

50+ RECIPES

GLOBAL COMFORT

COMFORT FOODS FROM AROUND THE WORLD



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Sophia Rocha Martins

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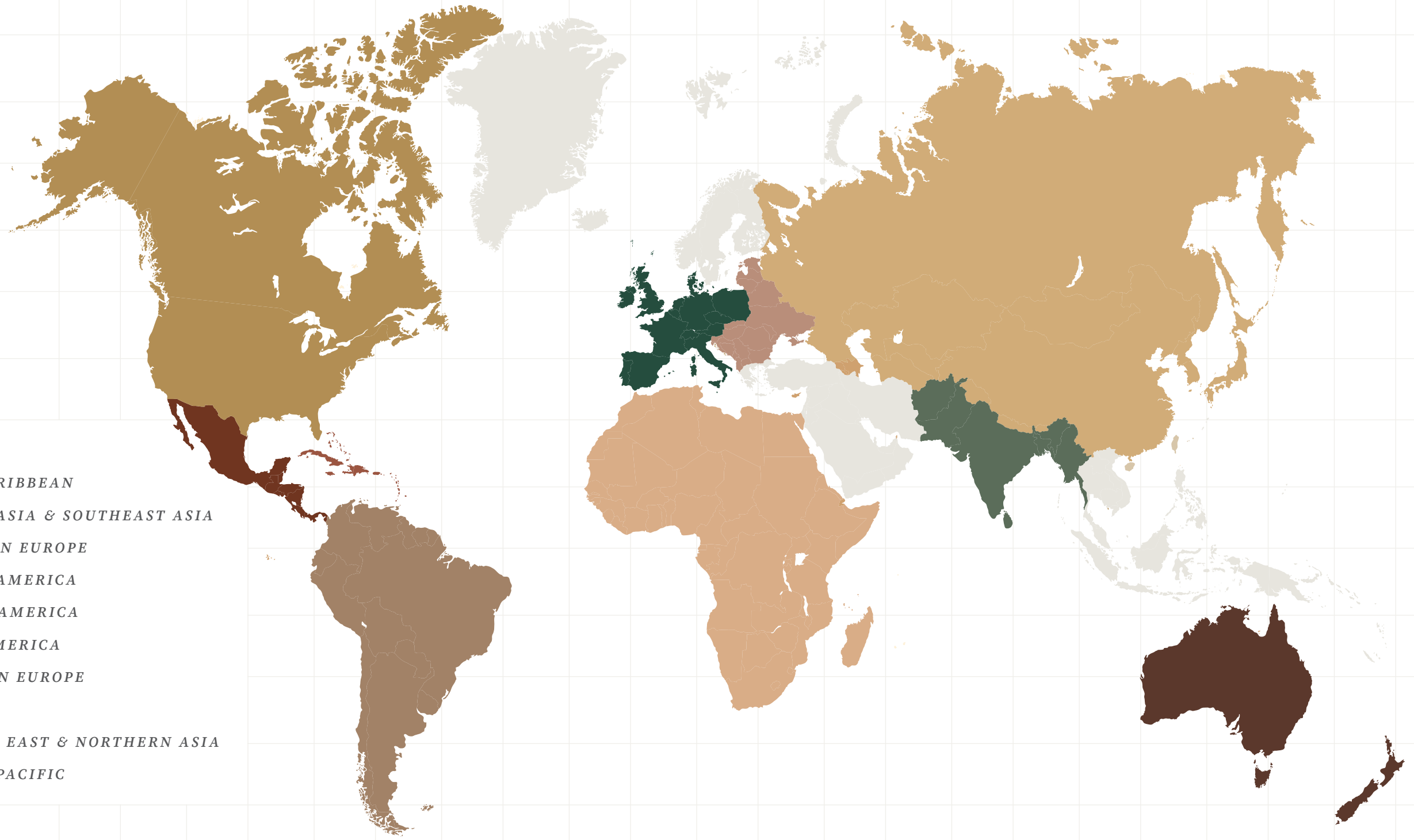
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CULINARY REGIONS WORLD MAP

KEY

-  *THE CARIBBEAN*
-  *SOUTH ASIA & SOUTHEAST ASIA*
-  *WESTERN EUROPE*
-  *SOUTH AMERICA*
-  *NORTH AMERICA*
-  *MESOAMERICA*
-  *EASTERN EUROPE*
-  *AFRICA*
-  *MIDDLE EAST & NORTHERN ASIA*
-  *SOUTH PACIFIC*



ESSENTIAL GLOBAL INGREDIENTS

While global cuisines all have their unique flavors and techniques, you'll find many ingredients used in a variety of ways around the world. Here, we share a primer to those go-to culinary building blocks you'll be reaching for again and again throughout this book—plus tips on where to find them and how to use them.

BROWN RICE

Brown rice is one of the most ubiquitous ingredients around the world. In fact, over 3.5 billion people consume rice for at least 20 percent of their daily diet. White rice comes in many forms and selecting the right grain size for your recipe is key. For fluffy rice, select long grain rice, such as Basmati rice. When starchy rice is needed for risotto or sushi, make sure to buy a short grain rice. Chef tip: Whether you're preparing rice on the stovetop or in a rice cooker, try substituting stock or broth instead of water for extra flavor.

SALT

Chemically speaking, table salt is the purest form of salt—but salt formed around the world from different sources gives this simple mineral an amazing range of flavor and culinary uses. In the spice aisle you'll find table salt, coarse kosher salt (great for seasoning meat before cooking), and sea salt. Himalayan salt has a beautiful pale pink color, while Hawaiian salt is mild but flavorful and great for meat and fish. Coarser salts work great in a handheld spice grinder, and large flake sea salts give a sophisticated finish to both savory and sweet dishes. Chef tip: For topping homemade popcorn, try processing table salt in an electric spice grinder to make a fine dust.

BLACK PEPPER

While you'll often see shakers of pre-ground pepper on supermarket shelves, it's always best to grind pepper fresh from a pepper mill. Different types of peppercorns offer distinct flavors and intensity: Green peppercorns can be added whole to stews and roasts and are prominently featured in steak au poivre; Szechuan peppercorns are used in Chinese cooking for a spicy kick; and pink peppercorns can even show up in desserts.

