

# **Meal Ideas: Dinner - Sides**



### **Acarajé**

- **Ingredients:**
  - 2 cups black-eyed peas
  - 1 small onion
  - 2 cloves garlic
  - 1 teaspoon salt
  - Oil for frying
- **Instructions:**
  - Soak black-eyed peas overnight, then peel and rinse.
  - Blend peas with diced onion, minced garlic, and salt until smooth.
  - Form mixture into balls and fry in hot oil until golden.
  - Drain on paper towels and serve warm.

### **Agedashi Tofu**

- **Ingredients:**
  - 1 block tofu
  - 1/4 cup cornstarch
  - 1 cup dashi broth
  - 2 tablespoons soy sauce
  - 1 tablespoon mirin
  - 1/4 cup green onions
  - 1/4 cup grated daikon
- **Instructions:**
  - Cut tofu into cubes and coat with cornstarch.
  - Fry in hot oil until golden.
  - Heat dashi broth with soy sauce and mirin.
  - Serve tofu in broth, topped with green onions and grated daikon.

### **Aloo Gobi**

- **Ingredients:**
  - 2 potatoes
  - 1 cauliflower
  - 1 small onion
  - 2 cloves garlic
  - 1 teaspoon cumin
  - 1 teaspoon turmeric
  - 1 teaspoon coriander
  - 1 teaspoon garam masala
  - 1 teaspoon salt
  - 2 tablespoons oil
- **Instructions:**
  - Peel and dice potatoes, cut cauliflower into florets.
  - Heat oil in a pan and sauté diced onion and minced garlic until translucent.
  - Add cumin, turmeric, coriander, and garam masala, cook for 1 minute.

- Add potatoes and cauliflower, stir to coat with spices.
- Cover and cook until vegetables are tender, stirring occasionally.
- Add salt to taste and serve.

### **Albondigas**

- **Ingredients:**
  - 1/2 pound ground beef
  - 1/2 pound ground pork
  - 1 small onion
  - 2 cloves garlic
  - 1/4 cup breadcrumbs
  - 1 egg
  - 1 teaspoon paprika
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
  - 1/4 cup olive oil
  - 1 cup tomato sauce
- **Instructions:**
  - Mix ground beef, ground pork, diced onion, minced garlic, breadcrumbs, beaten egg, paprika, salt, and pepper in a bowl.
  - Form mixture into meatballs.
  - Heat olive oil in a pan and brown meatballs on all sides.
  - Add tomato sauce and simmer for 20 minutes.
  - Serve warm.

### **Antipasto**

- **Ingredients:**
  - Assorted cured meats (salami, prosciutto)
  - Cheeses (mozzarella, provolone)
  - Olives
  - Marinated vegetables (artichokes, peppers)
  - Breadsticks
- **Instructions:**
  - Arrange meats, cheeses, olives, and vegetables on a platter.
  - Serve with breadsticks.

### **Arancini**

- **Ingredients:**
  - 2 cups cooked risotto
  - 1/2 cup mozzarella
  - 1/2 cup flour
  - 2 eggs
  - 1 cup breadcrumbs
  - 1 cup vegetable oil

- **Instructions:**
  - Form risotto into balls and stuff with a cube of mozzarella.
  - Dredge balls in flour, dip in beaten eggs, and coat with breadcrumbs.
  - Fry in hot oil until golden.
  - Drain on paper towels and serve warm.

### **Baba Ganoush**

- **Ingredients:**
  - 2 eggplants
  - 1/4 cup tahini
  - 1/4 cup lemon juice
  - 2 cloves garlic
  - 1/4 cup olive oil
  - 1 teaspoon salt
- **Instructions:**
  - Roast eggplants until soft, then peel and mash.
  - Blend mashed eggplant, tahini, lemon juice, minced garlic, and salt in a food processor.
  - Slowly add olive oil while blending until smooth.
  - Serve with a drizzle of olive oil.

### **Baked Beans**

- **Ingredients:**
  - 4 cups cooked navy beans
  - 1 small onion
  - 1/2 cup molasses
  - 1/4 cup brown sugar
  - 1/4 cup ketchup
  - 1 tablespoon mustard
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
- **Instructions:**
  - Preheat oven to 350°F (175°C).
  - Sauté diced onion until translucent.
  - Mix beans, onion, molasses, brown sugar, ketchup, mustard, salt, and pepper in a baking dish.
  - Bake for 1 hour, stirring occasionally.
  - Serve warm.

