

Churros

- **Ingredients:**
 - 1 cup water
 - 1/2 cup butter
 - 1 cup flour
 - 3 eggs
 - 1/4 cup sugar
 - 1 teaspoon cinnamon
 - Oil for frying
- **Instructions:**
 - Bring water and butter to a boil.
 - Add flour and stir until a dough forms.
 - Remove from heat and beat in eggs one at a time.
 - Heat oil in a pan.
 - Pipe dough into hot oil and fry until golden.
 - Drain on paper towels and roll in a mixture of sugar and cinnamon.
 - Serve warm.

Coconut Rice

- **Ingredients:**
 - 1 cup rice
 - 1 cup coconut milk
 - 1 cup water
 - 1/4 cup shredded coconut
 - 1 teaspoon salt
- **Instructions:**
 - Sauté shredded coconut until lightly browned.
 - Add rice, coconut milk, water, and salt.
 - Bring to a boil, then reduce heat and simmer until rice is tender.
 - Serve warm.

Coleslaw

- **Ingredients:**
 - 1 small cabbage
 - 2 carrots
 - 1/2 cup mayonnaise
 - 2 tablespoons apple cider vinegar
 - 1 tablespoon sugar
 - 1 teaspoon salt
- **Instructions:**
 - Shred cabbage and grate carrots.
 - Mix mayonnaise, vinegar, sugar, and salt in a bowl.
 - Toss cabbage and carrots with dressing.
 - Chill for at least 1 hour before serving.

Cornbread

- **Ingredients:**
 - 1 cup cornmeal
 - 1 cup flour
 - 1/4 cup sugar
 - 1 tablespoon baking powder
 - 1/2 teaspoon salt
 - 1 cup milk
 - 1/4 cup vegetable oil
 - 1 egg
- **Instructions:**
 - Preheat oven to 400°F (200°C).
 - Mix cornmeal, flour, sugar, baking powder, and salt in a bowl.
 - Add milk, oil, and beaten egg, stir until combined.
 - Pour batter into a greased baking pan.
 - Bake for 20-25 minutes until golden.
 - Serve warm.

Coxinha

- **Ingredients:**
 - 2 cups shredded chicken
 - 1 small onion
 - 2 cloves garlic
 - 1/4 cup parsley
 - 1/4 cup cream cheese
 - 1 cup flour
 - 1 cup breadcrumbs
 - 2 eggs
 - Oil for frying
- **Instructions:**
 - Sauté diced onion and minced garlic until softened.
 - Mix shredded chicken with onion, garlic, chopped parsley, and cream cheese.
 - Form mixture into drumstick shapes.
 - Dredge in flour, dip in beaten eggs, and coat with breadcrumbs.
 - Fry in hot oil until golden.
 - Drain on paper towels and serve warm.

Croque Monsieur

- **Ingredients:**
 - 8 slices bread
 - 4 slices ham
 - 1 cup grated Gruyère cheese
 - 1/4 cup béchamel sauce

- 2 tablespoons butter
- **Instructions:**
 - Preheat oven to 400°F (200°C).
 - Spread béchamel sauce on 4 slices of bread.
 - Top with ham and grated cheese, then cover with remaining bread slices.
 - Melt butter in a pan and toast sandwiches until golden.
 - Transfer to a baking sheet, top with more béchamel sauce and cheese.
 - Bake for 10 minutes until cheese is melted and bubbly.
 - Serve warm.

Croquetas

- **Ingredients:**
 - 1/2 cup butter
 - 1/2 cup flour
 - 2 cups milk
 - 1/2 cup ham
 - 1/4 cup grated cheese
 - 1 teaspoon salt
 - 1/2 teaspoon nutmeg
 - 1 cup breadcrumbs
 - 2 eggs
 - Oil for frying
- **Instructions:**
 - Melt butter in a saucepan, stir in flour to make a roux.
 - Gradually add milk, stirring constantly until thickened.
 - Stir in diced ham, grated cheese, salt, and nutmeg.
 - Let mixture cool, then form into croquettes.
 - Dredge croquettes in flour, dip in beaten eggs, and coat with breadcrumbs.
 - Fry in hot oil until golden.
 - Drain on paper towels and serve warm.

