

International Students Organizations Club Presents

A  
Taste From  
Home

Recpices from ISO students

2020-2021

# A Statment From: The 2020- 2021 ISO President

**F**ood Fest is one of ISO's and the Yote Community's biggest events of the year where the Yotes get together to share a taste of the world on a plate. For those who experienced an in-person Food Fest before, y'all know how nice it is to walk into Simplot South, get in the queue and have a random chat about the weather before assembling your tasty global dish. However, of course, due to COVID-19, ISO was unable to offer you exactly that this year.

Although we live in a pandemic, ISO has yet again set the standard for versatility and creativity by bringing you this beautiful Cookbook that is made with love by your fellow international Yotes. While we usually go off during the ISO Cultural Show, exhibiting our pride in our cultures, we also like to bring colour and vibrance this time with the spices, flavours, and good food we recommend you try in this Cookbook. Not only that, but if you head towards the end of this Cookbook, you'll also find a "Food Fest Specials" section. In this section, all you need to do is scan the code on each page and the scans will take you to YouTube videos of our own international students cooking the recipes you have in that section of the book. These videos were recorded by the ISO Film Crew or self-recorded by our fellow international Yotes so you can follow along while they cook the recipes.

From managing to put out a fascinating Cultural Show to pulling off another main event like Food Fest in the middle of a global pandemic, I am fascinated by the versatility and determination that our ISO community has represented this academic year. To all students who submitted recipes and/or took part in being filmed for Food Fest this year, thank you! As well, thank you to our Marketing and Events Coordinator, Ryan Wilson, for putting in the time to digitally assemble this Cookbook for all of us to enjoy.

Always yours,

Jad Jabareen  
ISO President

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# Baleadas

## Honduras

Recipe from: Yaxeny Lopez



### Ingredients:

#### Filling

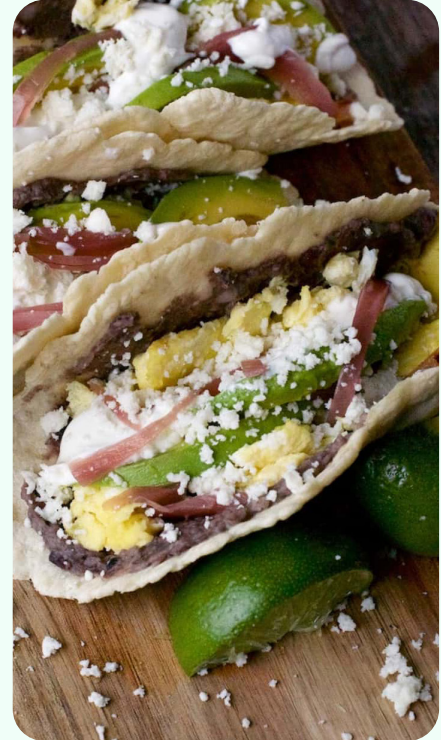
2 cups mashed fried red beans, warmed  
1 avocado, sliced  
½ cup crumbled queso fresco (fresh white cheese)  
2 Eggs

#### Tortillas

2 cups all-purpose flour  
1 cup water  
½ cup vegetable oil  
½ teaspoon salt

### Steps:

1. Mix flour, water, vegetable oil, and salt in a large bowl;
2. Knead until dough is smooth and no longer sticky.
3. Form the dough into 8 golf ball-sized balls. Cover and let rest, about 20 minutes.
4. Stretch each ball of dough into a thick tortilla.
5. Heat a large skillet over medium-high heat. Cook each tortilla until browned and lightly puffed, about 1 minute per side.
6. Place refried beans, avocado, the scrambled eggs and queso fresco over tortillas



*Picture from  
www.savoringthegood.com*

### Background and Significance:

Baleada is one of the most traditional and representative dishes of Honduran gastronomy. It is usually eaten at any time of the day due to its simplicity of preparation and its richness of flavours.

Una delicia Hondureña.



# Pilau

## East Africa

Recipe from: Leshan Loonena



\*8 servings\*

### Ingredients:

#### PILAU MASALA

- 2 teaspoons ground cumin
- 1 tablespoon paprika
- 1 teaspoon ground cardamom
- 1 teaspoon black pepper
- ¼ teaspoon ground cloves

#### PILAU

- ¼ cup vegetable oil
- 2 medium red onions, thinly sliced
- 4 cloves garlic, minced
- 2 tablespoons ginger, minced
- 1 serrano chile, finely chopped
- 1 tablespoon pilau masala
- 2 beef stock cubes
- 1 cinnamon stick
- ¼ cup fresh cilantro, roughly chopped
- 1 lb beef sirloin, cubed
- 3 roma tomatoes, diced
- 1 lb potato, waxy, peeled and cut into 1 inch (2 cm) chunks
- 4 cups water
- 2 cups basmati rice

### Steps:

1. Make the pilau masala: In a medium bowl, combine the cumin, paprika, cardamom, black pepper, and cloves. Set aside.
2. Heat a large pot over medium-high heat. Add the oil and red onion and sauté for 10-15 minutes, until dark brown.
3. Add the garlic, ginger, serrano chile, pilau masala, beef stock cubes, cinnamon stick, and cilantro.
4. Cook for 1-2 minutes, until fragrant.
5. Add the beef and cook until browned, about 8 minutes.
6. Add the tomatoes and cook for 4-5 minutes, until the tomatoes have released their liquid.
7. Add the potatoes and the water. Bring to a boil and cook for 10 minutes.
8. Add the rice, stir, and cover. Reduce the heat to medium-low and cook for 20 minutes, until the rice is cooked and the liquid is absorbed.

### Background/Significance:

The dish is usually a staple that many families eat frequently. But it is also served at weddings, dowry sessions, funerals and other big events.



*Picture from Tasty.com*



# Pap

## Formally Known as Porridge

### Southern Africa (Eswatini)

Recipe from Thandiswa Mdluli



#### Ingredients:

Mealie meal/ maize meal

(how much depends on how many people you're cooking for)

Salt (optional)

Water

#### Steps:

1. Bring water to the boil
2. Add a tiny bit of salt for taste.
3. Once it boils, add mealie meal until thick (add mealie meal to thicken to liking).
4. Leave to cook on medium (setting 3/4) for about 15-20 minutes.



*Photo from Thandiswa Mdluli*

#### Background/Significance:

Maize is a staple food in Eswatini, and so we make variants of it, like pap. We eat it "everyday"/whenever we want to, when we have braais etc.

Pap is plated when had for dinner/lunch. It can also be served in umgcwembe, especially during braais or get togethers.