GARLIC

Though garlic was first domesticated in Central Asia in Neolithic times, migration and trade have given the pungent allium a place in the kitchen of every region of the globe. When shopping for garlic, look for heads featuring large, firm cloves. Chef tip: The easiest way to peel garlic is to crush the clove whole with the side of a chef's knife, but if you're peel averse you can likely find garlic cloves that have been pre-peeled and sealed in air-tight packages. Keep those refrigerated, but store whole heads of garlic away from moisture and sunlight.

GINGER

A mainstay of kitchens from India and Korea to Jamaica and Iran, ginger can be found in dried powdered form or fresh in the produce section of most grocery stores. Look for fresh ginger with firm flesh—without any soft spots—and a smooth peel. To use fresh ginger, peel

with a spoon instead of a vegetable peeler to leave the most flesh intact. Once peeled, grate ginger with a microplane or cut slices for infusions in drinks or dishes. Chef tip: For long-term storage, feel free to freeze ginger. (Bonus: You can microplane frozen ginger directly from the freezer without needing to peel or thaw.)

CURRY POWDER

Curry powder is actually a mixture of spices, and each kitchen or brand will have a distinct blend of featured ingredients. Common additions include cumin, coriander, turmeric, red pepper flakes, mustard seed, and ginger. Cinnamon, cardamom, and fennel can also be included for distinct flavor and regionality. Find curry powder in the spice aisle of your supermarket, in an ethnic food shop, or make your own at home with an electric spice grinder.

ALLSPICE

Allspice is the dried berry of a tree native to the West Indies and Central America. Though its name derives from the fact that the dried spice tastes and smells similar to the combination of cinnamon, cloves, and nutmeg, allspice is a single spice. It's most often added to sweet dishes—like pumpkin pie—and is also found in savory applications, especially in the Caribbean where it's a key ingredient in jerk seasoning. The whole berries are used in some soups, stews, and curries.



TRINIDADIAN DOUBLES

(FLATBREADS WITH CURRIED CHICKPEAS)

Serves: 4 *Prep Time:* 10 min *Cook Time:* 1 hour 20 min

A common street food in Trinidad, this flatbread sandwich is commonly served for breakfast or as a late-night snack. Comprised of two fried flatbreads (called bara) and a flavorful curried filling, this dish has its roots in the Northern Indian chickpea and flatbread dish chole bhature, which was brought to Trinidad by indentured laborers in the mid 1800s. The descendants of these Indian immigrants now make up Trinidad's largest ethnic group.

INGREDIENTS:

Flatbread

⅓ cup warm water at ~110°F, plus extra as needed
 ¼ teaspoon white sugar
 1 teaspoon active dry yeast
 2 cups all-purpose flour, plus extra for dusting
 ½ teaspoon kosher salt
 1 teaspoon ground turmeric
 ½ teaspoon ground cumin

Chickpea filling

1 tablespoon canola oil
 1 medium white onion, thinly sliced
 3 cloves garlic, minced
 1 (16 oz) can chickpeas, drained
 1 tablespoon mild curry powder
 ⅛ teaspoon ground cumin
 freshly ground black pepper

To assemble

1 cup canola oil
 ½ English cucumber, finely diced
 Trinidadian pepper sauce (made of Scotch Bonnet peppers, optional)

DIRECTIONS:

1. In a large mixing bowl, stir together the water, sugar, and yeast; set aside until frothy, 5-10 minutes. Add the flour, salt, and spices to the yeasty water. Stir well until a rough dough forms, adding more warm water as needed to help bring it together.
2. Turn out the dough onto a lightly floured surface and knead for 3 minutes. Place the dough in a clean bowl; cover with a damp towel and let rise in a warm place until doubled in size, about 1 hour.
3. Meanwhile, prepare the filling. Heat the oil in a saucepan set over medium heat until hot. Add the onion and a pinch of salt, sweating until soft, 4-5 minutes. Add the garlic and continue to cook until fragrant, about 30 seconds. Stir in the spices and cook, stirring frequently, for 30 seconds. Stir in ¼ cup water. Bring to a simmer, add the chickpeas, and stir well; cover and cook over low heat for 5 minutes.
4. Stir in 1 cup water and some salt and pepper to taste. Continue to cook, uncovered, until the chickpeas are tender, about 20 minutes. Cover and set aside.
5. After the dough has risen, punch it down and let it rest for 10 minutes. After resting, divide the dough into golf ball-sized pieces. Shape and flatten into 4-inch rounds; set aside.
6. Heat the oil in a large skillet set over moderate heat until hot. Working one by one, add the dough to the oil and fry until golden and puffed, turning a few times, 1-2 minutes. Remove to a paper towel-lined plate to drain; loosely cover with aluminum foil. Repeat for the remaining dough.
7. If needed, reheat the chickpea filling. Top half the fried dough with the chickpea filling, diced cucumber, and dashes of hot sauce (if using). Top with the remaining fried dough to complete; serve straight away for best results.



JAMAICAN JERK CHICKEN

Serves: 4 *Prep Time:* 10 min *Cook Time:* 1 hour

Love barbecued chicken? Take it to the next level with this signature Jamaican marinade packed with chilies and pungent spices, one of the world's best barbecue methods. Jerk cooking was developed by the indigenous Caribbean Taíno people, who then shared the method with the earliest communities of Afro-Jamaicans. Traditional jerk chicken is grilled over pimento wood, but you can use other hardwoods or charcoal for that key smoky flavor from an open fire.

INGREDIENTS:

1 large white onion, roughly chopped
 3 scallions, chopped
 2 Scotch bonnet chilies, or habañeros, chopped
 3 cloves garlic, finely chopped
 2 limes, 1 juiced, 1 cut into wedges
 1 tablespoon five-spice powder
 1 tablespoon freshly ground black pepper
 2 teaspoons ground allspice
 1 teaspoon dried thyme
 1 teaspoon freshly grated nutmeg
 1 teaspoon kosher salt
 ½ cup soy sauce
 2 tablespoons canola oil, plus extra for brushing
 2 (4 pounds) chickens, cleaned, gutted, and quartered
 cooked white rice

DIRECTIONS:

1. In a food processor, combine the onion, scallions, chilies, garlic, lime juice, spices, and salt; blend on high until a paste forms. With the motor running, add the soy sauce, followed by the oil, in a slow, steady stream, until incorporated. Pour the marinade into a large shallow dish.
2. Add the chicken quarters to the dish with the marinade and turn to coat. Cover and chill overnight.
3. The next day, remove the chicken from the fridge. Preheat a gas or charcoal grill to a moderate heat, about 375°F; if using charcoal, wait until the coals turn white-hot. When the grill is ready, brush the grates with some oil. Place the chicken on the grill and cover with the lid; cook, turning occasionally, until golden-brown and cooked through, 30-40 minutes. When ready, remove from the grill and transfer to a platter. Loosely cover with aluminum foil and let rest for 10 minutes.
4. To serve, divide the chicken and rice between plates. Serve with lime wedges.

