

- Scramble eggs in the same pan.
- Add noodles, fish sauce, tamarind paste, sugar, and lime juice, stir to combine.
- Add bean sprouts, cooked shrimp, and chopped green onions.
- Garnish with crushed peanuts and serve.

Pajeon (Pancakes)

- **Ingredients:**
 - 1 cup flour
 - 1 cup water
 - 1 egg
 - 1/2 cup green onions
 - 1/2 cup seafood (optional)
 - 1 tablespoon soy sauce
 - 1 tablespoon sesame oil
- **Instructions:**
 - Mix flour, water, and beaten egg in a bowl.
 - Add chopped green onions and seafood (if using).
 - Heat sesame oil in a pan and pour in batter.
 - Cook until golden on both sides.
 - Serve with soy sauce for dipping.

Pan con Tomate

- **Ingredients:**
 - 1 baguette
 - 4 tomatoes
 - 2 cloves garlic
 - 1/4 cup olive oil
 - 1 teaspoon salt
- **Instructions:**
 - Slice baguette and toast until golden.
 - Rub toasted bread with cut garlic cloves.
 - Grate tomatoes and spread on bread.
 - Drizzle with olive oil and sprinkle with salt.
 - Serve immediately.

Paneer Tikka

- **Ingredients:**
 - 1 pound paneer
 - 1/2 cup yogurt
 - 1 tablespoon lemon juice
 - 1 teaspoon cumin
 - 1 teaspoon coriander
 - 1 teaspoon garam masala
 - 1 teaspoon turmeric

- 1 teaspoon salt
- Skewers
- **Instructions:**
 - Cut paneer into cubes.
 - Mix yogurt, lemon juice, cumin, coriander, garam masala, turmeric, and salt in a bowl.
 - Add paneer cubes and marinate for at least 1 hour.
 - Thread paneer onto skewers.
 - Grill or broil until golden, turning occasionally.
 - Serve warm.

Panzanella

- **Ingredients:**
 - 4 cups cubed bread
 - 4 tomatoes
 - 1 cucumber
 - 1 small red onion
 - 1/4 cup basil
 - 1/4 cup olive oil
 - 2 tablespoons red wine vinegar
 - 1 teaspoon salt
- **Instructions:**
 - Toast bread cubes until golden.
 - Dice tomatoes and cucumber, slice red onion.
 - Mix bread, tomatoes, cucumber, onion, and chopped basil.
 - Whisk olive oil, vinegar, and salt, then pour over salad.
 - Toss well and serve.

Papadum

- **Ingredients:**
 - 1 cup urad dal flour
 - 1/4 cup water
 - 1/2 teaspoon salt
 - Oil for frying
- **Instructions:**
 - Mix urad dal flour, water, and salt to form a dough.
 - Roll dough into thin circles.
 - Fry in hot oil until crispy.
 - Drain on paper towels and serve.

Patatas Bravas

- **Ingredients:**
 - 4 potatoes
 - 1/4 cup olive oil

- 1/2 cup tomato sauce
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1/4 cup mayonnaise
- **Instructions:**
 - Peel and dice potatoes.
 - Toss potatoes with olive oil and salt, then roast at 400°F (200°C) until crispy.
 - Mix tomato sauce, paprika, and cayenne pepper in a bowl.
 - Serve potatoes with tomato sauce and a dollop of mayonnaise.

Pepper Pot

- **Ingredients:**
 - 1 pound beef
 - 1 small onion
 - 2 cloves garlic
 - 4 cups beef broth
 - 1 cup spinach
 - 1 cup okra
 - 1 teaspoon thyme
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
- **Instructions:**
 - Sauté diced beef, onion, and minced garlic until browned.
 - Add beef broth, thyme, salt, and pepper, simmer for 1 hour.
 - Stir in spinach and okra, cook until tender.
 - Serve warm.

Peri-Peri Chicken

- **Ingredients:**
 - 1 pound chicken thighs
 - 1/4 cup peri-peri sauce
 - 2 tablespoons olive oil
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
- **Instructions:**
 - Marinate chicken in peri-peri sauce, olive oil, salt, and pepper for at least 1 hour.
 - Preheat oven to 400°F (200°C).
 - Arrange chicken on a baking sheet and roast for 25-30 minutes until cooked through.
 - Serve warm.

