serves about 10 people.

Ingredients

- 2 lbs of red tender beans – it takes about 12 hours (overnight) to soak the beans in water until tender.
- 1 lb of fried pork, or cooked meat cubes or strips, and/or shellfish.
- ½ lb of fried pork rinds (optional)
- ½ gallon of water
- 1 onion
- 2 cloves garlic
- oregano, thyme, salt and pepper to taste
- First, cook the beans with water, onion, garlic, oregano, thyme, salt and pepper until smooth.
- Then, prepare the pico de gallo joining the following ingredients, and then refrigerate:
 - 2 lbs diced tomato
 - ½ cup diced onion
 - ½ cup diced sweet chile
 - ½ cup finely chopped cilantro
 - ½ cup lemon or lime juice
 - salt and pepper to taste

Finally, serve in a bowl of cooked beans, add meat, seafood or chopped rinds (optional) of your choice, and then the pico de gallo to taste. If desired, place whatever garnishment you wish. It is normally served with chopped jalapeno chile, thinly sliced iceberg lettuce and avocado slices.

NOTE: To speed things up, use pre-cooked canned beans.

Alinna Grajales

Panama

Editor's Note: red tender beans are not kidney beans but more like pinto beans; however, web sources suggest that red kidney beans would be an acceptable substitute.

Curacao



Aunt Clara Winklaar's Curry Goat Recipe

- 2 lbs fresh goat meat, cut into pieces 2 tbsp curry powder
- 1 tsp salt
- 1 medium onion, chopped 4 cloves garlic
- 1 stalks scallions
- 2 bay leaves
- 1 tsp thyme
- 1 tsp black pepper 1 tsp ginger powder
- 1/4 cup vegetable oil
- 1 1/2 cups coconut milk
- 1 1/2 chicken bouillon block (cube)

Wash meat in water and some white vinegar. Pat dry.

Rub meat with 1 tsp salt and 4 tbsp curry powder, let marinade for 2 hours

Heat vegetable oil and add 1 tbsp curry powder, chopped onions and garlic and meat.

Sear meat for 4 minutes each side.

Then add thyme, black pepper, ginger, scallions, bay leaves and 2 1/2 cup coconut milk and bouillon block

Let simmer on low/med heat for about 1 hour and 45 minutes or until meat is tender

Add some salt if needed.

Eat with white rice. Serves 6

Donated by Quincy Lont

Rotary Club of Sint Maarten – Mid Isle

Cyprus



Keftedes

Cypriot keftedes differ from other meatballs or kofta in that they are usually made with pork and potatoes, though some cooks may combine pork with beef and use breadcrumbs. Use of mint and cinnamon as well as lemon gives this version a unique flavor.

Ingredients

- 500g ground pork meat (mincemeat) or mixed beef and pork mince
- 1 large onion (grated)
- 1 large potato (grated)
- ½ cup fresh parsley (finely chopped)
- 2 slices of bread soaked and crumbled
- 2 eggs, beaten
- ½ tsp cinnamon
- Zest of lemon
- 1 tbsp dried or fresh mint to taste
- salt and freshly milled pepper to taste
- Corn oil or Vegetable oil or olive oil for frying

Preparation

Place all the ingredients in a large bowl and mix thoroughly.

Once ready to cook add about an inch of the oil to a hard-base frying pan and heat. Take small amounts of the mincemeat mix and form small balls of about 1 1/2 inches diameter and add to the frying pan. Do this in batches of 4 or 5 balls at a time. Fry them for a few minutes on one side and roll the balls over and fry the other side. Remove when browned all over and add to kitchen paper covered bowl to soak up the excess oil.

Serve as part of a mezze or for a quick snack.

Keftedes are often served with pilaf, fried potatoes and yogurt.

Makes about 20 – 30 meatballs.

*Donated by Elisabeth Villiger Toufexis
Rotary Club of Limassol Berengaria Cosmopolitan*

Czech Republic



Svíčková – Braised Beef with Bread Dumplings

Re produced by kind permission of www.eatingeurope.com.

- 1.5 lb (680 g) beef sirloin (or round rump)
- 2 oz (55 g) bacon fat
- 1 cup (235 ml) beef or vegetable stock
- salt
- pepper
- 1 tbsp vinegar
- 1 large carrot, diced
- 7 oz (200 g) root celeriac (1 medium root), diced
- 1 medium parsley root, diced
- 1 large onion, chopped
- 3.5 oz (100 g) butter, melted
- 10 black peppercorns
- 4 allspice berries
- 2 bay leaves
- juice from 1 lemon or 1 tbsp vinegar
- 1 cup (235 ml) heavy cream (plus some milk)
- all-purpose flour if needed
- sugar if needed

The Marinade for Svíčková

Lard the meat (prick it with a knife or a big kitchen needle and stuff strips of the bacon fat through the sirloin. If you are using big piece of meat, freeze the fat beforehand; it is easier to get through the whole length), season with salt and pepper, add the spices, diced root vegetables, lemon juice, vinegar and pour melted butter over the meat to seal it. Let it marinate in a fridge overnight.

Add the stock, cover with a lid and braise in the oven at 320 °F (160 °C) until the meat is very soft – you should be able to cut it with a fork. This usually takes 2-4 hours. Remove the meat and press the vegetables through a fine sieve (you can even use cloth for an extra fine texture). Use a hand blender if the texture is still not very fine and creamy.

Add the cream and bring to boil; add salt, lemon, vinegar or sugar to taste (I don't use sugar, carrots are usually sweet enough). If the sauce is not thick enough, you can thicken it with a little flour, but hopefully you'll manage without it.

Cut the sirloin into half-inch thick circles; put these back into sauce to heat them through. Serve with cranberry preserve. Putting a little dollop of whipped cream in the sauce is also quite a traditional way of serving your *svíčková*.

The Ultimate Svíčková - Bread dumplings

- 2 pinches of salt
- ½ tsp ground mace (and a bit of turmeric if you want to have a tasty-looking yellow tint to the dumplings; the flavor is good too)
- 2 cups (475 ml) coarse flour (hruba mouka) (At worst you can mix all-purpose flour with semolina at a 1:1 ratio)
- 2 cups (475 ml) semi-coarse flour (polohruba mouka)
- Approx. 1 cup (235 ml) lukewarm milk (more if the dough is dry)
- 2 tsp sugar
- 2-3 rolls or buns (the traditional sized ones, they are about 70g each)
- 1 egg
- 1 cube fresh yeast (or the dried yeast equivalent)

First, mix the flours with the salt and spices.

Dissolve the sugar in half the milk, add crumbled yeast and let it grow there a bit, until "islands" of new yeast start to form on the surface.

Pour the egg into the flour, then pour in the milk (bit by bit) and yeast and knead with your hands. Keep adding milk until you have a nice dough that's not too dry and not be too sticky (though it can be slightly wetter and stickier than your instinct would suggest – you'll still add the buns that soak up a bit of the milk).

Cut the rolls or buns into a small dice (a little smaller than half an inch cubed). Gently mix the bread into the dough. Then form the dumpling mixture into a roll(s) – a 2-3 inch diameter will give you sufficiently big dumplings after you've left the dough to rise for about 45 minutes.

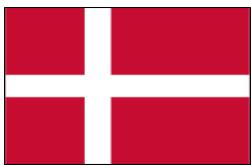
Gently lower the roll into salted boiling water and cook for 16-19 minutes. You want to take it out before the crust gets slimy. Prick with a fork (this prevents it from collapsing after it cools down a bit)

When you're ready to serve, cut the dumpling into circles 2/3 inches thick – preferably using a floss or cheese wire.

*Donated by Marta Kozlikova
Czech Republic Former Rotary Exchange Student*

Editor's Note: This recipe was originally published by Kenneth Dunn as a blog on this site Eating Europe. The company offers food tours in major European cities and online cookery classes. Their blogs have a range of tasty recipes too. We are grateful for their kind permission to publish it here.

Denmark



Stegt Flæsk

Ingredients

- 1 kg peeled potatoes
½ teaspoon of salt
16 lightly salted pork belly slices (sprinkled with a little salt a few hours before cooking)
- Parsley sauce
- 25 g butter
- 2½ tablespoons of plain flour
- 3 dl semi-skimmed milk
- 1-2 dl water from the boiled potatoes
- 2 dl finely chopped parsley

Method

Bring the potatoes to boil in lightly salted water, then simmer until ready. Blot the pork slices dry and place them on baking paper in the middle of a preheated oven (180°C). Turn them regularly. When the pork looks crisp and delicious, remove from the oven and place on a piece of absorbent paper.

Making the parsley sauce.

Melt the butter in a pan. Add the flour, mix with a whisk, and warm through. Add the milk to the mixture, ½ dl at a time. Whisk thoroughly until the milk is absorbed. Once all the milk is added, add a little of the water from the potatoes until you have the consistency you want.

Salt to taste and then add the finely chopped parsley.

Let the sauce simmer for 1-2 minutes before serving. Enjoy!

Serves 4 people

*Donated by Henrik Stirø Larsen
Rotary eClub One of Denmark*

Djibouti



Skoudehkaris

Ingredients

- 250 g goat meat (or lamb or beef)
- 1/2 cup rice
- 200g tinned tomatoes
- 2 tbs tomato paste
- 1 red onion, finely sliced
- 1 brown onion, finely chopped (food processor is best)
- 3 cloves of garlic, finely chopped
- 1/4 tsp mild chili powder
- 1tbs oil
- 1/2 tsp ground cumin
- 3 black cardamom pods
- Large pinch cinnamon
- 1/2 lamb stock cube (or beef)
- Coriander leaves to taste, chopped

Method

In a stewing pot pan fry the meat on medium heat. When just brown add garlic and both the onions. Stir and cover to sweat, stir occasionally, until translucent. Add tomatoes, tomato paste and all the spices. Stir well. Crumble in the stock cube. Add enough boiling water to cover all the ingredients, stir again and bring to the boil.

Put in the oven on slow cook and cook for three hours, (Note: The first part of this dish can be slow cooked or done in a conventional oven. I prefer to slow cook goat but if you wish adjust your cooking times for lamb and beef to your normal casserole times)

Check if meat tender. As goat can be unpredictable in cooking, I do this well in advance of mealtime and let the meat continue cooking if needed or take it out and let it cool if it is ready. Remove cardamom pods

An hour before you want to eat soak the rice in cold water. Twenty minutes before eating put the stew pot on medium heat and bring to the boil. Drain the rice and add to the stew, stirring to mix well. Cook for 5 minutes on medium heat. Stir in cilantro. Turn the heat down to low and cover.

Cook for 10 minutes, adding liquid if needed to keep a juicy and sticky consistency.
Check the rice is cooked, if not continue to cook until it is soft.

For 2

The origins of the recipe were from www.196flavors.com.

*Donated by C Dobson
Rotary eClub of Innovation*

Dominica



Chimichurri Burgers

Chimichurri burgers, known as "Chimis" have only been around for 40 to 50 years in Dominica, and are based on a sauce from Argentina, but are now available from a street food vendor on every corner.

Ingredients

For the chimi sauce

- 140ml of ketchup
- 140ml of mayonnaise
- 70ml of orange juice
- 1 tablespoon of Worcestershire sauce



For the burgers

- 1 large onion
- 1 clove garlic
- 1 bell pepper
- 1 teaspoons of salt
- ½ teaspoon of pepper
- 1 tablespoon of Worcestershire sauce
- 800g of ground beef

For the assembled chimi

- 3 tablespoons of vegetable oil (soy, peanut or corn)
- 1 large onion cut into rings
- 2 large tomatoes cut into slices
- 500g of shredded cabbage
- 6 panes de agua

Alternatives

I guess panes de agua, a thin crust local bread, are not necessarily available where you are. Feel free to use brioche or burger buns, but I use mini baguettes as they have a similar texture to panes de agua, and even look a bit similar.

Instructions

The chimi sauce

Mix the ketchup, mayonnaise, orange juice and Worcestershire sauce. Set aside in the fridge.

How to make the chimi meat patties

Cut up and pulse the onion, garlic, bell pepper, salt, pepper and Worcestershire sauce in a food processor until you obtain a coarse paste.

Mix the seasoning paste with the meat. Divide meat into portions and form patties. This mix creates 6 full patties using my burger press.

How to make the chimis

Brush a stove-top grill with some of the oil and heat over high heat.

Grill the patties, rotating each until they are cooked through. Put to one side. At the same time put oil in a pan and fry the onions and tomatoes.

Warm up the bread on the grill after the patties are cooked.

Take the Chimi sauce out of the fridge. Take half the sauce and mix in the cabbage. Some people also heat the cabbage and sauce mix (but I do not).

Put meat, onions, tomatoes and cabbage between the buns, garnish with the remaining sauce.

Donated by Graham Ferguson

Rotary eClub of Innovation

Dominican Republic



Sancocho Dominican Stew

Ingredients

- 2 bones in, skin on Chicken thighs cut into quarters.
- 1 lb Beef Shank
- ½ lb bone-in short rib
- ½ Longanizza sausage cut into ½ slices on the bias
- ½ pound smoked pork or bacon chop 1-inch cubes
- 1 medium butternut squash cut into 1-inch cubes, steamed and mashed
- 1 Kabocha pumpkin cut into 1-inch cubes
- 2 medium white onions cut in half; skin removed
- 2 Cubanelle Peppers cut in half (Can use 1 Anaheim)
- 1 bunch cilantro + 4-6 stems thyme tied with kitchen twine
- 2 celery ribs with leaves left whole
- 6 cloves garlic peeled
- ½ teaspoon dried oregano
- ¼ cup vegetable oil
- 2 Tablespoons sugar
- 1 Plantain cut into 1-inch slices
- 1 pound Yucca (cassava), cut into 1-inch slices
- 1 lb white yautia cut into 1-inch cubes
- 2 green bananas cut into 1-inch slices
- 1 chicken bouillon cube
- 1 Tablespoon sour orange juice per plate
- Salt for seasoning

Method

Steam and mash the butternut squash and keep for later.

In a pressure cooker. Brown beef shank and short rib.

Add onions, celery, pepper, garlic cloves, bouillon cube, and oregano to pressure cooker. Add water to cover beef shank and ribs by 3 times.

Pressure cook beef shank and ribs for 15 minutes at 10 pounds of pressure. Let the mixture cool.

Drain the broth from the pressure cooker and strain into a soup pot. Bring to a boil and reduce liquid to 3 liters. Discard the vegetables and herbs keeping the meat. Take the beef off the bones.

Make a caramel by heating 1/4 cup veg oil with 2 tablespoons sugar., When sugar bubbles, add chicken, pork chop, and sausage meat, stir-frying to coat and brown.
In the soup pot bri119

ng all the meat and the remaining vegetables, except the squash pulp, to a boil in the soup pot and reduce heat to a simmer.

Add squash pulp a spoonful at a time to liquid to thicken to your desired consistency.
I ended up using all the squash pulp. Simmer for 25 minutes.

Add 1 tablespoon sour orange juice to each bowl.

Published by Arturo Feliz- Camilo in [Dominican Heat](#).

*Donated by Peter Denooy
Rotary eClub of Canada One*

Editor's note: for a description of yautia see [The Spruce Eats](#).

Longanizza sausage is similar to chorizo.

Kabocha Squash is also called Japanese Pumpkin

Egypt



Fatta

This is an Egyptian traditional dish served at special occasions

Ingredients

Fried bread croutons

White steamed rice

Cooked meat preferably shanks or Osso Bucco

Clear stock from the cooked shanks

Fresh tomato purée

Garlic fried in butter

Method

Place croutons in a deep dish add some hot stock to soften. Cover with a layer of white steamed rice then top with the cooked shanks.

Finally mix the tomato purée with the hot garlic butter adding a little vinegar to taste.

Pour over the meat rice and bread. Serve immediately

Donated by Marleina Broadhurst, Egypt.

Ethiopia



Sega Wett - Spicy Beef Stew

Ingredients

- 2 medium onions, diced
- 1 garlic clove, chopped
- 2 tablespoon tomato paste (optional)
- 4 tablespoon clarified butter (olive oil can be substituted)
- 1 table spoon spiced chili powder or Ethiopian Berbere
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon ground coriander
- 2 lbs. beef cut into 1/2 inch cubes
- 2 cups beef stock
- Salt to taste

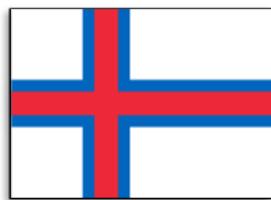
Method

In a heavy bottomed pot fry the onions in butter or oil until translucent, add garlic, a pinch of salt and the tomato paste, cook stirring occasionally for about 10 minutes. Add the chili powder, meat, coriander and let simmer in low heat for about 20 minutes, then add the stock and cook on low heat, stirring occasionally, for additional 30 minutes. Season with ground black paper.

Donated by eClub of the Caribbean

Editor's Note: Berbere spice mix is available commercially in many countries and recipes can be found on the web. Wikipedia states that Berbere is a spice mixture whose constituent elements usually include chili pepper, garlic, ginger, basil, korarima, rue, ajwain or radhuni, nigella and fenugreek. A version can be found in the recipe for Eritrea in this collection.

Faroe Islands



Skinsakjøt – Fresh boiled Lamb Meat with salt

1 lamb shoulder, cut in 2 pieces.

Rinse and place in a pot with enough water to cover the meat. Bring to the boiling point and let it then simmer for 1 hour 15 minutes. Place the meat on a plate and sprinkle with plenty of salt. Let it cool down overnight in the fridge. Cut thin slices to put on bread or buns.

*Donated by Annika Solvara
Rotary Klubbi Thorsavn*

Finland



Karjalanpaisti – Karelian Hot Pot

Ingredients

- 1 lb beef stewing steak, cut in 1-inch cubes
- 1/2 pork shoulder, cut in 1-inch cubes
- 1 medium onion, peeled and quartered
- 1 bay leaf
- 1/2 tsp allspice powder
- 1/4 cup water
- Salt

Method

Preheat oven to 135°C or use a slow cooker

Place the meat in the pot with the onion, bay leaf, allspice and water or into a heavy casserole with a tight-fitting lid. Sprinkle with salt, use a little to start as you can add later on.

Cover tightly, place the casserole in the oven and let cook for 5 hours, stirring once. You should not need any more water, but if the meat seems to be dry, add some more. The meat should basically cook in its own juices

Serve with boiled potatoes, fresh rye bread and a salad.

This stew is usually prepared with at least two different types of meats, usually beef and pork, but lamb and elk are also common.

*Donated by Elizabeth (Biffy) Danckwerts,
Rotary E-Club of Greater Cape Town*

France



Bourguignon

Ingredients

Amounts are to your taste and proportions.

- Meats in Burgundy (e.g., Gîtes, Macreuse, collar).
- Carrots.
- Mushrooms of Paris.
- Red wine.
- Flour
- Small onions.
- Parsley.
- Salt, pepper.
- Butter.



- Fry the meat with the onions in butter in a large pot. Until the meat is golden on all sides.

Sprinkle with a little flour, turning so that it does not stick to the bottom.

Add the red wine, and the mushrooms of Paris, lower the fire on low.

Cook gently for 2 hours, then add the small carrots, salt and pepper

- Simmer for another hour or so. The sauce should have thickened.
- At the end of cooking, put the Bourguignon in a serving dish and sprinkle with parsley.
- Serve hot, accompanied by boiled potatoes.

Recipe donated by Bettina Locret (PHF)

Photography by Cynthia Locret (PHF) Wildway Studio, France

Germany



Sauerbraten

Ingredients

- ½ cup vinegar (cider)
- ½ cup water
- 1 onion sliced
- salt and pepper
- 1 bay leaf
- 1 clove
- 1 ½ lbs. beef (shoulder)
- 1 marrow bone
- 2 Tbs fat
- 1 onion
- 1 tomato (diced)

Sauce

- 1 Tbs flour
- vinegar or lemon juice
- pinch of sugar
- salt
- butter
- cream or wine

Instructions

Cook vinegar, water, sliced onion and seasonings together for 10 minutes.

Steep beef in this marinade 2 to 3 days turning occasionally. (Save liquid)

Brown meat and marrow bone in hot fat.

Add the onion, tomato and ½ cup of the marinade, cover and simmer on top of stove for one hour.

Turn the meat in remaining liquid so that it is coated on all sides.

Carve and place on a warm platter.

For the Sauce

Mix flour with pan liquid, stir until smooth

Add the rest of the marinade, stirring constantly to keep smooth and until thickened
Sauerbraten sauce calls for more ample ingredients than other sauces.

Add to taste, a little vinegar or lemon juice, a pinch of sugar, salt, a little fresh butter
and a tablespoon of cream or wine

Strain and pour over meat or serve as a separate sauce
Serve with potatoes, dumplings or Spatzle (small pasta).

*Aaron Miller
Rotary Club of Morton, Illinois*

Ghana



Waakye

(pronounced 'waachay')

You would need:

- 2 cups of white rice, cup of cowpea beans or red beans, 2 millet stalks,
- Your choice of Beef, Cow foot, Cow skin (wele),
- Tomatoes, Onions, Ginger, Garlic, shito
- Vegetable oil, stock cubes, Beef seasoning, salt or other seasoning of choice

Method

Wash and soak beans overnight to reduce the cooking time.

Boil beans with enough water to cover and allow for adding rice and millet. Wash millet stalks and add to the boiling beans.

Wash rice, drain water and remove the millet stalks before adding the rice to the beans. Add salt and stir, leave to cook while frequently checking to ensure desired texture.

Make a meat stew with garlic, ginger, and onion, salt, stock cube and any other seasoning you like.

Blend tomatoes and shito, blend garlic, ginger and onion also and put aside.

Put oil in saucepan and add chopped onions and fry, add blended garlic and ginger mixture and fry till the onion turns golden brown.

Add blended tomatoes and shito, stir and allow to cook for like 30 mins. Add the meat with stock to the stew and allow to cook for about 10 minutes.

Add salt, bouillon, or seasoning as desired and allow to cook till desired dark brown color is reached. Check your salt.

Serve stew with cooked waakye, spaghetti and stewed garri (optional) but recommended.

Donated by Awurabena Yawson, Rotarian

Editor's Note: Shito also called Kpapkashito, is a sauce made from Ghanaian hot peppers, variations using other types of hot peppers can be found on the web. There is a recipe for garri (casava) in this collection.

Greece



Musaka and Pastitsio

Musaka is a dish of layered eggplant, meat sauce and béchamel sauce. Pastitsio uses the same sauce, but the other layer is pasta.

Ingredients

For the meat sauce

- 700 g lean minced beef or lamb
- 2 medium sized red onions (finely chopped)
- 2 cloves of garlic (chopped)
- 400 g canned chopped tomatoes
- 1 tbsp tomato puree
- 1 tsp sugar
- a glass of red wine
- a bay leaf
- 1 cinnamon stick
- 1/4 of a cup olive oil
- sea salt and freshly ground black pepper

Sauté the onions in the olive oil until softened and slightly brown.

Stir in the garlic, tomato puree and the mince breaking it up with a spoon and sauté. Pour in the red wine and wait until it has evaporated. Add the tinned tomatoes, the sugar, a pinch of cinnamon, 1 bay leaf and a good pinch of salt and pepper. Bring to the boil, turn the heat down and simmer with the lid on for about 30 minutes, until most of the juices have evaporated.

For the béchamel sauce

- 120g flour
- 120g butter
- 900ml milk
- 2 egg yolks
- 100g Parmigiano-Reggiano or Kefalotyri cheese
- a pinch of nutmeg

Melt the butter over low-medium heat. Add the flour, whisking continuously to make a paste. Slowly and steadily add warmed milk in a stream and keep whisking to prevent your sauce from getting lumpy. If the sauce still needs to thicken, boil over low heat whilst continuing to stir. Remove the pan from the stove and add the egg

yolks, salt, pepper, a pinch of nutmeg and the grated cheese. Whisk quickly, to prevent the eggs from turning into an omelet!

Musaka

Ingredients

Sauces as for the previous recipe Musaka and Pastitsio

- 6 eggplants
- Vegetable oil to fry
- Grated cheese to top

Remove the stalks from the eggplants and cut them into slices, 1 cm thick (leave the skin on). You can either drizzle with olive oil and bake for 20 minutes in a hot oven until colored or you can fry the eggplant. To fry, season with salt and place in a colander for about half an hour then rinse off the salt and squeeze out as much liquid as you can. Dry the pieces and fry in lots of oil until brown. Stand on paper towel to drain off the fat

Butter the bottom and sides a large baking dish, (approx. 20 by 30 cm) and put in a layer of the eggplants. Pour in the meat sauce and spread it out. Add a second layer of eggplants, top with the béchamel sauce and smooth out with a spatula.

Sprinkle with grated cheese and bake the Musaka in preheated oven at 180°-200°C for about 60 minutes, until crust turns light golden brown.

Cool slightly before cutting into squares.

Serve the Musaka with feta cheese and wine.

Pastitsio

Sauces as for the previous recipe Musaka and Pastitsio

- 350g macaroni or penne or ziti
- 110g feta cheese, mashed / crumbled
- 2 eggs

Cheese for topping

Cook the pasta for the pastitsio 2-3 minutes less than the package instructions, they will cook more in the oven. Drain the pasta and stir in the eggs and the feta cheese and mix gently.

Butter the bottom and sides of a large baking dish, approx. 20 by 30 cm. Layer the pasta, top with the meat sauce and even out. Top the pastitsio with the béchamel sauce and smooth out with a spatula.

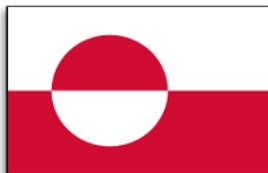
Sprinkle with grated cheese and bake the pastitsio in preheated oven at 180°-200°C for about 40 minutes, until crust turns a light golden brown.

Let the pastitsio cool down for a while before serving.

Donated by George Dimitriadis

Rotary eClub of Orestiada

Greenland



Suaasat - Meat & Barley Stew

Ingredients

- 1 Kg meat (elk, bison, seal, whale, beef – whatever kind you like)
- 1 medium onion, sliced
- 1 large potato
- 1 medium carrot
- 1 small turnip
- 1 cup barley (or rice)
- 2 cups fresh mushrooms, sliced
- 1 cup dried cherries or berries
- Thyme – 2 fresh sprigs (or 1 tsp dried)
- 3 Bilberry leaves (use bay leaves if you can't find Bilberry)
- Salt & Pepper to taste

Method

- Cut up meat into chunks (we used beef) and put into large pot. Cover with 2 liters of water and bring to a boil.
- Add sliced onions, bay leaf and thyme. Boil for 1 hour.
- Add barley and keep adding water as needed as barley soaks up the water.
- Cut carrot, onion & turnip into chunks.
- Once the barley is cooked, add the potato, carrot & turnip, mushrooms, dried cherries, Salt & Pepper.
- Continue cooking until vegetables are cooked. Most of the water will be absorbed into the veggies and meat.

We enjoyed this stew – flavorful and easy to make.

*Donated by Frank Yakimchuk,
Rotary eClub of Innovation*

Grenada



Oil Down

Oil Down is the national dish of Grenada. This one-pot dish is very simple to make and is made of meat and vegetables stewed in coconut milk, herbs and spices.

This dish takes 15 minutes to prepare, 45 minutes to cook and makes enough to feed three to four people.

Ingredients

225g salted meat (ham, pig tails, pig snout and any other salty meat works well)
1/2 a breadfruit
250ml coconut milk
1 stick celery, sliced
1 sprig of fresh thyme
1 handful of chives, chopped
1 teaspoon turmeric
1/2 green pepper, chopped
1 or 2 chili peppers (left whole)
1 onion, chopped
1 garlic clove
Salt and pepper to taste



Alternatives

If you cannot obtain breadfruit, fresh or tinned, then starchy potatoes can be used instead with little impact to the final taste. The key taste comes from the salty meat and coconut milk. According to Google starchy potatoes include Russet, Idaho and Yukon Gold potatoes. I used Russets as I could not get Breadfruit during COVID-19 lockdown.

Instructions

Reduce the salt in the meat, today I used ham – trust me, there will still be enough salt in this dish for almost everyone! Place the salted meat into a saucepan and cover it with water. Bring the water to the boil and drain. Repeat this step two to three more times to remove the excess salt.

Alternatively, if you remember the day before, place the salty meat in cola. I always do this with a ham joint as it removes salt and breaks down the fibers of the meat, so it is more tender.

Prepare the breadfruit, (or potatoes) by washing and peeling. Slice it into four even sections and then cut each quarter into bite-size pieces

Add a splash of oil into a large saucepan. Gently fry the onions for around five minutes, or until translucent. Stir, add the garlic and cook for a further 30 seconds. Stir the onions and garlic while adding the chives, thyme, turmeric, meat, chili pepper and coconut milk. Cover the saucepan with a lid and bring to a boil.

Once it is boiling strongly, reduce the heat and leave it to simmer for around 45 minutes or until the breadfruit is fully cooked through and tender.

If you have used a large piece of meat, remove it and use two forks to gently tear and divide the chunk of meat into bite-sized pieces.

Take out the chili pepper and divide the Oil Down into bowls or plates, ready to serve. I serve it with rice and use the chili pepper as a garnish, or a treat for people who like hot peppers.

You'll know the dish is done when most of the liquid has been absorbed and the breadfruit looks soft and almost mushy. Taste the dish before serving and add more salt and pepper to taste – salt will not be necessary for all but a few salt addicts, since the salted meat is the main flavor of the dish.

*Donated by Graham Ferguson
Rotary eClub of Innovation*

Guadeloupe



Pork Roast Guadeloupe

Ingredients

- 65ml Water
- 2 Onions – finely chopped
- 2 Garlic cloves
- 3 limes (or 3 tablespoons of lime juice)
- 1 tablespoon Olive Oil
- 1 Chili pepper – finely chopped
- 8 twigs of thyme – crushed and divided into two portions
- Pork Loin (650g to 1Kg)
- 225ml of stock
- 2 teaspoons of sugar
- 1 tablespoon of cornflour (UK) or corn-starch (US)
- 2 tablespoons of Parsley – finely chopped
- Salt and Pepper (to season to personal taste)



Instructions Marinade

The marinade should be made several hours before the meal, or I tend to do it the evening before I intend to cook the joint.

Combine the water, onion, garlic, lime juice, olive oil, chili pepper, one of the crushed thyme portions, half the parsley and season with salt & pepper to your own taste.

Score the fat and make cuts in the meat to help the marinade work its way into the meat.

Place the pork loin in a plastic bag and pour the marinade over the pork loin. Close the bag securely & put the meat in a bowl in the refrigerator for at least 6 hours, occasionally rotating the bag to allow the marinade to coat the meat.

To Cook and Serve

Preheat the oven to 180 degrees C. Take the pork loin out of the bag & put it on a rack in a roasting pan, set aside the marinade to use later.

Roast the loin for at least 50-60 minutes or to personal preference, but pork should not be underdone.

Remove meat from the pan & cover with foil, letting it stand for 10 minutes.

Strain the remaining marinade into a small saucepan, discard the part caught in the sieve.

Heat meat pan with half the prepared stock and stir until simmering, then strain this broth mixture into the strained marinade. Add 2 teaspoons of sugar & the 1/4 teaspoon of crushed dried thyme.

In a small container combine the rest of the stock with the corn flour, then add this to the saucepan, cooking & stirring until thickened. This should take only 5 minutes.

Stir in the remaining parsley, then remove from heat.

Slice the meat & serve it with the sauce. Serve with rice, potatoes or sweet potatoes and vegetables – as the oven was already on, I have done roast potatoes and honey roasted parsnip make it into Sunday Roast – Guadeloupe.



to

*Donated by Graham Ferguson
Rotary eClub of Innovation*

Guam



Kelaguen Chicken

Ingredients

- 1 whole chicken, cut into joints
- 1 fresh coconut
- 4 green onions, finely chopped
- Lemon juice, freshly squeezed
- 3 hot peppers, finely chopped (use less if you prefer)
- 4-6 pita bread

Finadenegui Sauce for chicken:

- 1 cup soy sauce
- 1 cup lemon juice
- 1 large onion, finely diced
- 5 hot peppers, finely chopped

Mix all ingredients together and let sit in fridge a few days to blend the flavors.

Method

Cut chicken into pieces and marinate overnight in the Finadene sauce.

Next day, grill/broil the chicken pieces, basting with the sauce.

Once the chicken is cooked, cool it before deboning and shredding the meat.

Open the coconut and discard the liquid inside. Grate the coconut meat. Then squeeze the grated meat in your hands and squeeze it over a bowl to collect the coconut milk.

Mix the coconut milk with an equal amount of freshly squeezed lemon juice and chill for a couple of hours.

Add the green onions, peppers and coconut meat to the shredded chicken. Slowly add the coconut milk and lemon juice mixture, stirring well.

Serve the chicken mixture in a warm pita bread.

The mixture was quite spicy, so we added some plain yogurt mixed with cilantro to cool it down a bit. Interesting dish!

*Donated by Frank Yakimchuk
Rotary eClub of Innovation*

Guinea Bissau



Caldo de Mancarra - Peanut stew

From Gambasse (Bafatá region), Guinea-Bissau. It's one of the national dishes,

Ingredients

- Rice
- Peanut paste (mancarra)
- Tomato sauce
- Hot pepper (PiriPiri)
- Onion
- Garlic
- Salt, Pepper
- Green pepper
- Bitter tomato (jato)
- Stock cubes
- Potatoes
- Meat or chicken
- Vinegar
- Carrots
- Cabbage
- Water



Instructions

- Cook the rice
- Mix the peanut paste with a bit of tomato sauce. Then add water until it becomes liquid (approx. 2 cups)
- Put on the stove until it boils
- Mince hot pepper, onion, garlic, green pepper, tomato, salt pepper, stock in mortar.
- Cook the meat in another pan with part of the mince and water and vinegar.
- Add the rest to the sauce on the stove. Also add potatoes, cabbage, carrots and stock to taste
- When both the meat and the sauce have boiled, combine them
- Present everything on a plate



Donated by Laura Ribas, who collaborates with Rotaract Club Barcelona '92 (Spain) in their ongoing projects there. Cook: Dala.

Guyana



Guyanese Cook-Up Rice

Ingredients

- 1 lb beef
- 1 lb salt beef/pork
- 1 lb beef tripe
- 1 lb pickled pig tail
- 1 lb ham scraps
- 1 Bay leaf
- 1 cup Black eyed peas or any other peas of choice (split peas, red beans etc)
- 2 cloves Garlic
- 1 medium Onion
- 3 Scallions
- 10 sprigs Thyme
- 2 Chicken or beef bouillon cubes
- 2 13 oz can Coconut milk (Coconut milk powder may also be used)
- 2 cups Rice
- 1 Wiri -Wiri pepper
- 1 tbsp Vegetable oil
- 5 cups Water

Cooking Directions:

Cut all meat into bite sized pieces and wash thoroughly. Season well with the onion, garlic, scallions and bouillons and leave to marinate for 20 minutes.

Put oil in a pressure pot. Place meat in the pot and fry until all the water is dried up.

Put fresh water into the pot. Add the peas. Pressure the meat and beans for 45 minutes or until meat is fully cooked.

Add coconut milk and wait for contents to come to a boil. Add rice and mix.

Add seasoning if needed. Cook for 25 minutes or until rice is soft and water is dried up.

Meal can be served with fried ripe plantains and lettuce, tomato and cucumber salad

*Donated by Rotarian Manon,
from Georgetown.*

Editor's note: Wiri-Wiri is a pepper grown in Guyana. It is said to be tangy and on a par with Scotch Bonnet in terms of heat.

Hong Kong



Chicken Wings in Soya Sauce

Ingredients

- 10 chicken wings
- 1 slice ginger
- 2 clove garlic
- 1 star anise

Marinade:

- 1/2 tsp lemon juice
- 1/2 tsp salt (or to taste)
- 2 tsp Shaohsing rice wine
- Seasoning:
 - 2 tbsp light soya sauce
 - 1 tbsp dark soya sauce
 - 1 tbsp sugar
 - 1 tsp sesame oil
 - 50ml water

Method

Marinade chicken wings for 15 minutes; pat dry.

Heat saucepan, on a high heat add 1 tbsp oil, sauté ginger, garlic & star anise.

Add chicken wings and cover with lid, shake the saucepan for 30 second with one hand on the lid.

Add the seasonings and mix well so as to coat each chicken wing, put the lid back on then cook for 1 minutes in high heat, then simmer for 8 minutes (shake saucepan halfway with one hand on the lid to enable coating to all chicken wings).

Donated by Monica Lee Macpherson

Rotary Club of Inverness Loch Ness

Chair of Scottish Highlands and Islands Chinese Association

India



Phil's Mutton Curries

"Spicy Mutton Curry"

- 500 g of mutton mix with
- 1 & 1/2 tsp each of turmeric,
- red chili powder (I used Kashmiri mirch red chili powder)
- 1 tsp salt,
- 4 tsp of ginger garlic paste,
- 4 mid-size grated onions,
- 3 tomatoes grind to paste.

Boil potatoes and fry them golden brown.

Now on hot heat cooking oil (4 tbsps.), put in the mutton mix. stir fry well till it dries up a bit then add 2 & 1/2 cups of water, keep on flame, let mutton become tender & soft (poke with fork to see if soft) then add the fried potatoes few green chilies stir its ready, sprinkle little garam masala powder over it.

"Mutton Korma"

- 500gms of mutton
- mix 50gms katha dahi (sour yogurt),
- 3 medium size onion pcs,
- 3tsp of ginger garlic paste,
- tsp salt,
- red chili,
- coriander,
- cumin powder each mix it well,
- marinate for 15-20 mins.

Meanwhile boil 4-5 mid-size potatoes, fry them golden brown and keep aside. Now on hot mustard oil pour the marinated mixed mutton, sauté and stir it till oil dries a bit. Now pour the stuff in pressure cooker with neck deep water over mutton. From first whistle give 5 mins and let it cool. Now put green chilies, boiled potatoes in the wok and pour the stuff from pressure cooker into it, add 2 tsps. sugar. Stir well for few mins its ready to serve.

"Tomato Mutton"

Recipe: Mix

- mutton pcs (500gms) with
- 3 chopped onions,
- 3 chopped tomatoes,
- 2 tbsps. ginger garlic paste,
- little less than 1 tsp each of turmeric,
- red chili powder,
- 1/4 tsp coriander,
- cumin powder
- salt to taste.

Boil few potatoes, peel off skin. Fry golden brown on hot cooking oil 3 tbsps., keep aside. In same heated oil put the mutton mix and fry to dryness, then pour it in to pressure cooker with 1 & 1/2 cups of water. From first whistle give 5 mins, let it cool then pour it to wok, keep the boiled fried potatoes on the bottom of the wok so that curry seeps in, stir after a few minutes, then add few green chilies, 1/4 tsp garam masala powder, few drops of ghee (clarified butter) it's ready to serve.

"Mutton Gravy"

Recipe: Mix and marinate for 1/2-hour

- mutton 500gms
- 2 tbsps. sour yogurt,
- 4 mid-size chopped onions,
- 2 mid-size tomatoes,
- 2 tbsps. ginger garlic paste,
- tsp each turmeric
- red chili powder,
- 1/2 tsp each coriander
- cumin powder
- salt to taste (1 tsp).

Now on heavy bottomed wok put 3 tbsps. cooking oil, and heat then put 2 bay leaves, 2 dry red chilies and pour in the marinated mutton, fry well then add a cup of water, occasionally stir and allow mutton to tender. Once mutton is soft its ready. (You may add boiled fried potatoes if you like).

(Note: I used pressure cooker while adding a cup of water for fast cooking).

Donated by Phillip Hill

Chicken Pellow

Ingredients

- 1 good size chicken (3-4 pounds)
- 1 pound beef
- 2 cups water
- 13 onions
- 1 teaspoon ginger
- 1 teaspoon salt
- 4 ounces ghee
- ½ pound rice
- Cloves
- 4-5 Cardamom
- 6 Cinnamon sticks (small)
- 12 Peppercorns
- 1 dessertspoon salt
- 1-2 blades mace

Definitions & Conversions

- Chittack = 1 ounce or 2 Tbs
- Coonkee (Koonkee) = 5 Chittacks
- Cheeneesukur (Cheenee-sukur) = Type of long grain rice
- Bassmuttee = Basmati rice
- Dessertspoon = 2 tsp or 10 milliliters

Directions

Take a good-sized chicken; clean, truss, and boil it with one pound of beef in two cups full of clean water, seasoning it with onions, ginger, and salt.

When sufficiently cooked, but still quite firm, remove the chicken, and set it and the gravy aside.

Cut up twelve onions lengthways into fine slices.

Warm your pot; then melt in it two chittacks or four ounces of ghee, and, as it bubbles, throw in the sliced onions and fry to a light brown; remove and set aside.

Then put in half a pound, or a coonkee, of the best bassmuttee or cheeneesuckur, having drained away all the water in which it was washed, and fry.

On the rice absorbing the ghee, throw in a few cloves, four or five cardamoms, half a dozen small sticks of cinnamon, some peppercorns, a blade or two of mace, and one dessertspoonful of salt.

Mix up the whole, and pour over it the gravy in which the chicken and beef were boiled,

or as much of it only as will entirely cover the rice; close the pot immediately with a close-fitting cover and set on a slow fire.

As the gravy continues to decrease or to be absorbed, so keep reducing the fire, shaking up the pot occasionally, or stirring its contents, to prevent the pellow from burning.

Brown the boiled chicken in a pan with ghee or butter, and serve up as follows:

Place the chicken, either whole or cut up, on the center of a dish, covering it with the pellow; strew over it the fried onions, garnishing it besides with two hard-boiled eggs, cut into halves, or in some device, and with half a dozen bits of finely sliced and fried bacon, to suit the taste of those who like the latter.

*Donated by Phillip Hills
Rotary eClub of Innovation*

Submitter Notes:

Taken from first ever Anglo-Indian recipe book

This text was prepared from an undated edition. There are two facts that imply this edition was published before 1900. Firstly, the first chapter refers to cyclones in 1864 and 1867 as recent events. Secondly, the book is interleaved with pages of notepaper for readers to add their own recipes, and one of these recipes ends with a note that the recipe was cooked in 1899.

Editor's note: We presume this means that the copyright has run out!

Indonesia/Malaysia



Nasi Goreng

Ingredients

- 300g long-grain rice
- 3 tbsp vegetable oil
- 4 large eggs, beaten
- 100g fine green beans, cut in half
- 2 chicken breasts, cut into small even chunks
- 180g pack large raw peeled prawns, cut in half
- 200g shallots, thinly sliced
- 20g garlic, finely chopped
- 2 medium-hot red chilies, deseeded and finely chopped
- 1 red bird's-eye chili, sliced
- 1 medium carrot, thinly sliced
- 1 tbsp tomato purée
- 1 tbsp kecap manis (Indonesian sweet soy sauce)
- 1 tbsp light soy sauce
- 8 spring onions, thinly sliced

To serve

- ½ cucumber, sliced
- 2 medium tomatoes, sliced
- 4 tbsp crispy fried onions
- prawn cracker

Method

Put the rice in a medium heavy-based saucepan and add 520ml water. Quickly bring to the boil, stir once and cover with a tight-fitting lid. Reduce the heat to low and cook for 10 mins. Uncover, fluff up with a fork and spread over a tray. Set aside to cool.

Meanwhile, heat 1 tbsp oil in a large frying pan over a medium heat. Pour in the beaten egg and, as it begins to cook, use a spatula to bring large flakes of cooked egg into the middle of the omelet. Continue to cook like this for a couple of mins, then leave the rest of the egg to set completely. Flip the omelet over and transfer to a plate to cool before cutting it into long, thin shreds.

Drop the beans into a pan of boiling salted water and cook for 3 mins. Drain, refresh under cold water and set aside.

Heat the remaining oil in a wok or large, deep frying pan until almost smoking. Add the chicken and prawns, and stir-fry for 1 min. Tip in the shallots, garlic, chilies and carrots, and stir-fry for a further 2 mins until the carrot is just tender. Add the tomato purée, kecap manis, cooked rice and green beans, and stir-fry over a high heat for 2 mins. Add the soy sauce, spring onions and shredded omelet, and toss together.

Spoon the nasi goreng onto warmed plates. Overlap the cucumber and tomato on the side of each plate, sprinkle over the crispy fried onions and serve with prawn crackers.

Donated by Marleina Broadhurst

Indonesia



Soto Ayam

Ingredients

- The chicken and soup base
- 8 chicken thighs skin removed
- 8 cups chicken stock no sodium (homemade is nice here)
- 1 stalk lemongrass cut into 3 pieces
- 3 lime leaves
- 1 tsp salt
- vegetable oil to shallow fry

The spice paste

- 1 cup shallots chopped the size of garlic cloves
- 5 cloves garlic chopped
- 1inch fresh ginger chopped
- 1/2 tsp turmeric powder
- 1 1/2 tsp coriander powder
- 1/2 tsp pepper
- 1/2 cup coconut milk
- 3 tbs vegetable oil

The Soto Ayam

- the stock from cooking the chicken
- 12 oz rice vermicelli
- 4 large eggs (lightly boiled)
- chopped cilantro to garnish
- fried shallots to garnish
- lime wedges to serve with the soto ayam

Method

Prepare the chicken

Skin the chicken.

Combine the stock, kaffir lime leaf, lemongrass and salt in a pot large enough to hold all the ingredients. Bring to a simmer.

Add the chicken and simmer until the chicken reaches an internal temperature of 170°F. This should take 15-20 minutes. Don't boil, only let it simmer.

Remove the chicken from the broth. Blot dry. Set aside. You can also turn off the heat under the broth for now.

Make the Spice Paste

While the chicken simmers make the spice paste.

Heat a bit of oil in a small skillet. Add the garlic, shallot and ginger and fry until the shallots soften.

Transfer the garlic, shallot and ginger to a blender. Add the remaining ingredients and puree. This is your spice paste.

Heat 3 tablespoons of oil in a pot over medium heat. When the oil starts to shimmer add the paste and cook, stirring constantly for about 5 minutes. Turn the heat down to medium low and cook for another two minutes or so. The oil should start to separate at the edges.

Stir the cooked paste into the broth and stir.

Assemble the Soto Ayam

Bring the broth to a lively simmer. Taste it. Be careful. It's hot. It will need more salt. It will be somewhere around another 1/2 to full teaspoon. Maybe more. Season to your taste.

To soften the rice vermicelli just fully submerge it in the hottest water you can get out of your tap. Let it sit five minutes and drain. Rinse with cold water. People that tell you to cook rice vermicelli like to eat rice noodle mush.

Have your garnishes ready. Slice your eggs in half. Use a sharp knife and be careful. Those yolks are still soft.

To serve place 1/4 of the rice noodles in each of 4 bowls. Divide the chicken and place it on the vermicelli. Top with fried shallots and cilantro. Pour 2 cups of broth into each bowl. Add one egg and a slice of lime per bowl. Serve.

Donated by Anna Robinson

Rotary Exchange Student – Indonesia 2016-2017

Italy



Ossobuco with Saffron Risotto Rice

Gloriously made by Franca

Ossobuco is made with braised veal shanks, cooked bone-in with the marrow intact. The result is a rich, flavorful dish with tender meat and a well-seasoned bone marrow, a meat product which is regarded as a special treat in many regions of the world. Ossobuco can be eaten alone like a stew or served with rice or risotto. It is especially popular in Northern Italy, and it is often sold as ossobuco alla Milanese, in a reference to a city where it is commonly served. The shank is an interesting cut of meat because it has a great deal of flavor, but it is also very chewy and stringy, because it comes from the upper portion of the leg, a part of a cow which sees a great deal of work during the cow's lifetime. Shanks tend to do best when they are cooked slowly at low heat, gently dissolving the connective tissue of the meat to make it extremely tender. The slow cooking also allows the beef to develop layers of flavor, and when lots of liquid is used, the ossobuco will be very moist and tender when it is finished. Risotto is a true Italian dish. Versatile and delicious, risotto is also surprisingly easy to make at home, this is Italian comfort food at its best, and also elegant enough to serve at any gathering. A rich and creamy saffron risotto rice is a classic accompaniment to ossobuco.

Ingredients

- 5 ossobuco pieces
- Cooking oil
- Butter
- Flour
- Salt and pepper
- 1 small bag of saffron
- White wine
- Shallots
- 600 grams of rice
- Grana cheese.
- 3-4 liter soup (broth)

Grana refer to a family of hard, mature cheeses from Italy that have a granular, flaky texture and are mainly used for grating. Around the world, the most popular Grana Italian cheeses are of course Parmigiano-Reggiano, Grana Trentino and Grana Padano. True Parmigianino-Reggiano, named after the Provinces of Parma, Reggio

Emilia, Modena, Bologna and Mantua, in which it is made, has a hard, gritty texture and is fruity and nutty in taste. Grana Padano, on the other hand, refers to the valley Pianura Padana in which it is made. Though similar to Parmigianino-Reggiano, young Grana Padano is slightly less crumbly, milder and less complex than its famous, aged kin. On the other hand, Grana Trentino follows the same method to produce Parmigianino Reggiano but is made in the province of Trento, giving it its name. All three main varieties of Grana cheese carry the label D.O.P. (Denomination of Protected Origin), guaranteeing their authenticity and origin of production methods.

Preparation

First of all, prepare a good soup (broth) to cook the ossobuco pieces and risotto. In a large heavy-based pan, add some oil and some butter until hot. Cover the veal pieces with enough flour to coat. Fry the veal in the oil until nice and brown on both flat sides. Remove and set aside. Also add some white wine, and salt and pepper. Get everything off the bottom of the pan. When the wine has evaporated, add the bones back and soup (broth) until covering the bones. Adjust heat and cover the pan and cook during 50 minutes. Keep turning sides of the veal until the soup (broth) has evaporated. Veal will then be ready.

For risotto:

Pour a glug of olive oil into a separate heavy-based pan and add the chopped shallots, add the rice and cook with a little of white wine and the saffron. Sweat these slowly. Cook until evaporation and keep in the heat for an extra 15 minutes or more, adding more soup (broth) until the rice is done the way you like... Add a little bit of grated cheese and butter, as you like.

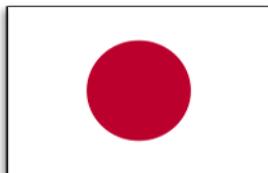
Buon Appetito!!!!

Estimated serving: 4. Estimated preparation time: 120 minutes

*Donated by Franca Marirebecchi and Ettore Emanueli
Rotary eClub of Latinoamerica*

Editor's note: We presume that stock cubes or bouillon could be used in place of soup

Japan



Okonomiyaku

Ingredients

- 3.5oz flour
- 1 egg
- 120 ml water
- 7oz shredded cabbage
- 3.5oz thinly sliced bite-sized pork
- 3tbs of powdered dashi, a Japanese seasoning made from bonito and/or konbu kelp (It can easily be purchased at a Japanese or an Asian supermarket.)
- Grated Chinese yam (optional)

Topping:

Okonomiyaki sauce

Mayonnaise

Bonito flakes

Steps:

- Stir together all ingredients.
- Add the oil into the pan and pour 1.
- When 2 turns out to be golden brown on the surface, flip it over.
- Take 3 out to a serving dish.
- While hot, add the toppings in the following order: sauce, mayonnaise, and bonito flakes

Serves two

*Donated by Keiko Okabe
Rotary eClub of Innovation*

Editor's note: Okonomiyaku sauce is made of ketchup, Worcestershire sauce, honey and soy or oyster sauce. Recipes can be found on the web.

Japanese ginger pork

My home-style

Japanese ginger pork (Sho-ga yaki) is a very common home-cooking dish and easy to make. At my home, we add chopped garlices and onions in order to boost its stamina (and taste!). Takes only 15mins to prepare. Great with steamed rice.

Ingredients (for 2 persons)

- Thinly sliced pork (200g)
- A half of onion well chopped
- 1/4 ginger well chopped
- 1/4 garlic well chopped
- Mirin (sweetened Japanese sake) or pure sake with 2 tbs of sugar
- Japanese soy-sauce

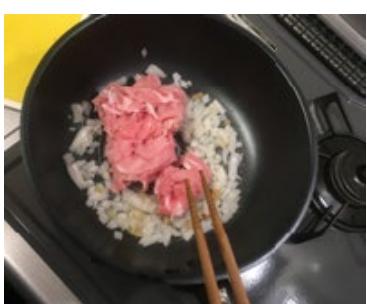
1) prepare sliced pork, onions, garlic + ginger



2) Heat 5 (or more) tbs of mirin (or sake with sugar) in a pan and fry the chopped onions, garlices & gingers



3) Add sliced pork into a pan & place a lid to steam them on medium heat – I believe this makes meats tenderer!