# Israeli Shakshuka

## Israel

Recipe from: Ben Bechor



*Picture from Ksenia Chernaya  
on Pexels.com*

### Ingredients:

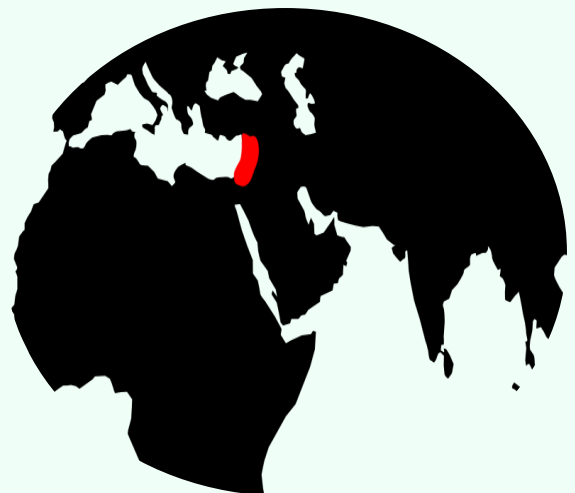
- 2 tablespoons olive oil
- 1 large yellow onion, chopped
- 1 large red bell pepper or roasted red bell pepper, chopped
- ¼ teaspoon fine sea salt
- 3 cloves garlic, pressed or minced
- 2 tablespoons tomato paste
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon red pepper flakes, reduce or omit if sensitive to spice
- 1 large can (28 ounces) crushed tomatoes, preferably fire-roasted
- Chopped fresh cilantro or flat-leaf parsley, plus additional cilantro or parsley leaves for garnish
- Freshly ground black pepper, to taste
- 5 to 6 large eggs
- ½ cup crumbled feta
- Crusty bread or pita, for serving

### Steps:

1. Preheat the oven to 375 degrees Fahrenheit. Warm the oil in a large, oven-safe skillet (preferably stainless steel) over medium heat. Once shimmering, add the onion, bell pepper, and salt. Cook, stirring often, until the onions are tender and turning translucent, about 4 to 6 minutes.
2. Add the garlic, tomato paste, cumin, paprika and red pepper flakes. Cook, stirring constantly, until nice and fragrant, 1 to 2 minutes.
3. Pour in the crushed tomatoes with their juices and add the cilantro. Stir, and let the mixture come to a simmer. Reduce the heat as necessary to maintain a gentle simmer, and cook for 5 minutes to give the flavors time to meld.
4. Turn off the heat. Taste (careful, it's hot), and add salt and pepper as necessary. Use the back of a spoon to make a well near the perimeter and crack the egg directly into it. Gently spoon a bit of the tomato mixture over the whites to help contain the egg. Repeat with the remaining 4 to 5 eggs, depending on how many you can fit. Sprinkle a little salt and pepper over the eggs.
5. Carefully transfer the skillet to the oven (it's heavy) and bake for 8 to 12 minutes, checking often once you reach 8 minutes. They're done when the egg whites are an opaque white and the yolks have risen a bit but are still soft. They should still jiggle in the centers when you shimmy the pan. (Keep in mind that they'll continue cooking after you pull the dish out of the oven.)
6. Using oven mitts (both hands!), transfer the hot skillet to a heat-safe surface like the stove. Top with the crumbled feta, fresh cilantro leaves, and more red pepper flakes, if desired. Serve in bowls with crusty bread on the side.

### Background/Significance:

Shakshuka is a staple dish at any Israeli breakfast – whether you're in a restaurant or at home.



# Meat Pies

## Nigeria

Recipe from: Esther Ezeogu



### Ingredients:

#### Dough:

1 cup (125 grams) all-purpose flour  
1/4 teaspoon fine salt  
10 tablespoons high-quality butter (5 ounces), cold  
1/3 cup ice cold water

#### Filling,

\*this part is about what you want. Extra can be used with pasta\*

#### Ground beef

1/2 a 8 oz can of Tomato paste  
4 gloves of garlic  
1 large Carrot diced  
1 Green bell pepper diced  
1 red bell pepper diced  
1 large onion diced  
Olive oil

What ever seasoning you want. I like to use some creole spice,  
chili powder, salt, black pepper, and curry.



*Picture from Patty Jansen from Pixabay*

### Steps:

#### Dough

1. In a medium bowl, add the flour and salt. Stir to mix.
2. Next, cube the butter and then add it to the flour bowl. Using hands, mix together the butter and the flour, it will be crumbly that's okay.
3. Next, make a hole in the center of the dough and pour in all of the water. Using a fork, stir to combine the dough.
4. Flour a surface, and add the dough. Pat it into a rough square. You will still see chunks of butter and it will seem too dry, but do not add extra water. The dough will come together with each roll.
5. Roll the dough out, fold the dough up and roll again. Do this 6 to 7 times.
6. When done, wrap the dough in plastic and chill for at least one hour, or overnight.
7. Roll out and cut into circles

#### Filling

1. Put ground beef in a pot and let it cook in its juices with half of seasoning
2. In a pan drizzle olive oil, add onions and let fry till translucent. Then add two cloves of garlic.
3. Add carrots and green and red bell peppers.
4. Season with other half then add tomato paste
5. And this mix to the ground beef and remaining garlic.
6. Let cook for another 15 minutes.

#### Pies

Using a cupcake tray, oil and put a little bit of butter.  
Preheat oven to 350F  
Place pastry at in the tray add filling then cover with more pastry.  
Put in oven for 15-20 minutes.

### Background/Significance:

This is usually used as an appetizer, or a snack at parties.





# Gallo Pinto

## Costa Rica

Recipe from: Marianela Arias Hidalgo



Jeanette's Healthy Living

Picture From Jeanetteshealthyliving.com

### Ingredients:

- 2 tablespoons light-tasting oil (vegetable, mild olive, canola)
- 1 red bell pepper, chopped
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 2 cups cooked black beans, in 3/4 cup reserved cooking liquid
- 1/4 cup Salsa Lizano ( a delicious Costa Rican sauce)
- 3 cups cooked rice, preferably, day-old and refrigerated
- 1/4 cup chopped fresh cilantro (or as much as you want, I use a lot more)

### Steps:

1. Heat oil in a large skillet over medium-high heat until shimmering.
2. Sauté chopped bell pepper and onions until peppers are soft and onions are translucent about 6-8 minutes.
3. Add minced garlic and cook for 1 minute, until fragrant.
4. Add black beans, reserved cooking liquid, and Salsa Lizano, stirring to combine.
5. Simmer for 5 minutes, until slightly thickened and a little bit of the liquid is evaporated.
6. Gently stir in cooked rice and cook until heated through and most of the liquid is absorbed, but not dry, about 3-5 minutes.
7. Stir in chopped cilantro. Season to taste with additional Salsa Lizano (we added about a tablespoon extra).
8. This meal is usually accompanied by eggs, fried plantains, natilla ( similar to sour cream), corn hand-made tortillas, avocado, and a cup of coffee!

### Background/Significance:

This meal is typically served as a part of a hearty breakfast, but it can be eaten at any time. Costa Ricans eat rice and beans in every meal and Gallo Pinto is a combination of those two but with a special preparation, which some of its preparation roots come from the Caribbean culture of Costa Rica and the Chorotega. The entire meal is part of the culture of Costa Rica, it is made with ingredients used for our indigenous people and Costa Ricans love it. It took a lot of popularity because this meal is really complete and farmers need a good breakfast to have the energy to work. It is also so delicious and completes the Costa Rican "Pura Vida".