### **Bammy**

- **Ingredients:**
  - 2 cups grated cassava
  - 1/4 cup coconut milk
  - 1 teaspoon salt

- Oil for frying
- **Instructions:**
  - Mix grated cassava with coconut milk and salt.
  - Form mixture into flat cakes.
  - Fry in hot oil until golden.
  - Drain on paper towels and serve warm.

### **Banchan**

- **Ingredients:**
  - Assorted small side dishes like pickled radish, spinach, bean sprouts, kimchi
- **Instructions:**
  - Prepare each side dish separately.
  - Arrange on small plates.
  - Serve as accompaniments to the main meal.

### **Banh Beo**

- **Ingredients:**
  - 1 cup rice flour
  - 1/2 cup water
  - 1/2 cup coconut milk
  - 1/4 cup shrimp
  - 1/4 cup green onions
  - 1/4 cup fried shallots
  - 1 teaspoon salt
  - 1/2 teaspoon sugar
- **Instructions:**
  - Mix rice flour, water, coconut milk, salt, and sugar to form a batter.
  - Pour batter into small dishes and steam until set.
  - Sauté chopped shrimp and green onions until cooked.
  - Top steamed cakes with shrimp, green onions, and fried shallots.
  - Serve with dipping sauce.

### **Banh Xeo**

- **Ingredients:**
  - 1 cup rice flour
  - 1/2 cup coconut milk
  - 1/2 cup water
  - 1/2 pound shrimp
  - 1/2 pound pork
  - 1 small onion
  - 1/2 cup bean sprouts
  - 1/4 cup green onions
  - 1/4 cup cilantro
  - 1 teaspoon turmeric

- 1 teaspoon salt
- Oil for frying
- **Instructions:**
  - Mix rice flour, coconut milk, water, turmeric, and salt to form a batter.
  - Sauté sliced pork, shrimp, and diced onion until cooked.
  - Heat oil in a pan and pour in a ladle of batter, swirling to coat the pan.
  - Add cooked pork, shrimp, bean sprouts, green onions, and cilantro.
  - Fold pancake in half and cook until crispy.
  - Serve with lettuce and dipping sauce.

### **Basturma**

- **Ingredients:**
  - 1 pound beef tenderloin
  - 1/4 cup paprika
  - 2 tablespoons cumin
  - 2 tablespoons fenugreek
  - 1 tablespoon garlic powder
  - 1 tablespoon salt
- **Instructions:**
  - Rub beef with salt and let cure in the refrigerator for 24 hours.
  - Rinse and pat dry.
  - Mix paprika, cumin, fenugreek, and garlic powder, then coat beef with the mixture.
  - Wrap in cheesecloth and hang in a cool, dry place for 1-2 weeks.
  - Slice thinly and serve.

### **Batbout**

- **Ingredients:**
  - 2 1/4 teaspoons active dry yeast
  - 1 teaspoon sugar
  - 1 cup warm water
  - 3 cups flour
  - 1 teaspoon salt
  - 1/4 cup olive oil
- **Instructions:**
  - Dissolve yeast and sugar in warm water, let sit until foamy.
  - Mix flour and salt in a bowl, then add yeast mixture and olive oil.
  - Knead until smooth, then let rise until doubled.
  - Divide dough into balls and roll out into circles.
  - Cook on a hot griddle until puffed and golden.
  - Serve warm.

### **Bhindi Masala**

- **Ingredients:**

- 1 pound okra
- 1 small onion
- 2 cloves garlic
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon turmeric
- 1 teaspoon garam masala
- 1 teaspoon salt
- 2 tablespoons oil
- **Instructions:**
  - Wash and dry okra, then cut into pieces.
  - Heat oil in a pan and sauté diced onion and minced garlic until translucent.
  - Add cumin, coriander, turmeric, and garam masala, cook for 1 minute.
  - Add okra and stir to coat with spices.
  - Cook until okra is tender, stirring occasionally.
  - Add salt to taste and serve.