Dal Tadka

- **Ingredients:**
 - 1 cup lentils
 - 4 cups water
 - 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:**

- Rinse lentils and cook in water until tender.
- 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 cooked lentils and stir to combine.
- Simmer for 10 minutes, stirring occasionally.
- Add salt to taste and serve.

Deviled Eggs

- **Ingredients:**
 - 6 eggs
 - 1/4 cup mayonnaise
 - 1 tablespoon mustard
 - 1 tablespoon vinegar
 - 1 teaspoon salt
 - 1/2 teaspoon paprika
- **Instructions:**
 - Hard-boil eggs, then peel and halve.
 - Remove yolks and mash with mayonnaise, mustard, vinegar, and salt.
 - Spoon or pipe yolk mixture into egg whites.
 - Sprinkle with paprika and serve.

Dolmas

- **Ingredients:**
 - 1 jar grape leaves
 - 1 cup rice
 - 1 small onion
 - 1/4 cup pine nuts
 - 1/4 cup currants
 - 1/4 cup lemon juice
 - 1/4 cup olive oil
 - 1 teaspoon salt
- **Instructions:**
 - Rinse grape leaves and pat dry.
 - Sauté diced onion in olive oil until translucent.
 - Add rice, pine nuts, and currants, cook for 5 minutes.
 - Add 1 cup water, lemon juice, and salt, simmer until rice is tender.
 - Place a spoonful of rice mixture on each grape leaf and roll tightly.
 - Arrange dolmas in a pot, cover with water, and simmer for 30 minutes.
 - Serve warm or chilled.

Dumplings

- **Ingredients:**
 - 1 package dumpling wrappers
 - 1/2 pound ground pork

- 1/2 cup chopped cabbage
- 1/4 cup chopped green onions
- 2 cloves garlic
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- Oil for frying
- **Instructions:**
 - Mix ground pork, cabbage, green onions, minced garlic, soy sauce, and sesame oil in a bowl.
 - Place a spoonful of filling on each wrapper and fold to seal.
 - Fry in hot oil until golden, then steam for 5 minutes.
 - Serve with dipping sauce.

Edamame

- **Ingredients:**
 - 1 pound edamame (soybeans in pods)
 - 1 tablespoon sea salt
- **Instructions:**
 - Steam or boil edamame until tender (about 5 minutes).
 - Drain and sprinkle with sea salt.
 - Serve warm.

Egusi Soup

- **Ingredients:**
 - 1 cup ground egusi seeds
 - 1/2 pound beef
 - 1/2 pound fish
 - 1 small onion
 - 2 cloves garlic
 - 4 tomatoes
 - 1/4 cup palm oil
 - 1 teaspoon crayfish powder
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
 - 4 cups water
 - 1/4 cup spinach
- **Instructions:**
 - Sauté diced onion and minced garlic in palm oil until softened.
 - Add diced tomatoes, ground egusi seeds, and crayfish powder, cook for 5 minutes.
 - Add beef, fish, salt, pepper, and water, simmer until meat is tender.
 - Stir in chopped spinach and cook for 5 minutes.
 - Serve warm.

Egg Rolls

- **Ingredients:**
 - 1 package egg roll wrappers
 - 1 cup shredded cabbage
 - 1/2 cup grated carrots
 - 1/2 cup bean sprouts
 - 1/4 cup chopped green onions
 - 2 tablespoons soy sauce
 - 1 tablespoon sesame oil
 - Oil for frying
- **Instructions:**
 - Mix cabbage, carrots, bean sprouts, green onions, soy sauce, and sesame oil 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.

Elote

- **Ingredients:**
 - 4 ears of corn
 - 1/4 cup mayonnaise
 - 1/4 cup sour cream
 - 1/2 cup cotija cheese
 - 1 teaspoon chili powder
 - 1 lime
- **Instructions:**
 - Grill the corn until charred.
 - Mix mayonnaise and sour cream in a bowl.
 - Brush the mixture onto the corn.
 - Sprinkle with cotija cheese and chili powder.
 - Squeeze lime juice over the top and serve.