Pico de Gallo

- **Ingredients:**

- 4 tomatoes
- 1 small onion
- 1 jalapeño
- 1/4 cup cilantro
- 1 lime
- 1 teaspoon salt
- **Instructions:**
 - Dice tomatoes, onion, and jalapeño.
 - Chop cilantro.
 - Combine all ingredients in a bowl.
 - Squeeze lime juice over the mixture and add salt.
 - Mix well and serve.

Pimientos de Padrón

- **Ingredients:**
 - 1 pound Padrón peppers
 - 2 tablespoons olive oil
 - 1 teaspoon sea salt
- **Instructions:**
 - Heat olive oil in a pan.
 - Add Padrón peppers and sauté until blistered and tender.
 - Sprinkle with sea salt and serve warm.

Plantain Chips

- **Ingredients:**
 - 2 green plantains
 - 1 cup vegetable oil
 - 1 teaspoon salt
- **Instructions:**
 - Peel and slice plantains thinly.
 - Heat oil in a pan and fry plantain slices until crispy.
 - Drain on paper towels and sprinkle with salt.
 - Serve warm.

Polenta

- **Ingredients:**
 - 1 cup cornmeal
 - 4 cups water
 - 1 teaspoon salt
 - 2 tablespoons butter
 - 1/2 cup grated Parmesan cheese
- **Instructions:**
 - Bring water and salt to a boil.
 - Gradually whisk in cornmeal.
 - Reduce heat and cook, stirring constantly, until thickened (about 30 minutes).

- Stir in butter and Parmesan cheese.
- Serve warm.

Potato Salad

- **Ingredients:**
 - 4 potatoes
 - 2 eggs
 - 1 small onion
 - 1/2 cup mayonnaise
 - 2 tablespoons mustard
 - 1 tablespoon vinegar
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
- **Instructions:**
 - Boil potatoes until tender, then dice.
 - Hard-boil eggs, then chop.
 - Mix potatoes, eggs, diced onion, mayonnaise, mustard, vinegar, salt, and pepper.
 - Chill for at least 1 hour before serving.

Pretzels

- **Ingredients:**
 - 2 1/4 teaspoons active dry yeast
 - 1 teaspoon sugar
 - 1 cup warm water
 - 3 cups flour
 - 1 teaspoon salt
 - 1/4 cup baking soda
 - 1 egg
 - Coarse salt
- **Instructions:**
 - Dissolve yeast and sugar in warm water, let sit until foamy.
 - Mix flour and salt in a bowl, then add yeast mixture.
 - Knead until smooth, then let rise until doubled.
 - Divide dough into pieces and roll into ropes, then shape into pretzels.
 - Boil water with baking soda and dip pretzels in the solution.
 - Place on a baking sheet, brush with beaten egg, and sprinkle with coarse salt.
 - Bake at 450°F (230°C) for 12-15 minutes until golden.
 - Serve warm.

Pulao

- **Ingredients:**
 - 1 cup basmati rice
 - 2 cups water
 - 1 small onion

- 1 carrot
- 1/2 cup peas
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon turmeric
- 1 teaspoon garam masala
- 1 teaspoon salt
- 2 tablespoons oil
- **Instructions:**
 - Rinse rice and soak in water for 30 minutes.
 - Heat oil in a pan and sauté diced onion until translucent.
 - Add diced carrot, peas, cumin, coriander, turmeric, and garam masala, cook for 1 minute.
 - Drain rice and add to the pan, stir to coat with spices.
 - Add water and bring to a boil.
 - Reduce heat, cover, and simmer until rice is tender and water is absorbed.
 - Add salt to taste and serve.

Quesadillas

- **Ingredients:**
 - 4 flour tortillas
 - 2 cups shredded cheese
 - 1/2 cup diced cooked chicken (optional)
 - 1/4 cup chopped cilantro
 - 1 tablespoon vegetable oil
- **Instructions:**
 - Heat oil in a pan.
 - Place a tortilla in the pan and sprinkle with cheese, chicken, and cilantro.
 - Top with another tortilla.
 - Cook until cheese is melted and tortilla is golden, then flip and cook the other side.
 - Cut into wedges and serve.

