



2025
CALENDAR

Recipes from around the world





© Olena Beisiuk



© Jordi Ramisa

Savour Senegal's Chicken Yassa

INGREDIENTS

- ✦ Lemon juice: $\frac{1}{2}$ cup + 2 Tbsp divided, plus lemon wedges for serving
- ✦ Vegetable oil: $3\frac{1}{2}$ Tbsp
- ✦ Dijon mustard: 2 Tbsp
- ✦ Salt: $1\frac{1}{2}$ tsp
- ✦ Chicken thighs: 2 lb (bone-in, trimmed)
- ✦ Onions: 2 lb, halved and sliced thin
- ✦ Chicken broth: $1\frac{1}{2}$ cups = 10 fl oz
- ✦ Garlic: 8 cloves
- ✦ Habañero chili: $\frac{1}{2}$ –1 chili
- ✦ Black pepper: 1 tsp
- ✦ Cooked long-grain white rice: $4\frac{1}{2}$ cups = 35 oz
- ✦ Minced fresh parsley: $1\frac{1}{2}$ tsp



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January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	01 <i>New Year's Day</i>	02	03	04
05	06	07	08	09	10	11
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19	20	21	22	23	24	25
26	27	28	29 <i>Lunar New Year</i>	30	31	01
02	03	04	05	06	07	08



© Elynn S



© Dustin Waters

Indulge in Portugal's Bacalhau com Natas

INGREDIENTS

- ✦ Frozen shredded cod: 4 cups = 18 oz
- ✦ French fries: 2 cups = 9 oz
- ✦ Bechamel sauce: ¾ cup = 7 oz
- ✦ Onion, medium: 1
- ✦ Garlic: 2 cloves
- ✦ Salt and pepper: To taste
- ✦ Olive oil: As needed (about 1-2 Tbsp for cooking)
- ✦ Grated cheese (optional): Amount as preferred, about ¼ to ½ cup



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February

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23	24	25	26	27	28	01
02	03	04	05	06	07	08



© Ofi Nur Septianto

Discover Burkina Faso's Riz Gras

INGREDIENTS

- ✦ Rice: 2½ cups (uncooked) = 18 oz
- ✦ Meat: 10 oz (chicken, beef, or fish, as preferred)
- ✦ Onions, medium: 2
- ✦ Tomatoes: 3 fresh or 3 Tbsp of tomato paste
- ✦ Bell pepper: 1 (optional)
- ✦ Carrot: 1 (optional)
- ✦ Stock cube: 1
- ✦ Chilli pepper: 1 (optional, to taste)
- ✦ Salt and pepper (to taste)
- ✦ Garlic: 2 cloves
- ✦ Bay leaf: 1 (optional)
- ✦ Peanut oil or vegetable oil
- ✦ Water



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March

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	01	02	03	04	05



© Stefan Tomic

Relish Mali's Meni-Meniyong

INGREDIENTS

- ✦ Sesame seeds: 1 cup = 6 oz
- ✦ Honey: 1 cup = 12 oz
- ✦ Unsalted butter: 4 Tbsp = 2 oz



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April

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30	31	01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18 <i>Good Friday</i>	19
20 <i>Easter Sunday</i>	21 <i>Easter Monday</i>	22	23	24	25	26
27	28	29	30	01	02	03
04	05	06	07	08	09	10



© Marty Sjahlushyk

Delight in Djibouti's Banana Fritters

INGREDIENTS

- ✦ Bananas: 3 well-ripened, thinly sliced
- ✦ Rice or wheat flour: 1 cup
- ✦ Sugar: ½ cup
- ✦ Water
- ✦ Nutmeg: ½ tsp = 1 g
- ✦ Oil or fat for frying
- ✦ Cinnamon sugar: 1 Tbsp sugar = 12.5 g
and 1/2 Tbsp cinnamon = 3 g



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May

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18	19	20	21	22	23	24
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01	02	03	04	05	06	07



© Firefly



© Hady Nyah

Savour Ethiopia's Tikil Gomen

INGREDIENTS

- ✦ Vegetable oil: 3 Tbsp = 1.5 fl oz
- ✦ Onion: ½, thinly sliced lengthwise
- ✦ Carrots: 1 cup = 5 oz chopped
- ✦ Garlic: 1 tsp minced
- ✦ Ground turmeric: ¼ tsp = 1 g (optional)
- ✦ Salt and ground black pepper: to taste
- ✦ Cabbage: ¾ head = 1.5 lb, diced and rinsed
- ✦ Water: 2 Tbsp = 1 fl oz or as needed



