TRAVEL WITH YOUR TASTEBUDS

GLOW

International Cookbook
Introduction & Contents

Join UCSC Study Abroad on an international food adventure! We'll start in Oceania, move through Asia, on to Europe, south through Africa, then head to South America, and end up in North America.

The recipes have varying challenge levels and ease of finding ingredients, but we urge you to choose one to try out. Let your tastebuds explore!

<table>
<thead>
<tr>
<th>Country</th>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Zealand</td>
<td>Mince Pie</td>
<td>4</td>
</tr>
<tr>
<td>Indonesia</td>
<td>Beef Rendang</td>
<td>6</td>
</tr>
<tr>
<td>Thailand</td>
<td>Yum Nua</td>
<td>8</td>
</tr>
<tr>
<td>Japan</td>
<td>Black Cod with Miso</td>
<td>11</td>
</tr>
<tr>
<td>Japan</td>
<td>Pork Shogayaki</td>
<td>13</td>
</tr>
<tr>
<td>Korea</td>
<td>Kimchi Jjigae</td>
<td>15</td>
</tr>
<tr>
<td>Korea</td>
<td>Japchae</td>
<td>17</td>
</tr>
<tr>
<td>Mongolia</td>
<td>Tsuivan</td>
<td>19</td>
</tr>
<tr>
<td>Russia</td>
<td>Blini</td>
<td>21</td>
</tr>
<tr>
<td>Hungary</td>
<td>Chicken Paprikash</td>
<td>23</td>
</tr>
<tr>
<td>France</td>
<td>Moules Frites</td>
<td>26</td>
</tr>
<tr>
<td>Algeria &amp; Morocco</td>
<td>Tagine</td>
<td>28</td>
</tr>
<tr>
<td>Ghana</td>
<td>Kewele</td>
<td>30</td>
</tr>
<tr>
<td>South Africa</td>
<td>Bobotie</td>
<td>32</td>
</tr>
<tr>
<td>Argentina</td>
<td>Empanadas Mendocinas</td>
<td>34</td>
</tr>
<tr>
<td>Brazil</td>
<td>Feijoada</td>
<td>36</td>
</tr>
<tr>
<td>Peru</td>
<td>Lomo Saltado</td>
<td>38</td>
</tr>
<tr>
<td>United States</td>
<td>Creole Chicken Okra</td>
<td>40</td>
</tr>
<tr>
<td>Canada</td>
<td>Poutine</td>
<td>42</td>
</tr>
</tbody>
</table>
Mince Pie

YIELD 4-6 servings
TIME 2 hr 20 min

INGREDIENTS
1 lb. ground beef
1 large onion, finely diced
1 clove garlic, crushed
2 large Portobello mushrooms, finely chopped
2 carrots, cubed
2 stalks celery, sliced
1 handful parsley, finely chopped
1 tablespoon fresh rosemary, finely chopped
1 tablespoon French, Hot English or wholegrain mustard
2 tablespoons tomato paste
1 tablespoon Worcestershire sauce
1 cup beef stock
1 sheet flaky or savory short crust pastry
1 egg, beaten, or milk for Glazing

PREPARATION
1. Heat a good splash of olive oil in a large, lidded frying-pan and fry onion and garlic until soft. Add vegetables and herbs and fry until just soft and carrots are caramelizing a little on the edges.
2. Add mince and brown, stirring through the veggies, ensuring everything is well blended. Add mustard, tomato paste, Worcestershire sauce and a few hearty grinds of black pepper.
3. Add stock and allow to simmer, covered, for a good 30 minutes. You may need to add a little extra water. Stir occasionally. Taste and season with salt and pepper if required.
4. Pour pie filling into an ovenproof dish and allow to cool.
5. Preheat oven to 180 °C.
6. Lay pastry over pie filling, crimp the edges, and make little cuts with a sharp knife to let steam escape while cooking. Brush pastry with beaten egg or milk and bake for around 30-40 minutes until golden.
7. Serve with creamy mashed potatoes. Finish these up a little with finely chopped fresh parsley mixed in at the last minute. Or try fresh green beans and a knob of sage-scented butter.

