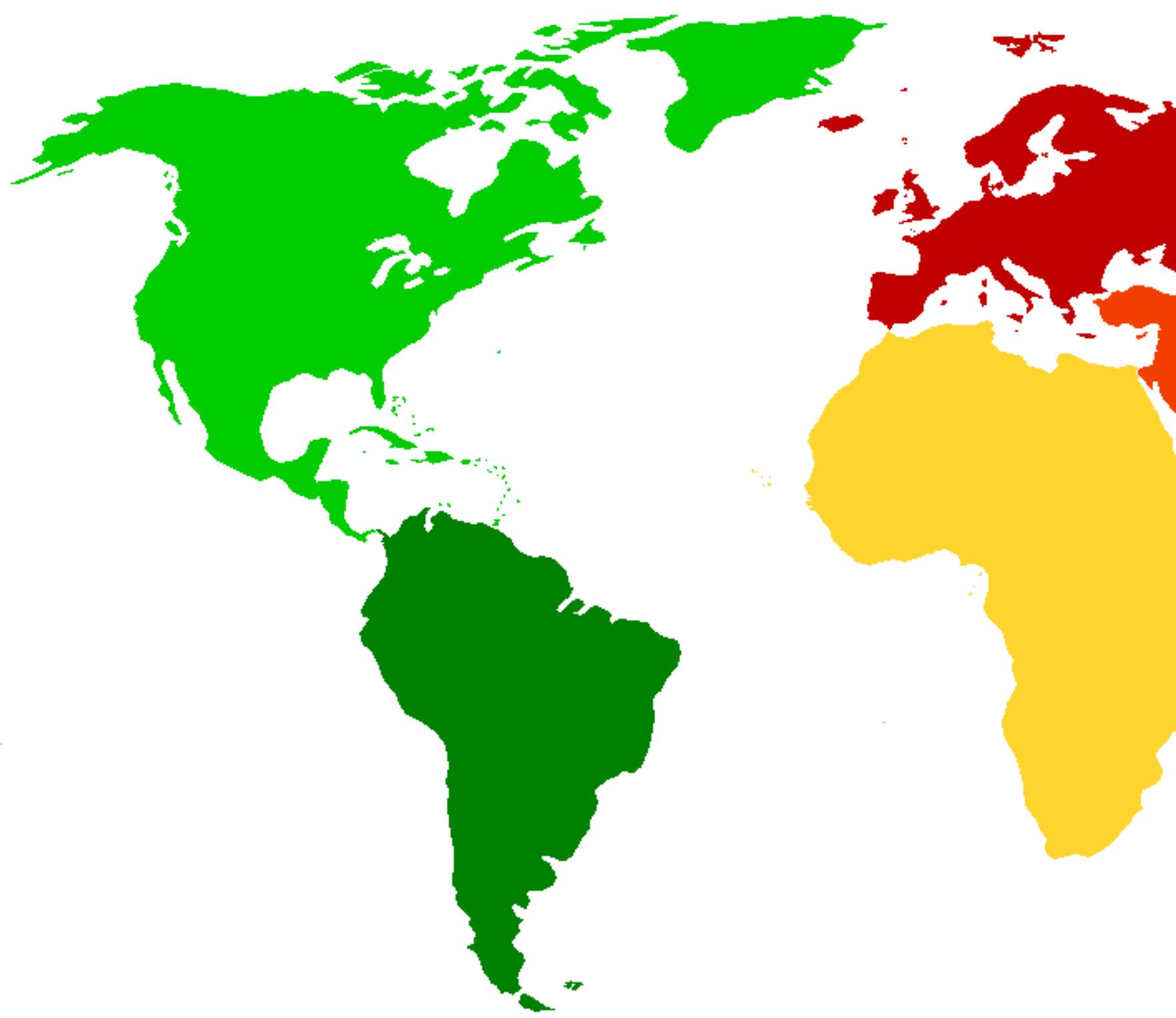


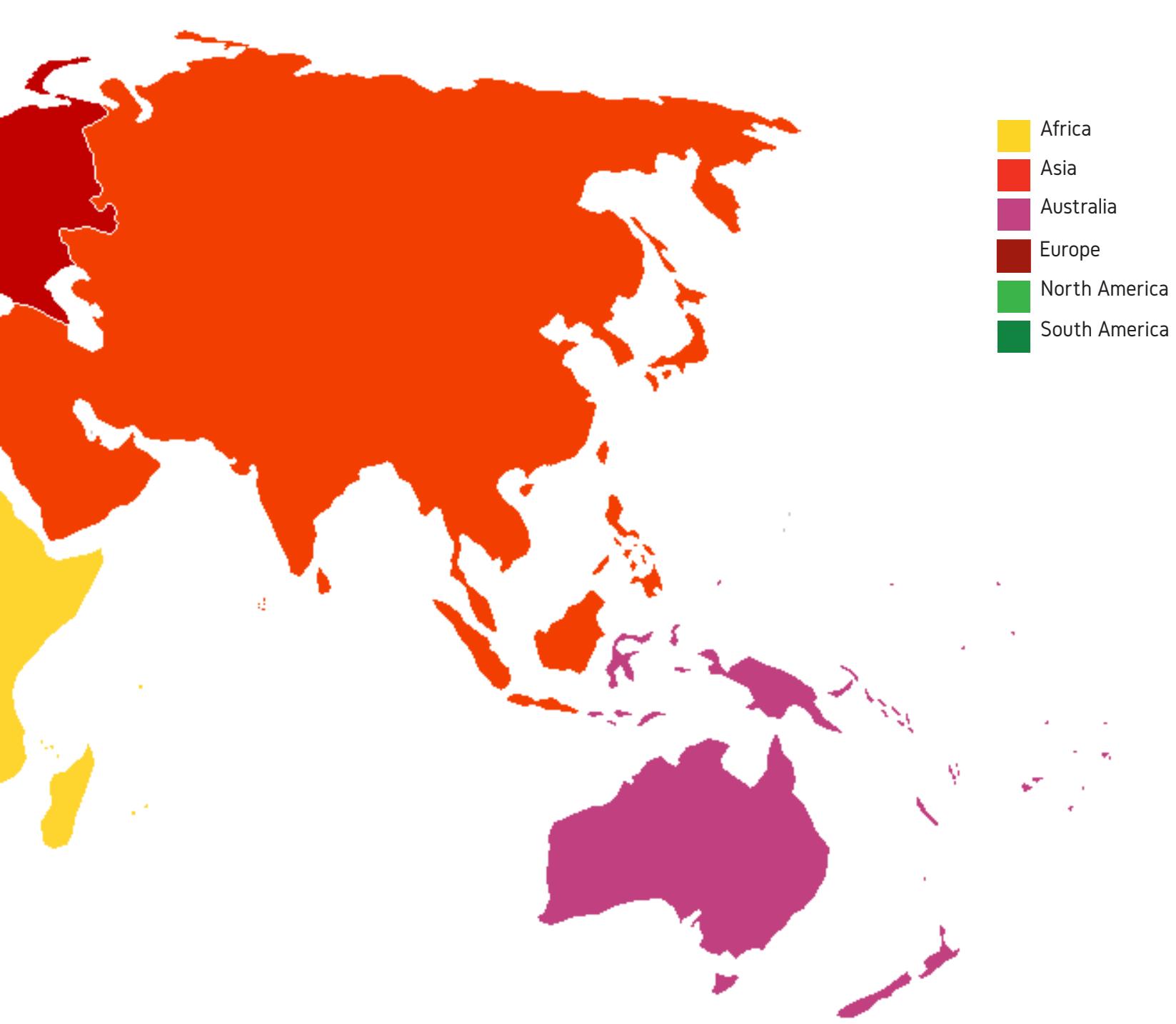


# Culture Cuisine.

By Emmanuel Mireku







*Culture Cuisine.*



## **Have you ever wondered about what other people eat in other continents?**

It probably crossed your mind before, if it did then let's learn. Learning can sometimes be hard, but learning shouldn't be hard, it should be fun. Well food is fun so how about learning about different types of food around the world? Yes, it sounds fun. In this book we will explore different types of food from the six major continents and learn how to make them. Instead of wondering about what other people living in different continents are eating, we have gathered all the information and all you gotta do is to just make them and taste them yourself, you might find out what you are missing, heck you might even find you a new favorite food from this. Who doesn't like trying new things? If you do buckle up because there is a lot of new food to try and learn about. Wait there is even more! You get to learn about the countries the food originated from; you will learn about their culture and even interesting facts that you didn't even know.

“You don’t need a silver fork to eat good food.”  
Paul Prudhomme

