

- 2 cloves garlic
- 4 tomatoes
- 4 cups vegetable broth
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon turmeric
- 1 teaspoon salt
- 1/4 cup cilantro
- **Instructions:**
 - Sauté diced onion and minced garlic until softened.
 - Add diced tomatoes, lentils, chickpeas, vegetable broth, cumin, coriander, turmeric, and salt.
 - Simmer for 30 minutes until lentils are tender.
 - Stir in chopped cilantro and serve warm.

Horta

- **Ingredients:**
 - 1 pound dandelion greens
 - 1/4 cup olive oil
 - 1/4 cup lemon juice
 - 1 teaspoon salt
- **Instructions:**
 - Boil dandelion greens until tender, then drain.
 - Toss greens with olive oil, lemon juice, and salt.
 - Serve warm or chilled.

Hot and Sour Soup

- **Ingredients:**
 - 4 cups chicken broth
 - 1/2 cup sliced mushrooms
 - 1/4 cup bamboo shoots
 - 1/4 cup tofu
 - 2 tablespoons soy sauce
 - 2 tablespoons rice vinegar
 - 1 tablespoon cornstarch
 - 1 teaspoon chili paste
 - 1 egg
 - 1/4 cup chopped green onions
- **Instructions:**
 - Bring chicken broth to a boil.
 - Add mushrooms, bamboo shoots, tofu, soy sauce, rice vinegar, and chili paste.
 - Mix cornstarch with water and add to the soup, stirring until thickened.
 - Beat egg and slowly pour into the soup, stirring constantly.
 - Garnish with chopped green onions and serve.

Hummus

- **Ingredients:**
 - 1 can chickpeas
 - 1/4 cup tahini
 - 1/4 cup lemon juice
 - 2 cloves garlic
 - 1/4 cup olive oil
 - 1 teaspoon salt
- **Instructions:**
 - Drain and rinse chickpeas.
 - Blend chickpeas, 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.

Japchae

- **Ingredients:**
 - 8 ounces sweet potato noodles
 - 1/2 pound beef
 - 1 small onion
 - 1 carrot
 - 1 bell pepper
 - 1 cup spinach
 - 2 tablespoons soy sauce
 - 1 tablespoon sesame oil
 - 1 tablespoon sugar
 - 1 tablespoon sesame seeds
- **Instructions:**
 - Cook noodles according to package instructions, then drain.
 - Sauté sliced beef, diced onion, julienned carrot, and bell pepper in sesame oil until cooked.
 - Add spinach and cook until wilted.
 - Mix noodles with soy sauce, sugar, and sesame seeds.
 - Combine with cooked beef and vegetables.
 - Serve warm.

Jerk Vegetables

- **Ingredients:**
 - 1 cup broccoli
 - 1 cup bell peppers
 - 1 cup zucchini
 - 1 small onion
 - 2 cloves garlic
 - 2 tablespoons jerk seasoning

- 1/4 cup olive oil
- **Instructions:**
 - Toss vegetables with minced garlic, jerk seasoning, and olive oil.
 - Roast at 400°F (200°C) until tender.
 - Serve warm.

Johnny Cakes

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

Jollof Rice

- **Ingredients:**
 - 2 cups rice
 - 1 small onion
 - 2 cloves garlic
 - 4 tomatoes
 - 1/4 cup tomato paste
 - 1/4 cup vegetable oil
 - 1 teaspoon thyme
 - 1 teaspoon curry powder
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
 - 4 cups chicken broth
- **Instructions:**
 - Sauté diced onion and minced garlic in vegetable oil until softened.
 - Add diced tomatoes, tomato paste, thyme, curry powder, salt, and pepper, cook for 5 minutes.
 - Stir in rice and cook for 2 minutes.
 - Add chicken broth and bring to a boil.
 - Reduce heat, cover, and simmer until rice is tender.
 - Serve warm.

Kachumbari

- **Ingredients:**
 - 4 tomatoes
 - 1 small onion
 - 1 cucumber
 - 1/4 cup cilantro
 - 1/4 cup lemon juice
 - 1 teaspoon salt
- **Instructions:**
 - Dice tomatoes, onion, and cucumber.
 - Mix vegetables with chopped cilantro, lemon juice, and salt.
 - Serve chilled.