- 4) Open the lid & add 5 tbs (or more if you like!) of soy sauce and stir-fry until it gets a good golden color.



- 5) Serve with your favorite vegetables & now it's ready to eat. Usually it's served with shredded cabbage and tomato but it also goes well with fresh avocados.



*Donated by Kaori Murai
Rotary Exchange Student*

Jordan



Aubergine Maqloubeh

Ingredients

- Whole chicken cut into 4 pieces
- 4 cups of rice
- 2 large size Aubergine
- Salt & Pepper
- Mixed Spices
- 5 nuts of Cardamom
- Bay leaves
- 1 tsp turmeric
- Cinnamon sticks
- Pinch of clover (Editor's note: cloves)
- Oil for deep frying

Method

Clean the chicken thoroughly and put it in a pot until water residues dry.

Chop onions finely and add it to chicken with some olive oil, salt, pepper and spices and cook until chicken becomes roasted from outside.

Soak the rice in warm water. Add boiled water, with cardamom, bay leaves, clover and cinnamon and are left until the chicken is ripen.

Peel the aubergine partially and slice it. Put it in salty water for half an hour. Take it out and strain it and then deep fry it.

When the chicken ripens, take it out of the water, strain the water and leave aside. Put the chicken into a cooking pot, lay the aubergine slices on top then the rice, then add the water left aside from chicken until the rice is completely covered. Add more water if the chicken water was not enough. Once the water starts boiling, reduce the heat to the minimum.

When the water is completely dried, remove it from heat and leave it for 5 minutes to rest. Cover the pot with a big serving plate and flip it over so that it will go down in one piece fully.

Donated by Rotary Club of Amman Citadel

KOSOVO



Filled Peppers

Ingredients

- 9 Peppers
- 500g Minced Meat
- 100g (2) Onions chopped
- 50g Parsley
- 1 Teaspoon Salt
- ½ Teaspoon Ground Black Pepper
- ½ Teaspoon Paprika
- 50ml Olive Oil
- 100g Butter
- 150g Rice
- 150ml Warm Water

Method

Clean the peppers, take out stalks and scoop out the seeds.

Heat 2 tablespoons olive oil, brown the onions for 5 minutes on medium heat, add the minced meat. Once the beef is browned add salt, spices and rice.

After it is done, use this mixture to stuff the peppers and add the filled peppers to a baking dish.

Donated by Nebahat Asllani

Rotary Club Peja

Lithuania



Roast Duck

Method

Sprinkle the duck with salt and pepper



Bring the pot to a boil with water and allow the duck to cook for about 7-10 minutes. Together we add spices - salt, pepper, whole allspice berries, bay leaves, two small onions



Put the cooked duck and onions in a baking bag.
We add the broth and the mixture of dried vegetables to the baking bag.



Bake for 1-1.5 hours. at a temperature of 200 degrees. Then open the baking bag and distribute the duck surface with sour cream and bake for another 10 minutes at 250 degrees.



Side dish. I prepared mashed potatoes and vegetables.



*Donated by Dr Dovilė Žiaukienė
Junior Chamber International Lithuania*

Luxembourg



Bouneschlupp

Luxembourgish Green Bean Stew

Serves 8

Ingredients

- 3 medium onions
- 3 medium potatoes
- 1 kilo green beans, wider flat variety works best
- 1 liter of vegetable stock
- 4-5 mettwursts or smoked pork sausages cut into 2cm pieces
- 400 grams of bacon cut into pieces
- Teaspoon of salt
- Fresh ground pepper
- Crème fraîche



Method

Peel and cube onions and potatoes. String the beans and cut into 1-2cm pieces. In a large pot, add onion, potatoes and green beans then cover in one liter of water and one liter of vegetable stock.

Bring to a boil. Add sausages and bacon and lower heat to simmer.

Simmer for 30 minutes. Salt to taste. For a thicker consistency simmer 1 hour or add a roux.

Serve with a spoonful of crème fraîche and fresh ground pepper.

*Donated by Ellen Spencer
RC Luxembourg Hearts*

Macao



Galinha à Portuguesa

A Portuguese-style mild Chicken Curry

Ingredients

- 450g/1lb boneless, skinless chicken thighs, cut into 2.5cm/1in pieces
- 1½ tbsp light soy sauce
- 2 tbsp white wine
- 2 tsp salt
- 2 tsp sesame oil
- 2 tsp corn flour

Combine the chicken with the marinade ingredients in a large bowl and mix well. Cover and leave to marinate for an hour in the fridge. Then take the chicken out of the marinade, keeping the liquid for later.

- 1½ tbsp olive oil
- 1 tbsp finely chopped fresh root ginger
- 2 tsp finely chopped garlic
- 1 tbsp light soy sauce
- 1 tbsp dark soy sauce
- 1 tbsp Shaoxing rice wine or dry sherry
- 3 tbsp Madras curry paste or curry powder
- 1 tbsp turmeric
- 1 tsp salt
- 1 x 400ml tin coconut milk
- 200ml/7fl oz chicken stock
- 250g carrots, cut into 5cm/2in pieces
- 250g potatoes, peeled and cut into large chunks
- 1 onion, chopped
- 2 tomatoes, chopped
- 50g cooking chorizo, sliced
- 2 bay leaves
- salt and freshly ground white pepper, to taste

Method:

Heat a wok or a large frying pan over high heat then add the olive oil. When the oil is hot and slightly smoking, add the ginger and garlic and stir-fry for 20 seconds. Add the chicken, and stir-fry for 3 minutes, or until the chicken is lightly browned.

Transfer the contents of the wok to a large saucepan, then add the rest of the Galinha à Portuguesa ingredients, including the reserved marinade, and bring to the boil.

Lower the heat and simmer for 20 minutes.

To serve decorate with 2 tbsp desiccated coconut and 100g black olives if desired.

*Donated by Monica Lee Macpherson
Rotary Club of Inverness Loch Ness
Chair of Scottish Highlands and Islands Chinese Association*

Macedonia



Green Peas Stew with Minced Meat.

Ingredients

- 500g frozen green peas
- 150g minced meat (I used venison)
- 150 ml tomato sauce or tomato puree and stock
- 1/2 chopped onion
- 1 tbs Vegeta (*see note*)
- Red pepper to taste (I used Paprika)
- Vegetables if desired- carrots, potatoes, red pepper chopped
- Parsley
- oil for sauté

Method

Sauté chopped onion over low heat until translucent, stir in Vegeta or substitute mix and paprika, stir and cook for few minutes being careful it does not burn or stick. Add minced meat and fry until brown. Add peas and other vegetables and stir around. Add tomato sauce/ water to cover the whole. Cook over low heat for an hour. When ready add parsley and serve.

*Donated by C. Dobson,
Rotary eClub of Innovation*

Note: Vegeta is a mixture of dehydrated carrot, turmeric, garlic powder and salt. Commercial brands are available in many countries and there are several recipes for it on the web. I used ½ teaspoon Polish all-purpose seasoning (which is salt, sugar and various dehydrated vegetables) with a heaped teaspoon of turmeric and 2 garlic cloves.

The original recipe from which this was devised can be found [here](#).

This is one of the most eaten stews in Macedonia.

Mali



Le Fakoye

Fakoye sauce is a popular dish from the northern regions of Mali. It is a stew of beef or lamb cooked in a rich sauce made with vegetable hornet.

The leaves of this plant are dried and reduced to a green powder, easy to store. This coretal powder (fakoye), whose delicate cooking gives this dish all its flavor, requires several hours of cooking over low heat.

For 6 people

Ingredients

- 1 kg of mutton
- 2 glasses of fakoye leaf powder (500 g)
- 1 teaspoon of crushed dates
- 1 tablespoon kafonne (spices)
- 10 cl of peanut oil
- 10 cl shea oil
- 2 tablespoons shea butter
- 500 g fresh tomatoes
- 250 g onion
- 1 African eggplant
- 1 bar of néré /nététou (ground locust beans)
- 1 piece of dry fish
- 2 garlic cloves, salt, pepper, chilli, green onion
- 1 serving of féfé (African pepper)
- 2 bay leaves,
- 2 broths (stock cubes)
- 1 liter of water
- 1 kg of rice to serve

Preparation:

In a pot, cook the meat previously cut into large dice in the two oils with salt, pepper and the fresh tomatoes, peeled and well crushed. Simmer over low heat until the cooking oil rises and add a liter of water, dry fish, African eggplant and bring to a boil.

Then mix the onions, the neré bar, the garlic, the féfé, the broth, the pepper, the salt, and add to the preparation. Mix the fakoye with shea butter and kafonne until the

mixture is well blended and set aside. After an hour when the meat is cooked add the dates, 2 bay leaves, the fakoye, the chili, broth, 3 glasses of water.

Simmer over low heat for 1 hour for good cooking of the meat. The fakoye sauce is ready when the oil floats and when the preparation has lost its viscous appearance. At the end of cooking, the salt should be adjusted and the bay leaves, chili and eggplant removed.

Serve with white rice.

Diadie Samassekou

Le Club Rotary Bamako Avenir, District 9101

Editor's note: unfortunately, neither fakoye nor kafonne seem to be available outside of Mali. We have failed to find suggestions for substitutes.

Widjila

Ingredients for Widjila dough: About 15 breads

- 500gr of flour
- 5gr of dehydrated baker's yeast or 10gr of fresh yeast
- 1 egg (optional)
- 250ml of water
- Salt

Preparation of the dough:

Put the sifted flour in a bowl.

Add the rest of the ingredients and knead. The dough should not be sticky.

Form a ball, cover the bowl and let the dough double in volume.

After the dough has grown, flour the work surface and place the dough there.

Roll out the dough with your hands and use a disc to make dough pieces.

Put a lightly floured cloth in the couscoussier basket.

Place the dough pieces and cover with the cloth (this prevents the bread from getting wet).

Cover the couscoussier and leave the doughs for about 10 minutes then steam them for about 20 to 25 minutes.

Ingredients for Al Marga Mafé sauce:

- Meat (large pieces)
- Oil (it's up to you to decide how much you want)
- 1 onion
- 1 tablespoon of concentrated tomato
- 1 tablespoon of date paste (7 to 8 dates)
- 1 tablespoon roasted onion powder
- 1 teaspoon cinnamon powder
- 1 teaspoon cumin powder
- 1 teaspoon green anise powder
- 1 small handful of Kabé, (see Editor's Note)
- Salt pepper
- 1 to 1.5L of water

Preparation of the sauce

Put the oil in the pot and heat it slightly.

Add all the ingredients except the water and the date.

Mix everything then cover and cook for 3 to 5 min over medium heat (until the meat is well soaked with all the spices).

Meanwhile, dissolve the date paste in the water.

After 5 minutes, add the juice to the preparation.

Cover and cook until the meat is tender.

At the end of cooking, the sauce should have a nice smooth texture.

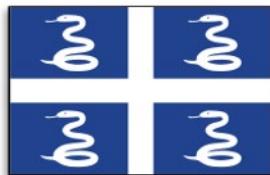
Diadie Samassekou

Le Club Rotary Bamako Avenir, District 9101

Editor's note: Kabé is a local plant used for seasoning, sources from the web suggest bay leaves can be used instead

A couscoussier is a traditional double-chambered food pot. It is typically made of two interlocking pots, made of either the traditional ceramic, or metal (steel, aluminum, or copper). Any steamer could be used instead.

Martinique



Chicken in Coconut Milk

Ingredients

- Peanut oil - 3 Tablespoons (any similar oil could be used if Peanut oil is not available)
- Chicken breasts – 4
- Onions – 2 onions chopped finely
- Garlic – 2 cloves crushed
- Red chili pepper – 1 finely chopped
- Coconut Milk – 475ml
- Saffron – just a few strands
- Salt & Pepper – season to personal taste
- Parsley – 2 tablespoons



Instructions

Heat peanut oil in a large pan and add chicken pieces when oil is hot. Fry gently over moderate heat until chicken is golden brown. Turn chicken to ensure the chicken is sealed on all sides. Remove chicken & set aside.

Add onions, garlic & chili pepper to the pan & fry gently until each is soft. Onions should become translucent but remove from heat before they are brown.

Return chicken to the pan and pour in the coconut milk. Sprinkle with the saffron strands and season with salt & pepper to personal taste. Stir well & simmer gently for 30-40 min till the chicken is cooked and tender. The sauce will also have thickened and reduced.

Serve immediately with boiled rice, spoon a ladle of sauce over both chicken and rice, then sprinkle with the chopped fresh parsley.

*Donated by Graham Ferguson,
eClub of Innovation*

Mauritius



Chicken and Prawn Curry

Born on the island of Mauritius and residing in the east coast tropical City of Durban, South Africa curry features frequently on our dinner menus at home. This is my version of a Mauritian chicken and prawn curry. I love the coconut milk flavor and combination of spices.

Ingredients

- 1 kg skinless, boneless chicken thighs
- 500 g shelled raw prawns (leave the tails on)
- 1 T coconut oil
- 4 T curry powder
- 1 tsp turmeric
- 2 tsp finely chopped garlic
- 2 tsp finely chopped ginger
- 5 sprigs thyme
- 5 sprigs parsley
- 32 sprigs coriander (keep 16 for the garnish)
- 10 curry leaves
- 4 ripe tomatoes or 1 can tinned tomatoes, diced
- 1 large onion
- 200 ml coconut milk
- salt and pepper



Method:

Add the chicken thighs, curry powder and turmeric to a large glass or ceramic dish. Chop the half the coriander, all the thyme and all the parsley.

Add the curry leaves and chopped herbs to the chicken with half the oil, the chopped garlic and ginger, salt and pepper. Marinate for 30 minutes.

Peel the onion, slice it finely and fry in remaining oil until golden. Add chicken and brown for 3 to 4 minutes.

Add the diced tomatoes to the chicken. Cover and simmer for 15 minutes on a low heat until the sauce thickens. If necessary, add a little water.

Add the prawns and coconut milk and cook for a further 5 minutes until the sauce thickens.

Garnish the curry with the remaining coriander sprigs.
Check the seasoning and serve hot with cauliflower rice and roasted tomato chutney, vegetable achards, sliced cucumber and freshly grated coconut and tamarind chutney and chopped green chili.

Serves 8 - Bon appetit!

*Donated by Monique Labat
Rotary eClub of South Africa One*

Editor's Note: Achards are pickled vegetables.

Monique's own cookbook Facebook Foodie: Recipes of the Liked and Shared can be purchased from Amazon (it includes the recipes for tomato and tamarind chutney), and you can follow her culinary expertise on her [web site](#).

Mayotte



Mabawa

Chicken wings

According to Azusa, author of [ndish.com](#), a national delicacy in Mayotte is Mabawa or chicken wings.

If you need a recipe for chicken wings, we suggest you choose from the 1374 available on [Cookpad](#).

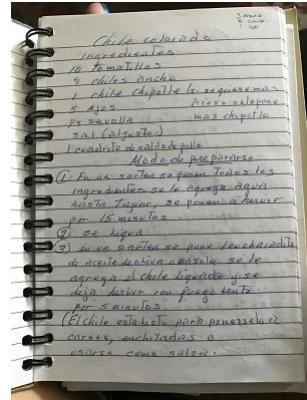
Mexico



Raquel Barrientos's Chili

Ingredients

- 10 Tomatillos
- 4 Chili anchos
- 1 Chili chipotle
- 5 Garlic teeth's
- ¼ onion
- Salt to taste



Put all the ingredients in a pot with water to boiling for 15 minutes.

Using your blender, put all the ingredients and blend until smooth.

In another pan, add one teaspoon of oil and pour the blend mix and with a gentle fire cook for five minutes.

The Chile is ready to be used for enchiladas or in a stew with potatoes with meat or as a salsa with chips!

*Given by Margie Macdonald to Cindy Bezant Titus,
RC Halifax Harbourside*

Roll Out the Barrel Trust

Roll Out the Barrel provide roll- along water barrels to people, especially young children, in developing countries who otherwise would be carrying water, sometimes many miles in searing temperatures or through muddy fields. This prevents problems associated with water collection including physical deformity and compressed organs and frees up time and energy for other tasks, as well as making an onerous chore less burdensome. [Find out more about their work.](#)

Editor's Note: The tomatillo, also known as the Mexican husk tomato, is a plant of the nightshade family bearing small, spherical and green or green-purple fruit of the same name. Tomatillos originated in Mexico and were cultivated in the pre-Columbian era. [Wikipedia](#)

Monaco



Chicken A La Monaco

Ingredients

- 3 whole chicken breasts (about 3 lbs) halved, boned
- 2 tablespoons butter or margarine
- Dash salt
- Dash freshly ground pepper
- 3/4 lb. fresh mushrooms
- 1 tablespoon butter or margarine
- Dash salt
- 1 teaspoon dried basil leaves
- 1 to 3 tablespoons dry sherry, optional
- 1 cup whipping cream
- Parsley

Method

Wash chicken, pat dry. Heat butter in heavy skillet. Sauté chicken breasts on both sides until browned. Cover. Reduce heat and simmer for about 20 minutes, turning once.

Meanwhile, rinse and trim mushrooms. Slice. Heat butter in heavy skillet or saucepan. Add mushrooms, sauté for a few minutes. Reduce heat and add salt, basil and sherry, if used. Simmer for a few minutes.

Add cream. Continue simmering until sauce is reduced and thickened. Remove chicken from skillet onto warm serving plate. Spoon sauce over chicken. Sprinkle with parsley. Serve immediately

Donated by Marleina Broadhurst

Morocco



Meat and Potato Tagine

Ingredients

- 500 g stewing lamb or goat
- 1 tsp ground ginger
- Pinch of saffron threads, soaked in little boiling water
- 1tsp mild sweet paprika
- 1tsp cumin
- 2 grated medium onions
- 1 medium sized pickled/preserved lemon
- 300ml lamb stock
- 700g small potatoes (new are best and make sure they will stay firm when they are cooked, you can use them peeled or not as to your preference)
- Small handful mixed parsley and coriander chopped
- 10 or more olives, black or green to taste

Cut the meat into large chunks. Put into a heavy pan with ginger, saffron, paprika, cumin and onions. Cover with boiling stock (you may need more depending on the pan size). Take the pips out of the lemon and cut into small pieces and add. Heat to simmer and cook slowly for at least an hour, probably a bit longer, until the meat is almost tender.

Cut the potatoes into 1 inch dice. Add to the stew. Cook until the veg is ready (probably 20-25 minutes). If you can leave the stew to cool do so, the flavor improves with reheating.

Before serving add handful of mixed parsley /coriander and olives and heat through. Serve with couscous or hot bread.

Note: preserved lemons have a different flavor from ordinary lemons I am not sure how a substitution would work. You can use little white turnips instead of potatoes. If so, cook the meat for slightly longer before adding the turnips as they cook more quickly.

*Donated by C Dobson
Rotary eClub of Innovation*

Mozambique



PiriPiri Seasoning

Ingredients

- 4 bird eye peppers, crushed or 2 heaping tsp cayenne
- ¼ tsp salt
- juice of 2 medium-size lemons
- 2 cloves garlic crushed
- 6 sprigs parsley chopped
- 1 cup butter or oil
- Meat or fish of your choice

To use as a marinade, combine all the ingredients except the fat.

Coat whatever you are cooking in the marinade and cover.

Rest at room temperature for a couple of hours or refrigerate if not using until the next day.

To make a sauce for basting, combine everything, including the fat.

You can also use the mixture as a sauce if you heat it through, the original version can be found here inspired by [Recipes Wiki](#).

*Donated by Caroline Dobson
Rotary eClub of Innovation*

Nauru



Spam Fried Rice

Ingredients

- 2 tablespoons peanut or vegetable oil, divided
- 2 large eggs, beaten
- 2 cloves garlic, minced
- 6 ounces Spam, diced
- 8 ounces sliced water chestnuts (drained)
- 8 ounces sliced bamboo shoots (drained)
- 1/2 cup frozen peas
- 1/2 cup frozen diced carrots
- 3 cups cooked rice
- 1 1/2 tablespoons soy sauce
- 1/4 teaspoon sesame oil
- 1/4 teaspoon white pepper
- 2 green onions, sliced

Method

Heat 1 tablespoon oil in a large - deep skillet or wok over low heat. Add eggs and scramble until cooked through, about 2-3 minutes but no more. Eggs should be in small pieces. Remove and set aside.

Heat remaining 1 tablespoon oil in the skillet or wok over medium high heat. Add garlic and Spam, and cook, stirring often, until light golden brown, about 3-4 minutes. Add bamboo shoots, water chestnuts, peas and carrots. Cook, stirring constantly, until vegetables are tender, about 1-2 minutes.

Add rice and gently toss breaking up clumps to combine.

Add soy sauce, sesame oil and white pepper. Cook, stirring constantly, until heated through, about 1-2 minutes.

Stir in green onions and eggs.

Serve immediately,

*Donated by Jack Davis
Rotary Club of Morton, Illinois USA*

New Caledonia



Deer Carpaccio.

Ingredients

- 1 kilo of deer meat, top quality
- 25 cl of Soyo (soy sauce)
- 20 cl olive oil
- 10 cl lemon juice
- 1 good tablespoon ketchup
- 1 tablespoon mustard
- A Japanese mustard nut (wasabi)
- A bunch of green onions
- A bunch of Chinese parsley (flat parsley)



Method

Step 1: Cut the deer meat into thin slices, then into thin strips not too long.

Step 2: Make the marinade. Whisk the mustards with the ketchup, lemon juice, soy sauce and olive oil. The marinade is ready.

Step 3: Cut up the Chinese parsley and green onion.

Step 4: Place the marinade and the thinly sliced venison in a salad bowl.

Step 5: Stir gently

Step 6: Sprinkle your salad bowl with the parsley and green onion herbs.

Step 7: Place in the refrigerator and marinate for about 4 to 5 hours.

Bon appétit

The recipes vary a little from restaurant to restaurant. I had one for lunch yesterday. Delicious. Deer is eaten a lot in Caledonia in all its forms, both in delicatessen: sausage, terrine. But also as all main courses.

Donated by Maria Blanchard

New Caledonia

Nicaragua



Vigorón

Ingredients

- 4 lbs of chicharron de cerdo, which is a type of fried pork rind or pork crackling. Nicaraguans in a hurry purchase this ready-made at the local market, but you can of course make your own as well. Simply cook pork rind on low heat in a pot without adding any grease. The pork will gradually release its own grease during the cooking process. Let the pork cook until it's brown and crunchy; this will normally take around three hours since the heat is so low. Cut the pork into small pieces before serving it or using it to make vigorón.
- 4 lbs of cassava / yucca
- 1 head of garlic
- Salt to taste
- Oregano to taste
- 1 rolls of fresh cilantro (if you like Cilantro you should use 3 rolls instead of 1. If you dislike cilantro you can ignore it completely.)
- 3 lbs of ripe tomatoes
- ½ lbs of onion
- 1 red pepper
- 15 limes for juice + 5 limes for slices
- 1 teaspoon of sugar
- Salt and cumin to taste
- 4 lbs of cabbage
- 10 tropical almond tree leaves to serve on

How to make vigorón

Peal the cassava and cut it into 2-inch-long pieces.

Place the cassava in a pot and fill up with water until the water is 1 inch above the cassava.

Boil the cassava. When it starts getting soft, add a whole head of garlic, salt and oregano.

When the cassava is soft, drain the water and leave the cassava to cool down.

Chop cilantro, tomatoes, onion and red pepper into thin pieces. Place in a bowl and mix them together.

Squeeze 15 limes and save the juice.

Mix the juice with the sugar and pour into the bowl.

Add salt, pepper and cumin to taste.

Chop the cabbage.

Slice the 5 remaining limes.

Place each tropical almond tree leaf on a plate.

On each leaf, place an ample amount of chopped cabbage before adding three pieces of cassava, two pieces of chicharrón and four tablespoons of the vegetable mix.

Serve the vigorón with slices of lime that each person squeezes over his or her own dish.

A plate isn't really necessary; you can eat vigorón by placing the leaf in one hand and scoping up the ingredients with the other. If you can't find Indian almond leaves, banana leaves will work just as well.

Donated by Alinna Grajales

Panama

Norway



Reindeer Stew

Ingredients

- 500g of thinly sliced frozen reindeer meat (The better the reindeer meat the better the stew)
- 100g of salted butter
- 2 chopped onions
- 100g of chopped mushrooms
- 2 teaspoons of Soy sauce or Worcester sauce (depending on your own preference)
- Splash of cream
- Lingonberries or Lingonberry jam – failing that any red jam in an emergency!
- Salt and pepper to taste
- And to make it Norwegian (as opposed to Scandinavian) 50 to 100g of Gudbrandsdalsost



Gudbrandsdalsost is brown Norwegian Goats “cheese” or brunost – or to be honest ‘near cheese’. According to Wikipedia the main ingredient, whey, is a by-product of the cheese making process, it is what is left when the cheese is removed from the milk. Therefore, brunost is not technically cheese, and it does not taste like cheese. In Norway everyone likes it and I bring some home to the UK every time as both my wife and me are now addicted to it. + Potatoes, milk and butter to make mashed potatoes.

Method

Heat a frying pan until hot, melt the butter until brown. I add salt and pepper to the butter before adding the onions and a couple of minutes later the reindeer pieces. Fry the pieces until they are brown with a butter crust. Add the mushrooms until they are also golden. Add your chosen sauce and most of the lingonberries (if you have them) and stir for 2 minutes. If relying on jam (as I was this time) skip to adding the cream and Gudbrandsdalsost. Keep stirring to avoid it catching when it thickens. Serve on mashed potatoes and dress with the remaining lingonberries, or jam if that is all you have.

*Donated by Graham Ferguson:
Rotary eClub of Innovation*

Palestine



Chicken Kabsa

Ingredients

- 1 chicken with skin on cut into 4-8 pieces.
- 3 cups of long grain or Basmati rice
- 2 onions finely chopped
- 2 tomatoes blended with skin
- 1 tsp of tomato paste
- 1 tsp garlic paste
- 1 tsp ginger paste
- 1 grated medium sized carrot
- 1 tsp of coriander powder
- 1/2 tsp of cumin powder
- 1/2 tsp garam masala
- 1/4 tsp black pepper powder
- 1/2 tsp of red chili powder (or to taste)
- half a lemon cut in thick slices
- 2 cinnamon sticks
- 3 cardamom pods
- 5 cloves handful of raisins (for garnishing)
- handful of pine nuts (for garnishing)
- a cup of oil
- 4 cups of water (+additional)



Method

You will need to use a large pot that can accommodate the chicken pieces well.

Start by heating the oil in the pan.

Add the whole spices (cinnamon, cardamom, black pepper and cloves) and let them splutter before you add the onions. Fry the onions on medium high till they are golden.

Add the ginger and garlic paste and fry a little before you add the tomatoes, tomato paste and the powdered spices. Keep stirring and fry till the tomatoes are all mushy and the oil starts to separate.

Add the chicken pieces and some salt.

Sauté the chicken on high heat till the oil separates again.

Add 4 cups of water and reduce heat when it starts to simmer and let this cook till the chicken pieces are tender. Usually, it takes about 15-20 minutes on medium low heat. Wash and soak the rice while the chicken cooks.

Once the chicken is done, with a slotted spoon remove the chicken pieces on to a dish and cover with foil. Measure the broth. For every cup of rice that you are using, you will need one and a half cup of liquid. If the broth is not enough then you can add some water to make it equal to what you need.

Start the heat again. Add the grated carrots and sliced lemon to the broth. When the water starts to boil, add the drained rice to it. Check and adjust the salt.

Let it cook on medium high till the water reduces and it becomes difficult to stir. If you want the chicken in the rice, then now is the time to add them.

Remove the skin first and then drop them in to the rice and stir it. Close the lid tightly, reduce the heat to the lowest and let it steam for 15-20 minutes. If you are not adding the chicken to the rice but would like it grilled or fried, then you can proceed to steaming without the chicken.

To grill the chicken, just brush it with oil and place it in the oven for 5- 10 minutes. You can fry in hot oil to get a golden crispy texture to it too.

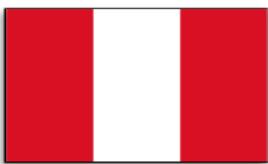
Once the rice is cooked, slowly tilt the lid slightly to let the steam escape. (Be careful the steam will escape fast!) You can fry the raisins and pine nuts in a little butter and oil in the meanwhile and pour this on the rice for garnishing.

After the steam escapes, serve the rice with the chicken

Please Note: The chicken will be cooked with the skin on to keep it moist. You can remove the skin before steaming with the rice. If you choose to grill or fry the chicken pieces, then the skin helps give it a crispy outer layer. You can wash and make slits in the chicken beforehand. Rub in a little salt and garlic-ginger paste too. This helps the chicken absorb the juices well.

Donated by Marleina Broadhurst

Peru



Aji de Gallina

Ingredients

- 1 Chicken breast
- 1 onion
- 100 grams of Parmesan cheese
- 1 Can of evaporated milk
- 3 yellow chili peppers
- 6 slices of bread
- 4 cloves of garlic
- 3 eggs
- 3 yellow potatoes (preferably yellow but can use what you have.)
- Black pepper and cumin to taste
- Pecans to taste
- Salt to taste

Preparation

Boil the chicken breast, let it cool, and shred the meat. Keep the chicken broth to soak the slices of bread and blend to make a dough mixture. Set to the side.

Separately, boil the eggs and the potatoes and set to the side. Carefully clean the yellow peppers (de-vein the peppers if you wish not to make it too spicy. If desired, peppers can be boiled before to decrease spiciness). Cut peppers into strips. Blend the peppers with the evaporated milk and chicken broth. Chop the onion and sauté in a pan with garlic. When the onion changes color, add the chili pepper mixture. Add the shredded chicken and the bread dough and mix. When the mixture looks like it has acquired a gravy consistency, add the pecans and season with salt, cumin and black pepper to taste. Finally, add the parmesan cheese and stir for a couple minutes. It is now ready. Serve with the boiled egg and boiled potatoes in slices.

***Optional:** plate can be also served with white rice on the side. Ají is the chili pepper that is used in Peru and is the key to their traditional cuisine.

*Sandra Meza Parra
Rotary Club San Isidro Este, Lima, Peru*

Philippines



Humba

Ingredients

- 2 lbs pork belly
- 1 cup Pineapple juice
- 1 large onion diced
- 5 cloves garlic minced
- 2 tablespoons salted black beans
- 2 tablespoons soy sauce
- 2 tablespoons vinegar
- 2 ½ tablespoons brown sugar
- ½ cup dried banana blossoms
- 2 bay leaves
- 1 teaspoon whole peppercorn

Method

Brown the pork belly in a container that will take all the ingredients. Add the onions and garlic and cook until the onions are soft. Add soy sauce, peppercorns and bay leaves, then the pineapple juice. Bring to the boil, reduce the heat and simmer until the pork is tender, you may need to add more water.

Once the meat is tender, add the vinegar and bring back to the boil. Simmer for 3 minutes before adding black beans and sugar then simmer five minutes more. Lastly add the dried banana blossoms and simmer for 5 to 8 minutes

Transfer to a serving plate and serve. Share and enjoy!

Donated by Mary Angela D. Moore,

Note: the original version of this recipe was published by Vanjo Merano. You can find that version and lots of other great Filipino food [here](#)

Reunion Island



Curry wasps

Polistes olivaceus is a wasp native to the savannah of the western flanks of the island of Reunion. It is also caught in populated areas and is eaten fried or curry.

Ingredients

- 400 gr of wasp larvae
- 4 onions
- 4 cloves of garlic
- 1 pepper
- 3 small tomatoes
- 1 small piece of ginger
- Salt & oil.

Method

Bring water to a boil. Remove the larvae from their cells. Immerse the larvae for two to three minutes in boiling water, remove and drain.

Slice the onions.

Stack together garlic, chili, ginger and salt. Crush.

Cut the tomatoes into small pieces.

In a pot, fry the onions with a little oil. Add your crushed mixture, the tomato bits, and the wasp larvae. Simmer 8 to 10 minutes, stirring regularly.

Serve hot with Rice and Rougail

Ingredients for 4 persons.

Donated by Luis Vieira

Editor's Note: Rougali is a Reunion sausage stew. A recipe can be found [here](#).

Romania



Sarmale

(Minced meat wrapped in cabbage)

Sarmale is enjoyed year-round in Romania, but especially for holidays like Christmas and Easter. Stuffed cabbage is a traditional dish not only in Romania but across all of Eastern Europe.

Ingredients

For the Cabbage:

- 1 whole head cabbage (about 4 pounds)

For the Filling:

- 6 tablespoons olive oil
- 1 medium onion (finely chopped)
- 2 garlic cloves (minced)
- 2 1/2 tablespoons raw rice
- 1/4 cup hot water
- 1 1/2 pounds lean ground pork
- 1 slice crustless white bread
- 2 tablespoons fresh dill (chopped)
- 1 teaspoon thyme
- 2 teaspoons salt
- 1 teaspoon black pepper
- Optional: 1 teaspoon crushed red pepper
- 2 tablespoons water
- For the Cooking Liquid:
 - 1 cup sauerkraut juice (reserved from drained sauerkraut)
 - 3 cups water
 - 1 tablespoon Vegeta (see note)
 - 10 black peppercorns
 - 4 bay leaves

For the Dutch Oven (casserole dish)

- 3 cups sauerkraut (drained, rinsed, and squeezed dry; reserve 1 cup juice for cooking liquid)
- 6 strips bacon
- 6 fresh dill sprigs
- 2 pounds tomatoes (fresh or canned, sliced)

Prepare the Cabbage

Remove core from cabbage, leaving the head in one piece. Place whole head in a large pot filled with boiling, salted water. Cover and cook 3 minutes, or until softened enough to pull off individual leaves. You will need about 20 leaves. When leaves are cool enough to handle, use a paring knife to cut away the thick center stem from each leaf, without cutting all the way through. Chop any remaining cabbage and set aside to be used in the Dutch oven.

Make the Filling

In a large skillet, sauté chopped onion, garlic, and rice in 1 tablespoon of the olive oil, stirring frequently, until onion is translucent. Add 1/4 cup hot water, bring to a boil, reduce heat, and simmer 10 minutes. Remove from heat, cover, and let stand 5 minutes or until the rice has absorbed all the water. Let cool.

Place pork in a large bowl. Quickly dip bread in water, squeeze to remove excess water and add to the meat along with cooled onion-garlic-rice mixture, combining thoroughly. Add dill, thyme, salt, black pepper, optional red pepper, and 2 tablespoons water. Mix completely but lightly so as not to toughen the meat. Prepare the cooking liquid in a medium bowl by mixing sauerkraut juice with 3 cups water, Vegeta, peppercorns, and bay leaves, and set aside.

Assemble the Rolls

Place about 1/2 cup of meat mixture on each cabbage leaf. Flip the right side of the leaf to the middle, then flip the left side to the middle. You will have something that looks like an envelope.

Roll away from you to encase the meat and create a neat little roll.

Prepare the Dutch Oven

Using 2 tablespoons of the remaining olive oil, coat a large, lidded Dutch oven or casserole dish. Mix reserved chopped cabbage with sauerkraut and place some in the bottom of the prepared Dutch oven.

Place 3 strips bacon across sauerkraut and cover with a layer of stuffed cabbages. Add another layer of sauerkraut, bacon strips, and stuffed cabbage. Then top with remaining sauerkraut. Spread dill sprigs on top and sprinkle with the remaining 3 tablespoons olive oil. Pour sauerkraut juice-water mixture over all

Heat oven to 375 F. Place Dutch oven over high heat on the stovetop and bring to a boil. Lower heat to medium-low, cover and simmer about 20 minutes.

Transfer to oven and cook 1 1/2 hours. Then add sliced tomatoes, cover and cook another 45 minutes. Remove lid and continue cooking another 15 minutes.

When ready to serve, remove bay leaves, and accompany sarmale with boiled potatoes, pasta or mamaliga (*see note*)

Donated by Stefan Dumitru, Romania

Editor's Note: **Vegeta** is a condiment which is a mixture primarily of salt with flavor enhancers, spices and various vegetables developed in 1959 by a Croat scientist, Zlata Bartl, and has become a product sold worldwide. Source: Wikipedia

Mămăligă is a porridge made out of yellow maize flour (source Wikipedia). There are many recipes for it on the web.

Russia



Pork with Apricots

(From Restaurant "Neva" in Stavropol)

Ingredients

- 8 medium pork chops
- 1/3 cup flour
- 1 tbsp. sugar
- 1 tbsp. butter
- 1 tbsp. sunflower (vegetable) oil
- 1 can apricots
- 1 inch ginger root (or 1 tsp powdered ginger). Grate it or cut fine.
- 1 tbsp. ketchup
- 5 tbsp. half-and-half milk
- Salt per taste

Preparation:

Warm up the skillet with butter and oil. Roll pieces of pork in flour. Fry meat approximately 5 minutes on each side (put the cover on the skillet when you turn the pieces over). Take the meat out of the skillet and put them in another dish on the warmer. Open the can of apricots, take them out without juice (save it for later usage) and put them on the skillet without meat. Put the sugar on them and fry 4-5 minutes. Then add 6 Tbsp. juice from the can (I dump all of it). Then add ginger root and cook 5 minutes.

Mix half-and-half milk with ketchup and add into the mix in skillet. Cook 5 more minutes. Pour the mix over the meat, let it sit several minutes, serve with rice.

Note: I changed the preparation here. Fry pork chops in the skillet, then put meat in slow cooker add 1 cup water. Then fry all the ingredients, add in slow cooker and stew everything for 2-3 hours, they become very tender.

*Donated by Elvira Gray
Stavropol, Russia*

St Kitts and Nevis



Island-style drunk-grilled-chicken

Ingredients

- Chicken
- 2 scallions or 4 spring onions
- 2 tablespoon soy sauce
- 15g chopped parsley
- 10 sprigs thyme
- 1/4 teaspoon black pepper
- 1/4 teaspoon allspice
- 1 lime
- 1 orange (or 2 small oranges)
- 330ml beer (any will do)
- 70ml rum (dark or 'island spiced golden' rum is best)
- 1 heaped tablespoon brown sugar
- 1 teaspoon grated ginger
- 1 hot chili pepper



Alternatives

I use a medium spatchcock prepared chicken cut into quarter portions, you can use whole small chickens. The above ingredients are sufficient to marinade some chicken pieces at the same time to create some kebabs that cook much faster than the quarters and can be used to feed people if they get impatient – *do not serve undercooked chickens.*

Chop the scallions, parsley and scotch bonnet into smallish pieces. I first cut out the seeds from the pepper and throw them away because my wife does not do "hot", but I would leave them in if the choice was mine. Wash your hands immediately after chopping the pepper with soap and water.

Grate the ginger, juice the orange and lime. Add all the ingredients in a bowl and mix well.

Trim the excess fat and skin (*as well as the wing tips*) off the chicken. Some people wash the chicken and pat it dry but given all the scare stories I have seen about washing uncooked chicken I just use it from the tray.

As I am using a spatchcock chicken I use a deep dish, covered with plastic wrap, to marinate the chicken. You can use a strong zipper bag if doing whole chicken. Pour the marinade over the chicken/s and massage. Allow to marinate in the fridge overnight. If you are in a hurry, it should be allowed to marinate for at least a couple of hours.

Feel free to make deep cuts in the thickest parts of the chicken to allow the marinade to seep into the chicken.

Grill on a low heat to cook all the way through, basting with the marinade frequently and turning the chicken every 20 to 25 minutes. I have a Patio Gas (Propane) barbecue and for a spatchcock chicken it takes about 75 minutes at the lowest heat setting. A small chicken will take about 2 hours.

Chicken on a barbecue should be cooked slowly and at low heat away from flames, so I prefer to use a gas grill as the temperature remains consistent and you can start grilling soon after lighting the grill. One "cheat" to consider, especially on a charcoal grill, is to start cooking the chicken in foil trays on the barbecue to avoid scorching the pieces and spread the heat, switching to turning the chicken every few minutes directly on the grill. Whatever grill you use it is important to keep basting the chicken with the marinade.

Serve immediately it is ready with a green salad and other items to preference.



*Donated by Graham Ferguson
Rotary eClub of Innovation*

Editor's note: To spatchcock a chicken, or butterfly it, is to remove the backbone, thus allowing it to be completely opened out and flattened. Doing this reduces the cooking time significantly and allows the whole bird to be cooked in different, speedier ways, such as grilling or pan frying.

St. Lucia



Petit Piton

Ingredients

- 250g. minced meat (any will do, I used beef)
- ½ bulb of crushed garlic
- 4 chopped onions
- 125g mixed vegetables – you can use whatever you have. For this recipe I used okra
- 125g celery and fresh parsley
- 4 small finely diced potatoes
- 1 tablespoon celery salt
- 1 tablespoon marjoram
- 50g butter
- Olive Oil
- Salt and pepper to personal taste
- 1 Lemon or Lime

Optional – many recipes for Petit Piton add fennel seeds, but I do not like fennel, so I do not.

Optional – two large splashes of Worcester sauce or Caribbean pepper sauce. I use Worcester sauce as I think the pepper sauce overpowers the herbs.

This is an island stir-fry of any leftovers you have, so feel free to use any vegetables you have, but it always seems to have celery when I have had it.

Heat the butter and olive oil in a large frying pan until sizzling. Add crushed garlic and the onions and cook for a few minutes until the onions are soft.

Then add the minced meat and keep turning until it is all browned.

Add marjoram, celery salt, 2 splashes of chosen sauce and then add the diced potatoes.

Cook until the potatoes are soft and then add your other vegetables in the order needed for them to be ready together. In this case I added the okra before the celery as I like the celery to still be crisp when served.

Cook until the vegetables are how you like them.

Before serving squeeze half a lemon or lime into the dish and use the rest to make wedges to use as a garnish.

Serve on its own, or with rice or Caribbean bread, or with my favorite a drink of Rum.

*Donated by Graham Ferguson-
eClub of Innovation*



Serbia



Serbian Musaka

Ingredients

Zucchini, cabbage and minced beef. All organic!

Method

In a large skillet add olive oil at medium heat and finely chopped spring onions (3-4). Add the beef (cc 300 gr, minced) and cook until softened.

Add a large-cut cabbage leaf. Simmer shortly until the cabbage falls.

Mix all with 3 zucchinis finely chopped, add salt and pepper to taste. Distribute everything in a buttered casserole.

Whisk eggs with milk (4 eggs + 2 dl of milk) and distribute evenly over the mix.

Bake in preheated oven (cc half an hour at 200 degrees).

Serve warm with plenty of heavy goat yogurt and fresh olive bread.

Bonne appetite!

From Ivana Zdravkovic:

Rotary Club Beograd Metropolitan

Singapore



Sweet and Sour Pork

Ingredients

Meat:

- 1+1/4 lbs. pork loin, cubed
- Marinate and knead this in:
 - ½ teaspoon salt ½ teaspoon soda bicarbonate 1 tsp. Sugar 2 tablespoons of water
- I usually leave it in the marinade all night, but it can be marinated for only an hour or two.
- After marinading,
dip in beaten egg then dredge in
- ½ lb. corn flour
- VEGETABLES
- 2 tomatoes, quartered,
- 1 cucumber deseeded and cut into chunks like quartered tomatoes,
- 2 chilies seeded or 2 red paprika, cut into pieces,
- 1 onion quartered,

Method

Shake off excess corn flour, then deep fry the pork until it is golden brown. Remove to warm dish and pour off the oil from the frying pan. Add to the frying pan, 1 +1/2 tbsps. oil and stir fry the vegetables over a hot fire for a minute. Remove to warm dish. Reheat the pan, add the gravy ingredients and bring to the boil. Stir in 2 tbsp. Corn flour mixed with 6 tbsp. Water. When boiling add 2+1/2 tbsp. oil, then add the vegetables and pork and serve immediately.

Donated by Ardyn Scott Brown, Inverness

Editor's Note: This recipe was given to the donor by the mother of Lee Kuan Yew, First President of Singapore.

Gravy:

- 2+1/4 tsp. Salt
- 9 dessertspoons sugar
- 1 tsp. Sesame oil
- 8 dessertspoons tomato ketchup
- ½ dessertspoon Lea and Perrins Worcestershire Sauce
- 1 dessertspoon Chili sauce
- 3 dessertspoons vinegar
- 10 oz. water
- 4 tbs Oil
- 2 tbs corn flour

Slovenia



Dolmas

Dolmas, or stuffed vegetables, is maybe the most recognizable dish from the Balkans. Ground beef is mixed with onions, garlic plus spices, and used as a filling for several veggies (zucchini, onions, tomatoes, peppers and Swiss chard), all finally baked it in a tomato based sauce.

Prep Time: 30 mins

Cook Time: 70 mins

Total Time: 1 hour 40 mins

Yield: 6

Ingredients



Vegetables:

- 3 tomatoes (medium)
- 2 zucchini (medium, quartered)
- 4 bell peppers (smaller)
- 4 yellow onions (small to medium)
- 7 kale or swiss chard leaves

Filling:

- 15 ounces ground beef
- 1 yellow onion
- 2 garlic cloves
- 3.5 ounces rice (round grain)
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 1.7 ounces milk

Sauce:

- 28 ounces water
- 1.5 teaspoons paprika
- 1.5 teaspoon salt
- 7 ounces tomato sauce
- 1 teaspoon sugar
- 3.5 ounces butter
- 1–2 tablespoons parsley

Instructions

- Wash and deseed all vegetables. Make small cups out of each except for the onions and the chard.
- In a larger bowl, combine all filling ingredients, and mix with your hands until incorporated.
- Bring water to boil in a small pot and add onions. Boil for 5 minutes and take out. Dip chard into boiling water for 30 seconds and take out. Cool onion and press lightly in the middle until it falls out and you're left with a few outside circles.
- In a large pot, place all sauce ingredients. Bring to boil and turn off.
- Stuff all vegetables with the filling. Stuff chard as you would stuff cabbage leaves by placing a small amount of meat in the middle, folding the sides in and toward yourself. Place in a deep pan and pour in the sauce Heat oven to 395°F.
- Cover pan, place in the oven and bake for 1 hour. Take the lid off and bake another 10 minutes.

Aida Ibisevic, author, [The Balkan Lunchbox](#), gave us permission to use any of her recipes for the Balkan countries. It was a very difficult choice to make amongst so many wonderful dishes. I really recommend you read her Potato Soup (Krompir Supa) recipe for the description of living in a war zone as well as the recipe itself. This recipe is only a token of the wonderful food from the Balkans that can be found in her website.

South Africa



Bobotie

Two Versions

"Bobotie from Empangeni"

Our daughter went on Long Term Rotary Youth Exchange to Brazil in 1996 and the attached South African recipe proved very popular. She was invited to many homes to prepare this dish!

Ingredients

- 2 medium sized onions – chopped
- 2 Tablespoons butter/fat
- 1 Tablespoon curry powder
- 1 teaspoon salt
- 1 Tablespoon sugar
- 1 Tablespoon vinegar
- 1 kg beef mince
- 1 thick slice of bread
- 300ml milk
- 2 eggs

Method:

Fry onions in butter.

Mix curry powder, sugar and salt together and sprinkle over onions. Add vinegar and meat then mix well together.

Soak bread in the milk, and then drain off the milk. Mash the bread with a fork and add it to the meat mixture, together with 1 beaten egg.

Spoon into buttered pie-dish.

Add sufficient milk to the drained milk to make up to 170ml.

Beat the remaining egg and mix it with the milk.
Season with salt and pepper and pour this over the meat mixture in the pie-dish.



Dot with small pieces of butter over the top. Stand pie-dish in another pan of water. Bake gently for 30 to 40 minutes at 350°F/180°C

*Donated by Denise Brook
Rotary Club of Empangeni*

"Bobotie"

Ingredients

- 1 fairly thick slice crustless bread (white or brown)
- 375 ml milk
- 25 ml oil
- 10ml butter
- 2 onions, sliced
- 2 cloves garlic, crushed
- 25 ml curry powder
- 10ml salt
- 25ml chutney
- 15ml smooth apricot jam
- 15ml Worcester sauce
- 5ml turmeric
- 25ml brown vinegar (Malt)
- 1 kg raw mince (ground beef)
- 100 ml sultanas (don't replace with raisins – they are too sweet; sultanas are much better for this recipe)
- 3 eggs
- Pinch each salt and turmeric
- Bay leaves

How to cook

- Soak bread in milk. Heat oil and butter in large pan and fry onions and garlic.
- When onions are soft, add curry powder, salt, chutney, jam, Worcester sauce, turmeric and vinegar and mix well.
- Drain and mash bread and reserve milk. Add bread to pan together with mince and sultanas.
- Cook over low heat, stirring, and when meat loses its pinkness, remove from stove. Add 1 beaten egg, mix well, then spoon into a greased, 28 x 16 cm baking dish and level the top.
- Beat remaining eggs with reserved milk (you should have 300ml, or a little more) and the salt and turmeric.
- Pour over meat mixture and put a few bay leaves on top. Stand dish in a larger pan of water (this is important to prevent drying out) and bake, uncovered, at 180 degrees Celsius for 1 hour or until set.
- Serve with rice, coconut, chutney, nuts and bananas.

*Donated by Marlise Cairnes
South Africa*

Peanut Butter Chicken

Ingredients

- 8 deskinned chicken pieces
- 1 onion fine
- 1 clove garlic fine
- 30 g margarine/butter
- 1 green or red or yellow pepper, chopped fine
- ½ cup chicken stock
- ¼ cup crunchy peanut butter
- ¼ cup honey
- 2 tsp grainy mustard
- 1 tsp curry powder
- pinch cardamon (4 seeds)
- dash tabasco sauce

Method

Mix onion, pepper, garlic and margarine and microwave on high for 3 mins in big enough casserole dish. Mix into a paste peanut butter, stock, honey, mustard, curry powder, cardamon and tabasco. Add chicken pieces in single layer and cover with sauce. Microwave on high for 6 mins. Turn chicken over. Microwave on high for 6 mins. Turn chicken over. Microwave on high for 6 mins.

Serve with jasmine rice (or similar).

*Donated by Biffy Danckwerts
E-Club of Greater Cape Town, South Africa*

Easy Peasy Butter Chicken

Ingredients

- 1kg chicken fillets
- 80g butter
- 2 onions
- 1 garlic clove
- 2 tsp ginger
- 1 can tomato puree
- 1 can coconut milk
- 125ml fresh cream
- Chicken spice/seasoning
- Fresh coriander
- Sugar

- Salt
- Chili powder
- 2tbs crushed coriander
- 2tbs cumin

Method

For moist flavorful chicken, chop the chicken breasts to your desired shape and size (e.g., Cubes), marinade with chicken spice, chili powder, crushed coriander and cumin to taste and leave in the fridge for a few hours.

Braise the onions in butter on medium heat and stir until onions are translucent, then add garlic and ginger.

Add the chicken pieces and once cooked through, add the tomato puree and simmer for 5 minutes.

Add coconut milk and cream and cook for another 5min

Add salt and sugar to taste as well as fresh chopped coriander and cook for 1 minute.

Best served with roti/ basmati rice.

Serves: 6 people

*Donated by Dominique Yon,
Bellville Rotaract.*

Editor's Note: Roti is a Flatbread made from whole wheat flour. Recipes are available on the web.

Spain



Pumpkin with Longaniza

(Spicy Pork Sausage)

Pumpkin is one of those things that does not inspire enthusiasm but is very healthy and easy and quick to cook. Try cooking this – we promise you will not be disappointed! Longanizas originate in Spain, a sausage now very popular in areas such as Mexico, and South America. Like other types of sausages, Longanizas are made with ground pork stuffed into a casing. Seasoned with salt and other spices. Similar to chorizo in both design and taste, Longanizas are made with different spices depending on the region they come from.