# Measurement chart

## Volume

1 tablespoon = 3 teaspoon  
1 cup = 16 teaspoon  
1 pint = 2 cups  
1 quart = 2 pints  
1 gallon = 4 quarts  
1 cup = 8 fluid ounces  
1 fluid ounce = 2 tablespoon

## Mass

1 pound = 16 ounces

Water has a density of 1 g/cm<sup>3</sup>

1 milliliters = 1 gram

1 liter = 1 kilogram

## Mass/Volume Conversions

1 fluid ounce = 1 ounce  
1 pint = 1 pound  
1 pound = 2 cups

1 milliliters = 1 gram

1 liter = 1 kilogram

# Content.

1

African  
Cuisine

5

Asian  
Cuisine

11

Australian  
Cuisine

15

European  
Cuisine

18

North American  
Cuisine

22

South American  
Cuisine



# Kelewele, Ghana

2

## Ingredients:

vegetable oil for frying  
5 ripe plantains, diced into 1/3-inch chunks  
1 small onion  
3 tablespoons grated fresh ginger, or more to taste  
2 whole cloves, crushed  
3 tablespoons ground chile pepper  
salt to taste

## Directions:

1. Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Place plantains in a bowl.
2. Puree onion in a blender until smooth. Stir in ginger and cloves; pour mixture over the plantains. Mix in ground chile pepper and salt. Stir to coat plantains.
3. Place plantains in the hot oil; fry until browned on all sides, about 5 minutes. Drain on paper towels.

fact:

Ghana was the first country in sub-Saharan Africa to gain independence post-colonialism. It gained its independence on March 6, 1957.



# Ofada, Nigeria

4

## Ingredients:

40 pcs unripe habanero peppers  
2 green tatashe peppers or green bell peppers  
1 locust bean seasoning (Iru, ogiri okpei or dawadawa)  
20cl red palm oil (at least)  
1 big onion  
1 handful crayfish  
850g assorted meat and fish. I used:  
Beef  
Shaki (cow tripe)  
Dry fish  
Stock fish

## Directions:

1. Cook all the meat and fish with the stock cube till well done.  
Pour the pepper blend into a separate pot and cook on high heat till all the water dries up.
2. Pour the red palm oil into a clean dry pot and bleach till it turns clear.  
It should look like vegetable oil when done. It took me 12 minutes on low to medium heat to bleach the one in the video below. Your own time may vary depending on the type of heater you have and the quantity of oil.
3. Leave the oil to cool down a bit then add the boiled pepper puree. Fry till all the water has dried from the pepper.  
Add the crayfish and locust bean seasoning, the orisirisi meat and fish and stir well.
4. Add salt to taste, leave to simmer and it is ready to be served.

fact:

While English is the official language, there are over 500 indigenous languages in Nigeria.