Käsespätzle (Cheese Noodles)

- **Ingredients:**
 - 2 cups flour
 - 1/2 cup milk
 - 3 eggs
 - 1 teaspoon salt
 - 1/4 teaspoon nutmeg
 - 1/4 cup butter
 - 1 cup grated cheese
 - 1 small onion
- **Instructions:**
 - Mix flour, milk, beaten eggs, salt, and nutmeg to form a batter.
 - Press batter through a spaetzle maker or colander into boiling water.
 - Cook until spaetzle floats to the surface, then drain.
 - Sauté sliced onion in butter until golden.
 - Layer spaetzle and grated cheese in a baking dish, top with sautéed onion.
 - Bake at 350°F (175°C) for 15 minutes until cheese is melted.
 - Serve warm.

Kartoffelsalat (Potato Salad)

- **Ingredients:**
 - 4 potatoes
 - 1 small onion
 - 1/4 cup bacon
 - 1/4 cup vinegar
 - 1/4 cup chicken broth
 - 1 tablespoon mustard
 - 1 teaspoon sugar
 - 1 teaspoon salt
 - 1/2 teaspoon pepper

- **Instructions:**

- Boil potatoes until tender, then dice.
- Cook diced bacon until crispy, then remove and set aside.
- Sauté diced onion in bacon fat until softened.
- Mix vinegar, chicken broth, mustard, sugar, salt, and pepper in a bowl.
- Combine potatoes, bacon, and onion with the dressing.
- Serve warm or chilled.

Keftedes

- **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 oregano
- 1 teaspoon mint
- 1 teaspoon salt
- 1/2 teaspoon pepper
- Oil for frying

- **Instructions:**

- Mix ground beef, ground pork, diced onion, minced garlic, breadcrumbs, beaten egg, oregano, mint, salt, and pepper in a bowl.
- Form mixture into meatballs.
- Heat oil in a pan and fry meatballs until golden.
- Drain on paper towels and serve warm.

Kibbeh

- **Ingredients:**

- 1 cup bulgur
- 1/2 pound ground beef
- 1 small onion
- 1/4 cup pine nuts
- 1 teaspoon cumin
- 1 teaspoon allspice
- 1 teaspoon salt
- Oil for frying

- **Instructions:**

- Soak bulgur in water until tender, then drain.
- Mix bulgur with ground beef, diced onion, pine nuts, cumin, allspice, and salt.
- Form mixture into balls or patties.
- Fry in hot oil until golden.
- Drain on paper towels and serve.

Kimchi

- **Ingredients:**
 - 1 napa cabbage
 - 1/4 cup sea salt
 - 1 tablespoon sugar
 - 2 tablespoons fish sauce
 - 2 tablespoons gochugaru (Korean chili powder)
 - 4 cloves garlic
 - 1 inch ginger
 - 4 green onions
- **Instructions:**
 - Cut cabbage into quarters and soak in salted water for 2 hours.
 - Rinse and drain cabbage.
 - Mix sugar, fish sauce, gochugaru, minced garlic, grated ginger, and chopped green onions in a bowl.
 - Rub mixture onto cabbage leaves.
 - Pack cabbage into a jar and let ferment at room temperature for 2-3 days.
 - Store in the refrigerator and serve as needed.

Kongnamul Muchim

- **Ingredients:**
 - 1 pound soybean sprouts
 - 2 cloves garlic
 - 2 tablespoons soy sauce
 - 1 tablespoon sesame oil
 - 1 tablespoon sesame seeds
- **Instructions:**
 - Blanch soybean sprouts in boiling water for 2 minutes, then drain.
 - Mix minced garlic, soy sauce, sesame oil, and sesame seeds in a bowl.
 - Toss sprouts with the dressing.
 - Serve chilled.