Ingredients

- 500 grams of pumpkin
- 100 grams of fresh pork sausage
- 30 milliliters of vinegar
- 1 tablespoon of olive oil
- 1 pinch of oregano
- 1 pinch of salt

Preparation

Prepare the pumpkin, peeled, and cut into finger-thick moon-shaped chunks and place it into a large non-stick frying pan with the olive oil. Add salt and fry until it is tender.

On a separate frying pan, proceed to fry the sausage in small pieces, with no oil.

Once the pumpkin is ready, add vinegar, oregano and the sausage.

Leave 10 minutes to allow the vinegar to evaporate.

Ready to eat!!!!

Estimated serving: 4

Estimated preparation time: 30 minutes

*Donated by Vicente Boraita Alvaro
Rotary Club of Getxo, Bilbao, Basque Country, Spain*

Sudan



Chicken, Chorizo and Chickpea Stew

Serves: 4-5 - Prep Time: 10 minutes - Cooking Time: 2 hours 10 minutes

INGREDIENTS

- 1 tablespoon favorite cooking fat
- 1 large onion
- 80 g chorizo skinned and diced
- 3 chicken breasts diced into bit size pieces
- 350 g fresh tomatoes or 1 can of tomatoes chopped
- 200 g of chickpeas or half a can, drained or the equivalent of pre-soaked & cooked dried chickpeas
- 250 ml red wine
- 2 teaspoon dried oregano
- Salt & pepper to serve

Method

Preheat the oven to 170/325/gas 3

Heat the oil and sweat the onions until soft and translucent.

Add in the chorizo, chicken, tomatoes, chickpeas, wine and oregano and put on a tight-fitting lid. Pop in the oven and mostly ignore it for the next two hours (you may want to check it hasn't dried out every now and then if your lid isn't tight fitting).

Season with salt and pepper as necessary and serve with whatever comfort food you fancy – we had freshly baked baguettes, but mashed potato would have been equally scrummy.



Donated to Shine for Shelterbox by Janie, food writer, photographer, real food recipe creator and founder of The Hedgecombers, reproduced here by kind permission of Shelterbox. You can find more recipes like this one on [Jane's website](#).

Shelterbox Facts: Shelterbox first worked in Sudan in 2014, distributing School Boxes after the White Nile flooded. In 2020, during the Corona virus pandemic, ShelterBox aid was again distributed after the worst flooding in decades. Instead of sending a team to the affected countries, they used in – country partners with local resources and knowledge. In addition to the tarpaulins and the household aid items, families also received washbasins and soap to help with hygiene. [Find out more about Shelterbox](#).

Sweden



Grandma's meat balls

Ingredients

- 500 grams of minced meat
 - 1 small yellow onion, or onion of your choice. Mince the onion real fine and sauté it if you like
- About 1 dl oatmeal
- 1 egg
- Salt and black pepper to taste
- You can add parsley, BBQ sauce or anything you like. This is the thing about a recipe for meat balls.

Method

You mix it all.

Let sit for a few hours so that the oatmeal is softened up.

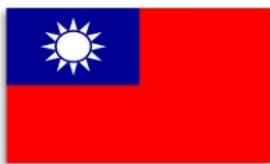
Weigh up 22 grams round balls and fry.

You want them same size, so they are done at same time

Fry up in a pan with some butter.

*Donated by Hedde Lundgren,
Stockholm International Rotary Club*

Taiwan



Noodles with Meat Sauce

Ingredients

- 1 pound ground pork or ground beef/chicken/turkey
- 1/2 cup chicken broth
- 2 tablespoons dark soy sauce or oyster sauce
- 2 teaspoon light soy sauce
- 1 teaspoon balsamic vinegar
- 1/2 teaspoon Chinese five-spice powder
- 1 tablespoon brown sugar
- 2 teaspoons cooking oil
- 1/2 onion chopped
- 2 cloves garlic finely minced
- 8 ounce can bamboo shoots drained and diced
- 4 ounces fresh shiitake mushrooms diced
- 1 stalk green onion chopped
- Noodles or rice to serve

Method:

In a small bowl, combine the chicken broth, dark soy sauce, soy sauce or oyster sauce, vinegar, five spice powder and brown sugar. Set aside.

Heat a wok over medium-high heat. When hot, add cooking oil. Add in the onion and cook for 1 minute. Stir in the ground meat and cook for 2 minutes, push aside add in the garlic and stir fry for a few seconds or until you begin smelling the garlic. Add in the bamboo shoots and mushrooms. Toss everything in the wok together. Pour in the broth/soy sauce mixture and bring to a simmer. Cook for 2 minutes. Stir in the green onions. Serve the ground meat of your choice mixture over the noodles or rice.

*Donated by Monica Lee Macpherson
Rotary Club of Inverness Loch Ness
Scottish Highlands and Islands Chinese Association*

Tajikistan/Kazakhstan



Pilaf in Fergana Style

Maya Vakhobova used to live in the Ferghana Valley, an intermountain depression in Central Asia, between the mountain systems of the Tien-Shan in the north and the Gissar-Alai in the south. She advised that before cooking pilaf we should "read and feel" a lyrical description of the emotional meaning of cooking true pilaf by the author, [Marat Abdullaev](#) aka dunduk-culinar.

When translated by Google the description is", When I'm going to cook pilaf, I certainly put on my father's old dressing gown, gird myself with a flowered scarf, and put a skullcap on my head. The emerging pilaf must definitely identify me. I do not use ingredients that are completely foreign to him. If rice, then it should be Karasui or, at worst, Uzgen rice-devzira. If oil - then, of course, peasant zigiryog made from a mixture of linseed and sesame oils. The meat and bones - only of a fat-tail lamb, or rather, of an unkissed one-year-old fat-tail lamb are bright. The carrots are, of course, yellow. Zira is Dushanbe, but by no means Indian".

A wonderful read and an interesting recipe which we cannot reproduce in full for copy right reasons can also be found at his [website](#).

*Donated by Maya Vakhobova
Formerly of Ferghana Valley, currently Denver, Colorado USA*

Tajikistan



Plov

Ingredients

- 1 kg moderately fat lamb, shoulder or ribs
- 1 kg medium grain rice (paella type)
- 200-250 ml vegetable frying oil
- 1 kg carrot (preferably not young)
- 2-3 medium size onions
- 1-1.5 tbsp cumin
- 2-3 whole heads of garlic, the younger the better (optional)
- 1-2 long hot chilies (optional)
- salt to taste
- 5-liter heavy cast-iron kettle (Dutch oven) or bigger, preferably round-bottomed pan

Method

Wash the rice under the tap until clear, cover with cold water and let it soak for a while. Cut the meat with bones into match-box pieces. Cut the carrots into 0.5x0.5 cm thick sticks. Slice onions into thin rings or half-rings. Clean heads of garlic from the remains of roots and dirt.

Heat oil in the kettle or Dutch oven on a very high flame, deep-fry meat until golden-brown, in 3-4 batches. Fry the onions until golden, add meat to the kettle, stir well to prevent onion from burning. Add carrot, stir from time to time, until it starts to wilt and brown a little (15-20 min). Add 2/3 of the cumin - rub it in your palms a little to release flavor, stir gently to keep carrot from breaking.

Lower gas to moderate, pour hot water just to cover all the goods, add salt and let it simmer for 40 min to 1.5 hours until almost all water evaporates, and meat became tender and juicy. Do not stir.

Turn gas to max. Drain rice well, place it on top the meat and veggies in one layer, stick the garlic and whole chilies in it, and carefully pour boiling water over it (place a spoon or ladle on top of the rice to keep the rice layer from washaway).

Cover the rice with about 2 cm of water, let it boil. Add salt to make the water a bit over-salted. When water will go down the rice, reduce the gas a bit, keeping it boiling rapidly. Check when it will evaporate and absorb into rice completely - rice should

remain rather al dente. Make a hole in the rice to the bottom of the pan to check the water level.

Reduce gas to absolute minimum, cover tightly with the lid and let it steam 20 minutes. Turn off the heat, remove the garlic and chilies on the separate plate.

Carefully mix rice with meat and carrots, if the rice tastes a bit bland add some salt, mix and let it stand for 5 minutes. Pile the plov on a big warmed plate and serve with garlic, chilies and plain thinly sliced tomato, sweet onions, chili, salt and salad.

This dish is also common with Uzbekistan.

Donated by Maya Vakhobova

Formerly of Tajikistan – currently Denver, Colorado USA

Tanzania



Chicken Pilau

Ingredients

- 1/2 tsp cumin
- 7 whole peppercorns
- 3-4 whole cloves
- 1 cinnamon stick
- 1/4 tsp. cardamom
- 1 tbs olive oil
- 2 cloves garlic, minced
- 1 tsp ginger paste
- 1/2 large onion chopped
- 3/4 lb. boneless, skinless chicken breast or thigh, cut into bite size pieces
- 1 cup long grain rice
- 1 (15 oz) can diced tomatoes
- 1 small apple, peeled and diced
- 1/2 cup raisins

Method

Place the cumin, peppercorns, cloves, cinnamon and cardamom into a tea infuser or wrap in cheesecloth. Fill a cup with boiling water and add the contained spices. Set aside.

Place 1tbs olive oil into a large pan over medium high heat. Add the onions and cook until translucent and fragrant. Add the garlic and ginger, stir to mix flavors.

Add the chicken. Cook and stir until cooked through, about 4-5 minutes. Remove the chicken and onions to a plate and set aside.

Add more olive oil to the pan if necessary. Add the rice and stir to coat. Cook and stir until rice is translucent but not browned. Add the spiced water, stir and let cook for 5 minutes. Add the tomatoes and their juices.

Stir, reduce heat to a simmer, cover and cook for about 20 minutes, until liquid is absorbed and rice is tender, stirring occasionally and adding additional water, if needed.

Return the meat and onions to the skillet along with the apple and raisins.

Stir, cover and allow to warm through for a few minutes before serving.

Prep time: 10 minutes Cook Time: 40 minutes

*Donated by Jackie Brice Bennett
Rotary Club of Marangu and Rotary Kilimanjaro*

Ndizi na Nyama

Plantains with meat.

Ndizi is the Swahili word for plantains. Nyama is the Swahili word for meat. So, it's basically Meat with Plantains. You can make it without the meat and you will have Mchuzi wa Ndizi (plantain in gravy). This is a dish you will find eaten all over East Africa. On Kilimanjaro it is called "Machalare"

Ingredients

- 1 cup water
- 1 pound of beef, cut into bite-sized cubes (thin cut)
- 1 1/2 teaspoon salt
- 1 teaspoon black pepper
- 1/2 teaspoon curry powder
- 1/2 teaspoon red pepper
- 3 tablespoons cooking oil
- 1 onion, thinly sliced
- 2 tomatoes, chopped
- 1 tablespoon tomato paste
- 1 cup coconut milk
- 1 tablespoon oregano
- 4 plantains, peeled and sliced

Method

In a pot or pan, bring one cup of water to a boil.

Add the meat, salt, black pepper, curry powder, and red pepper. Cover, reduce heat, and simmer. (20 minutes)

While meat is simmering, heat oil in a separate pan.

Fry the onions in the oil until golden brown.

Add the tomatoes and tomato paste and cook for ten minutes or until tomatoes are soft. Reduce heat.

Add coconut milk and oregano. Cover and simmer. (10-15 minutes)

Add sliced plantains to meat.

Cook for ten minutes or until meat is done and plantains are tender.

Combine the onion-tomato-coconut mixture with the meat and plantains.

Stir for ten minutes. Adjust seasoning to taste and plate meal.

*Donated by Jackie Brice-Bennett
Rotary Club of Marangu and Rotary Kilimanjaro*

Thailand



Phad Thai

(Fried Noodles Thai Style)

Ingredients

- 300g narrow rice noodles
- 250g bean sprouts
- 3 eggs
- 50g ground pork
- 50g pickled white radish, chopped
- 1 cake soybean curd, cut into thin slivers
- ½ cup ground roasted peanuts
- 1Tbs ground dried chilies
- 1 Tbs shallots, chopped
- 1 Tbs garlic, chopped
- ½ cup cooking oil
- 4Tbs sugar
- 3 Tbs fish sauce
- 4 Tbs tamarind juice
- 50 g Chinese leek leaves
- 1 cucumber
- 1 lemon
- 1 banana flower

Method

Heat 3 tablespoons of oil in a frying pan and sauté garlic and shallots. When yellowed add noodles with just enough water to soften. Cook stirring constantly with a spatula to prevent sticking. Take noodles out of the pan or remove to the side of the pan. Add 3 more tablespoons of oil to the pan and heat.

When hot fry the meat, the radish, the bean curd, dried chilies, tamarind juice, sugar and fish sauce. Then return the noodles to the pan, if necessary, and mix all together thoroughly.

Remove all the mixture from the pan or move to the side of the pan. Add 2 more tablespoons of oil to the pan. Once the oil is hot, break the eggs into the pan and scramble them with the spatula, spreading the egg into a thin layer over the pan.

As soon as the egg sets return the noodles if you have removed them and mix together. Add half the bean sprouts and the Chinese leek leaves and mix. Warm through very briefly.

Spoon on to plates and sprinkle with ground peanuts; then serve with the remaining bean sprouts, cucumber, banana flower and a lemon section.

Preparation time: 30 minutes.

Cooking Time: 30 minutes

Serves 4 to 5

Note: Fried noodles require a lot of oil; however, it is possible to use less than in this recipe by adding small amounts from time to time to keep the ingredients from sticking rather than adding all the oil at once.

The original version of this recipe was published by Food and Nutrition Department, Chiangmai Vocational College , Thailand

*Donated by Pongsawart Niyomca
Rotary Club of Chiang Mai Wattana
Previous Rotary Youth Exchange Student*

Editor's Note: Chinese leeks are more like scallion or chives than leeks.
Either green scallions or chives can be used as a substitute.

Timor L'este



Lamb and Tamarind Stew

Ingredients

- 200g tamarind concentrate, soaked in 1 liter warm water
- 1 kg lamb shoulder, cubed
- 250 g calves' liver, cubed
- 80ml olive oil
- 2 onions, thinly sliced
- 4 garlic cloves, crushed
- 5 cm piece ginger, finely chopped
- 4 lemongrass stalks, sliced
- 2 X 4 pieces turmeric, finely chopped
- 8 long red chilies, thinly sliced
- 250 strips of blanched tripe (optional)
- 1 cup mint, chopped
- Rice to serve

Method

Season the lamb and liver. Strain the tamarind, keeping only the water.

In a pan big enough to take all the ingredients heat the olive oil and brown the meat in batches. Keep turning the meat as it cooks.

In the juice left by the meat cook the onion until soft. Add garlic, ginger, lemongrass, turmeric and chilies. Cook for a couple of minutes. Add the blanched tripe, if using, and the rest of the meat. Heat for a couple of minutes. Add the tamarind water and bring to the boil. Once boiled turn down the heat to low, cover and cook very gently until all is tender (about 2 hours). Then reduce the liquid by a quarter over medium heat.

Add mint and check seasoning. Serve with rice.

Donated by David Boyce

Rotary Club of Dili Timor Lorosa'e

Editor's Note: this recipe originated on <https://www.sbs.com.au> where it is attributed to Gloria de Castro

Turks and Caicos



Creamy Salsa Verde Chicken

A recipe based on one found in self-catering accommodation on Turks & Caicos! I have complicated it by making the *Salsa Verde* from scratch. This feeds 4 to 6 people.

Ingredients

- 1 package chicken breasts
- 8 oz. package low fat cream cheese
- 1 teaspoon cumin
- 1 teaspoon garlic powder



For Salsa Verde

- 1 small pack tarragon
- 2 small packs flat-leaf parsley
- 2 garlic cloves
- 3 tsp Dijon mustard
- 40g small capers - drained, rinsed and roughly chopped
- 200ml extra virgin olive oil
- 2 tbsp sherry vinegar

Alternatives

The original recipe I saw used a jar of Salsa Verde, but I prefer to make my own from fresh ingredients and to my taste. I do not use anchovies in my Salsa Verde as I do not like them, feel free to add them!

If you do not have sherry vinegar use balsamic, apple or even any vinegar, but be careful not to use too much.

Instructions to make the Salsa Verde

Finally chop the herbs and garlic, mixing with 1 tsp sea salt – another opportunity to use my mezzaluna blade.

Transfer the finely chopped herbs to a bowl.

Add the mustard and then the capers.

Stir in the olive oil.

Add the sherry vinegar, little by little, stirring and tasting as you go - stop adding vinegar when you get a "zing", but the vinegar does not overpower everything. With sherry vinegar 2 tablespoons is fine

Add cream cheese to Salsa Verde and stir well.

Method

Sprinkle garlic and cumin directly onto the chicken in chosen cooking dish.
Use a crockpot and set on low for 8 hours, or place in a lidded oven-dish and cook on 120 C for 5 hours.

Go to the beach and forget about the dish until thirty minutes before dinner.
Return to the kitchen, remove chicken breasts from the pot and shred the chicken using two forks and then put it back in the pot to absorb the sauce during 30 minutes of further cooking.

Serve in hard or soft tortilla with lettuce, sour cream, and avocado.

*Donated by Graham Ferguson
Rotary eClub of Innovation*

United Arab Emirates



Camel Meat Karahi

Ingredients

- ½ cup cooking oil
- 750 g camel, boneless meat with fat
- 1 inch ginger cut into julienne
- 7-8 cloves
- 5-6 green chili
- 1 cinnamon stick
- ½ tsp turmeric powder
- 8-10 garlic cloves sliced
- 1 tbs cumin seeds
- water as required
- 1 tbs coriander seeds roasted & crushed
- salt to taste
- 1 tsp red chili powder
- green chili
- 2 large onions sliced
- 2 medium tomatoes cubed
- 1 tsp black pepper crushed
- fresh coriander chopped
- 1 tsp garam masala powder
- ¾ cup yogurt whisked

How to prepare Camel Meat Karahi:

Heat a pan then add oil and camel. Then add 5-6 sliced green chilies.

Now add 7-8 cloves with 1 cinnamon stick and mix it with the help of a spoon. Keep mixing it until it changes its color.

Do this mixing process for about 6-8 minutes. Add ginger with the garlic cloves.

After that, add cumin seeds with turmeric powder, coriander seeds.

Add salt according to your own taste then mix well. Cook it for about 4-5 minutes then add water as much as required.

Now take 2 large onions cut them in slices then add them as well. Add 2 medium size tomatoes after cutting them into cubes.

It's time to for you to cover the lid. Let it cook for about 30-40 minutes at medium flame until the meat is tender.

Transfer to a wok then add red chili powder with garam masala and 1 black pepper.

Add whisked yogurt then cook at high flame until oil starts to separate itself. Finally, garnish it with chopped fresh coriander.

Time required for Camel Meat Karahi: 1 hour 20 minutes

Serving: 4-5

*Donated by Paul Grant
Rotary eClub of Innovation*

Uruguay



Chivito

Chivito is the national dish of Uruguay. It is a thin slice of tender cooked beef steak (churrasco), with mozzarella, tomatoes, mayonnaise, black or green olives, and commonly also bacon, fried or hard-boiled eggs and ham, served as a sandwich in a bun, often accompanied by French fried potatoes.

Ingredients

- 1 boneless rib steak, 1 pound, sliced horizontally into thin steaks.
- Coarse salt
- 4 sandwich rolls
- 1/2 cup aioli
- Four 1/8-inch-thick slices pancetta
- 2 tablespoons olive oil
- 4 large eggs
- 4 slices boiled ham (about 4 ounces)
- 4 ounces queso blanco (white cheese) or Monterey Jack, sliced 1/4 inch thick
- 4 lettuce leaves
- 2 tomatoes, sliced
- 2 Roasted Peppers

PREPARATION

1. Pound the steaks lightly with a meat mallet until they are evenly about 1/4 inch thick. Sprinkle with salt to taste.
2. Split the rolls and spread aioli on both halves; set aside.
3. Heat a chapa or a two-burner cast-iron griddle over medium-high heat. As it is heating, crisp the pancetta on it, turning once; set aside. When the chapa is hot enough that a drop of water sizzles on the surface, add the steaks and cook, without moving, for 2 minutes. Turn and cook for another minute, or until done to taste.
4. Meanwhile heat the olive oil until it shimmers, then fry the eggs until the whites are cooked but the yolks are still runny.
5. Place a steak on the bottom half of each of the rolls and top with a slice each of ham, cheese, and crisp pancetta and a fried egg.
6. Cover the other halves with the lettuce, tomatoes, and roasted pepper, and close the sandwiches.

7. Slice in half and serve.

*Donated by Fernando Ares
Pleasant Plains, Illinois*

Editor's note: Aioli is a sauce made of garlic, salt, and olive oil and eggs. Recipes can be found on the web. Pancetta is salt cured belly pork if you cannot get pancetta bacon can be used.

Vanuatu



Bougna

Ingredients

For the Chicken:

- 5 tbsp oil
- 2 chicken breasts in cubes
- 1 cassava root in small cubes
- 1 green pepper
- 1 red diced onion
- 1 carrot sliced
- 1 small tin of coconut cream/milk
- 2 chilies
- half tin of chickpeas
- salt

For the Salad:

- 2 carrots cut anyway you wish
- 3 limes
- 3 tbsp olive oil
- salt

Method

Fry diced onion, when soft add chicken and chilies, add carrots and cassava and cook for 10 mins or until vegetables feel soft but not crumbly. Then add the green peppers and salt and peas. Lastly add the coconut milk and keep tasting for seasoning. Cook for 5 more minutes.

For the salad, simply add the lime juice, oil and salt to taste to the carrot.

Buen provecho!

*Donated by Eddie Higgins, eClub of Innovation
from his daughter in law Claudia Elias Alvarez*

West Africa - Sierra Leone/Togo



The United Nations defines West Africa as consisting of 16 countries including Benin, Burkina Faso, Cape Verde, The Gambia, Ghana, Guinea, Guinea-Bissau, Ivory Coast, Liberia, Mali, Mauritania, the Niger, Nigeria, Senegal, Sierra Leone and Togo. They share common cuisine with regional variations.

Chicken Suya

Ingredients

- 450 g boneless chicken thighs or breast
- 3 tbs Ataro Spice Mix Chicken Rub (if not available mix Ginger, garlic, onion, paprika, chili, cloves, parsley, salt)
- 1 tbs Ataro Suya BBQ rub or more to taste (if not available use garlic, ginger, peanut paste and your favorite seasoning)
- 2 tbs sunflower oil
- 1 small red onion and tomato or red pepper thinly sliced for garnish.



Method

Rinse the chicken under cold water, pat them dry and place them in a bowl. Apply the Spice mix rub to the chicken and rub into the meat. Chill for 2 hours.

Sprinkle the Ataro barbecue rub to both sides of the chicken and drizzle oil over it.

Preheat grill or barbecue to about 392F (200C).

Grill the chicken for 15 to 20 minutes on each side. Make sure the meat is cook by slicing into the middle of one piece and check there is no pinkness.

Serve with garnishes and extra rub to sprinkle on.

From Ebere Akadiri, founder of Beauty in Everyday Life and Dr Estela Landeros, RC The Hague Metropolitan.

The two organizations collaborate on a program to help Rotary Clubs in Nigeria fight human trafficking.

The recipes are from Ebere's Vibrant West African Cookbook which is available online.

Zimbabwe



Savoury Meatloaf

Ingredients

- 30ml brown sugar
- 5ml curry powder
- 15ml Worcestershire sauce
- 1 can or tin (440g) pineapple pieces drained
- 700g mince meat
- 1 egg
- 10ml salt
- 5ml mustard powder (optional)
- 80g (250ml) oats
- 62,5ml onion finely chopped
- 2ml pepper
- 250ml condensed milk

Method

Preheat oven to 180° C. Arrange pineapple pieces in a greased loaf tin. Sprinkle evenly with sugar, curry powder and Worcestershire sauce.

Mix everything else together. Spoon over pineapple layer in loaf tin and compact.

Bake for 1 hour or until meatloaf is cooked through and the top is pale brown. Turn out onto a serving platter and serve hot.

Serves 6.

*Donated by Biffy Danckwerts
Rotary eClub of Greater Cape Town, South Africa*

Mopane Worms

Ingredients

- 200g Mopane Worms
- 1 cup boiling water
- 1/2 chopped onion
- 1 chopped tomato
- Salt and pepper for taste
- Cooking oil

Method

Start off by soaking your worms in the boiling water for 1 and a half – 2 hours. Once they are done soaking, drain the excess water.

In a saucepan, add the cooking oil and fry the worms for 15 mins on medium to low heat. Add the onion and fry till the onions are cooked through and soft. Add the tomato with the salt and pepper. Fry everything together and let it cook for another 20 mins. Some prefer adding peanut butter at this stage and cooking it down until it is nice and creamy.

Serve with Sadza (meali porridge)

*Donated by Biffy Danckwerts –
eClub of Greater Cape Town, South Africa*

Editor's Note:

Mopane worms are the large edible caterpillar of Gonimbrasia belina a species of emperor moth which is native to the warmer parts of southern Africa.

Sadza or meali pudding is another name for Ugali, the recipe of which is included in this collection.

Vietnam



Thit Bo Kho -Beef Stew

Ingredients

- 500 g stewing beef or venison in even sized pieces
- 1 tbs dark brown sugar
- 3 tbs black or yellow beans in salty sauce (see note)
- 6 shallots, peeled and sliced
- Oil spray
- 2 thick stems lemon grass, bottom part pounded, top part bruised
- root ginger about 2 inches long, cut into slivers
- 8 whole peppercorns
- 1 stick cinnamon, about 2-3 inches long
- 75ml sherry or rice wine
- 300ml rich beef stock
- 1 or2 tbs fish sauce
- 3 tbs tomato purée

Method

Put the meat into a bowl with the sugar. Pound the beans slightly and put in with the meat and sugar. Set aside for at least 30minutes.

Spray a pan with oil and add meat, stirring until brown on all sides. Add the shallots and other dry ingredients. Stir around. Add rice wine or sherry, the stock and 1 tablespoon of fish sauce, bring to the boil, cover and simmer for 1 ½ to 2 hours.

Take off the heat and carefully remove the lemongrass, ginger and cinnamon. Stir in the tomato purée. Taste for seasoning, you may wish to add another tablespoon of fish sauce. Return to heat through before serving with rice or noodles.

Note: if you cannot get black or yellow bean in sauce use black beans and add a dried chili with the other dried flavorings.

Adapted to my preferences from Southeast Asian Cookery: An Authentic Taste of the Orient by Sallie Morris, published by Grafton Books 1989

*Donated by Caroline Dobson
Rotary eClub of Innovation*

VEGETABLES



Photo Credit: Stefan Pflaum. Unsplash

Australia



Carrot Salad

Ingredients

- 2 large carrots, coarsely grated
- ½ cup of salted peanuts, coarsely chopped
- ¼ cup of sultanas
- Juice of 1 lemon

Method

Place carrots, peanuts and sultanas in a bowl.
Sprinkle in the lemon juice and sugar and toss.
Cover and put in fridge for about an hour.

Serves 4

This is the recipe that I use for Come Hungry buffet lunches and baptisms and wedding receptions and the charitable sharing of food. Friends, families and churches always requested me to bring it.

To make really large bowls just increase the amount of the basic recipe.
Suitable for vegans.

*Donated by Pat Hinkins
Rotary eClub of Innovation*

Equatorial Guinea



Succotash

Ingredients

- 2 tbs vegetable oil
- green and/or red pepper, chopped 1 large onion, chopped
- cups fresh or frozen sweet corn
- 2 cups freshly cooked or frozen lima beans 1 1/2 cups halved cherry tomatoes
- 1 clove garlic, minced 2 tbs fresh lime juice
- 3 - 4 tbs fresh herbs, chopped (one or two of your choice - dill, parsley, cilantro, chives, etc.)
- 2 Tbs. butter Salt & pepper



Method

Lightly sauté peppers & onions in oil - do not overcook

Add corn and lima beans, stirring to heat through. Add tomatoes & garlic, again stirring to heat through.

Add lime juice, herbs, butter, salt & pepper and heat through again.

Serve warm as a side dish or alone as a light lunch. Reheat leftovers and add to burritos, omelets, etc.

Donated by Cindy Bezant-Titus

Rotary Club of Halifax Harbour

Roll Out the Barrel Trust

Roll Out the Barrel provide roll- along water barrels to people, especially young children, in developing countries who otherwise would be carrying water, sometimes many miles in searing temperatures or through muddy fields. This prevents problems associated with water collection including physical deformity and compressed organs and frees up time and energy for other tasks, as well as making an onerous chore less burdensome.

[Find out more about their work.](#)

Eritrea



Tsebhi Birsen

Ingredients

- 250g red lentils
- 1tbs sunflower oil
- 1 large onion, minced
- 2 tbs Berbere spice mix (see below)
- 200g tomatoes
- 1tbs tomato paste
- 1 tsp cumin
- ½ tsp cardamon powder
- 3 cloves of garlic, crushed
- Salt and pepper
- ½ liter water or stock
- Bread to serve
- Berbere Spice Powder can be bought ready-made or made at home to this recipe
- 2tsp cumin seeds
- 1tsp ground cardamon
- ½ tsp allspice
- 1 tsp fenugreek seed
- 1tsp coriander seed
- 8 cloves
- 1tsp black peppercorns
- 20 crumbled dried red peppers (I used dried Kashmiri chilies)
- ½ tsp ginger powder
- ½ tsp cinnamon
- 1 tsp turmeric
- 3 tbs sweet paprika
- 1 tsp salt

Toast all the spices in a dry pan until they smell warm (about 2 minutes on medium heat). Add the salt and grind to a powder in a spice grinder.

This will give more powder than you need for this recipe. You may well want to make the lentils again or you can use it as a rub for chicken or lamb or to flavor other stews.

Method

Bring a pan of water to the boil. Pop in the tomatoes and heat until their skins crack. Take them out of the water, as soon as cool enough to handle take the skins off and slice them (they may lose their shape a bit)

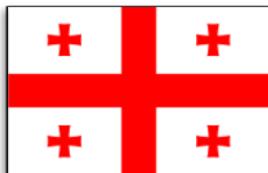
In a pan large enough to take the lentils fry the onion until brown. Stir in the spice mix and cook on a low heat for five minutes. Add the skinned tomatoes and continue cooking another 5 minutes. Add the spices, stir well and cook on for 5 more minutes. Wash and drain the lentils. Add to the tomato and spice mixture and stir well, then add water or stock and salt and pepper to your taste. Simmer until the lentils are soft, approximately 30 minutes. Stir occasionally and make sure the mixture is not sticking, you may need more water.

Serve with bread of your choice, also goes very well with grilled chicken.

The origins of this recipe may be found at <http://www.eritrea.be/old/eritrea-recipes.htm#berbere>, where there are other tasty looking Eritrean recipes.

*Donated by Caroline Dobson
Rotary eClub of Innovation*

Georgia



Lobio

Lobio is a Georgian dish made with kidney beans and usually eaten with Mchadi (see *Editor's note*) and marinated vegetables. The Georgian word 'lobio' means 'beans'. There are many varieties of this dish. This recipe is for lobio with nuts. This is my favorite Georgian dish

Ingredients

- 400 grams of dried red or white kidney beans
- 200 grams of walnuts
- 2 medium size onions
- 30 grams of fresh green coriander (for garnish)
- 2 cloves of garlic
- salt to taste
- 1 tsp of dried coriander
- 1/2 tsp of dried red pepper (optional)
- 1/2 tsp of dried Blue Fenugreek (see *Editor's note*)
- 3 bay leaves
- 1 tsp black pepper
- 1 tbs of red wine vinegar
- 2 tbs of oil

Method

First soak beans in cold water for two hours then drain the water. Add beans, bay leaves and salt to a deep pot containing 1.5 liters of water. Cook on a medium heat until the beans are tender.

Chop the fresh coriander and onions. Add the dried coriander, Blue Fenugreek, garlic, black pepper, walnuts and a pinch of salt to a mortar and grind the ingredients with a pestle.

Drain the water from the cooked kidney beans into a separate bowl. Add a little of the kidney bean water, together with 1 tbs of red wine vinegar and 2 tbs of oil, to the nut and spice mixture you have ground in the mortar and stir.

Add the nut and spice mixture, cooked kidney beans, chopped onions (leave some to use as garnish) and dried red pepper (optional) to a bowl and mix carefully. Do not mash the beans.

We garnished ours with fresh coriander and onion.
Serve hot or cold. 4-6 servings

*Donated by Georgian Giorgi Maghlaperidze,
Rustavi International Rotary Club and
Tom Cardwell, Lincoln South Rotary (District 5650) Advisor to Rustavi
International Rotary club in Rustavi Georgia.*

Editor's note: blue fenugreek is a relative of fenugreek which is native to the Caucasus region, it is said to be milder than other fenugreeks.

Mchadi is a fried Georgian corn bread, recipes can be found on the web.

Honduras



Honduran Baleadas

Ingredients

- Vegetable Oil - 50ml
- Onion – 1 small
- Refried Red Beans – Central American style – 450-500g (see Options)
- Sour Cream – 125ml
- Double Cream – 1 tablespoon
- Grated cheese
- Tortillas or Tacos – 6 to 12
- Salt and Pepper to taste



Garnishes

There are as many garnishes as there are food stands in Honduras. Common ones are

- Sliced avocado
- Guacamole
- Sliced tomatoes
- Scrambled egg
- The set aside onions

Options

I suspect getting hold of Central American style refried red beans will not be easy outside of the Americas.

The easy option, and to keep cooking time to under 10 minutes, is to buy Tex-Mex refried beans and to add Cumin and Paprika – that should be close enough for most people.

The authentic solution is to first make your own Central American refried red beans! I have included a recipe at the end of this one for those who want the authentic taste.

Instructions to Prepare

Place the sour cream, double cream, salt and pepper into a bowl and mix. Set aside until serving.

Heat a frying pan contain the oil on medium heat. Once hot, add the onions, turning occasionally. Cook until well done as we want the oil to absorb the onion flavor.

Tilt pan to retain the oil and remove the onions. Set the onion aside. If you have made your own refried beans, you can skip these stage as you have just done it as part of making your refried beans.

Carefully add the refried beans to the pan holding the oil avoiding splashing the oil. Stir frequently until the oil is absorbed and the beans are warmed all the way through.

To Serve

Spread the refried beans over the warmed tortillas and sprinkle with the sour cream mix and grated cheese to personal taste. Top the mixture with the desired garnish and serve immediately.

Central American Refried Beans

First, we need cooked red beans as our main ingredient in step 2

Ingredients

- Salvadorean or central American red beans – 500g
- water
- yellow onion - 1
- green bell pepper - 1
- garlic cloves -2
- cilantro
- salt
- olive oil.

Wash the beans thoroughly a couple of times and remove any discolored beans. If not using a pressure cooker, then you may need to soak the beans overnight.

Rough cut the onion and the bell pepper, then add everything to a pressure cooker and cook the beans for 35 minutes on High Pressure.

Remove the vegetables using a slotted spoon and one cup of the broth. Add both to blender and leave to cool before blending. Once blended add back to pressure cooker and stir.

Secondly, we turn the cooked beans into Central American Refried Beans.

Ingredients

- Beans and Broth from above
- Small onion
- Vegetable oil
- Cumin
- Salt and Pepper

Instructions

Heat a frying pan containing the oil on medium heat. Once hot, add the onions, turning occasionally. Cook until well done as we want the oil to absorb the onion flavor. Once done place onions into a blender leaving behind as much of the oil in the pan as possible.

Take the cooled beans and some of the broth and place it in a blender with the onions. Add cumin, salt and pepper to personal taste. Blend until smooth. Add a little more oil to the frying pan and heat it over a medium heat. Once hot add the mix from the blender and let it sit for a couple of minutes and then stir vigorously; repeat this sit and mix a couple of times until the mix is rich and smooth. You can now start the main recipe

*Donated by Graham Ferguson
Rotary eClub of Innovation*

Iraq



Margat Albamiya

This classic is one of the most common staples in any Iraqi household. A mixture of perfectly fried okra garlic tomato-based stew, the textures and flavors of this dish can only be described as absolutely perfect.

Ingredients

- Bamia (okra)
- Olive oil enough amount to fry the okra with the Garlic
- Garlic - one head
- Tomato puree about 4 Spoonful.
- Passata
- Salt

Method of cooking

Heat up olive oil in a deep cooking pot,

Peel one Garlic head and squish them till they become mash.

Add the Bamia (Okra) to the hot olive oil and fry on a medium heat till it tender and it change color

Add the Garlic and fry together for a minute or two but don't leave it for too long, add the tomato puree at this stage and mix everything together.

Add the passata to the mixture.

If it is too thick add little water at times till you have medium to thick consistency sauce. Add salt and mix the whole thing together.

Leave at heat for at least 20 minutes till half an hour to boil together and reduce heat in the last 5 minutes.

Serve with rice.

*Donated by Huda Donald, an Iraqi living in Scotland
via Monica Lee Macpherson, RC Inverness Loch Ness*

Israel



Eggplant and Mushrooms

Ingredients

- 1 medium eggplant (aubergine)
- 250g champagne mushrooms
- 120 grams of butter
- 1 medium onion
- A little salt and black pepper

Method

Slice the onion and fry with a little oil.

Peel the eggplant and cut into small squares, dip in salt and pepper.

Stir into onions, add the butter and mushrooms.

Stir and cook for about fifteen minutes.

Donated by Gabi Oren

Rotary Club of Rehovot

Jamaica

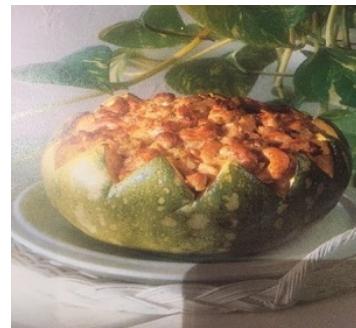


Jamaican Stuffed Pumpkin with Cashews

This is a great side dish or main vegetarian dish. Pumpkins and cashews grow in abundance in Jamaica.

Ingredients

- 3 to 4 lb pumpkin (Jamaican pumpkin is more like a squash.)
- 1/4 cup butter
- 1 large onion, minced
- 4 green onions
- 1 hot pepper, seeded (optional),
- 3 cups cashews
- 2 cups soft white breadcrumbs
- 1 egg
- 1 tsp salt, pepper to taste,
- 1 cup shredded cheddar cheese.



Preheat oven to 350

Cut off top of pumpkin and reserve for lid, Scoop out the seeds and membrane and discard. Heat the butter, add onion and cook for 5 minutes. Stir in green onion and hot pepper if using and cook for about 2 more minutes. Stir in cashews, breadcrumbs, beaten egg, spices and cheese. Stuff mixture into pumpkin and dot with butter. Cover with pumpkin lid and place on a baking sheet in oven for 1 1/2 hours.

*Donated by Cindy Bezant Titus learnt from Jennifer Alton of Caribbean Concierge, vacation service
Rotary Club of Halifax Harbour*

Roll Out the Barrel Trust

Roll Out the Barrel provide roll- along water barrels to people, especially young children, in developing countries who otherwise would be carrying water, sometimes many miles in searing temperatures or through muddy fields. This prevents problems associated with water collection including physical deformity and compressed organs and frees up time and energy for other tasks, as well as making an onerous chore less burdensome.

[Find out more about their work.](#)

Kenya



Githeri

Ingredients

- 1 cup Red Beans
- Maize (corn) if you don't find white maize 1/2cup
- Boil the two separately till they are well cooked. Rinse them in clean running water. Set them aside
- big red onion chopped
- 2 fresh tomatoes chopped
- 4/5 potatoes clean and remove potato skin then cut each in 4 pieces
- Coriander fresh leaves just a few for tasting
- Salt to taste. 3 tsp oil
- Spice of your choice and chili to taste.

Optional

Minced meat

Carrots 3/4 and chop into small cubes.

Garlic to taste could be optional as well

Method

Put oil into the pan, when it is nicely warm add onions.

When onions are golden

brown add potatoes to fry a little for about 3-4mins

Add minced meat, if using,

Add spice of your choice including garlic – optional.

salt to taste

Wait 4-5mins for the spices to cook. All this while you need to stir, to ensure the potatoes are mixing well with the spices

Add your mix of beans and corn together. Mix for 2mins

Add chopped fresh tomatoes.

Stir and then cover for the tomatoes to steam

Add 1 to 2 cups of water to the meal.

Stir and cover to boil

Last once everything is cooked add your carrots and a small portion of fresh coriander and switch off the stove.

Serve your meal after 3-5mins this is so you let the carrots to steam and coriander to have settled to give that much needed smell and taste.

Donated by Mariam Wangui, Kenya:

R.C. Milimani,

R.I representative Kenya Water, Sanitation and Hygiene in Schools.

Lesotho



Chakalaka

Ingredients

- Dessertspoon groundnut or coconut oil (see Note)
- 1 red onion, finely diced
- 3 large tomatoes, finely chopped
- ½ green and ½ red capsicum, finely diced
- 2 medium/large carrots, peeled and grated
- 400 g tin baked beans
- 2 ½ tsp hot curry powder
- 1 small hot chili, very finely diced
- ½ chicken stock cube crumbled

Fry the onions and green peppers until soft.

Add the rest of the vegetables, mix well and simmer briefly, stirring.

Squash the mixture with a potato masher until almost smooth.

Add curry powder and chilies and stock cube, simmer for 15 minutes.

Serve warm with bread.

Note: original recipe gave ¼ cup of oil but that was too oily for us

Serves 2

Donated by C Dobson: eClub of Innovation

Adapted from Rotarian Flavours of the World: RC Long Grove ,2011

Niger



Togola

Tomato and White Bean Stew

Ingredients

- 1 large onion, sliced thinly
- 4 large cloves garlic, chopped
- 1 medium red bell pepper, diced
- 1 medium green bell pepper, diced
- 1 tb olive oil
- Olive oil spray
- 2lbs pounds tomatoes
- salt to taste
- One to Two cups of vegetable stock
- 1 15-oz can white beans, drained and rinsed
- large handful fresh basil leaves

Method

Preheat the oven to 350 degrees.

Cut the onion in half, slicing through from root to stem, and then cut into thin slices. Place into a baking dish the right size to fit the ingredients at about 1 ½ inch depth and coat with the olive oil and salt.

Bake for 30 minutes, stirring once halfway through.

Dice the tomatoes, removing any tough cores.

Remove the baking pan from the oven and add the tomatoes, one cup of water or stock. Continue roasting the mixture for another 30 minutes.

Halfway through this cooking time remove pan again and press on the tomatoes to help break them up a bit. (At the end of this cooking time you can remove the mix from the oven and let it cool overnight before re heating on the stove top the next day if you like).

If the mixture is not very juicy add more water/stock.

Now add the white beans and large handful of basil leaves and continue to roast for 15 more minutes, just until the beans warm up and the mixture is hot.

Taste and adjust seasoning.

Serve with crusty white bread, (the original recipe suggested tearing the bread into pieces and stirring it into the mixture.)

Note: This is my take on a recipe from Linda McElroy of the charity organization Dining for Women now known as [Together Women Rise](#).

*Donated by C Dobson
Rotary eClub of Innovation*

Paraguay



Chip Guazu

(chee-pa gooa-soo)

My husband is Paraguayan, I am South African, but we live in Canada. This recipe is one that we are always asked to take a salad/side dish, when we go to places so we have translated it to English.

Ingredients

- 2 large onions
- 750g frozen or fresh corn
- 250 g cheddar cheese
- ½ cup milk
- 3 Tbs butter or margarine

Method

Place all the ingredients in a mixer (food processor): mix it well.

Place it in the oven at about 400 to 350°F for about one hour, or until the top is brown and then serve warm.

Excellent companion to a barbecue and Caesar salad.

This is typical Paraguayan dish eaten every day in the corn season, usually with lunch or tea. Mother in law's pronunciation: Chihuahua's poop.

*Donated by Alison Leon
written by her husband Roberto*

Rwanda



Ibihaza and Casava Leaves

Ibihaza is made from pumpkins cut into pieces, mixed with beans and boiled without peeling them.

Beans are boiled until they get ready.

Then pumpkins are cut into small pieces, put on top of beans and boiled again with salt.

After 45 minutes they are served hot. It is a delicacy in Rwanda.

The other recipe I can share is casava leaves.

They are harvested the soft leaves on top of the plant. Pounded into paste and boiled for two hours, later served with Ugali (cornmeal porridge) or cassava floor paste.

*Donated by Tukamushaba Jean de Dieu, Polio Plus officer:
Rotary Club of Kabale*

Editor's Note: Google says Ibihaza means "it was hilarious" which is a lovely name for a family favorite recipe!

Sint Maarten- Mid Isle



Mushroom Peas

(Originally from India)

Ingredients

- 2 Tbsp. Oil
- 1 Stick Cinnamon
- 1 Tsp Red Chili Powder
- 1 Tsp Turmeric Powder
- Salt to Taste
- ½ Cup Cashew Paste
- 2 Large Onions
- 1 Tbsp. Ginger Paste
- 1 Tbsp. Garlic Paste
- ½ Cup Tomato puree
- 1 Tbsp. Coriander Powder
- 1 ½ Cup Green Peas
- 200 Grams Mushrooms
- 1 Tsp Garam Masala Powder
- 4pc Eliachi (cardamon)

Method:

Add Eliachi, Cinnamon Stick & Onions in a pan with oil until golden

Add ginger paste, garlic paste and mix for 30 seconds

Add tomato puree, turmeric powder, garam masala powder, coriander powder, red chili powder, cashew paste & salt and mix

Finally, add mushrooms and green peas and let simmer for 15 minutes on slow fire

Donated by Rotarian Reena Manek

Rotary Club of Sint Maarten - Mid Isle

Kidney Beans in Coconut Sauce

Ingredients

- 1/4 cup onion
- 1 clove garlic
- 1/2 green chili pepper — optional
- Salt
- 1 tbsp Tomato paste
- 1 tsp coriander powder
- 1 tsp garam masala powder
- 1/2 can coconut milk
- 1 tsp mustard seeds
- 1/2 tsp turmeric powder
- 1 can kidney beans

Method:

Put oil in a pot and add mustard seeds. Cover with a lid, the seeds will start popping, uncover when you don't hear any more noise

Add onion, tomato paste, water, garlic, chili pepper, salt, turmeric powder, coriander powder, garam masala powder, kidney beans and coconut milk.

Mix, and leave on slow fire and cover with a lid. Beans will boil and the color of the sauce will turn a light brown.

Taste to see if any more salt needs to be added

You can eat it with rice

Variation (if you don't have or like Kidney beans) - Is to use Potato & Mushroom

Donated by Anjali Manek

Rotary Club of Sint Maarten Mid Isle

Slovakia



Vegetarian Goulash

Ingredients

- 200g packs of soya chunks
- 1 large onion, diced
- 2 capsicums, diced*
- 3 tomatoes, diced or 400g diced tinned tomatoes*
- 3 potatoes, diced into 1cm cubes
- 1 tbsp vegan butter
- About half a liter of vegetable stock
- Black pepper Paprika
- Chili
- Salt

*Or add 1 bottle of Lečo instead. It's a premade stew of capsicum, tomato and onion, common across Slovakia, the Czech Republic, Austria and Poland.

Method

Place the soya chunks in a large container and soak in vegetable stock with a little salt and pepper for at least one hour. The longer you leave this mixture the better the soya chunks will taste so leave them overnight if you can.

Drain the soya chunks after soaking and reserve the stock for later.
Heat the butter in a large saucepan then add the onion and fry, stirring occasionally, until it is soft and golden.

This is an important base for the goulash so you can also press the onion to let the juices loosen and intensify the flavor.

Stir in the chopped capsicum, soya chunks, paprika, chili and one potato (this will slowly cook down and make the soup lovely and thick).

After about 15 minutes, when the capsicum has softened, add the tomatoes and stock. Bring the whole lot to a boil and then allow to simmer and stew for 40 minutes, stirring occasionally.

Add the last two potatoes and continue cooking for another 20 minutes.

Add a little more stock if the goulash begins sticking to the bottom of the pan.

The end result will be a thick and hearty stew.
Serve piping hot to the hungry hoards.

The goulash is even better when eaten on the second day – if you have enough self-control not to eat it all on the first!

Donated by Alana Jade and Koren Helbig, <http://www.alanajadestudio.com>

Swaziland /Eswatini



Umbhidvo Wetintsanga

Pumpkin Leaves

Serves - 4

Cooking Time: 35 - 40 Minutes

Prep time - 15 minutes

Ingredients

- 1 Bunch pumpkin leaves chopped
- 1 Tomato diced
- 1 Onion chopped
- 2 Tbs. vegetable oil
- 1 Cup of water
- 1 Tsp. salt

Method:

Sauté the onion in oil for about 2 minutes then add the pumpkin leaves and mix until well incorporated.

Add water and simmer until the leaves are tender and most of water has evaporated and the onion is soft.

Season with salt and serve.

Served as a side dish

from SeSwati chef: Jane F. Lukhele

*Donated by Marianne Kooji
Rotary eClub of Innovation*

Tanzania



Maharagwe

Red Beans with Tomato and Coconut Milk

Ingredients

- 4½ cups cooked red kidney beans or other red beans (350 grams/1½ cups raw beans, soaked and cooked until tender *see below for how to cook the beans)
- **or** two 19 oz/540 g cans of beans **or** three 14 oz/400 gram cans of beans)
- 2 tablespoons oil (peanut oil to be authentic)
- 2 medium onions, chopped (2-2½ cups)
- 1 jalapeño or other hot pepper, seeded and minced (seeds left in if you prefer it spicy) or ¼-½ teaspoon ground cayenne pepper, to taste
- 2 cloves garlic, minced
- 1 teaspoon mild curry powder
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- ½ teaspoon ground cardamom
- ½ teaspoon ground coriander
- 1 teaspoon salt + more to taste (you may need more if using cooked beans)
- 1 can (14 oz/400ml) diced tomatoes (or 2 cups diced fresh tomatoes)
- 1 can (14oz/400ml) full-fat premium coconut milk (not light)
- chopped cilantro for garnish (optional)

To serve

cooked rice, flatbreads, or ugali (Editor's note: *maize flour porridge, see separate recipe*) as an accompaniment to the beans

Method

To cook raw beans:

Pick the beans over to remove any bits of rock and broken beans. Cover with two inches of water and soak for 6 to 8 hours or longer. Drain the soaking water, place the beans in a large saucepan and cover with two inches of fresh water. Cook for 1 to 2 hours, or until the beans are tender and soft inside. The time will depend on the age and size of your beans. Allow the beans to cool in the cooking liquid to avoid split skins. Drain.

Drain and rinse the beans if using canned beans.

To make the *Maharagwe*:

Heat the oil in a large heavy-bottomed pot or skillet. Add the diced onions and hot pepper and cook for five minutes, until the onions are translucent. Add the garlic, curry powder, cumin, turmeric, cardamom, and salt, and cook for one minute more.

Add the drained beans to the onions, along with the tomatoes and their juices and the coconut milk. Bring to a boil, then reduce the heat to low and cook for about 15 minutes, until the coconut milk thickens a bit and the flavors meld.

The level of the sauce should come up to just cover the beans. If there's not enough liquid, add a bit of water and cook another minute or two. Taste the *maharagwe*, add more salt if it needs it or more cayenne pepper if you'd like it spicier. The sauce will thicken more as it cools.

Serve *maharagwe* hot with cooked rice, ugali or with the flatbread of your choice (naan, pita, chapati, roti, tortillas, etc.) to scoop up the beans.

Serves 4 to 5. (Makes 7 cups)

*Donated by Jackie Brice-Bennett
Rotary Club of Marangu and Rotary Kilimanjaro*

Timor L'este



Batar Da'an

(Boiled Corn)

Ingredients

- 1lb fresh corn off the cob
- ½ lb dried mung beans
- 2lb pumpkin or butternut squash, peeled and diced
- 4 cups of water
- 2 onions, diced
- 8 garlic cloves
- 3 tbs olive oil

Rice to serve

Method

Soak the mung beans for at least 10 hours. Drain away soaking water and boil in lots of fresh water for 10 to 15 minutes. Drain again.

Sauté onions and garlic over moderate heat for 8 minutes in a pan big enough for all the ingredients. Add the water, squash or pumpkin, mung beans and corn to the pan.

