



South Sudan

Beef, spinach and peanut stew (pasipasi kpedekpede na passio)

Ingredients

- 2 tbsp vegetable oil
- 1 lb chuck steak, cut into 3 cm pieces
- 2 onions, finely chopped
- 2 garlic cloves, finely chopped
- 1 tbsp tomato paste
- 3 cups good-quality or salt-reduced beef stock
- 1 orange sweet potato (kumara), cut into large pieces
- 2 bunches English spinach, trimmed
- 2 tomatoes, cut into large pieces
- 1/3 cup unsalted roasted peanuts, ground to a paste
- couscous, to serve

Directions

Heat 1 tbsp oil in a large, deep frying pan over medium–high heat. Add beef and cook for 3 minutes or until browned. Remove and set aside. Add remaining 1 tbsp oil and onions, and cook, stirring, for 3 minutes or until golden brown. Add garlic and tomato paste, then cook for 30 seconds or until fragrant. Return the beef to the pan with stock and 500 ml (2 cups) water. Bring to the boil, then reduce heat to low and cook for 1 hour or until beef is almost tender and the cooking liquid is reduced by one-third. Add sweet potato and cook for 15 minutes or until almost tender.

Meanwhile, heat a large frying pan over medium–high heat. Cook spinach, in batches if necessary, for 20 seconds or until wilted. Drain well, squeezing out excess water. Add spinach, tomatoes and ground peanuts to beef mixture and stir to combine. Cook for 5 minutes or until warmed through. Season with salt and pepper. Divide stew among plates and serve with couscous.

Recipe courtesy of Bakhita Emiliano, sbs.com.au

Photography by Anson Smart





Afghanistan

Firnee (Afghan custard)

Ingredients

- 3 cups whole milk
- 1/2 cup cornstarch
- 1/4 cup cold water
- 1/3 cup white sugar
- 1/2 tsp ground cardamom
- 1/4 cup finely chopped pistachio nuts
- 1/4 cup chopped, rinsed-out almonds (can also use walnuts instead of almond)
- 1 1/2 tsp saffron thread (or turmeric)

Directions

Combine the cornstarch and half cup of milk in a saucepan. Stir constantly until cornstarch and milk are like syrup. Pour the remaining milk in the saucepan and heat over medium heat. Add white sugar in the saucepan and stir vigorously to prevent clumps. Boil the paste, mixing continuously for 3 to 5 minutes until the mixture is like thick custard. Sprinkle chopped and rinsed almonds into the saucepan and mix well for 2 minutes. Spread the firnee with ground cardamom and saffron and stir until the mixture is consistent. To check if custard is ready, take a spoonful and place on a plate. If the pudding stays firm, it's good to go. When ready, remove from oven and put in the refrigerator for about two hours to cool.

Serve topped with crushed pistachios.

*Recipe courtesy of refugees.org
Photography by Nasro Jaan*





Ukraine

Ukrainian Borscht

Ingredients

- 2 large or 3 medium beets, thoroughly washed
- 2 large or 3 medium potatoes, sliced into bite-sized pieces
- 4 tbsp of cooking oil
- 1 medium onion, finely chopped
- 2 carrots, grated
- 1/2 head of cabbage, finely chopped
- 1 can kidney beans with their juice
- 2 bay leaves
- 10 cups water
- 6 cups chicken broth
- 5 tbsp ketchup
- 4 tbsp lemon juice
- 1/4 tsp freshly ground pepper
- 1 tbsp chopped dill

Directions

Fill a large soup pot with 10 cups of water. Add beets. Cover and boil for about 1 hour. Once you can smoothly pierce the beets with a butter knife, remove from the water and set aside to cool. Keep the water.

Add the potatoes into the same water and boil 15-20 minutes. Add 4 tbsp of cooking oil to a skillet and sauté the finely chopped onions and grated carrots until they are soft (7-10 minutes). Stir in ketchup when they are almost done cooking.

Thinly chop cabbage and add it to the pot when potatoes are half way done. Next, peel and slice the beets into matchsticks and add them back to the pot. Add 6 cups chicken broth, lemon juice, pepper, bay leaves and can of kidney beans (with their juice) to the pot. Add sautéed carrots and onion to the pot along with chopped dill. Cook another 5-10 minutes, until the cabbage is done.

Serve with a dollop of sour cream or real mayo.