# Spicy Pork Sinigang

Philippines

Recipe from: Jose Bayuga



## Ingredients:

- 2 lbs pork belly,
- 1 bunch spinach,
- 3 tablespoons fish sauce,
- 12 pieces string beans cut in 2 inch length,
- 2 pieces tomato quartered,
- 3 pieces chili or banana pepper,
- 1 tablespoons cooking oil,
- 2 quarts water,
- 1 piece onion sliced,
- 2 pieces taro quartered,
- 1 pack sinigang mix/3 pieces of grind Tamarind good for 2 liters water
- 10 pieces of Cayenne/Bird's eye/Finger chilies

## Steps:

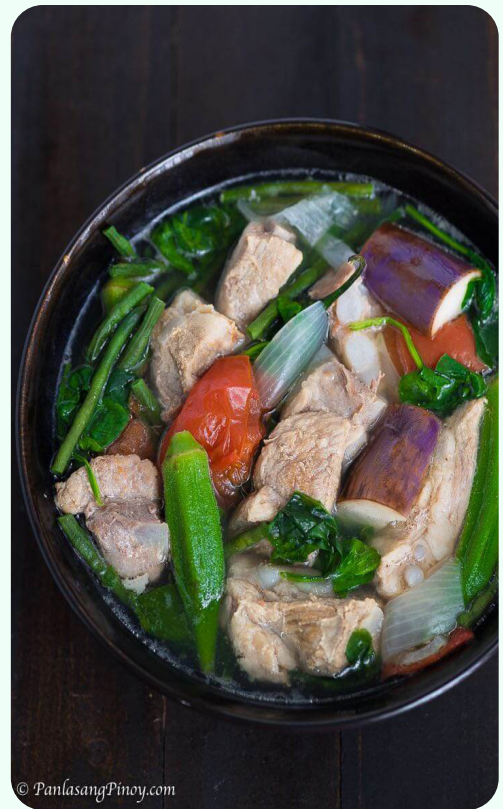
1. Heat the pot and put-in the cooking oil
2. Sauté the onion until its layers separate from each other
3. Add the pork belly and cook until outer part turns light brown
4. Put-in the fish sauce and mix with the ingredients
5. Pour the water and bring to a boil
6. Add the taro and tomatoes then simmer for 40 minutes or until pork is tender
7. Put-in the sinigang mix/tamarind and chili
8. Add the string beans (and other vegetables if there are any) and simmer for 5 to 8 minutes
9. Put-in the spinach, turn off the heat, and cover the pot. Let the spinach cook using the remaining heat in the pot.
10. Serve hot and eat it with rice. Share and enjoy!

\*For more info visit: <https://panlasangpinoy.com/pork-sinigang-na-baboy-recipe/>

## Background/Significance:

Given the diverse ethnic cultures within the Philippines, there is still dispute on where this dish specifically originated from but the consensus is that it is an indigenous dish.

It is one of the Filipino dish, among many, usually served in lunch or during the rainy season but you can also expect it to be served in any event!



© PanlasangPinoy.com

Picture from [panlasangpinoy.com](https://panlasangpinoy.com)



# Chapo Smokie

Kenya

## Ingredients:

Chapati:

3 cups of flour

1 1/2 cups of warm water

1 tsp of salt

1 tsp of sugar

Extra any vegetable oil for frying

Smokie:

1 pack of sausages; most of the time it pork but for non-pork eaters you can go with chicken or beef.

## Steps:

For the Chapati

1. Add 3 cups of flour in a bowl.
2. Add salt, sugar, 2 tbsp of oil and 1 ½ cups of water in a separate jar/ bowl. Stir until the salt and sugar dissolves.
3. Add the liquid mixture in step 2 in the flour bowl (step 1) and mix well.
4. Keep kneading for 10 minutes and add flour if needed until the dough becomes non-sticky. Add 2-3 tbsp of oil and continue kneading until the oil mixes well and the dough is soft. Cover the dough and leave it for 40 minutes.
5. After the 40 minutes, divide the dough into 10 - 15 equal parts making ball like shapes. Arrange them in a flat surface dusted with flour (Cover with a damp tablecloth to avoid drying).
6. Dust flour in the flat place and take one of the balls and start rolling with a rolling pin to a circular shape, brush oil on top and roll it inwards to form a shape-like a rope, then create a coil-like shape and press the ball down with your palm to make it flat. Repeat this process to the rest of the remaining balls of dough.
7. Next, start rolling each of the coil-like shape doughs with the rolling pin to form a circular shape again.
8. In a hot pan, place the rolled out circular chapati and fry each side with little oil until its golden brown on medium heat. Place your cooked chapati in a flat plat and cover with an aluminum foil.
9. Repeat this step to the rest of the coil-like dough.

For the Smokie:

1. Put a non-stick pan over a medium heat then add the sausages. A little of the fat from the sausages will start to come out as they warm up, turn the sausages in the hot fat to coat them.
3. Keep cooking for 15-20 mins, moving them around in the pan and turning them over regularly so they all cook evenly.
4. They'll be ready when the outside of the sausages are a deep golden brown and the inside is pale but with no sign of pink or blood. Any meat

Chapo Smokie:

Roll the sausage in the chapati and apply some sauce till juices running off should be clear.

## Background/Significance:

Chapo Smokie is a popular street food snack in Kenya and is popular among college students in Kenya. It goes well with a bottle of coke or the soda of your choice.



*Photo from Richard Muuo on Pinterest*



# Mandazi

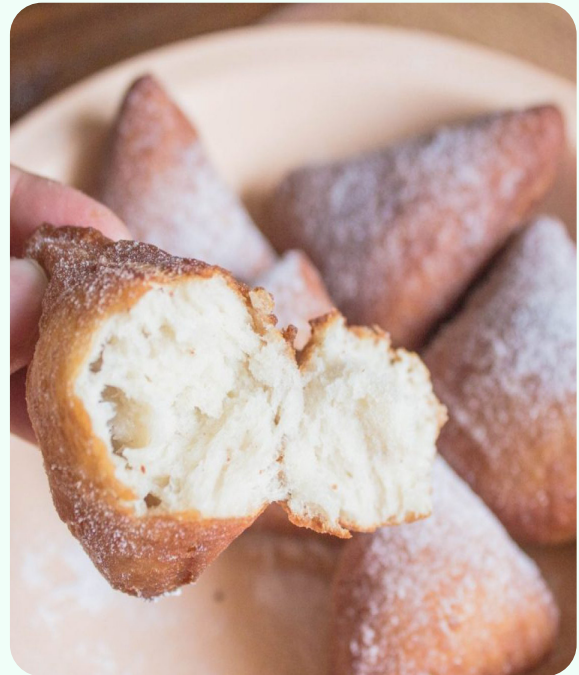
East Africa



## Ingredients

For 40 mandazis:

- 3 cups all-purpose flour, plus more for dusting
- ½ cup sugar
- 1 ½ teaspoons baking powder
- 2 teaspoons ground cardamom
- ½ teaspoon kosher salt
- 1 egg, beaten
- 13 ½ oz coconut milk,
- 1 can of oil, for frying



*Picture from cookist.com*

## Steps:

1. In a large bowl, whisk together the flour, sugar, baking powder, cardamom, and salt.
2. Make a well in the center, then use a rubber spatula to mix in the egg and coconut milk until the dough comes together.
3. Turn the dough out onto a floured surface and knead until smooth.
4. Divide the dough into 4 portions.
5. Roll out 1 portion of dough into a circle about ¼-inch (6 ml) thick.
6. Cut into 8 triangles. Repeat with the remaining dough portions.
7. Heat the oil in a large pot until it reaches 350°F (180°C).
8. Working in batches, fry the mandazi for 2-3 minutes per side, until golden brown. Drain on paper towels.