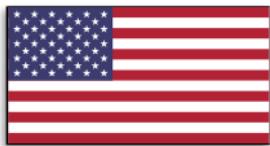
Bring to the boil then reduce heat and cook stirring until the squash is tender or the liquid is reduced to a minimum. Season to taste and serve with rice.

Preparation Time: 10 minutes plus 10 hours rest

Cook Time: 45 minutes

*Donated by David Boyce
Rotary Club Dili, Timor Lorosa'e*

USA



Corn Pudding

Ingredients

- 1 can corn, cream style
- 1 1/3 cup milk
- 1 tablespoon butter
- 1 tablespoon cornstarch
- 3 eggs
- 1 1/4 teaspoon salt
- 2 1/2 tablespoons sugar

Cream butter and sugar. Add egg yolks and mix well, adding cornstarch and salt. Mix with milk and corn. Add lightly beaten egg whites. Put in a buttered baking dish. Place in a pan of water. Bake one hour in slow oven.

*Donated by Erna Morain
Waukee Rotary Club, Iowa*

Sweet Potatoes & Garlic

Ingredients [serves 4]

- 4 medium size Sweet Potatoes
- 8 cloves garlic
- 1/2 teaspoon Virgin Olive Oil
- 4 sprigs of fresh Rosemary
- Black Pepper

Method

1. Peel sweet potatoes and cut lengthwise wedges about a 1/2" thick, with a strong sharp knife taking care not to cut yourself.
2. Rinse Rosemary and keep sprigs whole and intact.
3. Peel garlic by removing the root end with a knife first, then gently pressing down on cloves until the skin easily releases, keeping cloves whole.
4. Tear off a large sheet of tinfoil about 24-36 inches and lay it flat on your counter.
5. In a large bowl toss the potatoes, garlic cloves and olive oil to coat thoroughly.
6. Arrange potatoes and Rosemary in a stack layering the herb between to mix in as it cooks. Add the cloves of garlic to fill holes in the stack.

7. Fold half the foil over the stack, fold a thin edge all around and crimp the three edges tightly with fingers to seal.
8. Place on medium heat grill and turn a few times as it starts to cook to prevent sticking. Foil will expand create a sealed pouch steaming ingredients and keeping the flavors in, without getting dry.

I do hope this recipe is tried and enjoyed by others and their friends. It has become a standard dish in our family because they taste sooooo good :)

*Christopher McBride
Rotary eClub of District 7255 (Long Island, NY)*

SEAFOOD



Photo Credit :Harris Vo, Unsplash

Australia



Prawn, Pawpaw and Chili Salad

Serves 4

Ingredients

- 3 Tablespoons olive oil
- 3 Tablespoons lime juice
- 1 Tablespoon fish sauce
- 2 Teaspoons grated palm sugar
- 1 ½ Teaspoons chili powder
- 800g cooked king prawns
- 400g Pawpaw, cubed
- 1 small onion, finely sliced
- 2 Tablespoons shredded fresh mint
- 2 Tablespoons finely chopped fresh coriander

Preparation

Combine the olive oil, lime juice, fish sauce, palm sugar and chili in a large mixing bowl and set aside to allow the flavors to combine.

Meanwhile, peel and devein the prawns, (cut in halve lengthways, optional). Peel and discard seed from the pawpaw and then cut the flesh into bite-sized pieces.

Add the prawns, pawpaw pieces, onion, mint and coriander to the bowl. Very gently, using two spoons, toss the salad to combine. Add chili dressing and toss gently again to coat just before serving.

*Donated by Ray Roberts
Rotary Nomads (eClub in Australia)*

Belgium



Fish in the oven

Serving: 2-4 persons

Time: 40 minutes

Ingredients

- 600g - 1kg fresh Sea bream/ Sea bass, or any other fish you favor
- 4-5 Cherry tomatoes
- 4 Potatoes
- 1 Clove of garlic
- ½ Lemon
- 10-15 Olives and a bit of Pine nuts
- Salt, Extra virgin olive oil, fresh Parsley

Method



Clean the tomatoes and cut them in half. Peel the potatoes and cut them into cubes. Prepare an oven pan by adding a few tablespoons of oil. Add the fish, the potatoes, cherry tomatoes, sliced garlic and olives around it. Season with salt and a drizzle of oil and place the pine nuts on top of the fish. Bake in a preheated oven at 200 °C for about 40 minutes (depending on the weight of the fish). When serving, sprinkle the fish with a bit of lemon juice and chopped parsley.

*From Roxana Nedelescu:
Rotary Club Brussels Cantersteen*

Pasta with crab

Serving: 4 persons

Time: 30 minutes

Ingredients

- 350-400g linguine or spaghetti
- 2 crabs
- 200g of tomatoes
- 1 clove of garlic
- 100ml of dry white wine



- Salt, extra virgin olive oil, fresh parsley, pepper

Method:

Clean the tomatoes and cut them in quarters. Chop the garlic. Add a few tablespoons of olive oil in a non-stick large pan and let the chopped mixture cook on low heat for a couple of minutes.

Wash the crabs and immerse in boiling water for about 5 minutes. When done, open it and extract the pulp from the carcass and transfer it to the pan with the prepared mixture. Also add the wine and continue cooking for about 10 minutes on low heat adding a bit of salt and pepper.

Simultaneously, put a big pot of water to boil and add a handful of sea salt. Boil the pasta in plenty of salted boiling water, respecting the cooking time of the pasta you're using. Drain the pasta when ready and pour it into the pan with the sauce. Stir the pasta and sauce for a few seconds, so that the flavors marry, then serve. When serving, place the pasta inside the crab carcass and sprinkle it with a bit of chopped parsley.

*Donated by Roxana Nedeaescu
Rotary Club of Brussels Cantersteen*

Botswana



Haudie's Tuna à la King

I am more than pleased to send you my secret recipe, called " Haudie's Tuna à la King" (My friends call me Haudie).

This is a multi-purpose recipe. Here you go

- 1) Empty 3 cans of Campbell's Mushroom soup into a pot (pot can be on a stove or over a campfire)
- 2) Empty 1 can of tuna (chunks, or pieces or flakes, it does not matter)
- 3) Empty 1 can of corn niblets
- 4) Heat gently, and stir until hot (90- 120 seconds)
- 5) Pour or gently ladle Haudie's Tuna à la King on toast and enjoy

One of the empty soup cans could later be used to make a smudge pot

- 1) put holes in the can,
- 2) at the bottom of the can add some twigs and paper,
- 3) on top of twigs put some green leaves then light.

This will cause a dense smoke which will keep mosquitoes away.

Clean out 1 or 2 of the soup cans and bring them into your tent (make sure they are clean). If there are lions camping around your tent, you can use the cans to relieve yourself... trust me, when lions wander around your tent, this will have an effect on your bladder. DO NOT leave your tent until after sunrise. There is no need to apologize to your tentmate about using the cans. Given the odor your tentmate will probably be the first to leave the tent... you want this to happen as you never know if the lions are asleep near your tent. and you never want to be the first to leave your tent.

In Canada, you can substitute lions for black bears, but do not make any substitutions to the recipe

ENJOY, ENJOY, ENJOY

*Donated by: Howard Weinstein,
President RESI e-club*

Cambodia



Fish Amok in Banana Leaf

Ingredients

- 12 tablespoons of lemon grass paste
- 2 tablespoons of chili paste or to taste
- 2 tablespoons of palm sugar and 2 tablespoons of fish sauce
- Salt to taste (use sparingly, you can add extra to taste at table)
- 8 kaffir lime leaves, thinly sliced
- 250 mils of coconut cream
- 600 grams or 1 lb of Mekong or other firm white flesh fresh fish.
- such as Snapper or Ocean Bass.
- 8 Amok leaves.
- (If unable to access you can purchase Amok powder add 4 teaspoons)
- Banana leaves

Method

Mix chili paste and lemon grass, add coconut cream, fish sauce, 4 finely sliced lime leaves, palm sugar and salt to taste.

Add large, cubed fish pieces and marinate for over one hour in refrigerator. Make Banana Leaf baskets

Wash leaves trim ends. Place circular plate on leaves, cut to shape.

Turnover, bend ends around to form basket by wrapping and forming a corner.

Secure ends with toothpicks

To Cook

Add marinade and fish to banana leaf baskets_and steam gently for 10 minutes

Serve with extra coconut cream on top and with remaining finely chopped Kaffir lime leaves and chili to taste. Extra Chili is always optional. Can always replace chili with finely cut sweet red peppers.

Excellent to add to menu for a tropical or eastern themed meal

Serves 4 people

Bon Aperitif from Rotary Club of Phnom Penh

Marcel Campbell

Editor's Note: other versions of this recipe on the web suggest amok leaves can be replaced with spinach, kale or arugula/rocket. Amok can also be steamed in any steamer compatible container.

Canada



Nova Scotia Fishcakes

Soak 2-3 lbs. heavy salted pollock or cod overnight in cold water. Change water a couple of times. Boil gently, changing water again if necessary to remove about 75% of salt, until desired softness has been attained. I like to retain a good texture. When cool enough to handle break into pieces by rubbing between fingers. Meanwhile, boil and mash 5 -10 lbs potatoes. Add fish, and a large onion, chopped, to hot potatoes and mix well. Add 3 - 4 tablespoons of summer savory - or to taste - and a dash of pepper. Taste and replace some salt if necessary - a salty taste is good. Add 2-3 beaten eggs and mix well. Shape into patties. Refrigerate until ready to cook. Fry in butter in a heavy pan until brown and crispy outside and as desired through. Serve with beans baked in molasses sauce or a green salad and homemade chow chow or other pickles. Makes a lot - for sharing!

Donated by Cindy Bezant-Titus

Rotary Club of Halifax Harbour

Roll Out the Barrel Trust

Roll Out the Barrel provide roll- along water barrels to people, especially young children, in developing countries who otherwise would be carrying water, sometimes many miles in searing temperatures or through muddy fields. This prevents problems associated with water collection including physical deformity and compressed organs and frees up time and energy for other tasks, as well as making an onerous chore less burdensome.

[Find out more about their work.](#)

Editor's note: Chow Chow is a North American Pickle Relish, plenty of recipes on the web.

Cayman Islands



Shrimp and Rice

Ingredients

- 1lb shrimp, shelled
- 3 oz salt pork, chopped
- $\frac{3}{4}$ cup of rice
- 2 tomatoes, chopped
- $\frac{1}{2}$ cup celery, chopped
- $\frac{1}{2}$ onion, chopped
- $\frac{1}{4}$ cup green pepper, chopped
- $\frac{1}{4}$ cup tomato ketchup
- $\frac{1}{2}$ white wine
- 1 $\frac{1}{2}$ cups water
- 1 tsp Worcester sauce
- 1 clove garlic
- 1 bay leaf
- 1 Tbs parsley
- pinch saffron
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ pepper

Method

Put chopped salt pork, garlic, parsley, celery, onion and green pepper in a frying pan (skillet) with bay leaf, saffron and pepper. Cook for 5 minutes, stirring sometimes. Add the tomatoes, wine, Worcester sauce, ketchup, rice and water bring to the boil. Simmer for 5 minutes. Add shrimp and cook slowly for about 10 minutes or until the rice and shrimp is done.

*Donated by William Inniss
Rotary Central Cayman Islands*

Cayman Fish Rundown

Ingredients

- 3 lbs firm flesh fish, cut into pieces
 - 4 pts unsweetened coconut milk
 - 2 limes
 - 2 hot peppers
 -
- Breadkind All peeled, washed and cut into pieces.

- 1lb cassava
- 1lb sweet potato
- 1lb breadfruit
- 3 green bananas

Dumplings

- 1 cup flour
- 1cup cornmeal
- 2 tsp sugar
- Water

Method

Wash the fish in water and limes. Season with salt and a hot pepper.

In a large pot put coconut milk, the other whole hot pepper, salt and black pepper.

Add the prepared breadkind and bring to the boil, then simmer in the open pot.

Mix the ingredients for the dumplings in a bowl and shape into small patties. Add to top of the stew.

When the breadkind is half cooked add the fish and simmer until all is tender. Add more water if needed to stop the stew sticking.

*Donated by William Inniss
Rotary Central Cayman Islands*

Editor's note: Breadkind is a Caribbean expression for any starchy vegetable.

Côte d'Ivoire



La Marmite du Pêcheur

The fisherman's pot (*La Marmite du Pêcheur*) is a recipe from southern of Côte d'Ivoire, the historic town of Grand-Bassam, classified as a UNESCO World Heritage Site. The ingredients of this dish reflect exactly what the fisherman brings back in his net after fishing with some vegetables.

Ingredients

- 2 fish (carp or machoirons)
- 4 snails
- A few squids or dried squids (optional)
- Shrimps or crayfish
- 2 crabs split in half
- 5 fresh tomatoes
- 3 cloves of garlic
- 2 onions
- Fresh peppers at your convenience
- Salt
- 2 eggplants split in half



Method

Clean all of the fish, snails, squid, shrimps and crabs well. Choose a pressure cooker or preferably a kedjenou pot (see *Editor's note*) or saucepan. Add fish, snails, squid, shrimps and crabs, peeled and coarsely chopped tomatoes, crushed garlic, chilli (or a piece of ginger) and onion in strips. Or simply crush all the vegetables. Salt to your liking, add a little water, then close the pot tightly so that no steam comes out during cooking. You can throw split eggplants in half in the sauce. Stir occasionally, holding the pan by the handles without opening it. Do not open during the 25 min. cooking time and cook over low heat for the last 15 min. Serve with rice or attiéqué. (Attiéké (also spelled acheke) is a side dish made from cassava. The texture is similar to couscous. It's a common and traditional dish in Côte d'Ivoire that originated in the southern part of the country)

Editor's Note: A kedjenou pot is made of terra cotta.

*Donated by Diallo Djenabou Mariama
Rotary Club d'Abidjan Ivoire*

Estonia



Rosolje

Ingredients

- 4-6 medium potatoes, peeled, boiled, cooled and cut into 1/2 " cubes
- About equal amount of roasted beets, cooled, peeled and cut into 1/2 " cubes
- 1 large or 2 smaller tart apples, peeled and diced
- 1 onion, diced
- 1 cup diced dill pickles
- 1 cup salted, marinated herring
- Dressing –
- 2/3 cup mayonnaise
- 2/3 cup sour cream
- 1tbs mustard
- 1 tbs horseradish
- Salt, pepper to taste



Mix all ingredients together and pour over dressing. Refrigerate.

Keeps well for 2-3 days

Optional - garnish with hard boiled eggs and/or fresh parsley.

Donated by Cindy Bezant-Titus

Rotary Club of Halifax Harbour

Roll Out the Barrel Trust

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Fiji



Kakoda

(Pronounced Kakonda)

An appetiser dish I learned when I lived in Fiji and one of my favourites! You can use whatever quantities you wish depending on how many you are preparing for.

Fish such as wahoo, swordfish. Mahi mahi or other fish which is dense, not flaky.

Cut fish into cubes (approx.3cm)

Finely chop onion

Finely chop sweet pepper (any colour or multiple colour)

Finely chop chilli pepper (use sparingly depending on your preference for spicy food)

Combine all above ingredients and cover with lemon juice. Refrigerate overnight to 'cook'.

Strain off the lemon juice, squeezing slightly to remove the liquid.

Add sufficient coconut cream to bind all ingredients.

Serve with a lemon wedge in small dishes as a first course.

Enjoy!

Donated by eClub of Caribbean

French Polynesia



Papeete Prawns

Ingredients

- 250g cooked prawns
- ½ small onion or 1 large shallot
- 2 garlic cloves, crushed
- A pinch of red pepper or splash of Tabasco sauce
- 100mls dry white wine or water
- ½ tsp sweet paprika
- 2 Tbs parsley
- 1-2 Tbs coconut oil or oil of your choice
- Noodles of choice

Method

Chop the onion or shallot very finely (I used a food processor). Heat the oil in a frying pan and add onions and garlic, cook gently until almost cooked, add a little red pepper or Tabasco (you want warmth but not tongue tingle heat) and paprika. Stir round then slowly add the wine or water mixing well. Cook for about 5 minutes. Add cooked prawns and parsley and heat through.

Serve at once with your choice of noodles

*Donated by Caroline Dobson,
eClub of Innovation*

Note: There are several write ups of a Tahitian Prawns recipe on the internet, I used Southern Lady's recipe from www.food.com for my base inspiration. Most use uncooked prawns and adjust cooking time accordingly.

Gabon



Folong au Poisson Fume

Ingredients

- large red onion, chopped fine
- 5 cloves of garlic
- Several large, ripe fresh tomatoes, chopped
- 1 large dried smoked fish
- A small bowl of smoked (dried?) shrimp
- A large pan of Folong also known as amarante or bewole, a green leaf vegetable
- A Chili pepper
- A Pimento pepper
- Celery chopped
- Oil for cooking

Method

Wash the folong and simmer it with a little salt, do not overcook, it should be just wilted. Drain well, and chop.

Soak the dried smoked fish and take the flesh off the bone. Soak, shell and clean the shrimp

Cover the bottom of a large pot with cooking oil. Fry the tomato, when soft add the onion, fry. Add the pimento and celery and mix well. Gradually add the folong, mixing it in well with the tomato and onion mix. Grate the garlic over the dish and mix again. Add the whole chili, the shrimp and the dried fish. Cover the pot and simmer for 15 minutes.

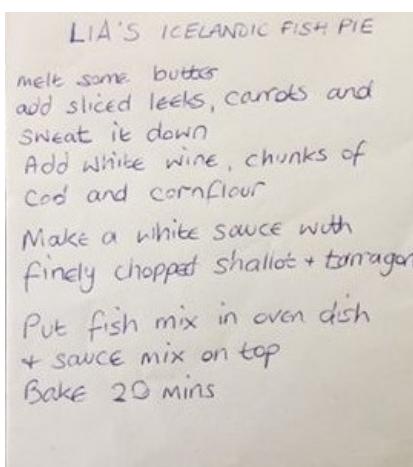
*Donated by Anne Marie NDONG OBIANG
RC Libreville, Gabon*

Editor's Note: This recipe was sent to us as a video, [see it here.](#)

Iceland



Lia's Icelandic Fish Pie



Melt some butter
Add sliced leeks, carrots and sweat it down.
Add white wine, chunks of cod and corn flour.
Make a white sauce with finely chopped shallots and tarragon.
Put fish mix in an oven dish and sauce mix on top.
Bake for 20 minutes

Donated by Cath Freeman Hill, Inverness, Scotland from Lia in Iceland

Jamaica



Jamaican Mackerel Rundown

Ingredients

- 2 lbs salted/pickled mackerel
- 6 cups coconut milk
- 1 medium onion, sliced
- 3 cloves garlic, chopped
- 1 medium tomato, chopped
- 2 stalks scallion or green onion, chopped
- 3 slices of scotch bonnet pepper
- 1 tsp dried thyme

Method

Remove the bones from the Mackerel and cut into 2–3-inch pieces. Place in a heatproof bowl.

Pour boiling water over fish until covered and leave for thirty minutes to soak. Drain water and set fish aside.

Pour coconut milk into saucepan and bring to boil over medium-high heat. Stir until it reduces to a thick custard consistency with oil visible on top.

Add the onion, garlic, tomato, scallion, scotch bonnet pepper and thyme; stir. Sautee until onions are transparent.

Add fish to pan skin side down and scoop the sauce over to cover it. Reduce the heat to low and simmer for about 10 minutes until fish is cooked.

Serve hot with boiled green bananas and dumplings

From The eClub of the Caribbean

Jersey



Salmon with sorrel

Ingredients

- 2 salmon fillets
- 50g butter
- handful of wild sorrel trimmed and chopped fine
- juice of half a lemon
- 200g of crème fraîche
- salt, pepper and sugar

Method

Melt the butter in a pan and add chopped sorrel and simmer for a few minutes.

Remove from heat and add lemon juice, salt and pepper, and a pinch of sugar.

Place the fish in an oven-proof dish and cover with the sauce.

Cook for 5 to 10 minutes at 170°

Sorrel grows wild in hedgerows, and it adds a pleasing acidity to the dish.

*Donated by Maggie Allchurch,
Jersey*

Maldives



Spiced Salmon

Serves: 2

Prep Time: 15 minutes

Cooking Time: 20 minutes

Ingredients

- 2 salmon fillets
- Juice of ½ lemon
- 2 tbsp cumin
- Rapeseed oil
- 1 onion
- 2 cloves garlic
- 2 tsp ground ginger
- 1 tsp coriander powder
- ½ tsp chili powder
- 200ml vegetable stock
- ½ tin of chopped tomatoes
- Basmati rice
- Fresh coriander, finely chopped
- Natural yoghurt

Method

Mix 1 tbsp cumin with lemon juice to make a paste and brush on the top of two salmon fillets.

Gently fry the onion, ginger and garlic in rapeseed oil until the onion is soft. Add the remaining cumin, coriander and chilli, chopped tomatoes and vegetable stock into the pan and stir.

Remember, you can vary the amount of chilli you add depending on how hot or mild you like it.

Add the salmon to the pan and cook on a medium heat until the fish is cooked and the sauce is reduced to a good consistency.

Serve with basmati rice and a side of chopped coriander and natural yoghurt



Donated to Shine for Shelterbox (
<https://www.shelterbox.org/shine>) by TV presenter and writer
Konnie Huq and reproduced here by kind permission of

Shelterbox.

Shelterbox facts: On December 26, 2004, news came of the devastating Indian Ocean Tsunami and ShelterBox faced its most significant challenge, one that would change its course forever. Donations and volunteers poured in and ShelterBox was able to ramp up operations on a scale unimaginable just six months earlier. In 2005, ShelterBox sent out more than 22,000 boxes, almost 10 times the number delivered in the previous three years. One of the countries where they worked at that time was the Maldives. [Find out more about Shelterbox.](#)

Mauritania



Red Rice with Prawns

Ingredients

- 350g large raw prawns, shelled and deveined
- 1 tsp olive oil and low-fat olive oil spray
- Grated zest of 1/2 lemon
- 1 Tbs of lemon juice
- 2 cloves of garlic, crushed
- 4 bacon medallions or 2 very lean bacon slices
- 1 red onion, diced small
- ¾ red Ramiro pepper (or red bell pepper), seeds and ribs removed and diced small
- ¾ green bell pepper (capsicum) seeds and ribs removed and diced small.
- 2 celery stalks ribs removed and cut small
- 1 medium bottled jalapeno pepper (or to taste) cut small
- 2 bay leaves
- 1 tsp dried thyme
- 14oz can chopped tomatoes
- Ground black pepper to taste
- ½ cup white basmati rice, soaked for 30 minutes
- ¾ cup chicken stock
- 3 spring onions (scallion) diced for garnish (optional)

Marinade prawns in oil, lemon zest, half the garlic, half the lemon juice (add salt if desired), while you prepare the rest of the dish.

Heat an oven to table pot and spray with low fat spray. Add the bacon and brown, if you wish the bacon to stay crisp, remove it and respray the pan otherwise add your vegetables, remaining garlic and jalapeno to the pot and cook until just translucent. Add bay leaves, thyme, salt and pepper to taste. Stir and cook until fragrant. Add tomatoes and stir again. Simmer on low heat.

Drain the rice and place in a pan with 1 ½ times its volume of chicken stock. Slowly bring to the boil. Once boiling, turn down immediately to a very low heat, cover and leave it alone for ten minutes.

Spray a non-stick wok or frying pan with oil and heat it. Just before the rice will be ready, stir fry the prawns until they are just pink. Remove from the heat, and add the spring onion, if using.

Check the rice is cooked. Once ready fluff up it with a fork and stir into the tomato and vegetable mix. Serve immediately with the prawns.
This rice mix is so good my husband suggested we have it with other meat and fish too!

Note: This recipe was adapted from one donated by Traci Barr. Dining for Women now known as [Together Women Rise](#) is a charity using meals to raise money. Unfortunately, my attempts to contact them to share recipes and obtain an explanation of their work for this book failed.

*Donated by C Dobson
Rotary eClub of Innovation*

Mexico



Arroz a la Tumbada

There are at least two versions regarding the origin of the name of this dish based on rice and seafood, which is a culinary symbol of the Veracruz and the most consumed food in the state during Holy Week.

One version points out that the pot practically has to be "knocked down" from the fire at the precise moment to prevent the preparation from passing through. Another indicates that years ago a group of fishermen were working the coast of Veracruz in fishing and touched land to make food. A jarocho prepared a rice with seafood that was smooth and before the complaint of his companions, he told them that he had made the food to the "aventón" or the "tumbada"

The assortment of fresh fruits of the sea is left to the cook's choice and regularly brings shrimp, squid, octopus, crab and clam. In order to promote their city and its gastronomic emblem, the cooks of Alvarado gather to make gigantic Arroz a la Tumbada, in which they use half a ton of rice.

This Jarocho specialty is one of the most vibrant dishes that can be found in Boca del Río, Mandinga or Veracruz, as long as it contains diversity of seafood and the appropriate aromatic herbs. It is difficult to specify if it is a soup of rice or a rice with broth, since the rice should be well cooked and slightly smooth.

Editor's note: a Jarocho is a person from Veracruz, avanton is roughly to hitch a ride and tumbada is a rip-off or con!

6 servings

Preparation: 30 minutes

Cooking: 50 minutes

Ingredients

- 2 tablespoons olive oil + $\frac{1}{3}$ cup
- 1½ cups of smooth and strained tomato
- 1 cup diced tomato
- 18 shrimp with head, shelled and cleaned
- 1 teaspoon salt
- 2 cups of rice
- 2 teaspoons finely chopped garlic
- $\frac{1}{3}$ cup white onion finely chopped
- 4 cups of fish stock (see recipe below)
- 4 cups of water
- 1 kg clam

- 2 teaspoons Yucatecan oregano
- 2 oregano leaves
- 1 tablespoon chives finely chopped
- 2 tablespoons chopped parsley or 4 whole branch parsley leaves
- 200 g clean squid
- 200g ax callus (Editor's Note: a scallop like shellfish native to the area)
- 6 coriander branches

Preparation:

In a hot pot put 2 tablespoons olive oil; fry both the strained and the chopped tomatoes until they are fully cooked; reserve. Heat $\frac{1}{3}$ cup of oil and lightly fry the shrimp with a little salt; remove them and reserve them.

In the same oil where the shrimp fried, add the teaspoon of salt and fry the rice until lightly browned. In the middle of frying the rice add the garlic and onion; Continue frying until lightly browned.

Add the tomato you reserved, mix and let fry a couple of minutes. Pour the fish stock and water, cover and let cook until the rice is cooked, for approximately 25 minutes. At medium cooking, add the clams and in the last minutes add the oregano, oregano, chives or chives, parsley and remaining seafood; Check the salt, cover and finish cooking.

Serve enough rice with broth, clams, squid, ax callus and 3 shrimp on each plate: garnish with 1 coriander branch

Tip: you can put any seafood in your country.

"Fish Stock"

- 2 kg of fish heads and pieces
- 4 Liters of water
- 1 head of garlic split in half
- 1 white onion cut into quarters
- 4 leafy branches of parsley
- 1 cup of dry white wine (optional)
- 1 tablespoon of salt (or to taste)

Preparation:

Put all ingredients in a large pot and heat over high heat; as soon as it boils, lower the heat to medium and continue cooking for 35 minutes, constantly removing the foam from the surface. Remove from heat, discard the pieces of fish and strain. Let cool and strain again.

Donated by Rosa Arely Ortiz Ham

Tikinchick (Tikinxik)

Fish the Yucatecan Way

This recipe has its roots deep in the Maya past. Tikin in Mayan means "dry" and xik means "wing." This simply refers to the way the fish is typically prepared, which is to butterfly a whole fish and spread it open. Tikin-xik is not cooked in a pit, but rather over a wood or charcoal fire.

Ingredients

- 1 fish (Huachinango in Mexico's parlance) red snapper, or equivalent, 2 to 3 kgs.
- 1 large tomato
- 2 large onions
- 1 Achiote (annato) powder mix. (*)
- 1 Sour Orange
- 1 pinch of white pepper
- Garlic powder

(*) Achiote / annato: often employed to give a dish a yellow colour, it also has a mild peppery flavour. Whether it is as whole seeds or a ground spice, achiote paste, or achiote oil, you'll come across this ingredient quite often when exploring Mexican or Caribbean cuisine. It is extracted from the seeds of the evergreen *Bixa orellana* shrub. After macerating in water, the pulp surrounding the seeds is made into cakes for further processing into dyes. The seeds are dried and used whole or ground as a culinary spice.

This spice goes by many names in different parts of the world:

Achiote is used in Mexico and in the Aztec language of Nahuatl, as well as Spanish-speaking countries of the Caribbean. Annato is common on some Caribbean islands and in areas of South America. Roucou is used frequently in Trinidad and Tobago, Martinique, and Guadalupe. Achuete is primarily used in the Philippines.

Urucul is the name of the spice among the Tupi-Gurani Indians of the Amazon.

Preparation

Butterfly a whole fish and spread it open, skin side down, and clean it completely. Dissolve the achiote powder in the juice of the sour orange. Salt, pepper and garlic are added to taste, leaving this sauce thick as on the fish.

Place the fish over the grill. Cover the fish top with slices of tomato and onion. Cook it slowly.

*Donated by Grecia Pacheco Gomez
Rotary eClub of Latinoamerica*

Micronesia



Ginger and Lime Marinade

Ingredients

- 1/4 cup fresh lime juice (about 1 lime)
- 1/4 cup soy sauce
- 2 large cloves of garlic, crushed
- 1 tsp grated ginger
- Black pepper

Mix and use for grilled fish (or meat).

*Donated by Caroline Dobson
Rotary eClub of Innovation*

Note: This recipe crops up on many websites. It seems to have originated on www.globaltableadventure.com. but like all really good recipes it has kind of spread around. So many thanks to who ever devised it for our pleasure.

Montenegro



Smoked Karp

Fish from Skadar Lake

Ingredients

- 1 kg of smoked carp
- 300 ml of olive oil
- garlic
- parsley to taste
- 1 lemon
- Laurel leaves and pepper to taste

When you decide to cook a smoked carp, you should cut it to pieces, and then just slip them through the hot water, soak up salt, and put them to boil in plain water. You can add laurel and pepper as desired, but a nice carp does not need it.

As long as carp is cooking you can prepare a marinade, chop a lot of garlic and parsley leaves and lemon juice, add to olive oil.

The karp should be cooked on low temperature for about 20-30 minutes and it is important to know that the meat has been cooked and it is easily separated from the bones, although it should not be overcooked. Then drain the water and warm pieces of the carp sprinkle well with prepared marinade and let it cool.

Smoked carp is usually served as a cold appetizer, or as a main dish with boiled potatoes, and then followed by other lake specialities: fish soup, eel risotto, or winter special carp prepared with dried plums and quince, are just some of them

Prijatno (bone appetite)!

Donated by Ivana Zdravkovic,

RC Beograd Metropolitan

Editor's note: Laurel leaf is also called bay.

New Caledonia



Prawn Salad

Ingredients

- 1 kg of prawns
- 5 lemons
- 1 bunch of green onions and 1 of coriander
- 2 tablespoons of soya sauce
- 1 tablespoon of Maggi seasoning sauce
- 2 tablespoons of olive oil
- Pepper

Method

Shell the prawns, cut them following the axis from head to tail into 4 long thin strips.
Put all the strips in a salad bowl.

Press the lemons. Pour the lemon juice on the prawns (juice must completely cover the prawns). Keep the bowl at cool temperature for at least 30 minutes.

Then quickly rinse the prawns with fresh water. Chop the green onions and the coriander. Put them all in the bowl with the prawns and mix well.

Let it settle for 1 hour and enjoy.

*Donated by Phillip Scorenet
Rotary Club Noumea Ducos Boulari*

Panama



Scallops Ceviche

I have cooked for a living several times in my life and this is a recipe that I adapted from one in the family.

Thing is, I am of a gringo family and grew up in Colon, on the less populous Atlantic Side. Little Panama has regional cuisines, with the more mainstream stuff from the cultural heartland of the Pacific side central provinces being pretty bland, with garlic and cilantro being

well-nigh ubiquitous. But on the Atlantic Side we have the indigenous Guna, West Indian and African runaway to the jungle slave Cimarron cultural influences, all of which can get pretty fiery.

You use purple onions, diced; fresh, uncooked bay scallops or the larger ocean scallops cut up to the size of the smaller bay scallops (the latter with a stronger taste that I prefer); the little tiny bird peppers that get sold in ethnic stores in the USA as African devil peppers, in some places are called African Bird's Eye Chili, etc. (*Capsicum frutescens*). Surely of Andean origin and evolved to what they are on the Caribbean islands or littoral, but a big thing in places like Malawi, I am told.

Fresh squeezed lime juice, enough to cover all other ingredients in a glass or ceramic bowl or crock
a little bit of sea salt

Proportions are to taste, really by weight the scallops should be the biggest thing. Not too much salt.

You stir the scallops, onions and peppers together in a bowl or crock (BIG error to use a metal one, especially an aluminum one -- use glass or ceramic)

You pour on the lime juice, just enough to cover other ingredients.

Stir. Sprinkle on a dash of salt. Stir again. Cover and put in the refrigerator overnight. A day later, take the stuff out of the fridge, stir, recover, put back in the fridge. Repeat this cycle

After a day or two, the color from the onions will have bled to make everything pink. The heat and flavor from the peppers will have infused everything else. The acids from the peppers and lime juice will have "cooked" the scallops. If they are essentially

untouched by acid raw in the middle you have not keep them pickling in the fridge long enough,

More peppers will of course increase the acid content, as may the sorts of lime you use and that can affect preparation time.

So, is ceviche "raw seafood?" In a sense, but properly done it's more properly said to be pickled.

If you are ultra-cautious about microbes and not concerned so much about flavor and texture, you might bring the lime juice to a boil before pouring over the scallops, and the next day drain the liquid, reheat it and pour it back in.

That will change the chemistry and ruin the texture but get you by some weenie US health inspector.

*Donated by Eric Jackson
The Panama News*

Portugal



Cod À Brás

Ingredients

- 1 medium sized onion
- 2 garlic Cloves
- 1 soupspoon of olive oil
- 600gm Dried Salted Cod Fish (Bacalhau) soaked to soften and then shredded
- 200gm Potato, cut into sticks
- 6 eggs
- Chopped Parsley
- 50gm black olives

Method

Cut the onion into slices and crush the garlic cloves in the olive oil.

Put this into a large frying pan under medium heat.

Add the cod fish and the potato sticks and mix well.

Let the potatoes get a little bit soft.

In a bowl knock slightly the eggs together with a fork.

Add the egg mixture to the cod fish and mix until everything gets well connected and the eggs cooked.

Taste and add seasoning to refine.

Serve the cod fish à brás splashed with parsley and olives.

Donated by Tanya Gicheva to Michelle Render

Rotary eClub of Innovation/ Portugal

Samoa



Oka

(Raw Fish)

Oka is a popular Samoan dish that is traditionally on every family table for Sunday to'anai (lunch). Samoans have an annual Oka festival dedicated to this dish, where budding chefs vie for the trophy for the best Oka dish. There are many variations to this dish but most importantly the fish has to be very fresh.

It is a refreshing dish that is perfect to enjoy on hot summer days.

Preparation Time: 15minutes - Resting Time: 15 minutes

Ingredients

- 500g fresh tuna
- 1 small onion
- 3 medium tomatoes (deseeded)
- 1 small cucumber (deseeded)
- 1 red chili finely chopped (optional)
- 1.5 cups coconut cream
- 1 cup of lemon/lime juice
- 1 cup of ice water or a handful of ice cubes
- Salt to taste

Instructions

1. Fillet, debone and cut the fish into medium dice. Add lemon/lime juice and set aside while preparing the vegetables
2. Dice the onion, tomatoes and cucumber. Finely chop the dill.
3. Add all the ingredients to the fish
4. Season to taste and adjust to your liking- more lemon for acid, more coconut cream for sweetness.
5. Serve chilled.

Recipe Notes:

Tuna can be substituted by most fish like marlin, trevally, snapper or salmon as long as it is fresh. Frozen fish is not recommended. Other vegetables/ herbs can be added like capsicum, jalapenos, spring onions and cilantro. The fish should still be delicate in texture. The longer it is marinated in lemon juice, the firmer and more 'cooked' it will become.

Donated by Rotary Club of Apia

Senegal



Tiéboudiène

Following your request for the cookbook project initiated by your Club, we are pleased to be able to contribute with the recipe of our national dish based on rice, fish and various vegetables; the tiéboudiène.

If you are visiting Senegal, we would be happy to invite you to our table to share this tasty and popular dish.

Ingredients for 6 people

- Rice: 500 g
- Fish (thiof preferred) 500 g
- Dry fish: 100 g
- Green cabbage: 1
- Carrot: 1
- Cassava: 1
- Ordinary onion: 1
- Eggplant: 1
- Lemon: 2
- Oil: 1/4 l
- Tomato concentrate: 100 g
- Salt,
- garlic (1/4 clove)
- Chili pepper (dry)

For Stuffing:

- 2 cloves of garlic, minced
- 3 tablespoons chopped fresh parsley
- 1/2-1 teaspoon crushed dried red chilies, depending on your taste
- Salt – pinch

Preparation:

Step 1. Once all the ingredients are gathered, make sure you have the right pan, because Tiéboudiène is a dish for a large family. Therefore, you need a large pan.

Step 2. First, make the fish stuffing, the rof, by crushing and mixing all the ingredients listed above. Make deep incisions in the flesh of the fish, previously cleaned and cut into large pieces.

Insert the stuffing into the incisions.

Step 3. Heat the oil in the pan, then plunge the fish in and fry it well on both sides. Once browned, set aside (you can leave the yet).

Step 4. Next, fry the onions.

Step 5. Add the tomato paste to the hot oil and stir vigorously. Then add water to 3/4 of the pan.

Step 6. Add the garlic, bay leaf, salt, pepper, in short, all the seasoning. For the chili, crush a chili pepper and add it to the broth.

Step 7 . Bring to a boil, then add the vegetables (whole) and the remaining chili pepper, which you must be careful not to break. Add the fish to finish cooking.

Step 8. Watch carefully as the vegetables and fish cook and set aside as the various ingredients cook.

Step 9. Meanwhile, wash your rice (rub it well to remove the starch, otherwise it will stick) and blanch it.

Two options: either in the microwave (mine) or in the couscous maker.

Step 10. When everything is cooked, remove the ingredients from the broth and plunge the rice in.

Step 11. Turn down the heat well because otherwise it burns.

Step 12. The rice cooks in about thirty minutes. Depending on the quality of the rice, more or less broth is needed and the best cook can still be fooled, but remember that when you plunge the rice, the broth should be at least a finger's length above the rice.

Step 13. For basmati, it's at least two phalanges.

Step 14. Cover, and let cook over low heat. Halfway through cooking, turn the rice over, taking care not to crush or break it.

Step 15. And there you have it, just serve on a large platter, rice first, fish in the center of the dish and vegetables around it.

Donated by the Rotary Club Dakar Millénium

Editor's note: The fish Thiof is a White Grouper

Seychelles



Fish and banana curry

Ingredients

- 1lb of diced fish flesh (Rouget is popular)
- 2 potatoes diced
- 2 bananas
- 2 tbs oil
- 1 chopped onion
- 3 cloves chopped garlic
- 2 tbs curry powder
- 1 tsp nutmeg
- 1 tsp ginger
- 2 tsp pepper
- Pinch of saffron
- 3oz creamed coconut
- 1/2-pint water

Method

Put oil, onion, garlic and spices in pan and cook gently for a few minutes. Add diced potato, the coconut and water. Simmer for about 20 mins then add the chopped bananas and fish. Cook for further 10 mins until fish is cooked.

Serve with rice.

Donated by Cath Freeman Hill Inverness who obtained from a friend living in the Seychelles.

Sri Lanka



Fish Ambul Thiyal

Traditional Sri Lankan Dish

Fish ambul thiyal (sour fish curry) is one of the most beloved varieties of the many different fish curries available. This hot, sour, peppery dish was originally developed as a way to preserve fish in the South of Sri Lanka. It is now a picnic favorite all over the country.

The fish — usually tuna — is cut into cubes, then sauteed in a blend of spices including black pepper, cinnamon, turmeric, garlic, pandan leaves and curry leaves. Perhaps the most important ingredient is dried goraka, a small fruit responsible for giving the fish a sour flavor.

Ambul thiyal is a dry curry dish, meaning all the ingredients are simmered with a small amount of water and cooked until the liquid reduces. This allows the spice mixture to coat each cube of fish. Originating in southern Sri Lanka, it's available throughout the country at restaurants that serve curry and is best eaten with rice.

Ingredients

- 250 grams of Tuna
- 1/2 tablespoon of Salt
- 1/4 tablespoon of Turmeric Powder
- 2 tablespoon of Chili powder
- 1 tablespoon of Chili Flakes
- 1 tablespoon of Goraka paste
- 1 tablespoon of Pepper
- 1/4 tablespoon of Tamarind diluted with water
- 1 sprig of Curry leaves
- 4 tablespoons of Vegetable oil

Equipment

- 1 Frying Pan

Method

- Wash tuna and drain water, rinse and drain.
- Blend turmeric, salt, chili powder, chili flakes, curry leaves and tamarind diluted with water.
- Coat tuna with mixture by hand, gently turning the pieces to avoid breaking.
- Add vegetable oil to pot.
- Place banana leaf (if possible) into pot and add more vegetable oil, place the tuna and pour tamarind mix diluted with water for the second time. Almost cover the fish.
- Place lid on and cook for 20 mins. Cook until all water is gone.
- Wrap up the week with lip-smacking Ambulthiyal!

From Shiraz Latiff

St. Barthélemy



Sauce Chien

This recipe is for a versatile sauce that we serve here in the French West Indies with fresh fish or “boudin” (sausage).

Ingredients

- 1 small onion, minced
- 6 scallions, minced
- 1 fresh scotch bonnet or habanero chili pepper, cleaned and minced
- 2 garlic cloves, minced
- 1 teaspoon dried thyme
- 1 roasted red bell pepper, pureed
- 2 tablespoons minced parsley
- 1/2 cup boiling water
- Juice of 1 lime
- 2 tablespoons peanut oil

Instructions

Combine all the ingredients except the water, lime and oil in a bowl.

Stir to combine.

Add the boiling water. Set aside to cool.

Add the lime and oil

Donated by Abigail Leese

Rotary Club Île de Saint Barthélemy

St Vincent & the Grenadines



Fish Blaff

Ingredients

- 500g Mahi steaks
- 4 limes
- 3 chives
- 2 onions
- 3 spring onions
- 3 cloves garlic, crushed
- 1 teaspoon thyme
- 2 whole allspice berries (or 1 teaspoon of ground allspice)
- 1 clove (or use half a teaspoon of crushed cloves)
- 150ml white wine
- 150ml water
- 3 tablespoons sunflower oil
- 3 green hot peppers
- A few sprigs parsley
- Salt



Alternatives:

"Maha Mahi" (also known as Dolphin fish or Dorado – according to Alex) will most likely not be available in your vicinity, so reduce your food miles and use any local firm flesh white fish. I used cod steaks this time. Snapper works well.
Use 150 ml of fish or vegetable, stock if you do not want to use wine.

Instructions

Mince or chop finely the onions, spring onions and garlic.
Cut the hot peppers into thin slices. Chop half the parsley.
Place chopped ingredients in a bowl and mix. Cut limes and squeeze juice into the mix.

Add the cod and cover every piece in the mixture. Cover with plastic wrap and marinate in the refrigerator for two to three hours, longer if you make this early enough in the day.

When ready to cook, pour the white wine, water, oil, thyme, salt, allspice and cloves into a large pan. Add marinade from the fish. Dip the fish in the sauce and then put fish to one side.

Boil this mixture over high heat for 3 minutes, then reduce heat and simmer for 15 minutes. Sprinkle with remaining parsley.

Add the fish to the pan and simmer uncovered for 10 minutes over low heat.

When serving you can serve as a broth, or I remove the fish and serve it with golden vegetable rice, spooning the mix over the fish and rice.

4 servings

*Donated by Graham Ferguson
Rotary eClub of Innovation*

Thailand



Poached Salmon

Cook 125gms rice.

Meanwhile heat a medium frying pan, add 1tbsp of red or green Thai curry paste until sizzling, add 200gms coconut cream and bring to a simmer, then add 2 fillets of salmon and simmer covered for 7/8 minutes, turning halfway through.

Cook a handful of green beans until tender.

Place rice and beans on a plate, then add the salmon to the plate with the sauce and sprinkle with freshly chopped coriander and serve.

Serves 2

Donated by James Gartrell

Timor L'este



Ikan Pepes

(Fish in Curry Sauce)

Ingredients

- Whole red snapper, grouper or sea bass, about 2lbs weight, cleaned and guts removed
- Banana leaf (big enough to wrap the fish in) rinsed
- String soaked in water

Marinade

- 1 Lime sliced in half
- 1 tsp salt
- Curry paste
- 1 Tbs tamarind pulp, soaked for 5 minutes
- 2 Tbs warm water
- 6 to 10 large chilies (type of your choice), chopped
- 1 stem of lemongrass
- 5 candlenuts or macadamia nuts
- 1 small, ripe tomato
- ½ tsp ground turmeric
- 1/2tsp dried shrimp paste
- 1Tbs chopped palm sugar or brown sugar
- ½ cup basil leaves
- Rice to serve

Method

Score the fish, rub salt and lime into the cuts and leave to marinade.

Cut off the white bottom of the lemongrass and take out its center, discard the rest.

Grind all the curry paste ingredients in a food processor until they are smooth.

Divide the curry paste into three portions. Put one portion on the banana leaf, one in the belly of the fish. Put the fish on the banana leaf. Put the remaining third of the curry paste on the fish and wrap the banana leaf round in a parcel, using the soaked string to tie it up securely.

Steam for 20 minutes in a bamboo steamer.

Take the parcel out of the steamer and place under a grill or on a griddle plate. Grill for another 6 minutes.

Unwrap the packet and serve the fish over rice and topped with basil.

*Donated by David Boyce
Rotary Club Dili Timor Lorosa'e*

Editor's Note from Wikipedia: Pepes is a cooking method using banana leaves as food wrappings. The banana-leaf package containing food is secured and then steamed or grilled on charcoal. This cooking technique allows the rich spice mixture to be compressed against the main ingredients inside the individual banana-leaf package while being cooked, and also adds a distinct aroma of cooked or burned banana leaf. Although being cooked simultaneously with food, the banana leaf is a non-edible material and is discarded after cooking.

Tonga



'Ota ika

Ingredients

- 1 kg fresh fish fillets (mullet, tuna etc) (I usually clean the fish with salt before everything else).
- 5 lemons, juice only
- 3 spring onions, chopped finely
- 1 small cucumber, seeds removed, chopped into bite-size pieces
- 2 tomatoes, chopped
- ½ green or yellow pepper, chopped
- 1½ cups light coconut cream
- 1 cup water
- Pepper, to taste

Method

Rinse the fish and cut into cubes

Place in a shallow dish and cover with the lemon juice

Leave to marinate for at least 1 hour in the fridge

Drain off the lemon juice

Add the spring onions, cucumber, tomatoes, pepper, light coconut cream and Water

Season with pepper and mix well

Transfer to a serving bowl, cover and chill before serving

Donated by Masina Valu

Rotary Club Nuku'alofa

OTHER DISHES



PhotoCredit: Loes Klinker, Unsplash

Africa – Burundi/Namibia/South Sudan



Maize Flour Porridge

Wikipedia gives 60 names for maize flour porridge, which is the staple starch in many African Countries where it is served with a variety of soups and stews. We received two recipes one from Kenya and one from Tanzania. Maize flour porridge is from:

- Democratic Republic of Congo (known as Bidia or Moteke or Nshima)
- Burundi, South Sudan, Rwanda (known as Bugali)
- Sierra Leone (known as Fufu)
- Congo (known as Nfundii)
- Sudan (known as Obokima or Bugali)
- Namibia (known as Pap or Oshifima)
- Zambia: nshima

Tanzania



Ugali

Editor's note: This maize flour porridge goes with *Maharagwe*, the recipe for which we have given separately.

Ingredients

- 4 cups (960 ml) water
- ½ to 1 teaspoon salt
- 2 cups (350 g) fine cornmeal (white is traditional, but yellow works just as well)

Method

Bring the water and salt to a boil in a large saucepan. Pour the cornmeal into the boiling water in a steady stream, stirring constantly with your other hand. Keep stirring, with a wooden spoon, to avoid lumps. Smash any lumps that do form. The mixture will thicken up quickly.

Turn the heat down to medium and keep stirring and cooking the mixture for 5 minutes, until it forms a thick ball. Turn the heat to low, cover the saucepan, and cook the *ugali* for 10 more minutes, stirring occasionally.

Scrape the mass of cooked *ugali* onto a plate and quickly shape it into a thick disk using a silicone spatula. Cut it into slices or wedges and serve it with the *maharagwe*. You can also scoop out balls with an ice cream scoop and set them on a plate, not touching each other, to make more individual portions.

If you want to be traditional, set the plate of *ugali* into the center of the table and let people pinch off small balls of it. With their thumb they make an indent in the middle of the ball and use that to scoop up the *maharagwe* to eat it.

Serves 4 to 5.

Submitted By

Jackie Brice-Bennett

Rotary Club of Marangu and Rotary Kilimanjaro

Kenya



Ugali

Ingredients

- 444g red sorghum flour
- 154g finger millet flour
- 570g maize flour, refined, white
- 7 cups (1531g) water

Method

Preparation 5 minutes

Cooking 20 minutes

Mix the dry ingredients evenly.

In a separate pot bring the water to the boil.

Add the flour mix to the boiling water and stir continuously for 6 minutes or until the mixture is firm.

Simmer for 15 minutes.

Remove from the fire, turnover onto a plate and serve hot.

Serves 4

First published in Kenyan Food Recipes 2018, Kenyan Government and Food and Agriculture Organization of United Nations

Donated by Mariam Wangui

Rotary Club of Milimani

Rotary International Water, Sanitation and Hygiene in Schools Representative

Afghanistan



Afghani Rice with Chickpeas

As my mother used to make

I don't think you will find the equivalent of this recipe anywhere else because I believe my mother was taught to cook rice in this way by my grandmother who came from Persia (today's Iran).

Preparation. 20 minutes

Cooking. 20 minutes

Ingredients

- 100ml Vegetable Oil or Clarified Butter
- 400g Boiled Chickpeas
- ½ tbsp Garlic, crushed
- 1 Chopped Onion
- ½ tbsp Salt
- 1 lt. Water (4 cups)
- 1 tsp. Garam Masala (made from ground cloves, cardamom & cinnamon)
- ½ kg. Basmati Rice, soaked in cold water for 20 minutes

Method

Heat 100ml of oil or clarified butter in a large saucepan over medium -high heat and cook onions for 8 to 10 minutes or until golden, add crushed garlic, and chickpeas and ½ tbsp salt and cook for 10 minutes. Drain the soaked rice and pour over the onions, garlic and chickpeas, add a pinch of garam masala and stir until rice is evenly coated. Carefully add 1 liter of water, mix it thoroughly, using the end of a large spoon, make holes all over the rice to allow it to steam evenly. Cover pan with a lid, place over high heat for 5 minutes or until you hear a ticking sound, reduce the heat to low and cook for further 10 minutes, take off the heat and leave covered for further 10 minutes. Serve with green salad or dry meat

Serves 3.

*Donated by Ghalaza Chapman.
Rotary eClub of London Centenary*

Armenia



Rice Pilaf

Ingredients

- 2 tablespoons butter
- $\frac{1}{2}$ cup vermicelli broken in pieces or small egg noodles 1 cup rice (Uncle Bens converted rice is preferred)
- 2 cups chicken broth

Method

Melt butter in saucepan under medium heat. Brown vermicelli/egg noodles till golden brown. Add rice. Cook for 30 seconds, stirring once.

Add chicken broth. Bring to boil. Cover and reduce heat.

Cook for approx. 20 minutes or until all liquid is absorbed.

Serves 4.