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June

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15	16	17	18	19	20	21
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29	30	01	02	03	04	05



© Simarik



Cool down with a Caucasian Tarragon Lemonade

INGREDIENTS - Makes about 3 litres

- ✦ Water: 2 cups = 16 fl oz
- ✦ Caster sugar: 1 cup = 7 oz
- ✦ Lemon zest and juice: 4 unwaxed lemons (approximately 4 Tbsp of zest and $\frac{1}{2}$ to $\frac{3}{4}$ cup of juice)
- ✦ Tarragon: 2 bunches
- ✦ Cucumber: 2, sliced
- ✦ Cold sparkling mineral water: 8 cups = 64 fl oz



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July

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27	28	29	30	31	01	02
03	04	05	06	07	08	09



© Olivka

Taste Italy's Cherry Gelato

INGREDIENTS

- ✦ Cherries: 4 cups = 1 lb 8oz
- ✦ Milk: $\frac{3}{4}$ cup = 7 fl oz
- ✦ Sugar: 7 Tbsp = 3 oz
- ✦ Vanilla: 1 tsp
- ✦ Lemon zest: Zest of 1 lemon (approximately 1 Tbsp)



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August

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24	25	26	27	28	29	30
31	01	02	03	04	05	06



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Try Indonesia's Nasi Goreng

INGREDIENTS

- ✦ Long-grain rice (cooked and cooled overnight): 1½ cups = 10 oz
- ✦ Vegetable oil: 3 Tbsp = 1.5 fl oz
- ✦ Eggs: 4 large eggs
- ✦ Sweet soy sauce: 1 Tbsp
- ✦ Soy sauce: 1 Tbsp
- ✦ Salt: A pinch
- ✦ Finely-chopped meat: Amount depends on your preference, approx. 7 oz (chicken, beef, or shrimp)
- ✦ Shallots: 1 cup = 7 oz finely chopped
- ✦ Garlic: 4-5 cloves finely chopped
- ✦ Spring onions, small: 2-3 finely chopped
- ✦ Red chilies: 3 finely chopped



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September

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05	06	07	08	09	10	11



Celebrate with Nasi Biryani from Brunei



INGREDIENTS

- ✦ Oil: 2 Tbsp = 26 g
- ✦ Shallots: 3 Tbsp thinly sliced = 27 g
- ✦ Shallots: ¼ cup minced = 30 g
- ✦ Ginger root: 1 tsp minced = 3 g
- ✦ Garlic: 1 clove minced = 3 g
- ✦ Salt: 1½ tsp = 6 g (adjust to taste)
- ✦ Turmeric: ½ tsp = 1.5 g
- ✦ Water: 2¼ cups = 18 fl oz = 538 g
- ✦ Long grain rice: 1¼ cups = 5.6 oz = 232 g
- ✦ Yogurt, plain: ¼ cup = 54 g
- ✦ Tomatoes, small: ½ sliced = 78 g
- ✦ Cilantro: 1 Tbsp chopped = 1 g
- ✦ Almonds: 1 Tbsp chopped = 9 g
- ✦ Cashews: 1 Tbsp chopped = 9 g
- ✦ Red chili pepper, small: ½ fresh chili (or 1 dried chili) = 1 g



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October

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© Intek



© Lennard Prediger

Bake Badrijani Nigvzit, Caucasian style

INGREDIENTS

- ☛ Sunflower oil: 6 Tbsp = 3 fl oz
- ☛ Eggplants (Aubergines): 2 large, halved lengthways
- ☛ Onions: 2 onions diced
- ☛ Walnuts: ¼ cup = 3.5 oz chopped
- ☛ Garlic: 1 garlic clove crushed
- ☛ Flat leaf parsley: 1 small bunch = approximately ½ cup of chopped leaves.
- ☛ Coriander: 1 small bunch = approximately ½ cup of finely chopped leaves and stalks.
- ☛ Red Adjika salt (or cayenne pepper): ½ tsp
- ☛ Green Adjika: ½ tsp (optional).
- ☛ Pomegranate seeds: Seeds of 1 small pomegranate = approximately ½ cup
- ☛ Sea salt flakes: To taste