DRINK PAIRING

JAMAICAN-STYLE GINGER BEER

Ingredients:

1 pound fresh ginger root
 3 limes, juiced
 white sugar, to taste
 club soda, chilled

Directions:

Clean and peel the ginger. Roughly chop and place in a blender with 2 cups water; purée until smooth. Pour the mixture into a large bowl or pitcher; add 6 cups of boiling water. Stir, cover, and chill overnight.

The next day, fine-strain the ginger purée into a pitcher or bowl. Place 1-2 tablespoons of the purée in glasses; stir in lime juice and sugar to taste. Top up with club soda; gently stir to combine.





C A R I B B E A N

ROPA VIEJA

Serves: 4 *Prep Time:* 15 min *Cook Time:* 3 hours

The national dish of Cuba, this rustic beef stew traces its roots back to Sephardic Jews in Spain, who would prepare the hearty meal before the weekly Shabbat (during which preparing food was prohibited). Ropa Vieja translates to “old clothes” in English. Some say the name nods to the long shredded fibers of beef, but legend has it that an impoverished man once shredded and cooked up his own clothes to feed his family—but once he prayed over it a miracle occurred, transforming the rags into a luscious meaty stew.

INGREDIENTS:

2 pounds chuck steak, trimmed
3 tablespoons olive oil
1 large white onion, chopped
2 red bell peppers, cored, seeded, and chopped
6 cloves garlic, minced
½ cup dry white wine
3 teaspoons sweet paprika
2 teaspoons dried oregano
2 teaspoons ground cumin
¼ teaspoon cayenne pepper
1 (28 oz) can whole peeled tomatoes
2 bay leaves
½ cup pimiento-stuffed olives, halved
2 teaspoons distilled white vinegar
cooked white rice, to serve
2-3 tablespoons fresh cilantro, chopped
kosher salt
freshly ground black pepper

DIRECTIONS:

1. Preheat the oven to 250°F.
2. Preheat a large Dutch oven over moderate heat until hot. Meanwhile, pat the beef dry with paper towels; season with salt and pepper all over. Add the oil to the Dutch oven and then add the beef. Sear until golden-brown all over, turning as needed, 6-8 minutes. Remove to a plate.
3. Reduce heat under the Dutch oven to medium. Add the onion, bell peppers, and a generous pinch of salt, sautéing until lightly colored, 10-12 minutes. Add the garlic and continue to cook, stirring frequently, until fragrant, 2-3 minutes. Stir in the wine and cook, stirring occasionally, until almost evaporated, 1-2 minutes. Add the spices and cook, stirring frequently, until fragrant, about 1 minute. Add the tomatoes (and juice) to the Dutch oven along with the bay leaves; break up the tomatoes with a wooden spoon before returning the beef (and any accumulated juices) to the Dutch oven. Season with salt and pepper.
4. Bring to a boil, cover with a lid, and transfer to the oven. Braise until the beef is very tender, 2-2 1/2 hours.
5. When ready, return the stew to a simmer over medium heat. Using two forks, shred the beef into long strands; stir in the olives, vinegar, and some salt and pepper, if needed.
6. To serve, divide rice and beef stew between bowls. Garnish with cilantro.

WEST INDIAN LAMB CURRY

Serves: 4 *Prep Time:* 20 min *Cook Time:* 2 hours 15 min

Often made for festivals or special celebrations, like birthdays and weddings, this spicy, savory, slow-cooked Caribbean comfort food is found throughout the islands. Traditionally made with goat meat, this recipe swaps in the easier to find lamb—feel free to use goat meat if you can find it locally!

INGREDIENTS:

1 ½ tablespoons mild curry powder
 1 teaspoon ground ginger
 3 pounds boneless lamb shoulder or leg,
 trimmed and cut into 2-inch chunks
 1 large white onion, roughly chopped
 2 scallions, roughly chopped
 4 cloves garlic, smashed or crushed
 ½-inch fresh ginger root, minced
 4 whole allspice berries
 2 thyme sprigs, leaves stripped
 4 tablespoons olive oil, divided
 2 white potatoes, peeled and diced
 2 large carrots, peeled and diced
 1 small Scotch bonnet pepper, or
 habañero chili, seeded and chopped
 2 tablespoons fresh cilantro, chopped
 1 lime, juiced
 cooked white rice, to serve
 kosher salt
 freshly ground black pepper

DIRECTIONS:

1. In a large mixing bowl, stir together the curry powder, ground ginger, 1 teaspoon salt, and ½ teaspoon black pepper. Add the lamb and toss to coat.
2. In a food processor or blender, combine the onion, scallion, garlic, ginger root, allspice berries, and thyme leaves; blend on high until puréed. Add the purée to the lamb and toss or stir to combine; cover and chill for 2 hours. After chilling, remove the lamb from the fridge and let it stand at room temperature for 10 minutes.
3. Heat 2 tablespoons of oil in a large Dutch oven set over moderate heat until hot. Working in batches, add the lamb to the Dutch oven and sear until golden-brown all over, turning as needed, 4-5 minutes. Remove to a plate. Repeat for the remaining lamb, using the remaining oil. Return the lamb (and any accumulated juices) to the Dutch oven; cover with water and bring to a boil. Once boiling, reduce to a simmer and cook for 45 minutes, stirring occasionally.
4. Add the potato, carrot, Scotch bonnet pepper, and some salt and pepper to taste. Return the stew to a simmer and cook until the vegetables are very tender, 30-40 minutes. Using a slotted spoon, remove the lamb and vegetables to a bowl. Cover and set aside.
5. Bring the liquid in the Dutch oven to a rolling boil; cook until reduced to a saucy consistency, stirring occasionally, 10-20 minutes.
6. When ready, return the lamb and vegetables to the sauce along with the cilantro, lime juice, and some salt and pepper to taste, if needed. To serve, divide the rice and stew between bowls.

