



2021 INTERNATIONAL FESTIVAL

FESTIVAL OF FLAVOURS



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Argentina

Argentina Facts

Official name: Argentine Republic

Form of Government: Federal Republic

Capital City: Buenos Aires

Population: 42,782,320

Official Language: Spanish

Money: Argentine Peso

Area: 1,073,518square km

Argentina is a vast country located in the southern part of South America. It is the second largest country in South America after Brazil, and the eight largest country in the world.

To the west, the towering Andes mountains create a natural 5,142 km high border with Chile, and the eastern border of the country is the Atlantic Ocean.

To the east of the Andes, the interior of the country is flat, fertile grassland.

This area, called the Pampas, is the agricultural heartland of Argentina.

Northeast Argentina features rainforest and Iguazu Falls. Located on Argentina's border with Brazil, this spectacular waterfall descends along a 2.7 km front in a horseshoe shape.

Altogether, the country is divided into four regions-the Andes, the Pampas, the north and Patagonia, which covers the southern part of the country.

Unlike many other South American countries Argentina has fewer native people and a large population of people who came from Europe.

In fact, around 95% of Argentina's population are of European descent, mostly from Italy, Spain and Germany. Much of the native population died from diseases brought in by Europeans in the 16th and 17th centuries.

Nearly half of the population lives in the area around Buenos Aires. This beautiful city is sometimes referred as the "Paris of South America" because of this European influence.

Soccer is the favourite sport in Argentina, and the country has produced some of the world's most famous players, such as Lionel Messi and Diego Maradona.

Gauchos, like American cowboys, have become a symbol of the open plains of the Pampas region. Historically they were brave country people devoted to lassoing and raising cattle and horses.

Typical food: Asado, is meat prepared on a grill or over open fire as part of a BBQ.

Alfajores: sweet biscuits filled with dulce de leche and covered with chocolate.

Empanadas: deep fried or baked stuffed pastry pockets with meat, veggies, cheese or chicken.

Mate: Tea made from Yerba mate, which is a local herb, and is then sipped through a straw which is called bombilla.

Chocotorta



(Argentinian Chocolate Cake)

Translated as chocolate cake, this no-bake Argentinian dessert was influenced by Italian cuisine and modeled on the famous Italian tiramisu. It is made with three Argentinian staple ingredients: chocolate biscuits, dulce de leche, and cream cheese.

The cookies are softened in milk and layered with a combination of cream cheese and dulce de leche. The shapes of chocotorta can vary, while the biscuits can be soaked with chocolate milk, coffee, or even coffee liqueur. The most common theory about its origin says that it was invented as a part of a marketing campaign designed to promote Chocolinas chocolate cookies, and the recipe was included in the packaging.

A regular at most Argentinian celebrations and birthday parties, chocotorta is a simple no-bake dessert that can be prepared by even the most unskilled cook, yet so delicious as if made by a professional. According to the original recipe, chocotorta consists of layers of Chocolinas chocolate cookies dipped in port wine, with a mixture of dulce de leche and cream cheese (queso crema) in between. However, today, chocolate cookies are more commonly dipped in coffee. The cake is traditionally rectangular, but other shapes can be made as well.

Chocotorta is rarely found in restaurants and remains a novel dessert outside of Argentina.

Authentic Chocotorta recipe

INGREDIENTS for 12 servings

600g dulce de leche

600g cream cheese

750g chocolate cookies (3 layers)

250ml coffee, sweetened to taste

GANACHE, optional

80g dark chocolate

40 ml heavy cream

20g unsalted butter

DECORATION, optional

300g of dulce de leche and cream cheese (150g each)

chocolate shavings

1 Mix the dulce de leche and cream cheese with a mixer set on low speed for two minutes — preferably, leave the cream cheese at room temperature for at least 15 minutes before mixing, so it's easier to mix.

2 Line a deep 20X20cm baking pan (the bottom and the sides) with parchment paper, leaving enough to overhang, for easier unmolding.

3 Start assembling the cake. Dip each cookie shortly in coffee, then place each on the pan's bottom, creating a cookie layer, and then spread it with a thin layer of dulce de leche and cream cheese mixture.

4 Repeat this step five more times — you should end up with 6 cookie layers and five layers of dulce de leche and cream cheese mixture.

5 Refrigerate for a minimum of six hours.

6 Once ready to serve, take out of the refrigerator, place a large tray on the top of the pan, and flip to invert the cake onto the said tray. Remove the parchment paper.

7 For decorating the cake, make a 300g mixture of dulce de leche and cream cheese, then spread the top of the cake thinly with the said mixture. Save some of the mixture of decorating later.

8 Prepare the ganache by melting chocolate, heavy cream, and butter in a bain-marie.

9 Wait until the ganache comes to room temperature, then place it in a piping bag, and pipe the ganache along the edges of the cake to create a dripping effect.

10 Place the remaining dulce de leche and cream cheese mixture into a piping bag, and pipe swirls along the cake's edges.

11 Finally, fill the center of the cake with chocolate shavings.

12 Refrigerate for minimum of six hours before serving.

Cooking tips

cookies

Traditionally, the Chocolinas brand of chocolate cookies is used, but if those are not available in your area, you can use other kinds of chocolate cookies. No matter what cookies you go for, they should be softened in some liquid — coffee, milk, cocoa, or something stronger, like the port wine, which was used in the original recipe.

dulce de leche and cream cheese mixture

To make the dulce de leche and cream cheese mixture, keep in mind a few things. First, the amount of each ingredient depends on the thickness of the said ingredients — so, if the dulce de leche you go for is on the thicker side, you may need to add more cream cheese, or even milk, or sour cream. Second, the end result should be lump-free, and with such a consistency that when you flip the mixture, it won't drip out of the bowl. Third, it is advised to use cream cheese at room temperature so that it's easier to mix the two ingredients together.

method

The cookies should be dipped in a liquid of some sort, so they turn soft, that the cake can be pierced through with a fork. Also, it is essential that the cake is refrigerated for a few hours after assembly, so the flavors and textures have time to settle.

variations

Some possible variations on the basic recipe include adding nuts to the cream, spiking the coffee with alcohol such as coffee liqueur or brandy to make an adult-only version, making a round chocotorta or single-serving chocotorta cakes. Decoration-wise, let your imagination run wild — use cocoa, grated chocolate, top it with a layer of melted chocolate, or pretty it up with swirls of cream.

storage

If not consumed all in the same day, chocotorta leftovers can keep in the refrigerator for a few days.

Austria

Wiener Saftgulasch (Viennese goulash)



Originally, goulash was the dish of Hungarian sheperds. At the beginning of the 19th century, however, the peppery meat dish found its way into the Viennese cuisine and developed many variations like the Esterházy goulash or the Fiaker goulash. The numerous varieties illustrate its popularity. In Vienna, the “Saftgulasch” (literally “stock goulash”) is especially favored. Its main ingredients are fatless meat and onions which are the secret of every good goulash. Rough rule of thumb: The amount of onions should be at least three quarters of the amount of meat!

Serves: 6-8

Ingredients:

1,5 kg (3 lb) beef shank
1,25 kg (2 st) onions
150 g (2/3 cup) dripping (or oil)
2 tbsps tomato paste
4 tbsps paprika powder (sweet)
2 cloves of garlic
a little lemon rind, grated
apple vinegar
2 juniper berries, pressed
pinch of marjoram
pinch of ground caraway seeds
pinch of sugar
ground pepper
salt
2 tbsps flour
approx. 2 l (2 qt) water

Preparation:

Slice onions. Cut the meat into cubes, approx. 50 g each. Heat the dripping in a large pot and fry the onions until golden brown. Add juniper berries, marjoram, caraway seeds, sugar, pepper and salt and briefly sauté. Stir in paprika powder, tomato paste, garlic and lemon rind and quickly add vinegar and 1 liter of water. Bring to boil then add the cubed meat and let stew for about 2 1/2 hours. Stir repeatedly and add water if necessary.

When the meat is almost done, stir well and add the rest of the water. Let cook for a while longer then add salt to taste. Mix the flour with a bit of water, stir and add to the goulash to bind.

Suggested side dishes: Fresh bread rolls or alt potatoes

China

Moon Cakes



The Mid-Autumn Festival falls on the 15th day of the 8th lunar month, usually in early September to early October of the Gregorian calendar with full moon at night. It is a time for family members and loved ones to congregate and enjoy the full moon - an auspicious symbol of abundance, harmony and luck. Adults will usually indulge in fragrant mooncakes of many varieties with a good cup of piping hot Chinese tea, while the little ones run around with their brightly-lit lanterns. To the Chinese, Mid-Autumn Festival means family reunion and peace. The festival is celebrated when the moon is believed to be the biggest and fullest. To the Chinese, a full moon is a symbol of prosperity, happiness, and family reunion.

每年农历八月十五日，是传统的中秋佳节。这时是一年秋季的中期，所以被称为中秋。在这天，每个家庭都团聚在一起，一家人共同观赏象征丰裕、和谐和幸运的圆月。此时，大人们吃着美味的月饼，品着热腾腾的香茗，而孩子们则在一旁拉着兔子灯尽情玩耍。对中国人来说，中秋节意味着团聚、平安。人们觉得，中秋节的月亮最大、最圆。满月象征着繁荣、幸福和团圆。

椒盐五仁月饼的制作：Today we will make some savoury five-nut mooncakes.