## **Bobotie**

- **Ingredients:**
  - 1 pound ground beef
  - 1 small onion
  - 2 cloves garlic
  - 1/4 cup raisins
  - 1/4 cup almonds
  - 1 tablespoon curry powder
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
  - 2 eggs
  - 1/2 cup milk
  - 1/4 cup breadcrumbs
- **Instructions:**
  - Preheat oven to 350°F (175°C).
  - Sauté diced onion and minced garlic until softened.
  - Add ground beef, raisins, almonds, curry powder, salt, and pepper, cook until beef is browned.
  - Transfer mixture to a baking dish.
  - Beat eggs with milk and pour over the beef mixture.
  - Sprinkle with breadcrumbs.
  - Bake for 30 minutes until set and golden.
  - Serve warm.

## **Bok Choy with Garlic**

- **Ingredients:**
  - 1 pound bok choy

- 2 cloves garlic
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- **Instructions:**
  - Sauté minced garlic in sesame oil until fragrant.
  - Add bok choy and stir-fry until tender.
  - Add soy sauce and cook for 2 minutes.
  - Serve warm.

### **Bolinho de Bacalhau**

- **Ingredients:**
  - 1 pound salted cod
  - 4 potatoes
  - 1 small onion
  - 2 cloves garlic
  - 1/4 cup parsley
  - 2 eggs
  - 1 cup breadcrumbs
  - Oil for frying
- **Instructions:**
  - Soak salted cod in water overnight, then rinse and flake.
  - Boil potatoes until tender, then mash.
  - Mix cod with mashed potatoes, diced onion, minced garlic, chopped parsley, and beaten eggs.
  - Form mixture into balls and coat with breadcrumbs.
  - Fry in hot oil until golden.
  - Drain on paper towels and serve warm.

### **Bouillabaisse**

- **Ingredients:**
  - 1 pound fish fillets
  - 1/2 pound shrimp
  - 1/2 pound mussels
  - 1 small onion
  - 2 cloves garlic
  - 4 tomatoes
  - 4 cups fish stock
  - 1/2 cup white wine
  - 1 teaspoon saffron
  - 1 teaspoon thyme
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
- **Instructions:**
  - Sauté diced onion and minced garlic in olive oil until softened.



- Add diced tomatoes, fish stock, wine, saffron, thyme, salt, and pepper, simmer for 20 minutes.
- Add fish fillets, shrimp, and mussels, cook until seafood is done.
- Serve hot with crusty bread.

### **Bratkartoffeln (Fried Potatoes)**

- **Ingredients:**
  - 4 potatoes
  - 1 small onion
  - 1/4 cup bacon
  - 2 tablespoons butter
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
- **Instructions:**
  - Boil potatoes until tender, then slice.
  - Cook diced bacon until crispy, then remove and set aside.
  - Sauté sliced potatoes and diced onion in butter until golden.
  - Stir in bacon, salt, and pepper.
  - Serve warm.

### **Briam**

- **Ingredients:**
  - 2 potatoes
  - 2 zucchinis
  - 2 eggplants
  - 2 tomatoes
  - 1 small onion
  - 4 cloves garlic
  - 1/4 cup olive oil
  - 1 teaspoon oregano
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
- **Instructions:**
  - Preheat oven to 375°F (190°C).
  - Slice potatoes, zucchinis, eggplants, and tomatoes.
  - Sauté diced onion and minced garlic in olive oil until softened.
  - Layer vegetables in a baking dish, seasoning with oregano, salt, and pepper.
  - Pour sautéed onion and garlic over the top.
  - Bake for 45 minutes until vegetables are tender.
  - Serve warm.

### **Briouats**

- **Ingredients:**
  - 1/2 pound ground beef

- 1 small onion
- 2 cloves garlic
- 1/4 cup parsley
- 1 teaspoon cumin
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 package phyllo dough
- 1/4 cup butter
- Oil for frying
- **Instructions:**
  - Sauté ground beef, diced onion, and minced garlic until cooked.
  - Stir in chopped parsley, cumin, cinnamon, salt, and pepper.
  - Cut phyllo dough into strips and brush with melted butter.
  - Place a spoonful of filling on each strip and fold into triangles.
  - Fry in hot oil until golden.
  - Drain on paper towels and serve warm.