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November

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	01	02	03	04	05	06



© Fisun Yilmaz

Sip Somalia's Shaah Bigays

INGREDIENTS

- ☛ Cloves: 3 whole cloves
- ☛ Cinnamon: 1 stick, broken in half
- ☛ Black pepper: 3 whole peppercorns
- ☛ Cardamom: 10 pods
- ☛ Tea: 2 bags
- ☛ Water: 4 cups = 32 fl oz
- ☛ Sugar: To taste



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December

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14	15	16	17	18	19	20
21	22	23	24	25 <i>Christmas Day</i>	26 <i>Boxing Day</i>	27
28	29	30	31	01	02	03
04	05	06	07	08	09	10

CHICKEN YASSA

Ingredients

- Lemon juice: $\frac{1}{2}$ cup + 2 Tbsp divided, plus lemon wedges for serving
- Vegetable oil: $3\frac{1}{2}$ Tbsp
- Dijon mustard: 2 Tbsp
- Salt: $1\frac{1}{2}$ tsp
- Chicken thighs: 2 lb (bone-in, trimmed)
- Onions: 2 lb, halved and sliced thin
- Chicken broth: $1\frac{1}{2}$ cups = 10 fl oz
- Garlic: 8 cloves
- Habanero chili: $\frac{1}{2}$ –1 chili
- Black pepper: 1 tsp
- Cooked long-grain white rice: $4\frac{1}{2}$ cups = 35 oz
- Minced fresh parsley: $1\frac{1}{2}$ tsp

Make the recipe spicier by using a whole chili (poked with a fork) or milder by seeding the chili before use. Braised hibiscus leaves (widely eaten in Senegal) are a traditional accompaniment, but cooked spinach seasoned with lemon juice is a fine alternative.

Instructions

1. Whisk $\frac{1}{2}$ cup lemon juice, $1\frac{1}{2}$ Tbsp oil, mustard, and 1 tsp salt together in large bowl. Add chicken and toss to coat. Cover and refrigerate for at least 30 minutes or up to 1 hour.
2. Heat remaining 2 Tbsp oil in large Dutch oven over medium heat until shimmering. Using tongs, remove chicken from marinade and drag pieces against rim of bowl to scrape excess marinade back into bowl; do not discard marinade. Transfer chicken to pot, skin side down, and cook until skin is golden brown, 6 to 8 minutes. Flip chicken and brown on second side, 6 to 8 minutes. Transfer chicken to large plate.
3. Add onions and remaining $\frac{1}{2}$ tsp salt to pot; reduce heat to medium-low; and cook, stirring frequently and scraping browned bits from bottom of pot, until onions are softened and caramelized, 25 to 30 minutes.
4. Stir in broth, garlic, habanero, pepper, and reserved marinade and bring to simmer. Return chicken and any accumulated juices to pot. Cover and simmer, stirring occasionally, until sauce has thickened to consistency of heavy cream and chicken is very tender (meat should begin to fall from bone and fork will slip easily in and out of meat), 45 to 55 minutes.
5. Spread rice in even layer on large platter. Arrange chicken on top of rice. Stir remaining 2 Tbsp lemon juice into sauce and season with salt and pepper to taste. Spoon sauce and onions over and around chicken and rice. Sprinkle with parsley and serve with lemon wedges.



BACALHAU COM NATAS

Ingredients

- Frozen shredded cod: 4 cups = 18 oz
- French fries: 2 cups = 9 oz
- Bechamel sauce: $\frac{3}{4}$ cup = 7 oz
- Onion, medium: 1
- Garlic: 2 cloves
- Salt and pepper: To taste
- Olive oil: As needed (about 1–2 Tbsp for cooking)
- Grated cheese (optional): Amount as preferred, about $\frac{1}{4}$ to $\frac{1}{2}$ cup

*Cod can be bought in slices and then shredded before cooking. If you can't buy frozen shredded cod, you can buy it dried, but you'll need to soak it in water before cooking to remove the excess salt.

