



Recipes from around the world





© Olena Beisiuk



Savour Senegal's Chicken Yassa

INGREDIENTS

- ✦ Lemon juice: $\frac{1}{3}$ 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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© 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: $\frac{3}{4}$ 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



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© 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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© 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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© Marty Sjahlushyk



Delight in Djibouti's Banana Fritters

INGREDIENTS

- ✦ Bananas: 3 well-ripened, thinly sliced
- ✦ Rice or wheat flour: 1 cup
- ✦ Sugar: $\frac{1}{2}$ cup
- ✦ Water
- ✦ Nutmeg: $\frac{1}{2}$ 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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© Firefly



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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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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© 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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📷 Miel Photos

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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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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Bake Badrijani Nigvzit, Caucasian style



INGREDIENTS

- ☛ Sunflower oil: 6 Tbsp = 3 fl oz
- ☛ Eggplants (Aubergines): 2 large, halved lengthways
- ☛ Onions: 2 onions diced
- ☛ Walnuts: $\frac{3}{4}$ cup = 3.5 oz chopped
- ☛ Garlic: 1 garlic clove crushed
- ☛ Flat leaf parsley: 1 small bunch = approximately $\frac{1}{2}$ cup of chopped leaves.
- ☛ Coriander: 1 small bunch = approximately $\frac{1}{2}$ cup of finely chopped leaves and stalks.
- ☛ Red Adjika salt (or cayenne pepper): $\frac{1}{2}$ tsp
- ☛ Green Adjika: $\frac{1}{2}$ tsp (optional).
- ☛ Pomegranate seeds: Seeds of 1 small pomegranate = approximately $\frac{1}{2}$ cup
- ☛ Sea salt flakes: To taste



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© 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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