Recipe by: Sue Hamilton and Dana Alexander
**Beef Rendang**

**YIELD** 4 servings  
**TIME** 1 hr 45 min

**INGREDIENTS**
1 1/2 lbs. boneless beef short ribs, cut into cubes  
5 tablespoons cooking oil  
1 stick cinnamon, about 2-inch length  
3 cloves  
3 star anise  
3 cardamom pods  
1 lemongrass, cut into 4-inch length and pounded  
1 cup thick coconut milk, coconut cream  
1 cup water  
2 teaspoons tamarind pulp, soaked in some warm water for the juice and discard the seeds  
6 kaffir lime leaves, very finely sliced  
6 tablespoons kerisik, toasted coconut  
1 tablespoon sugar or palm sugar to taste  
Salt to taste

**SPICE PASTE**
5 shallots  
1 inch galangal  
3 lemongrass (white part only)  
5 cloves garlic  
1 inch ginger  
10-12 dried chilies, soaked in warm water and seeded

**PREPARATION**
1. Chop the spice paste ingredients and then blend it in a food processor until fine.
2. Heat the oil in a stew pot, add the spice paste, cinnamon, cloves, star anise, and cardamom and stir-fry until aromatic.
3. Add the beef and the pounded lemongrass and stir for 1 minute.
4. Add the coconut milk, tamarind juice, water, and simmer on medium heat, stirring frequently until the meat is almost cooked.
5. Add the kaffir lime leaves, kerisik (toasted coconut), sugar or palm sugar, stirring to blend well with the meat.
6. Lower the heat to low, cover the lid, and simmer for 1 to 1 1/2 hours or until the meat is really tender and the gravy has dried up.
7. Add more salt and sugar to taste.
8. Serve immediately with steamed rice and save some for overnight.
Yum Nua

**YIELD** 4 servings

**TIME** 1 hour, 35 minutes

**INGREDIENTS**

- Dressing and rice powder
  - ½ cup sweet white rice or regular short-grain rice
  - ¼ cup fresh lime juice
  - 2 Tbsp. fish sauce
  - 1 tsp. crushed red pepper flakes
  - ½ tsp. sugar
  - Kosher salt, freshly ground pepper

- Beef and assembly
  - 1 lb. top sirloin steak, sliced ¼” thick
  - 1 Tbsp. fish sauce
  - 2 tsp. sugar
  - 2 Tbsp. vegetable oil, plus more for grate or skillet
  - Kosher salt, freshly ground pepper
  - 1 lb. small and medium tomatoes, halved
  - 1 large shallot, thinly sliced
  - 2 scallions, thinly sliced
  - 2 lemongrass stalks, tops trimmed, tough outer layers removed, very thinly sliced
  - 2 long hot chiles, thinly sliced
  - 2 garlic cloves, thinly sliced
  - 2 cups cilantro leaves with tender stems
  - 2 cups mint leaves
  - 1 lb. cucumbers, thinly sliced, plus more for serving
  - Lime wedges (for serving)

**PREPARATION**

1. Place rice in a medium skillet and set over medium heat. Cook, tossing often, until golden brown and deeply nutty-smelling, 12-15 minutes. Let cool, then finely grind in a spice mill or mortar and pestle; set aside.

2. Meanwhile, stir lime juice, fish sauce, red pepper flakes, and sugar in a small bowl until sugar dissolves. Season with salt and black pepper.

3. Place beef in a large bowl and add fish sauce, sugar, and 2 Tbsp. oil. Let sit at room temperature 1 hour, or cover and chill up to 1 day ahead.

4. Prepare a grill for medium-high heat or heat a large skillet over medium-high. Oil grate or lightly coat skillet with oil. Season beef with salt and black pepper and grill until browned underneath, about 2 minutes. Turn over and grill on other side just until lightly browned (meat should still be slightly pink in the center), about 45 seconds.

5. Toss tomatoes, shallot, scallions, lemongrass, chiles, garlic, cilantro, mint, 1 lb. cucumbers, and 1 tsp. rice powder in a medium bowl to combine. Drizzle half of dressing over and toss to coat. Taste and season with salt and black pepper.

6. Add beef to salad. Drizzle with more dressing as desired and top with more cucumber slices and 1 tsp. rice powder (save remaining rice powder in an airtight container at room temperature for another use). Serve with lime wedges for squeezing over.