DRINK PAIRING

CARIBBEAN RUM PUNCH

Ingredients:

5 oz amber rum
 8 oz pineapple juice
 8 oz orange juice
 4 teaspoons grenadine
 4 drops Angostura bitters
 crushed ice
 4 orange slices
 4 cocktail cherries

Directions:

Combine the rum, pineapple juice, orange juice, grenadine, and Angostura bitters in a cocktail shaker; half-fill the shaker with crushed ice. Cover and shake for 30 seconds. Fine-strain into two ice-filled glasses. Garnish with orange slices and cherries.



BEEF EMPANADAS

Serves: 4 *Prep Time:* 15 min *Cook Time:* 1 hour 15 min

Breakfast sandwiches are another global favorite. From jianbing (crispy fried filled crepes) in China to marmite and cheese in the UK, the world of morning handheld meals is massive. In Colombia, Venezuela, and Panama, breakfast sandwiches come in the form of arepas—fried corn cakes filled with a rainbow of flavorful breakfast staples.

INGREDIENTS:

Beef filling

1 tablespoon canola oil
 1 large white onion, chopped
 2 cloves garlic, minced
 1 small red bell pepper, cored, seeded, and diced
 1 teaspoon chili powder
 2 teaspoons ground cumin
 1 tablespoon paprika
 ½ teaspoon dried oregano
 1 pound ground beef
 2 green onions, green tops only, finely sliced
 ⅓ cup pitted green olives, chopped
 2 tablespoons fresh flat-leaf parsley, chopped
 2 hard-boiled eggs, peeled and finely chopped
 kosher salt
 freshly ground black pepper

Empanada dough

2 cups all-purpose flour, plus extra for dusting salt
 4 tablespoons butter, at room temperature
 1 small egg, beaten
 1 tablespoon canola oil, plus extra for greasing
 ⅓-½ cup warm water
 2 small eggs, beaten with 2 tablespoons water

DIRECTIONS:

1. Heat the oil in a Dutch oven set over medium heat until hot. Add the onion and a pinch of salt; sweat until soft, 6-8 minutes. Add the garlic and bell pepper; continue to cook, stirring occasionally, until softened, 6-8 minutes. Stir in the spices and cook until fragrant, 1-2 minutes.
1. Increase the heat to moderate; add the beef and another pinch of salt, cooking and breaking it up with a wooden spoon, until no longer pink, 4-5 minutes. Transfer the beef mixture to a large mixing bowl. Add the green onion, olives, parsley, chopped egg, and some salt and pepper to taste; stir to combine. Cover and chill for 1 hour.
1. In the meantime, combine the flour and 1 teaspoon salt in a clean large mixing bowl. Make a well in the middle and add the butter and egg to it; stir to combine into a rough mixture. Add the oil and ⅓ cup warm water; mix with a spoon or your hands until a rough dough comes together, adding more water as needed if too dry. Turn out onto a lightly floured surface and gently knead for 1 minute. Place the dough in a clean bowl that's been greased with some oil. Cover tightly and let rest at room temperature for 1 hour.
1. After the dough has rested, preheat the oven to 375°F. Line two large baking sheets with parchment paper. Divide the dough into two pieces; roll out both pieces on a lightly floured surface into large rounds, about 1/8-inch thick. Using a small bowl or a 6-inch round cutter, cut out 8 rounds from the dough.
1. Spoon about 2 tablespoons of the beef filling onto the center of the dough rounds. Fold one side of the dough over the filling to make a half-moon shape; seal the pastry together using your fingers or a fork.
1. Divide the empanadas between the baking sheets, spacing them apart. Brush all over with the egg wash. Bake until golden-brown and cooked through, 25-35 minutes. Remove from the oven and let cool briefly before serving.



CHOCOTORTA

Serves: 8 *Prep Time:* 10 min *Cook Time:* 30 min

A popular birthday cake in Argentina, chocotorta is a no-bake delight on unbirthdays too. The cake was invented as a marketing campaign for chocolinas cookies, which are still the cookie of choice for making the most traditional chocotorta. If you're a fan of cheesecake and tiramisu, this layered cream cheese, caramel, and chocolate dessert is sure to be a hit.

INGREDIENTS:

2 cups cream cheese, softened
 1 ½ cups dulce de leche, or caramel sauce
 1 ½ cups whole milk, plus ½ cup extra, if needed
 ½ cup kahlúa, optional
 1 ½ lbs. thin chocolate cookies
 1 cup bittersweet chocolate, finely chopped
 ½ cup heavy cream
 1 teaspoon pure vanilla extract
 ¼ teaspoon flaked sea salt
 1-2 tablespoons cocoa powder

DIRECTIONS:

1. Line the base of an 8-inch square cake pan with parchment paper, making sure the paper overhangs two opposite sides by at least 2-inches.
2. In a large mixing bowl, beat the cream cheese with an electric mixer until soft and fluffy, 2-3 minutes. Add the dulce de leche and beat until incorporated, about 1 minute.
3. Pour the milk and kahlúa (if using) into a shallow dish; if you're not using kahlúa, add an extra ½ cup milk to the dish. Soak the cookies in the milk, turning them to coat. Cover the base of the pan with a single layer of the soaked cookies (break them to size if needed). Spread a thin layer of the cream cheese mixture on top. Repeat layering until you've used up all the cookies and cream cheese mixture; make sure to finish with a layer of the cream cheese mixture on top. Cover and chill for 2 hours.
4. After chilling, prepare the topping for the chocotorta. Place the chocolate in a heatproof bowl; set aside. Warm the cream to simmering point in a saucepan set over moderate heat. Once simmering, remove from the heat and pour it over the chocolate; let the mixture stand for 1 minute before stirring until the ganache is smooth and even. Add the vanilla and salt; stir to combine. Let cool for 10 minutes.
5. Pour the mixture over the top of the chocotorta, evenly spreading it to the edges. Cover and chill for 4 hours. After chilling, carefully turn out the chocotorta from its pan, using the overhanging parchment to help. Cut into slices and serve with a light dusting of cocoa.



FEIJOADA (BRAZILIAN BLACK BEAN STEW)

Serves: 4 *Prep Time:* 10 min *Cook Time:* 7 hours

Feijoada is a hearty, warming stew—similar to chili con carne or pork stew—that’s considered by many to be the national dish of Brazil. This isn’t a quick recipe, but the low-and-slow method draws out amazing flavor from all of the savory ingredients, from smoked sausage and pork shoulder to corned beef and ham. Traditionally, the slow-cooked stew is served with white rice and oranges.