# Pork Dumplings, China

6

## Ingredients:

1/2 cup soy sauce  
1 tablespoon seasoned rice vinegar  
1 tablespoon finely chopped Chinese chives  
1 tablespoon sesame seeds  
1 teaspoon chile-garlic sauce (such as Sriracha(R))  
1 pound ground pork  
3 cloves garlic, minced  
1 egg, beaten  
2 tablespoons finely chopped Chinese chives  
2 tablespoons soy sauce  
1 1/2 tablespoons sesame oil  
1 tablespoon minced fresh ginger  
50 dumpling wrappers  
1 cup vegetable oil for frying  
1 quart water, or more as needed

## Directions:

1. Combine 1/2 cup soy sauce, rice vinegar, 1 tablespoon chives, sesame seeds, and chile sauce in a small bowl. Set aside.
2. Mix pork, garlic, egg, 2 tablespoons chives, soy sauce, sesame oil, and ginger in a large bowl until thoroughly combined. Place a dumpling wrapper on a lightly floured work surface and spoon about 1 tablespoon of the filling in the middle. Wet the edge with a little water and crimp together forming small pleats to seal the dumpling. Repeat with remaining dumpling wrappers and filling.
3. Heat 1 to 2 tablespoons vegetable oil in a large skillet over medium-high heat. Place 8 to 10 dumplings in the pan and cook until browned, about 2 minutes per side. Pour in 1 cup of water, cover and cook until the dumplings are tender and the pork is cooked through, about 5 minutes. Repeat for remaining dumplings. Serve with soy sauce mixture for dipping.

fact:

Hong Kong has more skyscrapers than any other city in the world.



# Pho, Vietnam

## Ingredients:

5 pounds beef knuckle, with meat  
2 pounds beef oxtail  
1 white (daikon) radish, sliced  
2 onions, chopped  
2 ounces whole star anise pods  
1/2 cinnamon stick  
2 whole cloves  
1 teaspoon black peppercorns  
1 slice fresh ginger root  
1 tablespoon white sugar  
1 1/2 pounds dried flat rice noodles  
1/2 pound frozen beef sirloin  
Sriracha hot pepper sauce  
hoisin sauce  
thinly sliced onion  
chopped fresh cilantro  
bean sprouts (mung beans)  
sweet Thai basil  
thinly sliced green onion  
limes, quartered

## Directions:

1. Place the beef knuckle in a very large (9 quart or more) pot. Season with salt, and fill pot with 2 gallons of water. Bring to a boil, and cook for about 2 hours.
2. Skim fat from the surface of the soup, and add the oxtail, radish and onions. Tie the anise pods, cinnamon stick, cloves, peppercorns and ginger in a cheesecloth or place in a spice bag; add to the soup. Stir in sugar, salt and fish sauce. Simmer over medium-low heat for at least 4 more hours (the longer, the better).
3. Bring a large pot of lightly salted water to a boil. Soak the rice noodles in water for about 20 minutes, then cook in boiling water until soft, but not mushy, about 5 minutes. Slice the frozen beef paper thin. The meat must be thin enough to cook instantly.
4. Place some noodles into each bowl, and top with a few raw beef slices. Ladle boiling broth over the beef and noodles in the bowl. Serve with hoisin sauce and Sriracha sauce on the side. Set onion, cilantro, bean sprouts, basil, green onions, and lime out at the table for individuals to add toppings to their liking.

## fact:

Noodles or “pho” are the second most popular food in Vietnam, after boiled rice.



# Sushi, Japan

10

## Ingredients:

2/3 cup uncooked short-grain white rice  
3 tablespoons rice vinegar  
3 tablespoons white sugar  
1 1/2 teaspoons salt  
4 sheets nori seaweed sheets  
1/2 cucumber, peeled, cut into small strips  
2 tablespoons pickled ginger  
1 avocado  
1/2 pound imitation crabmeat, flaked

## Directions:

1. In a medium saucepan, bring 1 1/3 cups water to a boil. Add rice, and stir. Reduce heat, cover, and simmer for 20 minutes. In a small bowl, mix the rice vinegar, sugar ,and salt. Blend the mixture into the rice.
2. Preheat oven to 300 degrees F (150 degrees C). On a medium baking sheet, heat nori in the preheated oven 1 to 2 minutes, until warm.
3. Center one sheet nori on a bamboo sushi mat. Wet your hands. Using your hands, spread a thin layer of rice on the sheet of nori, and press into a thin layer. Arrange 1/4 of the cucumber, ginger, avocado, and imitation crabmeat in a line down the center of the rice. Lift the end of the mat, and gently roll it over the ingredients, pressing gently. Roll it forward to make a complete roll. Repeat with remaining ingredients. Cut each roll into 4 to 6 slices using a wet, sharp knife.

fact:

Hong Kong has more skyscrapers than any other city in the world.