Recipe by Nok Suntaranon, Kalaya, Philadelphia
Woodblock Printing in Tokyo
Black Cod with Miso
Black Cod with Miso

YIELD 4 servings
TIME Prep/Cook: 30 min, Marinade: 2 days

INGREDIENTS
4 fillets sablefish (or salmon, sea bass, etc.)
2 tsp kosher/sea salt
2 Tbsp sake (for rinsing the fish)

FOR MARINADE
6 Tbsp miso (saikyo miso or white miso)
3 Tbsp mirin
3 Tbsp sake

PREPARATION
Marinate the fish:
1. Gather all the ingredients. As you will be marinating this fish for a few days, select the freshest fish possible.
2. Sprinkle salt over the fish and set aside for 30 minutes. Salt will draw excess moisture and any fishy smell from the fish.
3. Put 6 Tbsp miso, 3 Tbsp mirin, and 3 Tbsp sake for the Miso Marinade in a bowl.
4. Mix all together and pour the marinade into a flat bottom airtight container.
5. Pour 2 Tbsp sake over the fish to rinse off the salt. Gently pat dry with paper towel to remove the moisture. Do not wash the fish under water.
6. Place the fish in the container and coat both sides with the marinade.
7. Slather the fillets with the marinade. Cover the lid and keep in the fridge for 2-3 days. You can freeze up to 2-3 weeks.

Cook the fish:
1. With your fingers, remove the marinade off the fish completely. Do not leave excess miso on the fish; otherwise, the fish will burn easily.
2. Place the fish skin side up on a baking sheet lined with parchment paper/silicone mat (for baking) or foil (for broiling).
3. Broil medium/high for 8-10 minutes, depending on the thickness of the fish, until the surface is blistered and brown a bit. You do not need to flip it.
4. Carefully remove the fish with a spatula, and remove any burnt miso around the fish. Serve immediately.

Recipe by: Namiko Chen
Pork Shogayaki
Pork Shogayaki

YIELD 2 servings
TIME 20 min

INGREDIENTS
1-2 Tbsp ginger root, grated
2 Tbsp soy sauce
2 Tbsp Sake
2-3 Tbsp Mirin
1 Tbsp Oil
7oz (200g) pork loin, chunk or sliced
Cabbage, shredded (optional)

PREPARATION
1. Grate ginger root. In a bowl mix ginger, soy sauce, Sake, and Mirin. Set aside.
2. If you are using a pork loin chunk, slice into 1/16" (2mm) thickness.
3. Heat a frying pan at medium high heat and add oil, then add sliced pork to pan-fry. Cook in a single layer on both sides until brown. Add the ginger sauce to the pan and cook for a minute to coat the meat with the sauce.
4. Serve with shredded cabbage if you want.

Recipe by: Noriko and Yuko
Kimchi Jjigae
Kimchi Jjigae

YIELD 4 servings
TIME 1 hour

INGREDIENTS
1 pound kimchi, cut into bite size pieces
⅛ cup kimchi brine
⅛ pound pork shoulder (or pork belly)
⅛ package of tofu (optional),
   sliced into ¾ inch thick bite size pieces
3 green onions
1 medium onion, sliced (1 cup)
1 teaspoon kosher salt
2 teaspoons sugar
2 teaspoons gochugaru (Korean hot pepper flakes)
1 tablespoon gochujang (hot pepper paste)
1 teaspoon toasted sesame oil
2 cups of anchovy stock (or chicken or beef broth)

FOR Stock (Makes About 2½ Cups Worth)
7 large dried anchovies, heads and guts removed
½ cup Korean radish (or daikon radish), sliced thinly
4 x 5 inch dried kelp
3 green onion roots
4 cups water

Recipe by: Maangchi

PREPARATION

Make anchovy stock:
1. Put the anchovies, daikon, green onion roots, and
dried kelp in a sauce pan.
2. Add the water and boil for 20 minutes over medium high
heat.
3. Lower the heat to low for another 5 minutes.
4. Strain.

Make kimchi stew:
1. Place the kimchi and kimchi brine in a shallow pot.
   Add pork and onion
2. Slice 2 green onions diagonally and add them to the
   pot.
3. Add salt, sugar, hot pepper flakes, and hot pepper
   paste. Drizzle sesame oil over top and add the anchovy
   stock.
4. Cover and cook for 10 minutes over medium high heat.
5. Open and mix in the seasonings with a spoon. Lay the
tofu over top.
6. Cover and cook another 10 to 15 minutes over medium
   heat.
7. Chop 1 green onion and put it on the top of the stew.
   Remove from the heat and serve right away with rice.
Japchae

YIELD 4 servings
TIME 35 minutes

INGREDIENTS
6 ounces Korean potato starch noodles (dangmyeon, 당면)
1 small carrot
1 small sweet onion
2 scallions
4 ounces lean beef (sirloin or rib eye)
4 – 5 dried shiitake mushrooms, soaked until plump
6 ounces fresh spinach
vegetable oil for stir frying
salt and pepper

SAUCE
3 tablespoons soy sauce
2 1/2 tablespoons sugar (or brown sugar)
2 tablespoons sesame oil
2 teaspoons minced garlic
2 teaspoons roasted sesame seeds