蜂蜜75克 (honey 75g)

油30克(oil 30g)

盐1克 (salt 1g)

碱水10克 (lye water 10g)

低筋面粉150克 (cake flour 150g)

Mixing the flour with either syrup or honey, makes the dough very sticky. Use a pair of gloves. Knead the dough until it is smooth. rest the dough for 1 hour.

2、Take a look at the nuts.

核桃45克 (walnuts 45g)

花生45克 (peanuts 45g)

黑白芝麻40克 (sesame 40g)

南瓜籽 40克 (pumpkin seeds 40g)

松子 40克 (pine nuts 40g)

Sesame is cooked, These four are raw, and we will bake them. Walnuts and peanuts are bigger, so I put them more scattered. start from cold oven 300F/150C, bake for 12-15 minutes. after baking, the nuts will be slightly yellowed. The oil came out from the walnuts, and separated some skin. Remove the walnut skin as much as you can. Chopped walnuts and peanuts.

3. 糖柑橘皮30克 (candied citrus peel 30 g) 糖菠萝60克 (candied pineapple 60 g).

Chop them

4. 糯米粉 75克 (glutinous rice flour 75 g)

low heat cook for 5-6 minutes.

5、The ingredients for the filling are ready, and let's mix them. 糖玫瑰 40克 (sweetened rose sauce 40 g) 蜂蜜30克 (honey 30 g) 糖25克 (sugar 25 g) 油20克 (oil 20 g) 香油10克 (sesame oil 10g), mix well. Then put the nuts, stir well. Add cooked glutinous rice flour. After mixing well, you can't see the dry powder. Now add water, slowly, together it is about 1 tablespoon to 2 tablespoons. It can be easily shaped into a ball. 55 grams each one, Round it. The dough is ready, Press it flat in the palm of your hand. Put on the filling. Pat some flour. spray water, Bake for 5 minutes at 400F/205C.

6、One egg yolk and a spoonful of water (egg yolk 1 + water 15 g), After five minutes, take out the tray. Brush the first layer of egg liquid. Bake for another 5 minutes at 325F/165C. Brush the second layer of egg liquid. Finally bake for another 5-10 minutes until completely browned. Seal them in a container after cooled. The crust will become soft in 2-3 days.

Columbia

Bandeja Paiza (Paiza Platter)



Ingredients

(4 Servings)

1 Recipe [Paisa Pinto Beans \(Frijoles Paisas\)](#)

1 Recipe [white Rice \(Arroz Blanco\)](#)

1 Recipe [Powdered Beef \(Carne en Polvo\)](#)

4 [Fried Pork Belly \(Chicharrones\)](#)

4 Cooked Chorizos

4 Fried eggs sunny side up

4 baked plantains or [Tajadas de Plátano](#)

1 Recipe [Hogao](#)

Lime and Avocado for Serving

Directions

Prepare the beans, hogao and powdered beef one day ahead and keep in the refrigerator.

When you are going to serve the bandeja paisa, heat the beans and powdered beef and hogao. Make the chicharrones.

Cook the white rice and plantains.

Fry the eggs and chorizos.

To serve, place the rice in a tray or platter and place the rest of the ingredients as you like. I prefer the beans in a separate bowl, but you can ladle the beans next to the rice if you like.

Bring the hogao in a serving dish to the table, so people can place it on top of the beans if they like. Enjoy!

Costa Rica

PINEAPPLE MAGDALENAS (MUFFINS) WITH CHOCOLATE CHIPS

Look for the flour and is not for the pannenkoeken because we will prepare an irresistible dessert with authentic pineapple from Costa Rica, the sweetest and most intense taste!

Ingredients:

- 1 pineapple from Costa Rica
- 210g of flour
- 8g of yeast / baking powder
- 1 teaspoon of sodium bicarbonate
- 3 eggs
- 170g of sugar
- ¼ teaspoon of salt
- 1 teaspoon of vanilla
- 3 slices of pineapple diced
- 80ml of milk
- 170ml of sunflower oil
- 40g pieces of chocolate for the filling
- Sugar to sprinkle
- Chocolate chips for coverage

Preparation

First of all, peel the pineapple (make sure it is ripe and from Costa Rica, which is sweeter and with much intensity of flavor), when it is peeled cut 3 slices of 1 centimeter thick, then chop it into 1 x 1 centimeter cubes approximately (remember that the heart of pineapple should be removed, because it is woody and hard and due to its concentration of Bromelain can crack your tongue.)

In a bowl, mix the flour, the baking powder and the sodium bicarbonate.

Then you put the eggs, sugar, salt and vanilla in a bowl, beat everything very well until it turns creamy and pale, then add the pineapple and mix again.

Then while continuing to beat, add the milk and the sunflower oil little by little.

When all the oil has been incorporated well, gradually add the dry ingredients and the chocolate chips and mix them avoiding beating too much. Until a thick homogeneous cream remains.

Cover the bowl with film and refrigerate for a minimum of 30 minutes. (This is important for the muffins to grow quite large.)

Then fill the capsules, with cupcake paper, a little more than $\frac{3}{4}$ parts, being careful not to spill.

Above you sprinkle a little sugar and then 3 chocolate chips (the normal thing is that they go down in the cooking, if you put them with flour, will stay higher). If you want to see the chocolate chips on the muffins, you must immediately place them when taking the muffins out of the oven and return the mold to the oven just for a few seconds, then take it out and let cool, as directed below.

Take the mold to the oven preheated to 190°C and cook for 15 minutes.

Take them out of the mold being careful not to burn yourself and put them on a grid to cool completely and enjoy them with a good Costa Rican coffee, the best of the world!

This recipe is perfect to surprise family or guests, and you can take it as a snack, dessert or breakfast. We leave it to your choice!

Egypt

Basbous



What is Basbousa?

Basbousa literally translates to “just a kiss”, is basically a syrupy semolina “cake,” with a prominent buttery flavor, a signature pleasantly sandy texture, made super moist with a generous shower of sugar syrup. It originated in Egypt, but is also popular throughout the Middle East and the Mediterranean under different names and variation. It’s sometimes covered in nuts and a dollop of cream.

INGREDIENTS

FOR THE LIGHT SOAKING SYRUP:

250g (1¼ cup) granulated sugar
350g (1½ cup) water
Small squeeze of lemon juice

FOR THE BASBOUSA BASE:

500g (3 cups) medium grind white semolina
150g (⅔ cup plus 1 tablespoon) ghee, melted
50g (⅓ cup packed) unsweetened shredded coconut (optional)
150g (⅔ cup) whole milk
100g (⅓ cup) heavy sugar syrup (recipe below)
250g (1¼ cup) granulated sugar
2 tablespoons ghee, for brushing over the basbousa (optional)
150g raw nuts, like hazelnuts or almonds, blanched and coarsely chopped (optional)
Fresh eshta (country clotted cream), for serving, optional

FOR THE HEAVY SUGAR SYRUP:

70g (⅓ cup) granulated sugar
40g (2 tablespoons plus 2 teaspoons) water
A drop of lemon juice

INSTRUCTIONS

TO MAKE THE LIGHT SOAKING SYRUP:

Start by making the syrup as it needs to cool down to room temperature before using. In a medium saucepan, combine together the sugar, water and squeeze of lemon juice.

Set the saucepan over medium-high heat. Gently stir the mixture, as it heats, being careful not to get any sugar granules up the sides of the pan. Continue stirring until the sugar has completely dissolved. Bring mixture to a full boil, then remove immediately from heat. Set syrup aside to cool completely before using.

TO MAKE THE BASBOUSA BASE:

Adjust oven rack to middle position and preheat oven to 210C (410F). Grease a 34cm (13 inch) round pan with ghee; set aside.

In a medium bowl, combine together the semolina and melted ghee, stirring really well with a rubber spatula, to coat the semolina grains with the ghee. It is very important to make sure that every grain is well coated.

If desired, process the coconut in a food processor or spice grinder until very fine. Stir into the semolina/ghee mixture until well combined.

In a 4-cup microwave-safe measuring cup (or small bowl), combine together the milk, heavy sugar syrup (recipe below), and sugar.

Heat in the microwave until very warm; about 90 seconds. Whisk the mixture really well until the sugar is fully dissolved.

Pour the warm milk mixture over the semolina mixture, and using a rubber spatula, fold gently just until no dry pockets of semolina remain. Do not over mix.

Pour the batter into the prepared pan. Tap the pan over the counter several times to smooth out.

Transfer the pan to the refrigerator for 15 to 20 minutes to rest (but no longer than 1 hour), until the batter has thickened up and is no longer a loose fluid. If you shake the pan, it shouldn't jiggle. Sprinkle the nuts, if using, over the surface of the batter, pressing it in to adhere.

Bake for 22 to 27 minutes or until the basbousa's surface is deep golden brown in color.

As soon as the basbousa comes out of the oven, quickly pour the cooled Light Sugar Syrup all over the basbousa. The syrup should soak in, in a matter of a few minutes.

Once soaked in, brush the surface of the basbousa with 2 tablespoons of ghee, if desired.

Allow to cool in the pan for at least 30 minutes, before cutting into squares and serving.

TO MAKE THE HEAVY SUGAR SYRUP:

In an extra small saucepan, combine together the sugar, water and drop of lemon juice. Set over high heat.