# Chicken Parmagiana, Australia

12

## Ingredients:

4 boneless, skinless chicken breasts, pounded thin  
Salt and freshly ground black pepper  
2 cups all-purpose flour, seasoned with pepper  
4 large eggs, beaten with 2 tablespoons water and  
seasoned with salt and pepper  
2 cups panko bread crumbs  
1 cup vegetable oil or pure olive oil  
Tomato Sauce, recipe follows  
1-pound fresh mozzarella, thinly sliced  
1/4 cup freshly grated Parmesan  
Fresh basil or parsley leaves, for garnish  
2 tablespoons olive oil  
1 large Spanish onion, finely chopped  
Two 28-ounce cans plum tomatoes and their juices,  
pureed in a blender  
One 16-ounce can crushed tomatoes  
1 small can tomato paste  
1 bay leaf  
1 small bunch Italian parsley  
1 Cubano chile pepper, chopped  
Salt and freshly ground pepper

## Directions:

1. Preheat oven to 400 degrees F.
2. Season chicken on both sides with salt and pepper. Dredge each breast in the flour and tap off excess, then dip in the egg and let excess drip off, then dredge on both sides in the bread crumbs.
3. Divide the oil between 2 large saute pans and heat over high heat until almost smoking. Add 2 chicken breasts to each pan and cook until golden brown on both sides, about 2 minutes per side. Transfer to a baking sheet and top each breast with some Tomato Sauce, a few slices of the mozzarella, salt and pepper, and a tablespoon of Parmesan. Bake in the oven until the chicken is cooked through and the cheese is melted, about 5 to 7 minutes. Remove from the oven and garnish with basil or parsley leaves.
4. Heat olive oil in a medium saucepan over medium heat. Add onions and garlic and cook until soft. Add pureed tomatoes with their juices, crushed tomatoes, tomato paste, 1 cup water, bay leaf, parsley, Cubano pepper, and bring to a boil. Season, to taste, with salt and pepper. Reduce heat and cook until slightly thickened, about 30 minutes.

fact:

There are three times as many sheep  
than people living in Australia



# Pavlova, Australia

14

## Ingredients:

3 egg whites  
1 teaspoon distilled white vinegar  
3 tablespoons cold water  
1 teaspoon vanilla extract  
1 cup super fine sugar  
3 teaspoons cornstarch

## Directions:

1. Preheat oven to 300 degrees F (150 degrees C).  
Beat egg whites until stiff, add cold water and beat again. Add sugar very gradually while still beating.
2. Slow beater and add vinegar, vanilla and cornstarch.
3. Place on parchment paper on a greased baking sheet and bake for 45 minutes. Turn off the oven and leave cookies to cool in the oven.  
NOTE: Don't go opening and closing the oven door. If you must, close the door very carefully. Pavlova is not individual servings, it is of cake-size, decorated with whipped cream and topped with fresh fruit of your choice just before serving.

fact:

Australia is the only continent covered by a single country



# Currywurst, Germany

16

## Ingredients:

3 (15 ounce) cans tomato sauce  
1 pound kielbasa  
2 tablespoons chili sauce  
1/2 teaspoon onion salt  
1 tablespoon white sugar  
1 teaspoon ground black pepper  
1 pinch paprika Curry powder to taste

## Directions:

1. Preheat oven to Broil/Grill.
2. Pour tomato sauce into a large saucepan, then stir in the chili sauce, onion salt, sugar and pepper. Let simmer over medium heat, occasionally stirring; bring to a gentle boil and reduce heat to low. Simmer another 5 minutes.
3. Meanwhile, broil/grill kielbasa sausage for 3 to 4 minutes each side, or until cooked through. Slice into pieces 1/4 inch to 1/2 inch thick.
4. Pour tomato sauce mixture over sausage, then sprinkle all with paprika and curry powder and serve.

fact:

65% of the highways in Germany (Autobahn) have no speed limit.