Recipe by: Hyosun

PREPARATION
1. Combine all sauce ingredients in a small bowl and mix well until the sugar is dissolved.
2. Cut the carrot into match sticks. Thinly slice the onion. Cut the scallions into similar lengths. Cut the beef into thin 2-inch long strips and mix with 1 tablespoon of the sauce. Cut the stems off the mushrooms, and slice into 1/4-inch thin strips. Season with 1 tablespoon of the sauce.
3. Blanch the spinach in boiling water only until wilted. Drain quickly and shock in cold water. Squeeze out excess water, cut into about 2-inch lengths, and lightly season with salt and pepper.
4. Bring a pot of water to a boil, and cook the noodles according to the package directions. Rinse in cold water and drain. Cut the noodles with kitchen shears or a knife into 6 - 7 inch lengths. Mix in 2 tablespoons of the prepared sauce in a large bowl.
5. In a large non-stick skillet, stir fry the noodles over medium heat, stirring frequently, until translucent and a bit sticky. Transfer back to the bowl.
6. Add 1/2 tablespoon of oil to the pan, and stir fry the onion until translucent over medium high heat, lightly sprinkling with salt and pepper. When the onion is almost done, stir-in the scallion and cook briefly. Transfer to the bowl with the noodles. Stir fry the carrot for 1 to 2 minutes until softened. Transfer to the bowl.
7. Stir fry the beef and mushrooms together until the meat is cooked through, 2 – 3 minutes. Transfer to the bowl.
8. Add the spinach and the remaining sauce to the bowl with all other prepared ingredients.
9. Add the spinach and the remaining sauce to the bowl with all other prepared ingredients.
10. Toss well by hand. Adjust the seasoning to taste by adding a little more (start with 1/2 teaspoon) soy sauce and/or sugar as necessary.
Tsuvian

**YIELD** 6 servings

**TIME** 35 minutes

**INGREDIENTS**
- 1 pound home made noodles or Wang brand Vermicelle
- 3 cups vegetables like potatoes and carrot, cut in ⅛ inch wide strips
- 1 medium size onion, cut into half moon slices
- 1 lb beef, cut against the grain into ⅛ inch strips, flank steak or skirt steak recommended
- 2 cloves garlic, minced
- ⅛ cup vegetable oil
- soy sauce or maggi sauce (optional)

**Noodle Dough**
- 2 ⅛ cup (12.5 oz) unbleached bread flour
- 1⅛ tsp salt
- Approximately 1 cup water

**PREPARATION**

**Make noodles:**
1. Whisk together flour and salt, make a well in the center, and pour in the water.
2. Incorporate the flour and knead until you have satin smooth dough. It should feel like your earlobe, soft and yet a bit firm.
3. Let the dough rest for around thirty minutes.
4. Cut the dough into quarters and roll out one quarter at a time, keeping the rest of the dough covered so it doesn’t dry out.
5. Very lightly flour the work surface and shape the dough into a ball.

**Preparation (Continued)**

7. Roll this into a circle by stretching as well as pressing down.
8. Stretch the dough by rolling a quarter way back onto the pin and gently pushing the pin away from you. Give the disc a quarter turn and repeat.
9. Keep rolling and stretching until the dough is between an ⅛th and ⅛ inch thick.
10. Fold each piece of dough like a business letter, in three layers, and then cut the noodles into ⅛ inch wide strips. Fluff the noodles into individual strands.

**Make stir-fry:**
1. Sauté the vegetables, onion and garlic together until they are crisp-tender. Add the beef and stir-fry just until it loses its raw color. Season with salt and pepper and set aside.
2. In a non-stick pan, heat the remaining 2 Tbsp of oil and toss in the noodles to coat with the hot oil, add a quarter cup of water, cover the pan and let them steam for a few minutes until the water evaporates and they are almost tender.
3. Add the vegetables and meat back into the pan, add a bit more water, cover and stir-fry together. Taste again for salt and pepper and serve. It’s common to add soy sauce, maggi sauce, ketchup, or chili sauce. Have it how you like!