Labneh

- **Ingredients:**
 - 2 cups yogurt
 - 1/2 teaspoon salt
 - 1/4 cup olive oil
- **Instructions:**
 - Mix yogurt with salt.
 - Place yogurt in a cheesecloth-lined strainer over a bowl.
 - Let drain in the refrigerator for 24 hours.
 - Transfer labneh to a serving dish and drizzle with olive oil.
 - Serve with pita bread.

Larb

- **Ingredients:**
 - 1/2 pound ground chicken
 - 1 small onion
 - 2 cloves garlic
 - 2 tablespoons fish sauce
 - 2 tablespoons lime juice
 - 1 tablespoon sugar
 - 1 tablespoon rice powder
 - 1/4 cup mint
 - 1/4 cup cilantro
 - 1-2 Thai chilies
- **Instructions:**
 - Sauté ground chicken, diced onion, and minced garlic until cooked.
 - Mix fish sauce, lime juice, sugar, and rice powder in a bowl.
 - Toss chicken with the dressing, chopped mint, cilantro, and sliced chilies.
 - Serve with lettuce leaves.

Lo Mein

- **Ingredients:**
 - 8 ounces lo mein noodles
 - 1 cup sliced bell peppers
 - 1 cup snow peas
 - 1 small onion
 - 2 cloves garlic
 - 2 tablespoons soy sauce
 - 1 tablespoon oyster sauce
 - 1 tablespoon sesame oil
- **Instructions:**
 - Cook lo mein noodles according to package instructions, then drain.
 - Sauté diced onion and minced garlic in sesame oil until fragrant.
 - Add bell peppers and snow peas, stir-fry until tender.
 - Add cooked noodles, soy sauce, and oyster sauce, stir to combine.
 - Serve warm.

Loubia

- **Ingredients:**
 - 2 cups white beans
 - 1 small onion
 - 2 cloves garlic
 - 4 tomatoes
 - 1/4 cup olive oil
 - 1 teaspoon cumin

- 1 teaspoon paprika
- 1 teaspoon salt
- 1/4 cup cilantro
- **Instructions:**
 - Soak beans overnight, then cook until tender.
 - Sauté diced onion and minced garlic in olive oil until softened.
 - Add diced tomatoes, cumin, paprika, and salt, simmer for 10 minutes.
 - Mix beans with tomato sauce and cook for 10 minutes.
 - Stir in chopped cilantro and serve warm.

Macaroni and Cheese

- **Ingredients:**
 - 2 cups elbow macaroni
 - 2 cups milk
 - 2 tablespoons butter
 - 2 tablespoons flour
 - 2 cups shredded cheddar cheese
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
- **Instructions:**
 - Cook macaroni according to package instructions, then drain.
 - Melt butter in a saucepan, stir in flour to make a roux.
 - Gradually add milk, stirring constantly until thickened.
 - Add cheese, salt, and pepper, stir until melted.
 - Combine cheese sauce with macaroni.
 - Serve warm.

Manakish

- **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
 - 1/4 cup za'atar
- **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.
 - Spread za'atar mixed with olive oil on top.
 - Bake at 400°F (200°C) for 10-12 minutes until golden.
 - Serve warm.

Mandazi

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

Mandu

- **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
 - 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.

Mango Sticky Rice

- **Ingredients:**
 - 1 cup glutinous rice
 - 1 cup coconut milk
 - 1/4 cup sugar
 - 1/4 teaspoon salt
 - 2 mangoes
- **Instructions:**
 - Rinse rice and soak in water for 1 hour.
 - Steam rice until tender.
 - Heat coconut milk with sugar and salt until dissolved.

- Mix coconut milk with cooked rice and let sit for 10 minutes.
- Serve rice with sliced mangoes.

Mapo Tofu

- **Ingredients:**
 - 1 block tofu
 - 1/2 pound ground pork
 - 1 small onion
 - 2 cloves garlic
 - 1 tablespoon chili bean paste
 - 2 tablespoons soy sauce
 - 1 tablespoon rice wine
 - 1 teaspoon sugar
 - 1/4 cup chicken broth
 - 1 tablespoon cornstarch
 - 1/4 cup chopped green onions
- **Instructions:**
 - Cut tofu into cubes and set aside.
 - Sauté ground pork, diced onion, and minced garlic until browned.
 - Add chili bean paste, soy sauce, rice wine, and sugar, cook for 2 minutes.
 - Add chicken broth and tofu, simmer for 5 minutes.
 - Mix cornstarch with water and add to the pan, stirring until thickened.
 - Garnish with chopped green onions and serve.