## Background/Significance:

Mandazis are a great pastry dish that people can eat as a snack, for breakfast, or as a tea time dish alongside a cup of chai (tea), coffee or hot chocolate if that's your preference. It is a popular pastry dish throughout East Africa and beloved by many.





# Banitzza (Баница)

Bulgaria



## Ingredients

Crumbled Feta

Pack of phyllo dough sheets

Eggs

Butter

Plain Yogurt

## Steps:

1. Mix 3 eggs into a bowl, then add one cup of crumbled feta cheese, half a tea spoon of baking soda, and 2-3 tablespoons of plain yogurt into the mixture.

2. Eyeballing the measurements is common and it works fine just as long as you keep a good ratio between the eggs, the yogurt, and the feta.

3. Set the mixture aside and melt some butter (one stick should do the trick but you can always add more if you are a butter lover).

4. After you have the melted butter, grab a baking pan (glass pans work well but you can use any other baking tray that is not too shallow would work, generally 9x13 baking pans would get the job done) and coat the baking pan with some butter.

5. Then add a sheet of phyllo dough, use a spoon to generously sprinkle some of the mixture you prepared earlier.

6. Now add another sheet of phyllo dough over that mixture. Repeat the process until you reach the desired height (maybe stop when it starts to resemble a skyscraper). All jokes aside, you can decide how many layers you want your banitzza to have, generally there are anywhere between 15-25 phyllo dough sheets used.

Alternatively, instead of layering you banitzza like a lasagna, you can always just roll it and make it a rolled banitzza (or навита баница as known in Bulgaria). To do so, you need to roll each phyllo dough sheet after you apply the mixture, then you can roll it again into a cinnamon roll looking shape and you keep going around the first cinnamon roll shaped phyllo dough sheet until you reach the desired size. Before you put the banitzza to bake in the oven, add a coating of butter on it, it is recommended to use a brush for this to make the process easier. Then you bake in a 350 degrees preheated oven for 15-25 minutes. The baking time depends on the size of the dish so it is best to just bake until golden. When the banitzza turns into a crispy golden goodness, you can take it out from the oven. Some people like to sprinkle a little bit of water over it and cover it with a cloth right after they get it out of the oven. This is done to make it fluffier but it is completely optional and usually not required as the butter can also contribute to some of the fluffiness of the dish.

## Background/Significance:

Banitzza is the traditional dish of Bulgaria and it can be eaten at any point of the day. It is common to eat it for breakfast with a glass of ayran or boza.



*Photo from 196flavors.com*





# Cuñapé

## (Bolivian baked “cheese balls”)

Bolivia

.....

### Ingredients:

1 cup of yuca or tapioca starch  
3 cups of cheese\*  
1 egg  
Milk  
Salt

\*(In Bolivia we use “queso criollo” but you will most likely not find that so you’ll need to find one type of cheese that crumbles, i.e. fresh mozzarella, Mexican cheese “queso fresco”)\*

### Steps:

- 1.Preheat your oven at 375F.
- 2.Grate (or crumble) the cheese into a bowl, add the tapioca starch and mix.
- 3.Add the egg and a pinch of salt (or more if you’d like) into the bowl.
- 4.Knead it with your hands until you have a compact dough consistency.
- 5.If it feels too dry, add milk by tablespoons until you get the consistency you want. (be careful not to add too much milk, the dough should be compact)
- 6.Form balls of about 2 inches and place them into a non-stick or greased and
- 7.floured baking sheet 2-3 inches apart from each other.
- 8.Bake for 15-20 minutes or until light golden brown.
- 9.Enjoy with a cup of coffee or tea!

### Background/Significance:

Cuñapé is a very popular food especially on the east of Bolivia. It can also be found in other Latin American countries with different names. It is one of the many cassava (or yuca) and cheese -based traditional recipes of the eastern region of Bolivia. It is traditionally served with coffee :)



*From boliviancookbook.com*



# Kitfo

Ethiopia



## Ingredients:

- 4-6 tablespoons niter kibe  
(Ethiopian flavored butter)
- 1/2 kilogram finely ground low-fat beef
- 1 teaspoon mitmita powder  
(Ethiopian hot pepper)
- 1 teaspoon cardamom powder



Mark Wier

*Photo from Mark Wiens on migrationology.com*

## Steps:

1. To prepare the dish tere, or raw, melt the niter kibe in a skillet over low heat.
2. When the niter kibe is melted, remove from heat and add the beef to the skillet, mixing to combine well.
3. Add the spices and mix thoroughly. Taste, and add one-half teaspoon salt or as desired.
4. If you want it lebleb, or slightly cooked, place the skillet back over low heat after combining the niter kibe with the meat. Heat for a minute or so before adding the spices and seasoning.
5. To prepare it yebesele, or fully cooked, put the beef and niter kibe in a skillet over low heat, and cook, stirring constantly, until the kibe melts and the beef is cooked to your liking.
6. Remove from heat, add the spices and seasoning, and mix the ingredients well.
7. Serve the kitfo with dollops of ayib (soft Ethiopian cheese), qocho (Ethiopian sour bread), Injera or bread.

## Background/Significance:

Kitfo is a special dish held dearly by Ethiopians. It is a meal served for rare occasions of religious holidays, national holidays, graduations, weddings and respected visitations. It is traditionally served by being placed on koba leaves and eaten with spoon but has also been improvised to be eaten by hands with other side dishes. The simplicity of the cooking (or not cooking at all) process makes it an ideal food to consume while its unique flavor and texture lets it be valued and loved immensely by the Ethiopian community and all its appreciators.



# Fatira

## Ethiopia

### Ingredients:

- 2 1/2 cups all-purpose flour
- 1 tsp oil
- Pinch of salt
- 1 cup water, more, if needed
- 4 eggs
- 1 small onion, chopped
- 1/2 green pepper, chopped
- 1/2 tomato, chopped
- 2 chili peppers, chopped

### Steps:

1. Make a dough from flour, oil, salt, and water.
2. Divide the dough into five pieces. Shape them into balls, then roll out each ball using a rolling pin to a larger circle.
3. Now, brush the top of each circle of dough with half teaspoon of oil. Fold the sides of each circle of dough to make a small square.
4. Roll each square of dough out to a large sheet of dough, roughly the size of a rectangle.
5. Heat a small amount of oil in the pan over medium heat, then place one sheet of dough into a pan.
6. Cook, often flipping, until done — it will be interspersed with golden and dark, small bubbles.
7. Cook the remaining pieces of dough in the same manner, adding a small amount of oil before cooking each new one.
8. Now, for the egg layer, whisk eggs, green peppers, tomatoes, salt, onions, and chili peppers in a bowl.
9. Add a small amount of oil to the pan, then once heated, pour in a small amount of the egg mixture and cover it with a cooked fatira.
10. Cook only until the eggs are done.
11. Repeat until you've used up all of the egg mixture and all the fatira breads.