Recipe by: Lisa Gershenson of Cook’s Gazette
Blini
YIELD  4 servings
TIME  40 minutes

INGREDIENTS
2 eggs
2-1/2 cups milk, room temperature (make sure it is not cold nor hot - you can pop in the microwave to get it lukewarm temperature)
1 Tbsp. sugar
1/3 tsp. salt
1/2 tsp. baking soda
1 Tbsp. vegetable oil
2 Tbsp. butter, melted
1 cup flour
1 tsp. vanilla extract (optional)

Blini

PREPARATION
1. In a large mixing bowl, whisk eggs then add milk.
2. To the same bowl, add sugar, salt, baking soda, vegetable oil, and butter. Mix all ingredients.
3. Gradually add flour in equal parts to the milk and egg mixture; mixing well until no lumps are visible.
4. Heat a medium (10” or 12” inch) non-stick pan over medium heat. Spray with non-stick cooking oil. Pour 1/4 cup of batter into the center of the pan and swirl to spread evenly.
5. Cook for 30 seconds or until edges are visibly golden and flip. Cook for another 20-30 seconds and remove to a serving platter.
6. Continue until all batter is gone. Serve immediately.

Recipe by: Katya, Little Broken
Chicken Paprikash

Fisherman’s Bastion
Chicken Paprikash

**YIELD** 6 servings  
**TIME** 1 hour

**INGREDIENTS**  
2 Tbsp pork lard, or butter  
3 Lb chicken pieces, bone in - skin on  
2 medium yellow onions, finely chopped  
2 cloves garlic, finely minced  
2 Roma tomatoes, seeds removed and diced  
1 Hungarian bell pepper, diced  
3-4 Tbsp. Hungarian paprika  
2 cups all natural chicken broth  
1 1/2 tsps. sea salt  
1/2 tsp. freshly ground black pepper  
3 Tbsp all purpose flour  
3/4 cup full fat sour cream  
1/4 cup heavy whipping cream

**PREPARATION**

1. Heat the lard in a heavy pot and brown the chicken on all sides. Transfer the chicken to a plate.  
2. In the same oil, add the onions and fry until golden brown. Add the garlic and tomatoes (and pepper if using) and fry another 2-3 minutes. Remove the pot from the heat and stir in the paprika, salt and pepper (paprika becomes bitter if scorched).  
3. Return the chicken to the pot and place it back over the heat. Pour in the chicken broth. The chicken should be mostly covered. Bring it to a boil. Cover, reduce the heat to medium-low and simmer for 40 minutes. Remove the chicken and transfer to a plate.  
4. In a small bowl, stir the flour into the sour cream/cream mixture to form a smooth paste. Stir the cream mixture into the sauce, whisking constantly to prevent lumps. Bring it to a simmer for a couple of minutes until the sauce is thickened. Add salt and pepper to taste. Return the chicken to the sauce and simmer to heat through.

Optional: Serve the chicken paprikash with Hungarian nokedli, which is like German Spaetzle only they're very short and stubby.

Recipe by: Kimberly at the Daring Gourmet
Moules Frites

YIELD  4 servings
TIME   25 minutes

INGREDIENTS
1/4 cup extra-virgin olive oil
1/2 cup finely sliced shallots
5 Tbsp thinly sliced garlic
1 cup white wine
Salt and pepper
2 lbs mussels, cleaned and beards removed
1/2 cup creme fraiche
1/3 cup minced fresh parsley
2 Tbsp unsalted butter
2 Tbsp minced chives
2 Tbsp whole-grain mustard
French fries, for serving

PREPARATION
1. In a large Dutch oven or straight-sided 12-inch saute pan, heat the olive oil over medium heat.
2. Add the shallots and garlic and cook until softened, about 2 minutes.
3. Add the white wine and bring to a boil. Season with salt and pepper.
4. Add the mussels, cover and steam until open, about 3 minutes.
5. Using a slotted spoon, transfer the mussels to a large serving bowl.
6. Add the creme fraiche, parsley, butter, chives and mustard to the remaining cooking liquid and bring just to a boil while stirring to combine. Pour the sauce over the mussels.
7. Serve with French fries.

Recipe by: Geoffrey Zakarian of the Food Network
Chicken & Chickpea Tagine

YIELD 4 servings
TIME 1 hour

INGREDIENTS
2 tablespoons corn or canola oil
2 tablespoons butter
1 large onion, peeled and sliced thin
2 cloves garlic, minced
Salt
Pinch nutmeg
½ teaspoon ground cinnamon
1 teaspoon ground ginger
1 teaspoon ground cumin
1 teaspoon ground coriander
¾ teaspoon ground black pepper
Pinch cayenne
1½ to 2 cups chopped tomatoes
4 cups chickpeas
½ cup raisins or chopped pitted dates
½ vanilla bean
8 chicken thighs
Chopped cilantro or parsley leaves

PREPARATION

Step 1
Put oil and butter in a large skillet or casserole, which can be covered later, and turn heat to medium high. When butter melts, add onion, and cook, stirring occasionally, until it softens, 5 to 10 minutes. Add garlic, a large pinch of salt and spices. Cook, stirring, for about 30 seconds. Add tomatoes, chickpeas, raisins and vanilla, and bring to a boil. (If mixture is very dry, add about 1/2 cup water.) Taste, and add salt as necessary.