INGREDIENTS:

2 ½ cups dried black beans
4 tablespoons olive oil
1 lb. boneless pork shoulder, trimmed
and cut into chunks
2 large onions, thinly sliced
8 cloves garlic, finely chopped
3 cups canned corned beef, cut
into chunks
1 lb. smoked sausage, e.g., kielbasa
8 oz chorizo or hot Italian sausage
1 small smoked ham hock
4 bay leaves
1 (14.5 oz) can crushed tomatoes
cooked white rice, to serve
sliced oranges, to serve
2 scallions, green tops only, thinly sliced
kosher salt
freshly ground black pepper

DIRECTIONS:

1. Place the beans in a large container; cover with water. Soak overnight. The next day, drain the beans. Set aside until needed.
2. Heat the oil in a large Dutch oven set over moderate heat until hot. Season the pork shoulder with salt and pepper; add to the Dutch oven and brown all over, turning as needed, 4-5 minutes. Remove to a plate.
3. Reduce the heat to medium. Add the onion and a generous pinch of salt to the Dutch oven; sauté until softened, 6-8 minutes. Add the garlic and continue to cook, stirring frequently, until fragrant, about 2 minutes. Return the pork shoulder (and any accumulated juices) to the Dutch oven. Add the corned beef, smoked sausage, chorizo, ham hock, bay leaves, and enough water to cover the meat. Bring to a boil, cover, and cook over low heat for 1 hour; stir occasionally.
4. Add the drained beans to the stew. Return to a gentle simmer, cover, and cook until the beans are tender, about 1 ½ hours. When the beans are ready, stir in the tomatoes and plenty of salt and pepper to taste. Return to a simmer and cook, stirring occasionally, until the meat is falling off the ham hock, 2-3 hours.
5. When ready, season to taste with salt and pepper as needed. Ladle into bowls and serve with rice and a garnish of scallions.



LOMO SALTADO

Serves: 4 Prep Time: 10 min Cook Time : 30 min

Traditional Peruvian Lomo Saltado is a steak stir-fry with soy sauce, which was brought to Peru by Cantonese immigrants in the late nineteenth and early twentieth centuries. The fusion of Chinese and Peruvian cuisine, developed in Lima's Chinatown, is called chifa—and is now one of the most popular cuisines in Peru.

INGREDIENTS:

1 (16 oz) package frozen French fries
 3 large tomatoes
 2 tablespoons canola oil
 1 lb. beef tri tip, trimmed
 1 large white onion, cut into thin strips
 1 yellow chili pepper
 ¼ cup distilled white vinegar
 1 tablespoon soy sauce, plus extra to serve
 2 tablespoons fresh flat-leaf parsley, chopped
 kosher salt
 freshly ground black pepper

DIRECTIONS:

1. Cook the French fries according to their package instructions.
2. Bring a small saucepan of water to a boil; while the water heats up, score an X on the undersides of the tomatoes. When the water is boiling, carefully lower the tomatoes into the water, blanching them for 15 seconds. Drain and run under cold running water to cool. Once cool enough to handle, peel the skins. Quarter, seed, and cut the tomatoes into thin strips. Set aside.
3. Cut the beef into ¼-inch-thick strips; season with salt and pepper. Heat the oil in a large skillet set over high heat until hot; when ready, add the beef and stir-fry until just golden, 2-3 minutes. Remove to a plate.
4. Return the skillet to moderate heat. Add the onion and a pinch of salt; stir-fry until softened, about 3 minutes. Add the tomato strips and chili pepper to the skillet; continue to stir-fry until the veggies are soft, about 3 minutes. Return the beef (and any accumulated juices) to the skillet along with the vinegar, soy sauce, and a pinch of salt and pepper to taste; continue to cook, stirring, until the beef is just cooked through, 1-2 minutes.
5. To serve, divide the fries between plates. Top with the stir-fry and garnish with parsley; serve with more soy sauce on the side.

DRINK PAIRING
PISCO SOUR**Ingredients:**

2 oz pisco, grappa, or white tequila
 1 oz fresh lime juice
 ¾ oz simple syrup
 1 small egg white
 ice cubes
 1-2 drops Angostura bitters

Directions:

Combine the pisco, lime juice, simple syrup, and egg white in a cocktail shaker. Cover and shake for 20 seconds. Add a large handful of ice to the shaker. Cover and shake for another 20 seconds. Fine-strain into a chilled glass; garnish with the Angostura bitters.



A F R I C A

BOBOTIE (SOUTH AFRICAN CURRIED BEEF BAKE)

Serves: 6-8 *Prep Time:* 10 min *Cook Time:* 1 hour 15 min

The national dish of South Africa, this comforting mixture of curried ground beef and raisins topped with a creamy custard is similar to Greek moussaka or shepherd's pie but with a flavor and appeal all its own. It's one of those intriguing dishes that combines sweet and savory in a way that will have you reaching for another serving (or two).

INGREDIENTS:

2 slices white bread
2 tablespoons butter
2 white onions, finely chopped
3 cloves garlic, finely chopped
2 pounds ground beef
2 tablespoons mild curry powder
1 teaspoon Italian seasoning
3 whole cloves
5 allspice berries
3 bay leaves
2 tablespoons mango chutney, or
apricot jam
2 tablespoons golden raisins
2 large eggs
1 cup whole milk
¼ cup heavy cream
kosher salt
freshly ground black pepper

DIRECTIONS:

1. Preheat the oven to 375°F. Place bread in a shallow dish and cover with water; set aside to soak.
2. Meanwhile, melt the butter in a Dutch oven set over medium heat. Add the onion and a generous pinch of salt, sweating until softened and starting to color, about 10 minutes. Add the garlic and continue to cook until fragrant, 1-2 minutes.
3. Add the beef and some salt and pepper to taste; sauté until no longer pink, breaking it up with a wooden spoon, about 5 minutes. Add the curry powder, Italian seasoning, whole spices, bay leaves, chutney, raisins, ½ teaspoon salt, and ¼ teaspoon black pepper, stirring to combine. Bring to a simmer, cover, and cook for 10 minutes.
4. While the filling is simmering, remove the bread from the dish, squeezing out the excess water. Add the bread to the filling and stir well to combine; spoon the filling into a 14-inch oval baking dish.
5. In a small mixing bowl, whisk together the eggs, milk, and cream with ¼ teaspoon salt and ⅛ teaspoon black pepper. Pour the egg mixture over the filling, spreading it to the edges. Bake in the oven until the topping is golden-brown, 30-40 minutes. Remove from the oven and let cool briefly before serving.