Donated by St. Gregory the Illuminator Armenian Apostolic Church Ladies Guild

Antigua and Barbuda/Anguilla



Macaroni Pie

Ingredients

- 500g elbow Macaroni pasta (see section below for alternatives)
- 250g cheddar cheese, grated
- 250g mozzarella cheese, grated
- 2 Tbsp butter (and maybe a bit more to grease the pan)
- 500ml of evaporated milk
- 2 eggs
- 3 cloves garlic, minced (use less if you want)
- 2 small onions, minced
- 2 Tbsp ketchup
- 2 Tbsp yellow mustard or alternatives
- Salt and pepper to taste
- OPTIONAL - Paprika or similar for the top



Alternatives:

1. *Macaroni pie does not always have to be made with Macaroni!* Do not use a thin pasta, there is nothing for the sauce to catch onto. Do not use large pastas like Penne as you get too much pasta and not enough sauce. Anything a similar size to macaroni is fine and my favourite is to use fresh fusilli as it tastes much better to start with and being hollow with ridges on the outside it holds much more sauce than macaroni.
2. Use yellow mustard to get brighter yellow colour, but I prefer coarse grain mustard for the taste.
3. I am aware of recipes that use double the cheese I use – if your budget and arteries can cope with it please feel free to add more cheese.

Method

Grate both cheeses, blend and set aside in two portions. Mince, or cut, the onions and garlic into small pieces. I use a mezzaluna chopper on both, (I got one recently and at the moment I use it on everything I can), but a garlic press, or large chopping knife will achieve the same results.

In a large bowl mix well the evaporated milk, eggs, mustard, ketchup, garlic, onion, salt and pepper. Set aside for later.

Preheat oven to 180 °C.

Bring a large pot of salted water to the boil, add pasta and cook it until it is *al dente*. Cook macaroni for 6 to 8 minutes. Fresh fusilli will be ready in 4 minutes.

Drain, return to pot, add butter and stir. Once butter is melted, stir in half of the cheese mix. Then add the seasoned milk and egg mixture.

Pour mixture into a greased baking dish with high sides – a 12 by 9 Pyrex, or 10-inch diameter round dish will hold this mixture.

Top this mixture with the remaining half of the cheese mix. I sprinkle paprika over the top of the cheese; this gives the top a great colour.

Bake in pre-heated oven for 40 to 45 minutes or until top is brown.

It is delicious hot, but that is not how it is served in Antigua! I put the lid onto the baking dish and leave it to cool before placing it in the fridge overnight. Usually served in slices as a side dish but can be served alone for lunch.

This recipe was donated by Graham Ferguson

Rotary eClub of Innovation for Antigua and Barbuda.

The same dish was donated by Kitty Bucsko: eClub of Canada One for Anquilla.

Australia



Aussie BBQ Fried Rice

Don't bother making this the side dish. It's good enough as the main meal and it will feed 4-6 people! Everything is cooked on the BBQ except the boiling of the rice. Left-over fried rice reheats well in the microwave.

Ingredients

- four cups of long grain or Basmati rice
- cooking oil
- 6 eggs
- 1 cup frozen peas or $\frac{1}{2}$ cup dried peas
- small tin of sweet corn
- 1 kg of uncooked diced chicken meat
- Some bacon and/or prawns, optional
- $\frac{3}{4}$ cup soy sauce
- Good tablespoon of ginger powder
- Cup of diced shallots (onion if no shallots)

Preparation prior to BBQ

Add the rice to boiling water – large saucepan.

The trick is to only cook it for approximately 9-10 minutes. Grains should still be very slightly crunchy inside. If you are using dried peas, throw them in when you add the rice to the boiling water.

Pour the rice into a colander, wash and drain.

Dice the chicken in preparation for cooking.

Break the eggs into a container and stir or shake until mixed.

BBQ

Use a small amount of cooking oil to: -

Cook the chicken meat (plus optional bacon and peeled prawns), then remove from BBQ

If using frozen peas, cook them for a couple of minutes on the BBQ then remove from BBQ plate.

If using onion, brown and then remove from BBQ. (If using shallots, keep for later.)

Pour the eggs onto the BBQ plate. Cook and then while still on the BBQ, dice into small pieces, then remove from BBQ plate.

Add a few tablespoons of oil to a very hot BBQ plate. Throw the rice on and quickly turn the rice and oil so that it is mixed thoroughly. Continue cooking the rice for 3-4 minutes.

Add all the cooked and remaining ingredients to the cooking rice. Mix it well and continue to cook for a further 2-3 minutes. Add the ginger powder and Soy sauce when almost ready and mix in.

Shovel into huge bowls and enjoy yourself!

*Donated by Geoff & Lorelle St Clair
Rotary Nomads, eClub in Australia*

Austria



Speckknodel

Traditional Austrian Dumpling

Ingredients

- 5 stale bread rolls or 250g stale bread, cubed
 - Salt
 - 1/4 L milk
 - 2 eggs
 - 3tbs breadcrumbs
 - 80g smoked bacon ("Speck"), finely cubed
 - 30g butter
 - Chives
 - Salted water
 - 1 1/2 l hot vegetable or beef broth
- For Vegetarians, simply skip the Speck and use cheese cubes and vegetable broth.

Method

Cut the stale white bread into small cubes. Pour some warm milk over the bread cubes and let it soak for a few minutes. Cut the smoked bacon into small cubes and fry in butter.

Beat the remaining milk and eggs together and add to the soaked bread mixture with the bacon (or cheese), chives and breadcrumbs. Season with salt and knead quickly to blend all ingredients. Many veteran dumpling makers will insist the best way to do this is with your hands. If the dough is too moist, knead in some more breadcrumbs. Bring the salted water to a boil and reduce to simmer. With dampened hands, form the dumpling mixture into 8 or 12 balls. Add gently to the salted water and keep on the simmer for 10 to 15 minutes.

Serve the bacon dumplings in a large bowl with the hot broth and chopped chives on the top to garnish. Good side choices are coleslaw or a green salad.

Donated by Matt Barley

Isle of Rum

Belize



Rice and Beans

Ingredients

- 1 lb dry kidney beans
- 3 cups rice
- 5 cloves garlic
- 1 large onion, minced
- 1 large green pepper, seeded & diced
- 1.5 cups celery, chopped
- 1 bay leaf
- 1 Tbsp parsley, minced
- 2 cans coconut milk (400 ml each)
- 4 Tbsp coconut oil
- Salt & Pepper
- Water

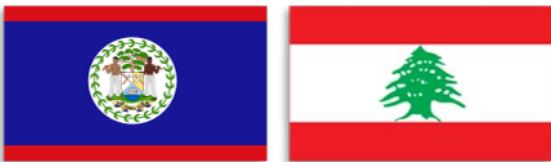
Method:

- Soak the beans overnight in water to cover.
- Drain beans and place them in a large pot. Add enough water to cover the beans.
- Add 4 of the whole cloves of garlic to the pot of beans.
- Place the pot on the stove and bring to a boil.
- Cook the beans for about one hour or until soft.
- Crush the remaining garlic clove.
- In a separate pan, add the crushed garlic, onions, celery, bay leaf and green pepper. Sauté mixture in a tablespoon of coconut oil, then add this to the pot of beans.
- Add the chopped parsley to the beans, then season with salt and black pepper to taste – more pepper if you like it spicy.
- Rinse and drain the rice, then add to the pot of beans.
- Add the 2 cans of coconut milk and the remaining coconut oil.
- Stir well, adjust the salt & pepper and cover the pot with a lid.
- Cook over medium low heat for 45 minutes or until the rice is tender.

Serve the Beans and Rice with any choice of meat or seafood, along with fried plantains and potato salad. So tasty! Great dish to make for a crowd.

*Donated by Frank Yakimchuk
Rotary eClub of Innovation*

Belize/Lebanon



Bourghul

Editor's Note: Bourghul is the national dish of Lebanon but this recipe was gifted to us by Nabil Bedewi, who founded the charity [Believe in Belize](#). We have therefore used it to represent both.



Bourghul in Arabic (bulgur in Turkish) is partially cooked and crushed wheat. It comes in many different textures. For the following recipe you need # 4 or very coarse bourghul. It is a side dish but with minor addition of Ground Meat it can be a main dish.

Ingredients

- 1 cup of very coarse bourghul or # 4
- 2 cups of chicken stock (for extra flavor use ½ cup of chicken or roast beef dripping and 1 ½ cup of chicken stock). For vegetarian and vegans use vegetable stock
- Salt, pepper, cinnamon, turmeric, or any combination of your favorite spices
- 16 oz. frozen pearl onion defrosted (can be substituted for 1 medium size fine chopped onion)
- ½ cup of chopped carrot
- ½ cup of chopped celery
- 1-2 tablespoons of olive oil

Direction:

Sauté onions, carrots, and celery in olive oil until tender for about 10-15 minutes. Add the bourghul and also sauté for a few minutes (if you are not ready to cook the mixture, you can freeze it for at least 2 weeks). Add stock, salt, and spices. Once the mixture comes to boil reduce heat and simmer on very low heat for at least 60 minutes.

Tips:

1-add chickpeas (content of one small can) after you drain liquid and rinse well to the cooked mirepoix. Add the stock and cook as above. The chickpeas add additional flavor, texture, and protein. With the addition of chickpeas or meat (see below), the bourghul mixture can be consumed as a main dish.

2- You can add ½-1 cup of cooked ground meat in addition to chickpeas to the cooked mirepoix. Add the stock and cook as above. Again, the meat adds flavor and protein. Serve with yogurt or yogurt salad (yogurt, diced cucumbers, small amount of chopped fresh or dry mint, and salt).

Recipe for cooked ground meat: In a large hot skillet add 1 tablespoon of olive oil, 2 lbs. of ground meat, 1 medium size chopped onion, salt, pepper, and cinnamon as needed (or any other spice you like). Cook the mixture on medium heat for about 20-25 minutes.

Note: Cooked ground meat freezes well up to three months.

Mirepoix = In French cooking, a mix of carrots, onions, and celery, usually finely diced, and used as the seasoning base for a meat dish or sauce.

Recipe from:

Chahira Kozma, MD

Professor of Clinical Pediatrics

Georgetown University Medical Center

Washington DC 20016

Donated by Nabil Bedewi

Rotary E-Club of One World

Ghana



White Jollof

(Anwamoo)

Ingredients

- 1kg local unpolished rice
- 200ml cooking oil (any type)
- 2 pieces medium sized onions
- 7 pieces shallots (sliced)
- 3 pieces medium sized ripe tomatoes
- 5 pieces fresh hot peppers
- 4 eggs fried (omelet)
- Salt to taste

Cooking time 45 to 60 minutes



Preparation:

Pour the oil in a saucepan. Bring it to a medium heat. Add the sliced shallots.

Stir until crisp and brown. Remove the shallots and set aside

Wash the rice and add to the oil. Stir for about two minutes

Add boiled water and salt to taste to the rice and cook normally just like cooking rice until firm and tender.

Ground the onion, tomatoes and pepper until smooth and set aside. (Best grounded in earthen ware). Add salt to taste

Serving

Fetch the rice into a plate, add some of the ground vegetables and omelet. Garnish with the fried shallots

Serves 4

Donated by Amina Sammo, Accra – Ghana,

Guatemala



Guatemalan stir fry

This is the recipe I used for a vegan stir fry for a group of about 20 people. You probably will want to cook a pot of rice on which to serve the stir fry.

Protein: I used locally made tofu, but you could use tempeh, or such non-vegan options as chicken or shrimp. I would recommend cooking the protein separately, and then adding it toward the end to the rest of the ingredients to heat up.

For our meal, I used four one-pound packs of firm tofu. Then:

Sliced the tofu into roughly one-inch cubes.

Stir fry in olive oil in large cast iron frying pan in medium heat.

Carefully turn each piece so that the tofu browns on top and bottom and gets slightly crispy.

Season while cooking with salt, pepper, and Bragg's Liquid Aminos or soy sauce.

When done, coat liberally with Balsamic Vinegar, stir thoroughly, and set aside in a bowl.

The rest of the stir-frying takes place in the Big Wok. You are not deep-frying but you want to make sure there is enough olive oil in the wok as you proceed. I find it helpful to prepare all the ingredients (cleaning, cutting...) and then add them in groups to the wok. Start with the items which need the longest time cooking. Add salt, pepper, Bragg's/soy sauce as you go.

Group 1

- 2 large onions, peeled and cut in large pieces
- 5 large cloves of garlic, peeled and chopped
- 1 decent-sized chunk of ginger, peeled and chopped
- 1 or 2 large carrots, cut in THIN round slices
- The stalk of a head of broccoli, peeled, sliced, and chopped.

Group 2

- The kernels sliced from one ear of corn
- The florets from the broccoli head
- 1 yellow and one green squash (or more if they are smallish) sliced and chopped

Group 3 – Cover after you have added these final ingredients.

- 1 pound of good mushrooms (I used local shitakes.) I removed the stems and cut the mushrooms in large slices.
- 2 good-sized mangos, peeled and cut and chopped.
- 1 or 2 cups of white wine.
- The tofu or other protein.
- This last stage is the shortest in time, probably only a few minutes. Basically, you are cooking (almost steaming) the mushrooms. Do not overcook them.

Peace, and enjoy!

Donated by David H. Griggs

Rotary E-Club Lake Atitlan

India



Gatte Ki Sabzi

Ingredients

For Gatte (Gram Flour Dumplings)

- 1 Cup Chickpea Flour (Besan)
- A pinch of Asafoetida (Heeng)
- 1/2 Teaspoon Turmeric Powder (Haldi)
- 1/2 Teaspoon Red Chilli Powder
- 1 Teaspoon Salt or as per taste
- 1 Tablespoon Ghee / Cooking Oil



For the Curry/Gravy

- 1 Cup fresh Curd (Yogurt / Dahi)
- 3-4 Cloves of Garlic
- 1 inch piece of Ginger
- 2 Green Chilies
- 1 Teaspoon Black Mustard Seeds (Rai)
- 1 Teaspoon Cumin Seeds (Jeera)
- 1 pinch of Asafoetida (Heeng)
- 1/2 Teaspoon Turmeric Powder (Haldi)
- 1/2 Teaspoon Red Chili Powder
- 1/2 Teaspoon Coriander Powder (Dhania Powder)
- 1/4 Teaspoon Garam Masala
- 1 Teaspoon Salt or as per taste
- 1 Tablespoon Cooking Oil

Method

Take Chickpea Flour (Besan) in a working bowl. Add other ingredients i.e., 1/2 Teaspoon Turmeric Powder, 1/2 Teaspoon Red Chili Powder, a pinch of Asafoetida (Heeng) and 1 Teaspoon salt. Mix all these ingredients while still in dry form

Make a small well in the middle of the flour. Add 1.5 Tablespoons of Ghee or cooking oil to the mixture.

Mix and rub the flour between your hands to coat it completely with the oil. Add 1/4 cup water to the mixture and make dough of Gram Flour (Besan).

Add water slowly taking care that the final dough is smooth and stiff. Now apply some oil on your palms and divide the dough into 6-8 equal portions and roll each of these portions into a long cylindrical roll of about 1/2-inch thickness and approximately 3-4 inch length. Take a pan and fill it with water till half full and heat it. When water starts to boil, adds the cylindrical rolls into it and allow them to cook for 3-4 minutes. Take the rolls out when they start floating on the surface of water as they become light on getting cooked. Transfer the cooked rolls to a plate. Repeat the process for cooking any remaining rolls. Allow few minutes to let these rolls cool. Cut the cylindrical rolls into pieces roughly 1 inch in thickness. Gatte are now ready.

Now we proceed to make curry for Gatte.

Heat 1 Tablespoon cooking oil in a pan and add 1 Teaspoon Mustard seeds (Rai). Allow Rai to Crackle. Next add 1 Teaspoon Cumin Seeds (Jeera) and a pinch of Asafoetida (Heeng). Now add a paste made from Crushed Garlic, Ginger and Green Chillies. Readymade paste can also be used. Add 1/2 Teaspoon Red Chili Powder, 1/2 Teaspoon Coriander Powder (Dhania Powder), 1/4 Teaspoon Garam Masala, 1/2 Teaspoon Turmeric Powder and 1 Teaspoon Salt or as per taste. Cook the spices on low flame for a few seconds. Add 1/2 cup of water to bring down the temperature so that the Masala does not burn. Beat some curd to remove all lumps and add it slowly to the masala. Mix the curd well with Masala. Add water to adjust the consistency of the gravy. It should be thin but not watery. When you can see the oil coming up to the surface add the gattas to it and allow it to simmer for about 4-5 minutes.

*Donated by Jaya and Prakash Saraswat,
Rotary Club Vasco di Gama, Goa*

Lebanon



Tabbouleh

Ingredients

- 1/2 cup extra fine bulgur wheat
- 4 firm tomatoes, very finely chopped
- 2 bunches parsley, part of the stems removed, washed and well-dried, very finely chopped
- 12–15 fresh mint leaves, stems removed, washed, well-dried, very finely chopped
- 4 green onions, white and green parts, very finely chopped
- Salt and Pepper
- 3–4 tbsp lime juice (lemon juice, if you prefer)
- 1-2 tbsp lemon or lime zest
- 3–4 tbsp extra virgin olive oil
- Romaine lettuce leaves to serve, optional

Method

1. Combine bulgur with $\frac{2}{3}$ cup boiling water. Let sit for 5-7 minutes. Strain out
2. any excess water (drain very well) and let cool.
3. Meanwhile, prepare the parsley. Rinse well and dry completely.
4. Pluck the parsley leaves from the stems, bunch the leaves together,
5. and chop very finely.
4. In a large bowl, combine bulgur, parsley, green onions, and
6. tomatoes.
5. Whisk together the lemon juice, olive oil, salt, mint, and lemon zest.
7. Add the dressing to the salad and mix well. Taste and adjust
8. seasonings, such as adding more salt or lemon.
6. For best results, cover the tabbouleh and refrigerate for 30 minutes,
9. then Enjoy the tabbouleh.

*Donated by Ignace Mouawad
Rotary Club of Beirut Hills*

Lithuania



Kugelis

1. Peel the potatoes and grate them finely



2. One egg put in potatoes, add some salt, pepper and mix everything.



3. Slice smoked bacon flitch into cubes. Slice onions. Put the sliced smoked bacon flitch into the hot pan. When it gets slightly roasted, add onions to the pan.
4. Roasted bacon flitch and onions, while they are hot, we put in the potato bowl



- while mixing the mixture.
5. Cover the form in which we will be baking in with fat (I use pig fat, but you can also use oil), and pour potato mixture into the baking form.
 6. Heat the oven to 240 degrees Celsius and put in baking form. Bake for 15 minutes, then reduce the temperature to 180 degrees for about an hour (depends on the thickness of potatoes).

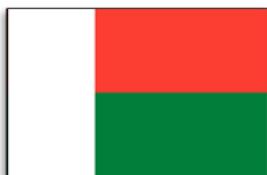


7. Sauce. Put curd, garlic, pepper, chopped dill, kefir and blend everything with blender. If the dressing is too thick, add some more kefir.

*Dr. Dovilė Žiaukienė
2020 JCI Lithuania National President*

Editor's Note: This recipe does not give specific quantities but seems to be easily adapted to the amounts you need.

Madagascar



Leek and Smoked Cheese Macaroni

An invigorating winter dinner, this goes well with salad or a generous helping of wilted greens. Make more than you need, as this freezes well either before or after it is baked.

Serves: 4

Prep Time: 25 minutes

Cooking Time: 20 minutes

INGREDIENTS

- 400g macaroni
- drizzle of olive oil
- 40g butter
- 4 small leeks (about 400g), washed and shredded
- 4 heaped tbsp plain flour
- 800ml milk
- 200g smoked Cheddar, grated, plus extra for topping
- 2 tsp Dijon mustard, or to taste
- 4 tbsp breadcrumbs (optional)
- salt and pepper

Method

Heat the oven to 200°C/Gas 6.

Boil the macaroni in a pan of salted water until nearly cooked, about 8 minutes. It should be slightly too al dente to eat. Drain and toss in a little olive oil to stop it sticking together.

While the pasta is cooking, melt the butter in a small pan on a low heat. Add the leeks and cook gently until soft, about 7 minutes, stirring now and then.

Add the flour and stir over a low heat for 2 minutes, then gradually stir in the milk (a whisk helps avoid lumps).

Add the cheese and heat gently, stirring, to thicken the sauce and melt the cheese. Season to taste with mustard, salt and pepper.

Combine the pasta with the leek mixture and transfer to a baking dish. Sprinkle over a little more cheese and the breadcrumbs, if using, and bake for about 20 minutes, until golden on top.

Variation

- Add some leftover cooked chicken or fried bacon pieces to the leek mixture before baking.
- For extra veg, stir through some blanched and chopped kale, cabbage, spinach, chard or broccoli.



Donated by Riverford recipes at [www.riverford.co.uk /recipes](http://www.riverford.co.uk/recipes) to Shine for Shelterbox and reproduced here by kind permission of Shelterbox.

Shelterbox Facts: on February 14th, 2012, Tropical Cyclone Giovanna hit Madagascar. Thousands of people were affected by this cyclone all across Madagascar with, flooding and strong winds which caused 60% of homes to be damaged or destroyed. Shelterbox supplied tents, mosquito nets and school equipment to help people re-establish their lives. [Find out more about Shelterbox](#).

Malta



"Imqarrun il-Forn"

Maltese Baked Pasta

Note: Imqarrun is pronounced "imm-arron"

Ingredients

- 500 grams mince
- 500 grams penne or rigatoni pasta
- 2 onions, diced finely
- 3 cloves garlic, finely sliced
- 2 tablespoons tomato paste
- 1 courgette, diced
- 1 red, green or yellow pepper diced
- 100 ml beef stock
- 6 chopped tomatoes
- 4 lightly beaten eggs
- 4 tablespoons grated cheese plus another two tablespoons for the top
- Small bunch of oregano chopped
- Handful of frozen peas (optional)
- 2 hardboiled eggs chopped (optional)
- Salt and pepper
- Olive oil for frying

Method

In a large frying pan fry the onion and garlic for about five minutes or until soft and starting to brown.

Add in the mince and oregano and fry for ten minutes.

Add the tomato paste and fry for 1 minute and then add in the courgette and peppers. Fry for a further ten minutes.

Add in the beef stock and chopped tomatoes. Bring to the boil and then simmer for 30 minutes.

While this is happening boil the pasta for about 8 minutes. A little less than al dente (once in the oven it will cook further). Drain immediately and set aside.

Preheat oven to 180C.

Once the mince has finished simmering add the pasta, beaten eggs, 4 tablespoons of grated cheese, frozen peas and hardboiled eggs. Season with salt and pepper.

Mix gently so as to not break the pasta and place in a large baking dish. Sprinkle grated cheese on top and place in the oven for 45 minutes to an hour.

*Donated by David Carrington
Rotary Club of Gozo*

Malawi



Chicken Curry

Fish Curry

Mnkhwani

OA!

COMPILED BY NEVILLE BEVIS AND JASMINE LEITAO

RECIPES FROM MALAWI

CHICKEN CURRY

Ingredients

1 chicken about 2 lb
1 onion
2 tomatoes
2 tbsp oil
1 two-inch cinnamon stick
3 cardamom pods
2 tsp curry powder
4 cloves garlic and 1 inch root ginger - crushed
Salt to taste
1 cup warm water or stock

Method

Joint the chicken the day before the curry is to be made. In a large bowl mix with the chicken pieces the curry powder, garlic, ginger and salt. Cover and keep overnight in fridge. To cook, heat the oil in pan, add chicken, sliced onion, cardamom pods and cinnamon stick pieces. Brown slowly, add tomatoes and cook for a few minutes. Add water and cook on gentle heat for 45 minutes. Serve with vegetables and rice.



Judith Rudolph and Jane Hartley enjoy Chicken Curry in Namalo village



Ladies at Open Arms Blantyre



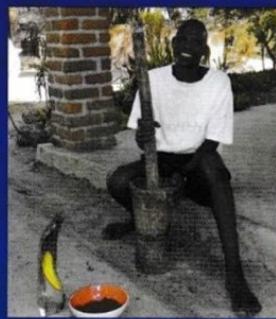
FISH CURRY

Ingredients

6 - 8 chambo fillets or any fish
1 tsp salt
 $\frac{1}{2}$ tsp dried ground chilli pepper
 $\frac{1}{4}$ tsp freshly ground black pepper
 $\frac{1}{2}$ tsp ground coriander
 $\frac{1}{2}$ tsp ground cumin
 $\frac{3}{4}$ cup desiccated coconut
1 $\frac{1}{2}$ cups milk
 $\frac{1}{2}$ tsp turmeric powder
2 garlic cloves, crushed
1 cup onions, finely chopped
4 tbsp oil
2 tbsp lemon juice
1 tsp sugar

Method

Bring the milk to the boil and pour over the desiccated coconut. Allow it to stand 10-15 minutes, then drain and squeeze all milk from the coconut. Discard the coconut. Mix together the onions, salt and spices and pass them through a mincer. Fry the onion mixture in oil for a few minutes. Add the lemon juice, sugar and coconut milk and mix well. Place the fish in an ovenproof dish, pour over the sauce and bake in a moderate oven until cooked.



Traditional spice grinding

Donated by Claire and Judith of Open Arms, Malawi.

[Open Arms](#) provides care for Malawi's orphaned & abandoned children, giving them the chance to achieve their potential within the love & security of a home.

Myanmar



A Meal of Seven Dishes

"1 - Lentil Soup"

Ingredients

- 40g Lentil Bean
- Vermicelli- a little
- ¼ tsp Turmeric powder
- 1 tbs Fried garlic Oil
- 1 slice Ginger
- ½ tsp Chicken Powder
- ½ tsp Salt
- 2 cups Stock
- 1 tsp Fried Onion



Method

Soak lentil beans & vermicelli noodles in water 10 minutes.

In a separate bowl, boil lentil bean until soft & tender (about 5minutes)

In a saucepan on medium heat: heat garlic oil, ginger & turmeric powder until their aroma develop. Add stock & cooked lentil bring it to boil.

Add vermicelli, seasoning, salt and chicken powder with topping the crispy onion.

"2 - A Kyaw Sone"

Crispy assorted vegetables tempura

Ingredients

- 60g gourd
- 40g Ladyfinger
- 1 Onion
- 1 Potato 20g
- 1 bunch Spinach
- 1 1/3 cups Cold water
- ½ packet Tempura powder
- ½ tsp Salt



Method

To prepare batter, mix all ingredients together in a bowl, making sure is not too thick. Cut vegetable into 4 inches- long sticks. Heat oil in wok or deep-fry till hot. Deep - fry about 8 minutes golden color on both sides. Serve with sauce

Sauce

- 3Tbs Tamarind Juice
- 1Tbs Chili sauce
- 2 Red chili
- 1 Garlic
- 1 Coriander Leave
- 1 tsp Plum Sugar
- 1 tsp Fish Sauce

"3 - Bachelor's Chicken Gourd Curry"



Ingredients

- 100g Chicken Leg
- 1 onion
- 2 cloves Garlic
- 2 slices Ginger
- ½ tsp Turmeric Powder
- 2 tbs Oil
- 1 tsp Chili paste
- 1 tsp Chicken Powder
- ½ tsp Salt
- ½ stick Lemongrass
- 100g Gourd
- 4 cups Vegetable stock
- Coriander leaves

Method

In a mortar pound chili paste, onion, garlic, ginger & turmeric until well blended in form of smooth paste, marinate pounded paste with oil & chicken in the cooking pan & add lemongrass. Add stock until cover chicken & cook with medium heat until boil, add the boiling gourd 8 minutes cook. Garnish the coriander.

"4 - Coconut Rice"



Ingredients

- 200g Steamed Rice
- 1 tbs Onion, diced
- ½ tsp Salt
- 1tsp Sugar
- 1tbs Oil
- 3 tbs Coconut Cream
- Coriander leaf to garnish

Method

In a saucepan on a medium heat, add oil & onion dice and stir fry.
Add the Steamed Rice & coconut cream until they are cooked through
Add seasoning salt & sugar
Removed from the heat & transfer to serving dinner plate
Garnish with coriander leave.

"5 - Long Bean Salad"

Ingredients

- 2 bundles Long bean
- ½ Tomato
- ½ Onion
- 1Tbs Peanut Powder
- 1 tbs Sesame Seeds
- 2 tbs Garlic oil

- 1 tsp Chicken Powder
- $\frac{1}{2}$ Lime
- 1 Tbs Crispy Onion

Method

Boil long bean and cut into 2cm pieces.

In a large bowl, add long bean, onion, tomato, peanut powder, oil, salt and chicken Powder, toss gently to combine.

Serve sprinkle with sesame seed, crispy onion and squeeze $\frac{1}{2}$ of lime in it.

"6 - Balachaung"

with Vegetable Crudities

Ingredients

- 2 tbs Dry Shrimp Powder
- 1 tsp Chili Flakes
- $\frac{1}{2}$ Onion
- 2 cloves Garlic
- 4tbs Oil
- 1tbs Chicken Powder
- $\frac{1}{4}$ tsp Turmeric Powder

Method

Heat oil in wok; deep-fry onion and garlic until crisp and brown lightly. Removed with slotted spoon and set aside.

Heat 3tbsp of oil in large saucepan; stir-fry dried shrimp powder and chicken powder over low heat for a few minutes.

Add chili flakes and stir-fry until crispy and fragrant.

Place in serving bowl; mixed with crispy onion and garlic.

Boil long bean, Lady Finger, Cabbage and cut into 2cm pieces. Serve with the sauce.

"7 - Laphat Thoke"
Mandalay Tea Leave Salad



Ingredients

- 2tbs Preserved tea leaves
- 1tbs Peanut
- 1 tbs Sesame seeds
- 4tbs Crispy mixed beans
- 3tbs Soya oil
- $\frac{1}{4}$ cup Cabbage (shredded)
- $\frac{1}{4}$ cup Carrots (julienne)
- 1 clove Garlic
- $\frac{1}{2}$ Tomato (sliced)
- 1 tsp Dry Shrimps
- 1 tsp Fish sauce
- $\frac{1}{2}$ Chicken powder (optional)
- 1 tsp Fresh lime juice
- 3 Green chili
- 1 Red chili

Method

Mix all dry mixed bean & tea leaves in a bowl
Slice & cut the vegetables, mix them with preserved tea leaves
Add the seasoning
Scoop in serving bowls & decorate with dry shrimps & chili garlic



*From the chef of the Monsoon Restaurant and Bar, Yangon
Donated by the bar's owner SuSu Tin, Rotary Club of Yangon*

Nigeria / Liberia



Garri

On our Facebook page we asked for recipes of things people ate on World Polio Day and David sent us this recipe by Messenger. He lives in Nigeria but garri is eaten not only in his country but also in Liberia and Ghana.

I ate garri today. Garri is made from cassava, how to make it; you pull it from the ground, peel it, wash and grind it, put it into a sack, allow the water to be removed, then fry it and is ready to be eaten.

If you can buy cassava root and wish to cook it more details on how to prepare it can be found [here](#) or click [here](#).

Please be careful, if not prepared properly it can contain toxins.

*Donated by David Obadan,
RC Surulere South, Nigeria*

San Marino



Swallow's Nests

Ingredients

- Large square of fresh pasta or several cooked lasagne noodles.
- Bechamel sauce:
- 3 tbsp butter
- 3 tbsp flour
- 1 1/2 cups whole milk
- 1/8 tsp nutmeg
- salt



Filling:

- About 12 - 10 oz thin ham slices
- About 12 -10 oz very thin cheese slices of choice
- Fresh spinach leaves
- Topping
- 1/3 cup parmesan
- Olive oil to grease dish and assemble.

Method:

Layer ham, cheese and spinach thinly on pasta.

Roll up. Put in freezer for 30 minutes to make for easier slicing.

Make bechamel sauce - melt butter, slowly whisk in flour/nutmeg mixture, then add milk, whisking until thick and flour is cooked. Set aside.

Brush bottom and sides of casserole dish with olive oil.

Put half the bechamel sauce in dish.

Slice pasta roll to make rolled slices 1 - 2 inches thick.

Place close together in dish, oiling sides to prevent sticking together.

Pour remaining sauce over and top each 'nest' with parmesan cheese.

Bake at 350F for 30 - 45 minutes.

*Donated by Cindy Bezant-Titus
Rotary Club of Halifax Harbour
Roll Out the Barrel Trust*

Roll Out The Barrel provide roll- along water barrels to people, especially young children, in developing countries who otherwise would be carrying water, sometimes many miles in searing temperatures or through muddy fields. This prevents problems associated with water collection including physical deformity and compressed organs and frees up time and energy for other tasks, as well as making an onerous chore less burdensome. [Find out more about their work.](#)

Spain



The Spanish Paella

Written as a school 10 Grade Spanish project 2014 Coginchaug High School, Connecticut Tari Day Marshall sent this recipe from her son, Lex Sorell whom she describes as "next generation of Rotarians with a KIWI Grandfather, a Spanish born American Mom and a young man with love for all international." He is now a Rotarian at Rotary Club of Cheshire, Connecticut

Important: See Editor's Note below before beginning

As a project for Spanish class I cooked a Spanish Paella "from scratch". It was fun to make and tasted REALLY good. Enjoy!



We decided to make the Spanish national dish PAELLA! The ingredients were rice, saffron, lots of garlic, peas, red peppers, shrimp, sausage, chicken broth, salt, pepper and parsley. We also used lemons (lots of lemons) as garnish and for the juice. I prepared all the ingredients ahead of time and got out a big skillet. My mom told me all about saffron coming from Spain and how expensive it was. That is what makes the rice yellow although some people use turmeric because it is cheaper than saffron. We washed the rice and then cooked it on a low heat for 25 minutes with salt, pepper and saffron. Then we cooked up the Portuguese sausage. I also cut up the red peppers. The aroma from the cooking rice was amazing. The peas were added and the sausage so that the flavors could mix in. Sometimes we also use chicken instead of sausage. The garlic had been roasting in the oven with olive oil so we took out the cloves and added those to the cooking rice. We don't add them right at the beginning because it is yummy to have big pieces of garlic to eat.

The whole lot cooks for a while longer and then we add the shrimp at the end. We do not want to overcook the shrimp, so it is not added until the dish is almost all cooked. We then add parsley and the red peppers to make it look really pretty. The whole dish takes about an hour to make.

Editor's note:

Rice must have a liquid for cooking. We suggest the Chicken Broth listed below. There really are not definite amounts for a paella recipe but for those who prefer more guidance we suggest.

- 600gms Short Grain Rice
- Half Teaspoon Saffron or turmeric
- 3 Cloves Garlic roasted in oven
- 200gms Frozen Peas
- 1 Red Pepper sliced.
- 8 Shrimps/Prawns peeled but leave tails on
- 2 Chorizo Sausages cut into 1/2 in slices.
- 2 Cans of Chicken Broth.
- Several sprigs of Parsley finely chopped.
- 2 Lemons using the juice and for garnish.
- Tablespoon of Olive Oil.
- Salt and Pepper to taste.

Tanzania



Coconut Rice with Carrots and Peas

Ingredients

- 2 cups basmati rice
- 1 ½ cups water
- 1 cup canned, unsweetened coconut milk
- ½ cup peas
- ½ cup carrots, diced
- 1 tsp turmeric powder
- salt to taste

Method

Rinse the rice in cold water and drain.

Add the rice to a medium saucepan over high heat with the rest of the ingredients.
Boil the mixture.

Reduce the heat to low, and then cover the pot with a lid. Cook until the rice is tender and has absorbed the liquid, about 15 more minutes.

Remove the pan from the heat and let it stand about 5 more minutes, covered. Fluff with a fork and serve.

*Donated by Jackie Brice-Bennett
Rotary Club of Marangu and Rotary Kilimanjaro*

Togo



Fufu

FuFu is a staple of Togo's food, a traditional dish made from boiled yams, which are mashed into a dough and served with a variety of sauces and side dishes.

Mohammed Keameko runs Association ONG KFC Humanitaire , an organization comprised of" volunteers from the community, for the community, in Atakpamé, Togo" ,who help vulnerable children, women, poor villages, families, and elderly with no revenue. Our goals are for every village to have clean water and education, to empower women, flight the illegal immigration of our people, and help the environment" you can find out more on their [Facebook page](#). **O.S.C du Monde World C.S.O**

Sometimes we cook it with some ingredients and make a good soup too
Even a soup with tomatoes, palm notes fruits... Red ones"
He suggests these ingredients for a fufu with soup.

Ingredients

- 2 big yams
- 1 Liter of water for cooking yam
- 150 ml of red oil
- chicken
- 1.5 liter of water for soup
- 6 ails (garlic)
- 3 onions
- 2 gingers
- 10 girofles (cloves)
- salt

Guidelines for cooking yam fufu can be found [here](#).
the soup ingredients we presume goes into a pot.
Red oil in the ingredients is Palm Oil

Uganda



Matooke with Gnuts

(Starchy Banana with Groundnuts)

Ingredients

- Matooke – *see note*
- Banana leaves (or Aluminum foil)
- Water
- Groundnuts -pounded gnuts
- onions
- water
- salt

Method:

Peel the matooke -wash it and put in cold water of an average volume in the saucepan -cover with banana leaves or aluminum foil -cook until it turns yellow and soft -Mash it to soften

Gnuts:

Mix the gnuts powder with warm water - after 30 minutes of cooking gnuts you add onions and salt then boil for more 15 minutes and its ready to eat

*Donated by Adrian Brewer,
eClub of Innovation, Roll Out the Barrel*

Roll Out the Barrel provide roll- along water barrels to people, especially young children, in developing countries who otherwise would be carrying water, sometimes many miles in searing temperatures or through muddy fields. This prevents problems associated with water collection including physical deformity and compressed organs and frees up time and energy for other tasks, as well as making an onerous chore less burdensome. [Find out more about their work.](#)

Editor's Notes: Matooke is a starchy variety of banana Plantain. The fruit is harvested green. Gnuts are also called peanuts.

Matooke

(plantain)

Our staple food is called Matooke.
First it is cut from the garden

Then it is peeled



Then we put it in banana leaves where they are tied using banana fibers.



The tied heap of bananas will be put in a saucepan and covered with more banana leaves and put on fire for cooking.

The bananas will be steamed for 1hr



After an hour these bananas will be mashed then put back on fire for steaming for about 2hrs or more as this makes them more tasty and soft.

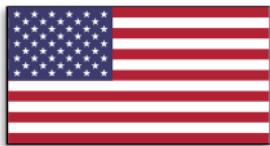
Finally, the matooke is ready enjoy your meal!!!!



With peanut paste (gnuts) or with fried chicken, beans and rice.

*Donated by Doreen Babirye
Kampala Uganda*

USA



"Black Beans and Rice"

From the Kitchen of Grandma Olmstead to Rebecca

- 5 minced garlic cloves or 1.4 cup
- 1/4 cup minced onion
- 2 T. margarine
- 2 15oz. cans Black Beans
- Black pepper
- 6 servings of rice

Melt the margarine in 2 quart saucepan. Sauté garlic and onion on medium heat. Add black beans and about 5 shakes of black pepper. Bring to the boil then reduce heat to low, cover pot with lid and simmer for about one hour.

Cook 6 servings of rice with margarine, 5 minced garlic cloves and 1/4 cup chopped onion.

Serve beans over rice and save leftovers in a tightly covered container. It is even better the second day. May reheat in microwave for 1 minute per serving.

"Grandma's Broccoli Cheese Casserole"

- 1 bunch broccoli
- 2 slightly beaten eggs
- 1 cup mayonnaise or Miracle Whip salad dressing
- 1lb freshly grated cheddar cheese
- Pepper

Steam broccoli until the stem parts are tender to a fork.

Combine broccoli with eggs, mayonnaise, pepper and 3/4 lb of cheese. Spray inside of casserole dish and lid with PAM. Pour broccoli mixture into the casserole dish. Spread remaining cheddar cheese over the top of the mixture. Put on lid. Bake for 45-60 minutes at 350°F.

Options Add can of cream of chicken or cream of rice soup to the mixture. You may also add cooked rice to the mixture before serving.

*Donated by Dr Phyllis Olmstead
Rotary eClub of Florida*

West Africa - Benin/Cape Verde



The United Nations defines West Africa as consisting of 16 countries including Benin, Burkina Faso, Cape Verde, The Gambia, Ghana, Guinea, Guinea-Bissau, Ivory Coast, Liberia, Mali, Mauritania, the Niger, Nigeria, Senegal, Sierra Leone and Togo. They share common cuisine with regional variations.

Jollof Rice

5 servings

Ingredients

- 3 fresh tomatoes
- 1 medium red bell pepper, cored and seeded
- 1 small red onion
- For the rice
- 500g white long grained rice
- 4 tbs sunflower or olive oil
- 30g tomato puree
- 500 ml (2 cups) chicken stock or water
- 1 tbs Ataro Jollof Spice blend (*see Editor's note*)
- Salt to taste
- 2 fresh habanero peppers blended (or to taste)
- Your favorite vegetables for garnishing

Make the tomato stew

Dice the tomatoes, peppers and onion. Combine in blender and pulse until the mixture is chunky and well combined. Pour into a cooking pot and cook over medium heat until the moisture is reduced.

Make the Rice

Rinse rice in hot water until the water runs clear. Drain in sieve and set aside.

In a medium pot over medium heat warm oil for 2 minutes. Add the onion and cook for 2 minutes, until the onion is browned and softened. Add the tomato puree and fry for 3 to 5 minutes, until the mixture turns a deep red color. Add the tomato stew to the pot and fry for 5 to 7 minutes.

While stirring constantly, add the chicken stock or water to the pot. Add the Jollof spice blend and the salt. Slowly add the Habanero peppers tasting to get the degree of heat you prefer. Cover and bring to a boil.

Add the rice to the pot and cook for 5 minutes. Reduce the heat to low, cover and simmer for 20 minutes, until all the liquid is absorbed. You may need to adjust the amount of stock according to the type of rice you use.

Remove from the heat. Garnish with your chosen vegetables and serve with dodo and Suya chicken. (Recipes listed separately)

Donated by Ebere Akadiri, founder of Beauty in Everyday Life

Dr Estela Landeros, RC The Hague Metropolitian.

Beauty for Everyday Life and C the Hague Metropolitian collaborate on a program to help Rotary Clubs in Nigeria fight human trafficking. The recipes are from Ebere's Vibrant West African Cookbook which can be purchased online

Editor's Note: Jollof Spice mix is a blend of thyme, garlic powder, ginger, chili, cinnamon, coriander and nutmeg, Ataro can be ordered on-line, or other commercial versions are available. This homemade version occurs several times online

- 5 tablespoons. ground ginger.
- 3 1/2 tablespoons. garlic powder.
- 6 tablespoons. dried chili flakes.
- 1/4 cup. dried thyme.
- 1/4 cup. ground cinnamon.
- 2 tablespoons. ground nutmeg.
- 2 1/2 tablespoons. ground coriander

Jollof recipes vary around the region, different takes on this recipe can be found on the [Recipes wiki site](#).

Zambia



Tomato and Peanut Relish

INGREDIENTS

- 1 onion, finely sliced
- 225 g tomatoes, chopped
- 250 g ground peanuts
- 1/2 tsp chili powder
- 1 tbsp soy sauce
- 1 tbsp oil
- Salt

METHOD

Heat the oil in a pan and fry the onion until soft.

Add the tomatoes and cook until they begin to break down.

Add the ground peanuts at this stage and continue cooking until everything blends together. Add the chili powder, and soy sauce then season.

Continue to cook to the desired consistency and serve with rice or nshima.

Note: Typically, Zambian recipes rely heavily on tomatoes, onions and groundnuts (peanuts).

*Donated by Neil Starling: Falconer Trust,
a charity supporting a Children's Home and Orphanage in remote NW Zambia*

Editor's Note: Nshima is another name for ugali or maize flour porridge for which we have given recipes.

SWEET THINGS



Photo Credit: Henley Design. Unsplash

Aland Islands



Rice Pancake Pudding

Ingredients

- 600g pudding rice or flaked pudding rice or semolina
- 200ml milk
- 300 g sugar
- 1/2tsp salt
- 1 small egg
- Butter
- Cardamon, if desired

To serve: whipped cream (or crème fraiche) and plum jam

Method

Heat milk and rice to simmer point, add sugar, salt and egg. If desired, add cardamon. Grease an oven dish with melted butter and pour in the mixture.

Pour melted butter over the top.

Bake in medium oven 30 -45 minutes.

Serve with whipped cream and plum jam.

Donated by Cath Freeman Hill of Inverness

Editor's Note: Cath obtained this recipe for us by swapping recipes with a chef on the Aland Islands.

Argentina



Rotarian Flan

Ingredients

- 1 cup of sugar for the caramel of the cooking mold
- 6 eggs
- 4 egg yolks
- 1 liter of milk (not light)
- Needed quantity of sugar
- 1 lemon skin
- 1 spoon of vanilla extract

Method

Pour the cup of sugar in a pan and put it on the stove on high heat. Mix with a metal spoon until the caramel is made (medium amber color) and pour it on the cooking mold so the whole inner surface gets covered.

In a separate bowl mix the eggs and yolks; then add 10 spoonfuls of sugar and vanilla. Put the milk with 4 spoons of sugar into a pan and leave until it boils. The milk should be slowly added while mixing to the eggs, sugar and vanilla bowl.

Pour the preparation into the caramel cooking mold. The flan must be cooked in bain-marie inside the oven. The oven is recommended to be medium heat for 30 minutes. The flan should show a "golden" and solid when it is touched (it can be tested with a knife, it must come out the flan without marks). Finally take the flan out of the oven, leave it so it gets colder and just after that take it to the fridge for 3 or 4 hours. Unmold onto a nice tray.

Serve with dulce de leche. I don't know how to make dulce de leche as it's really cheap here and buy it directly. Recipe I found which can be followed [here](#).

I guess it must be sold in other places too but anyway-
Good luck dear readers!

Recipe credits: Cesarina and Oscar. Rotary General Rodriguez, Argentina.

Translated by Natasha, Rotaract

Donation through Adrian Brewer,

Roll Out the Barrel, Rotary eClub of Innovation

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Armenia



Khourabia

Ingredients

- 1 lb unsalted butter
- 5 cups flour
- egg yolks (beaten)
- ½ cup sugar
- 1 tsp. baking powder
- 2 tsp. vanilla
- Powdered sugar

Method

Cream butter for 4-5 minutes till it becomes puffed, waxy and white. Add sugar to butter and stir with spoon. Add beaten egg yolks and vanilla and beat once again briefly.

Combine flour and baking powder and add slowly to the creamed mixture. Dough should be soft and pliable and easy to shape in the palm of your hand.

My dough usually is crumbly so handle with care!

Shape dough in crescent shapes and place on cookie sheet (do not grease).

(Sometime I shape the dough into balls and smash them lightly on the sheet.)

Bake 20 minutes at 350 degrees until lightly browned.

After baking and cool enough to handle, dip into deep layer of powdered sugar.

Makes approximately 4 dozen.

Donated by St Gregory the Illuminator Armenian Apostolic Church, Ladies Guild.

Australia



Impossible Pie

Ingredients

- 4 eggs
- ¼ cup margarine
- 1 cup plain flour
- ¼ teaspoon salt
- ½ teaspoon baking powder
- 2 cups milk
- 1 cup desiccated coconut
- 1 teaspoon vanilla

Preparation

Pre-heat oven to 180°C.

Place all ingredients in blender at one time and blend until mixed together.

Pour into buttered 10-inch pie dish.

Bake in the oven for one hour.

When done, crust will be on the bottom, custard in the middle and coconut on top – right where they belong

Donated by Kate Field

Rotary Nomads, eClub in Australia

Lamingtons



Lamingtons being served at an End Polio fundraising event in Australia

For this Lamington recipe, you'll first need to make a sponge cake – one that's light and airy and sweet. While sponge cakes have a bit of reputation for being difficult to make, my recipe is very simple and straightforward.

Once the cake has cooled, you simply cut it into small squares. Then it's time to for the chocolate icing. This delicious frosting is made using icing sugar, cocoa powder, butter and milk.

Each cake is quickly dipped in the chocolate icing and then sprinkled with coconut. I've used shredded coconut, but you can use any type of coconut you like.

Ingredients

- Sponge cake
- 70 grams (1/2 cup) plain flour
- 35 grams (1/4 cup) corn flour or corn-starch
- 1/2 teaspoon baking powder
- 3 large eggs
- 50 grams (1/2 cup) caster sugar
- 2 tablespoons milk
- 1 tablespoon butter
- Chocolate icing
- 20 grams (1/4 cup) cocoa powder
- 190 grams (1 and 1/2 cups) icing or powdered sugar
- 1 tablespoon unsalted butter, melted
- 120 ml (1/2 cup) milk
- 120 grams (2 cups) shredded coconut, I use the coarse coconut

Method

Get all your ingredients to room temperature

Preheat oven to 180 C (350 F) standard / 160 C (320 F) fan-forced. Grease and line an 8-inch baking square tin with baking paper. Lightly grease the inside of the paper with a little butter as well.

Sift flour, corn flour and baking powder twice into a large mixing bowl. Set aside.

In a separate mixing bowl, add eggs and start to beat using an electric whisk. Once the eggs start to go thick and foamy, add sugar, one tablespoon at a time.

Continue to beat the eggs until they are thick and voluminous – this can take 5-8 minutes. You'll know the eggs are ready, when you can draw the number 8 on top and it stays for 1-2 seconds.

Meanwhile, add milk and butter to a small microwave-safe bowl and heat for 30 seconds or until butter is melted. Leave to cool slightly.

When the eggs are ready, gently add the sifted flour mixture, pour butter mixture down the side of the bowl and gently fold until flour is JUST combined. Do not over mix or you'll mix all the air out of the eggs.

Add mixture to prepared cake tin. Bake for 20-23 minutes or until cake gently springs back when lightly touched on top. Leave to cool completely.

To make the chocolate icing, sift cocoa powder and icing sugar. Add melt butter and milk and stir until chocolate is smooth.

Cut sponge cake into 12 squares. Carefully and quickly dip each piece of cake into chocolate, let the extra chocolate dip off and then cover in coconut. Transfer to a cake rack to dry.

Repeat with remaining cake squares.

*Donated by Marleina Broadhurst
And by Rotary eClub of District 9700.Australia*

The eClub also sent us this interesting history of Lamingtons
"This Australian culinary icon, which consists of sponge cake dipped in chocolate and liberally sprinkled with fine desiccated coconut, is believed to have been created through an accident at work by a maid servant to Lord Lamington, the thoroughly British eighth Governor of Queensland, Australia. The maid servant was working at Government House in Brisbane when she accidentally dropped the Governor's favorite sponge cake into some melted chocolate. Lord Lamington was not a person of wasteful habits and suggested that it be dipped in coconut to cover the chocolate to avoid messy fingers. Lord Lamington devoured this new taste sensation with great delight and the maid-servant's error was proclaimed a magnificent success by all! Despite serving in Queensland for five years, it is the lamington that will be, forever, his legacy."

Pavlova

Ingredients

- 6 Egg Whites at room temperature
- 1½ cups granulated sugar
- Pinch of cream of tartar
- 1¼ cups heavy cream
- 1 tablespoon powdered sugar
- 1 teaspoon vanilla extract
- Fresh fruit I like berries or passion fruit

Method

1. Preheat the oven to 250 degrees F. Line a baking sheet with parchment paper and draw a 9-inch circle in the middle. Spray with non-stick cooking spray.
2. Using an electric mixer with the whisk attachment, beat the egg whites on medium-high speed until stiff peaks form. Add the granulated sugar and beat for 10 minutes, or until the sugar has dissolved. Add the cream of tartar and beat for one additional minute. Spoon the mixture onto the circle and use a spatula to shape the egg white mixture into a circle with decorative sides, if desired.
3. Bake for 1 hour, or until firm to the touch. Turn off the oven and prop the oven door open with a wooden spoon. Allow the pavlova to cool completely in the oven.

4. When ready to serve, beat the heavy cream on medium-high speed. When the cream gets foamy, add the powdered sugar and vanilla extract. Continue to beat until soft peaks form.
5. Transfer the pavlova to a serving plate. Top with the whipped cream and fresh fruit.

*Donated by Susanna Rea
World's Greatest Meal to End Polio*

Azerbaijan



Baku Baklava

Pakhlava

1. Prepare the yeast mixture.

Ingredients

- 1 tsp dry yeast
- 1 tbsp white granulated sugar
- 1 tbsp high-grade flour
- 1/3 cup warm water

In a large cup, mix the dry ingredients together (yeast, flour, sugar). Add 1/3 cup of warm water and mix into a smooth mass. Leave it in a warm place to rise.