Try to avoid stirring it as it heats to prevent crystallization from happening.

Once it comes to a boil, reduce heat to low and allow to simmer for 5 minutes or until the syrup thickens and reduces down to 100g (⅓ cup).

Germany

Jelly Donuts



Jelly Donuts are known throughout Germany as Krapfen, Berliner or Pfannkuchen, depending on the region. They are a traditional pastry for new years or carnival and can be found filled with different jellies, cream or Advocaat, or as a prank, with mustard.

380 g flour

180 ml milk

30 g sugar

2 tsp dry yeast

3 egg yolk

40 g butter

1 pinch of salt

400 g favourite jam

1 l sunflower oil

powdered sugar

- Warm the milk and add butter to melt.
- Knead flour, sugar, dry yeast, salt, egg yolk and milk with butter to a soft dough.
- Cover bowl with a towel and let rise for 1 hour.
- Knead the dough by hand. Fold and squeeze a couple of times until it feels soft elastic. Use a bit of flour as needed.
- Press dough flat and let rest for about 5 minutes.
- Roll out to about 1 cm thickness.
- Cut out circles of 6 - 8 cm diameter using a glass.
- Cover with towel and let rise for about 20 minutes.
- Heat oil in pot to 170 °C; a wooden stick has bubbles rising when dipped to the bottom of the pot.
- Fry batches of dough circles in oil upside down 1.5 - 2 minutes with closed lid, flip circles and fry another minute. Adjust times according to oil temperature and dough thickness to have soft, golden doughnuts that are done in the middle. (I checked the cooking time / oil temperature with the left over pieces from the cutting, which taste fabulous hot, rolled in sugar.)
- Let cool on a wire rack and sprinkle or roll in powdered sugar while hot, or glaze when cold.
- Pass jam through sieve to remove pieces and seeds.
- Fill cooled doughnuts using piping bag with long nozzle.

Greece

Greek Feta Cheese Triangles (Tiropitakia)



INGREDIENTS:

8 sheets of phyllo pastry

200g feta cheese, crumbled

50g Gouda cheese, grated , 50g Parmesan 1 egg, beaten, a splash of milk

fresh mint or dill, chopped (optional) olive oil or melted butter

freshly ground pepper

METHOD:

snack!

To prepare the tiropitakia, start by preparing the filling. Crush the feta cheese into a large bowl and add the grated cheese, the egg, a splash of milk, and season with freshly ground pepper. Mix well with a spoon to combine the ingredients. Add some chopped fresh herbs if you like; some fresh dill or mint will surely lift the flavour.

Preheat the oven at 180C and start preparing the tiropitakia.

Spread one sheet of the phyllo dough on the kitchen counter and with a cooking brush drizzle with some melted butter or olive oil. Spread one more sheet on top and drizzle with some more butter. Cut the sheets into three lanes. At the end of each lane add one tablespoon of the filling. Fold one corner to form a triangle and continue folding the triangle upon itself, until the entire piece of phyllo is used. Continue with the rest phyllo sheets and filling. Oil the bottom of a large baking tray, place the tiropitakia and brush them with some melted butter on top. Bake in preheated oven at 180C for 25-30 minutes, until golden and crispy.

ENJOY THEM !!!

Tzatziki Sauce or dip



Tzatziki is a fresh and easily prepared sauce made of yoghurt.

Tzatziki is often served with grilled meats and gyros, but I cannot think of a grilled or roasted vegetable it would not play nicely with. You can also serve up some tzatziki with your next appetizer spread.

Ingredients:

- 170 gr Greek strained Yoghurt
- 1 or ½ Garlic clove minced
- 2 tbsp. extra virgin Olive Oil
- 2 tbsp. chopped dill
- ¼ Cucumber grated
- 1 tsp. Salt
- 1 tsp. Vinegar

Method:

Place 170 gr. strained yoghurt in a large bowl.

Add 1 (½ for a light one) minced garlic clove.

Add 2 tbsp. extra virgin olive oil.

Clean ¼ cucumber, wash, grate and strain to get rid of all excess water (to prevent tzatziki from becoming watery). You can remove all excess water by squeezing your grated cucumber, before adding it to the yoghurt mix.

Add 1 tbsp chopped dill.

Add 1 tsp. salt and 1 tsp. vinegar.

Stir your mix well until smooth!

Let the mixture rest for 5 minutes to allow the flavors to meld or put in the fridge covered at least one hour before serving.

Isle of Man

Overview of the Isle of Man

The Island

The Isle of Man is an island nation in the middle of the Irish Sea at the centre of the British Isles.

It is 33 miles (53km) long and 13 miles (22km) wide at its broadest point. The population is around was 90,000. It has a richly varied rural landscape with a single small mountain called Snaefell. The town of Douglas, on the east coast, is the capital and main centre. People and things native to the Isle of Man are described by the adjective 'Manx'. This video link takes you on an aerial tour of the isle.

Constitution

The Isle of Man is not part of the United Kingdom, nor is it part of the European Union.

The Island is a self-governing British Crown Dependency (like Jersey and Guernsey) with its own parliament, government and laws. The Queen, who is 'Lord of Mann', is the Manx Head of State.

The Manx parliament, Tynwald, was founded more than 1,000 years ago and is the oldest continuous parliament in the world.

History and Culture

The unique heritage of the Isle of Man is a blend of Celtic and Viking influences. Norse Viking settlers established Tynwald, the parliament, and the Manx Gaelic language can still be heard. Manx is a Celtic language related to Irish, Scots, Welsh, Cornish and Breton.

The Island was ruled by Norse, Scots and English Kings in the Middle Ages, and by independent Lords of Man from 1406 until 1765, when it was acquired by the British Crown.

Other distinctive features of the Island include its national emblem The Three Legs of Man (derived from an ancient sun symbol the triskelion), the tail-less Manx cat, and the names of people and places, echoing the Gaelic/Norse past. There are several small Viking castles around the island, but most noted are those of Castle Rushen and Peel Castle. It is also home to the largest working water wheel in the world, The Laxey Wheel. A bit of trivia is that all members of the musical group the BeeGees were born on the Isle of Man!

Economy

The economy of the Isle of Man used to be tourism but an attractive tax regime has driven the business services industry strongly on the Island. Recent growth areas of the Isle of Man economy include e-business and e-gaming in particular, international shipping and aviation.

The Isle of Man is famous for a yearly motor cycle race. It is considered the ultimate 'must see it' event for motorsport fans across the globe. Every May/June the greatest road racers gather to test themselves against the incredible 'Mountain Course' - a 37.73 mile course using the island's public roads. Here is a link to a video with some highlights of the TT Races!

Adapted from information taken from the Isle of Man government website: <https://www.gov.im/about-the-government/departments/cabinet-office/media-centre/isle-of-man-an-overview/>, YouTube , and general knowledge.

Honey Fudge

Every household had at least one or two hives of bees to keep the family supplied with honey. It was used just as we use sugar today. Sometimes, the hives were taken up the mountain to allow the bees to feed on the heather.

Bees also love fuchsia - maybe that is why so much grew around the old cottages.

There used to be a great many fairs throughout the year, but the longest surviving one is Tynwald Fair, the Manx national day, held in the village of St John's on July 5th (Old Midsummer Day). This is the day the Acts of Tynwald (the Manx parliament) are promulgated and it is both a solemn and a lively affair. In days gone by, the fairground was dotted with shies and stalls, bands, and groups of dancers in national costume. It is still a great place to meet friends you may not have seen since the previous Fair Day.

One of the most popular sweetmeats on sale is handmade fudge:

- 1 lb. sugar
- 2 oz. plain chocolate
- 1/4 teaspoon salt
- 1 cup evaporated milk
- 3 tablespoons honey
- 2 tablespoons butter

Boil the sugar, chocolate, salt and milk for five minutes. Add the honey and cook to a soft-ball stage (240 degrees F).

Remove from heat and add the butter. Let stand until lukewarm, then beat until creamy and pour into a buttered tray. Cut when firm.

Manx Broth

'I don't know how to make it, but I know when it is good!' - A.H. Laughton, former High Bailiff of Peel The traditional dish served at a Manx wedding feast was broth, which was eaten from wooden bowls known as 'piggins' and supped with mussel shells called 'sligs'.

The guests travelled to church on horseback and when the ceremony was over they would gallop as fast as they could to the bride's house. The first person to reach the house tried to catch a slipper from the bride's foot, and small pieces of wedding cake were scatted over her head as she was going inside. All the friends and relatives brought something towards the feast and there would be a lavish spread of fowls and cold meats to follow the broth.

A barrel of ale was put on top of the hedge outside house for people who were not at the wedding, and ill; there would be plenty of 'jough' (ale) and wine.

Piece of shin beef

Marrow bone

Salt

20z pearl barley

Diced vegetables

Sprig of thyme

Parsley

Boil shin and bone together with a good pinch of salt.

Keep topping up the water and when the meat is cooked, take it out. (The meat can be served cold as a separate meal).

India

One of the oldest civilisation of the world, India, is the home to a rich cultural heritage and dramatic landscape. As the 7th largest country in the world, India is truly diverse. As one travels across the country, one can be greeted by the diversity of faith, arts, culture, language , cuisine and nature. With 29 states and 22 languages spoken in India, it's diversity is remarkable.