Step 2
Sprinkle chicken pieces with salt, and nestle them into sauce. Cover, and 5 minutes later adjust heat so mixture simmers steadily. Cook until chicken is very tender, 45 minutes to an hour. Taste, and adjust seasoning. Then garnish, and serve with couscous.

Recipe by: Mark Bittman of the New York Times
Kewele

YIELD 6 servings  
TIME 15 minutes

INGREDIENTS  
3 Ripe Plantains  
1 tsp Nutmeg  
1 tsp Chili powder  
1 tsp Garlic Powder  
1 tsp Ginger powder  
1/2 tsp Salt or to taste  
1 Tbsp olive oil  
Olive Oil for deep frying

PREPARATION  
1. Peel the plantains and cut them into bite-sized cubes or chunks.  
2. Add the ginger, garlic, chili powder, nutmeg, salt, and the one Tbsp of Olive Oil.  
3. Mix everything together until the spices are well distributed all over the plantain cubes.  
4. Heat up the Olive Oil in a fry-Pan. Once the Oil is hot, gently lower the plantains inside the Oil using a slotted spoon.  
5. Fry for about 6 to 10 minutes, turning over at intervals until the plantain is caramelized with golden brown edges.

NOTES  
1. Don’t overfill the pan otherwise, the plantains will not brown evenly – It’s okay to fry in batches if the plantains cannot fit into your pan at once.  
2. Be sure to Keep a close eye on the plantains while frying because they have a tendency to burn if it’s not well attended to.  
3. Before frying the Kelewele, make sure the oil is hot. If the Oil is not hot enough the plantains will absorb the Oil, and it will turn out too soft and oil-logged.

Recipe by: Lola Osinkolu, Chef Lola’s Kitchen
Cape of Good Hope

Bobotie
Bobotie

**YIELD**  6 servings  
**TIME**  15 minutes

**INGREDIENTS**  
2 slices white bread  
2 onions, chopped  
2 Tbsp. butter  
2 garlic cloves, crushed  
2 lbs. lean ground beef  
2 Tbsp. Madras curry paste  
1 tsp dried mixed herbs  
3 cloves  
5 allspice berries  
2 Tbsp. peach or mango chutney  
3 Tbsp. golden raisins  
6 bay leaves

**FOR THE TOPPING**  
1 cup whole milk  
2 large eggs

**PREPARATION**

**STEP 1**  
Heat oven to 350 F. Pour cold water over the bread and set aside to soak.

**STEP 2**  
Meanwhile, fry the onions in the butter, stirring regularly for 10 mins until they are soft and starting to color. Add the garlic and beef and stir well, crushing the ground beef into fine grains until it changes color. Stir in the curry paste, herbs, spices, chutney, raisins and 2 of the bay leaves with 1 tsp salt and plenty of ground black pepper.

**STEP 3**  
Cover and simmer for 10 mins. Squeeze the water from the bread, then beat into the meat mixture until well blended. Tip into an oval ovenproof dish (9" by 13" and 2' deep). Press the mixture down well and smooth the top. You can make this and chill 1 day ahead.

**STEP 4**  
For the topping, beat the milk and eggs with seasoning, then pour over the meat. Top with the remaining bay leaves and bake for 35-40 mins until the topping is set and starting to turn golden.

Recipe by: Sara Buenfeld of BBC Good Food
Empanadas
Mendocinas
Empanadas Mendocinas

**YIELD** 20 medium-sized empanadas

**TIME** 1 hour 25 minutes

**INGREDIENTS: DOUGH**
3 cups flour
1 egg yolk
1/2 cup of grasa - lard or butter or mix of both
3/4 to 1 cup of warm milk
1/2 tsp salt

**INGREDIENTS: FILLING**
1 lb ground beef
2 white onions diced, about 3 cups
1/2 cup lard or butter
2 Tbsp smoked paprika
2 tsp chili powder or any ground hot pepper
adjust to taste
1 Tbsp finely chopped fresh oregano
1/2 Tbsp ground cumin
1 bunch green onions finely chopped
3 hard boiled eggs sliced
1/4 cup sliced green olives
Salt and pepper to taste
1 egg white and yolk separated and lightly whisked

---

**PREPARATION**

**Dough:**
1. Mix the flour and salt in a food processor, pulse until well combined.
2. Add the lard or butter, blend well.
3. Add the egg yolk and the milk in small amounts, pulse until small dough clumps start to form.
4. Make a couple of balls, flatten into disks and chill in the refrigerator for about 30 minutes.
5. On a lightly floured surface roll out the dough into a thin sheet and cut out round disc shapes for empanadas (use round molds or a small plate). Use the empanada discs immediately or store in the refrigerator or freezer until ready to use.