DRINK PAIRING ROOIBOS ICED TEA

Ingredients:

6 cups water
4 rooibos tea bags
white sugar, to taste
½ lemon, juiced
ice cubes
mint sprigs, to garnish

Directions:

In a large saucepan, bring the water to a boil. Remove from the heat and add the tea bags; stir and let steep for 5 minutes. Stir in sugar to taste along with lemon juice. Remove the tea bags, cover the tea, and let cool for 1 hour. After cooling, divide the tea between ice-filled glasses. Garnish with mint sprigs.



DORO WAT

(SPICY ETHIOPIAN CHICKEN STEW)

Serves: 4-6 Prep Time: 15 min Cook Time : 1 hour 10 min

Doro wat is the quintessential Ethiopian stew, showcasing berbere—a fragrant and aromatic spice mix that originates in Eastern Africa and is used in many dishes in the region. While you can find prepared spice mixes, this recipe calls for mixing the spices yourself for maximum flavor punch.

INGREDIENTS:

Berberé spice mix

2 teaspoons smoked paprika
 2 teaspoons sweet paprika
 ½ teaspoon ground ginger
 ½ teaspoon garlic powder
 ½ teaspoon dried basil
 ¼ teaspoon ground cinnamon
 ¼ teaspoon ground nutmeg
 ¼ teaspoon ground cumin
 ¼ teaspoon ground cardamom

Doro wat

3 tablespoons unsalted butter
 2 white onions, thinly sliced
 3 tablespoons canola oil
 3 cloves garlic, minced
 1-inch piece fresh root ginger, peeled and minced
 1 tablespoon tomato paste
 3 pounds chicken thighs, on the bone
 6 large eggs
 1 lemon, juiced
 ½ cup fresh flat-leaf parsley, chopped
 4-6 white flatbreads, to serve
 kosher salt
 freshly ground black pepper

DIRECTIONS:

1. Stir together everything for the spice mix in a ramekin or small bowl. Set aside.
2. Melt the butter in a large Dutch oven set over moderate heat until hot. Add the onion and a pinch of salt, sautéing until the onions are soft and starting to color, 8-10 minutes. Add the oil, garlic, ginger, and spice mix; cook, stirring frequently, until fragrant, 2-3 minutes. Stir in the tomato paste, 3 cups water, 1 teaspoon salt, and ½ teaspoon black pepper; bring to a steady boil. Once boiling, add the chicken to the stew, submerging the pieces; return to a simmer, cover, and cook until the chicken is cooked through, about 30 minutes.
3. When ready, add the eggs (still in their shells) and lemon juice to the stew, gently stirring to combine. Cover and simmer until the eggs are hard-boiled, about 10 minutes. Remove the eggs and refresh in a bowl of cold or ice water. Crack, peel, and rinse off any shell; cut in half. Return the eggs to the stew.
4. To serve, divide the eggs and chicken stew between plates or bowls. Garnish with parsley and serve with flatbread on the side.



HARIRA (SPICED MOROCCAN SOUP)

Serves: 4 *Prep Time:* 10 min *Cook Time:* 50 min

This hearty vegetable soup is loaded with fragrant Moroccan spices, zesty parsley, tomatoes, chickpeas, and lentils. It's a popular home-cooked dish served for iftar, the post-sunset meal that breaks the fast during Ramadan. Use vegetable broth to make it vegetarian!

INGREDIENTS:

4 tablespoons olive oil
 1 large white onion, chopped
 3 celery stalks, diced
 3 large carrots, peeled and sliced
 1 teaspoon ground cumin
 1 teaspoon ground coriander
 1/2 teaspoon ground turmeric
 1/2 teaspoon crushed red pepper
 1 cup fresh flat-leaf parsley, chopped, divided
 1 cup fresh cilantro, chopped, divided
 1 (15 oz) can crushed tomatoes
 7 cups chicken or vegetable stock
 1 (15 oz) can chickpeas, drained
 1 1/2 cups green lentils
 2 tablespoons all-purpose flour
 1 large egg
 1 1/2 lemons, juiced
 kosher salt
 freshly ground black pepper

DIRECTIONS:

1. Heat the oil in a Dutch oven set over medium heat until hot. Add the onion, celery, carrot, and a pinch of salt, sweating until softened, 6-8 minutes. Add the spices, half the chopped herbs, tomatoes, stock, and some salt and pepper to taste; bring to a boil. Once boiling, stir in the chickpeas and lentils; return to a simmer. Once simmering, cook, stirring occasionally, until the chickpeas and lentils are tender, 25-30 minutes.
2. Meanwhile, in a mixing bowl, thoroughly whisk together the flour, egg, lemon juice, and 2 cups cold water; set aside. When the chickpeas and lentils are ready, gradually whisk the egg-lemon juice mixture into the soup until fully incorporated. Return to a simmer and cook for 5 minutes.
3. When ready, season the soup with salt and pepper to taste. Ladle into bowls and garnish with the remaining chopped herbs.

DRINK PAIRING

MOROCCAN MINT TEA

Ingredients:

1 tablespoon loose green tea
 4 cups boiling water
 3-4 tablespoons white sugar,
 or to taste
 1/2 cup fresh mint leaves

Directions:

Place the tea in a teapot; add boiling water and swirl to combine. Cover and let steep for 2 minutes. After steeping, stir in sugar (to taste) and mint leaves; let steep for 3-4 minutes. Strain into glasses or cups.





A F R I C A

MALVA (SOUTH AFRICAN BAKED PUDDING)

Serves: 6-8 *Prep Time:* 5 min *Cook Time:* 50 min

This traditional South African dessert is named for the Afrikaans word for marshmallow, a nod to the pudding's dense, spongy texture. Featuring apricot jam and orange zest, malva is traditionally finished with a cream and butter sauce—this recipe adds milk chocolate to the sauce for extra decadence.

