30 Recipes From

AROUND THE WORLD

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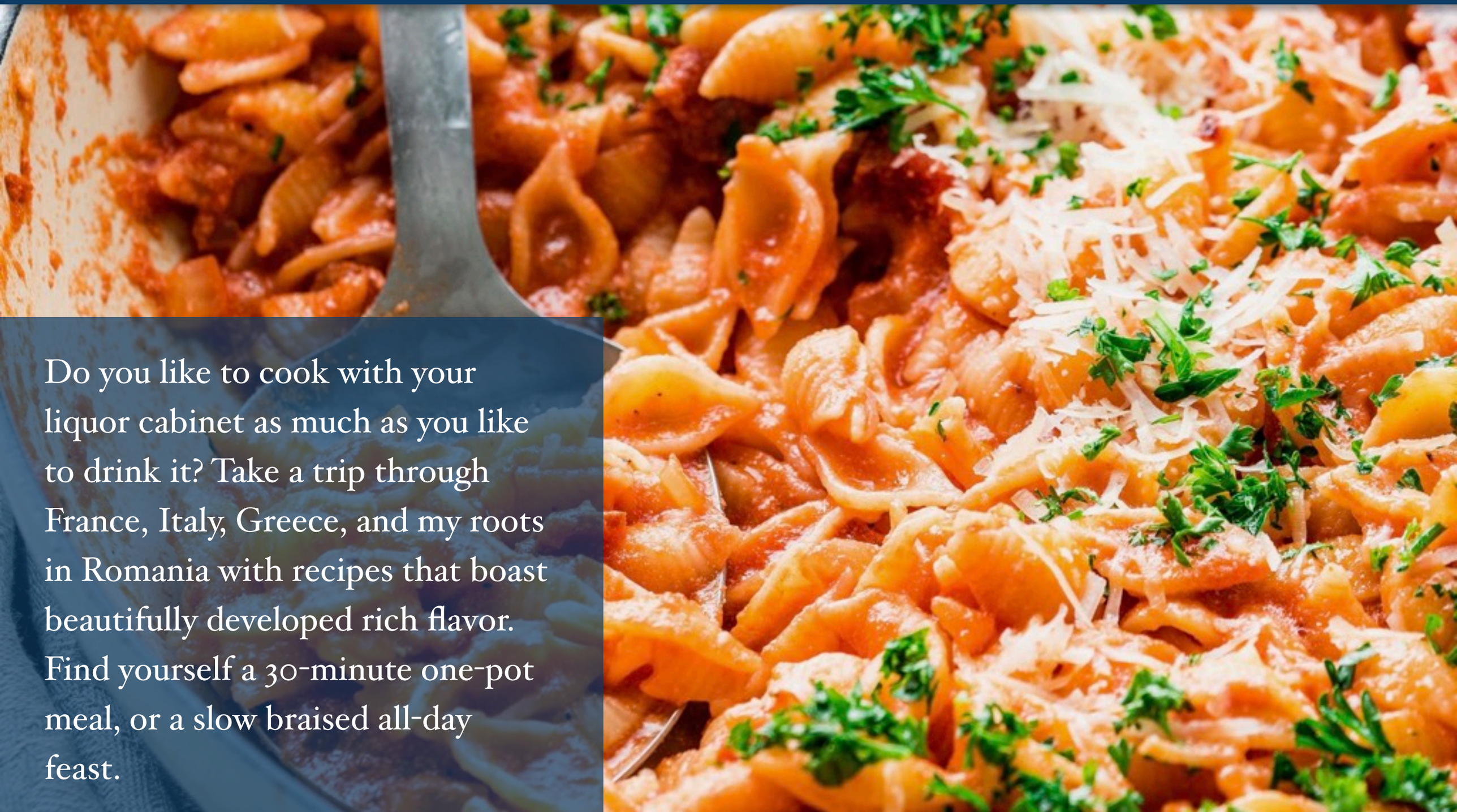
Chapter 1

Europe



Do you like to cook with your liquor cabinet as much as you like to drink it? Take a trip through France, Italy, Greece, and my roots in Romania with recipes that boast beautifully developed rich flavor. Find yourself a 30-minute one-pot meal, or a slow braised all-day feast.

Beef Bourguignon

Servings	Prep Time	Cook Time	Total Time
8	15 mins	3 hrs 30 mins	3 hrs 45 mins

This Beef Bourguignon is a classic French beef stew recipe adapted from Julia Child. My version includes easy-to-acquire ingredients, and only one pot!

Ingredients

- 1 tbsp olive oil
- 8 slices bacon thick cut, chopped
- 3 lbs stewing beef lean, cut into 1 inch pieces
- 1 large onion, chopped
- 1 large carrot peeled and roughly chopped
- 1 lb pearl onions, peeled
- 1/2 tsp salt, or to taste
- 1/2 tsp pepper ground, or to taste
- 4 cloves garlic, minced
- 1 lb mushrooms, chopped
- 2 tbsp all-purpose flour
- 3 cups red wine
- 2 cups beef broth, low sodium or no sodium added
- 1 tbsp tomato paste
- 1 bay leaf
- 1 tbsp thyme, fresh

Instructions

1. Heat the olive oil in a large Dutch oven or a heavy based pot that's oven safe. Add the bacon and cook until crispy. Transfer the bacon to a paper towel lined bowl and set aside.

2. Add the stewing beef in batches and brown well on all sides. Transfer to a plate and repeat with remaining beef. I did 3 batches, but depends on the size of your pot. Add the chopped onion, carrot, pearl onions and season with salt and pepper. Stir in the garlic. Cook for about 3 to 5 minutes until the onions are tender and translucent.