**Filling and Assembly:**
1. Combine the ground beef, paprika, red pepper, cumin, salt and pepper in a large bowl, mix all the ingredients together and chill until ready to use.
2. Melt the lard in a large frying pan or sauté pan, add the onions and salt, cook until the onions are soft, about 8 minutes.
3. Add the meat mixture to the onions and cook on medium heat until the meat is done, stir frequently.
4. Let the meat mixture or picadillo cool down, and then mix in the chopped green onions and chopped oregano.
5. To assemble the empanadas, add a spoonful of the meat mixture on the center of each empanada disc, add a slice of egg and sliced olive.
6. Brush the edges of the empanada discs with the egg whites, you can also use water but the egg white is a good natural “glue” that helps seal the empanada.
7. Fold the empanada discs and seal the edges gently with your fingers, twist and fold the edges of the empanadas with your fingers, as a final step use a fork to press down and finish sealing the empanadas.
8. Lightly brush the top of the empanadas with the egg yolk; this will give them a nice golden glow when they bake.
9. Let the empanadas rest in the fridge for about 30 minutes or until ready to bake.
10. Pre-heat the oven to 400 F and bake for about 20-25 minutes, until golden on top.
11. Serve warm with chimichurri sauce or other dipping sauces.

Recipe by: Layla Pujol of Laylita's Recipes
Feijoada
Feijoada

**YIELD** 10 servings  
**TIME** 2 hours 45 minutes

**INGREDIENTS:**  
1 lb. dry black beans (soaked overnight)  
1 Tbsp. olive oil  
4 oz. slab bacon (rind removed), diced  
1 lb. pork ribs, cut into individual ribs  
2 Mexican chorizo sausages, sliced  
1 smoked sausage, sliced  
1 large onion, chopped  
4 cloves garlic, minced  
3 tomatoes, diced  
1 tsp. salt  
1 tsp. ground black pepper  
3 bay leaves  
water  
white rice (for serving)

**PREPARATION**

1. In a large bowl with water, soak beans overnight.
2. When you are ready to make your stew, in a large heavy-bottom soup pot, over medium heat, add the oil and bacon. Cook until crisp and transfer to a plate.
3. Use the same saucepan to brown ribs and sausages in batches. Set aside.
4. If needed, add more oil to the pan. On medium-high, sauté onion and garlic until soft and translucent, about 5 minutes. Add tomatoes and cook for another 3 minutes.
5. Drain and rinse the soaked beans. Add them to the pot along with the ribs, bacon, sausages, salt, pepper, bay leave. Cover with water (about 8 cups). Bring the mixture to a boil and reduce the heat to low. Cover and let it cook for 2 to 2 and a half hours, or until the beans are soft.
6. If the stew is too liquidy, uncover the saucepan and continue to cook for another 20 minutes to allow some of the liquid to evaporate.
7. Serve with white rice.

Recipe by: Lizet Bowen of Curious Cuisinière
Machu Picchu

Lomo Saltado
Lomo Saltado

YIELD  4 servings  
TIME   30 minutes

INGREDIENTS:
2 Tbsp. vegetable oil, divided
1 lb. sirloin steak, cut into strips
salt, to taste
black pepper, to taste
1/2 red onion, sliced
1 medium tomato, sliced
2 cloves garlic, minced
1 Tbsp. aji amarillo paste
2 Tbsp. soy sauce
1 Tbsp. white vinegar
1 Tbsp. fresh cilantro, chopped
1 lb. french fries, cooked, hot
white rice, cooked, for serving, optional

PREPARATION
1. Heat 1 tablespoon of oil in a large pan over high heat. Add the steak, season with salt and pepper, and cook until browned, 5-6 minutes. Remove from the pan.
2. Heat the remaining tablespoon of oil in the same pan, then add the red onion and cook for about 5 minutes, until softened and browned. Add the tomato, garlic, and aji amarillo paste, and cook for another 5-7 minutes, until the tomatoes have released some of their juices, but are still intact.
3. Add the soy sauce and vinegar and stir to combine, let cook for 1 minute.
4. Add the steak, fries, and cilantro. Toss gently to coat the fries in the sauce.
5. Serve with rice, if desired.