*Photo from Triinu Vösu  
on [triinuvosueg.blogspot.com](http://triinuvosueg.blogspot.com)*

### Background/Significance:

Fatira is one of the most common Ethiopian street foods that serves as a sweet breakfast or supper dish. Typically served as a large portion along with tea or coffee, this perfect combination of savory and sweet food is a delight to Ethiopians.



# Ethiopian Kurt

Ethiopia



## Ingredients:

Extra largely diced beef meat  
Awaze (hot pepper +oil +lemon),  
Mitmita (Ethiopian hot pepper)  
or Sinafinch (Ethiopian Mustard) to dip for more flavor

## Steps:

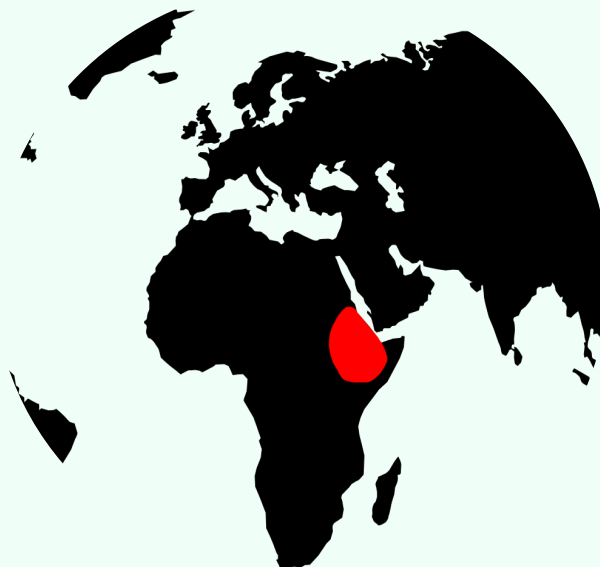
1. Cut up the pieces of raw meat to a chewable size
2. Dip in any, both or all condiments
3. Enjoy!



*Photo from: [travel2unlimited.com](https://www.travel2unlimited.com)*

## Background/Significance:

Yes, tire siga is meat eaten raw! It has been a strong part of Ethiopian culture since its adaptation during times where meat couldn't be cooked because the smoke from the fire was an easy detection by the enemy during wars. This has gotten raw meat to be a beloved and prideful dish of the country. If one's not scared of the side effects of eating uncooked meat, tire siga is definitely a flavorful Ethiopia dish to try!





# Tibs

## Ethiopia

### Ingredients:

#### CHICHARRÓN

- 1 teaspoon vegetable oil
- 1 lb boneless pork shoulder, cut into 1-inch (2-cm) cubes
- 1 teaspoon salt
- 1 medium tomato, diced
- ½ green bell pepper, diced
- 1 small white onion, diced

#### PUPUSA DOUGH

- 4 cups masa harina
- 2 teaspoons salt
- 3 cups cold water

### Steps:

1. Melt niter kibbeh or butter in a heavy saucepan on medium heat.
2. Add onions, ginger, garlic, and berbere(Ethiopian hot pepper).
3. Reduce heat to medium-low and cook, stirring occasionally, until onions are dark, ruddy, and golden, about 30 minutes.
4. Transfer to food processor and blend until not quite a purée.
5. Return to saucepan, season to taste with salt, and keep warm.
6. Season beef on all sides generously with kosher salt.
7. Heat oil in a 12-inch cast iron or stainless steel skillet over high heat high until lightly smoking.
8. Add beef in a single layer, leaving plenty of open space in the pan
9. Cook without moving until well-seared on one side, about 3 minutes.
10. Flip meat cubes with tongs and cook on second side until well seared.
11. Continue to cook meat, stirring and flipping occasionally until desired level of doneness is reached.  
(See right for desired doneness)
12. Toss beef with warm sauce, stir in lemon juice, and serve immediately.

#### FILLING

- 1 cup grated mozzarella cheese or Oaxaca cheese
- 1 cup refried bean, cooked
- 1 tablespoon vegetable oil, for frying 5 tablespoons niter kibbeh, or plain unsalted butter
- 2 medium onions, chopped medium (about 2 cups)
- 3 inch knob ginger, minced, about 2 tablespoons
- 6 medium cloves garlic, minced, about 2 tablespoons
- 2 tablespoons berbere (see note)
- Kosher salt
- 1 pound beef sirloin, cut into 1-inch cubes, trimmed of excess fat and connective tissue
- 1 teaspoon vegetable oil
- 1 teaspoon lemon juice, to taste



*From u/Skvora on reddit*

- \*For Rare meat, transfer to saucepan immediately.
- \*For Medium, cook an additional one to two minutes before transferring to saucepan.
- \*For Well done, cook up to five more minutes before transferring to

### Background/Significance:

Tibs is one of the most popular dishes among Ethiopians. Historically, it was served to pay a compliment or show respect to someone. Today it's still viewed as a special dish, hence its popularity for commemorating special events and holidays. However, it is also available to prepare anywhere or go to a restaurant to enjoy at any time!





# Pupusas

## El Salvador

### Ingredients:

\*For 18 Pupusas\*

#### CURTIDO

½ head green cabbage, cored and shredded  
1 small white onion, sliced  
2 medium carrots, grated  
4 cups boiling water 1 cup distilled white vinegar  
1 tablespoon dried oregano  
2 teaspoons kosher salt