INGREDIENTS:

Baked pudding

1 tablespoon unsalted butter, softened,
plus extra for greasing
2 large eggs
¾ cup white sugar
¼ cup apricot jam
1 teaspoon orange zest, finely grated
1 teaspoon apple cider vinegar
¾ cup whole milk
1 cup all-purpose flour
1 teaspoon baking soda
½ teaspoon salt

Chocolate sauce

1 cup evaporated milk
¼ cup packed brown sugar
½ cup unsalted butter, cubed
½ cup milk chocolate, finely chopped
1 teaspoon pure vanilla extract

To serve

1 pint vanilla ice cream

DIRECTIONS:

1. Preheat the oven to 350°F. Grease an 8-inch-square cake pan with some butter.
2. In a large mixing bowl, beat together the eggs, butter, sugar, apricot jam, and orange zest with an electric mixer until fluffy, 2-3 minutes. Add the vinegar and milk to the bowl; beat until incorporated, about 1 minute.
3. In another mixing bowl, sift together the flour, baking soda, and salt. Gradually stir the flour mixture into the egg mixture until you have a mostly even batter. Spoon the batter into the prepared pan; gently rap a few times on a work surface to help settle it. Bake until risen and dry to the touch, 25-30 minutes; when ready, a toothpick should come out clean from the middle. Remove the pan to a cooling rack. Using a skewer, make several holes in the cake all the way to the bottom.
4. In a saucepan, combine the evaporated milk, sugar, butter, and chocolate. Cook over medium heat, stirring frequently, until the sugar has dissolved, the chocolate has melted, and the sauce is smooth and even. Bring to a simmer and cook until slightly thickened, 2-3 minutes. Remove from the heat and stir in the vanilla.
5. Pour the sauce over the baked pudding, letting it seep into the holes. Let cool briefly before cutting into slices and serving with scoops of ice cream.

MOROCCAN LAMB TAGINE

Serves: 4 *Prep Time:* 15 min *Cook Time:* 2 hours 15 min

The word “tagine” is used for both the slow-cooked, spice-heavy stew and the two-piece, cone-shaped clay vessel in which the dish is traditionally cooked. This fragrant sweet-and-savory recipe uses the more common Dutch oven, but feel free to use a tagine if you have one!

INGREDIENTS:

4 tablespoons olive oil
 3 pounds boneless lamb shoulder,
 trimmed and cut into large chunks
 1 large white onion, finely chopped
 4 cloves garlic, finely chopped
 1 tablespoon fresh root ginger, peeled
 and minced
 2 teaspoons ground cumin
 2 teaspoons ground coriander
 2 teaspoons paprika
 1 teaspoon ground cinnamon
 ½ teaspoon crushed red pepper
 2 tablespoons honey
 3 cups chicken or lamb stock
 1 cup crushed tomatoes
 1 (15.5 oz) can chickpeas, drained
 and rinsed
 ½ cup dried apricots, chopped
 kosher salt
 freshly ground black pepper
 1 (5.8 oz) box couscous
 1 cup plain Greek yogurt
 ½ cup fresh cilantro, chopped
 1 lemon, cut into wedges

DIRECTIONS:

1. Heat the oil in a Dutch oven (or tagine) set over moderate heat until hot. Season the lamb with salt and pepper. Working in batches, sear the lamb in the Dutch oven until golden-brown all over, turning as needed, 4-5 minutes. Remove to a plate.
2. Reduce the heat to medium. Add the onion, garlic, ginger, and a generous pinch of salt to the Dutch oven; sauté until softened, about 5 minutes. Add the spices and cook until fragrant, stirring occasionally, 1-2 minutes. Return the lamb (and any accumulated juices) to the Dutch oven; stir in the honey, stock, tomatoes, chickpeas, dried apricots, and some salt and pepper to taste. Bring to a simmer, partially cover with a lid, and cook over very low heat, stirring occasionally, until the lamb can be pulled apart with your fingers and the sauce has thickened, about 2 hours. When ready, season to taste with salt and pepper. Cover and keep warm over very low heat.
3. Cook the couscous according to package instructions. When ready, fluff with a fork to separate the grains. Divide the couscous and lamb tagine between bowls. Top with yogurt and cilantro; serve with lemon wedges for squeezing over.



Twelve Apostles, Princetown, Australia.
Photography by Victor Garcia.



SOUTH PACIFIC

THE NATIVE CUISINES OF OCEANIA

The tropical island region encompassing Australia, New Zealand, Melanesia, Micronesia, and Polynesia are based on seafood from the surrounding oceans, starchy vegetables like yams and taro, fruits like bananas and breadfruit, and coconut products, like coconut milk and coconut oil.

Native Australian foods include macadamia nuts, kangaroo, turtles, and local fruits, nuts, honey, and seeds, largely hunted and gathered from the wild rather than cultivated. Australian cuisine was later influenced by the colonization of Australia in 1788, with British and Irish settlers introducing beef, pork, flour, tea, and sugar. Later waves of immigrants brought culinary influences from China, the Mediterranean, and South Asia. (Fun fact: the Granny Smith and Pink Lady apple were both developed in Australia!) Modern comfort foods in Australia and New Zealand include roasted lamb and

potatoes, meat pies, and vegemite or marmite on toast.

Outside of Australia and New Zealand, South Pacific island cuisine gets a little more tropical and unique to individual cultures, along with a large influence from Chinese, Korean, and Filipino agricultural workers who arrived in the eighteenth century. Samoan cuisine is largely based on fresh tropical fruits, vegetables, seafood, meats, and starches in coconut cream. In Hawaii, pork is central at celebratory gatherings, with kālua pig roasts commonly cooked in an underground oven. Similar earth oven-style cooking is found in Samoa, Fiji, Tahiti, Tonga, and New Zealand. Pineapples, originally from South America, were introduced as a major export crop to Hawaii in the late 1800s—at one point, Hawaii supplied over 80% of the world's canned pineapple!

Uluru/Ayers Rock in Ayers Spring, Australia. Photography by Antoine Fabre.



HAWAIIAN FRIED RICE WITH SPAM

Serves: 9-12 Prep Time: 10 min Cook Time: 20 min

Hawaii consumes more Spam than any other state—7 million cans a year! Commonly served for breakfast or as a side to other Hawaiian dishes, Spam fried rice transforms the iconic canned pork into crispy bits of meaty goodness even a Spam skeptic will love.