Empanadas

- **Ingredients:**
 - 2 cups flour
 - 1/2 cup butter
 - 1/4 cup water
 - 1 egg
 - 1/2 pound ground beef
 - 1 small onion
 - 2 cloves garlic
 - 1/4 cup olives
 - 1/4 cup raisins
 - 1 teaspoon cumin

- 1 teaspoon paprika
- 1 teaspoon salt
- Oil for frying
- **Instructions:**
 - Mix flour, butter, water, and beaten egg to form a dough, then let rest.
 - Sauté ground beef, diced onion, minced garlic, chopped olives, and raisins with cumin, paprika, and salt until cooked.
 - Roll out dough and cut into circles.
 - Place a spoonful of filling on each circle and fold to seal.
 - Fry in hot oil until golden.
 - Drain on paper towels and serve warm.

Escalivada

- **Ingredients:**
 - 2 eggplants
 - 2 bell peppers
 - 2 tomatoes
 - 1 small onion
 - 1/4 cup olive oil
 - 1 teaspoon salt
- **Instructions:**
 - Preheat oven to 400°F (200°C).
 - Roast eggplants, bell peppers, tomatoes, and onion until tender.
 - Peel and slice vegetables.
 - Arrange on a plate and drizzle with olive oil.
 - Sprinkle with salt and serve warm or at room temperature.

Falafel

- **Ingredients:**
 - 1 can chickpeas
 - 1 small onion
 - 2 cloves garlic
 - 1/4 cup parsley
 - 1 teaspoon cumin
 - 1 teaspoon coriander
 - 1 teaspoon salt
 - 1/4 cup flour
 - Oil for frying
- **Instructions:**
 - Drain and rinse chickpeas.
 - Blend chickpeas, diced onion, minced garlic, chopped parsley, cumin, coriander, and salt in a food processor.
 - Add flour and mix until combined.
 - Form mixture into balls and fry in hot oil until golden.

- Drain on paper towels and serve.

Farofa

- **Ingredients:**
 - 2 cups cassava flour
 - 1/4 cup butter
 - 1 small onion
 - 2 cloves garlic
 - 1/4 cup bacon
 - 1/4 cup parsley
 - 1 teaspoon salt
- **Instructions:**
 - Sauté diced bacon, onion, and minced garlic in butter until crispy.
 - Add cassava flour and cook, stirring constantly, until golden.
 - Stir in chopped parsley and salt.
 - Serve warm.

Fattoush

- **Ingredients:**
 - 2 pita breads
 - 4 tomatoes
 - 1 cucumber
 - 1 small red onion
 - 1/4 cup parsley
 - 1/4 cup mint
 - 1/4 cup lemon juice
 - 1/4 cup olive oil
 - 1 teaspoon sumac
 - 1 teaspoon salt
- **Instructions:**
 - Toast pita breads until crispy, then break into pieces.
 - Dice tomatoes and cucumber, slice red onion.
 - Mix vegetables with chopped parsley and mint.
 - Whisk lemon juice, olive oil, sumac, and salt, then pour over salad.
 - Toss well and serve.

Fava

- **Ingredients:**
 - 1 cup yellow split peas
 - 1 small onion
 - 2 cloves garlic
 - 1/4 cup olive oil
 - 1/4 cup lemon juice
 - 1 teaspoon salt

- **Instructions:**
 - Rinse split peas and cook in water until tender.
 - Sauté diced onion and minced garlic in olive oil until softened.
 - Blend cooked peas with onion, garlic, lemon juice, and salt until smooth.
 - Serve warm or chilled.

Feijão Tropeiro

- **Ingredients:**
 - 2 cups cooked beans
 - 1/4 cup bacon
 - 1 small onion
 - 2 cloves garlic
 - 1/4 cup cassava flour
 - 1/4 cup parsley
 - 1 teaspoon salt
- **Instructions:**
 - Sauté diced bacon, onion, and minced garlic until crispy.
 - Add cooked beans and cassava flour, stir to combine.
 - Stir in chopped parsley and salt.
 - Serve warm.

Festival

- **Ingredients:**
 - 2 cups flour
 - 1/4 cup cornmeal
 - 1/4 cup sugar
 - 1 tablespoon baking powder
 - 1/2 teaspoon salt
 - 1/4 cup milk
 - Oil for frying
- **Instructions:**
 - Mix flour, cornmeal, sugar, baking powder, and salt in a bowl.
 - Add milk and stir until dough forms.
 - Roll out dough and cut into strips.
 - Fry in hot oil until golden.
 - Drain on paper towels and serve warm.