Mashed Potatoes

- **Ingredients:**
 - 4 potatoes
 - 1/2 cup milk
 - 1/4 cup butter
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
- **Instructions:**
 - Peel and dice potatoes.
 - Boil potatoes until tender, then drain.
 - Mash potatoes with milk, butter, salt, and pepper.
 - Serve warm.

Minestrone

- **Ingredients:**
 - 1 onion
 - 2 carrots
 - 2 celery stalks
 - 2 cloves garlic
 - 1 zucchini

- 1 can diced tomatoes
- 4 cups vegetable broth
- 1 can cannellini beans
- 1 cup pasta
- 1/4 cup basil
- 1/4 cup Parmesan cheese
- **Instructions:**
 - Sauté diced onion, carrots, celery, and minced garlic until softened.
 - Add diced zucchini, tomatoes, and broth.
 - Bring to a boil, then simmer for 20 minutes.
 - Add beans and pasta, cook until pasta is tender.
 - Stir in chopped basil and serve with grated Parmesan cheese.

Miso Soup

- **Ingredients:**
 - 4 cups dashi broth
 - 1/4 cup miso paste
 - 1/2 cup tofu
 - 1/4 cup green onions
 - 1/4 cup seaweed
- **Instructions:**
 - Heat dashi broth until warm.
 - Dissolve miso paste in a small amount of broth, then add to the pot.
 - Add diced tofu and seaweed.
 - Simmer for 5 minutes.
 - Garnish with sliced green onions and serve.

Moqueca de Banana

- **Ingredients:**
 - 4 bananas
 - 1 small onion
 - 2 cloves garlic
 - 1 bell pepper
 - 2 tomatoes
 - 1 cup coconut milk
 - 1/4 cup cilantro
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
- **Instructions:**
 - Sauté diced onion, minced garlic, and sliced bell pepper until softened.
 - Add diced tomatoes and cook for 5 minutes.
 - Stir in coconut milk, sliced bananas, salt, and pepper.
 - Simmer for 10 minutes.
 - Garnish with chopped cilantro and serve warm.

Msemen

- **Ingredients:**
 - 2 cups flour
 - 1 cup semolina
 - 1 teaspoon salt
 - 1/4 cup olive oil
 - 1 cup water
 - 1/4 cup butter
- **Instructions:**
 - Mix flour, semolina, and salt in a bowl.
 - Add water and knead until smooth.
 - Divide dough into balls and roll out into thin circles.
 - Brush with melted butter and fold into squares.
 - Cook on a hot griddle until golden on both sides.
 - Serve warm.

Muhammara

- **Ingredients:**
 - 2 red bell peppers
 - 1/2 cup walnuts
 - 1/4 cup breadcrumbs
 - 2 cloves garlic
 - 1/4 cup olive oil
 - 1 tablespoon pomegranate molasses
 - 1 teaspoon cumin
 - 1 teaspoon salt
- **Instructions:**
 - Roast bell peppers until charred, then peel and seed.
 - Blend peppers, walnuts, breadcrumbs, minced garlic, olive oil, pomegranate molasses, cumin, and salt in a food processor until smooth.
 - Serve with pita bread.

Mutabal

- **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.

Naan

- **Ingredients:**
 - 2 1/4 teaspoons active dry yeast
 - 1 teaspoon sugar
 - 1/2 cup warm water
 - 2 1/2 cups flour
 - 1/2 cup yogurt
 - 1/4 cup melted butter
 - 1 teaspoon salt
- **Instructions:**
 - Dissolve yeast and sugar in warm water, let sit until foamy.
 - Mix flour and salt in a bowl, then add yeast mixture, yogurt, and melted butter.
 - Knead until smooth, then let rise until doubled.
 - Divide dough into balls and roll out into circles.
 - Cook on a hot griddle until bubbles form, then flip and cook the other side.
 - Brush with melted butter and serve warm.