Chickpea Curry

SERVES 4

1/2 cup canned chickpeas

1 cup tomato puree

2 onions chopped

1 1/2 tbsp chole masala

2 tbsp ghee

1 bay leaf

1 inch cinnamon stick

2 cups water

salt to taste

1 tbsp cilantro

Heat ghee in a pan, add bay leaf and cinnamon stick Add onions, sauté until golden brown

Add tomato puree, sauté for 4-5 minutes or until oil oozes out

Add chickpeas, chole masala, salt, and sauté for a minute Add 800ml water and mix well Cover and cook on medium flame for 20-25 minutes Garnish with cilantro

Serve with hot with rice or Indian breads.

Latvia

DEBESSMANNA STRAWBERRY HEAVEN MOUSSE



400 g strawberries
600 ml water
½ cup /7 tbsp sugar
½ cup /7 tbsp semolina /farina /manna

Cold milk to serve

Fresh berries to decorate (optional)

Bring water to the boil in a pot.

Blend strawberries and add them to boiling water.

Whisking constantly gradually sprinkle in semolina and sugar.

Reduce the heat to medium/low and continue to cook while whisking about 3-5 minutes until the mixture is thickened.

Let it cool down a bit off the heat.

When it is moderately warm, whip it with mixer until it whips up into airy cotton-candy-pink cloud and doubled in volume.

Spoon the mousse immediately when it is still airy and creamy with milk and decorate with berries of your choice.

Tip: You can use also cranberry juice, purred apples, even jams or any fresh/defrosted berries or rhubarb. Cook berries in the 1l water for about 8-10 minutes until they are soft. Put the hot juice and berries through the sieve to press out of skins.

Netherlands

Poffertjes



Poffertjes... the name alone invokes visions of carnivals, festivities and palatal pleasure. Even saying it brings joy to the vocal cords. You can't say poffertjes (POH-fur-tjes) without a smile on your face, try it!

Poffertjes are an integral part of national holidays, summer festivals and fun celebrations. During the Christmas and New Year season, you will find poffertjes vendors on every Christmas market.

1 cup warm milk
3/4 teaspoon active dry yeast
2 cups all-purpose flour
2 eggs
Pinch salt
Powdered sugar
Butter

Sprinkle the yeast on top of the warm milk and set aside to proof. When ready, mix the flour with the eggs and slowly add the milk, beating well and making sure there are no lumps. Add in the pinch of salt. Cover and set aside to rise, about 45 minutes to an hour.

Heat the pan and lightly butter each dimple. Pour a small amount of batter into each dimple. I prefer to pour the batter in a squeeze bottle of which I have removed part of the tip: it allows me to control the amount of batter for each dimple.

When the sides dry up a bit and bubbles appear on the surface, use the tin of a fork to flip the poffertjes over. This takes a bit of practice, but not to worry, even the spoils will taste good!

Serve hot, sprinkle with powdered sugar and a piece of butter.

Hangop



Hangop literally means "to hang up". It's an old fashioned Dutch dairy dessert made with buttermilk or yoghurt that's left to drain, hanging, in a towel over a colander; hence the name. The whey is drained, and the remainder of the milk is now a thick, creamy dessert, somewhere between thick cream and creamy yogurt. Sweeten it with a tablespoon or two of sugar and honey, or just leave it tangy as it is, however you like it, it's fine. Serve with fruit, such as stewed strawberry-rhubarb, or just plain fresh fruit.

1 quart (32oz) of buttermilk
1 cup of plain yoghurt with active cultures

Warm the buttermilk in a pan on the stove up to 110F. Stir in the plain yoghurt, bring it back up to 110F, then cover with a cloth and set it aside, overnight. The next morning the buttermilk should have thickened considerably. Moisten a tea towel, drape it over a colander and place the colander in a bowl. Carefully pour the buttermilk into the towel. The whey, a light yellow-greenish watery liquid, will almost immediately drip through the towel. Now you can either tie the four ends of the towel together and suspend it from, for example, a kitchen cabinet door knob, or just leave it in the colander. The whey will continue to drain. After four hours, carefully lift the towel with its contents and slightly squeeze out the rest of the whey. Open the towel and move the hangup into a clean bowl with a spoon. You should have a very thick creamy yogurt! Stir in your sweetener of choice and see if it's creamy enough. If too much whey drained, you can stir in some whipping cream or some milk, one tablespoon at a time. Enjoy!!

New Zealand

AOTEAROA

Population: 5 million

Location: South Pacific

Size: 268,000 square kilometres

Currency: NZ dollar

Official languages: Maori, English, NZ Sign Language New Zealand is an island nation consisting of 3 main islands, the North Island, the South Island and Stewart Island. The nearest neighbour to New Zealand is Australia which is 4155 kms to the south east. It takes approximately 23 hours flight time from Europe to Auckland, the largest city. The country is 10-12 hours ahead of Central European Time.

New Zealand's indigenous people are the Maori. They arrived by waka,(canoe) between 1200 and 1300 AD from Eastern Polynesia. The first European to sight New Zealand was Dutch explorer Abel Tasman in 1642 but he did not set foot on New Zealand soil. Captain James Cook from England landed in 1769 and mapped the country. Some historians suggest that Spanish or Portuguese sailors may have reached New Zealand before Abel Tasman. Early settlers arrived from the UK in the 1800's. In 1840 one of the country's founding legal documents was signed by representatives of the Queen of England and most Maori tribes when Britain claimed New Zealand as a colony. The Treaty of Waitangi guarantees rights of both Maori and Pakeha (non Maori New Zealanders). Today, New Zealand society is very multicultural comprising 16.5% Maori, 8% Pacific Island and 15% Asian which reflects New Zealand's position in the Asia-Pacific region.

New Zealand's economy is based on agriculture and tourism. Tourists are drawn to New Zealand because of its beautiful and varied landscape. There are mountains and native bush, rivers, lakes and glaciers and many small islands and beaches. You can visit many vineyards, volcanic craters or geothermal wonders such as geysers and boiling mud. Did you know that the city of Auckland has 53 volcanic centres? The kiwi bird has become the national symbol and New Zealanders are called 'kiwis' too. You can also see whales, dolphins and penguins. Popular sports in New Zealand include yachting and rugby. The All Blacks are the internationally renowned New Zealand Rugby team.

Some famous New Zealanders include Sir Edmund Hillary who was the first man along with his Sherpa, Tenzing Norgay, to climb Mt Everest. Earnest Rutherford was the first person to split the atom and Jean Batton set a women's record in her solo flights around the world. Dame Kiri Te Kanawa, is a renowned opera singer and Sir Peter Jackson produced the Lord of the Rings films. I am most

proud of the fact that New Zealand was the first country in the world to grant women the right to vote in 1893.

New Zealand is a long journey from the Netherlands but well worth it when you arrive. I hope you have the pleasure of visiting one day.

ANZAC biscuits

These healthy oat biscuits were sent to New Zealand and Australian soldiers during World War 1.

This recipe is from the Edmond's Cookery Book which is New Zealand's cooking 'bible'.

Ingredients:

1/2 cup plain flour

50 grams butter

1/3 cup sugar

1 tablespoon golden syrup

2/3 cup coconut

1/2 teaspoon baking soda

3/4 cup rolled oats

2 tablespoons boiling water

Method:

Mix together flour, sugar, coconut and rolled oats. Melt butter and golden syrup. Dissolve baking soda in the boiling water and add to butter and golden syrup. Stir butter mixture into the dry ingredients. Place level tablespoonfuls of mixture onto a greased tray. Bake at 180°C for about 15 minutes to until golden. Makes 20.

Norway

Norwegian Boller (sweet buns with cardamom)

Bollers are Norway's answer to sweet bread but taken to another level as they are infused with cardamom. Boller is one of the most beloved snacks in Norway and tastes great with a little bit of butter or a piece of Norwegian brown cheese.



Ingredients:

- 300 ml lukewarm whole milk
- 2 large eggs, at room temperature
- 500 grams all purpose flour, sifted
- 75 grams granulated sugar
- 25 grams fresh yeast or 8.5 grams active dry yeast
- 1 ½ teaspoon ground cardamom
- ¼ teaspoon salt
- 75 grams lightly salted butter, chilled and cut into small pieces
- 150 grams raisins soaked in warm water for at least 1 hour (optional)

Directions:

In a separate small bowl, whisk together the lukewarm milk and 1 egg.

In a bowl of a stand mixer fitted with a dough hook attachment, combine the flour, sugar, yeast, cardamom and salt. Add the milk mixture and knead on low for 8 minutes.

Add butter pieces and knead on medium for about 5 minutes or until dough is very elastic and somewhat moist.

Strain the raisins and knead them into the dough, if using.

Transfer the dough to a lightly buttered bowl, cover with a tea towel and let rise in a warm spot for 1 hour or until doubled in size.

Preheat the oven to 180°C. Line a baking sheet with parchment paper.

Divide the dough into 12 equal size balls, place dough balls on prepared baking sheet and let rise for another 30 minutes.

In a small bowl, whisk the remaining egg and, using a pastry brush, lightly brush the egg on top of the dough. Bake for 12 to 15 minutes or until golden brown. Let cool slightly and serve.

Leftovers can be saved in a plastic bag at room temperature for up to 2 days.