### **Bruschetta**

- **Ingredients:**
  - 1 baguette
  - 4 tomatoes
  - 1/4 cup basil
  - 2 cloves garlic
  - 1/4 cup olive oil
  - 1 teaspoon salt
- **Instructions:**
  - Slice baguette and toast until golden.
  - Dice tomatoes and chop basil.
  - Mix tomatoes, basil, minced garlic, olive oil, and salt.
  - Spoon mixture onto toasted bread and serve.

### **Bulgur Pilaf**

- **Ingredients:**
  - 1 cup bulgur
  - 2 cups chicken broth
  - 1 small onion
  - 1 carrot
  - 1/4 cup parsley
  - 2 tablespoons olive oil
  - 1 teaspoon salt
- **Instructions:**
  - Sauté diced onion and grated carrot in olive oil until softened.
  - Add bulgur and cook for 2 minutes.

- Pour in chicken broth and bring to a boil.
- Reduce heat, cover, and simmer until bulgur is tender.
- Stir in chopped parsley and salt.
- Serve warm.

### **Ca Tim Nuong (Grilled Eggplant)**

- **Ingredients:**
  - 2 eggplants
  - 2 cloves garlic
  - 2 tablespoons fish sauce
  - 1 tablespoon lime juice
  - 1 tablespoon sugar
  - 1/4 cup cilantro
- **Instructions:**
  - Grill eggplants until charred and tender.
  - Peel and slice eggplants.
  - Mix minced garlic, fish sauce, lime juice, and sugar in a bowl.
  - Toss eggplants with the dressing.
  - Garnish with chopped cilantro and serve.

### **Callaloo**

- **Ingredients:**
  - 1 pound callaloo leaves
  - 1 small onion
  - 2 cloves garlic
  - 1/4 cup coconut milk
  - 1 teaspoon thyme
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
- **Instructions:**
  - Sauté diced onion and minced garlic until softened.
  - Add callaloo leaves and cook until wilted.
  - Stir in coconut milk, thyme, salt, and pepper.
  - Simmer for 10 minutes.
  - Serve warm.

### **Canh Chua**

- **Ingredients:**
  - 4 cups fish stock
  - 1/2 pound fish fillets
  - 1 cup pineapple
  - 1 cup tomatoes
  - 1 cup bean sprouts
  - 2 stalks lemongrass

- 2-3 Thai chilies
- 2 tablespoons fish sauce
- 2 tablespoons tamarind paste
- 1 tablespoon sugar
- 1/4 cup cilantro
- **Instructions:**
  - Bring fish stock to a boil.
  - Add lemongrass, chilies, and tamarind paste, simmer for 10 minutes.
  - Add pineapple, tomatoes, and fish fillets, cook until fish is done.
  - Stir in fish sauce, sugar, and bean sprouts.
  - Garnish with chopped cilantro and serve.

### **Caprese Salad**

- **Ingredients:**
  - 4 tomatoes
  - 1 pound fresh mozzarella
  - 1/4 cup basil
  - 2 tablespoons olive oil
  - 1 tablespoon balsamic glaze
  - 1 teaspoon salt
- **Instructions:**
  - Slice tomatoes and mozzarella.
  - Arrange on a plate, alternating slices.
  - Sprinkle with chopped basil, olive oil, balsamic glaze, and salt.
  - Serve immediately.

### **Carrot Salad**

- **Ingredients:**
  - 4 carrots
  - 1/4 cup raisins
  - 1/4 cup parsley
  - 1/4 cup lemon juice
  - 1/4 cup olive oil
  - 1 teaspoon cumin
  - 1 teaspoon salt
- **Instructions:**
  - Grate carrots and mix with raisins and chopped parsley.
  - Whisk lemon juice, olive oil, cumin, and salt, then pour over salad.
  - Toss well and serve chilled.

### **Ceviche**

- **Ingredients:**
  - 1 pound fresh fish or shrimp
  - 1 cup lime juice

- 1 small onion
- 2 tomatoes
- 1 jalapeño
- 1/4 cup cilantro
- 1 teaspoon salt
- **Instructions:**
  - Dice fish or shrimp and place in a bowl.
  - Pour lime juice over the seafood and let marinate for 30 minutes.
  - Dice onion, tomatoes, and jalapeño.
  - Chop cilantro.
  - Mix all ingredients together and add salt.
  - Serve chilled.