#### SALSA

8 tomatoes  
½ Onion  
½ Green bell pepper  
1 cup of water  
1 teaspoon salt

### Steps:

1. Make the curtido: In a large bowl, combine the cabbage, onion, and carrots. Pour the boiling water over the vegetables and toss. Let sit for 10 minutes, then drain.
  2. In a liquid measuring cup or small bowl, combine the vinegar, oregano, and salt. Pour over the slaw and toss to coat. Once thoroughly mixed, transfer the curtido any any leftover liquid in the bowl to an airtight jar or container.
  3. Chill for at least 20 minutes in the refrigerator, or chill overnight for best results.
  4. Make the salsa: put the tomatoes, bell pepper, cup of water and onion in a blender, and blend until it's all combined.
  5. Put the salsa in a pot and add salt. Cook until starts boiling and set aside.
  6. Make the chicharrón: Heat the vegetable oil in a large pan over medium-high heat. Add the pork shoulder and salt. Cook for 15 minutes without disturbing. If the pork is browning too quickly, reduce the heat to medium. Turn the pork over and let cook on the other side for 10 minutes more, or until crispy and golden brown.
  7. Transfer the pork to a food processor and add the tomato, green bell pepper, and onion. Pulse until a thick paste forms. The mixture should not be watery. Set aside.
  8. Make the pupusa dough: In a large bowl, whisk together the masa harina and salt, then add the water. Use your hands to mix until the dough comes together with a clay-like texture.
  9. Fill a small bowl with water and a bit of oil and set near your work station. You'll wet your fingers with the mixture as you work to keep the dough from sticking to your hands.
  10. Take a golf ball-sized portion of dough and roll into a ball, then flatten into an even round.
  11. Fill the dough round with ½ tablespoon chicharrón, 1 teaspoon refried beans, and 1 teaspoon mozzarella cheese or Oaxaca cheese. Fold the dough over the filling until it's completely sealed. Then, pat out the ball between your hands until flat. If the pupusa cracks, patch it with a bit of dough and a little oil. Repeat with the remaining ingredients.
  12. Heat a large pan or griddle over medium heat. Brush with vegetable oil, then place 2-3 pupusas on the pan and cook for 2-4 minutes, or until the bottoms are golden brown. Flip and cook on the other side for 2-4 minutes more, until golden brown and warmed through. Repeat with the remaining pupusas.
- Serve the pupusas with curtido and salsa.



*Photo from Suellen Pineda on  
Hispanickitchen.com*

### Background/Significance:

This El Salvador's traditional dish, you can find and eat pupusas anywhere you go. People eat them no matter what time, what day, or what season of the year it is, this is what makes them more accessible for everyone who lives and visits El Salvador. Pupusas have their own national day which is the second Sunday of November, people celebrate it by doing the pupusa festival where you can taste more than 10 different combinations, and also where the biggest pupusa is made which has a 4.5 meters diameter and 22 square meters, and currently has a Guinness World Record awarded in 2015.



# Manti

Armenian / Lebanese



## Ingredients:

### Meat Stuffing

1 kilogram minced meat

1 small onion chopped

Peppers

Paprika

7 lebaneese spices

## Steps:

1.Cut the dough (use a pasta dough recipe) in rows to form tiny squares.

2.Add the meat circles into each of the squares and fold on the corners of both sides

(see on photo 1 for the dumpling shape) .

3.Coat a round pan with canola oil, and assemble the dumplings side by side (see photos 2 for sample assembly design)

4. Bake in the oven until golden, approx. 10-15 minutes

Photo 1



*Photo from 196flavours.com*

Photo 2



*Photo from 196flavours.com*

## Background/Significance:

Manti is usually served on special occasions, and this one is known and loved dishes all around the world where the Armenian diaspora is.



# Muamba de Galinha (Chicken muamba)

Angola



## Ingredients:

Chicken (whole chicken in large pieces)

Onions

Bay Leaves

Paprika

Tomatoes

Garlic

Salt

Okra

Palm Oil or Peanut Butter and Olive Oil

(There are two types of muamba, one called Muamba de Gingu-ba which is with peanut butter).

## Steps:

1. Cut the chicken in pieces, preferably cut on the articulations
2. Season it with salt, garlic (paste), paprika and other spices if you want
3. Let it marinate while prepping the rest
4. Chop the onions, okra, tomatoes and some more garlic
5. Put either palm oil or olive oil in a cooking pan
6. Fry the onions and garlic, once they are fried add the tomatoes, okra and the chicken. Let it all simmer for 5-7min
7. Add some water to it if cooking with palm oil
8. Add some peanut butter and a bit of water if cooking with olive oil
9. Let it simmer again till the chicken is cooked and till the bones are almost falling off the chicken, and the sauce is a bit thick (for the peanut butter version)

You can serve this with funge (a starch base food) which is the most common way of eating it, and fried green vegetables. Funge is made with kassava flour, corn flour or a mix and water only. Other African countries do it in different and similar ways and some call it fufu or pap.

You can also serve it, even though very uncommon, with rice.

## Background/Significance:

This dish is usually served on Saturdays as it is the week day where in every household in Angola, traditional/cultural meals are eaten as if mandatory haha.



*Photo from Imma on  
immaculatebites.com*





# Stuffed Grape Leaves

Middle East - Arab Countries  
and East Europe



## Ingredients:

Grape leaves

Rice

Olive oil



*Photo from Amy on bellyful.net*

## Steps:

1. First, rinse the rice and soak in water for 20 minutes, and then drain the well.
2. While the rice is soaking cook the meat. Sautee finely chopped onions, add the meat and cook until fully browned and then season the meat with salt and pepper, allspice, and cumin.
3. Combine the meat, rice, and fresh herbs. Add a drizzle of olive oil.
4. To stuff grape leaves, work one leaf at a time. Lay the leaf flat on a cutting board with the more textured side facing you. Cut off the stem.
5. Take a heaping teaspoon of the rice stuffing mixture (a little bit less than 1 tablespoon) and place in the center of the leaf
6. Fold the sides over the filling and roll, keep tucking the left and right sides as you roll ( Similar to rolling a cigar)
7. Neatly arrange the grape leaves in rows, seam-side down, in your prepared pot, covering the circumference of the pot.
8. Pour water over the grape leaves while in pot.
9. Cover the pot with its lid and cook over medium heat for 30 minutes.

## Background/Significance:

It is a daily dish that can be made for lunch or dinner. Many people make it and find it tasty.



# Mnaeesh (Zaatar Pizza)

Arab Countries



## Ingredients:

3 cups of flour  
1 cup of warm water  
(don't boil it so you don't burn yourself while mixing it using your hands).  
2 small spoons/ 1 big spoon of yeast.  
Half a small spoon of Salt  
1 big spoon of sugar  
Quarter a cup of olive oil.  
Olive oil  
Zaatar to mix as well for the topping



*Photo from Jyothi Rajesh on arch-anaskitchen.com*

## Steps:

1. Get a big bowl add the flour, then add the salt then basically add all the things above together except the Zaatar.
  2. After you add half of them start mixing them using your hands, add the water in steps (like add it, then mix it, then add more water). Keep kneading the dough till you feel that it sticks together and that it is soft.
  3. Next, you can leave the dough for an hour or more depending on when you wanna continue but you have to give it time so the yeast can help the dough get bigger.
  4. After the time has past bring the tray you can put a bit of oil (like few drops) and some flour so that it helps the dough to not stick in the tray.
  5. Then you cut the dough in small pieces and make circles. You make a mix in a separate bowl for olive oil and Zaatar so it is handy and easy for you to put as a topping. you can make it a thick mix where you make it less liquidy or you can make it a thin mix where it can be more liquidy.
  6. Put the zaatar on the dough when it is on the tray.
- For the oven, I usually use 415 degrees F.
7. Bake for around 15- 20 min, check it by using a fork -the side that faces the tray should be red-ish

## Background/Significance:

This dish can be eaten for breakfast, lunch, or dinner. To some extent, it is a pastry so it can be served in big family gatherings and individuals can eat it on their own. It is also found everywhere in Arab restaurants and bakeries.