Poland

Pierogi Ruskie: Potato-Cheese Pierogi



[Potato pierogi](#), or pierogi ruskie (pyeh-RROH-ghee RROOSS-kyeh), are among the most popular types of Polish dumplings. A traditional Polish dish that is found in several variations, such as [sweet](#) and [savory](#), these dumplings are a staple of [Eastern European cuisine](#) and are a type of [comfort food](#) that all households hold dear. Despite what the name sounds like, pierogi ruskie doesn't translate to "Russian pierogi," rather referring to the Ruthenians or Rusyns, the people from around the northern Carpathian Mountains in western Ukraine, eastern Slovakia, and southern Poland.

The dumplings can take on many fillings, but potatoes are the most traditional. They can be boiled or pan-fried—or if you have an air-frier they can be cooked there, too—and make an excellent appetizer, light lunch, or dinner. Boiled or fried is simply a matter of personal preference. Boiled [pierogi](#) are softer, more like ravioli, while pan-fried have a crispy exterior, similar to [pan-fried dumplings](#).

Traditionally served with sour cream, onions, and bits of crispy [bacon](#), pierogi are surprisingly easy to assemble and can be frozen for later use.

For best results, don't mash the potatoes. Instead, use a fork, food mill, or ricer. For the cheese, if finding dry curd cheese is difficult, go with [farmer's cheese](#) or drained ricotta.

Ingredients

For the Potatoes:

2 pounds russet potatoes, scrubbed

1 tablespoon kosher salt

For the Filling:

8 ounces farmer's cheese, or dry curd, or ricotta; room temperature

1 tablespoon butter

2 tablespoons onion, finely minced

Kosher salt to taste

Freshly ground black pepper

For the Dough:

2 to 2 1/2 cups [all-purpose flour](#)

1 large egg, room temperature

1 teaspoon salt

1 to 1 1/2 cups water, lukewarm

For Serving:

2 to 3 tablespoons butter

Optional:

Caramelized onions

Optional:

[Skwarki](#) or [fried bacon](#)

Optional:

Sour cream

Steps to Make It

Make the Filling

Gather the ingredients.

[Parboil](#) the potatoes in a large saucepan by covering them with cold water, and adding 1 tablespoon of salt.

Bring the potatoes to a boil over high heat, then reduce to medium-low, cover with a lid, and simmer for 30 minutes, or until fork-tender. Drain and let cool slightly.

While the potatoes are parboiling, place the butter in a small pan, add the onions, and sauté over medium-low heat for 2 minutes. Remove from heat and set aside.

Peel the cooked potatoes, place them in a large bowl, and mash them with a fork or [potato ricer](#).

Add the farmer's cheese and sautéed onion to the potatoes and mix well. Season to taste with salt and pepper and set aside.

Make the Dough

Gather the ingredients.

Place 2 cups of flour in a large bowl or on a work surface and make a well in the center.

Break the egg into it, then add 1 teaspoon of salt and 1 cup of lukewarm water, a little at a time.

Bring the dough together, kneading well and adding the remaining flour or water as needed to form a smooth dough ball.

Divide the dough in half and cover it with a bowl or towel. Let it rest 20 minutes.

Assemble and Cook the Pierogi

Assemble the pierogi on a floured work surface by rolling out the dough to 1/8-inch in thickness. Using a 2-inch round cookie cutter or drinking glass, make small circles.

Spoon 1 1/2 teaspoons of the filling onto the middle of each circle.

Fold the dough in half to form a half-circle shape and then firmly pinch the edges together.

Sprinkle a baking sheet with flour and place the filled pierogi on it in a single layer. Keep the formed pierogi under a clean kitchen towel to stop them from drying.

Gather scraps, re-roll, and fill until you've used all of the first half of the dough. Repeat the process with the remaining half of dough.

Cook the pierogi by bringing a large, low saucepan of salted water to a rapid boil. Depending on the size of your pot, drop in about 6 to 10 pierogi at a time, making sure not to overcrowd the pot. Return the water to a boil and reduce the heat to a simmer. When the [pierogi](#) rise to the surface, continue to simmer a few more minutes. It should take around 5 to 6 minutes for the pierogi to be cooked.

With a slotted spoon taste test one and if done remove the remaining pierogi to a serving platter greased with some of the butter for serving. This will prevent the pierogi from sticking to each other.

Serve warm with [caramelized onions](#), skwarki, or crispy bits of bacon and a dollop of sour cream. Enjoy!

How to Pan-Fry or Air-Fry Pierogi

To pan-fry fresh pierogi you don't necessarily need to boil them first. This is a matter of personal choice:

If you want softer pierogi, boil, drain, and dry them.

Heat up a large skillet and add plenty of butter or a thin layer of oil.

Once hot, add the pierogi without overcrowding the pan and fry until crispy.

For fresh non-boiled pierogi, simply place them in the hot pan with butter or oil and fry until crispy, turning constantly.

To air-fry the pierogi, be mindful that not all friers work alike and this is an estimate of the time for using an average small appliance:

Preheat your air-fryer to 400 F for a few minutes.

Grease the basket with olive oil.

Place the pierogi and air-fry for 5 to 6 minutes. Check and shake the basket to turn them.

Air-fry for another 6 minutes.

Qatar

OFFICIAL NAME

(State of Qatar)

HEAD OF STATE AND GOVERNMENT

Emir: Sheikh Tamim ibn Hamad Al Thani, assisted by Prime Minister: Sheikh Khalid ibn Khalifah ibn Abdulaziz Al Thani

CAPITAL

Doha

OFFICIAL LANGUAGE

Arabic

OFFICIAL RELIGION

Islam

MONETARY UNIT

Qatari riyal (QR)

CURRENCY EXCHANGE RATE

1 USD equals 3.640 Qatari riyal

POPULATION

(2019 est.) 2,788,000

Luqaimat Recipe, Arabic Sweet Dumpling, Qatari Delicacy

Luqaimat recipe or a kind of arabic sweet dumpling is a very famous dish that the Qataris enjoy during Ramadan or other times. Pretty easy to make, this dessert takes minimal ingredients, yet tastes absolute awesome.

INGREDIENTS

1 cup all purpose flour

½ tsp instant yeast

½ cup milk powder

2 tbsp sugar

½ tsp cardamom powder

pinch of saffron

lukewarm water as needed approximately 1/3 cup

oil for deep frying

1/2 cup date syrup or more for dressing

1 tbsp sesame seeds for sprinkling

INSTRUCTIONS

Add all purpose flour, yeast, milk powder, sugar, cardamom powder and saffron in a bowl and mix well.

Slowly add water while gently mixing with your hand to get a sticky batter. The batter will be more like a dough than batter. More like a thick medu vada batter.

Cover with a muslin cloth and allow to rest for a couple of hours in a warm place till it has doubled in size

Heat oil and drop the batter by spoonful. (Dipping the spoon in water in between prevents the batter from sticking to the spoon and makes it easier to drop. Alternatively you can drop the batter in a zip lock bag. Cut out the corner of the bag and push to get a small ball of the batter in your hand. Drop this ball immediately in oil. You can dip your hand in water to avoid sticking.)

Roll the dropped balls with a slotted spoon in oil for even cooking. Fry till they are dark golden brown in color. Remove from oil and place on a kitchen towel.

Place them in a serving bowl and pour the date syrup on top, sprinkle with sesame seeds.

Relish while still warm.

Russia

Russia is a transcontinental country spanning Eastern Europe and Northern Asia. It extends from the Baltic Sea in the west to the Pacific Ocean in the east, and from the Arctic Ocean in the north to the Black, Azov, and Caspian seas in the south. Russia covers over 6 million square miles, stretching more than one-eighth of the Earth's inhabited land area, with eleven time zones, and bordering 16 countries. Moscow is the country's capital and the largest city.

There are over around 200 different ethnic and indigenous groups in Russia. The country's vast cultural diversity spans ethnic Russians with their Slavic Orthodox traditions, the Tatars and Bashkirs with their Turkic Muslim culture, Buddhist nomadic Buryats and Kalmyks, the only Buddhist people in Europe, Shamanistic peoples of the Extreme North and Siberia, highlanders of the Northern Caucasus, and Ugric peoples of the Russian North West.

Russia is famous for its culture. Russian architecture includes Byzantine-style city fortifications (kremlins), stone buildings of Orthodox churches, with their many domes, and tent-like churches.

Russian literature is considered to be among the most influential and developed in the world. In the 19th century the development of Russian literature was boosted by the works of Alexander Pushkin and Lev Tolstoy.

Russian traditional music consists of the mix of ethnic melodies. It includes various forms of folk music and songs of many ethnic groups living in Russia.

Russian cuisine widely uses fish, caviar, poultry, mushrooms, berries, and honey.

RUSSIAN PIROZHKI



Piroshki is a baked (at times fried) bun that is native to Russia usually stuffed with different kinds of fillings. These baked pie-like buns are both savory as well as sweet, with fillings ranging from cottage cheese, mixed vegetables such as mashed potatoes, mushrooms, onions, cabbage and eggs if the Pirozhki recipe calls for a savory filling and if they are sweet buns, fillings such as jam, stewed or fresh fruits such as apples, cherries, apricots, lemon, etc., are used. A lot of people even enjoy non-vegetarian fillings such as meat, fish or oatmeal mixed with meat or giblets in their Pirozhki.