Recipe and photo courtesy of [NatashasKitchen.com](https://natashaskitchen.com)





Syria

Ukrainian Borscht

Ingredients

FILLING

- 6 tbsp unsalted butter
- 1/2 cup pine nuts
- 1 large white onion, finely chopped
- 1/2 pound ground lamb
- 1 1/2 tsp ground cinnamon
- 1 1/2 tsp ground allspice
- 1/2 tsp freshly ground pepper
- Salt

KIBBE

- 1 medium onion, quartered
- 1 pound ground lamb
- 1 cup fine bulgur, rinsed
- 1 tsp ground cinnamon
- 1 tsp ground allspice
- 1/2 tp freshly ground pepper
- 2 tsp kosher salt

YOGURT SAUCE

- 2 pounds Greek-style plain yogurt
- 1 1/2 cups water
- 2 large eggs, beaten

CILANTRO BUTTER

- 4 tbsp unsalted butter
- 6 garlic cloves, smashed
- 1 cup chopped cilantro

Directions

FILLING

Melt butter in a skillet; add pine nuts. Cook over moderate heat, stirring until the nuts are golden and the butter is browned, 3 minutes. Set pine nuts aside. Add the onion to the skillet and cook over medium heat until softened, 8 minutes. Add the lamb and cook, stirring to break up any lumps, until no pink remains, 8 minutes. Stir in cinnamon, allspice, pepper and pine nuts and season with salt. Let cool.

KIBBE

In a food processor, pulse the onion until finely chopped. Add the lamb and pulse just to incorporate, then add the bulgur and pulse to blend. Transfer the mixture to a bowl.

Fill a bowl with lightly salted water. Moisten your hands with the salt water and knead the cinnamon, allspice, pepper and salt into the mixture. Moisten your hands again and roll 3 tbsp of the kibbe mixture into an egg shape. Using your index finger, poke a hole in one end of the egg; gently work your finger into the kibbe until you have a 3-inch-long egg-shaped shell with 1/4-inch-thick walls. Spoon 1 tbsp of the filling into the cavity. Pinch the end to seal. Repeat (should make 20 kibbe). Set the kibbe on a plate and freeze for about 30 minutes, until firm.

YOGURT SAUCE

In a large saucepan, combine the yogurt with water and eggs and cook over medium to low heat, whisking constantly, until the yogurt just begins to simmer. Add the kibbe to the yogurt sauce and cook over low heat until the sauce is thickened and the kibbe are firm and cooked through, about 15 minutes.

CILANTRO BUTTER

In a small skillet, melt the butter. Add the garlic; cook over medium heat until lightly browned, about 2 minutes. Discard the garlic. Stir in the cilantro and remove from the heat. Transfer the kibbe and sauce to a platter. Drizzle with the cilantro butter and serve.

Recipe courtesy of Anissa Helou, foodandwine.com

Photography by Mark Roper





Guatemala

Traditional Pepián

Ingredients

TOMATO SAUCE

- 10 small or 5 large tomatillos, peeled and rinsed
- 4 plum tomatoes
- 2 small or 1 medium onion, peeled
- 4 cloves garlic
- 1 dried chile de pasilla
- 1 dried chile de guajillo
- 1/4 cup sesame seeds
- 1/4 cup pepitas de calabaza (pumpkin seeds)
- 5 sprigs cilantro
- fine sea salt, to taste

SOUP

- 1 pound pork spare ribs, separated
- 1 whole chicken, cut into parts (about 2-3 pounds)
- 2 large carrots, peeled and cut into 4 pieces each
- 1 green and 1 white chayote, peeled and quartered
- 2 russet potatoes, peeled and cut into 4 pieces each
- 2 large zucchini, cut into 4 pieces each
- Cooked rice, chopped cilantro and tortillas de maiz, for serving

Directions

TOMATO SAUCE

Toast the tomatillos, tomato, onion and garlic in a clean sauté pan over medium-high heat, for 8 to 10 minutes, turning every few minutes until they are brown on several sides. Once toasted, remove from heat and place in a food processor or blender and set aside. Toast dried chiles in the same pan over medium high heat for 3 to 4 minutes, until they are browned and fragrant. Next, toast sesame seeds over medium heat, taking care not to burn them, about 4 to 5 minutes. The seeds are done when they are deeply golden and popping. Then toast pepitas over medium heat until they are deeply golden and popping, about 7 to 8 minutes. Add cilantro to the pan and cook about 2 minutes. Add all of these to tomato mixture and salt to taste, starting with one teaspoon. Blend until mixture is combined and very smooth. You will need to add about 1/4 to 1/2 cup of water to the mixture to thin out the sauce. Taste for salt and add more to your liking. Set aside while the soup simmers.

SOUP

In a large stockpot, add pork ribs and cover with 2 inches of water. Bring to a boil, turn heat down, cover and simmer for 1 hour. Add chicken pieces, carrots and chayote. Bring back to a boil, reduce to a simmer, cover again and simmer another 30 minutes. Add potatoes and zucchini to the stockpot. Remove enough water from the pot until remaining liquid just covers ingredients inside to make room for adding the tomato sauce. Add sauce from the blender to the stockpot, bring to a boil again, and allow mixture to simmer, uncovered, for 20 minutes. Broth should have a thick stew quality.

To serve, ladle chicken, pork, or both into over bowls of rice with plenty of vegetables and about 1/2-2/3 cup of broth. Sprinkle with cilantro and serve with corn tortillas.

Recipe & Photography courtesy of Natalie Rose, thelatinkitchen.com