INGREDIENTS:

4 tablespoons canola oil, divided
2 medium carrots, peeled and diced
1 small white onion, diced
1 (12 oz) can Spam, diced
4 cups leftover rice, cold
3 large eggs, lightly beaten
2 tablespoons oyster sauce
2 teaspoons shoyu, or soy sauce
½ lime, juiced
1 cup fresh or canned pineapple
chunks, drained if canned
kosher salt
freshly ground white pepper

DIRECTIONS:

1. Preheat a wok over high heat until almost smoking hot. Add 2 tablespoons oil, swirl to coat, and then add the carrot, onion, Spam, and a pinch of salt and pepper; stir-fry until the veggies soften, about 2 minutes. Add another 1 tablespoon oil to the wok along with the rice, breaking up the rice with a spoon; continue to stir-fry until the rice starts to take on color, about 3 minutes.
2. Push the contents of the wok to one side. Add the remaining 1 tablespoon oil to the wok followed by the beaten eggs; stir-fry until softly scrambled, 30-45 seconds. Add the oyster sauce, shoyu (or soy sauce), lime juice, pineapple, and some salt and pepper to taste; stir everything to combine. Continue to stir-fry for 1 minute.
3. Divide between bowls and serve straight away.



ROASTED LAMB SHANKS WITH ROOT VEGETABLES

Serves: 9-12 *Prep Time:* 15 min *Cook Time:* 4 hours 15 min

Australia is the world's leading exporter of lamb, specializing in pasture-raised, grass-fed lamb that tends to have a slightly more gamey flavor than American lamb (which is typically grain-fed). Roast lamb is Australia's national dish, and the smell that comes from lamb shanks in the oven will tell you all you need to know about why the dish is so beloved.

INGREDIENTS:

Lamb shanks

4 small lamb shanks, ~1 pound each, trimmed
2 tablespoons canola oil
3 small onions, roughly chopped
2 large carrots, peeled and sliced
2 large celery sticks, diced
4 large cloves garlic, crushed
2 fresh rosemary sprigs
2 fresh thyme sprigs, plus extra to serve
2 tablespoons tomato paste
2 tablespoons cornstarch
1 ¼ cups dry red wine
2 ½ cups lamb or chicken stock
kosher salt
freshly ground black pepper

Root vegetables

8 cups (approx. 3 lbs.) Russet potatoes, peeled and cut into even chunks
½ cup butter, cubed
½ cup heavy cream
4 large parsnips, peeled and cut into batons
2 large carrots, peeled and cut into batons
2 tablespoons, melted

DIRECTIONS:

1. Preheat oven to 300°F. Heat oil in a large Dutch oven set over high heat until hot. Season lamb shanks with salt and pepper; sear in the Dutch oven until golden-brown all over. Remove to a plate.
2. Reduce heat under Dutch oven to medium and add onion, carrot, celery, garlic, herbs, 1 teaspoon salt, and ½ teaspoon pepper; sweat until softened, 8-10 minutes. Add the tomato paste and cornstarch; continue to cook, stirring frequently, until tomato paste darkens, 3-4 minutes. Stir in the wine and bring to a boil; let it reduce by half, stirring occasionally, 3-5 minutes.
3. Return the lamb shanks (and any accumulated juices) to the Dutch oven. Cover with the stock and bring to a boil over high heat. Once boiling, cover the Dutch oven with a tight-fitting lid or aluminum foil; transfer to the oven and bake until the meat is coming away from the shanks, 2 – 2 ½ hours. When ready, remove from oven; transfer shanks to a platter, loosely covering with foil. Increase the oven temperature to 400°F.
5. Pass vegetables and gravy from the Dutch oven through a fine sieve into a small saucepan, pressing on the aromatics to release as much liquid as possible. Season gravy with salt and pepper. Cover and set aside until ready to serve.
6. Cook potatoes in a large saucepan of salted boiling water until tender to the tip of a knife, 20-25 minutes. Meanwhile, cook parsnips and carrots in another large saucepan of salted boiling water until just tender to the tip of a knife, 12-15 minutes. When ready, drain the parsnips and carrots; transfer to a roasting dish, toss with melted butter, and season with salt and pepper to taste. Transfer to the oven and roast until golden-brown, 30-40 minutes.
7. Drain potatoes when ready and pass them through a ricer into a mixing bowl; alternatively, return them to the pan they were cooked in and mash with a potato masher. Add the butter, cream, and some salt and pepper to taste, mashing until smooth. Cover and keep warm.
8. If needed, reheat the gravy. Divide mashed potatoes, roasted vegetables, and lamb shanks between plates; spoon or ladle gravy on top and garnish with some thyme.



SALMON POKÉ BOWLS

Serves: 9-12 Prep Time: 10 min Cook Time: 50 min

A staple of indigenous Hawaiian cuisine, poké—made with marinated diced raw fish—has risen dramatically in popularity in the twenty-first century thanks to a boom of fast-casual poké bowl restaurants on the mainland. Originally seasoned with salt and seaweed, poké mixed with soy sauce and sesame oil became popular with the wave of immigrants from China and Japan in the nineteenth and twentieth centuries.

INGREDIENTS:

1 ½ cups short-grain white rice, rinsed and drained
4 teaspoons unseasoned rice vinegar
1 lb. skinless sashimi-grade salmon, pin-boned and cubed
2 tablespoons sesame oil, divided
½ lime, juiced
1 shallot, finely sliced
2 cups watercress, roughly torn
2 Persian cucumbers, diced
2 scallions, thinly sliced
2 tablespoons soy sauce
2 tablespoons sesame seeds
1 large ripe avocado
flaked sea salt

DIRECTIONS:

1. Bring 3 cups water to a boil in a large saucepan. Once boiling, add rice, cover with a lid, and cook over low heat until the rice has absorbed the water and is tender to the bite, about 20 minutes. Remove from the heat and let cool, still covered, for 15 minutes.
2. After cooling, fluff the rice with a fork to separate the grains before dividing between serving bowls; drizzle with vinegar.
3. Place the salmon in a mixing bowl and season with some salt. Drizzle with 1 tablespoon sesame oil and lime juice, stirring to coat. Cover and chill until needed.
4. Heat the remaining 1 tablespoon sesame oil in a skillet set over medium heat. Add the shallot and a pinch of salt, sautéing until softened and starting to color, 2-3 minutes. Transfer shallot to the bowl with the salmon; add the watercress, cucumber, scallion, soy sauce, and sesame seeds; stir to combine. Top rice with the salmon and cucumber salad.
5. Halve, peel, pit, and cut the avocado into quarters. Thinly slice quarters and present on top of each bowl before serving.