Ingredients

For the dough

2 2/3 cups all-purpose flour

1/2 teaspoon double-acting baking powder

1/2 teaspoon salt

1 1/2 sticks (3/4 cup) cold unsalted butter, cut into bits

2 large egg yolks

1/2 cup sour cream

1 tablespoon cold water if necessary

For the braised cabbage filling:

2-3 tablespoons oil

1 pound or 1/2 large head of cabbage, shredded (about 6 cups)

2 medium carrots, shredded (about 2 cups)
1/2 large yellow onion, thinly sliced
1 teaspoon sweet or hot paprika, or to taste
Salt and pepper, to taste

Make the dough:

In a food processor blend together the flour, the baking powder, the salt, and the butter until the mixture resembles meal. In a small bowl whisk together the egg yolks and the sour cream, add the sour cream mixture to the flour mixture, and blend the mixture until it just forms a dough, adding the water if the dough seems dry. Divide the dough into fourths, form each fourth into a flattened round, and chill the dough, each round wrapped well in wax paper, for 1 hour or overnight.

To make the cabbage filling (most popular among all veg fillings):

Using a food processor, grater, or sharp knife, thinly shred the cabbage and carrot. Thinly slice the onion into half moons. Add oil to a large skillet. Over medium heat add the onion to the pan. Saute the onion for 5-6 minutes, or until softened. Add the shredded carrot and cabbage to the pan and season generously with salt and pepper. Saute for an additional 6-8 minutes, or until cooked and softened and tender. Allow the filling to cool slightly before assembling the piroshki; filling can also be made a day in advance and refrigerated.

Once the dough has risen, punch it down a few times and divide it into 16 equal-sized balls. On a generously floured surface, form the piroshki by rolling each ball into a thin circle, about 5 inches in diameter. Add 2 tablespoons of the filling into the center of the circle of dough. Fold the dough upwards towards the center, equally on each side, and pinch the piroshki closed along the top. The piroshki will be oval shaped.

Place the formed piroshki onto the parchment-lined baking sheets, 8 per sheet with 2 to 3 inches between each pastry. Cover the piroshki with loose plastic wrap or a clean kitchen towel and allow to rise again for 30 minutes.

Once the piroshki have risen a second time, beat an egg with a splash of water. Brush the piroshki with the egg wash, and then bake for 15 minutes. After 15 minutes, rotate the baking sheets and bake for another 10-15 minutes, or until the piroshki are evenly golden brown.

Transfer to a rack to cool slightly, and serve warm or at room temperature. Piroshki can also be reheated easily. They freeze well, too.

Singapore

Singapore/Chicken Rice Recipe

Singapore/Hainanese Chicken Rice Recipe

Chicken Rice is probably the most common street food in Singapore. It can be found in almost all hawker centers/food courts in the country, costing about US\$4 per person. Singaporeans are proud of the diversity and accessibility of our hawker culture, which has recently been added onto the UNESCO list of Intangible Cultural Heritage. When overseas, we frequently try to replicate some hawker food, and Chicken Rice is probably one of the easiest to prepare.

This dish consists of poached chicken with rice cooked in chicken broth. Most ingredients are readily available except for pandan leaf which can be purchased from Asian supermarkets, either fresh or frozen. This cannot be omitted as it lends a unique aroma to the chicken and rice. We typically eat the dish with ginger sauce, dark soy sauce and chili sauce. We tend to drizzle them liberally on our rice and chicken.

Ingredients

- 1 Whole Chicken
- 4 Pandan Leaves (tied into knots)
- 1 Shallot (peeled and chopped)
- 2 Cloves Garlic (peeled and chopped)
- 2 Knobs Ginger (peeled)
- 2 Tbs Dark Soy Sauce
- 2 Tbs Light Soy Sauce
- 2 Tbs Sesame Oil
- 2 Tbs Chili Sauce
- 2 Cups Jasmine Rice

Cook Chicken

Insert 1 knot of pandan leaf and 1 knob of ginger into the chicken. Secure with Toothpick. Rub salt over the chicken.

Bring a big pot of water to boil. Lower the chicken into the pot, breast down.

Cover the Pot. Simmer the chicken for 45 min at low heat, turning it halfway.

Prepare a bowl of ice water and immerse the cooked chicken into it for 10 min for a better meat texture.

Transfer the chicken onto a plate. Pour soy sauce and sesame oil over it. Cut it into serving sizes.

Cook Rice

Fry minced shallot and garlic (reserve some for the ginger sauce). Add the washed rice and fry for 3 minutes.

Cook rice in rice cooker with the remaining pandan leaves and chicken broth from above. Discard the leaves when the rice is cooked. The rice is the highlight of this dish for many Singaporeans.

Cook Ginger Sauce

To make the ginger sauce, put the remaining ginger and garlic together with 1/4 cup of chicken broth in a food processor.

For simplicity, I have used dark soy sauce and chili sauce bought from the store.

South Africa

OUMA'S TRADITIONAL BUTTERNUT SOUP

3 tablespoons butter
2 onions chopped
2 cups (500ml) butternut, peeled and diced
1 Granny Smith apple, peeled, cored and chopped
3 tablespoons cake flour
1 - 2 teaspoons curry powder
pinch of grated nutmeg
3 cups (750ml) chicken stock
1 1/2 cups (375ml) milk
grated rind and juice of 1 orange
salt, pepper and pinch of sugar
parsley chopped
cream

Saute onions in butter until soft and flavourful

Add butternut and apple and saute to absorb butter and develop vegetable flavours (about 3 minutes), stirring lightly from time to time

Add flour, curry powder and nutmeg, blending them together with the other vegetables

Add chicken stock, milk, orange rind and juice

Simmer slowly for about 15 to 20 minutes (until vegetables are tender)

Liquidise in a food processor until smooth

Taste and add salt, pepper and a pinch of sugar

Serve topped with a splash of cream and a sprinkling of parsley

South Korea

HOTTEOK (KOREAN SWEET PANCAKES)



Korean sweet pancakes (Hotteok) are one of the most popular Korean street snacks. They are particularly popular in winter.

They were introduced by Chinese immigrants in the early 1900s in Korea.

Typically they are stuffed with dark brown sugar, cinnamon powder & some grounded nuts or seeds but in recent times savoury style pancakes (vegetable, Kimchi, Bulgogi or cheese etc. stuffed) are also available.

Commonly the colour of the uncooked pancake (dough) is white but green tea coloured and flavoured pancakes are also available.

INGREDIENTS FOR HOTTEOK, 6 PANCAKES (MEDIUM SIZE)

Main

1 & 1/4 cup (157 g, 5.5 ounces) all purpose flour

1/2 tsp fine sea salt

1 tsp white sugar

1 tsp [instant dry yeast](#)

1/2 cup (125ml) lukewarm milk

Some cooking oil

Fillings (mix these well in a bowl)

1/4 cup dark brown sugar

1/4 tsp cinnamon powder

2 Tbsp crushed nuts of your choice (I used walnuts. Peanuts, almond slices and sunflower seeds are also popular choices.)

*1 cup = 250ml, 1 Tbsp = 15ml

HOW TO MAKE HOTTEOK

1. Sieve through the flour into a large bowl then add the salt, sugar, yeast and milk. Mix them well into a dough and cover the bowl with plastic wrap. Ferment it at a comfortable room temperature until the dough doubles in size. (Mine took 1 hour at room temperature 27 C/80.6 F but it could vary depending on the effectiveness of your yeast and also your room temperature.)

2. Once the dough is raised, release the gas by punching the dough with your hands a few times. Cover with the wrap again and rest for another 20 mins.

3. When the dough is ready, put some cooking oil on your hands (for anti stick purpose) and separate the dough to allow 6 medium sized pancakes to be made.

4. Put one of the pieces of dough on your hand, flatten the dough with your hands so that you can add about 1 Tbsp size filling onto it. Once it's done, seal the dough by gathering the corners. Repeat this for the remaining dough.

5. Pre heat a frying pan on medium heat and once it's heated add a thin layer of cooking oil.

6. Place a dough (1 or more depending on size of your pan. If more, allow enough room to expand between the dough when pressed down) into the pan and cook it on medium heat until the bottom side is lightly golden brown (about 30 seconds). Flip it over and press the dough down with a [solid turner](#) or [professional press](#). Cook until the bottom part is golden brown (about 1 min). Flip the pancake over one last time then reduce the heat to low. Cover the pan with a lid and cook until the sugar filling fully melts (about 1 min). – It is still edible if you don't further cook with a lid on but not all the sugar filling will be melted.

7. Transfer the pancake onto a plate and repeat step 6 for the remaining dough. Enjoy hot!

NOTE

It tastes best when you eat it while it's still "bearably" hot. Take extra caution when you approach the sugar filling as it can be really hot especially for young children.

If you're allergic to dairy products, you can use water instead of milk.

It is best to consume all the pancakes on the day of making them. While it reheats well in a microwave the filling isn't as gooey after a while as it's mostly soaked into the dough (the gooey filling is part of its attraction!).

Spain

Gazpacho

Gazpacho is a refreshing and cold soup made of raw and blended vegetables. It consists mainly of tomato, green pepper, and garlic mixed with olive oil, red vinegar and salt. However the recipe for this traditional dish can vary between families and regions as well as its final thickness and texture.

It is said that originally it was only made with water, oil, vinegar and salt during the 8th century but it was not until the 16th century when the peppers and tomatoes from America were added to the recipe to reach its unique flavour.