2. Prepare the dough.

Ingredients

- 1 egg
- Pinch of salt
- 2 tbsp sour cream
- 1 cup warm melted butter
- 1 cup warm milk
- 6 cups high-grade flour

Mix the egg, salt, sour cream, yeast mixture, warm milk and melted butter in a large bowl.

Begin kneading the dough while slowly adding flour. You may have to add more or less than the amount listed based on quality of the flour. Remember to save some flour for dusting the layers.

Continue kneading the dough until it is smooth, soft and doesn't stick to your hands. Cover with plastic wrap and let the dough rise for 2 hours in a warm place.

3. Prepare the filling and syrup.

Ingredients for filling:

- 3 cups crashed nuts (peeled almonds, hazelnuts)
- 2 cups white granulated sugar
- 1 tsp cardamom
- 1 tsp coriander

- 1 tsp vanilla sugar

Ingredients for syrup:

- 1 cup granulated sugar
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup honey
- 1 tbsp lemon juice

Blend the nuts. Remove the nuts from blender and mix them with the sugar, ground cardamom, ground coriander and vanilla sugar.

For syrup, mix sugar and water in small pot, and cook over low heat for about 20 minutes, don't let it boil. Then add the honey and lemon juice in pan, mix well and cook over very low heat for about 10-15 more minutes. Don't let it boil, you'll get approx. 1 cup of syrup.

4. Assembling and baking Baklava.

Ingredients

- 1 cup Melted, clarified butter
- Egg yolks, saffron infusion and olive oil
- Nuts for decoration

Divide risen puffy dough into 12 balls, one for each layer of pakhlava. 10 of them have to be same size and 2 of them larger (for bottom and top layer). Cover them to prevent from drying.

Brush a baking pan with melted butter. Roll out the first large ball of dough, place it into your baking pan, making sure the dough completely covers the bottom, and gently brush the layer with warm, melted, clarified butter.

Then add 4+ tablespoons of filling and spread it evenly. Roll out the second ball into a very thin layer. Place it on top of the first layer, brush with butter and spread the filling on it. Repeat until all the layers are used, but do not butter and do not spread the filling on the uppermost layer.

Last layer must be thicker than layers in the middle of pakhlava. Slightly compress every layer so that your pakhlava will be nicely formed. Cut the pakhlava into diamonds and coat it with a mixture of egg yolks, saffron infusion and olive oil. Put a nut into the center of each diamond-shaped slice.

Preheat the oven to 350° F (180 °C) degrees and let the pakhlava bake for 20 minutes.

Then remove it from the oven, cut very gently all diamonds to the bottom of the pan and slowly pour a $\frac{1}{2}$ cup of melted clarified butter on top. Place it back to the oven to bake for another 15 minutes.

Remove pakhlava from the oven and cut again all diamonds to the bottom of the pan, then slowly pour over the honey syrup, making sure that it gets in between each slice. Place pakhlava back into the oven for another 10 minutes. After that remove from oven and let it cool down.

While it's still warm carefully remove each slice one-by-one from the baking pan and place it into a plate to be served.

*Donated by Elchin Khudiyev,
Rotaract Club of Baku*

Bahamas



Guava Duff

(Adjusted from Mr. Leslie Higg's Bahamian Cookbook: Recipes by Ladies of Nassau)

Ingredients

- ½ stick (4 tbsps.) butter, softened
- 1 cup granulated sugar
- 3 cups flour
- 2tsp baking powder
- ½ tsp salt
- ½ tsp sweet spice
- ½ tsp vanilla extract
- ¼ cup milk at room temperature
- 1 egg at room temperature
- 1 tin guava shells, drained, juice reserved and shells cut up into small pieces

Method

Cream butter and sugar slowly. Add egg and beat well

Add milk and vanilla and mix with a spoon. Sift together flour, salt, sweet spice and baking powder. Mix this slowly into the butter mixture until it is a thick almost dough type batter.

Pour 1/3 of the mixture into the greased top of a double boiler and add ½ the guava on top. Add another 1/3 of the batter and the rest of the guava, then top with the rest of the batter mixture.

Put the double boiler together and bring to the boil then simmer for 1 ½ hours or until the duff is done (poke with a fork to make sure it is not too wet)

Make hard sauce with

- 1 stick butter
- 4 tbsp syrup from guavas
- ½ tsp vanilla
- 1 tbsp brandy

Serve.

Donated by Paul Amory

Rotary eClub of the Caribbean

Editor's Note: sweet spice is a blend of brown sugar, cinnamon, ground ginger, nutmeg, ground cloves and cardamon. Details can be found [here](#).

Caramel Sauce

Ingredients

- 1 cup granulated sugar
- $\frac{3}{4}$ cup water (or syrup from one tin Guava shells)
- $\frac{3}{4}$ cup unsweetened Coconut milk
- $\frac{1}{2}$ tsp Vanilla
- $\frac{1}{2}$ tsp Salt
- $\frac{1}{4}$ cup dark rum
- 2 tbsp butter

Method

Bring water or syrup to a rapid boil, dissolve sugar in hot water. Continue to cook until thick and amber. Remove from heat and add coconut milk, and salt.

Return to medium heat and continue to cook (stirring constantly) until it turns into caramel (coats the back of the spoon).

Turn off heat and add rum and butter, stirring well. Serve over Guava Duff pudding or any dessert you think it will go with.

*Donated by Paul Amory
Rotary eClub of Caribbean*

Bangladesh



Carrot Desert

- Grab 1kg of fresh young carrots, clean & peel these, and finally grate these with hand grater.
- Take a pan, mix the grated carrots with 1cup of full cream milk powder. Add little water & boil it in medium heat.
- After boiling, add 8 beaten eggs, 2 tablespoons of butter & 1cup of sugar into the pan of carrots.
- Start cooking in medium heat. Now add 12 cardamoms to it.
- The dessert needs stirring every now and then to avoid burning.
- When the dessert will become sticky & dry, add 1 cup of milk cream, 2 tablespoons of rose water to it. Stir again till the flavor of it comes out fully.
- Now place the dessert in the decoration bowl and wait until it cools.
- Soak 2 tablespoons of pistachio, 2 tablespoons of almond in water for 90 minutes. Peel off the nuts and slice those finely.
- Slice 2 tablespoons of cashew nuts and add 2 tablespoons of dry raisins to it.
- Now add all the sliced nuts and raisins on the top of the dessert.
- Finally, the dessert is completely ready to enjoy. You can store it in the refrigerator for 2 to 4 days.

Donated by A. B. M. Mokbul Hossen (Roby)

Rotaract Club of Dhaka Udayan

Belarus



These recipes originate from a book given to me as a gift in the late 90's. I was Area Co-Ordinator for the Eastern Region Baptist Union 'Holiday Chernobyl Children'. T

his enabled 60 children to get away from the radiation in their home area following the Chernobyl nuclear power plant disaster. This holiday was expected to help increase their life span by 2 years

The book was given to me by a Group leader of the charity Chernobyl Children UK.

It is called Belarusian Cuisine. (Compiled by LD Dierbicheva Translated into English by A Weise and V Tikhonovich published in Belarus by Minsk, Uradzhai publishers 1994)

It has very simple traditional recipes.

Stewed Dried Fruit with Honey for 4

200g dried fruits of your preference. 1.5 l water 30g Honey.

Wash the dried fruits twice or thrice in warm water.

Put into a saucepan and boil for 20 to 30 minutes. 5 minutes before done add the honey. Serve cooled.

Apples Baked with Honey for 4

500g tart/cooking apples 4 tbsps. honey 50g sugar

Wash the apples, cut out the cores and fill the hollows with sugar.

Place the apples in a baking pan. Pour in some water and put in the oven to bake.

Before serving pour over honey.

Editor's Note: Other baked apple recipes on the web suggest that the oven should be at 180° to 190° and cooking time will be 20 to 30 minutes.

Perniki - Honey Cakes: An old dish

6 cupsful flour, 1 cupful whey or sour milk, 2 to 3 eggs, 8-10 tbsps. sugar
poppy seeds, butter, salt.

Sift the flour and stir in the eggs, add the sugar, salt, washed poppy seeds and creamed butter and make a dough by gradually adding the whey, then set it aside for 20 to 30 minutes. Roll the dough into a sheet 1-1.5cm thick cut into rounds and halfmoons.

Cook the cakes on a buttered baking pan. Pour thin honey over the cakes or dust them with sugar rubbed together with poppy seeds.

The whey may be substituted by milk or sour milk

Editor's Note: This recipe is a little difficult to follow as no quantity of butter is given nor cooking temperature nor time, but we found a Belarusian recipe in [Fandom RecipeWiki's](#) for Mienski Honey Cake that is clearer.

*Donated by Pat Hinkins
Rotary eClub of Innovation*

Belgium



Couilles de Suisse.

(Dessert Belgium).

- 250 grams of flour.
- 1 whole egg.
- 25 grams of melted butter.
- 1 and a half bags of baker's yeast.
- 1 teaspoon of sugar.
- Butter and brown sugar.
- Water and salt.



Put the flour in a kneading machine.

Add the whole egg.

Dissolve the baker's yeast in a little warm water and the teaspoon of sugar. Leave it for a few minutes. Then add it to the flour-egg mixture.

Pour in the melted butter, until a ball of dough forms.

Put the dough to rise for 1 hour, covered with a clean cloth.

Roll out the dough, then form small balls, place them on a plate, and let them rise for about 30 minutes.

Heat up some salted water, and as soon as it boils, put 3 balls in it and cook for 3 minutes, turn them over and cook for another 3 minutes.

Put them on a paper towel, the time to finish cooking all the Swiss balls.

In a frying pan, brown butter until nutty, pour on the Swiss balls, then sprinkle with Cassonade.

Donated by: Bettina Loret(PHF)

Photography by Wildway Studio, Nemours, France

Editor's Note: Cassonade is a natural brown sugar, slightly-refined from cane sugar, so it's moist.

Bosnia Herzegovina



Baklava

Bosnian (Balkan) baklava is the mid-century modern of baklavas; its value is its simplicity. Baklava at its core is a strong sweet meal. Done well, one to two pieces will satiate you in one sitting, kind of like the area coffee.

Ingredients

- Simple syrup (agda):
- 26 ounces sugar
- 3.8 cups water
- 1 lemon (cut into rounds)
- 1/2 teaspoon vanilla extract (or vanilla sugar)

Baklava:

- 5 ounces sugar
- 1 pound walnuts (de-shelled, 3/4 ground, and 1/4 minced finely)
- 3 sticks of unsalted melted butter (or 1 and 1/2 cups)
- 2 boxes phyllo dough (36 sheets, 13X17 inches long)

Instructions

- Make the syrup (agda) by combining water and sugar with lemon rounds and vanilla.
- Combine all three and bring to a boil. Boil over medium heat for 5-7 minutes. Remove and let cool.
- Grind about 12 ounces of walnuts. Mince the remaining 4 ounces. Mix the ground and minced walnuts and add 5 ounces sugar. Melt butter over low heat. Leave 3 phyllo sheets aside, and cover with a kitchen towel.
- Heat oven to 360°F. Butter the baking pan generously. Layer 6 phyllo pieces in the pan, brushing each with butter before adding the next layer. (If phyllo is larger than pan, cut the sides until it fits in perfectly.)
- Grab a generous handful (about 2 oz) of the nut mixture and sprinkle evenly over the sheets. Layer 2 sheets on top of the mixture, brushing each with butter before adding the next layer. Repeat until you run out of the mixture and phyllo sheets. (Including the bottom layer, you should have a total of about 10 layers.)
- Add the 3 phyllo sheets you set aside as the top layer, buttering each layer before adding the next. Wait to butter the top sheet until you cut baklava.

- Carefully cut baklava into vertical strips (about 1.5 inches each). Turn the pan 45 degrees, and again carefully cut into vertical strips, thus creating small diamond shaped baklavas. Now butter that last layer of phyllo. Place on medium rack and bake for 15 minutes or until it blushes. (For easier cutting, you can place baklava in the fridge for 30 minutes after you layer it, in this case you can butter that last layer right away).
- Bring the temperature down to 300F and bake for 90 minutes checking baklava frequently. If it blushes too much, cover with foil.
- Take the pan out of the oven and pour (now cold) syrup/ agda generously over baklava, ensuring that baklava is extremely moist (yet not “swimming” in syrup). Place the lemon rounds evenly in the pan over baklava. Cover with a kitchen towel and leave out overnight so baklava can soak up the syrup.
- Serve the following day.

Notes: What you don't eat cover with foil and transfer to fridge. If preferred, warm baklava up in microwave for 10-15 seconds before consumption.

Baklava can stay in the fridge for several days, although it rarely does.

Donated by Aida Ibisevic

Aida Ibisevic, author, [The Balkan Lunchbox](#), gave us permission to use any of her recipes for the Balkan countries. She strongly recommended this one as one of the most typical for Bosnia Herzegovina. This recipe is only a token of the wonderful food from the Balkans that can be found in her website, including a recipe for Roses, Baklava's Pretty Cousin, which Aida says are much easier to make.

Brazil



Quindim dessert

The Quindim is a popular Brazilian baked dessert, made chiefly from sugar, egg yolks, and ground coconut. It is a custard and usually presented as an upturned cup with a glistening surface and intensely yellow color. This recipe was inherited from the Portuguese in part, and then probably adapted by the African slaves in the Salvador of Bahia region. Around the 1600s, the coconuts were so abundant in that region, that many desserts used coconut in different forms. The use of many egg yolks is typical of the Portuguese dishes.

Ingredients

- 250g fresh coconut
- 500 g of sugar
- 65 g of butter
- 15 to 20 egg yolks about 400g
- 1 cup of coconut milk
- For the upper side of the Quindim
- Dissolve in the fire and use still hot 2 drops yellow dye
- 25g water
- 5eggwhites
- 1tsp vanilla

Preparation:

Mix Number 1

Mix the coconut and sugar and add the melted butter mixing well. Put in the fridge for 12 hours if at all possible.

Mix Number 2

On a separate bowl mix the ingredients shown for the upper side of the Quindim and add the yellow dye and place on the fire until hot. The 5 egg whites are to be beaten separately and added gently to the mix.

This preparation will go first onto your bowl when ready to cook.

Select a bowl of enough capacity, place mix number 2 first, and then add mix number 1 until filling the bowl.

Heat the oven for approximately 50 minutes at 160 C degrees, you will have to use a bigger mold or baking dish to do a bain marie (water bath), filling the mold at 50% of capacity with the water.

Place in oven and cook at medium oven heat, until the top is brownish. It should form a soft crust.

Once the Quindim is done, and almost cool, gently turn it upside down in a serving dish, and there you have a lovely presented dessert. Serve it very cold.

*Donated by Ernesto Neumann
Rotary eClub of Latino*



Brunei Darussalam



Quick Sticky Rice with Mangoes



- Bring to boil, simmer gently 10 minutes
- 1 cup arborio rice
- 2 cups water
- Add 1 1/2 cup coconut milk
- 1/4 cup sugar
- dash salt

Simmer, watching carefully and stirring often until liquid is absorbed, about 10 minutes or longer

Serve with mangoes. Decorate with sesame seeds, toasted coconut, etc. (optional).

Donated by Cindy Bezant-Titus

Rotary Club of Halifax Harbour

Roll Out the Barrel Trust

Roll Out the Barrel provide roll- along water barrels to people, especially young children, in developing countries who otherwise would be carrying water, sometimes many miles in searing temperatures or through muddy fields. This prevents problems associated with water collection including physical deformity and compressed organs and frees up time and energy for other tasks, as well as making an onerous chore less burdensome.

[Find out more about their work.](#)

Burkina Faso



Ginger, Pecan and Rum Chocolate Brownies

Serves: 18-20

Prep time: less than 30 minutes

Cooking time: 10-30 minutes

INGREDIENTS

- 250g/9oz plain chocolate, minimum 70 per cent cocoa solids, broken into pieces
- 250g/9oz butter
- 5 free-range eggs
- 350g/12oz dark muscovado sugar
- 1-2 tbsp rum (optional)
- 150g/5½oz plain flour, sifted
- 125g/4½oz pecan nuts, roughly chopped
- 4 x 2.5cm/1in pieces stem ginger (from a jar), chopped Icing sugar, sifted, for dusting (optional)

Method

Preheat the oven to 180C/350F/Gas 4. Line a 30cm x 20cm/12in x 8in, deep-sided cake tin with greaseproof paper.

Bring a little water to the boil in a pan, then reduce the heat until the water is simmering. Suspend a heatproof bowl over the water (do not allow the base of the bowl to touch the water). Add the chocolate pieces and butter to the bowl and stir until melted and glossy. Remove from the heat and set aside to cool slightly.

In a separate bowl, using an electric whisk beat together the eggs and sugar until pale, fluffy and thick.

Add the melted chocolate mixture and rum, if using, then whisk again until smooth and well combined.

Carefully fold in the flour, using a metal spoon. Add the pecan nuts and stem ginger and fold into the mixture, then pour the brownie batter into the prepared cake tin.

Transfer the brownies to the oven and bake for 20-25 minutes, or until the top is firm to the touch but a skewer inserted into the center of the brownies comes out slightly sticky. Remove from the oven and set aside to cool slightly in the tin.

When the brownies have cooled slightly, cut them into 18-20 squares or triangles and carefully remove from the tin. Pile onto a plate and dust with icing sugar, if using.



ShelterBox

Recipe taken from Caribbean Food Made Easy. By Levi Roots, 2010

*Donated to Shelterbox Shine Campaign by [Levi Roots](#), British-Jamaican reggae
musician, television personality, celebrity chef, author and businessman.*

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Shelter Box facts: The central Sahel region, which includes the countries of Burkina Faso, Mali and Niger, has been facing one of the fastest-growing displacement crises in the world. Yet, it is one of the most forgotten. It is estimated that over 2.7 million people have been forced to flee their homes and at least 13.4 million are in desperate need of humanitarian assistance. Families started fleeing the central Sahel region in 2011, after a violence outbreak in Northern Mali. Increased displacement was reinforced by poverty, food insecurity, unemployment and the presence of armed groups. Climate change is also a challenge for families trying to flee. We first started working in Burkina Faso in 2020, supporting families with tarpaulins, kitchen sets, water carriers, sleeping mats, high thermal blankets, mosquito nets and solar lights.

[Find out more about Shelterbox](#)

Canada



Maple Raisin Pudding

Ingredients

- 1½ cup flour
- ½ cup raisins
- 2 eggs
- 3 tsp baking powder
- ¼ cup butter
- 1 cup milk
- ½ tsp salt
- ¼ cup sugar
- 1½ cup maple syrup

Method

Mix flour, baking powder, salt & raisins. Cream butter, sugar, add eggs. Add milk & flour (mixing alternately) beat till smooth. Bring syrup to a boil & pour into 9" baking dish. Pour in batter & bake at 375 F for 30 minutes

*Donated by Diana White
Rotary eClub of Caribbean*

Republic of Congo



Banoffee Tumbler Trifle

Serves: 4

Prep Time: 1 hour

Cooking Time: 20 minutes

Ingredients

For the Custard:

- 200ml double cream
- 2 egg yolks (at room temperature)
- 20g caster sugar
- ½ tsp vanilla extract

For the Cakes:

- 50g butter, softened
- 50g light muscovado sugar
- 50g very ripe banana flesh (from about ½ medium banana)
- 1 egg (at room temperature)
- 1 tsp vanilla extract
- 50g self-rising flour
- 50g pecans, toasted and chopped

For the Caramel:

- 50g golden syrup
- 50g caster sugar
- 100ml double cream
- Pinch of salt (optional)

To Decorate:

- 50g hard banana chips
- 50ml dark rum
- 300ml double cream
- 4 small, medium-ripe bananas
- 50g butterscotch chips
- Cocoa powder, to dust

Equipment:

- 6- or 12-hole muffin tin
- 4 paper muffin cases
- 4 x 35ml glass 'barrel' tumbler

Method

Buy the best fresh custard you can, or, if you're making your own custard, pour the cream into a medium saucepan and set over a gentle heat. Bring to just below simmering. Meanwhile, whisk together the egg yolks, sugar and vanilla in a medium heatproof bowl. Add the hot cream to the bowl, whisking all the time to combine. Immediately pour the mixture back into the pan. Stir over a gentle heat until the custard thickens enough to coat the back of the spoon. Pour the custard back into the bowl and leave to cool with clingfilm over the top.

Next make the cakes. Preheat the oven to 180°C/160°C fan/gas 4. Put the four muffin cases into the muffin tin. Using a hand-held electric whisk, beat the butter and sugar together for 5–10 minutes or until the mix is very light and creamy and takes on a pale shade. Put the bananas in a bowl and smush it into a purée. Break the egg into a jug, add the vanilla and beat together with a fork.

Gradually add the egg to the creamed butter and sugar mixture. Sift the flour into the mixture and fold it in. Finally, stir in the banana and chopped pecans and divide the mixture into the cases. Bake for 15–20 minutes and set aside to cool.

Meanwhile, make the caramel sauce. Weigh the golden syrup into a small saucepan. Sprinkle the caster sugar over the surface of the syrup. Cook over a medium heat, stirring occasionally, until the sugar has dissolved. Continue to cook gently for about 3 minutes or until the syrup has turned a rich amber color.

Remove the pan from the heat and pour in the double cream. Add the salt if you are creating a salted caramel. Transfer to a bowl to cool.

Once the cakes and caramel have cooled, you can assemble your trifles. Remove the cakes from their cases and crumble them into bite-sized pieces. You will use one cake per tumbler. Put the cake pieces in the base of the tumbler and sprinkle with 1 tablespoon rum.

Whip the cream to soft-to-medium peaks; set aside. Cover the cake in the tumblers with the caramel. Scatter any broken banana chips over the caramel.

Cut the fresh bananas into 5mm slices – you will be using one banana per trifle so you might find it easier to work on one trifle at a time. Arrange some of the banana slices around the inside of each tumbler.

Next, cover the bananas with the custard. Keep back a few butterscotch chips to decorate the trifles; scatter the remainder over the custard. Top with the whipped cream. Sift a little cocoa powder over the top and decorate with a dried banana chip and butterscotch pieces.

If you're short of time, you can use 175g shop-bought dulce de leche and 200ml ready-made custard to layer your trifles.



ShelterBox

Recipe taken from Quinntessential Baking by Frances Quinn, published by Bloomsbury

[Donated to Shine for Shelterbox](#) by [Frances Quinn](#) celebrity baker

(www.francesquinn.co.uk) Reproduced here by kind permission of Shelterbox.

In March 2012 - 654 boxes of emergency shelters were deployed to the Congo, the 178th deployment in ShelterBox's history. The disaster was the result of a military arsenal explosion that injured thousands and obliterated entire neighbourhoods. [Find out more about Shelterbox](#).

Croatia



Fritule

Heavenly soft Croatian delicacies, smell like Christmas, but so simple you can make them every day –

Ingredients for 5 persons

- For dough:
- 4 dcl of yogurt
- 2 eggs
- 2 packs of vanilla sugar
- a bit of salt
- 2 teaspoons of sugar
- 20 tablespoons of smooth flour
- 1 pack of baking powder
- 1 tablespoon of brandy



You will also need:

Frying oil, powdered sugar. Optional: orange and lemon zest, raisins, grated apple... (you can be creative)

Method

Mix all the ingredients for dough to get a smooth mixture (although it will still be sticky). If the mixture is too liquid (like for the pancakes), add a little bit more flour. Put the generous amount of oil in the frying pan and preheat it – but don't overheat. Take a little bit of dough with a tablespoon and put it in hot oil – this is your first fritula! Continue with the rest of the dough. Try to make little oval shapes. Don't put too many fritula in the pan at the same time. Each fritula needs just a few moments, so you can do it gradually. If they have enough place, they will turn around on their own, getting the nice gold color on both sides.

When the fritula looks ready, take it out and put it on the piece of kitchen paper to absorb the excess oil. Cover them with powdered sugar.

Serve warm! They are also tasty the next day, but they mostly don't survive that long.

*Donated by Darija Schedlmayer
Rotary E-club Croatia*

Potica

"Potica Dough"

- ½ cup cake yeast (refrigerated yeast) or ½ packet dry
- 1 cup whole milk
- 5 Tbs granulated sugar
- ½ cup butter
- 2 eggs beaten
- 1/8 tsp salt
- 4 cups flour

Scald milk, then let it cool

Add sugar and yeast, stir to combine and set aside

Mix flour (3 cups) butter and salt like making a pie crust

Add milk mixture and combine

Add eggs and remaining 1 cup of flour and combine

Knead dough for 8 to 10 minutes

Put dough in a buttered bowl and cover

Let dough rise until at least doubled

Roll and stretch the dough until paper thin (it will cover a LARGE area so make plenty of room on your workspace)

"Potica Filling"

- 2 lbs. (907 grams) ground walnuts
- 1 cup honey
- 4 eggs (large, beaten)
- 1/3 cup (150 grams) butter cubed
- 1 tsp pure vanilla extract
- ½ cup granulated sugar
- ½ cup brown sugar
- 1 cup whipping cream

Butter, sugars and ground walnuts - set aside

Scald cream, add honey and combine

Pour cream mixture into the butter, sugar, walnut mixture

Add eggs and vanilla

Stir mixture until well combined

Spread mixture evenly onto the rolled out dough.

Roll into a tight roll (as tight as possible without tearing)

Cut the roll into sections that fit the baking pan(s)

Cover and let rise until doubled

Bake at 325°F(177°C) for 15 minutes. Lower temperature to 325°F(163°C) and continue baking for 45 – 55 minutes. Let cool and slice.

*Donated by Mike Fuoss
Rotary club of Morton, Illinois*

Curacao



Quesillo

(Flan)

Ingredients

- 12 eggs
- 3 cans condensed milk
- Vanilla extract
- Sugar

Method

Mix all ingredients together in a pan (except the sugar).

Brown the sugar in a deep pan and then pour into the mixture in the pan. (* see editor's notes)

Take another pan and fill it with water, place the mixture pan on top of the water pan and put it in the oven.

Bake for 1 ½ to 2 hours at 350 degrees

Once baked, flip it onto a deep plate upside down and you can decorate it with cherries

Editor's notes:

2 tsp vanilla extract

1 cup sugar

Brown the sugar then pour into the baking pan

Pour the egg mixture over the browned sugar mixture

Water in bottom pan should be no more than 1/3 way up the side of the baking pan

Donated by Louis Wever:

Rotary Club of Sint Maarten – Mid Isle

Pumpkin Pancakes with Curacao Liqueur Sauce

Serves 8

Ingredients

- 500 g pumpkin

- 1 stick of cinnamon
- 4 cups of water
- A dash of salt 1 cup of flour
- $\frac{1}{2}$ cup of milk
- 2 teaspoons baking powder
- 1 egg
- $\frac{1}{2}$ cup of sugar
- 2 teaspoons of vanilla extract
- $\frac{1}{2}$ cup of raisins
- 1 tablespoon butter
- Juice of 2 oranges
- 3 tablespoons of Curacao Liqueur, the colorless one.
- Ice cream to serve

Method

Peel and seed the pumpkin. Dice it coarsely.

In a pan add the water and cook the diced pumpkin with the cinnamon stick and the salt until tender.

Take the cooked pumpkin out of the water.

In a food processor add the pumpkin, the milk, the sugar and the vanilla and mix to a smooth consistency.

Add the egg and mix.

Add the baking powder and the flour and mix well.

Add the raisins.

In a frying pan heat half, the butter and add 2 tablespoons of pumpkin mixture to form a pancake of about 10 cm.

Fry the pancake on both sides to golden brown.

Make 2 pancakes per person.

Mix the juice of the oranges with the Curacao Liqueur.

Put 2 pancakes on a plate and pour a little bit of the sauce over the pancakes.

Serve with a scoop of ice cream.

Donated by Angelique Schoop

Curacao

Dominican Republic



Chocolate Fudge Muffins

(Gluten Free) - Serves: 12 - Preparation time: 15 minutes or less. Allergy or not, if you love fudgy chocolate muffins you will be pleasantly surprised!!

Ingredients

- 125 g dark chocolate, chopped
- 50 g butter, chopped
- 4 eggs, separated
- 1/2 cup milk
- 1 teaspoon vanilla essence
- 200 g almond meal
- 1 tablespoon cocoa
- 1 teaspoon gluten free baking powder
- 1/2 cup firmly packed brown sugar
- 1/2 cup choc bits

Method

Preheat oven to 200°C.

Line a 12-hole muffin pan with paper cases.

Melt chocolate and butter in the microwave on medium heat, stirring after every minute. Cool.

Stir in the egg yolks, then gradually add the milk and vanilla essence.

Combine almond meal, sifted cocoa and baking powder, sugar and choc bits in a large bowl.

Stir in the chocolate mixture.

Beat the egg whites in a medium bowl with an electric mixer until soft peaks form.

With a large metal spoon, fold one third of the egg whites into the choc almond mixture, then add the remaining egg whites.

Spoon mixture evenly into cases.

Bake for about 20 minutes.

Remove muffins and stand for 5 minutes before placing onto a wire rack to cool.

Just before serving dust with extra sifted cocoa or pure icing sugar.

These muffins are suitable to freeze. Can be made 2 days ahead.

*From Peter Denooy who spent most of his time in the Dominican Republic
Rotary E-Club of Canada One*

England



Banoffe

For 8-10 people

Ingredients

- 250gm Digestive biscuits - ground/crushed
- 150gm melted butter
- 2 cans of Nestle Highlander/Carnation Caramel
- 2 bananas - sliced
- 400ml double cream – whipped



Method

Mix the digestive biscuits with the melted butter and line a medium pie dish. Place in the oven at 180 for 8 minutes. Leave to cool and place in fridge for a couple of hours. Spoon and smooth the caramel over the biscuit base, then place the sliced bananas until the caramel is covered. Finish by spooning the whipped cream to cover the bananas.

Cover with foil and place in the fridge until needed. I normally make this a few hours before we are going to eat it.

International Note the tin/can of "caramel" is a form of condensed milk. In the past you had to boil a can of condensed milk for an hour to turn into caramel. Now they sell the tin ready cooked!! Problem is, it's just so tasty I find it hard not to eat half as I'm preparing the pie!!

Penny Barnes

Rotary Club of Storrington & Pulborough District, England

Editor's note: digestive biscuits are semi sweet wheat meal biscuits. The American equivalent is graham crackers.

Beetroot and Chocolate Muffins

This recipe was published in a book for parents and adapted as a school menu item as part of a scheme to promote healthy eating.

Ingredients

- 75g cocoa powder
- 175g plain flour
- 225g caster sugar
- 10g baking powder
- 250g cooked beetroot (not pickled)
- 3 free range eggs
- 200ml corn oil
- Greek Yoghurt to serve

Preheat oven to 180°C.

Sift the flour, baking powder and cocoa together in a bowl and add the sugar.

Put the beetroot, eggs and oil into a blender until smooth. Then add the beetroot mix to the bowl of dry ingredients.

Mix well and transfer to muffin cases. Bake for 20-25 minutes until risen and firm.

Eat warm or cold with thick yoghourt.

Original recipe by Brian Taylor from Lincolnshire Co-operative's Chapel St Leonard's Food Store, Butchery Counter.

*Donated by Margaret Taylor
Skegness Rotary Club*

Dorset Apple Cake

Ingredients

- 225g self-rising flour
- 115g butter
- 115g caster sugar
- 450g peeled and cored cooking apples
- 60g sultanas
- 1 egg
- 1 pinch of mixed spice or cinnamon
- Some lemon zest



Method

Rub the butter into the flour to make fine breadcrumbs.

Mix the sugar and spice and add lemon zest.

Cut the apples into small rough chunky bits

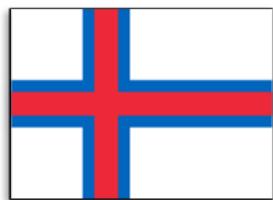
Add apples, sugar and spice to the flour mixture.

Mix well together, then add sultanas. Beat the egg with a little milk and add to the mixture.

Line the base of a round 20cm cake tin with greaseproof paper
Spoon the mixture in, then sprinkle with brown sugar.
Bake at 200 °C for 30 to 40 minutes.
Leave in the tin for 5- 10 minutes before turning out.

*Donated by Dennis Stevens
Rotary District 1200*

Faroe Islands



Rabarbusúltuty

Rhubarb jam

500 gr rhubarbs, rinsed and cut into 1-2 cm pieces.

Place into a small pot.

Add 4-500 gr sugar or soft brown sugar and heat it to the boiling point. Let it simmer until the preferred thickness is reached (1/2 to 2 hours).

Donated by Annika Solvara

Rotary Klubbi Thorsavn

France



Île flottante

Ingredients

For the English cream.

- 35 cl of milk
- 1 vanilla bean
- 4 egg yolks
- 50 g of sugar
- For snow white.
- 4 egg whites
- 50 g of sugar
- For the caramel.
- 130 g of sugar
- A few drops of lemon
- 5 cl of water



1. Put the milk in a saucepan. Cut the vanilla bean in half, scrape to recover the seeds, put in the milk, with the pod.
2. To make heat with soft fire. Remove the pod. In the meantime, separate the egg yolks from the whites, set aside the whites for later, whisk the yolks with the sugar, then pour the milk over them. gently in the yolks sugar while whipping. Put back in the saucepan, then cook gently, while turning with a spoon, until the cream coats the back of the spoon. Empty into a salad bowl and let cool.
3. Put the egg whites in the bowl of the robot, fitted with the whisk, whisk until they start to rise, then add the sugar slowly, whip until they form a bird's beak.
4. Make the caramel, put the sugar and the lemon drops in a saucepan. Let cook until an amber color, as soon as the caramel is ready, pour the water, stir.
5. Make snow white dumplings in a microwave-safe dish, Cook for 30 to 50 seconds. Pour the English cream in cups. Deposit delicately a white snow in the center. Pour caramel on the whites. Put in the cold until the moment of eating.

Donated by Bettina Locret (PHF)

Photography by Lindsay Loc Wildway Studio, Nemours, France

Germany



Cheesecake

Ingredients

- 18 oz Quark (homemade or bought)
- 3 large eggs
- 1 3/4 cup sugar (replace as you wish with 1/2 cup stevia for less calories)
- 4.5 oz butter
- 2 packs vanilla sugar
- 2 tablespoons Semolina
- 1 teaspoon baking powder
- 1 pack vanilla pudding mix
- juice of 1 lemon



Method

Mix or blend the sugar, eggs and butter in a large bowl with an electric mixer until it is smooth. Add the Quark, vanilla sugar and semolina . Mix and add the vanilla pudding mix.

Bake for 180 minutes at 390 °F and then turn off the oven.

Let it rest afterwards for 30 minutes with an open door.

Get your table ready and enjoy it while it's still warm. Delicious!

Donated by Kerstin Plehwe

Editor's Note: From Wikipedia: Quark is a type of fresh dairy product made by warming soured milk until the desired amount of curdling is met, and then straining it. It can be classified as fresh acid-set cheese

Germany /USA



Kuchen

I used to make this with my grandma on the farm every year after picking the first batch of raspberries. Wonderful memories!

1 cup of fresh fruit. Cherries, Raspberries, Blackberries or Blueberries are best

Topping

- 1/2 cup sugar
- 1/2 cup flour
- Lump of butter-

Mix until fine crumbs form

Cake:

- 1/3 cup. butter
- 1 cup milk
- 1 cup sugar
- 2 1/4 cup flour
- 1 egg
- 3 tsp baking powder
- 1 tsp vanilla
- 1 tsp salt

Mix cake and spread in greased 8x8 pan. Sprinkle with topping and place fruit on top.

Bake at 350* for 25-30 min

Sauce

- 1 cup sugar
- 1/4 cup flour
- 3/4 tsp salt.
- 2 cups boiling water
- 2 tablespoons butter
- 1 tsp vanilla

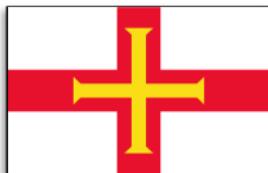
Mix together sugar, flour and salt. Add water while stirring constantly. Bring to boil.

Remove from heat. Add butter and vanilla. Cut cake and serve with sauce over the top. Thank you!

Donated by Jen Funk

Rotary Club of Peoria- North in Illinois. USA

Guernsey



Gâche Melée

This is a dessert recipe for a traditional dish called Gâche Melée (pronounced Gosh Meela). It's a bit tricky in that there is no decisive recipe for it, everyone makes it their own way! But below is the version I make which is originally from Liz Walton, she has won competitions a few times with this version.

The trick is all in the tin apparently. Liz says pyrex or ceramic dishes make the bottom of the Gâche Melée go soggy.

Ingredients

- 1½ lb cooking apples
- 3 oz granulated sugar
- 2 oz vegetable suet
- 4 oz Self Rising flour
- 1 egg, beaten
- ½ tsp cinnamon powder

Method

Heat oven to 350°F, 180°C or gas mark 4.

Grease a shallow baking tin 6 - 7 ins square. (Don't use Pyrex or ceramic - the bottom will go soggy.)

Peel, core and chop apples into a large mixing bowl, leaving them in quite large chunks.

Sprinkle sugar over, then chop the apples into the sugar with a sharp knife until the juices run and the sugar has dissolved.

Add suet, flour and cinnamon, and mix with a wooden spoon until no dry ingredients can be seen.

Mix in beaten egg thoroughly. The mixture should form a softish batter.

Pour into prepared tin. Level the top and sprinkle with a little more sugar and cinnamon if liked.

Bake in preheated oven until the top is a deep golden brown- about 30 to 40 minutes depending on the depth of the mixture.

Eat hot or cold. Delicious hot with ice cream or Guernsey cream.

Donated by Sarah Higgins

Iceland



Skyr Blueberry Cake

1/2 packet of plain biscuits, like digestive biscuits in the UK 50g butter

Melt butter, add crushed biscuits and press into a cake tin.

Editor's note: From similar recipes we suggest 175 g of biscuits. Digestive biscuits are made with brown wheat flour, the equivalent in the States is graham crackers. A 20 cm cake tin would be about the right size. It is easiest to crush the biscuits in a bag using a rolling pin.

Filling

Large pot of Skyr (450g), plain or vanilla 450g whipping cream

Whip the Cream, mix the Skyr into the whipped cream. Spread it on to the biscuit base.

Editor's note: From Wikipedia "Skyr is an Icelandic cultured dairy product. It has the consistency of Greek yogurt, but a milder flavor. Skyr can be classified as a fresh sour milk cheese. Skyr has a slightly sour dairy flavor, with a hint of residual sweetness". Most sources seem to think a thick Greek yogurt can be used instead. Add crowberries or blueberries on top and put in fridge.

Editor's Note: Crowberry (*Empetrum nigrum*) is a shiny black berry found in subarctic climates, their typical habitat is on moorlands, tundra and in spruce forests. Opinions seem to differ on their taste.

*Donated by Cath Freeman Hill,
Inverness, Scotland from Lia in Iceland*

India (Kerala)



Vatyappam

Steamed Rice Cake

This is a delicacy prepared by Christian Community of Kerala especially during Easter and Christmas or even routinely for breakfast or teatime.

Ingredients

- 1 cup steam rice or raw rice 1 cup
- ¾ cup fresh grated coconut
- 5 to 6 tbs sugar
- ½ tsp salt
- ½ tsp instant dry yeast
- 1tbs green cardamom powder
- 2 tbs cashew nuts and raisins

Method

Wash and soak Rice in water for 4 hours. Then drain it and grind it with fresh coconut, sugar, salt, yeast by adding little water to a fine paste. The batter should be of pouring consistency. Take a ladle full of the batter and add 1/4 cup water to it. Cook this on low heat with constant stirring to a smooth glossy white paste. Cool it. Then add to the remaining batter. Mix well. Add cardamom powder. Cover and keep in warm place for 2 to 3 hours till it rises. Then pour this batter in a greased round cake tin. Keep it in a steamer. After 5 minutes put cashew and raisins on top. Cover and steam till cooked. This will take 10/15 min. Insert a knife and if it comes out clean, it is an indication that the rice cake is cooked. Cool and cut into triangles to serve.

*For Unsweetened Version add only 1 tsp Sugar and avoid cashews and raisins. This can be served with Chicken or Vegetable Stew.

Usually, it is steamed in round shaped tin as the name Vatya =Round.

*Donated by Dr Bindu Shirsath
RC Ahmednagar Priyadarshini*

Italy



Pastiera

(Traditional Neapolitan)

This rich Easter cake from Naples has a flavor all of its own

FOOD HISTORY Neapolitan pastiera is an Easter cake and, according to tradition, every family in Naples prepares one during Holy Week to be eaten on Easter day. The recipe for this cake probably derives from the breads made from milk and honey that were commonly eaten during the baptism ceremonies the night of Easter when Constantine was Emperor. The modern version of this cake was invented at the convent of San Gregorio Armeno, which at the time was located in Naples. A nun decided to make a cake using the ingredients that symbolized life and the resurrection. However, there is another ancient legend surrounding the creation of the pastiera. Some believe that the siren Partenope would come out from the water of the Gulf of Naples every spring, delighting people with her lovely songs. Apparently one year, the people of Naples fell so in love with her songs that they decided to offer her the most precious products of their land. Seven of the most beautiful girls of the area gave the beautiful siren flour, ricotta, eggs, wheat, orange flower water and spices, including cinnamon and sugar. Partenope, thrilled with her gifts, decided to return to her home under the sea and to offer her gifts to the Gods. To honour her beauty, the Gods mixed the ingredients together, creating a cake as delicious as the voice of the siren: la pastiera napoletana.

Ingredients

- Pasta
- 5 oz butter
- 4 oz confectioner's sugar
- 3 egg yolks
- ½ lb all-purpose flour
- Filling
- 1 lb ricotta cheese
- ½ lb granulated sugar
- ½ lb cooked wheat
- 3 oz milk
- 3 eggs
- lemon zest, grated
- 1 oz orange flower water
- vanilla and cinnamon to taste

- 3 oz mixed candied fruit
- 1 oz butter
- 1 oz confectioner's sugar salt

Method

Put the flour and butter into a food mixer, mix until grainy. Then blend in the yolks, the powdered sugar, the vanilla and mix further (being careful not to over-mix). Wrap in cling-film and leave in the fridge for 2 hours.

Roll the dough to a thickness of 0.2 inch, use it to line a cake pan and prick the pastry all over with a fork.

Put the ricotta and sugar into a bowl and mix together. Finish by adding all the ingredients for the filling, mixing together well, and taking care not to let it collapse. When the filling is finished lay it in the lined cake pan. Make strips of pastry and lay them crisscross across the top of the cake like a fruit flan. Bake at 360°F for about 1 hour and 30 minutes.

Before removing from the tray, wait until it has cooled enough. This is a dessert served at room temperature which requires a long preparation time. The filling must be particularly soft, but not too moist. It is preferable to use a ricotta containing part ewe's milk. The wheat must be well-cooked. What is characteristic about the cake is the use of the wheat and the ricotta cheese. Moreover, its characteristic aroma is based around the Millefiori essence.

Donated by Stefano Lombardi

Rotary EClub Due Golfi

Kiribati/New Zealand/Australia



Anzac Biscuits

Ingredients

- 1 cup of plain flour
- 1 cup of Desiccated coconut
- 1 cup of rolled oats
- 1 cup of sugar
- 125 grams of melted butter
- 2 tsp of golden syrup or honey
- 1/2 teaspoon of bicarbonate of soda mixed with 2 tablespoons of boiled water.

Combine all dry ingredients. Mix wet ingredients and fold in.

Shape into cookies on a baking sheet, leaving room to spread. Bake at 180 °C for 10-12 minutes.

Let them cool on the tray and serve.

Donated by Marleina Broadhurst

In memory of Papa Broadhurst who was an ANZAC. These are Australian traditional biscuits served on ANZAC Day in memory of our Australian and New Zealand Servicemen that fought in WWI and WWII.

Lest we forget my dear.

This recipe was also submitted by Ingrid Waugh, for New Zealand and Kiribati

Kyrgyzstan



Doughnut Muffins

Serves: Recipe Makes 12

Prep Time: 30 minutes

Cooking Time: 20-25 minutes

Ingredients

- 200g pumpkin, cut into cubes
- 75g butter, plus extra for the topping
- 75g natural cane sugar, plus extra for the topping
- 1 large eggs
- 180g flour
- 1.5 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp allspice (optional)
- 40ml yoghurt
- 1 tsp cinnamon plus extra for topping

Method

- Preheat the oven 180C, Butter and flour 12 muffin cups.
- Place the pumpkin in a small pan and cover with water. Bring to the boil and simmer for 10-15 minutes until soft. Drain the liquid and keep to one side. Put the pumpkin in a blender and blend to a puree, if it sticks add a little of the cooking liquid. Put to one side and discard any leftover liquid.
- Beat the butter and sugar for a few minutes until light and fluffy. Add the rest of the ingredients including the pureed pumpkin and stir together until thoroughly mixed. Fill the muffin cups almost to the top then bake for 20-25 minutes until springy. When the muffins are still warm but cool enough to handle roll in sugar mixed with cinnamon.

Storage: The muffins are best eaten hot but will keep for 3 days at room temperature in a sealed container.



Donated by [Tom Hunt](#), an award-winning chef, food educator, writer, climate change activist and author to Shine for Shelterbox and reproduced here by kind permission of Shelterbox UK.

ShelterBox provides emergency shelter to people affected by disasters and humanitarian crises around the world. Since 2000, ShelterBox staff and volunteers have helped to shelter more than 1.5 million people in more than 100 countries around the world. In 2008 after an earthquake Kyrgyzstan was one of these. [Find out more about Shelterbox](#).

Latvia



Cake ain't no cookie

Recipe:

300 grams Selga (Latvian brand) cookies, chopped. The mass is mixed with 100 g of butter and forms a base, 30 min. refrigerate.

Beat 3 eggs with 500 g of cream cheese, from the vanilla pod add 1 seed, 3 tablespoons of sour cream and rubbed with lime peel and squeeze from 1/2 of lime its juice, 15-20 g of corn-starch.

Whisk everything with a mixer.

When ready, pour over the base of the cookie and bake for 1 hour at 180°C.
Cool for 3 hours and decorate with blueberries and raspberries.

*Recipe by Roberts Gaižutis
Junior Chamber International, Latvia*

Liechtenstein-Switzerland



Chocolate Cake of my lovely Grandmother

Ingredients

- 50 gr. Butter
- 150 gr. Sugar
- 5 Eggs
- 70 gr Chocolate
- 1 tbs Water
- 110 gr. Grated Almonds
- 50 gr. Flour
- 1 coffee spoon baking soda

Method

The temperature of the oven is 180°C degree. 10 minutes before baking warm up the oven.

Melt the butter and stir it with 150 gr. of sugar and 5 egg yolks until frothy. Melt the chocolate and add 1 tablespoon of water. Further add 110 gr. of grated almonds, 50 gr. of flour and 1 teaspoon of baking powder and stir very well.

Pour into a cake tin approximately 24cm. Place in pre heated oven. Baking time approximately 30 Minutes. Control the cake with the needle (*Editor: test the cake is done with a skewer, if it comes out clean the cake is ready.*)

Glaze

- 150 gr. Powdered sugar
- 100 gr. Butter
- 100 gr. Chocolate

Mix 150 gr. of powdered sugar with 100 gr. of melted butter and 100 gr. of melted chocolate.

Fill and decorate the cake with glaze.

*Donated by Magdalen Frommelt
RC Eschnerberg*

Malawi



Peanut Cookie Clouds

Malawi farmers produce delicious groundnut (peanuts) which are available from vendors who roast them at the roadside. But here is a great way to enjoy your Malawian peanuts:

Ingredients

- 130g butter.
- 110g caster sugar
- 200g finely chopped, roasted peanuts
- 1 tsp vanilla
- pinch salt
- 120g flour
- icing sugar, for dusting

Method:

Preheat the oven to 175C/Gas mark 4. Meanwhile, chop up the peanuts into tiny pieces – a blast in a blender is best.

Cream butter and sugar in the bowl of a mixer. When soft and fluffy, add the peanuts, vanilla, and salt. Now add the flour and mix until a crumbly dough forms. Roll into balls in the palms of your hands.

Bake for 20 minutes, or until light golden brown.

Roll into icing sugar until each cookie looks like a delicate cloud.

Makes 18 cookies

Enjoy

Donated by Kevin Simpson of [Malawi Fruits](#)

"Growing the Future" by supporting farmers.

Netherlands



Dutch Apple Cake

Ingredients

- A pinch of salt
- 150 g butter
- 210 g self-rising flour
- 125 g sugar
- Grated rind of a lemon
- A little milk
- 5-6 apples
- 4 tablespoons of apricot jam
- Icing sugar to sprinkle
- cake tin 25-28 cm

Preparation time 20 minutes

Cook time 45 minutes



Method

Preheat oven to 175°C

Cream the butter, sugar and a pinch of salt with the lemon rind until soft. Gradually add the beaten eggs and then fold in the sieved flour. Add a little milk to make a sticky consistency.

Grease the cake tin. Spread the mixture into the greased cake tin.

Peel and slice the apples in quarters and lightly cut in about 6 lines on the outside.

Arrange the apple quarters closely next to each other on the cake mixture.

Bake in pre heated oven. in the center, for 45 minutes until golden brown and firm.

Heat the jam and spread over the apples and the cake.

Cool and before serving sprinkle with sugar.

Donated by Marianne Kooij

Rotary eClub of Innovation

Norfolk Island



Passionfruit Tart

Ingredients

- Pastry
- 1 cup self-rising flour
- Salt
- Milk to mix
- 1 tablespoon butter, margarine or dripping
- Filling
- 2 cups sugar
- 4 eggs
- Pulp of a dozen passionfruit

Method

Rub fat into flour and mix with milk to stiff dough.

Roll out and line a tart tin.

Beat eggs and sugar and add passion fruit pulp and mix well together.

Pour into lined tart tin.

Bake in moderate oven until filling is set.

Donated by Jasmine Kiernan

Norfolk Island

Paraguay



Tortitas de Miel

(Honey pancakes)

Ingredients

- 350g plain flour
- 100ml water
- 1 egg
- 100ml olive or rapeseed oil
- 200 cc honey
- 1 teaspoon baking soda

Method

Preheat oven to 180C

Sift the dry ingredients, add the egg, honey, and mix in the whole... gradually add the water. The dough should be quite stiff. Pour the dough into individual molds, or in a buttered, floured container and cook at 180C for about 30 minutes.

To prove that they are already fully cooked, insert a toothpick, if it comes out half wet leave them a few more minutes.

Remove from the oven, leave to cool on a rack and serve.

Honey pancakes (Tortitas de miel) are a typical guarani treat, often used for people who are poorly.

12 large portions

*Donated by Bob Thomson
RC Perth Kinnoull: eClub Innovation*

Poland



Szarlotka- Polish Apple cake

Ingredients

- 3 standard size glasses of plain flour
- 6 egg yolks
- 2 tablespoons of Polish cream (thick)
- $\frac{3}{4}$ glass of granulated sugar
- 1 sachet of vanilla sugar
- 250g of margarine, plus some for greasing
- 2 Kg of cooking apples grated (juice removed by squeezing by hand)
- Dried breadcrumbs

Method

Mix flour and margarine and make into crumbs

Mix in egg yolks, sugar, vanilla sugar, cream and knead the resulting dough

Divide the dough into 2. From one half make several balls. Place them in a sandwich bag and put into freezer for 10-15 minutes.

The other half of the dough is spread onto a flat baking tray which is greased with margarine and dusted with dried breadcrumbs.

To the grated apples add $\frac{1}{2}$ glass full of dried breadcrumbs, and $\frac{3}{4}$ of a glass full of sugar to taste

Spread the apple mix on top of the dough

Remove dough balls from freezer and grate over the apples to cover

Place in the centre of a preheated oven at 180° for 45 minutes.

SMACZNEGO! ENJOY!