Quiche Lorraine

- **Ingredients:**
 - 1 pie crust
 - 6 slices bacon
 - 1 small onion
 - 1 cup grated Gruyère cheese
 - 3 eggs
 - 1 cup heavy cream
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
- **Instructions:**

- Preheat oven to 375°F (190°C).
- Cook bacon until crispy, then crumble.
- Sauté diced onion in bacon fat until softened.
- Place pie crust in a pie dish and sprinkle with bacon, onion, and cheese.
- Beat eggs with cream, salt, and pepper, then pour over the filling.
- Bake for 30-35 minutes until set and golden.
- Serve warm.

Quindim

- **Ingredients:**
 - 2 cups sugar
 - 1 cup coconut
 - 1/4 cup butter
 - 10 egg yolks
 - 1 teaspoon vanilla extract
- **Instructions:**
 - Preheat oven to 350°F (175°C).
 - Mix sugar, coconut, melted butter, egg yolks, and vanilla extract in a bowl.
 - Pour mixture into greased muffin tins.
 - Bake for 30-35 minutes until set and golden.
 - Let cool before removing from tins.
 - Serve chilled.

Raita

- **Ingredients:**
 - 1 cup yogurt
 - 1/2 cucumber
 - 1/4 cup mint
 - 1/4 teaspoon cumin
 - 1/4 teaspoon salt
- **Instructions:**
 - Grate cucumber and squeeze out excess moisture.
 - Mix yogurt with cucumber, chopped mint, cumin, and salt.
 - Serve chilled.

Ratatouille

- **Ingredients:**
 - 1 eggplant
 - 1 zucchini
 - 1 bell pepper
 - 1 small onion
 - 2 cloves garlic
 - 4 tomatoes
 - 1 teaspoon thyme

- 1 teaspoon rosemary
- 1/4 cup olive oil
- 1 teaspoon salt
- **Instructions:**
 - Dice eggplant, zucchini, bell pepper, and tomatoes.
 - Sauté diced onion and minced garlic in olive oil until softened.
 - Add eggplant, zucchini, bell pepper, tomatoes, thyme, rosemary, and salt.
 - Simmer for 30 minutes, stirring occasionally.
 - Serve warm.

Rau Muong Xao Toi (Stir-Fried Morning Glory with Garlic)

- **Ingredients:**
 - 1 pound morning glory
 - 4 cloves garlic
 - 2 tablespoons fish sauce
 - 1 tablespoon vegetable oil
- **Instructions:**
 - Sauté minced garlic in vegetable oil until fragrant.
 - Add morning glory and stir-fry until tender.
 - Add fish sauce and cook for 2 minutes.
 - Serve warm.

Refried Beans

- **Ingredients:**
 - 2 cups cooked pinto beans
 - 1/4 cup lard or vegetable oil
 - 1 small onion
 - 1 clove garlic
 - 1 teaspoon salt
- **Instructions:**
 - Heat lard or oil in a pan and sauté diced onion and minced garlic until translucent.
 - Add beans and mash with a potato masher.
 - Cook, stirring frequently, until beans are thickened.
 - Add salt to taste and serve.

Rfissa

- **Ingredients:**
 - 1 pound chicken
 - 1 small onion
 - 2 cloves garlic
 - 1 teaspoon cumin
 - 1 teaspoon turmeric
 - 1 teaspoon ginger

- 1 teaspoon salt
- 1/4 cup olive oil
- 4 cups chicken broth
- 1/4 cup lentils
- 1/4 cup cilantro
- 4 pieces flatbread
- **Instructions:**
 - Sauté chicken, diced onion, and minced garlic in olive oil until browned.
 - Add cumin, turmeric, ginger, and salt, cook for 1 minute.
 - Add chicken broth and lentils, simmer until chicken is cooked and lentils are tender.
 - Stir in chopped cilantro.
 - Tear flatbread into pieces and place in a serving dish.
 - Pour chicken and sauce over the bread and serve warm.

Rice and Peas

- **Ingredients:**
 - 1 cup rice
 - 1 cup coconut milk
 - 1 cup water
 - 1/2 cup kidney beans
 - 1 small onion
 - 2 cloves garlic
 - 1 teaspoon thyme
 - 1 teaspoon salt
- **Instructions:**
 - Sauté diced onion and minced garlic until softened.
 - Add rice, coconut milk, water, kidney beans, thyme, and salt.
 - Bring to a boil, then reduce heat and simmer until rice is tender.
 - Serve warm.