It started being very popular around the farmers and the workers of the factories in the south of Spain and later on, in the 19th century through the wealthier population. Nowadays, Gazpacho is widely eaten in Spain particularly during the hot summers and it is well known all over the world.

Gazpacho may be served alone or with some garnishes like finely chopped green pepper, onion, cucumber or small cubes of bread. Whatever your preferences are, enjoy this healthy soup.

Ingredients (6 serving)

- 1 kg Roma tomatoes
- 1 Green pepper
- 1 Cucumber
- 2 Garlic cloves
- 50 g Leftover white bread
- 50 ml Olive Oil
- 30 ml Red vinegar
- 250 ml Water

Instructions

1. Fill up a big pot with water, set over high heat, bring to a boil and reserve.
2. Make an X with a paring knife on the bottom of the tomatoes. Drop the tomatoes into the boiling water for 15 seconds, remove and transfer to an ice bath and allow to cool until able to handle, approximately 1 minute. Remove from the water, peel and chop the tomatoes.

3. In a large bowl add the tomatoes, green pepper, cucumber and garlic clove. With a blender puree them to high speed.
4. Soak the leftover white bread with water and rinse it out completely with your hands. Add the bread to the soup ingredients and puree.
5. Slowly add the olive oil, the red vinegar and salt to the mixture and stir until combined.
6. Cover and chill until served.

Sangría

Sangría, one of the most popular Spanish iced drinks, is a delicate, refreshing, and sweet mix of red wine, chopped local fruit and other ingredients or spirits (although there is no official recipe).

It's believed that the earliest versions of sangría date back to 2,000 years ago with the Romans, who used to fortify contaminated water with wine, spices, and herbs. However, it was not until the 18th century when versions of what we now know as sangría started to be very popular.

Sangría is a colourful party in a glass to enjoy with your family or your favourite friends. The perfect afternoon or evening drink on a summery day.

Ingredients:

- 1 (750 ml) Bottle of red wine (choose an inexpensive wine)
- 1 Cup of lemon juice or pop
- 1 Cup of orange juice or pop
- 1 Lemon, sliced
- 1 Orange, sliced
- 1 Peach, diced
- 1/4 Cup of white granulated sugar (optional)
- 1 Cinnamon stick
- 1/2 Cup of brandy (optional) or rum
- Ice, a lot

Instructions

1. Slice the lemon and the orange, dice the peach and reserve.
2. In a large pitcher combine wine, orange juice, lemon juice, brandy (or rum), cinnamon stick and sugar then stir in oranges, lemons and peaches.

3. Refrigerate for at least 30 minutes before serving to let the flavours meld together.

Rabo de toro - Oxtail stew

Oxtail is the culinary name for the tail of cattle. It is a gelatin-rich meat, which is usually slow-cooked as a stew with vegetables until it is very tender.

This easy Rabo de Toro recipe is a Spanish classic throughout the country although it is allegedly inspired in Cordoba, Andalusia; very popular also in Madrid because of its famous bullfights.

It actually dates back to Roman times but it was not until the middle of the 19th century, when the recipe began to form part of the Cordovan menus, probably due to the popularity of bullfighting.

After each bullfighting celebration, the most humble families of the city used to wait for the cattlemen to give them tails, ears and the rest of the cattle, reserving the noblest parts for themselves.

Cooking rabo de toro takes a lot of patience, but if you wait long enough the rewards are delicious! I certainly encourage you to prepare it at home.

Ingredients (serves 6)

- 2 Oxtails cut into pieces
- 2 Large onions (180 gr.)
- 1 Bay leaf
- 4 Black peppercorns
- 2 Clove
- 250 gr. of carrots
- 2 Glasses of Montilla-Moriles Spanish wine (or red wine instead)
- 3 or 4 Litres of water
- Salt

Instructions (To allow the flavours to settle, cook it a day in advance)

1. Fill up a large pot with cold water and add the pieces of oxtail. They must be well covered with water (about 3 litres or more)
2. Bring it to a boil and scoop off the fat and the scum floating.
3. Peel the whole onions and stick one clove in the pulp of each onion.
4. Peel, wash and cut the carrots in half and then lengthwise.

5. Add the onions, the peppercorns, the bay leaf, the carrots, the wine and salt to the pot. 6. Bring it to a boil with the lid off, half-cover it and reduce to a very slow simmer. 7. Simmer for 2 to 3 hours. Check the cooking liquid levels frequently to make sure there's no burning on the bottom. You'll know it's finished when the sauce has reduced, and the oxtail is super tender. It should be falling off the bone! 8. Served very hot with fries in small cubes.

Torrijas de Santa Teresa

Torrijas, also called torejas or tostadas depending on the area, were already spoken about in Roman times. Recipes from the 1st century AD written by the Roman gourmet Marcus Gavius Apicius already mentioned a dessert very similar to torrijas.

The first recipes as they are known today date back to the Book of Cozina by Domingo Hernández de Maceras (1607) and Art of cooking, pastry, biscuits and canning by Francisco Martínez Motiño (1611). This dessert is typically made throughout Lent in Spain since it is a satisfying and caloric food that compensates for the periods of abstinence from other foods.

Ingredients (serves 4)

- 4 slices of loaf of bread ● Milk
- 1 egg
- Sugar (or honey)
- Sunflower oil

Instructions

1. Wet the loaf of bread with milk, pass it through beaten egg and fry in plenty of pretty hot sunflower oil.
2. Turn it over so that it is golden on both sides, remove it and leave it on a paper towel.
3. Sprinkle the toast with sugar and let it cool before serving.
4. Instead of sugar, you can also make them with honey.

Churros

The history of churros is unknown, yet there are many theories as to the origin of this typical dish. It's simple ingredients and cooking method already hint to its old age. Many historians believe that this dish originates in ancient Egypt, as multiple art pieces have been found where a similar recipe is being created. Furthermore, there is a dish that is still prominent in the Mediterranean that is very similar to the churro. Therefore the real origin of this dish is still unknown, but the taste still satisfies thousands every day.

Ingredients for Chocolate Sauce (serves 4)

- 200 gr. dark chocolate, chopped
- 100 ml double cream
- 100 ml whole milk

Instructions

1. Put all the ingredients into a pan
2. Let them melt together, stirring from time to time.

Ingredients for Churros (serves 4)

- 1/2 cup sugar
- 1 1/2 Tbsp sugar
- 1 cup water
- 1/2 tsp salt
- 1 quarts sunflower oil
- 2 Tbsp olive oil
- 1 cup all purpose flour

Instructions

1. In a small saucepan over medium heat, put the water, 1 1/2 Tbsp olive oil, salt and 1 1/2 Tbsp sugar.
2. Bring the mixture to boil and remove from heat.
3. Stir in the flour and mix until it forms a ball.
4. Spoon dough into a heavy-duty plastic bag fitted with a large star tip.
5. Heat 2 quarts of oil in a deep pan over a high flame until the oil reaches 375°F (190°C)
6. Squeeze a 5 inch (13 cm) length strip of dough into the pan. Repeat; process frying 4 churros at a time.
7. Fry them until they become brownish on all sides 2-3 minutes per side .

8. Using a slotted spoon, transfer churros to a plate lined with paper towels to drain.
9. Roll churros in ½ cup sugar.
10. Serve with warm chocolate sauce.

Roscon de Reyes

The roscón de reyes has its origin in the 2nd century BC. when "Las Saturnales" were celebrated, a pagan celebration in honor of Saturn, the god of crops. All people, both rich and slaves, celebrated the end of the darkest period of the year and the beginning of a time full of light. At that time it was common to prepare various dishes for the celebration, although of all the most popular was a honey-based cake in which some nuts, dates and figs were introduced. A century later, that same cake included a bean, a symbol of prosperity and fertility at that time. In this way, whoever found the bean was augured good prosperity for the rest of the year and served as king of kings for a short period of time. However, the tradition did not last long because when the Christian religion assumed power and pagan celebrations such as Saturnalia gradually disappeared, the custom of eating bean cake also disappeared, although not for long. Some centuries later, the traditional cake with beans returned, but this time to Spain, by the hand of Felipe V. However, it was no longer the same cake of the Saturnalia festivals because instead of including only beans, gold coins were also incorporated. Thus, whoever found the coins won the prize, while whoever found the bean was considered a loser and, therefore, was predicted to have bad luck throughout the year.