Nom Du Du (Green Papaya Salad)

- **Ingredients:**
 - 1 green papaya
 - 2 carrots
 - 1/4 cup peanuts
 - 1/4 cup cilantro
 - 2 tablespoons fish sauce
 - 2 tablespoons lime juice
 - 1 tablespoon sugar
 - 1-2 Thai chilies
- **Instructions:**
 - Peel and shred green papaya and carrots.
 - Crush peanuts and chop cilantro.
 - Mix fish sauce, lime juice, sugar, and sliced chilies in a bowl.
 - Toss shredded papaya, carrots, peanuts, and cilantro with the dressing.
 - Serve chilled.

Nuoc Cham

- **Ingredients:**
 - 1/4 cup fish sauce
 - 1/4 cup lime juice
 - 2 tablespoons sugar

- 2 cloves garlic
- 1-2 Thai chilies
- 1/4 cup water
- **Instructions:**
 - Mix fish sauce, lime juice, sugar, minced garlic, and sliced chilies in a bowl.
 - Add water and stir until sugar is dissolved.
 - Serve as a dipping sauce.

Oi Muchim

- **Ingredients:**
 - 2 cucumbers
 - 2 cloves garlic
 - 2 tablespoons soy sauce
 - 1 tablespoon sesame oil
 - 1 tablespoon gochugaru (Korean chili powder)
 - 1 tablespoon sesame seeds
- **Instructions:**
 - Slice cucumbers thinly.
 - Mix minced garlic, soy sauce, sesame oil, gochugaru, and sesame seeds in a bowl.
 - Toss cucumbers with the dressing.
 - Serve chilled.

Onigiri (Rice Balls)

- **Ingredients:**
 - 2 cups cooked sushi rice
 - 1/4 cup filling (salmon, pickled plum)
 - 1 sheet nori (seaweed)
- **Instructions:**
 - Wet hands and shape rice into balls or triangles.
 - Make a small indentation and add filling.
 - Wrap with a strip of nori.
 - Serve immediately.

Pão de Queijo

- **Ingredients:**
 - 2 cups tapioca flour
 - 1 cup milk
 - 1/2 cup butter
 - 1 teaspoon salt
 - 1 cup grated Parmesan cheese
 - 2 eggs
- **Instructions:**
 - Preheat oven to 375°F (190°C).
 - Heat milk, butter, and salt in a saucepan until boiling.

- Remove from heat and stir in tapioca flour until smooth.
- Let cool slightly, then mix in grated cheese and beaten eggs.
- Form dough into balls and place on a baking sheet.
- Bake for 20-25 minutes until golden.
- Serve warm.

Pad See Ew

- **Ingredients:**
 - 8 ounces wide rice noodles
 - 1/2 pound chicken breast
 - 1 cup broccoli
 - 2 eggs
 - 2 tablespoons soy sauce
 - 2 tablespoons oyster sauce
 - 1 tablespoon sugar
 - 1 tablespoon vegetable oil
- **Instructions:**
 - Soak rice noodles in warm water until softened, then drain.
 - Sauté sliced chicken in vegetable oil until cooked, then set aside.
 - Scramble eggs in the same pan.
 - Add noodles, soy sauce, oyster sauce, and sugar, stir to combine.
 - Add broccoli and cooked chicken, stir-fry until heated through.
 - Serve warm.

Pad Thai

- **Ingredients:**
 - 8 ounces rice noodles
 - 1/2 pound shrimp
 - 2 eggs
 - 1 cup bean sprouts
 - 1/4 cup peanuts
 - 2 tablespoons fish sauce
 - 2 tablespoons tamarind paste
 - 1 tablespoon sugar
 - 1 tablespoon lime juice
 - 1/4 cup green onions
- **Instructions:**
 - Soak rice noodles in warm water until softened, then drain.
 - Sauté shrimp in a pan until cooked, then set aside.