Focaccia

- **Ingredients:**
 - 2 1/4 teaspoons active dry yeast
 - 1 teaspoon sugar
 - 1 cup warm water
 - 2 1/2 cups flour
 - 1 teaspoon salt

- 1/4 cup olive oil
- Rosemary
- Sea salt
- **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.
 - Press dough into a baking pan, dimple with fingers, and sprinkle with rosemary and sea salt.
 - Bake at 400°F (200°C) for 20-25 minutes until golden.

Freekeh Salad

- **Ingredients:**
 - 1 cup freekeh
 - 2 cups water
 - 1 small onion
 - 1/4 cup parsley
 - 1/4 cup mint
 - 1/4 cup lemon juice
 - 1/4 cup olive oil
 - 1 teaspoon salt
- **Instructions:**
 - Rinse freekeh and cook in water until tender, then drain.
 - Sauté diced onion in olive oil until softened.
 - Mix freekeh with sautéed onion, chopped parsley, and mint.
 - Whisk lemon juice, olive oil, and salt, then pour over salad.
 - Toss well and serve.

Fried Plantains

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

Fried Rice

- **Ingredients:**
 - 2 cups cooked rice
 - 1 small onion
 - 1/2 cup peas

- 1/2 cup diced carrots
- 2 eggs
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1/4 cup chopped green onions
- **Instructions:**
 - Sauté diced onion, peas, and carrots in sesame oil until softened.
 - Push vegetables to the side and scramble eggs in the same pan.
 - Add cooked rice and soy sauce, stir to combine.
 - Cook until heated through.
 - Garnish with chopped green onions and serve.

Fufu

- **Ingredients:**
 - 2 cups cassava flour
 - 4 cups water
- **Instructions:**
 - Bring water to a boil.
 - Gradually add cassava flour, stirring constantly until thickened.
 - Continue to cook, stirring, until smooth and elastic.
 - Serve warm.

Ganja Jorim

- **Ingredients:**
 - 4 potatoes
 - 1/4 cup soy sauce
 - 2 tablespoons sugar
 - 1 tablespoon sesame oil
 - 1/4 cup water
 - 1 tablespoon sesame seeds
- **Instructions:**
 - Peel and dice potatoes.
 - Sauté potatoes in sesame oil until lightly browned.
 - Add soy sauce, sugar, and water, simmer until potatoes are tender.
 - Garnish with sesame seeds and serve warm.

Garlic Bread

- **Ingredients:**
 - 1 baguette
 - 1/2 cup butter
 - 4 cloves garlic
 - 1/4 cup parsley
 - 1 teaspoon salt
- **Instructions:**

- Preheat oven to 375°F (190°C).
- Slice baguette in half lengthwise.
- Mix softened butter with minced garlic, chopped parsley, and salt.
- Spread mixture on bread.
- Bake for 10-15 minutes until golden.
- Serve warm.

Gazpacho

- **Ingredients:**
 - 4 tomatoes
 - 1 cucumber
 - 1 small red onion
 - 1 bell pepper
 - 2 cloves garlic
 - 1/4 cup olive oil
 - 2 tablespoons red wine vinegar
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
- **Instructions:**
 - Dice tomatoes, cucumber, onion, and bell pepper.
 - Blend vegetables with minced garlic, olive oil, vinegar, salt, and pepper until smooth.
 - Chill for at least 1 hour before serving.

Gigantes Plaki

- **Ingredients:**
 - 2 cups giant beans
 - 1 small onion
 - 2 cloves garlic
 - 4 tomatoes
 - 1/4 cup olive oil
 - 1 teaspoon oregano
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
- **Instructions:**
 - Soak beans overnight, then cook until tender.
 - Sauté diced onion and minced garlic in olive oil until softened.
 - Add diced tomatoes, oregano, salt, and pepper, simmer for 10 minutes.
 - Mix beans with tomato sauce and transfer to a baking dish.
 - Bake at 375°F (190°C) for 30 minutes.
 - Serve warm.