# Stir-Fried Basil Chicken

## Thailand



### Ingredients:

Minced chicken (500 g)  
Basil leaves (as much as you want)  
Minced Garlic (3 cloves)  
Minced Thai Chili (3-4 pods)  
Oil (1.5 tablespoons)  
Sugar (a pinch)  
Salt (a pinch) [optional]  
Fish sauce (3 tablespoons)

### Steps:

- 1.Heat the pan. Add oil when the pan is hot enough.
- 2.Add minced garlic and stir-fry until the garlic turns golden.
- 3.Add minced Thai chili and minced chicken
- 4.Season with fish sauce, salt, and sugar
- 5.Add basil leaves
- 6.Stir-fry everything together
- 7.Taste if you like the flavour (it should be salty, spicy, and slightly sweet)



*Photo from Savita on [chefdehome.com](https://www.chefdehome.com)*

### Background/Significance:

It is arguably the most popular everyday dish among Thais.  
It is usually served with cooked rice and fried eggs.



# Food Fest Specials

As mentioned in the ISO President's statement, Food Fest is all about bringing people together, sharing stories, experiences, and food. Additionally, Food Fest is about learning and experiencing other people's cultures and one of the best way to accomplish that is through food. It is wonderful to have all these recipes from around the world to try for yourself, but sometimes you can learn more from watching. This next section of the Cookbook, Food Fest Specials, gives you the ability to watch these dishes be cooked from students. These dishes were cooked, filmed, and edited all by ISO Students. On the following recipes there will be a scannable QR code like the one below.



<https://www.youtube.com/channel/UCDTPvnAwV7AbtI6nbSlhxeA>

This one leads to our official YouTube channel, go ahead, and subscribe.

Each of the following recipe have their own dedicated link under the QR code, so if you want to watch a certain recipe, scan the code on the specific page.

# Mufete

Luanda, Angola



## Ingredients:

Fish	Plantains,
Beans	Sweet Potatos(the ones
Palm oil	like japanese sweet
Onions	potato)
Garlic	Salt
Tomatoes	Vinegar
Kassava	Olive oil
	Roasted Kassava Flour



## Steps:

1. Place the uncooked beans boiling with water(~1L), salt, and palm oil.  
*(Cook the beans until they are sticking to the bottom of the pot, and the pot has an orange sauce, this is commonly known in Angola as palm oil beans)*
2. Boil the plantains, sweet potatoes and kassava till they are all cooked (easier if still with the peel).
3. Season the fish with salt and garlic, and other spices if available. Place seasoned fish in a bowl. If the fish creates some excess liquid in the bowl, keep liquid to be placed on fish during grilling step. If not, make a mixture of water and the spices used for seasoning during grilling.
4. Grill the fish till is well cooked and use the water mix or or excess liquid from previous step too keep it moisty and not dry.
5. Chop the onions and tomatoes in small cubes in a bowl.
6. Add equal quantities of vinegar and olive oil until it covers it all and salt according to your taste.  
In Angola it is called this Chopped onions sauce.
7. Let the plantains, kassava and sweet potatoes cool down and peel them, they can either be cut in big slices/ pieces or left whole.
8. Serve the grilled fish with the plantains, sweet potatoes and kassava, depending on the size of the fish that is used, you can either put the beans on the same plate or in a separate small bowl.
9. On the top of the fish put the chopped onions sauce and on the top of the beans you can put the roasted kassava flour."



# Empanadas

Costa Rica

## Ingredients:

1 cup of corn flour,  
1 of warm water,  
1 tbsp salt,  
2tbsp garlic powder,  
1 cup of mozzarella cheese, oil to fry.

Side: 3 medium avocados,  
1 small tomatoes,  
1/2 tbsp salt,  
1/2 lemon,  
1/4 white onion.

## Steps:



## Empanadas

1. Mix the flour, salt, and garlic powder with warm water.
  2. Once the dough is ready, make small balls.
  3. Using the tortilla press, flat the smash the balls until they are flat, just like a tortilla.
  4. In the middle of the tortilla, put enough mozzarella cheese, but making sure there is space, so the empanada is closed.
  5. Fry the empanadas in hot oil, preferably that the oil covers the empanada.
- Once the empanadas have a gold color, there are ready. Wait until they cool down.

## Guacamole

1. First, once you cut the avocados, set them in a bowl, and smash them using a fork.
2. Then, add the sliced onion and tomatoes to the smashed avocado, and mix
3. Last, add salt and lemon to your taste



<https://www.youtube.com/watch?v=5DUK2Wn0vgA>



# Jollof Rice

Nigeria

## Ingredients:

1/3 cup oil (vegetable/canola/coconut, not olive oil)  
6 medium-sized fresh plum/Roma tomatoes, chopped, OR a 400-gram tin of tomatoes  
6 fresh, red poblano peppers (or 4 large red bell peppers), seeds discarded  
3 medium-sized red onions (1 sliced thinly, 2 roughly chopped), divided  
1/2 to 1 hot pepper, or to taste (yellow Scotch bonnets are my favourite)  
3 tablespoons tomato paste  
2 teaspoons (Caribbean/Jamaican-style) curry powder  
1 teaspoon dried thyme  
2 dried bay leaves  
5 to 6 cups stock (vegetable, chicken, or beef) or water, divided  
2 teaspoons unsalted butter (optional), divided  
4 cups uncooked converted long-grain rice or golden sella basmati, rinsed  
Salt, to taste  
Black and white pepper, to taste  
Extra: sliced onions, tomatoes



*Photo from: Esther Ezeogu*

## Steps:

1. In a blender, combine tomatoes, red poblano (or bell) peppers, chopped onions, and Scotch bonnets with 2 cups of stock, blend till smooth, about a minute or two. You should have roughly 6 cups of blended mix. Pour into a large pot/ pan and bring to the boil then turn down and let simmer, covered for 10 - 12 minutes
2. In a large pan, heat oil and add the sliced onions. Season with a pinch of salt, stir-fry for 2 to 3 minutes, then add the bay leaves, curry powder and dried thyme and a pinch of black pepper for 3 - 4 minutes on medium heat. Then add the tomato paste - stir for another 2 minutes. Add the reduced tomato-pepper-Scotch bonnet mixture, stir, and set on medium heat for 10 to 12 minutes till reduced by half, with the lid on. This is the stew that will define the pot.
3. Add 4 cups of the stock to the cooked tomato sauce and bring it to boil for 1 - 2 minutes.
4. Add the rinsed rice and butter, stir, cover with a double piece of foil/baking or parchment paper and put a lid on the pan—this will seal in the steam and lock in the flavour. Turn down the heat and cook on low for 30 minutes.
5. Stir rice—taste and adjust as required.
7. If you like, add sliced onions, fresh tomatoes and the 2nd teaspoon of butter and stir through.
6. To make Party Rice, you'll need one more step. Now Party Rice is essentially Smoky Jollof Rice, traditionally cooked over an open fire. However, you can achieve the same results on the stove top. Here's how: Once the rice is cooked, turn up the heat with the lid on and leave to "burn" for 3 to 5 minutes. You'll hear the rice crackle and snap and it will smell toasted. Turn off the heat and leave with the lid on to "rest" till ready to serve. The longer the lid stays on, the smokier.