*Donated by Zosia Wierzbowicz Fraser,
Rotary Club of Inverness Loch Ness
Chair of the Inverness Polish Association*

Romania



Traditional Romanian Rice Pudding

Ingredients

- 1 liter milk 3.5 % fat
- 1 cup (200g) round grain rice or milk rice
- 3 tbsp honey
- 1/2 tsp cardamom
- 1/2 tsp dried lemon zest
- 1 tsp cinnamon to sprinkle on top

Method

Pour the milk from the container into a larger pot and bring to a boil on low medium heat. Watch the milk as when it starts to boil, has the tendency to puff up and will spill over the pot.

Once the milk is boiling, add the rice. Continue stirring to avoid scorching.

Cook for about 20-25 minutes or until the rice is cooked and the pudding thickens.

The milk should have been reduced with 1/3 by now.

Add the honey, cardamom and the lemon zest. Stir well and let it rest with the lid on for 1-2 minutes.

Serve warm with cinnamon on top.

*Donated by Stefan Dumitru,
Romania*

Russia



Turkish Delight

Boil milk and add sugar to melt in it. The ratio: ½ to 1

Crush nuts on meat grinder into powder.

Peel apples and grate through small holes.

Mix them with nuts 1: 1.

Then add the sweetened milk, make the mixture thick and make small balls with hands then roll them in shredded coconuts and put into fridge.

Serve cool.

*Donated by Elvera Gray
Georgievsk- Northern Caucasus*

Sao Tome and Principe



Two for one Banana Mousse

Makes 6 large portions or 10 small portions

Ingredients

- 2 cups heavy cream, plus extra for whipped cream garnish
- 1/4-1/2 cup sugar (depends on the ripeness of your bananas)
- 2 large ripe bananas, mashed
- 1 tsp vanilla extract
- hunk of milk chocolate or dark chocolate for curls (milk chocolate is easier to curl)
– a couple of ounces should do.

Method:

Bananas must be very ripe. Mostly spotted to near, if not, all brown in color.

Using a fork or back of a spoon, mash the bananas completely. The result must be a completely smooth texture. If there are lumps or chunks then the bananas were not as ripe as needed. Continue to mash them until smooth.

Mix together with the vanilla extract until incorporated

Whip the cream with the sugar to stiff peak stage.

Add about 1/3 of the whipped cream to the banana mixture, stirring until well combined. Gently fold the banana mixture into the rest of the whipped cream and whip it a few times to help incorporate, if necessary. DO NOT over mix.

Refrigerate in ramekins or small containers about 30 minutes, or until needed. Before serving, use a vegetable peeler to slowly shave dark chocolate curls on top of the mousse as a garnish. The key is to go slowly. Also, milk chocolate is easier to curl than the more brittle dark chocolate. Or use chocolate sprinkles.

Layer the Ramekin or container with Roasted Walnuts, alternating between Mousse and Walnuts. Use as many or few walnuts as you prefer.

If there are walnuts remaining, keep them in the refrigerator and use them as a snack. If not, use the Roasted Walnut recipe to make them for snacks. Make as much as you like just, remember to keep the same proportions of ingredients.

Roasted Walnuts

Ingredients

- 1 cup raw walnut halves
- 1 tsp ground cinnamon (optional)
- 3 tbsp raw honey
- pinch of salt (optional)

Directions

- Preheat oven to 350 F. Line a baking sheet with parchment paper and set aside.
- In bowl combine honey, ground cinnamon and salt. Add in walnuts and toss to combine.
- Spread nuts in single layer on prepared baking sheet.
- Bake, stirring occasionally, until toasted, about 10-20 minutes.
- Watch carefully as the nuts can burn.
- Let cool completely before serving.

Editor's note: Both recipes were adapted from a variety of different recipes.

*Donated by: Bradley Baker (PHF)
Pleasant Plains, Illinois*

St Pierre and Miquelon



"*Grandma's Pudding*"

Ingredients

- 500g of stale bread,
- 1 cup of milk
- 50g of butter
- 150g of sugar
- 125g of raisins
- 4 eggs
- a small glass of rum.

Method

Soak the bread in the water, wring it out.

Mix bread - milk - sugar - melted butter - eggs (beaten as in omelet) - rum and raisins.

Butter a large smooth-sided pan and bake in a medium oven (thermostat 6) for 1 hour.

Let cool before serving, with a good tea or an excellent coffee to choose from.

Donated by Nathalie Perez

Saint Thomas



Moist Carrot Cake

Ingredients

- 2 Cups Flour
- 1-1/4 Cup Vegetable Oil
- 2 Tsp Baking Powder
- 1 Cup White Sugar
- 2 Tsp Baking Soda
- 1 Cup Brown Sugar
- 1/2 Tsp Salt
- 2 Tsp Vanilla
- 3 Tsp Cinnamon
- 3 Cups Grated Carrots
- 1/2 Tsp Nutmeg
- 1 Cup Nuts – (optional)
- 4 Eggs
- 1 Cup Raisins (optional)

Instructions – Preheat Oven to 325 Degrees

Grease Baking Pan with either Baker's Joy or Pillsbury Baking Spray with Flour.

1. Mix together in a bowl flour, baking soda, baking powder, salt, cinnamon and nutmeg. In a large bowl, whisk together eggs, oil, sugars and vanilla for about a minute or so.
2. Add the dry ingredients to the wet mixture and mix for about 2 minutes or more. Add grated carrots. Then add nuts and raisins if desired.
3. Pour batter in prepared cake pans and bake for about 45 to 50 minutes. Test for doneness by inserting a skewer, it should be dry when taken out.
4. Make cream cheese frosting do the following: in a large bowl beat together cream cheese and butter until creamy. Add in icing sugar and beat for a minute. Add vanilla. Scrape down the sides of the bowl and beat for a minute. Cool the fill and frost with cream cheese and more nuts.

Makes one large carrot cake or two small ones

*Donated by Loretta Lloyd
Rotary Club of St. Thomas IL*

Scotland



Sadie's Scottish Pancakes

In 1952, our family moved to Strathconon, Inverness-shire, Scotland as Dad had joined the Forestry Commission to place our family in "a safe zone", 100 miles north of Glasgow, during the Cold War period.

Our neighbor, Anna, was the most wonderful self-taught cook and baker and she taught Mum many traditional recipes and this recipe is a family favourite which has now passed down through 3 generations and is made in many far-flung countries. The original pancake batter was very rich and contained more sugar and eggs and it had also never been written down. As Mum could not TELL me the recipe, I spent a wonderful afternoon in my kitchen watching what she did and writing everything down ... and then practicing the recipe under supervision. The first thing she did before teaching me the recipe was to take me to an antique market where we purchased an old-fashioned silver soup/serving spoon and silver ladles of different sizes.

Ingredients

- 6 heaped soup/serving spoons self-rising flour ... approx. 300 g
- 2 heaped soup/serving spoons caster sugar - approx. 75 g
- 5 teaspoon bicarbonate of soda
- 5 teaspoon cream of tartar
- Small pinch of salt
- 3 medium or 2 large eggs
- Dairy milk ... approx. 300 ml ... a high fat milk gives a creamier batter

Method

Sieve all the dry ingredients together. Add eggs and sufficient milk to make a batter that is a creamy pouring consistency. Beat air into the batter using a hand whisk (in Mum's case) and an electric whisk (in my case ... which totally shocked Mum!) Leave the batter in the fridge for about 30 minutes until air bubbles appear on the surface and start to burst.

Heat a moderately-hot well-greased griddle or crepe pan and steadily drop ladles of batter leaving sufficient space between the pancakes to allow them to spread out. Allow the pancakes to cook until the tops are covered with air bubbles and, once the bubbles start to burst, use a spatula to turn the pancakes over and allow them to brown on the other side. Each side of the pancakes normally take between 30-60

seconds to cook. Remove the pancakes from the gridle and place on a wire rack to cool, covered by a clean tea towel.

Variations

Blinis... can be made by omitting the sugar and adding more milk thereby making a "thinner" batter and using a very small ladle.

Lactose Free Pancakes... Today, many people suffer from food allergies and I recently made my pancakes and substituted a lactose free alternative to the dairy milk. To my surprise, the batter was very rich and creamy and the pancakes were more like those made by Mum. I think this is because I normally use semi-skimmed milk and Mum would have used full-fat milk.

Sweet Crepes for Crepe Suzette can be made by adding more milk and making a "thinner" batter and using a soup ladle to make larger crepes.

Savoury Pancakes can be made in a similar way to the sweet crepes with the removal of the sugar from the pancake recipe. Chicken, ham and grated cheese in a white sauce can be used to fill the crepes which would then be rolled up, placed in a greased ovenproof dish, and baked, uncovered, at 375° for 10-12 minutes or until heated through.

*recipe with love from Lizette Bingham,
Rotary Club of Livingston*

Editor's note: Scottish Pancakes are also called drop scones; they should be about 10cm across and thicker than an average pancake. There are pictures on the web to give you the idea.

Highland Tablet

Ingredients

- 1/2lb butter
- 1lb caster or granulated sugar
- 1 large tin full cream sweetened condensed milk

Method

Use a thick saucepan, big enough to hold two quarts of water. Butter the lid of a biscuit tin very thickly.

Put the butter into a saucepan over LOW heat. When it has melted pour in all the sugar and stir with a wooden spoon, still over LOW heat, until it is mixed with the butter. Add the condensed milk. Turn up the heat a *little* and, stirring all the time, bring the mixture gently to the boil. It should take ten minutes to reach that stage.

When the mixture bubbles round the sides look at the clock. Cook for a further 10 minutes- not more. The tablet will then turn a golden sunburnt color and smell delicious. When it has boiled *exactly* ten minutes pour into the buttered lid and leave it to set in a cool place.

After 1 ½ hours cut into neat squares and leave to dry off in the tin until the next day. You will get about 70 pieces. Do not make double quantities as this does not work. The tablet does not need beating.

I have been using this recipe for 15 years to great acclaim and with great pleasure. It was originally donated by a Liz McWhinney of Rosemarkie to a cookbook compiled in aid of the Multiple Sclerosis Society, so it is a very charitable recipe!

Please note that Scottish Tablet has a very different texture from the more common smooth fudge.

*Donated by Dr Kathleen Quinn
Inverness.*

South Africa



Milk Tart

For the Crust

- 4 oz margarine/butter
- 1 egg
- 2 tbs castor sugar
- 2 tsp baking powder
- 2 tbs oil
- ½ tsp salt
- 2 cups flour

Cream the butter and sugar, add oil and beat some more.

Add egg to butter and sugar and beat.

Sift dry ingredients and knead together with wet ingredients.

Divide into 2 and put into pie dishes.

Bake at 180°C till cooked.

For the Filling

- 1 L milk
- 1 tsp vanilla
- 1 cup sugar
- 1 heaped tbs butter
- 4 eggs separated
- 4 heaped tbs flour

Pour 2 cups from milk and reserve, boil remainder.

Mix sugar and flour well. Beat together egg yolks with 2 cups milk.

Slowly add to dry ingredients, beating till smooth.

Pour mixture into pot of hot milk.

Add vanilla and cook until thick, stirring all the time.

Remove from heat and add stiffly beaten egg whites and butter.

Put mixture into pie shells and allow to cool.

Sprinkle with cinnamon.

*Donated by Biffy Danckwerts
E-Club of Greater Cape Town*

Dark Chocolate Hot Cross Bun Bread and Butter Pudding

An Easter pudding

Ingredients

- 80 ml cream
- 250 ml milk
- 6 hot cross buns
- 100 g dark chocolate
- 2 free-range eggs
- 125 ml caster sugar
- ½ teaspoon cinnamon
- 1 teaspoon vanilla extract

Method

Halve the hot cross buns and fill with chopped chocolate.

Sandwich them together with the chocolate filling and place in a greased baking dish.

In a small saucepan, combine the milk, cream, vanilla and cinnamon. Stir on a low heat until warmed through.

In a separate bowl, beat the eggs and sugar together until the sugar has dissolved.

Add the milk and cream mixture to the sugar and egg mixture and stir until well combined.

Pour the mixture over the hot cross buns in the dish and let them soak for about 20 minutes before placing them in a 180C oven for about 20 minutes, or until golden brown on top.

Serve immediately with cream or custard, and try to share, otherwise you'll find yourself gobbling the lot. It is Easter though, so it's time for a bit of hot cross bun/chocolate indulgence!

Donated by Biffy Danckwerts

Rotary E-Club of Greater Cape Town, South Africa

Homemade Ice Cream

Ingredients

- 1 tin condensed milk
- 1 big yoghurt (any flavor)
- 1 small carton cream

Method

Beat cream and add other ingredients together and freeze.

*Donated by Biffy Danckwerts
Rotary E-Club of Greater Cape Town, South Africa*

Malva Pudding

Pudding

- 1 cup flour
- 1 cup milk
- 1 cup sugar
- 1 egg
- 1 tbs butter
- 1 tbs vinegar
- 1 tbs smooth apricot jam
- 1 tbs Bicarbonate of soda

Cream butter & sugar.

Beat in egg.

Add jam, vinegar and flour.

Mix bicarbonate of soda with boiling milk.

Add to flour mixture.

Bake in large deep oven proof dish for 45 mins at 180 ° C.

Sauce:

- 1 cup sugar
 - 1 Tbs butter
 - 2 cups milk or 1 cup milk and 1 cup cream (this can be cut down a bit)
- Boil together in saucepan and pour over the hot pudding. Serve

*Donated by Biffy Danckwerts
E-Club of Greater Cape Town, South Africa*

Spain



Spanish Torrijas (sweet bread)

Eggy Bread or French Toast in the United Kingdom, Pain Perdu or Pain Doree in France.

The torrija is a traditional European sweet, with a strong tradition in Spain (mostly during but not limited to Easter week), dating back to Roman times (1st Century) and with a first registered recipe in Spain in 1607.

Ingredients

- Normal bread. One loaf of bread.
- Milk, 600 milliliters + 3 tablespoons for egg mixture
- flour
- Sunflower Oil (optional: butter).
- 2 eggs
- Sugar, 3 tablespoons
- Cinnamon, 1 small piece to cover the loaf of bread
- Cinnamon, powdered, 2 teaspoons
- Sugar – 2 and 1/2 tablespoons

Preparation:

Cut the bread in slices of enough thickness to allow each to be 3 or 4 centimeters. The hard crust of the bread is to be discarded.

Pour the milk in a saucepan, add three tablespoons of sugar and cinnamon to taste. Cook on medium heat and stir until the sugar dissolves.

Place the slices in a large shallow casserole and soak them with the milk, still hot, having removed the piece of cinnamon. Turn and cover both sides with the milk. Stack them after covering both sides if necessary.

Heat a frying pan over a medium heat and add the oil (or butter), enough amount to cover half of the slice. Swirl the oil (or butter) around the pan until it is beginning to foam.

Lightly beat the eggs in a shallow bowl / separate plate, along with milk. Season with salt. Dip each slice of bread into the egg mixture, making sure it has soaked up all of the liquid, and transfer quickly to the frying pan.

Add the bread slice to the pan when oil (or butter) is hot, and fry on each side for one minute, or until it is golden brown. It should be fried quickly on the outside, to avoid the liquid getting inside the slice.

The idea is to have the slice partly fried on the outside, and juicy inside. When one face is goldish brown, we turn it over and fry the other side, this process should take less than a minute.

Remove it and place it in a plate with absorbent paper.

Mix sugar and cinnamon powder and split it over the toast slices. You may also add some milk on top to keep the slices moist.

Estimated serving: 4

Estimated preparation time: 15 minutes

*Donated by Txente Boraita
Rotary eClub of Latinoamerica*

Switzerland



Totché

Ingredients

- 2 ½ cups flour
- 2 pinches salt
- pepper
- 2 sachets yeast (15g)
- 25cl milk
- 40g butter
- 1 Tbs oil
- 2 eggs
- 1 tablespoon of Kirsch
- 25cl fresh cream
- 1 Tbs yoghourt



Method

Mix the salt, one egg, melted butter, oil and Kirsch in a bowl.

Warm up the milk and add the yeast, let it stand 10 minutes.

Add milk with the yeast to the previous mixture.

Add liquid ingredients to dry, knead until it forms a ball.

Leave to rise for 2 hours, covered with a cloth.

Knead the dough again, then grease a pie tin with butter. Roll out the dough in the tin, then make a rim all around. Prick the tart base. Let the dough rest again 15 minutes.

In the meantime, mix in a bowl the fresh cream and yoghourt with the remaining egg, a pinch of salt and pepper.

Pour the mixture on to the dough.

Put in the oven at 220°C for 20 minutes then lower the temperature to 190°C for 30 minutes according to the ovens. Add a container of water to the oven so the dough does not dry out.

Donated by Bettina Loret PHF (recipe)

Cynthia Loret PHF (photography)

Friends of Rotary, France

Tarte Suisse aux pommes

Ingredients

- 2 eggs
- 80 grams of sugar
- 80 grams of butter
- 100 grams of flour
- 1 packet of baking powder
- zest of a lemon
- 4 apples
- powdered sugar



Mix the eggs with the sugar in a bowl. Whip with an electric mixer until doubled in volume.

Add the butter in pieces, continue to whisk until all the butter is incorporated.

Add flour and baking powder, continue to whisk.

Add the lemon zest, mix well.

Spread this dough in the bottom of a pie pan.

Peel and cut the apples into thin slices and arrange them on the dough in a rosette.

Sprinkle the top with sugar, then a few small pieces of butter.

Bake in a hot oven at 180 degrees, for 35 to 45 minutes.

Let cool, turn out the pie, and sprinkle the top with a little powdered sugar.

Alternatively, melt a small amount of Apricot jam and brush on the tarte to give it a shiny glaze.

Donated by: Bettina Loret (PHF)

Photography by: Cynthia Loret (PHF), Wildway Studio, Nemours, France

Thailand



Thabthim Grob

(Crisp Pomegranate Seeds)

Ingredients

- 1 cup boiled water chestnuts, diced
- ½ cup tapioca flour
- 150g sugar
- 250g coconut, grated
- Ice
- Red color
- Water

Method

Soak the water chestnut pieces in a little water in which the red food color has been dissolved. Once they have taken up the color take them out of the water and put them into the flour, making sure the pieces are well coated. Then place these "pomegranate seeds" in a strainer to allow the excess flour to drop away.

Heat 5 cups of water to boiling. Boil the "pomegranate seeds" chestnut pieces for 3 minutes. Take them out of the water and put in cold water briefly. Remove and wrap in a thin white cloth.

Mix ¼ cup of water with the coconut and squeeze out ¾ cup of coconut milk. Boil the sugar in ¾ cup of water to make a syrup. Cool it then add to the coconut milk.

Serve the pomegranate seeds in dessert dishes topped with the coconut syrup and ice.

Preparation time: 20 minutes Cooking time: 40 minutes Serves: 4

Original recipe from Food and Nutrition Department, Chiang Mai Vocational College, Thailand

*Donated by Pongsawart Niyomca
Rotary Club of Chiang Mai Wattana
Previously Rotary Youth Exchange Student*

Tonga



Vudi

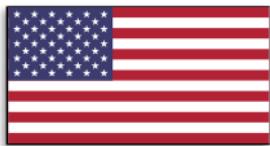
Plantain Crumble.
A bit of fusion of island and modern.

Cook vudi (plantain) as you like it in coconut milk. I like to add in cinnamon and star anise. Line a pan or a heatproof dish. Make your crumble (1.5 cups of flour, 60gm melted butter and mix). Spread on top of cooked vudi and bake for 8- 10 minutes on 180 °C (in fan forced oven)

It's a great dessert on its own or with ice cream. I use the soft ones that are yellow. Medium soft to soft would be good. And when I line my tray, I mash it up a bit. When cooked we scoop out from bottom to top.

*Donated by Milika Wata- Marshall
Rotary Club Nuku'alofa*

USA



Blueberry Stuffed French Toast

Here is one of our families favorite recipe. We make this for Christmas morning.

Ingredients

- 12 slices of thick bread, cubed
- 2 - 8 oz packages of cream cheese (we only use one package of cream cheese)
- 1 cup fresh or frozen blueberries
- 12 eggs
- 1/3 cup maple sugar
- 2 cups milk

Blueberry Sauce

- 1 cup water
- 1 cup sugar
- 2 Tbsp corn starch
- 1 cup fresh or frozen blueberries
- 1 Tbsp butter

Method

Take the crusts off the bread and cut into cubes. Place half of the bread in the bottom of a 9x13" (inch) glass baking dish sprayed with Pam.

Cube cream cheese and put on top of the bread. Distribute one cup of blueberries over the cream cheese. Add the additional cubed bread to the top.

Beat eggs, syrup and milk. Pour mixture over the bread and cheese. Place plastic wrap over the dish and refrigerate overnight.

Preheat oven to 350 degrees. Place aluminum foil over the dish and bake for 30 minutes. Remove the foil and bake for an additional 30 minutes. During the last minutes of baking, prepare the sauce recipe. In a saucepan cook water, sugar, and corn starch until thickens.

Then add one more cup of blueberries and one tablespoon of butter. Pour over individual piece and serve. Enjoy

Yields 12 servings.

*Donated by Robin Barnes
Rotary Club of Peoria- North in Illinois*

Editor's Note: PAM is a commercial non-stick cooking oil spray from the States, substitute with your usual way of greasing baking ware.

Old Fashioned Apple Pie

From the Kitchen of Grandma Olmstead to Rebecca

Ingredients

- 9 in double pie crust
- 1 cup Splenda
- 7 cups apples (green and red), thin sliced, cored, peeled
- 3 tb. cornstarch
- $\frac{3}{4}$ tsp ground cinnamon
- $\frac{1}{4}$ tsp ground nutmeg
- 1/8 tsp salt

Pre heat oven to 425° F. Place the sliced apples into bowl and set aside. Combine Splenda, cornstarch, cinnamon, nutmeg and salt in a small bowl. Sprinkle over apples and toss. Spoon apples into pie crust.

Place second crust over the filling. Seal the edges, trim and flute. Make small openings in the top crust to your preferred pattern.

Bake until the top crust is golden brown (40 to 50 minutes). Serve warm or chilled.

Editor's Note: Splenda is an artificial sweetener

Great Great Grandma Olmstead's Banana Muffins from Aunt Nancy

Ingredients

- 1 $\frac{3}{4}$ cup flour
- 1 $\frac{1}{4}$ tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{3}{4}$ tsp salt
- 1/3 cup shortening
- 2/3 cup sugar
- 2 beaten eggs
- 1 cup mashed very ripe banana

Mix flour, powder, soda and salt. In another bowl cream the shortening then add sugar. Beat in the eggs. Add banana and flour alternating into the creamed eggs. Pour into baking cups and cook at 350°F for 30 minutes or for 1 hour in a loaf pan.

Layer Cookies

Ingredients

- 1 stick margarine
- 1 cup graham cookie crumbs
- 1 package chocolate chips
- 1 package butterscotch chips (or peanut butter chips)
- 1 cup shredded coconut (not on Grandpa's half)
- 1 cup chopped walnuts
- 1 can sweetened condensed milk

Melt margarine in bottom of 10"x13" pan or 2 8" square pans. Spread crumbs over margarine and press evenly into the pan(s). Sprinkle chocolate and butterscotch chips over crumbs. Spread coconut and walnuts (if used) evenly over the chips.

Slowly and evenly stream milk over the other layers. Bake at 350°F for about 30 minutes, watch the milk does not burn. Cool and cook into squares.

Editor's Note: Graham crackers are sweet biscuits.

- 3 Step Pumpkin Cheesecake
- 2 8oz packages of Neufchâtel cheese
- ½ cup canned pumpkin
- ½ cup Splenda
- ½ tsp vanilla
- ½ tsp ground cinnamon
- Dash of ground cloves
- Dash of ground nutmeg
- 2 eggs
- 1 graham cracker crumb pie crust

Mix cheese, pumpkin, Splenda, vanilla and spices at medium speed until well blended. Pour into crust. Bake at 350°F for 40 minutes or until the centre is almost set. Cool. Refrigerate 3 hours or overnight. Garnish with whipped topping and whole pecan if desired.

Serves 8

Editor's Note: a recipe for graham cracker crumb pie crust can be found [here](#).

- Cream Cheese Frosting

- 2lbs confectioner's sugar
- 1 stick margarine or butter
- 1 cup Crisco (only type to use)
- 3 oz. Neufchatel cheese
- About 1/2 cup milk or water
- Options drained pineapple, cherries, finely chopped nuts

Beat until creamy. For plain frosting subtract margarine and cheese, use water not milk.

Use on COOL cake.

*Donated by Dr Phyllis Olmstead
Rotary eClub of Florida*

US Virgin Islands



Red Grout Dessert

"Red Grout" is the signature dessert from the US Virgin Islands. It is a tapioca and guava mix traditionally served on March 31st, a holiday in the US Virgin Islands, known as Transfer Day. Make it in the morning, or even the night before you plan to eat it.

Traditionally this dish is prepared with the seeds and skins of guava fruit, but as many of us may struggle to find guava fruit I have used Guava nectar in this recipe. Note color may be pink rather than red if can only find pink guava nectar.

Ingredients

For the Red Grout:

- 600ml guava nectar
- 50g sugar
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 60g tapioca (quick cooking)
- 125ml water
- teaspoon vanilla extract



For the Vanilla Cream:

- 125ml milk
- 125ml whipping cream
- 1 vanilla bean
- 3 large egg yolks
- 3 tablespoons sugar

Alternatives

The ingredients above make more grout than vanilla cream, and easily feeds 6 people if serve more grout and just a large dab of cream on each portion. For the pictures I did the opposite and put the grout on top, which is how some others are known to serve it.

Consider halving all sugar quantities, you will feel good about the decision and the dessert will still be sweet enough for most people!

Instructions

Red Grout:

In a medium saucepan, bring guava and sugar to the boil.

Stir in salt, cinnamon and nutmeg.

In a small bowl, combine the tapioca with the water.

Slowly add the tapioca mixture into the guava saucepan and stir to combine.

Bring to the boil once more, stirring constantly.

Remove from the heat when the tapioca grains are clear. This should take 12 to 15 minutes.

Stir in vanilla extract. Leave to cool and then cool completely in a fridge for several hours

Vanilla Cream:

While the red grout is cooling, prepare the vanilla cream.

In a medium saucepan, combine the milk and cream.

Split the vanilla bean and scrape out the seeds into the milk mixture.

Drop the split vanilla bean into the milk as well.

Bring the milk mixture to a simmer and then remove from the heat.

Remove vanilla bean pods.

In a medium bowl, whisk egg yolks and sugar to combine.

Gradually whisk the hot milk mixture into the yolk mixture.

Return the mixture to the saucepan and stir over a low heat, until the custard thickens.

Be careful to not let it boil, it will take about 5 minutes to thicken.

Strain the sauce into a container, cover, and chill until ready to use.

To serve:

Spoon red grout into serving dishes, top with vanilla cream. Serve chilled.

Donated by Graham Ferguson

Rotary eClub of Innovation

Wales



Welsh Cake

Ingredients

- 110g/4oz (preferably Welsh) salted butter, chilled, cut into cubes, plus extra for greasing
- 225g/8oz self-rising flour, sieved, plus extra for dusting
- 85g/3oz caster sugar
- handful of sultanas
- 1 free-range egg, beaten
- milk, if needed

Method

Rub the butter into the flour to make breadcrumbs. Add the sugar and sultanas, then stir in the egg. Mix, then form a ball of dough, using a splash of milk if needed.

Roll out the dough on a lightly floured surface until it is 5mm/¼in thick. Cut it into rounds using a 7.5cm/3in fluted cutter.

You now need a bakestone or a heavy iron griddle. Rub it with butter and wipe the excess away. Put it on a direct heat and wait until it heats up. Place the Welsh cakes on the griddle and cook for 2–3 minutes on each side, or until caramel brown.

Remove from the pan and dust with caster sugar while still warm.

Some people leave out the sultanas, split them when cool and sandwich them together with jam.

Donated by Donna Wallbank.

President Rotary International Britain and Ireland 2019

Bara Brith

(Welsh Fruit Cake)

Ingredients

- 4oz margarine
- Cup of sugar
- Cup of milk
- 12oz mixed fruit
- Few Glace Cherries
- Boil all together for 15-20 minutes. Allow to cool.
- 2 beaten eggs
- 8 oz self-rising flour
- 1 tsp mixed spice *

Add to boiled fruit mix and mix very well.

Bake in 2 greased and lined 1lb loaf tins for 1 ½ to 2 hours at 150 °C.

Donated by Ann D Hawkins

Bangor Soroptimists

*Difficult to find premixed outside the UK.

"Homemade mixed spice"

INGREDIENTS

- 1 tablespoon quality ground cinnamon
- 2 teaspoons ground allspice
- 2 teaspoons ground nutmeg
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1 teaspoon ground coriander
- 3/4 teaspoon ground mace

Instructions

1. Combine all spices in an airtight glass jar and keep store in a dark cool place for up to several months.
2. Makes about 1/4 cup of Mixed Spice.

Zambia



Peanut Biscuits

Yield: 3 dozen cookies

Time: 15 minutes

Ingredients

- 1 3/4 cup granulated sugar
- 1/2 cup whole milk
- 1/2 cup unsalted butter
- 1/3 cup unsweetened cocoa powder
- 1/2 tsp fine sea salt
- 3 cups quick-cooking oats
- 2/3 cup smooth or crunchy peanut butter (not natural)
- 1 tsp vanilla extract

Method

Line two large sheet pans with parchment paper. In a pot, combine the sugar, milk, butter, cocoa powder and salt. Bring to a rolling boil over medium heat and be sure not to let it burn (stirring constantly). Cook until sugar and cocoa powder have dissolved. This will take about 1 minute. Remove from heat.

Add the oats, peanut butter and vanilla. Stir until well combined, then let cool for about 15 minutes. Drop heaping tablespoonfuls onto the prepared sheet pans gently pressing the center to flatten slightly. Chill for a few hours until firm. Store in an airtight container for up to a week at room temperature. (I keep mine in the fridge because of the heat in Zambia).

*Donated by Sherry I. Coleman
RC Luanshya, Zambia*

SNACKS



Photo Credit: Harry Thaker, Unsplash

Bahamas



Conch Fritters

Ingredients

- 6 conch or 1 ½ cups, chopped coarsely
- ½ onion, chopped
- ¼ sweet pepper, chopped finely
- 1 hot pepper, chopped very finely (or substitute with Tabasco sauce to taste)
- 1 tsp dry thyme leaves or 1 ½ tsp fresh
- Salt and pepper to taste
- 1 cup water
- 2 cups flour
- 3 tbsps. baking powder
- 2 tbsps. tomato paste

Method

Mix all the ingredients well to make a thick batter. Drop spoonfuls into very hot fat or oil and remove when golden brown.

Donated by Rotary eClub of the Caribbean

Bangladesh



Nimki

- Sieve 1 kg refined flour in a big mixing bowl.
- Add salt to the flour. Season the flour according to your taste.
- Also add 2-3 table spoon black seeds in the flour. (Black cumin seed is a plant. People have used the seed to make medicine for over 2000 years. We also use it as a food ingredient here). Add 3 tsp of oil in the flour now.
- Mix the flour with salt, black cumin seeds and oil using hand.
- Now adding little water in refined flour start kneading the dough for nimki.
- Knead the dough nicely for nimki.
- Pound the dough using hands so that it becomes soft. Keep the dough aside for 10 minutes to rest.
- Divide the dough into small balls roughly in size of lemon. Take one ball and roll it into thin flat bread.
- Roll the flour dough into thin flat bread of 6–7-inch diameter.
- Now using a knife or pizza cutter, cut the bread into 1 – 1.5 cm thick slices.
- Now turn the rolling board and make cuts perpendicular to other cuts. Cut the bread into 2 or 3 equal slices. Now it is ready to be fried.
- Now for frying, heat oil in a pan. Check if the oil is hot enough for putting small pieces of nimki dough in oil.
- Now add the nimki pieces in oil and deep fry the nimki.
- Fry the nimki till they become golden in color.
- Once the nimki is fried, take it out of oil using a frying spoon. Keep it on kitchen napkin to dry the extra oil.



Now the Delicious nimki is ready to eat.

You can also preserve it in an airtight jar for future eating.

Donated by A. B. M. Mokbul Hossen (Roby)

Rotaract Club of Dhaka Udayan

Editor's Note: It must be black cumin not the usual jeera seeds. Nimki can be made without the seeds

Bhutan / Nepal



Momos

Ingredients

Dough

- 3 cups all-purpose flour
- 1 tablespoon oil
- 1 cup water
- pinch of salt

Filling

- 3 cups assorted vegetables, (cabbage, carrots, peas etc.) very finely chopped or 3 cups minced chicken or pork or prawns
- 1 cup onion, very finely chopped
- ½ cup green onion, very finely chopped
- ½ cup cilantro, very finely chopped
- 1 teaspoon garlic, minced
- 1 teaspoon fresh ginger, minced
- 1 teaspoon freshly ground black pepper
- 3 fresh red chilies, minced
- Soy sauce to taste
- 2 tbsp clarified butter or oil
- 1 tbsp water- corn flour mixture (thickening agent)
- salt to taste



METHOD

In a large bowl combine flour, oil, salt and water. Mix well, knead the dough until smooth. Cover and let stand for at least 30 minutes. Knead again. In a non-stick pan heat clarified butter, cook onions until just brown. Add turmeric, garlic, ginger, and chilies. Fry very briefly. Put in minced/chopped vegetables or meat or prawn and stir-fry until slightly soft. Do NOT overcook. Add salt, green onions and cilantro, mix well.

To solidify the vegetable mixture, add one tablespoon of flour-water mixture. Mix until thickened. Transfer the filling into a bowl. Cover and refrigerate for at least 1 hour to allow cooling.

Knead the dough one more time. Make 1-in. dough balls. Take a ball, roll between your palms to a sphere. Dust working board with dry flour. On the board gently flatten the ball with your palm to about 2-in circle. Make a few semi-flattened circles, cover with a bowl. Use a rolling pin to roll out each flattened circle into a wrapper. If the middle portion of the wrapper is slightly thicker than the edges the wrapper will stay intact when packed and steamed. Hold the edges of the semi-flattened dough with one hand and with the other hand begin rolling the edges of the dough out, swirling a bit at a time. Continue until the wrapper attains 3-in diameter circular shape. Repeat with the remaining few semi-flattened dough. Cover with bowl to prevent from drying.

For packing, hold wrapper on one palm, put one tablespoon of the filling mixture and with the other hand bring all edges together to the middle, making the pleats. Pinch and twist the pleats to ensure the absolute closure of the stuffed dumpling. This holds the key to good tasting, juicy dumplings.

Heat up a steamer, oil the steamer rack well. This is critical because it will prevent dumplings from sticking. Arrange uncooked momos in the steamer. Close the lid, and allow steaming until the dumplings are cooked through, about 8 – 10 minutes. Take the dumplings off the steamer, and immediately serve with either soy sauce or hot sauce.

[Editor's note:](#) The method of making momo is most easily described by video. *Gopal Prasad Panthi* of RC Arghaknanki Nepal recommended watching 4 Ways to Fold Momos by Kabitaskitchen.com, click [here](#) or to see traditional cooking over wood fires try Vegetable Dim Sum by our Grandpa, click [here](#).

Recipe is based on: https://recipes.fandom.com/wiki/Nepali_Vegetable_Momos

Brazil



Coxinha

Brazilian Chicken Croquettes Recipe

Coxinha is a popular street food snack in Brazil. A dough shaped into a drumstick around a creamy chicken salad filling then covered and fried. We didn't quite know what to make of them the first time we tried them, but they really are a great street food. They're easy to eat on the go, they have a different appearance (like a drumstick), and most important, they are deep fried and delicious!

Coxinha is fun and cheap to make. They are best if you start them the day before you fry them. If you are lucky enough to find Brazilian catupiry cheese, use it in place of the cream cheese. I have changed the original recipe some but not too much.

Ingredients

- 1 1/2 pounds chicken breasts (about 4 halves)
- 4 to 5 cups of chicken broth
- 1 carrot
- 2 onions
- 2 bay leaves
- 2 tablespoons butter
- 2 cloves garlic
- 1 lime (juice)
- 1 (8-ounce) package of cream cheese (softened)
- 2 to 3 cups of flour
- 2 eggs
- 2 to 3 cups breadcrumbs (fine grated)
- 3 cups vegetable oil (for frying)
- Dash salt (to taste)
- Pepper (to taste)

Steps to Make It

Gather the ingredients.

Place the chicken breasts in a large shallow pot. Cover them with the chicken broth, adding water if necessary, to make sure the chicken breasts are covered by at least 1/2-inch of liquid.

Add the carrot and one of the onions (peeled and cut in half) as well as the bay leaves.

Bring liquid to a gentle simmer, and cook for 15 to 20 minutes, or until chicken is just cooked through (barely pink in the middle of the thickest part). It's necessary to cut into the chicken to tell when it is done. If some of the breasts cook more quickly, you can remove them earlier.

Set chicken aside to cool and strain the broth. Save the broth.

Shred the chicken into very small pieces. We use a food processor fitted with the plastic blade for this, but you can also use your fingers or forks.

Stir the softened cream cheese and lime juice into the shredded chicken.

Finely chop the second onion and the garlic. Cook the onion and garlic in 2 tablespoons of butter until golden and soft.

Add the hot onions and garlic to the chicken mixture and stir until everything is well mixed.

Measure the chicken broth (you will probably have about 3 1/2 cups). If you have less than three cups, add more chicken broth to make 3 cups. Bring the chicken broth to a boil in a saucepan, and gradually stir in the same amount of flour as you have broth (so if you have 3 1/2 cups broth, add 3 1/2 cups flour)

Stir quickly and cook for 2 to 3 minutes. The mixture will become a stiff dough.

Remove from heat and chill in the refrigerator for 1 hour. At this point, you can chill the chicken mixture and the dough for several hours or overnight

To shape the coxinhas, take a piece of the dough, about the size of a golf ball, with floured hands. Roll it into a ball, then hollow out the middle for the filling.

Press a golf ball-sized (about 1 1/2 tablespoons) piece of the chicken filling inside the ball of dough, and press the dough closed around the filling.

Shape into an approximate drumstick shape, flouring hands as necessary.

Stand the coxinhas on a baking sheet, so that the pointed end sticks upwards.

Continue until you run out of dough or filling.

Whisk the eggs together in a bowl. Place the breadcrumbs in a shallow pan (like a cake pan) and season with salt and pepper.

Dip the coxinhas in the egg, then in the breadcrumbs to coat. Chill the breaded coxinhas for 1 hour.

Fill a heavy-bottomed pot with enough oil to cover the coxinhas. Heat the oil to 360 F.

Fry the coxinhas in batches until deep golden brown.

Serve warm.

Donated by Ana Lucia Paleta

Former Rotary Exchange Student In Morton Illinois from Belo Horizonte

British Virgin Islands



Johnny Cake

Ingredients

- 4 cups all-purpose flour
- 2 tablespoon sugar
- 1 1/2 teaspoon salt
- 2 teaspoon baking powder
- 2 tablespoon butter
- 1 cup water or milk
- Oil for frying or baking dish greased
- Can be fried (classical) or baked

Method

Mix all dry ingredients in a large bowl and work in the butter, slowly stir adding water /milk until soft dough is formed, keep on kneading until dough is smooth not sticky. Cover dough and let it rest for about 10-15 minutes

Then roll out the dough and divide, cut round circles of your preferred size and pierce with a fork.

If frying, heat oil and fry until golden brown on both sides

Or if baking, bake at 350 °F (180 °C) for 45 minutes.

Johnny Cake can be eaten for breakfast, as a side dish with lunch/ dinner or as a snack.

Donated by Rotary eClub of Caribbean

El Salvador



Pupusas

Ingredients for 18 pupusas

Curtido

- ½ head green cabbage, cored and shredded
- 1 small white onion, sliced
- 2 medium carrots, grated
- 4 cups boiling water (960 mL)
- 1 cup distilled white vinegar (240 mL)
- 1 tablespoon dried oregano
- 2 teaspoons kosher salt

Chicharrón

- 1 teaspoon vegetable oil
- 1 lb boneless pork shoulder, cut into 1-inch (2-cm) cubes (455 g)
- 1 teaspoon salt
- 1 medium tomato, diced
- ½ green bell pepper, diced
- 1 small white onion, diced

Pupusa Dough

- 4 cups masa harina (450 g)
- 2 teaspoons salt
- 3 cups cold water (720 mL)

Filling

- 1 cup grated mozzarella cheese (100 g)
- 1 cup refried beans, cooked (240 g)
- 1 tablespoon vegetable oil, for frying

Preparation

Make the curtido: In a large bowl, combine the cabbage, onion, and carrots. Pour the boiling water over the vegetables and toss. Let sit for 10 minutes, then drain.

In a liquid measuring cup or small bowl, combine the vinegar, oregano, and salt. Pour over the slaw and toss to coat. Once thoroughly mixed, transfer the curtido and any leftover liquid in the bowl to an airtight jar or container.

Chill for at least 20 minutes in the refrigerator, or chill overnight for best results.

Make the chicharrón: Heat the vegetable oil in a large pan over medium-high heat. Add the pork shoulder and salt. Cook for 15 minutes without disturbing. If the pork is browning too quickly, reduce the heat to medium. Turn the pork over and let cook on the other side for 10 minutes more, or until crispy and golden brown.

Transfer the pork to a food processor and add the tomato, green bell pepper, and onion. Pulse until a thick paste forms. The mixture should not be watery. Set aside.

Make the pupusa dough: In a large bowl, whisk together the masa harina and salt, then add the water. Use your hands to mix until the dough comes together with a clay-like texture.

Fill a small bowl with water and a bit of oil and set near your workstation. You'll wet your fingers with the mixture as you work to keep the dough from sticking to your hands.

Take a golf ball-sized portion of dough and roll into a ball, then flatten into an even round.

Fill the dough round with $\frac{1}{2}$ tablespoon chicharrón paste, 1 teaspoon refried beans, and 1 teaspoon mozzarella cheese. Fold the dough over the filling until it's completely sealed. Then, pat out the ball between your hands until flat. If the pupusa cracks, patch it with a bit of dough and a little oil. Repeat with the remaining ingredients.

Heat a large pan or griddle over medium heat. Brush with vegetable oil, then place 2-3 pupusas on the pan and cook for 2-4 minutes, or until the bottoms are golden brown. Flip and cook on the other side for 2-4 minutes more, until golden brown and warmed through. Repeat with the remaining pupusas.

Serve the pupusas with curtido.

Donated by Alinna Grajales:

Rotary Club Sint Marteen Mid Isle

Editor's note: Masa harina is a gluten-free flour made from finely ground corn or maize.

French Guiana



Caribbean Accras

Ingredients

- 1 lb. salt pollock
- 2 or 3 onions, finely diced
- 2 or 3 cloves garlic, pressed
- 1 hot pepper or 1 tsp. dried red pepper flakes or substitute of your choice
- 1/3 cup chopped fresh parsley leaves
- 2 Tbs lime juice
- pepper
- salt to taste
- 1 1/2 cups flour
- 1 cup water
- 2 eggs, separated
- 1 tsp. baking soda



Method

Soak pollock overnight, changing water 1-3 times.

Simmer until soft, about 20 minutes. Cool. Flake, using fingers.

If too much salt has been removed add salt until slight saltiness has been restored.

Mix with onion, garlic, pepper, parsley, lime juice and pepper.

Stir in flour. Mix egg yolks with water, then add to mix. Add baking soda, mixing to distribute evenly. Beat egg whites until stiff, fold into fish mixture. Drop by spoonful into hot oil. Fry about 1 - 1 1/2 minutes, turn and fry 30 -60 seconds more, until golden. Drain on paper towel. Serve immediately as is or with any favorite dipping sauce.

Donated by Cindy Bezant-Titus

Rotary Club of Halifax Harbour

Roll Out the Barrel Trust

Roll Out the Barrel provides roll- along water barrels to people, especially young children, in developing countries who otherwise would be carrying water, sometimes many miles in searing temperatures or through muddy fields. This prevents problems associated with water collection including physical deformity and compressed organs and frees up time and energy for other tasks, as well as making an onerous chore less burdensome. [Find out more about their work.](#)

Gibraltar



Calentita

Ingredients

- 250 g Chickpea Flour
- 850 ml Water
- 50 ml olive oil
- Salt
- pepper



Method

1. In a bowl, mix together the chickpea flour, water, salt and pepper. Leave overnight or allow to settle for 2 – 3 hours before cooking.
2. Preheat oven to 225°C.
3. In your oven dish pour enough oil to cover the bottom.
4. Place your dish in the oven to heat up the oil. Once the oil is hot, carefully using a brush, spread along all the sides of your dish. Stir your mixture and pour immediately into your dish.
5. Place this back in oven for an hour.



Donated by Justin Bautista, author

Editor's Note: Calentita is eaten hot

Mama's Torta Acelga

Spinach Pie

One of my favorite Gibraltarian dishes and most definitely a filling one. I have always enjoyed it with puff pastry and continue to make it that way but many prefer to use short crust pastry. Although this can be served all year round, it is always available and seen throughout Christmas and Easter, served at room temperature for all to enjoy as a party snack.

Serves 4

Ingredients

- 350 g spinach
- 300 g hard edam cheese
- 30 g breadcrumbs
- 3 garlic cloves
- Salt and pepper
- 4 eggs
- 500 g puff pastry

Method

Preheat oven to 200°C

- Wash and finely chop the spinach. Place it in a bowl with salt and cover with boiling water. Leave this to one side.
- Finely chop your garlic, drain your spinach completely, removing all the water, and mix in your garlic, breadcrumbs, 2 eggs and grated hard edam.
- Line a small -- medium oven dish with half of the dough.
- Fill your pastry with the spinach mixture and crack an egg in the centre.
- Cover with the remaining dough, brush the top with a beaten egg and bake in the preheated oven at 200°C.

Suggestions

Although the traditional method is with hard edam, cheddar cheese can also be used, but keep in mind this will have a slightly different, yet still delicious flavor.

You can change point 1 and 2 to start off by frying the spinach with the garlic and reducing it, this will remove all the water and combine the flavors (I actually find this tastes nicer.)

*Interesting fact

Even though acelga translates into chard, the pie is referred to in Gibraltar as Spinach Pie and regularly made with Spinach. Either chard or spinach are acceptable, however taste could vary slightly.



Recipes from www.mamatotties.com a wonderful source of food inspiration from Gibraltar

Donated by the author Justin Bautista

Hungary and other Previously Soviet States



Langos

(Makes about 10 lángos, depending on the size)

Ingredients

- 300 g all-purpose flour
- 7 g dried (instant) yeast
- 250 ml water
- 1/2 teaspoon salt
- sunflower oil (for frying)
- toppings: sour cream, grated cheese, garlic

Method

In a mug, dissolve the salt in the water. In a bowl, combine the sifted flour with the yeast. Add the salty water to it and stir thoroughly (if it is very sticky, add a little bit more flour). Work the dough with a wooden spoon or with your hands until the dough is smooth and no longer sticks to the bowl. Leave the dough in the bowl, cover with a clean cloth and let it rise for 30-40 minutes or until it has doubled in size.

Once it is rested, carefully tip out the dough onto a floured surface, stretch it out into a square and cut out about 10 cm (3,93 inch) round shapes with a big glass (a big cookie cutter also works). Stretch out each piece with your fingers into a round shape with the centre being thinner than the edges. Let the pieces rest for another 30 minutes on the floured surface.

In a saucepan, heat sunflower oil. Place the lángos into the hot oil, fry it on one side until golden brown then turn. Repeat with the remaining lángos dough.

Serve while it is hot. You can eat it simple or sprinkled with chopped garlic or doused with garlic water and topped with grated cheese and sour cream.

Donated by Eddie Higgins

EClub of Innovation

Italy



Babbo Finzi's Pizzagaina

For the Dough

- 1 pound flour (to ensure a good crust, it is best to weigh the flour)
- 2 eggs
- 1/2 teaspoon salt
- 2 sticks *cold* butter (1/2 lb), cut into small pieces
- 1/4 cup whole or skim milk, plus a little more if needed at the end
- 1 beaten egg with a pinch of salt to brush the crust

For the Filling

- 32 ounces ricotta cheese (well drained, preferably the night before)
- 1 dash nutmeg
- 25 cracks black pepper
- 2 large eggs
- 1 cup sharp provolone cheese, 1/2" dice
- 1 cup Fontina cheese, 1/2" dice
- 1 cup smoked mozzarella cheese, 1/2" dice
- 1/2 cup Parmigiano-Reggiano or caciocavallo cheese, grated
- 1/4 lb *Boars Head Piccolo Prosciutto* or Speck, sliced 1/8" thick
- 1/4 lb *Boars Head Pickle Pepper* or capicola, sliced 1/8" thick
- 1/4 lb Boars Head Crushed Peppermill Turkey, sliced 1/8" thick

(NOTE: You can substitute 3/4 pounds of 3-4 of your favourite meats for the above... chicken, pork, ham, boar, sweet or spicy sausage broken up, etc.)

Making the Dough for the Crust

In either a stand mixer with a dough hook, or a food processor with a blade, add all the flour and salt and mix a bit before adding the small pieces of butter. If using a stand mixer, you can mix on medium—if using a food processor, pulse until the mixture starts coming together, but don't over process or your crust won't be flaky. Drizzle in the 1/4 cup milk. This should make a dough ball form as you continue to mix/pulse. If the ball doesn't quite form, drizzle in a little bit more milk, but stop when a ball forms. With your hands (but without kneading), press your dough into a large ball at first, then flatten it into a thick disk and wrap in plastic wrap and set aside to

rest at room temperature. Do not over mix or knead your dough or it will be dense and lose its flakiness.

Making the Filling

This is a good time to preheat your oven to 350°F.

Cube all the cheeses to about 1/5" and place into a large mixing bowl.

Cut up the deli meats into 3/4" x 2" slices and separate the individual pieces as you drop them into the mixing bowl, turning over with a large mixing spoon as you go to ensure they get distributed among the pieces of cheese.

Add the grated Parmigiano-Reggiano or caciocavallo cheese over the filling and mix.

Next, place the drained ricotta into a second mixing bowl and add the 2 eggs. Mix thoroughly with a strong wooden spoon.

Add 25 cracks of pepper and the nutmeg (do NOT overdo the nutmeg) and mix into the ricotta.

Add the ricotta mixture into the meat/cheese filling and mix with the large spoon, turning over and over until the whole mixture is well bound together.

Putting Together the Pizzagaina

Grease a springform pan with butter and then flour it on all sides and the bottom and set aside.

Dust a work surface with flour.

Cut off about 1/5 of your dough for the lattice strips and set aside in plastic wrap.

Place your dough disk on the flour and move it around to make sure you have enough flour on the work surface to prevent sticking.

Cover your dough with a sheet of parchment paper.

Using a straight rolling pin, start rolling out your dough to a large round disk nearly reaching the sides of your parchment paper. You can hold your springform pan over to gauge if it's rolled out large enough. You should keep in mind that the dough will cover the bottom and up to the top of your pan's sides. The finished thickness should be a bit less than 1/4".

Remove the parchment paper and using your long rolling pin, roll up the dough round onto the pin, letting a 4" flap hang at the end. Position the flap over one side of your pan and gently roll out the dough to centre it over the pan.

Let the dough settle to the bottom of the pan, gently pressing the sides all around to fit snugly. The bottom corners should be tucked in and any excess should come up and over the top edges.

Using either a pastry cutter, pizza cutter or sharp paring knife, trim away the excess dough along the top ridge of the pan. Most springform pans have a small indent running around the lip of the pan that you can use to guide your cutter. If there are any gaps in the dough, you can use small pieces to press and patch as needed.

Next, fill your pan with the cheese/meat filling. Press down gently to level and smooth it.

Now it's time to roll out the remaining dough to make some lattice strips.

Once again, cover with the parchment and roll out a bit thinner than the main crust.

Make your dough round a bit longer than the diameter of your pan.

Using a pastry or pizza cutter, cut 1" strips and arrange them in a lattice pattern on top of your Pizzagaina. To do it properly, try to alternate the strips over and under

each other. This helps the lattice from popping out all over the place when cutting into the pie.

Use your fingers or a spoon to press the strips down into the edge of the side crust. Trim any excess with a cutter all around the edges.

Beat one egg with a pinch of salt and using a pastry brush, brush the egg onto all the lattice strips.