For the pre-ferment

- 100 gr. strength flour
- 45 gr. of sugar
- 65 ml. warm milk
- 25 gr. fresh yeast

For the mass

- 325 gr. strength flour
- 125 gr. wheat flour
- 100 gr. of butter
- 45 gr. of sugar
- 45 ml. orange juice
- 25 ml. lemon juice
- 25 ml. rum

- Zest of 1 lemon
- Zest of 1 orange
- 5 ml. of orange blossom essence.
- 3 eggs size M
- a pinch of salt

To decorate

- 1 egg
- Candied fruits
- Whipped cream

Instructions

1. We will start this delicious roscón by preparing the pre-ferment. For this we are going to add the sugar in the warm milk and stir a little so that it dissolves.
2. Next we add the crumbled fresh yeast and stir until there is no trace of the yeast.
3. Now we pour this mixture into a larger bowl and add the flour and with the help of a spatula, we are going to stir until we get a very sticky dough.
4. When we have it ready, we cover it and we will let it ferment for about an hour.
5. After the hour, we are going to prepare our dough for the roscón de reyes, and for that we are going to put in our mixer, the pre-ferment and little by little add all the rest of the ingredients except the butter. If you do not have a mixer, you can do it by hand without problem, the only thing being a very sticky dough, it will be a little more difficult.
6. Once we have introduced all the ingredients we are going to knead and when we see that we already begin to have a bonded dough, we add the butter at room temperature and knead until it is completely incorporated.
7. Once we have a smooth dough that sticks very little, we are going to grease a bowl with a lid and we are going to let it rise for between 1 and 2 hours. If you want it very fluffy, we recommend letting it rest for 2 hours.
8. After the rising time, we are going to degas the dough by kneading it. And we will cut it in two, since this recipe makes two 400 gr roscones.
9. Next we are going to stretch the dough with the rolling pin and we are going to give it a rectangular shape. We should have a fairly thin dough (Circa 0.5mm thick).
10. When we have it we will start to roll it from the widest end. And when we have it all rolled up, we are going to give it a circular shape joining the two ends.
11. To join them, we will open one of them a little and introduce the other end inside it. So that the dough is hugged.

12. Now we put it on a sheet of baking paper, crush it with our hands or a roller and let it rise until it doubles in volume, approximately 1h.
13. After rising, we are going to decorate it, so first of all, we brush the roscón with the beaten egg. Next, we are going to put the candied fruits.
14. And now we have to bake it at 180°C for 20 minutes.
15. Once our roscón is baked, we will remove it from the oven and put it on a rack to cool completely.
16. When we have the roscón at room temperature, we cut it in half(if we are going to fill it) and fill the bottom layer with whipped cream(this is also the moment where we add the bean and the king into the filling).
17. Now we only have to cover it with the top layer to finish the Roscon.

Tortilla de Patatas (Spanish Omelette)

In 1798, the tortilla de patatas was created by Jose de Tena Godoy and Marquis de Robledo in Villanueva de la Serena, Badajoz. Its creation was an accident. Potatoes were used instead of flour due to the high price of flour. There are as many ways to do it as there are cooks.

Ingredients (serves 6)

- 105 ml. of olive oil
- 1000 gr. of potatoes peeled and sliced season with salt
- 6 large onions, peeled and sliced in brunoise
- 14 large eggs
- Salt

Instructions

1. Heat 100 ml. of oil in a pan over low heat.
2. Caramelize onions about 60 minutes on medium-low heat.
3. Add potatoes to the caramelized onions and continue cooking covered on low heat, stirring occasionally, until potatoes are soft and tender(Circa 60 min)
4. Crack the eggs into a large mixing bowl and whisk up by hand with a fork.
5. Mix the fried potatoes and onions with eggs.
6. Taste to adjust salt.
7. Heat 2.5 ml. of oil in the pan over medium heat.
8. Pour the mixture into the pan.

9. Keep it on the heat for about 3 minutes, moving the pan from time to time to avoid it sticking.
10. Flip the tortilla onto a plate. Pour the remaining oil and slide it back into the frying pan. (Use a large plate, it must be larger than the circumference of the frying pan, to help you flip the tortilla).
11. Cook until completely set.
12. Serve warm or at room temperature.

Paella Valenciana Mixta

The word paella means frying pan, in Valencian. According to experts, this dish arose in the rural areas of Valencia, between the fifteenth and sixteenth centuries, due to the need of peasants and shepherds for an easy meal to prepare and with the ingredients they had on hand in the field. They always ate it in the afternoon. There is another, much more romantic theory, which went along the lines of: Once upon a time a man prepared paella for his girlfriend to win her love. In Spanish paella can be a derivation of “Por ella” “Para ella”, that means “for her”. Although this may just be a nice story, there is some truth, since in Spain women generally cook, however, paella is traditionally a man’s job.

Ingredients (serves 6)

- A 46 cm Diameter pan
- Olive oil
- 500 gr. Chicken, cut in small blocks
- 250 gr. Pork ribs, cut per bone
- 300 gr. Green beans between flat and round ● 300 gr. Mature tomatoes, cut into very blocks ● 1/2 Green pepper, cut in thick slices
- 1/2 Red pepper, cut in thick slices
- 1 Head of garlic, crush all the garlic cloves with a knife ● 7 Large shrimps in the shell
- 30 Prawns raw and peeled or also with shell ● 300 gr. Squid rings
- 600 gr. Rice
- Salt
- Pepper
- Saffron
- 1 TBSP Sweet paprika
- 2.5 Liter of Water

- 1 Liter fish broth

Instructions Sofrito:

1. Put the oil in the pan to cover about a third of the base and set the pan on medium heat
2. Add all the garlic cloves to the pan
3. Add the meat and let it brown. Move it to the outer circumference of the paella pan
4. Fry the shrimp with shell and remove them from the pan completely
5. Fry the peeled prawns and remove them
6. Sauté the squid and separate them towards the outer circumference of the paella (along with the chicken and pork)
7. Pour in the green and red pepper and let them soften a little
8. Pour in the green beans and fry them together with the pepper
9. Make space in the center of the pan and subsequently pour in the tomato and continue to fry
10. Mix well all the sauce
11. When the vegetables begin to soften, pour the sweet paprika (a tablespoon)

Cooking Instructions:

1. Add the fish broth and the water to the paella pan on high heat, add salt and wait for it to boil.
2. Let it boil for 25 min
3. Add saffron and more salt, mix it well and let it boil for 10 min more
4. Add the rice and distribute it well, while bringing it to a boil for 10 min
5. Reduce the heat gradually, and add the shrimp which were previously removed. Let it boil for an additional 8-10 min.
6. Try the rice, it should be al dente
7. Remove from heat and let stand cover with a dish towel for 5 min

United States of America

The United States is a country of 50 states located in North America, stretching from the Atlantic Ocean on the eastern seaboard to the Pacific Ocean on the west coast. Hawaii was the last state to join the union in 1959, extending U.S. territory into the waters of the Pacific. The nation's capital is located in Washington, D.C.—a special political jurisdiction on the Potomac River bordering the states of Virginia and Maryland—while New York City serves as a global financial center and cultural capital. The U.S. is generally divided into four geographical regions, celebrated in the famous songs “America the Beautiful” and “This Land Is Your Land”: Northeast, South, Midwest, and West. Each region contains thriving metropolitan areas, as well as majestic natural beauty showcasing everything from mountains and deserts to pristine beaches and the Great Lakes. They also feature unique cuisine, cultural practices, and even different accents and idioms. National symbols include the bald eagle as the national bird, the Statue of Liberty as the icon of democracy, and “The Star-Spangled Banner” as the national anthem. While “In God We Trust” was adopted as the official motto in 1956, the Founding Fathers associated with the American Revolution used the Latin phrase *E pluribus unum* when the Great Seal of the United States was created in 1782 as the national coat of arms.

E pluribus unum—translated “Out of many, one”—is perhaps one of the best ways to describe what it means to be an American. With all her ethnic, cultural, and religious diversity pulling from all corners of the globe, she is a people united by the common values of life, liberty, and the pursuit of happiness. These treasured ideals are enshrined in the Declaration of Independence, which was officially adopted on July 4, 1776, and marks our national birthday.

Breakfast Biscuits

Serves 6



Ingredients

2 cups (250 grams) all purpose flour (if using dutch flour add 2 Tablespoons per 1 cup)
1 Tablespoon baking powder
1 tablespoon fine sugar
1 teaspoon salt
6 tablespoons (85 grams) unsalted butter - very cold unsalted butter
 $\frac{3}{4}$ cup (177 ml) buttermilk or whole milk

Instructions

For best results, chill your butter in the freezer for 10-20 minutes before beginning this recipe. It's ideal that the butter is very cold for light, flaky, buttery biscuits.

Preheat the oven to 220 and line a cookie sheet with nonstick parchment paper. Set aside.

Combine flour, baking powder, sugar, and salt in a large bowl and mix well. Set aside.

Remove your butter from the refrigerator and either cut it into your flour mixture using a pastry cutter or (preferred) use a box grater to shred the butter into small pieces and then add to the flour mixture and stir.

Cut the butter or combine the grated butter until the mixture resembles coarse crumbs.

Add milk, use a wooden spoon or spatula to stir until combined (don't over-work the dough).

Transfer your biscuit dough to a well-floured surface and use your hands to gently work the dough together. If the dough is too sticky, add flour until it is manageable.

Once the dough is cohesive, fold in half over itself and use your hands to gently flatten layers together. Rotate the dough 90 degrees and fold in half again, repeating this step 5-6 times but taking care to not overwork the dough.

Use your hands (do not use a rolling pin) to flatten the dough to 1" thick and lightly dust a 2 3/4" round biscuit cutter with flour.

Making close cuts, press the biscuit cutter straight down into the dough and drop the biscuit onto your prepared baking sheet.

Repeat until you have gotten as many biscuits as possible and place less than 1/2" apart on the baking sheet.

Once you have gotten as many biscuits as possible out of the dough, gently re-work the dough to get out another biscuit or two until you have at least 6 biscuits.

Bake on 425F for 12 minutes or until tops are beginning to just turn lightly golden brown.

If desired, brush with melted salted butter immediately after removing from the oven. Serve warm and enjoy.

* I like to dust the top of my biscuits fresh out of the oven with honey butter. Mix melted butter and honey (½ to ½) and brush on the top of biscuits.