Rillettes

- **Ingredients:**
 - 1 pound pork shoulder
 - 1/2 cup duck fat
 - 1/4 cup white wine
 - 1 teaspoon thyme
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
- **Instructions:**
 - Cut pork into small pieces.
 - Cook pork with duck fat, wine, thyme, salt, and pepper in a pot over low heat until very tender (about 3 hours).
 - Shred pork with a fork and pack into jars.

- Chill until set.
- Serve with bread.

Risotto

- **Ingredients:**
 - 1 cup Arborio rice
 - 4 cups chicken broth
 - 1/2 cup white wine
 - 1 small onion
 - 2 cloves garlic
 - 1/2 cup Parmesan cheese
 - 2 tablespoons butter
 - 1 tablespoon olive oil
- **Instructions:**
 - Heat broth in a pot and keep warm.
 - Sauté diced onion and minced garlic in olive oil until translucent.
 - Add rice and cook until lightly toasted.
 - Pour in wine and cook until absorbed.
 - Add broth one ladle at a time, stirring constantly until absorbed.
 - Continue until rice is creamy and tender.
 - Stir in butter and grated Parmesan cheese.
 - Serve immediately.

Rösti (Potato Pancakes)

- **Ingredients:**
 - 4 potatoes
 - 1 small onion
 - 1/4 cup flour
 - 1 egg
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
 - Oil for frying
- **Instructions:**
 - Grate potatoes and onion, then squeeze out excess moisture.
 - Mix with flour, beaten egg, salt, and pepper.
 - Form mixture into patties.
 - Fry in hot oil until golden on both sides.
 - Drain on paper towels and serve warm.

Rotkohl (Braised Red Cabbage)

- **Ingredients:**
 - 1 head red cabbage
 - 1 small onion
 - 1 apple

- 1/4 cup vinegar
- 1/4 cup sugar
- 1/4 cup water
- 1 teaspoon salt
- 1/2 teaspoon pepper
- **Instructions:**
 - Shred cabbage and slice onion and apple.
 - Sauté onion in a pot until softened.
 - Add cabbage, apple, vinegar, sugar, water, salt, and pepper.
 - Simmer for 45 minutes until cabbage is tender.
 - Serve warm.

Saganaki

- **Ingredients:**
 - 1/2 pound kefalotyri cheese
 - 1/4 cup flour
 - 1/4 cup olive oil
 - 1 lemon
- **Instructions:**
 - Cut cheese into slices.
 - Dredge cheese in flour.
 - Heat olive oil in a pan and fry cheese until golden on both sides.
 - Squeeze lemon juice over the top and serve immediately.

Salade Niçoise

- **Ingredients:**
 - 4 tomatoes
 - 1 cucumber
 - 1 small red onion
 - 1/4 cup olives
 - 1/4 cup green beans
 - 2 hard-boiled eggs
 - 1 can tuna
 - 1/4 cup olive oil
 - 2 tablespoons red wine vinegar
 - 1 teaspoon Dijon mustard
 - 1 teaspoon salt
- **Instructions:**
 - Dice tomatoes and cucumber, slice red onion.
 - Blanch green beans until tender.
 - Arrange tomatoes, cucumber, onion, green beans, olives, and tuna on a plate.
 - Quarter hard-boiled eggs and add to the salad.
 - Whisk olive oil, vinegar, mustard, and salt, then drizzle over the salad.
 - Toss gently and serve.

Salpicão

- **Ingredients:**
 - 2 cups shredded chicken
 - 1 small onion
 - 1 carrot
 - 1 apple
 - 1/4 cup raisins
 - 1/4 cup mayonnaise
 - 1/4 cup parsley
 - 1 teaspoon salt
- **Instructions:**
 - Dice onion, grate carrot, and chop apple.
 - Mix shredded chicken with onion, carrot, apple, raisins, mayonnaise, chopped parsley, and salt.
 - Serve chilled.

Saltfish Fritters

- **Ingredients:**
 - 1 pound salted cod
 - 1 small onion
 - 2 cloves garlic
 - 1/2 cup flour
 - 1/4 cup water
 - 1 teaspoon thyme
 - 1 teaspoon salt
 - Oil for frying
- **Instructions:**
 - Soak salted cod in water overnight, then rinse and flake.
 - Mix cod with diced onion, minced garlic, flour, water, thyme, and salt.
 - Form mixture into fritters.
 - Fry in hot oil until golden.
 - Drain on paper towels and serve warm.