Bake in the centre rack (with a foiled wrapped pan on the lower rack to catch any leaks) at 350°F for 50 minutes uncovered. Remove from oven and place on a cooling rack for 15-20 minutes before serving.

You can get 8 or 9 decent sized slices out of this pie. Serve as a robust antipasto or have a slice with a salad on the side for a lunch or light supper. You can also serve a slice with a dollop of marinara on the side.

There you have it, our Pizzagaina recipe... enjoy.

Bon appetito

*Donated by Jane Anthony, Rotary eClub One,
with the kind permission of author Jerry Finzi, [GrandVoyage Italy](#).*

The recipe was originally published [here](#). Both web sites have lots of great Italian recipes and information on Italian Cuisine.

Editor's note: capicola is a traditional Italian and Corsican pork cold cut made from the dry-cured muscle running from the neck to the fourth or fifth rib of the pork shoulder or neck. It is a whole muscle salumi, dry cured, and typically sliced very thinly. Marinara sauce is a tomato sauce usually made with tomatoes, garlic, herbs, and onions.

Korea (Republic of South Korea)



Korean Egg Rolls

Ingredients

- 2 (14 oz) bags Cole Slaw mix (Editor's Note: cabbage and other vegetables and peppers all sliced very thin then combined)
- 1 Lb. Sausage (breakfast)
- 1 large onion
- 1 pack egg roll skins
- 1 tsp peanut butter
- 1 Tbs ketchup
- 1 egg
- Crisco oil (vegetable oil) for frying
- Salt & pepper to taste
- Large skillet

Method

Stir fry the coleslaw mix until just tender but still crisp. You may have to do this in batches if your skillet isn't large enough to hold everything at once. Set aside. Fry the sausage over medium heat breaking it up as it cooks. Break apart as much as possible.

Place coleslaw and sausage in a large colander. Cole slaw first with the sausage on top. Weight the ingredients down with something that weighs about 10 pounds.

Place the colander in a large bowl to catch the juices. Drain completely.

Finely chop the onion then fry in 2 Tbs oil on medium heat until translucent. Set aside until mix has drained.

With your hands, thoroughly mix together the coleslaw, sausage, onions, peanut butter, ketchup, salt and pepper.

Place an egg roll skin on your work surface. Place a quantity of mix on the skin that will result in a roll of about two inches.

Beginning at the side closest to you, tightly roll the skin enough to almost cover the mix. Fold the ends inward making two folds. The result should leave the remaining skin in a pointed shape. Dip your finger in the egg and moisten the edges of the point.

Continue to TIGHTLY complete the roll.

If the roll is too large or is not tightly wrapped the resulting egg roll will be greasy.

Preheat the oil to 425 degrees.

Fry the egg rolls until a light golden brown. Drain on cake or cookie racks.

Donated by Jin McKinney

Manito, Illinois

Korean friend of Rotary

The Middle East and Comoros



With Israel, Jordan, Lebanon, Egypt and Palestine.

Falafel (Ta'meya)

Ingredients

- 500g Split fava beans (soaked overnight)
- 1 medium onion
- 1 cup of chopped parsley
- 1/2 cup of chopped dill
- 1/2 cup of chopped coriander
- 1 cup of green onions sliced

Place all the above ingredients in a food processor or mincer and process until smooth and light green. Add salt and then a teaspoon each of: Cumin, Ground coriander, Chili powder, Baking Soda.

Mix and deep fry into balls or patties until golden brown. Sesame seeds for topping while still warm. PS. Add a little flour or soft breadcrumbs if your mixture is too runny.

Editor's note: Falafel is made all over the Middle East. Some recipes use chickpeas not fava beans. The use of chickpeas is predominant in most Middle Eastern countries, including Israel, Jordan, Lebanon, Palestine. Chickpeas are usually the main ingredient in Falafel cooked in the West. When chickpeas are used, they are not cooked prior to use (cooking the chickpeas will cause the falafel to fall apart, requiring adding some flour to use as a binder), instead they are soaked (sometimes with baking soda) overnight, then ground together with various ingredients such as parsley, spring onions and garlic. When not served alone, falafel is often served with flat or unleavened bread. Tomatoes, lettuce, cucumbers and pickles can be added. Falafel is often served with Tahini.

In National Dishes of the World Shahid Khan gives Falafel as the National Dish of Comoros. That version uses the following ingredients 350g chickpeas (soaked overnight) 2 tsp coriander seeds and 2 tsp cumin seeds ground together in a pestle, 2 onions finely chopped and 2 green chilies, deseeded and finely chopped, and 2 handfuls of finely chopped coriander and parsley leaves (not stems).

*Donated by Marleina Broadhurst
Egypt and Australia*

Monaco



Barbagiuan

Ingredients

For the pastry

- 200g plain flour
- dash salt
- 50ml olive oil
- 1 egg, beaten
- 50ml water
- Vegetable oil for deep frying

For the filling

- 15ml olive oil
- 30g onion, finely chopped
- 30g leek (white part only) finely chopped
- 2 Swiss chard leaves (green parts only), shredded and chopped
- 50g fresh spinach, chopped
- pinch dried oregano, crumbled
- 50g ricotta cheese
- 30g freshly grated Parmesan cheese
- 1 egg white, beaten

Method

To Prepare the pastry

Sift the flour and salt into a bowl. Add the olive oil and half the egg white and blend with a fork. Reserve the rest of the egg for the filling. Add just enough water to bring the pastry together as a firm dough. Turn this out onto a lightly floured surface and knead until smooth and elastic (about 5 min). Wrap in plastic wrap and chill in the fridge for 30 minutes.

To prepare the filling

Heat the olive oil in a shallow pan over medium heat and add the onion and leek and fry until golden (about 5 minutes). Add the chard, spinach and oregano and fry until the chard is tender (about 10 minutes). Transfer the contents of the skillet to a bowl

and then mix in the cheeses and the leftover egg from the pastry. Season with salt and pepper and set aside to cool.

Assembly

Roll the dough out on a lightly floured work surface to about 2mm thick. Use a floured 6cm round pastry cutter and cut into as many rounds as you can. Gather the scraps, re-roll out and cut again. You should end up with about 20 circles. Place 1 tsp of the filling in the center of each pastry round and brush the edges with the egg white. Fold the dough over to form a semi-circle and press the edges with the ends of a fork to seal. As you complete each pastry, transfer to a baking tray lined with foil. At this stage you can freeze the pasties and then thaw before cooking, or you can cook them right away.

Pour vegetable oil into a deep pan (you need at least 4cm) and heat to fry.

Working in batches, add the pasties to the oil and fry until brown and crisp (about 5 minutes). Transfer to a plate lined with kitchen towels using a slotted spoon. Serve warm.

(Makes 20 portions)

Donated by Marleina Broadhurst collected from Sahana Basker

Mongolia



Khuushuur – Fried Filled Pockets

This recipe was provided as a web link. Unfortunately, we have not been able to contact the author to obtain permission to reproduce the recipe as published. If you wish full instruction on how to make the pastries, you will need to visit the [website](#).

Ingredients

- Noodle Dough
- 250g Flour
- 1dl Water

Filling

- 300g Minced meat (traditionally fatty mutton) or Borts (Borts is air-dried meat cut into long strips which are hung in the shade. The Mongolian nomadic lifestyle and the local climatic conditions gave rise to specific methods of preserving meat. The most widespread one is air-drying or 'bortslosh'. Wikipedia)
- 1 onion, minced
- 2 garlic cloves, minced
- 3 to 5 Tbs water
- Salt and Pepper
- Caraway
- Oil for deep frying

Method

The meat, garlic and onions are mixed with water, salt and spices to form a workable mixture.

A pliable dough is made of the flour and water and rested. It is cut into slices then flattened.

Forming the pockets from circles of dough of about 4 inches diameter requires practice, there are useful photographs illustrating the process on the web site.

Decoration of the pocket varies.

They are then deep fried in oil.

Donation arranged by Malhukar Malhortra from a Rotary Vocational Exchange Team (medical) uniting and exchanging medical experience between India and Mongolia.

Montserrat



Eggplant Dip

Ingredients

- 3 Aubergines
- 2 minced onions
- 65ml olive oil
- 40g tomato puree (about 1/5 of a small tube)
- At least 1 lime
- Salt and pepper, to taste



Method

Bake eggplant at a 180 C in oven until black and soft to the touch, this takes around 1 hour.

Peel and chop the Aubergines. To get a smoother dip I add a little lime juice and use a blender for a minute or two to cream the mix.

Mince or finely chop the onions then sauté them in oil until tender but not brown. Add the creamed aubergine and tomato puree. Simmer, stirring often, until thickens, this takes about 15 minutes.

Add lime juice and salt and pepper. Chill. Garnish with parsley and lemon or lime wedges. Serve with something to dip! I use crispbread thins (as the wife limits my bread intake) or celery, but pitta or Caribbean bread works well if you are allowed.

Donated by Graham Ferguson:

Rotary eClub of Innovation

Puerto Rico



Sun Baked Artichoke Dip

To use this recipe must be about 90°F plus in the sun

Mix:

- 4 cans of well drained artichoke hearts (put in strainer for a bit to get all the water out)
- 10 minced FRESH garlic cloves (not the stuff in a jar)
- 2 cups of full creamy mayo (no light versions as it makes it watery)
- 2 minced long strips of pimento red pepper
- 1.5 cup of finely grated parmesan cheese (fresh...not the Kraft shaky kind)
- Salt, pepper and red pepper flakes to taste
- Good dash of turmeric and paprika

Mix and let bake in the sun in a GLASS lid Pyrex type container (do not use plastic) for an hour and a half stirring every 20 minutes.

Serve with pita bread triangles and a dollop of cold sour cream.

Salut! Qui! From

Donated by Tara Marshall Davis

Rotary Club of Cheshire, Connecticut

Gathered at a get together with Puerto Rican Families living near her home

Solomon Islands



Sweet Potato Quesadillas

Serves: 2 as a dinner, or 4 as a snack

Ingredients

- Olive oil
- 1 sweet potato, peeled and grated
- 1 tablespoon maple syrup
- Sea salt and freshly ground black pepper
- 1 teaspoon chipotle paste (or ½ a teaspoon of hot smoked paprika)
- 1 red chilli, finely chopped
- 1 × 400g tin of white beans, drained (I use haricots)
- 1 avocado
- 1/2 a lime
- A few sprigs of fresh mint or coriander, leaves picked and chopped
- 4 corn tortillas

Method

Heat a touch of olive oil in a pan, add the sweet potato and the maple syrup and season with salt and pepper. Add the chipotle paste and the chopped chilli and cook for a few minutes, until the potato has softened and lost its rawness.

Transfer to a bowl and add the beans, then use a potato masher to mash the whole lot up a little – you will still have some flecks of unmashed sweet potato. Season if needed.

Mash the avocado with a little lime juice and stir in the herbs. I use the potato masher again here.

Now heat a frying pan big enough for your tortillas. Lay a tortilla flat in the pan, spoon a quarter of the mixture on to one half of it, then fold over the other half.

Dry fry on one side until it's blistered and golden brown, then flip over and do the same on the other side. Keep the quesadilla warm while you do this with the rest of the tortillas.

Serve straight from the pan with the mashed avocado.

As part of a bigger meal:

- serve with a couple of handfuls of lemon-dressed salad leaves.
- serve with a crunchy salad of radishes, leaves, shaved fennel and coriander, and a quick tomato salsa.



Donated by Anna Jones, cook, writer, the voice of modern vegetarian cooking, to Shine for Shelterbox and reproduced here by kind permission of Shelterbox. You can find more of her recipes and all about her books on the [website](#).

Shelterbox Fact: Shelterbox tents facilitated the reopening of schools in the Solomon Islands following an earthquake and tsunami in 2013. [Find out more about Shelterbox](#).

South Africa



Macadamia nut pesto

Down the KwaZulu-Natal South Coast where we grew up and went to school, live our farming friends Leanne and Bruce. The macadamia nuts grown on their farm are world class and I am very grateful to Leanne for supplying me with this delicious produce.

Ingredients

- ½ cup of raw macadamia nuts
- 2 cups young basil leaves
- 2 garlic cloves, chopped
- ¾ cup Parmigiano Reggiano cheese, freshly grated
- ½ lemon, freshly juiced
- ¼ cup of Extra Virgin olive oil
- ¼ teaspoon sea salt



In a food processor, using a pulse action, chop the macadamias, basil, garlic and Parmigiano Reggiano until minced. Pulse in the lemon juice and olive oil. Add salt to taste. The mixture should be puréed but retain some texture. Excellent with freshly cooked zucchini pasta or spread on a slice of Paleo seed bread!

This recipe is available on bit.ly/facebookfoodie, advertising my cookbook "Facebook Foodie: Recipes of the Liked and Shared". For every copy sold, I donate R10 to Rotary Foundation's #EndPolioNow campaign.

*Donated by Monique Labat
Rotary E-Club of South Africa One*

Editor's Note: "Facebook Foodie: Recipes of the Liked and Shared" can be bought on Amazon

E-Club of Greater Cape Town, South Africa

Trinidad & Tobago



Doubles

Doubles are a street food made up of two fried dough breads called baras filled with a chickpea curry. This recipe is from [Cooking with Ria](#) and is included by kind permission of the author Ria Birju. You can find other great recipes from Trinidad on the site

"Doubles Bara"

Can be made as thick or thin, however you like it. That's the beauty of homemade doubles! Once these are pressed down by weight, it becomes thinner (this is what happens when the doubles man makes and stacks hundreds of baras!)

Ingredients

- 2 cups all-purpose flour
- 1/2 teaspoon baking powder (preferably aluminum free)
- 1 teaspoon salt
- 1 teaspoon instant yeast
- Pinch turmeric (1/4 tsp)
- 2 teaspoons sugar
- 1 cup lukewarm water (less about 3 tbs)
- 1 tablespoon oil, for rubbing on dough

Preparation:

In a medium bowl, add flour, salt, yeast, turmeric and sugar. Add water gradually and mix to form a soft but not sticky dough. Do not over knead. Rub with oil, cover and set aside to rest 1 hour (minimum) or until doubled (max 6 hours or overnight). Make into little balls. Cover and allow to raise another hour or until doubled. Rub oil on a flat surface. Place dough on oil and flatten to a 4-inch round. Make to your desired thickness--keeping in mind it puffs up as it cooks! Meanwhile heat oil in a small pot over medium-high heat. Gently place dough in hot oil and fry on each side until cooked, about one minute. Drain on the side of the pot, using the spoon. Wrap immediately in paper towel and then a kitchen towel. Repeat with the remaining dough. Place in tightly sealed container to allow it to soften and flatten--just like the doubles man's! Serve hot with Doubles channa (recipe below).

"Doubles Channa"

- 1 lb dried chickpeas (channa or garbanzo)

- 2 teaspoons baking soda, divided
- 2 tablespoons minced culantro (bandhana)
- 1 tablespoon minced garlic
- 1/4 teaspoon turmeric
- 2 teaspoons curry powder, optional

Finish off with 1 tbs bandhana (finely chopped or minced--about 5 leaves) and 1 teaspoon anchar massala or ground roasted cumin.

Soak chickpeas overnight with 1 teaspoon baking soda. Drain and rinse with several changes of water. Drain again. In a pot, add about 12 cups of water over medium heat. Add channa, 2 teaspoons of salt, 1 teaspoon of baking soda, stir to combine.

Bring to a boil. Scoop out any impurities that rise to the top. When chickpeas are tender, about 1 hour, add 1 tablespoon of bandhana, 1 tablespoon of minced garlic and turmeric and mix well. Continue to cook for 15-20 minutes., more if required.

Then with a wooden spoon, stir, moving back and forth motion to bring it to the right consistency. This will take several minutes for the channa to thicken. Taste for salt and add more if required. To finish, mix in bandhana and anchar masala* or ground roasted cumin. Enjoy with the baras! Can be made ahead--a day before...

Donated by Rotary Club Chaguanas

Editor's note: Culantro or bhandhania, is not cilantro. It is Eryngium foetidum also known as recao, shadow beni, Mexican coriander, long coriander, sawtooth coriander. It is widely used in Caribbean cooking but difficult to find elsewhere.

Amchar masala is an Indian spice mixture. There are many family versions, but most include coriander, black peppercorns, fennel seed, brown mustard seed and fenugreek seed. Versions can be found on the web or it may be found commercially.

Turkey



Prosciutto and Mozzarella Borek

Ingredients

For the dough:

- 500 g all -purpose flour
- 1/2 Tbsp salt
- 300 ml water

For layers

- 200ml olive oil
- 100 g butter (melted)
- 1 egg + 1TBSP of milk for egg wash

For the Filling

- Fresh mozzarella (I had 250 g)
- Prosciutto (12 slices)
- You can make so many different fillings (potato, spinach-cheese, ground-beef, anything really)

Directions:

- In a big bowl put the flour and salt, mix.
- Slowly add your water to the flour and salt mix.
- Knead the dough for about 10 minutes (great arm exercise :P) but if you have kitchen mixer using the dough making attachment you can get the dough ball. The goal is to have a smooth dough at the end.
- Divide your dough in 6 pieces. Roll each piece in your hands and place them on a lightly floured plate. Cover the plate with moist towel and stretch film. Rest them for about an hour.
- When getting closer to an hour mark melt your butter and mix with your olive oil.
- Roll each dough ball on lightly floured surface with rolling pin to the size of about 15 cm diameter.
- Layer the rolled dough on the plate and put generous amount of oil-butter mix between each layer. Again cover the plate and rest for another 30-40 minutes.
- On a big surface, take the first layer and using hands stretch the dough to a very very thin sheet (if it tears a little it's okay, at the end of this you should be able to see through the sheet clearly)



- On the one end of the sheet place your filling (I have layered mozzarella with prosciutto) then roll the sheet starting from your filling to the opposite side.
- Place your snake or worm looking pastry on the baking sheet, you can arrange them as you like but I like to put them side by side as shown in the picture.
- Repeat for each layer.
- Brush the pastry with egg wash, sprinkle with sesame seeds or poppy seed (optional)
- Bake at preheated oven at 180degC. Until the top is golden brown.

Bon Appétit!!

*Donated by Hamdi Özcan-
Rotary eClub of Turkey*

Editor's note: The cook time to golden will probably be 20 to 30 minutes



Uganda



Teatime Treats

"Daddies"

Daddies are simple crunchy crackers commonly packed for children in boarding schools for having as tea escorts.

They are also commonly eaten in taxis by passengers during late evening traffic jam.

Ingredients

- 500g of wheat flour
- 2 eggs
- 1 tablespoon margarine
- 1 teaspoon baking flour (powder)
- 4 tablespoons milk
- 150g sugar
- 100 g soya flour
- Teaspoon vanilla essence.
- Oil for Frying

Method:

Put all flours in a bowel at once and mix them.

Mix the milk, with the vanilla essence and dissolve in the sugar.

Beat the eggs in the solution.

Add the margarine in the mixture of flour and marble them.

Put everything together to make dough.

You can add some water to a desired consistency, that can be rolled and cut into small pieces or balls.

Deep fry in boiling oil.

They are ready when they are golden brown.

"Kabslagala (Pancakes)"

Ingredients

- 500g ripe sweet bananas,
- 750g Cassava flour,
- Ginger or red pepper
- Water.
- Boiling oil

Method.

Get two clean kneading bowls or a saucepan
500gm of ripe sweet bananas and peel them,
Smash them until they are porridge like, smooth.

Get 750gm of cassava flour and mix with the banana soft paste.
Knead until the flour and bananas have evenly mixed and blended well.

Get the water spiced with ginger or red pepper, mild of course,
at times use lemongrass or cinnamon instead of ginger and pepper so as not to exclude children from the delicacy.

Knead until the dough no longer sticks on your hands.

Cut the dough into sizeable pieces.

Get one , roll it flat to a reasonable thickness, you keep sprinkling cassava flour on the rolling pin and board as to avoid the dough sticking on them.

Get a round cutter or even plastic tin or cup and cut out the pancakes .Then you drop them in boiling oil (vegetable).

They take 4 to 5 minutes to cook when they turn mahogany brown.
Taste better when they have cooled.

Donor's Note: These recipes are from an albino group we support with various things and with whom one of our colleagues is working to set up a soap making enterprise.

Donated by Adrian Brewer:

Rotary eClub of Innovation and Roll Out the Barrel

Venezuela



Tequeños

Ingredients

- 1 egg
- 5 tablespoons of butter
- 2 cups of flour
- 1/2 teaspoon of salt
- 1 tablespoon of sugar
- 5 tablespoons of cold water
- Some slices of cheese
- Corn or sunflower oil

Method

Cut the cheese into stripes and refrigerate or freeze them.

Place the flour in a mixing bowl making a hole in the center and put the egg and the butter in it.

Separately, mix the water with the salt and sugar.

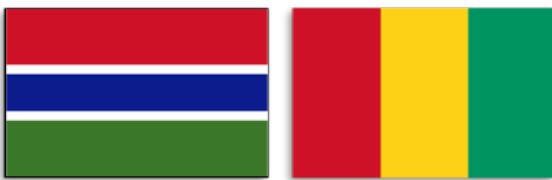
Rub the flour, egg and butter together with the tips of your fingers until the fat is broken into little bits. Add the water little by little and form the dough into a ball.

Roll out the dough very thin and cut it into long stripes, three times wider and longer than the cheese ones. Now, roll a dough stripe around a cheese one, shaping a spiral all around. Be careful, the dough must cover the whole cheese surface to avoid it going out when frying!!!

Fry the "tequeños" in a big frying pan with plenty of oil, serve immediately.

Donated by Marliela Orozco, Lisbon

West Africa - Gambia/Guinea



The United Nations defines West Africa as consisting of 16 countries including Benin, Burkina Faso, Cape Verde, The Gambia, Ghana, Guinea, Guinea-Bissau, Ivory Coast, Liberia, Mali, Mauritania, the Niger, Nigeria, Senegal, Sierra Leone and Togo. They share common cuisine with regional variations.

Dodo

This is a very popular street snack, everyone's favorite food. It is naturally sweet and serves as a great accompaniment to jollof rice.

Ingredients

- 2 plantains, peeled, washed and cut into cubes or on the diagonal
- ½ tsp salt
- 250ml sunflower, soya bean or ground nut oil

Method

Arrange the plantains on a plate and sprinkle them with salt.

In a large frying pan over high heat, warm the oil for 2 minutes. Reduce the heat to medium and add the plantains. Fry for about 1 minute each side.

Remove the dodo pieces from the pan and place them on a colander lined with paper towel on a plate to drain.

Serve hot on their own or with Jollof Rice.



From Ebere Akadiri - founder of Beauty in Everyday Life

Dr Estela Landeros - RC The Hague Metropolitan

The two organizations collaborate on a program to help Rotary Clubs in Nigeria fight human trafficking. The recipes are from Ebere's Vibrant West African Cookbook which can be purchased on-line.

HODGE PODGE THE WORLD OVER



Photo Credit: Ganesh Parthe, Unsplash

Barbados



Gail's Dumplings

Makes 6 Dumplings

Ingredients

- 1 Cup Flour
- ½ tsp Salt
- 3 tsp Baking Powder
- 6 Tbsp. Milk
- 2 Tbsp. Sugar (Optional)

Method:

Sift flour with salt & baking powder.

Mix it into a soft dough with milk.

Drop in spoonfuls into hot beef stew & steam.

Cover for 10 minutes

Notes (Optional):

If you want harder dumplings, add more flour and less milk

If you like sweet dumpling taste, then add 2 level tablespoons of sugar

Rotarian Wayne Wilkie

Rotary Club of Sint Maarten – Mid Isle

Barbados/Sint Maarten/Mid Isle



The Hangover Stopper

Ingredients

- 1 can Corned Beef
- 1 medium size onion
- 1 small cucumber
- 1 fresh pepper (preferably a scotch bonnet)
- Pepper sauce to your flavor (recommend Bajan pepper sauce – Windmill or Dish Deli)
- Crackers – preferably Eclipse (but Sodabix, Jacob's Cream Crackers or equivalent)

Method

Chop onion, cucumber and fresh pepper finely on a dinner plate. (Watch your fingers as you are more likely not in your full senses). Open can of corned beef, place on plate and use a fork to crush and mix in onion, cucumber and fresh pepper. Add pepper sauce to your flavor and heat.

Place mixture on cracker and enjoy. You may want to add more pepper sauce at this time depending on your inebriation.

*Donated by David Antrobus
Rotary Club of Sint Maarten - Mid Isle*

Bermuda



Banana Chutney

Ingredients

- 500g peeled onions
- 8 bananas, sliced
- 250g dates, chopped
- 350cl white vinegar
- 250g raisins
- 1tsp salt
- 1tsp curry powder
- 480cl water
- 300g sugar

Method

Simmer first four ingredients for 20 minutes in a covered pan.
Add the rest of the ingredients & boil uncovered until mixture thickens.
When cool, bottle & seal.

*Donated by Peter Senior,
Rotary Club of Woodbridge Deben*

Canada



Caesar Salad Dressing

Add the following to a blender/magic bullet:

- 2 minced garlic cloves
- 2/3 cup parmesan cheese
- one coddled egg (1 minute in boiling water)
- 2/3 cup light vegetable oil
- 1/4 red wine vinegar
- 1 tbsp lemon juice -optional

Blend until creamy & refrigerate. It will thicken in the fridge.
Keeps several days.

*Donated by Diana White
eClub of the Caribbean*

Frank's Power Drink

Ingredients

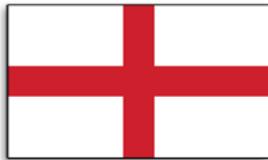
- 1 banana or 1 cup of any fruit
- 1/2 cup skim milk powder
- 1 Tbs honey
- 1 cup crushed ice
- 1 Tbs B Complex if not included in skim milk powder.

Method

Place ingredients in a blender in the order given. Blend until smooth. Use more or less skim milk powder to achieve desired thickness.

*Donated by Frank Yakimchuk
Rotary eClub of Innovation*

England



Beetroot Chutney

Ingredients

- 900 grams cooked beetroot
- 450 grams onions
- 450 grams Bramley apples
- Half a teaspoon of salt
- 450grams of granulated sugar
- 450ml malt vinegar

Method

Dice up beetroot onions and apples.

Cook all ingredients together until thick.

A very basic recipe but it certainly is a very good chutney!

Note: Geoff and I were involved in starting up an Allotment Association in our village of Sea-Palling Norfolk. Starting from scratch was very hard work. But it came together and worked.

There was a glut of beetroot. Geoff used this recipe and gave the chutney to friends and family and swapped it for honey. He put it in Stalham Horticultural Show and won first prize. It was Auctioned off at end of show.

*Donated by Geoff and Pat Hinkins
eClub of Innovation*

Editor's Note: Bramley apples are large tart cooking apples.

Jamaica



Jamaican Rum Punch.

The Jamaican Nursery Rhyme"

"It's one of the first things I remembers my Dad teaching me."

1 part sour

2 part sweet

3 parts strong

4 parts weak

*Donated by Cindy Bezant Titus, learnt from Jennifer Alton, of Caribbean Concierge,
Jamaican vacation service
Rotary Club of Halifax Harbour*

Roll Out the Barrel Trust

Roll Out the Barrel provide roll- along water barrels to people, especially young children, in developing countries who otherwise would be carrying water, sometimes many miles in searing temperatures or through muddy fields. This prevents problems associated with water collection including physical deformity and compressed organs and frees up time and energy for other tasks, as well as making an onerous chore less burdensome. [Find out more about their work.](#)

Latvia



Oatmeal

Oatmeal that gets you ready for the day

Ingredients

- Four whole grains (your choice) including oats ½ cup
- Almond milk 1 cup
- Blueberries and redcurrants (very Latvian berries)
- Banana
- Hazelnuts (very Latvian nuts)
- Nut paste 1 tsp
- Chia seeds 1 tsp
- Raisins
- Maple syrup for sweetness

Cooking:

Boil plant milk and add oats. Boil until ready, it should take a few minutes.

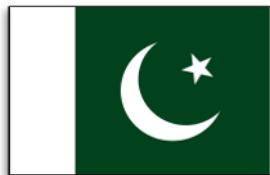
Serve with all the rest ingredients added and bon appetit!

With this breakfast I am ready for the day, full of yummy things and nutrients.

Recipe by Vika Dubaņeviča

Junior Chamber International Latvia

Pakistan



Traditional Tea

Makes up to 2 cups of tea. Takes about 15 minutes to prepare

Ingredients

- 2 tsp of Kashmiri tea leaves OR pure green tea leaves (this is a family version, comes out quite close to the real deal)
- 1/4 – 1/2 tsp bicarbonate of soda
- 2-3 pods of cardamom, seeds removed and crushed roughly
- 1 1/2- 2 cups of water
- 1 1/2 – 2 cups of whole milk
- 1/4 – 1/2 tsp sea salt OR sugar if you prefer, but it's 'Salt tea' so salt is more authentic!
- Garnish: 1-2 tsp of ground pistachios and almonds and 1 tsp of poppy seeds.

Method:

In a saucepan on medium heat, add the 2 tsp of tea with about 1/2 of water, boil till frothy then add the bicarbonate of soda and whisk vigorously for about 10 seconds and then add the rest of the water and crushed cardamom and boil until the tea broth becomes a bright red.

Now bring the heat down to medium low and add the milk and whisk the tea broth very vigorously to achieve a slight froth. The colour of the tea should now be a lovely dark pink. If you add more milk, the colour gets even lighter, the choice is yours.

Finally, add the salt and stir. Pour into a cup and sprinkle with crushed pistachios and almonds.

Enjoy.

*Donated by Nauman Abbasi
Rotary eClub Outback Australia*

Papua New Guinea/Cook Islands/American Samoa



Mumu

Mumu is more a way of cooking than a recipe.
It involves making an earth oven for long slow cooking.

For the Oven

Lots of big stones (special stones gathered for cooking, not every type of stone will work). A specially dug hole in the ground. Firewood. Large leaves- usually banana. Place the stones in the hole, Burn the wood on top of the stones until the fire has died down and the stones are very hot. Take out all but the bottom layer of stones, then place banana leaves on the hot stones. The oven is now ready for the food to go into it.

Food:

- A pig
- Vegetables, including yams
- Maybe some aromatic leaves
- Maybe some coconut or coconut cream.

Prepare your pig and vegetables for eating. Put the harder vegetables on the banana leaves in the oven, then top with the pig and any aromatics and put sweeter vegetables on the top. Cover with more banana leaves and the other hot stones and top off with earth. Leave overnight until the pig is cooked.

Editor's Note: At the Rotary International meeting in Hamburg in 2019 I met some Rotarians Against Malaria. Theirs is a volunteer-run organization working to eliminate malaria. The primary focus of RAM has been the distribution of insecticide-treated nets to vulnerable populations in Papua New Guinea, the Solomon Islands and more recently, Timor Leste. RAM has raised more than \$1.6 million to eliminate malaria since 2003. They were busy raising more funds but kindly took time to explain to me this national dish of Papua New Guinea. You can find out more about RAM on the [website](#).

Earth Ovens or mumus are found throughout the South Pacific

St Thomas



Sorrel Drink (roselle/hibiscus sabdariffa)

Ingredients

- 2-3 cups dried sorrel (roselle/hibiscus sabdariffa) (see note)
- 10-12 cups boiling water
- 3 cinnamon sticks
- 1-piece orange peel, fresh (3-4 inches)
- 6 whole cloves
- 1-piece fresh ginger (1-1/2 inches long)
- 2 tbs almond extract
- 1 medium whole lemon, cut in halves
- sugar, to taste

Instructions

Combine ingredients in a large pot except sugar, almond extract and lemon.

Pour on boiling water. Allow mixture to sit at least 5 hours, up to 24 hours for a more intense flavor.

Strain the mixture into a pitcher using a sieve lined with cheesecloth, this helps to catch tiny particles in the mixture.

Add sugar and almond extract. Squeeze juice from lemon halves into mixture. Garnish with orange and lime slices.

Set in fridge to chill. Serve over ice.

Store unused portion in the fridge for up to 2 weeks. It is normal to see some sediment in the pitcher after a few days.

Caution: the sorrel mixture is highly pigmented and will stain anything it falls on (clothes, dish towels, counter tops, etc.).

Note: Sorrel is an annual plant, growing to about 6 feet high. At the time when the petals of the flower wither, the sepals grow bigger becoming quite fleshy and bright red, enveloping the seed pod. It is the red sepals that are used as fruits (and for this drink). The plant sepal development takes place during the months of November and December and is fully developed in December and January. And so, the spice-infused refreshment is popular around Christmas time and often used as the traditional Caribbean Christmas drink.

*Donated by Cheryl George Chance
Rotary Club of St Thomas IL*

South Africa



Banana chutney

Ingredients

- 6 firm bananas
- 100ml brown sugar
- quarter 750 ml bottle vinegar. Grape preferred but whatever you have may be used.
- quarter tsp fine ginger
- 4 tbs unseeded raisins
- quarter red chilly
- 1 small onion quarter
- tsp salt

Method

Peel and slice bananas. Mix all ingredients and cook for about 20 mins. Bottle and seal.

*Donated by Biffy Danckwerts
E-Club of Greater Cape Town, South Africa*

USA



Diverse Community Breakfast

Ingredients [per serving] are flexible to taste.

- 1-1/2 portions Traditional style Grits [Quaker works well]
- 2 Eggs [preferably the cage free healthy fed kind]
- 3 strips Bacon
- 1 teaspoon of Chives
- 2 tablespoons [favorite] grated cheese
- 1 slice Butter
- Salt & Pepper to taste

Timing is important, so it's best to have all ingredients measured and ready go before turning on the stove.

- Measure grits according to package and set aside, measure water and heat to boiling slowly, while frying bacon and poaching eggs. When water boils, stir in grits with a fork and stir often to avoid clumping.
- Cook bacon over medium-low heat, in a small-medium size skillet, so the grease in the pan will help fry it to a golden crispy consistency by frequently turning and arranging the strips to get cooked all over without burning. Dice 2 strips and set aside. Reserve one strip for garnish.
- Poach eggs over medium heat so the whites stay together.
- Dice the Chives for sprinkling over the eggs when plating.
- Shred cheese also for sprinkling over the eggs (while hot) when plating.
- Slice Butter

Make a mound of grits in center of plate. Place butter in center, place poached eggs on top, sprinkle chives, cheese & bacon bits over eggs and season with S&P to taste. Garnish with a strip of crisp bacon often used to break the yolks and spread the butter allowing flavors to mingle and diversify within the dish.

*Donated by Christopher McBride
Rotary eClub of District 7255 (Long Island, NY)*

Editor's note: Grits is a porridge made from boiled cornmeal.

WHAT ON EARTH IS A...



Photo Credit: Catia Domaxe, Unsplash

The recipe for English (Cornish) pasties which inspired this collection was memorable because of the confusion across continents over some of the terms involved. Whether one of the main ingredients was really a Rutabaga, a swede, a turnip or a neep being hotly debated. Other puzzlements have cropped up as we have garnered the recipes so here is a quick guide to weights, measures, oven temperatures and nomenclature the World Over

Much of the material here is adapted from Stackexchange.com where you can find many other interesting facts on cooking equivalences and differences around the globe.

Vegetables

- Eggplant is an aubergine
- Zucchini is a courgette when harvested young or a marrow when allowed to mature further.
- Arugula is rocket
- Rutabaga is swede or yellow turnip or neep.
- Capsicum or bell pepper is a pepper
- Pepper (note the singular) refers to black peppercorns in the States but can be white ground pepper elsewhere- you choose.
- Red pepper in the States refers to dried, red chilies (typically cayenne) that has been dried and ground or crushed.

- Peanut Oil may be known in the UK as groundnut oil.
- Runner Beans are green beans or string beans UK also has green beans and stringless beans, but neither is the same as runner beans.
- Broad Beans are fava beans, butter beans or lima beans.
- Sultanas are seedless golden raisins.
- Spring onions, Scallions and green onions may not always be the same thing, but can typically be substituted for each other

Herbs, Spices & Seasonings:

- Cilantro is known as Coriander leaf, usually means fresh not dried. In USA Coriander means the seeds not the leaf.
- Stock cubes are bouillon cubes. Some countries refer to them by brand name e.g., Maggi cubes.
- Mixed Spice aka pudding spice is roughly equivalent to Pumpkin Pie Spice (US). Both are spice blends heavy in cinnamon and nutmeg, likely to have allspice and possibly other similar spices. Either one may have ginger and cloves as well.
- Chili powder is pure ground chili peppers. In the US, it is usually qualified with a variety of chili and includes an "e" such as "New Mexico chili powder" or "Ancho chili powder" whereas Chili powder in USA is a spice mixture for seasoning chili con carne. Chili in this collection refers to ground peppers unless otherwise stated.

Baking:

- Cookies are biscuits, but biscuits on the America continent are more like scones elsewhere except Germany where biscuit is a sponge cake.
- Graham Crackers are roughly analogous to Digestive biscuits (both may be used to make a crust or dessert base, for example).
- Sponge cake is a term for the lighter range of "typical" cake in both US and UK. However, since the range of cakes typically baked varies between the US and UK, in British usage one finds "sponges" that are heavier and denser than what an American would call a "sponge".
- Pancake in USA and Canada or Pikelet in general refers to puffy items made from a thick leavened batter, similar to a drop scone or scotch pancake in Great Britain. Pancake can go by a number of names in the US, including hotcakes, griddlecakes, flapjacks and hoecakes. But Pancake in Britain and Australia is made from a thinner unleavened batter, with a result a little thicker than a French crêpe. Flapjack in Great Britain is a baked square usually consisting of sugar/honey, butter, and oats.
- American frosting is icing in other countries. In the US, frosting typically has air whipped into it, while icing doesn't and dries harder.
- American Turnover or hand pie is pasty/pastie in United Kingdom and Australia where a Turnover is a puff pastry shell, usually triangular, filled with fruit and whipped cream. In Australia, pasty is usually a meat and vegetable filled pastry, while a similar fruit-filled items is a turnover
- A crème caramel in Australia is a Flan in the States. A sweet pastry tart, usually containing custard and fruit., is a flan in Australia and Britain.

- Treacle in United Kingdom is black strap molasses in the US.

Flour:

- plain flour is all-purpose flour
- strong flour is also known as bread flour
- American self-rising flour is referred to as self-rising flour elsewhere. UK Self-rising flour does not contain salt. Apparently, US self-rising flour does.
- wholemeal flour is whole wheat flour

Meats:

- American Ground beef is minced beef or simply mince. Any meat that is minced is ground.
- In America bacon is from the belly cut of pork but in Britain that is streaky bacon, their bacon would be called back bacon in the States. Gammon in UK is ham, a ham style cut from the rear of the pig.
- Cooked Pork rinds (US) are scratchings, cold on their own, or crackling when fresh and hot from a roast. But we have recipes using pork skin that refer to it as pork rinds.
- Names of cuts of meat differ around the world, it would take another book to list them all. Luckily if you do not recognize the name of a cut there are guides for each country on the web.
- Prawns and shrimp are frequently labelled by the more common one in that country and are often substituted for each other.

Sugar:

- powdered sugar or confectioners' sugar in the States is icing sugar
- superfine sugar is caster sugar or may also be called berry sugar, fruit sugar, bar sugar, castor sugar, instant dissolving sugar, ultrafine sugar, fondant sugar, or extra fine sugar.
- sugar is granulated sugar

Cream:

Cream is obtained by skimming the top layer of butterfat from milk, and it is categorized by its fat content. But each country has their own terms to describe the differences! Higher fat creams tend to taste better and will not curdle as easily when used in cooking, too low a content will not whip. Understanding their differences is key to selecting the right cream for your needs. Your country may class a cream as table, whipping, regular, thick or double even pure. We cannot cover all the terms in use, but the nature of the recipe should tell you whether you need one with a lower or higher fat content.

Other Food / Ingredients:

- pudding in the States is roughly equivalent to custard

- American jello is jelly
- American jelly is seedless jam
- French fries are chips
- British chips are steak fries, shoestring fries are very thin fries/chips
- chips are crisps
- American corn-starch is corn flour elsewhere. Corn flour or fine corn meal in the States is a finer ground version of cornmeal or polenta. British Corn flour is the extracted starch derived from the raw corn kernel, not the dry ground flesh of the whole kernel. Also called masa harina if made from corn. Australian corn flour (AU) is a powdered starch, but not necessarily made from corn, as there is also 'wheaten corn flour'.
- tomato sauce of the sort that you use at the table is ketchup also catsup and other spelling variants.
- tomato sauce is a tomato-based sauce typically for pasta or pizza also known as marinara
- tomato paste is also called tomato purée a thick, concentrated tomato product but in The States and Australia tomato purée is unreduced tomatoes (possibly stewed) with the skin and seeds removed. Also called crushed tomatoes (although crushed tomatoes may still have seeds).
- passata or strained tomato purée in the States are stewed tomatoes with skin and seeds removed and slightly reduced.
- golden syrup is dark cane sugar syrup, corn syrup is an acceptable substitute
- treacle is dark cane molasses
- rapeseed oil is Canola oil (abbreviation for "Canada oil, low acid")
- vegetable oil is any flavourless oil It may be soy, corn, or a blend, but you can use peanut (groundnut (UK)), canola or extra light (*not* extra virgin) olive oil.
- A British Casserole is a stew, a mixture of bite-sized chunks of (typically) meat and vegetables that is cooked submerged in liquid at low heat for a long period of time but an American Casserole, bake or hotdish and refers to any food baked in a casserole dish, an oven-safe, relatively deep, typically ceramic vessel. The latter is typically not as wet as a stew. It includes dishes that are composed of pre-cooked ingredients and then mixed or layered in a suitable vessel and baked to finish.

Cooking methods:

- American broiling is grilling which is cooking with heat from above
- grilling in the States is barbecuing, which is cooking with heat from below, typically on a metal rack over a vessel of burning wood or charcoal, or a gas burner.
- American barbecuing is slow cooking using wood or charcoal to impart smoke to the food. This sense is also sometimes used in Australia

Tools / Equipment / Non-food items:

- parchment paper) is greaseproof paper or baking paper
- crock pot is a slow cooker
- American canned items are tinned Items 'canned' in glass jars would be described as either preserved or pickled (if in vinegar)
- aluminium foil, aluminum foil is also called tinfoil or simply foil
- plastic wrap is cling film or cling wrap
- a liquidizer is a blender
- frying pans are called skillets in the States i.e., low-sided round cooking vessels with a handle
- paper towels are kitchen towels or kitchen roll
- reusable cloths for drying are called dish clothes, tea towels or kitchen towels

Measurements

- A teaspoon is 5ml the world over but...
- A tablespoon (tbsp) is 15 mL in America and Canada, 17.7mL in Britain and 20mL in Australia.
- In America a cup is 236mL, that is ½ a USA pint. But in Britain and Australia an Imperial cup is half an Imperial pint and an Imperial pint is 20 imperial fluid ounces in other words 568ml

Of course, we do not know if donations from other countries were using Imperial spoons, cups and pints or American ones. Luckily if you choose one size or the other throughout a recipe it should not make a difference. This table may help.

Photo Credit : Calum Lewis, Unsplash



Liquid Measures

Imperial Fluid Ounces	US cups	Metric
8	1	250
6	3/4	180
5	2/3	150
4	1/2	120
2 1/2	1/3	75
2	1/4	60
1	1/8	30
1/2	1 tablespoon	15
	1 teaspoon	5

And finally, the differences in cooking temperatures are as follows

Cooking Temperatures

Description	Electric° Celsius	Electric° Fahrenheit	Gas
Very cool	110		1/4
Very Slow	120	250	1/2
Cool/slow	140	175	1
	150	300	2
Moderate	160	325	3
	180	350	4
Moderately Hot	190	375	5
	200	400	6
Hot	220	425	7
	230	450	8
Very Hot	240	475	9
	260	500	10

WHAT IF I AM OUT OF...?



Photo Credit : Jon Tyson, Usplash

Hang this list of cooking ingredient substitutions inside a kitchen cupboard. Next time you're out of something, you'll know what you can use in its place without making yet another trip to the store. The measures are American.

If you're out of.....	Make this cooking ingredient substitution...	The substitution makes this amount...
Allspice	1/2 teaspoon cinnamon, 1/4 teaspoon ginger and 1/4 teaspoon ground cloves	1 teaspoon
Baking mix	1 cup pancake mix	1 cup
Baking powder	1/4 teaspoon baking soda and 1/2 teaspoon cream of tartar	1 teaspoon
Beer/wine	1 cup chicken broth	1 cup
Breadcrumbs	1 cup cracker crumbs OR 1 cup ground instant oatmeal	1 cup
Broth (chicken or beef)	1 bouillon cube dissolved in 1 cup boiling water OR 1 cup vegetable broth	1 cup
Brown sugar	1 cup white sugar and 1 tablespoon molasses mixed well. (For dark brown sugar use 1 1/2 tablespoons molasses.)	1 cup
Butter, salted	1 cup unsalted butter OR 1 cup shortening and 1/2 teaspoon salt	1 cup

If you're out of.....	Make this cooking ingredient substitution...	The substitution makes this amount...
Butter, unsalted	1 cup shortening	1 cup
Buttermilk	1 tablespoon white vinegar OR lemon juice and enough milk or plain yogurt to make 1 cup	1 cup
Chocolate, semisweet (not chips)	1 ounce (a square) of unsweetened baking chocolate and 3 tsp. white sugar	1 ounce
Chocolate, semisweet chips	1 cup chocolate candy bar, chopped	1 cup
Chocolate, unsweetened	3 tablespoons cocoa powder and 1 tablespoon shortening or neutral-flavored cooking oil	1 ounce
Cocoa powder	1 once (a square) of unsweetened baking chocolate, ground	1/4 cup
Corn syrup, light	1 1/4 cup white sugar dissolved in 1/3 cup water OR use dark corn syrup (though the flavor will be affected)	1 cup
Cracker crumbs	1 cup breadcrumbs OR 1 cup ground instant oats	1 cup
Cream, half-and-half	1 tablespoon melted butter and enough milk to make 1 cup	1 cup
Cream, heavy (for baking or cooking, not whipping)	1/3 cup melted butter and 3/4 cup milk OR 1 cup evaporated milk (not fat-free)	1 cup
Cream cheese	1 cup cottage cheese put through a blender	1 cup
Crème fraîche	1 cup heavy cream and 1 tablespoon plain yogurt left to stand at room temperature 2-4 hours	1 cup
Egg	1/4 cup liquid egg substitute (Egg Beaters) OR 1 tablespoon flaxseed soaked in 3 tablespoons warm water until gel forms	1 egg
Egg white	3 tablespoons meringue powder mixed in 6 tablespoons water	3 egg whites
Evaporated milk	1 cup light cream	1 cup
Flour, bread	1 cup all-purpose flour and 1 teaspoon vital wheat gluten	1 cup

If you're out of.....	Make this cooking ingredient substitution...	The substitution makes this amount...
Flour, self-rising	7/8 cup all-purpose flour and 1 1/2 teaspoons baking powder and 1/2 teaspoon salt	1 cup
Garlic, clove	1/8 teaspoon garlic powder	1 clove
Ginger, powdered	2 teaspoons finely minced fresh ginger	1 teaspoon
Ginger, fresh	1/2 teaspoon powdered ginger	1 teaspoon minced
Green onion	1/2 cup chopped yellow onion or leek	1/2 cup
Herbs, dried	1 tablespoon fresh herb	1 teaspoon dried herb
Herbs, fresh	1 teaspoon dried herb	1 tablespoon fresh herb
Honey	1 cup light corn syrup OR 1 1/4 cup white sugar dissolved in 1/3 cup water	1 cup
Hot sauce	3/4 teaspoon cayenne powder and 1 teaspoon white vinegar	1 teaspoon
Ketchup	1 tablespoon sugar and 1 teaspoon apple cider vinegar mixed into 1 cup tomato sauce	1 cup
Lard	1 cup shortening or 1 cup butter	1 cup
Lemon grass	1 tablespoon freshly grated lemon zest	2 stalks
Lemon juice	1/2 teaspoon fresh lime juice OR 1/2 teaspoon white vinegar	1 teaspoon
Lemon zest	2 tablespoons freshly squeezed lemon juice OR 1 teaspoon lime zest	1 teaspoon
Lime juice	1 teaspoon fresh lemon juice OR 1 teaspoon white vinegar	1 teaspoon
Lime zest	1 teaspoon freshly grated lemon zest	1 teaspoon
Margarine	1 cup shortening and 1/2 teaspoon salt OR 1 cup butter	1 cup
Mayonnaise	1 cup plain yogurt OR 1 cup Greek yogurt OR 1 cup sour cream	1 cup
Milk, Whole	1/2 cup evaporated milk and 1/2 cup water OR 1/3 cup dry milk powder and 1 cup water OR 1 cup rice milk, soy milk or almond milk	1 cup
Molasses	3/4 cup brown sugar and 1 teaspoon	1 cup

If you're out of.....	Make this cooking ingredient substitution...	The substitution makes this amount...
	cream of tartar, mixed well	
Mustard, dry	1 tablespoon prepared mustard	1 teaspoon
Mustard, prepared	1 tablespoon dry mustard mixed with 1 teaspoon water and 1 teaspoon white vinegar and 1 teaspoon sugar	1 tablespoon
Oil (for baking)	1 cup applesauce	1 cup
Oil (for sautéing)	3 tablespoons chicken, beef or vegetable broth	2 tablespoons
Onion	1 cup chopped leeks OR 1 cup chopped green onions OR 1/4 dried onion flakes OR 1 tablespoon onion powder	1 cup, chopped
Orange juice	1 tablespoon other citrus juice	1 tablespoon
Orange liqueur	1/2 teaspoon orange extract and 1 tablespoon water	2 tablespoons
Orange zest	1 teaspoon lemon juice	1 tablespoon
Pumpkin pie spice	1/2 teaspoon cinnamon and 1/4 teaspoon dried ginger and 1/8 teaspoon nutmeg and 1/8 teaspoon ground cloves	1 teaspoon
Raisins	1 cup dried cranberries or 1 cup dried currants	1 cup
Ricotta cheese	Drain 2 cups cottage cheese in a sieve for 30 minutes, measure out 1 cup after draining OR 1 cup silken tofu	1 cup
Shallots	1/2 cup chopped leek, or 1/2 cup chopped green onion (white part only)	1/2 cup
Shortening	1 cup butter	1 cup
Sour cream	1 cup plain or Greek yogurt OR 1 tablespoon vinegar and enough cream to make 1 cup	1 cup
Sugar, Brown	1 cup white sugar mixed with 1 tablespoon molasses	1 cup
Sugar, White	1 cup packed brown sugar (flavor will be affected)	1 cup
Tomato sauce	1/2 cup tomato paste combined with 1/2 cup water (adjust flavor as desired)	1 cup
Vegetable oil (baking)	1 cup applesauce	1 cup

If you're out of.....	Make this cooking ingredient substitution...	The substitution makes this amount...
Vinegar	1 teaspoon lemon or lime juice	1 teaspoon
Wine	1 cup chicken, beef or vegetable broth	1 cup
Yogurt	1 cup sour cream or 1 cup buttermilk	1 cup

Conversion chart is used with the kind permission of: HousewifeHowTos.com.

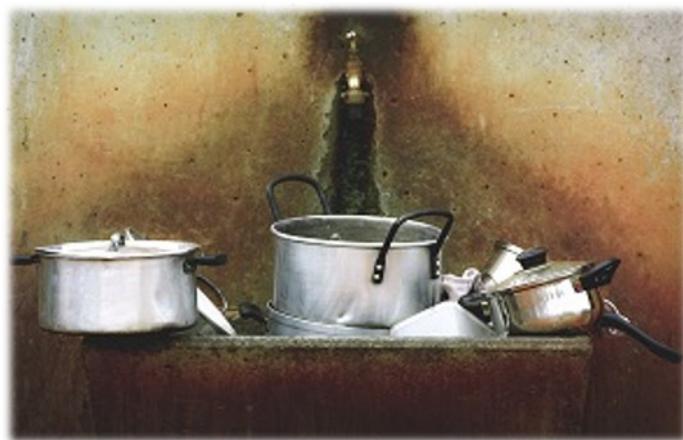


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Good food = Ingredients
Washing up

THE END