Recipe by: Kiano Moju, Matthew Johnson & Alix Traeger of Tasty
Creole Chicken Okra

YIELD 5 servings  
TIME 40 minutes

INGREDIENTS:
1 pound boneless chicken  
1-2 tablespoons creole seasoning  
2-4 tablespoons canola oil  
1/2 medium onion chopped  
2 teaspoons garlic minced  
1/2-1 small Jalapeno peppers finely diced  
1 bay leaf  
1 tablespoon fresh thyme  
1 teaspoon smoked paprika  
2 large tomatoes chopped  
1/2 teaspoon cayenne pepper  
1 12 ounce can corn rinsed and drained  
1/2 medium bell pepper chopped  
2 cups fresh or frozen sliced okra  
2 tablespoons sliced green onions  
2 cups or more chicken broth or water  
Salt to taste  
Minced fresh parsley for garnishing

PREPARATION
1. Cut chicken into bite size pieces, and then season with creole spices or salt. Heat a saucepan with about 1 tablespoon of oil. Add chicken and sauté for about 5 minutes or more. Remove and set aside on a plate. Throw in onions, garlic, jalapeno, bay leaf, thyme and paprika, add 2 tablespoon oil or as need, then sauté for about 2 –3 minutes.
2. Then add tomatoes, cayenne, corn, bell pepper, cayenne pepper chicken and paprika, cook for about 5 minutes.
3. Stir in okra, green onions, add broth, salt and cook for about 5 minutes or more. Stirring occasional, depending on how you like the texture of your vegetables, the longer you cook the less crunchy the veggie will be. Adjust broth and seasonings to taste.
4. Serve with rice and corn bread.

Recipe by: Imma of Immaculate Bites
Poutine
Poutine

**YIELD** 3 servings  
**TIME** 1 hour

**INGREDIENTS:**  
**Poutine Gravy:**  
3 Tbsp. cornstarch  
2 Tbsp. water  
6 Tbsp. unsalted butter  
1/4 cup unbleached all purpose flour  
20 oz. beef broth  
10 oz. chicken broth  
Pepper, to taste

**For Deep Fried Fries:**  
2 lbs. Russet potatoes (3-4 medium potatoes)  
Peanut or other frying oil

**Toppings:**  
1-1 1/2 cups white cheddar cheese curds (Or torn chunks of mozzarella cheese would be the closest substitution)

**PREPARATION**

**Prepare the gravy:**  
1. In a small bowl, dissolve the cornstarch in the water and set aside.  
2. In a large saucepan, melt the butter. Add the flour and cook, stirring regularly, for about 5 minutes, until the mixture turns golden brown.  
3. Add the beef and chicken broth and bring to a boil, stirring with a whisk. Stir in about HALF the cornstarch mixture and simmer for a minute or so. If you’d like your gravy thicker, add a more of the cornstarch mixture, in small increments, as needed, to thicken. Season with pepper. Taste and add additional salt, if necessary, to taste. Make ahead and re-warm or keep warm until your fries are ready.

**For Deep-Fried Fries:**  
1. Prepare your potatoes and cut into 1/2-inch thick sticks. Place into a large bowl and cover completely with cold water. Allow to stand at least one hour or several hours. When ready to cook, heat your oil in your deep fryer or large, wide, heavy cooking pot to 300°F.  
2. Remove the potatoes from the water and place onto a sheet of paper towel. Blot to remove as much excess moisture as possible.  
3. Add your fries to the 300°F oil and cook for 5-8 minutes, just until potatoes are starting to cook but are not yet browned. Remove potatoes from oil and scatter on a wire rack. Increase oil temperature to 375°F. Once oil is heated to that temperature, return the potatoes to the fryer and cook until potatoes are golden brown. Remove to a paper towel-lined bowl.

**To Prepare Poutine:**  
1. Add your fried or baked fries to a large, clean bowl. Season lightly with salt while still warm. Add a ladle of hot poutine gravy to the bowl and using tongs, toss the fries in the gravy. Add more gravy, as needed to mostly coat the fries.  
2. Add the cheese curds and toss with the hot fries and gravy. Serve with freshly ground pepper. Serve immediately.

Recipe by: Jennifer of Seasons and Suppers
I hope you enjoyed this world food tour! Thanks to the team at Global Engagement for contributing recipe suggestions and especially to Emma and Scott for supporting me and helping me through the creation of this cookbook!

- Kira Lemons
UCSC Study Abroad Intern
kiralemons.com

Thank you!