Samosa

- **Ingredients:**
 - 2 cups flour
 - 1/4 cup oil
 - 1/2 cup water
 - 2 potatoes
 - 1/2 cup peas
 - 1 small onion
 - 1 teaspoon cumin
 - 1 teaspoon coriander

- 1 teaspoon garam masala
- 1 teaspoon salt
- Oil for frying
- **Instructions:**
 - Mix flour, oil, and water to form a dough, then let rest.
 - Boil and mash potatoes, then mix with peas, diced onion, and spices.
 - Roll dough into circles, cut in half, and form cones.
 - Fill cones with potato mixture and seal edges.
 - Fry in hot oil until golden.
 - Serve warm.

Satay

- **Ingredients:**
 - 1 pound chicken breast
 - 1/4 cup coconut milk
 - 2 tablespoons soy sauce
 - 2 tablespoons peanut butter
 - 1 tablespoon curry powder
 - 1 tablespoon brown sugar
 - Skewers
- **Instructions:**
 - Cut chicken into strips and thread onto skewers.
 - Mix coconut milk, soy sauce, peanut butter, curry powder, and brown sugar in a bowl.
 - Marinate chicken in the mixture for at least 1 hour.
 - Grill or broil until cooked through.
 - Serve with peanut sauce.

Sauerkraut

- **Ingredients:**
 - 1 head cabbage
 - 1 tablespoon sea salt
 - 1 teaspoon caraway seeds
- **Instructions:**
 - Shred cabbage and mix with sea salt and caraway seeds.
 - Pack cabbage into a jar and press down to release juices.
 - Cover and let ferment at room temperature for 1-2 weeks.
 - Store in the refrigerator and serve as needed.

Shakshuka

- **Ingredients:**
 - 1 small onion
 - 2 cloves garlic
 - 1 bell pepper

- 4 tomatoes
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon salt
- 4 eggs
- 1/4 cup parsley
- **Instructions:**
 - Sauté diced onion, minced garlic, and diced bell pepper 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 parsley and serve.

Shawarma

- **Ingredients:**
 - 1 pound chicken thighs
 - 1/4 cup yogurt
 - 2 tablespoons lemon juice
 - 2 cloves garlic
 - 1 teaspoon cumin
 - 1 teaspoon paprika
 - 1 teaspoon turmeric
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
- **Instructions:**
 - Mix yogurt, lemon juice, minced garlic, cumin, paprika, turmeric, salt, and pepper in a bowl.
 - Marinate chicken in the mixture for at least 2 hours.
 - Preheat oven to 400°F (200°C).
 - Arrange chicken on a baking sheet and roast for 25-30 minutes until cooked through.
 - Slice and serve with pita bread and toppings.

Skordalia

- **Ingredients:**
 - 4 potatoes
 - 4 cloves garlic
 - 1/4 cup olive oil
 - 1/4 cup lemon juice
 - 1 teaspoon salt
- **Instructions:**
 - Boil potatoes until tender, then mash.
 - Blend mashed potatoes with minced garlic, olive oil, lemon juice, and salt until smooth.

- Serve as a dip or side dish.

Som Tum (Green Papaya Salad)

- **Ingredients:**

- 1 green papaya
- 2 tomatoes
- 1 carrot
- 2 cloves garlic
- 2 tablespoons fish sauce
- 2 tablespoons lime juice
- 1 tablespoon sugar
- 1 tablespoon peanuts
- 1-2 Thai chilies

- **Instructions:**

- Peel and shred green papaya and carrot.
- Crush garlic and chilies in a mortar and pestle.
- Add fish sauce, lime juice, and sugar, mix well.
- Toss shredded papaya, carrot, and sliced tomatoes with the dressing.
- Garnish with crushed peanuts and serve.

Sopa de Tortilla

- **Ingredients:**

- 4 corn tortillas
- 1 tablespoon vegetable oil
- 1 small onion
- 2 cloves garlic
- 4 cups chicken broth
- 2 tomatoes
- 1 teaspoon cumin
- 1 avocado
- 1/4 cup cilantro

- **Instructions:**

- Cut tortillas into strips and fry in oil until crispy.
- Sauté diced onion and minced garlic in a pot until translucent.
- Add diced tomatoes and cumin, cook for 5 minutes.
- Pour in chicken broth and bring to a boil.
- Simmer for 10 minutes.
- Serve soup topped with tortilla strips, diced avocado, and chopped cilantro.