# Risotto, Italy

## Ingredients:

3 tablespoons olive oil or butter  
1 small onion, cut into small dice  
2 ounces prosciutto or 4 ounces ham, cut into dice  
2 cups arborio rice  
1/2 cup dry white wine  
4 cups chicken broth  
2 cups water  
1 cup grated Parmesan cheese  
1 cup frozen regular (not petite) green peas  
2 tablespoons chopped fresh parsley  
1 pinch Salt and ground black pepper

## Directions:

1. Adjust oven rack to middle position, and heat oven to 450 degrees. Heat oil or butter in a heavy-bottom Dutch oven or large ovenproof saucepan over medium-high heat. Add onion and prosciutto or ham; saute until tender, 4 to 5 minutes.
2. Stir in rice (can be removed from heat and covered for up to 2 hours in advance), then add wine, and simmer until the liquid has almost evaporated. Turn off heat. Add broth and water. Cover the pot with a sheet of heavy-duty foil, pressing the foil down so it's concave and rests on the broth. Place a lid over the pot to ensure an even tighter seal.
3. Stir mixture, adding water if necessary, until rice is cooked and a little chewy at the center, the liquid is creamy, and the flavors of the new ingredients have melded in, about 5 minutes. Stir in 1 cup of Parmesan cheese, peas and/or parsley. Adjust seasonings, including salt and pepper, to taste.

## fact:

The name Italy comes from the word italia, meaning "calf land," perhaps because the bull was a symbol of the Southern Italian tribes.



# Apple Pie, United States

22

## Ingredients:

1 recipe pastry for a 9 inch double crust pie  
1/2 cup unsalted butter  
3 tablespoons all-purpose flour  
1/4 cup water 1/2 cup white sugar  
1/2 cup packed brown sugar  
8 Granny Smith apples - peeled, cored and sliced

## Directions:

1. Preheat oven to 425 degrees F (220 degrees C). Melt the butter in a saucepan. Stir in flour to form a paste. Add water, white sugar and brown sugar, and bring to a boil. Reduce temperature and let simmer.
2. Place the bottom crust in your pan. Fill with apples, mounded slightly. Cover with a lattice work crust. Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off.
3. Bake 15 minutes in the preheated oven. Reduce the temperature to 350 degrees F (175 degrees C). Continue baking for 35 to 45 minutes, until apples are soft.

fact:

The Pentagon is the largest office building in the world by area



# Butter Tarts, Canada

24

## Ingredients:

1 recipe pastry for a 9 inch double crust pie  
1/2 cup unsalted butter  
3 tablespoons all-purpose flour  
1/4 cup water 1/2 cup white sugar  
1/2 cup packed brown sugar  
8 Granny Smith apples - peeled, cored and sliced

## Directions:

1. Preheat oven to 425 degrees F (220 degrees C). Melt the butter in a saucepan. Stir in flour to form a paste. Add water, white sugar and brown sugar, and bring to a boil. Reduce temperature and let simmer.
2. Place the bottom crust in your pan. Fill with apples, mounded slightly. Cover with a lattice work crust. Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off.
3. Bake 15 minutes in the preheated oven. Reduce the temperature to 350 degrees F (175 degrees C). Continue baking for 35 to 45 minutes, until apples are soft.

fact:

The baseball glove was invented in Canada in 1883.