Instructions

1. Cut the onion in half and then slice into very thin half-moons. Chop the garlic cloves into thin slices or use a garlic press.
2. Heat a frying pan with olive oil and let the onion and garlic sauté. When the onion is translucent, add the shredded cod and fold in the onion and garlic. Continue cooking.
3. Meanwhile, preheat the oven to 200°C = 390°F = Gas Mark 6
4. Place the fries in an ovenproof dish. When the cod is ready, place it on top of the fries.
5. Pour in about $1/4$ of the bechamel sauce and mix all the ingredients together. Add salt and pepper to taste.
6. Once everything is mixed together, press everything down lightly, then pour the rest of the bechamel over the top. Cover the whole dish well with the bechamel.
7. For those who like cheese, you can put a layer of grated cheese on top of the bechamel layer.
8. Place in the oven to brown (roughly 20–30 min). When golden brown, take out of the oven.



RIZ GRAS

Ingredients

- Rice: $2\frac{1}{2}$ cups (uncooked) = 18 oz
- Meat: 10 oz (chicken, beef, or fish, as preferred)
- Onions, medium: 2
- Tomatoes: 3 fresh or 3 Tbsp of tomato paste
- Bell pepper: 1 (optional)
- Carrot: 1 (optional)
- Stock cube: 1
- Chili pepper: 1 (optional, to taste)
- Salt and pepper (to taste)
- Garlic: 2 cloves
- Bay leaf: 1 (optional)
- Peanut oil or vegetable oil
- Water

Instructions

1. Prepare the ingredients: Wash the rice and set aside. Peel and chop the onions, garlic, tomatoes, and other vegetables (carrot, bell pepper). Cut the meat into pieces if using whole cuts.
2. Cook the meat: In a large pot, heat a little oil over medium heat. Add the meat pieces and brown them on all sides. Once browned, remove them from the pot and set aside.
3. Prepare the tomato sauce: In the same pot, add the chopped onions and garlic. Sauté until translucent. Then add the fresh tomatoes or tomato paste, and cook for a few minutes until the tomatoes lose their acidity. Add the stock cube, pepper, and salt. If you like a spicy flavour, you can add the whole chilli pepper.
4. Cook the vegetables: Add the carrots, bell peppers, and any other vegetables you're using. Stir well to coat all the ingredients in the sauce.
5. Add the meat and rice: Return the meat pieces to the pot. Add the washed rice, then mix well so the rice absorbs the sauce.
6. Add water: Pour in enough water to just cover the rice (about 1 cm above the rice level). Add the bay leaf, then cover the pot.
7. Cook the rice: Let it cook on low heat until the rice absorbs all the water and is tender.

Stir occasionally to prevent the rice from sticking to the bottom.

8. Serve: When the rice is fully cooked and all the water is absorbed, remove it from the heat and let it rest for a few minutes. Serve hot with the meat pieces and vegetables.



MENI-MENIYONG

Ingredients

- Sesame seeds: 1 cup = 6 oz
- Honey: 1 cup = 12 oz
- Unsalted butter: 4 Tbsp = 2 oz

Instructions

1. Preheat oven to 450°F , 230°C , Gas Mark 8. Spread the sesame seeds on a baking sheet and toast in the oven for about 10 to 12 minutes. Remove and cool.
2. Heat the honey and butter in a small saucepan over medium-low heat, stirring until it bubbles and darkens somewhat, about 3 to 5 minutes.
3. Stir the toasted sesame seeds into honey mixture. Spread the mass onto a buttered baking sheet to a thickness of about $1/4$ inch. Cool until just warm and cut into finger-sized pieces. Cool completely and serve.

(For a tasty coating that will keep fingers less sticky, roll the candy in more toasted sesame seeds to coat after cutting it into pieces.)

BANANA FRITTERS

Ingredients

- Bananas: 3 well-ripened, thinly sliced
- Rice or wheat flour: 1 cup = 4 oz
- Sugar: ½ cup = 3.5 oz
- Water
- Nutmeg: ½ tsp = 1 g
- Oil or fat for frying
- Cinnamon sugar: 1 Tbsp sugar = 12.5 g and 1/2 Tbsp cinnamon = 3 g

Instructions

1. Mix flour, nutmeg and sugar.
2. Add 1/4 cup of water at a time until desired thickness of batter (pancake consistency). Mix well.
3. Dip banana slices* in batter. Coat thoroughly.
(*Other option is to mash bananas into the batter and spoon into heated frying pan.)
4. Heat oil in pan on medium heat. Fry battered bananas in an oiled frying pan until golden brown on each side.
5. Remove from pan and set on paper towels on plate.
6. Sprinkle with cinnamon sugar while still hot and serve.