### **Cha Gio**

- **Ingredients:**
  - 1 package spring roll wrappers
  - 1/2 pound ground pork
  - 1/2 cup shrimp
  - 1/2 cup mushrooms
  - 1/4 cup carrots
  - 1/4 cup green onions
  - 2 cloves garlic
  - 2 tablespoons fish sauce
  - 1 tablespoon sugar
  - Oil for frying
- **Instructions:**
  - Mix ground pork, chopped shrimp, diced mushrooms, julienned carrots, chopped green onions, minced garlic, fish sauce, and sugar in a bowl.
  - Place a spoonful of filling on each wrapper and roll tightly.
  - Fry in hot oil until golden.
  - Drain on paper towels and serve with dipping sauce.

### **Chakchouka**

- **Ingredients:**
  - 4 tomatoes
  - 2 bell peppers
  - 1 small onion
  - 2 cloves garlic
  - 1/4 cup olive oil
  - 1 teaspoon cumin
  - 1 teaspoon paprika
  - 1 teaspoon salt
  - 4 eggs
  - 1/4 cup cilantro

- **Instructions:**
  - Sauté diced onion, minced garlic, and sliced bell peppers in olive oil until softened.
  - Add diced tomatoes, cumin, paprika, and salt, simmer for 10 minutes.
  - Make wells in the sauce and crack eggs into each well.
  - Cover and cook until eggs are set.
  - Garnish with chopped cilantro and serve warm.

### **Chana Masala**

- **Ingredients:**
  - 2 cups cooked chickpeas
  - 1 small onion
  - 2 cloves garlic
  - 1 teaspoon cumin
  - 1 teaspoon coriander
  - 1 teaspoon garam masala
  - 1 teaspoon turmeric
  - 1 teaspoon salt
  - 1 can diced tomatoes
  - 2 tablespoons oil
- **Instructions:**
  - Heat oil in a pan and sauté diced onion and minced garlic until translucent.
  - Add cumin, coriander, garam masala, and turmeric, cook for 1 minute.
  - Add chickpeas and diced tomatoes, stir to combine.
  - Simmer for 15 minutes, stirring occasionally.
  - Add salt to taste and serve.

### **Chapati**

- **Ingredients:**
  - 2 cups flour
  - 1/4 cup oil
  - 1/2 cup water
  - 1 teaspoon salt
- **Instructions:**
  - Mix flour, oil, water, and salt to form a dough, then let rest.
  - Divide dough into balls and roll out into circles.
  - Cook on a hot griddle until golden on both sides.
  - Serve warm.

### **Char Siu**

- **Ingredients:**
  - 1 pound pork shoulder
  - 1/4 cup hoisin sauce
  - 2 tablespoons soy sauce

- 2 tablespoons honey
- 1 tablespoon rice wine
- 1 teaspoon five-spice powder
- 1 teaspoon garlic powder
- **Instructions:**
  - Mix hoisin sauce, soy sauce, honey, rice wine, five-spice powder, and garlic powder in a bowl.
  - Marinate pork in the mixture for at least 2 hours.
  - Preheat oven to 375°F (190°C).
  - Place pork on a baking sheet and roast for 45 minutes, basting occasionally.
  - Let rest before slicing and serving.

### **Chawanmushi**

- **Ingredients:**
  - 2 eggs
  - 1 cup dashi broth
  - 1 tablespoon soy sauce
  - 1 tablespoon mirin
  - 1/4 cup chicken
  - 1/4 cup shrimp
  - 1/4 cup mushrooms
- **Instructions:**
  - Beat eggs with dashi broth, soy sauce, and mirin.
  - Place chicken, shrimp, and mushrooms in small bowls.
  - Pour egg mixture over the top.
  - Steam for 15 minutes until set.
  - Serve warm.

### **Chiles Rellenos**

- **Ingredients:**
  - 4 poblano peppers
  - 1 cup shredded cheese
  - 1/2 cup flour
  - 4 eggs
  - 1 cup vegetable oil
  - 1 cup tomato sauce
- **Instructions:**
  - Roast peppers until charred, then peel and remove seeds.
  - Stuff peppers with cheese.
  - Separate eggs and beat whites until stiff, then fold in yolks.
  - Dredge peppers in flour, then dip in egg mixture.
  - Fry in hot oil until golden.
  - Serve with warmed tomato sauce.