# Argentine Empanadas, Argentina

26

## Ingredients:

1/2 cup shortening  
2 onions, chopped  
1-pound lean ground beef  
2 teaspoons Hungarian sweet paprika  
3/4 teaspoon hot paprika  
1/2 teaspoon crushed red pepper flakes  
1 teaspoon ground cumin  
1 tablespoon distilled white vinegar  
1/4 cup raisins  
1/2 cup pitted green olives, chopped  
2 hard-cooked eggs, chopped salt to taste  
1 (17.5 ounce) package frozen puff pastry sheets, thawed

## Directions:

1. In a saute; pan melt the shortening and add the chopped onions. Cook the onions until just before they begin to turn golden. Remove from the heat and stir in the sweet paprika, hot paprika, crushed red pepper flakes and salt to taste.
2. Spread the meat on a sieve and pour boiling water on it for partial cooking. Allow meat to cool. Place meat in a dish add salt to taste, cumin and vinegar. Mix and add the meat to the onion mixture. Mix well and place on a flat to dish to cool and harden.
3. Cut puff pastry dough into 10 round shells. Place a spoonful of the meat mixture on each round; add some of the raisins, olives and hard-boiled egg. Avoid reaching the edges of the pastry with the filling because its oiliness will prevent good sealing. Slightly wet the edge of the pastry, fold in two and stick edges together. The shape should resemble that of a half-moon.
4. Preheat oven to 350 degrees F (180 degrees C). Place empanadas on a parchment paper lined baking sheet. Be sure to prick each empanada with a fork near the curl to allow steam to escape during baking. Glaze with egg for shine and bake until golden, about 20 to 30 minutes.

fact:

The name “Argentina” comes from the Latin word for silver, argentum. The original European settlers believed the country was full of silver.



# Tacos, Mexico

28

## Ingredients:

3 pounds flank steak  
1/3 cup white vinegar  
1/2 cup soy sauce  
4 cloves garlic, minced  
2 limes, juiced  
1/2 cup olive oil  
1 teaspoon salt  
1 teaspoon ground black pepper  
1 teaspoon ground white pepper  
1 teaspoon garlic powder  
1 teaspoon chili powder  
1 teaspoon dried oregano  
1 teaspoon ground cumin  
1 white onion, chopped  
1/2 cup chopped fresh cilantro  
1 lime, juiced  
2 large tomatoes, chopped  
2 jalapeno peppers, chopped  
1 white onion, quartered  
4 cloves garlic, peeled  
4 dried New Mexico chile pods  
1 pinch salt and pepper to taste  
1 (32 ounce) package corn tortillas  
2 cups grated cotija cheese (optional)  
2 limes, cut into wedges

## Directions:

1. Lay the flank steak in a large glass baking dish. In a medium bowl, whisk together the vinegar, soy sauce, 4 cloves of garlic, juice of two limes, and olive oil. Season with salt, black pepper, white pepper, garlic powder, chili powder, oregano, cumin and paprika. Whisk until well blended, then pour over the steak in the dish. Turn over once to coat both sides. Cover with plastic wrap, and marinate for 1 to 8 hours.
2. In a small bowl, stir together 1 chopped white onion, cilantro, and the juice of 1 lime. Set aside to use as a relish for the tacos..Heat a skillet over medium-high heat. Toast chile pods in the skillet for a few minutes, then remove to a bowl of water to soak for about 30 minutes. Preheat the oven to 450 degrees F (230 degrees C).
3. Place the tomatoes, 1 onion, jalapenos, and 4 cloves of garlic onto a baking sheet. Roast in the oven for about 20 minutes, until toasted but not burnt. Place the roasted vegetables, and soaked chile pods into a blender or food processor, along with salt and pepper. Puree until smooth.
4. Warm the tortillas in a skillet for about a minute on each side to make them pliable. Top with a sprinkle of the onion relish and a large spoonful of the pureed salsa. Add as much cheese as you like. Garnish with lime wedges, and serve.

fact:

The most popular sport in Mexico is football (soccer).

# CREDITS

All cover pictures are from unsplash.com

pictures from pages 11, 15, 23 are from flickr.com

Picture from page 1 is from ghanaweb.com

Pictures from 3, 5, 7, 9, 13, 17, 19, 21,25, and 27 are from unsplash.com

All the recipes were found from allrecipes.com

**THANKS!**