Goi Cuon (Spring Rolls)

- **Ingredients:**

- 1 package rice paper wrappers
- 1/2 pound shrimp
- 1/2 cup rice vermicelli
- 1/2 cup lettuce
- 1/4 cup mint
- 1/4 cup cilantro
- 1/4 cup basil
- 1/4 cup carrots
- 1/4 cup cucumber
- **Instructions:**
 - Cook shrimp and slice in half.
 - Cook rice vermicelli according to package instructions, then drain.
 - Soak rice paper wrappers in warm water until pliable.
 - Place a small amount of shrimp, vermicelli, lettuce, mint, cilantro, basil, julienned carrots, and cucumber on each wrapper.
 - Roll tightly and serve with dipping sauce.

Gomae (Spinach with Sesame Dressing)

- **Ingredients:**
 - 1 bunch spinach
 - 2 tablespoons sesame seeds
 - 1 tablespoon soy sauce
 - 1 tablespoon sugar
 - 1 tablespoon mirin
- **Instructions:**
 - Blanch spinach in boiling water, then rinse in cold water and squeeze out excess moisture.
 - Toast sesame seeds and grind them.
 - Mix sesame seeds with soy sauce, sugar, and mirin.
 - Toss spinach with dressing and serve.

Gratin Dauphinois

- **Ingredients:**
 - 4 potatoes
 - 1 cup heavy cream
 - 1/2 cup milk
 - 2 cloves garlic
 - 1/2 cup grated Gruyère cheese
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
- **Instructions:**
 - Preheat oven to 375°F (190°C).
 - Peel and thinly slice potatoes.
 - Rub a baking dish with a cut clove of garlic.

- Layer potatoes in the dish, seasoning with salt and pepper.
- Mix cream, milk, and minced garlic, pour over potatoes.
- Sprinkle with grated Gruyère cheese.
- Bake for 45 minutes until golden and bubbly.
- Serve warm.

Greek Salad

- **Ingredients:**
 - 4 tomatoes
 - 1 cucumber
 - 1 small red onion
 - 1/4 cup olives
 - 1/4 cup feta cheese
 - 1/4 cup olive oil
 - 2 tablespoons red wine vinegar
 - 1 teaspoon oregano
 - 1 teaspoon salt
- **Instructions:**
 - Dice tomatoes and cucumber, slice red onion.
 - Mix vegetables with olives and crumbled feta cheese.
 - Whisk olive oil, vinegar, oregano, and salt, then pour over salad.
 - Toss well and serve.

Green Bean Casserole

- **Ingredients:**
 - 4 cups green beans
 - 1 can cream of mushroom soup
 - 1/2 cup milk
 - 1 cup fried onions
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
- **Instructions:**
 - Preheat oven to 350°F (175°C).
 - Cook green beans until tender.
 - Mix soup, milk, salt, and pepper in a baking dish.
 - Add green beans and half of the fried onions, stir to combine.
 - Bake for 25 minutes.
 - Top with remaining fried onions and bake for an additional 5 minutes.
 - Serve warm.

Guacamole

- **Ingredients:**
 - 3 avocados
 - 1 lime

- 1 small onion
- 2 tomatoes
- 1 teaspoon salt
- 1 tablespoon chopped cilantro
- 1 teaspoon minced garlic
- **Instructions:**
 - Cut avocados in half, remove the pit, and scoop out the flesh into a bowl.
 - Mash the avocados with a fork.
 - Add lime juice, diced onion, chopped tomatoes, salt, cilantro, and garlic.
 - Mix well and serve immediately.

Gurkensalat (Cucumber Salad)

- **Ingredients:**
 - 2 cucumbers
 - 1/4 cup sour cream
 - 2 tablespoons vinegar
 - 1 tablespoon sugar
 - 1 teaspoon dill
 - 1 teaspoon salt
- **Instructions:**
 - Slice cucumbers thinly.
 - Mix sour cream, vinegar, sugar, dill, and salt in a bowl.
 - Toss cucumbers with the dressing.
 - Serve chilled.

Gyeran Jjim

- **Ingredients:**
 - 4 eggs
 - 1 cup water
 - 1/4 cup green onions
 - 1 teaspoon salt
 - 1/2 teaspoon sesame oil
- **Instructions:**
 - Beat eggs with water, salt, and chopped green onions.
 - Pour mixture into a heatproof bowl.
 - Steam for 10-15 minutes until set.
 - Drizzle with sesame oil and serve warm.

Harira

- **Ingredients:**
 - 1 cup lentils
 - 1/2 cup chickpeas
 - 1 small onion