TARRAGON LEMONADE

Ingredients – Makes about 3 litres

- Water: 2 cups = 16 fl oz
- Caster sugar: 1 cup = 7 oz
- Lemon zest and juice: 4 unwaxed lemons (approximately 4 Tbsp of zest and ½ to ¾ cup of juice)
- Tarragon: 2 bunches
- Cucumber: 2, sliced
- Cold sparkling mineral water: 8 cups = 64 fl oz

Instructions

1. Put the still water into a saucepan with the sugar and heat over a low heat, stirring often, until the sugar has completely dissolved. Leave to cool completely, then stir in the lemon zest and juice.
2. Blitz the tarragon (reserving a few sprigs) and the cucumber in a blender or food processor (easier and less splashy than using a pestle and mortar, although you can do it that way). Strain the mixture through a fine sieve.
3. Mix the lemony cordial with the tarragon and cucumber juice and dilute it as you would with any cordial – topped up with sparkling or still water.



NASI GORENG

Ingredients

- Long-grain rice (cooked and cooled overnight): 1½ cups = 10 oz
- Vegetable oil: 3 Tbsp = 1.5 fl oz
- Eggs: 4 large eggs
- Sweet soy sauce: 1 Tbsp
- Soy sauce: 1 Tbsp
- Salt: A pinch
- Finely-chopped meat: Amount depends on your preference, approx. 7 oz (chicken, beef, or shrimp)
- Shallots: 1 cup = 7 oz finely chopped
- Garlic: 4–5 cloves finely chopped
- Spring onions, small: 2–3 finely chopped
- Red chilies: 3 finely chopped

Instructions

1. Stir-fry all the spices in vegetable oil until fragrant. Then add the beaten eggs and a pinch of salt, and stir well.
2. Before the eggs get cooked, quickly add the proteins and the rice that was cooled overnight. Stir again for a while.
3. When the flavours start to combine with each other, add the soy sauce and sweet soy sauce, and stir well. Nasi Goreng is ready to be served.



TIKIL GOMEN

Ingredients

- Vegetable oil: 3 Tbsp = 1.5 fl oz
- Onion: ½, thinly sliced lengthwise
- Carrots: 1 cup = 5 oz chopped
- Garlic: 1 tsp minced
- Ground turmeric: ¼ tsp = 1 g (optional)
- Salt and ground black pepper: to taste
- Cabbage: ¾ head = 1.5 lb, diced and rinsed
- Water: 2 Tbsp = 1 fl oz or as needed

Instructions

1. Heat oil in a pot over medium heat. Cook onion in hot oil until translucent, about 5 minutes. Stir in carrots, garlic, turmeric, salt, and black pepper. Cook and stir until flavours are combined, about 7 minutes. Add cabbage and mix well.
2. Cover the pot, reduce heat to medium-low, and cook until cabbage is tender but not completely soft, about 20 minutes. Add water if vegetables look dry.



CHERRY GELATO

Ingredients

- Cherries: 4 cups = 1 lb 8oz
- Milk: ¾ cup = 7 fl oz
- Sugar: 7 Tbsp = 3 oz
- Vanilla: 1 tsp
- Lemon zest: Zest of 1 lemon (approximately 1 Tbsp)

Instructions

1. Pit the cherries and cut them into pieces; distribute them on a tray and put them in the freezer for at least 4 hours.
2. Heat the milk with 4 Tbsp of sugar, 1 tsp vanilla and the lemon zest. Once the milk comes to a boil, filter it and let cool. Then pour the milk into an ice cube tray and place in the freezer for 4 hours.
3. Blend the cherries, the frozen milk and 3 Tbsp of sugar. Keep the gelato in the freezer until it's time to serve.