# Shrimp DG

Cameroon



## Ingredients:

Plantains  
Salt  
Oil  
Onions  
Garlic  
Shrimp  
Tomatoes  
Carrots  
Bell peppers  
Celery  
Rice (optional)  
Maize (optional)



*Photo from Amira Isma-Ilá*

## Steps:

1. Cut plantains in small circles add a little salt and mixed it together, then fry it in hot oil until it turns brown. Then put it aside for later.
2. Then take a pot add some oil in it, once it is hot add onions, and garlic fry it for few seconds then add shrimp, salt, and let it cook together for about 4 minutes.
3. Then add tomatoes( paste and or fruits) then let it cooked for about 7 minutes.
4. Then Add peppers, bell peppers, carrots(boiled), a cup of water, celery, and any other vegetables you will like to have. Then Let it cook for about 30 minutes or until you feel it is ready.
5. When it is cooked and ready mixed it with the fried plantains and let it marinate together for about two minutes. Then you are done



## Optional Side dishes:

### Rice:

You boil rice in a pot and let it cook for 15 minutes or until it's ready

### Maize:

You boil water with salt. Once the water is boil you add the maize and let it cook for about 15 minutes or until it's ready.

# Southern African Braai

## Southern African Countries



### Ingredients:

#### Chakalaka

Carrots grated  
Bell peppers diced  
(red, green and yellow)  
Onions diced  
Habanero pepper  
Chili  
Curry powder  
Ground chili's  
Paprika  
Olive oil  
Cayenne pepper  
Chill powder  
Baked bean  
Ginger  
Garlic

#### Potatoes salad

Potatoes  
Eggs  
Mayonnaise  
Fresh Parsley

#### Coleslaw

Carrots grated  
Cabbage shredded  
Mayonnaise



Photo from: Esther Ezeogu

### Steps:

#### Chakalaka

1. Add olive oil and onion in a sauce pan, and some garlic and ginger.
2. Add bell peppers then season cook for 2 minutes.
3. Add carrots cook for another 2 minutes. T
4. Then add beans and cook on medium heat for 10-15 minutes

#### Potatoes salad

1. Boil potatoes till soft and chop into bite sized cubes.
2. Boil eggs then grate eggs.
3. Mix all together with mayonnaise and top off with parsley.

#### Coleslaw

Mix all together into





# Kondre

Cameroon



## Ingredients:

2-3 pounds boil meat cup up	¼ cup celery leaves
beef, oxtail, goat meat, chicken,	2 teaspoons grated ginger
or pork	8 cloves garlic
3- 4 pounds unripe or green	2 green onions
plantains	1 teaspoon white pepper
Njansa – 10	½ teaspoon curry powder
1 large onion	1 tablespoon thyme
3 large tomatoes	2 bebe optional
¼ cup parsley	½ teaspoon country onion
½ cup basil	
Optional	

½ - 1 cup vegetable oil  
1 tablespoon bouillon powder or 2 Maggi cubes  
Salt to taste

## Steps:



*Photo from Imma on africanbites.com*

1. In Large saucepan boil meat seasoned with salt, and onions until tender depending on the meat with plenty of water for stock. You can shorten this process in half by using a pressure cooker. Reserve stock
2. Using a sharp knife cut both ends off the plantain. This will make it easy to grab the skin of the plantains. Slit a shallow line down the long seam of the plantain, peel only as deep as the peel. Remove plantain peel by pulling it back
3. Cut the plantains into 2-3 pieces depending on size
4. Chop the tomatoes, onions, green onions and place in a food processor or blender- add njansa, peeled pebe, garlic, basil, parsley, celery with a little bit of water -if using a blender to facilitate blending. Blend until puree.
5. Heat up a large pot with oil, then add the tomatoes mixture, white pepper, curry, and meat with meat stock, bring to a boil. Simmer for about 10 minutes stirring occasionally.
6. Then add plantains, Maggi and/or stock / water (enough to cover the plantains)
7. Bring to a boil then reduce heat and let it cook until the plantains is super tender about an hour or more. Add water as necessary to prevent burns.
8. Adjust seasonings to taste.
9. Serve warm.



<https://www.youtube.com/watch?v=HN6IiqMU4yg>



Thank you  
to everyone that  
submitted recipes to  
make this Cookbook  
possible

## Direct Links to all photos

### Pilau

<https://tasty.co/recipe/kenyan-beef-and-potato-pilau-as-made-by-kiano-moju>

### Baleadas

<https://www.savoringthegood.com/baleadas/>

### Israeli Shakshuka

<https://www.pexels.com/photo/person-cooking-3730922/>

### Meat Pies

<https://pixabay.com/photos/meat-pie-puff-paste-flaky-pastry-273518/>

### Gallo Pinto

<https://jeanetteshealthyliving.com/gallo-pinto/>

### Spicy Pork Sinigang

<https://panlasangpinoy.com/pork-sinigang-na-baboy-recipe/>

### Chapo Smokie

<https://www.pinterest.com/pin/95771929550108975/>

### Mandazi

<https://www.cookist.com/mandazi-enjoy-these-african-donuts-that-are-really-easy-to-prepare/>

### Banitzza (Баница)

<https://www.196flavors.com/bulgaria-banitsa/>

### Cuñapé (Bolivian baked "cheese balls")

<https://boliviancookbook.com/recipes/cunape/>

### Kitfo

<https://migrationology.com/ethiopian-kitfo-yohannes-restaurant/>

### Fatira

<http://triinuvosueng.blogspot.com/2019/05/ethiopian-flatbread-fatira.html>

### Kurt

<http://travel2unlimited.com/ethiopia-eating-ethiopian-kurt/>

### Tibs

[https://www.reddit.com/r/FoodPorn/comments/e0mv2y/ethiopian\\_beef\\_tibs\\_w\\_tomatos\\_and\\_spicy\\_dipping/](https://www.reddit.com/r/FoodPorn/comments/e0mv2y/ethiopian_beef_tibs_w_tomatos_and_spicy_dipping/)

### Pupusas

<https://hispanickitchen.com/recipes/pupusas-de-chicharron/>

### Manti

<https://www.196flavors.com/turkey-manti/>

### Muamba de Galinha (Chicken muamba)

<https://www.africanbites.com/muamba-chickenmuamba-de-galinha/>

### Stuffed Grape Leaves

<https://bellyfull.net/dolma-stuffed-grape-leaves-recipe/>

### Mnaeesh (Zaatar Pizza)

<https://www.archanaskitchen.com/manakish-zaatar-traditional-lebanese-spiced-pita-bread>

### Stir-Fried Basil Chicken

<https://www.chefdehome.com/recipes/938/thai-basil-chicken>

### Kondre

<https://www.africanbites.com/kondres-spicy-stewed-plantains/>





“Food is our common ground,  
a universal experience.”

*—James Beard*