NASI BIRYANI

Ingredients

- Oil: 2 Tbsp = 26 g
- Shallots: 3 Tbsp thinly sliced = 27 g
- Shallots: ¼ cup minced = 30 g
- Ginger root: 1 tsp minced = 3 g
- Garlic: 1 clove minced = 3 g
- Salt: 1½ tsp = 6 g (adjust to taste)
- Turmeric: ½ tsp = 1.5 g
- Water: 2¼ cups = 18 fl oz = 538 g
- Long grain rice: 1¾ cups = 5.6 oz = 232 g
- Yogurt, plain: ¼ cup = 54 g
- Tomatoes, small: ½ sliced = 78 g
- Cilantro: 1 Tbsp chopped = 1 g
- Almonds: 1 Tbsp chopped = 9 g
- Cashews: 1 Tbsp chopped = 9 g
- Red chili pepper, small: ½ fresh (or 1 dried) = 1 g

Instructions

1. Heat 3 Tbsp oil in a large pot and fry the sliced shallots until golden, then remove with a slotted spoon and drain on paper towels, leaving the oil in the pot.
2. Add the minced shallots, ginger and garlic. Saute for two minutes or until fragrant.
3. Add the water and bring to a boil, then add the rice and yogurt. Stir until well blended.
4. Add the tomato, cilantro, nuts and chile. Return to a boil, then cover and simmer over a very low flame for 20 initially, then check, and cook for up to another 20 minutes or until all the water is absorbed and the rice is tender. Salt to taste.

BADRIJANI NIGVZIT

Ingredients

- ☛ Sunflower oil: 6 Tbsp = 3 fl oz
- ☛ Eggplants (Aubergines): 2 large, halved lengthways
- ☛ Onions: 2 onions diced
- ☛ Walnuts: ¾ cup = 3.5 oz chopped
- ☛ Garlic: 1 garlic clove crushed
- ☛ Flat leaf parsley: 1 small bunch = approximately ½ cup of chopped leaves.
- ☛ Coriander: 1 small bunch = approximately ½ cup of finely chopped leaves and stalks.
- ☛ Red Adjika salt (or cayenne pepper): ½ tsp
- ☛ Green Adjika: ½ tsp (optional).
- ☛ Pomegranate seeds: Seeds of 1 small pomegranate = approximately ½ cup
- ☛ Sea salt flakes: To taste

Instructions

1. Heat 4 Tbsp of the oil in a large frying pan or griddle pan, add the aubergine halves cut side down and allow to colour. Flip them, then reduce the heat and cover the pan with a lid. The aubergine slices need to be cooked through, soft and malleable, so it may take up to 20 minutes for this to happen — be patient. If you prefer, brush the aubergine halves with the oil, sit them cut side up on a baking tray and roast in a preheated oven at 200°C = 390°F = Gas Mark 6, for 15–20 minutes until nice and golden, then flip and cook for a further 15

minutes until the aubergines seem soft enough to be folded in two.

2. While the aubergines are cooking, make the stuffing. Fry the onions in the remaining two Tbsp of oil until golden, then leave to cool and strain off any excess oil.
3. Meanwhile, blitz the walnuts until really finely ground in an electric spice or coffee grinder.
4. Mix together the ground walnuts, cooled strained onions, garlic, herbs and both adjikas, if using, or cayenne really well. Taste and add sea salt if needed, then gently stir through half the pomegranate seeds.
5. Drain the aubergine halves on kitchen paper. Spread a tablespoon of the stuffing along each aubergine half, then fold in two. Place a tiny bit of the stuffing on top and add a few more pomegranate seeds to garnish.



SHAAH BIGAYS

Ingredients

- ☛ Cloves: 3 whole cloves
- ☛ Cinnamon: 1 stick, broken in half
- ☛ Black pepper: 3 whole peppercorns
- ☛ Cardamom: 10 pods
- ☛ Tea: 2 bags
- ☛ Water: 4 cups = 32 fl oz
- ☛ Sugar: To taste

You can make your own version by using different variations of the spices, to suit your taste. Spices often used are cardamom, cloves, cinnamon, ginger, and black pepper.

Instructions

1. With a mortar and pestle, lightly crush all the spices.
2. In a sauce pan combine the water, sugar and bring to a boil on a medium heat.
3. Add the crushed spices and continue and steep for 5 minutes.
4. Add the tea bags and steep for 2 minutes.
5. Strain the tea into cups or a kettle and serve.



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