3. Stir in the mushrooms then sprinkle the flour over. Stir and let it cook for another 2 minutes. Add the beef and bacon back to the pot. Add the red wine, beef broth, tomato paste, bay leaf, thyme and stir. Bring to a boil.

4. Preheat the oven to 325 F degrees while you're bringing the stew to a boil. Cover the pot with a lid, place in the oven and cook for 2 1/2 hours stirring every hour.

5. Serve over cooked noodles or creamy mashed potatoes.

Recipe Notes

Which wine works best: Beef Bourguignon is typically made with a red Burgundy such as a Pinot Noir, Merlot or Cabernet Sauvignon. You want a red wine that has enough tannins to counter the rich and tender stewed beef.

Beautiful cubes of beef braised in red wine. What else could you need?

Greek Salad

Servings	Prep Time	Total Time
4	10 mins	10 mins

This Greek Salad is a classic salad of cucumbers and tomatoes loaded with feta cheese and olives. Perfect as a side dish or as a meal on its own. Enjoy summer vibes all year with ingredients that are always available!

Ingredients

1 English cucumber cut in cubes

1 small red onion roughly chopped

1 green bell pepper chopped

2 cup cocktail tomatoes cut in half or quarters

1 1/2 cup feta cheese crumbled or cubed

3/4 cup kalamata olives pitted

Dressing

2 cloves garlic minced

1/4 cup red wine vinegar

1/4 cup olive oil

2 tbsp lemon juice freshly squeezed

1 tbsp oregano dried

1/2 tsp pepper ground

1 1/2 tsp sugar

Instructions

1. Add all the dressing ingredients to a small bowl and whisk well. Alternatively you can place them all in a blender and blend until for about 30 seconds until well combined. Another option is to place all the ingredients in a jar and shake well.

2. Add the cucumber, tomatoes, bell pepper, onion, olives and feta cheese to a large bowl and pour the dressing over. Toss everything well together and serve immediately.

Recipe Notes

Feta Cheese: I added 1 cup cubed feta cheese and about 1/2 cup crumbled feta cheese.

I don't like raw onions, what can I do?: You can do a quick pickle by placing the sliced onion in a bowl with 1 tsp of the sugar, 1/4 tsp salt, 1/4 cup of the red wine vinegar, stir them all, cover and refrigerate for about 30 minutes. This will eliminate the harsh flavour. Use the liquid to make the dressing once the onions are done.

Leftovers: Store leftover salad in an airtight container in the fridge for up to 2 days. Greek salad is one of the few salads that will actually still taste good the next day, if not better because the tomatoes and cucumbers will marinate in the dressing and all the flavors have a chance to develop.

Greek salad is my absolute favourite. It's so fast to make and it always tastes amazing!

One Pot Chicken Florentine Gnocchi

Servings	Prep Time	Cook Time	Total Time
6	10 mins	15 mins	25 mins

This One Pot Chicken Florentine Gnocchi is super easy and effortless, perfect for a weeknight meal. We're talking lick your plate clean, so creamy and delicious and ready on your dinner table in under 30 minutes!

Ingredients

2 tbsp olive oil or oil reserved from sun dried tomatoes

1 lb chicken breasts skinless and boneless, cut into small pieces

1/2 tsp salt or to taste

1/2 tsp black pepper or to taste

1/4 cup shallots chopped

2 cloves garlic minced

1/4 cup sun dried tomatoes drained and chopped, keep the oil

1 cup half and half cream

2 cups chicken broth low sodium

2 lbs gnocchi

2 cups fresh spinach chopped

2 cups mozzarella cheese shredded

1/2 cup parmesan cheese shredded

Instructions

1. Heat the olive oil over medium-high heat in a large skillet. (see notes).
2. Add the chicken, season with salt and pepper and cook until it starts to brown, should take 2 to 3 minutes.
3. Add the shallots, garlic and sun dried tomatoes. Stir and cook for 1 to 2 minuets.
4. Add the half and half cream, chicken broth and stir. Bring to a simmer then stir in the uncooked gnocchi. Cook until gnocchi are tender, and sauce has thickened, should take about 4 to 5 minutes, they should also absorb and thicken the sauce.
5. Add spinach and fold into the mixture until wilted. Taste for seasoning and adjust with salt and pepper if needed.
6. Stir in the cheeses, cheese should melt almost immediately.

Recipe Notes

I reserved the oil from the sun dried tomatoes and used that instead of the olive oil for some extra flavor, but olive oil can be used as well.

Half and half can be found near the milk and cream in the dairy section of your local grocery store. Half and half is a blend of equal parts whole milk and light cream. It averages 10 to 12% of fat.

If you've never tried gnocchi, this is the way to do it. Everything is better with cheese!

Romanian Cabbage Rolls (Sarmale)

Servings	Prep Time	Cook Time	Total Time
10	30 mins	4 hrs	4 hrs 30 mins

Traditional Romanian Cabbage Rolls are made with sour cabbage stuffed with pork and beef and little bit of bacon, the best cabbage rolls you will ever have.

Instructions

2 tbsp vegetable oil

1 large onion chopped

1/2 cup long grain rice uncooked, I prefer basmati

2 lb ground pork or whatever meat you prefer

1/4 cup parsley chopped

1/4 cup fresh dill chopped

salt and pepper to taste

2 lb sour cabbage leaves

15 slices bacon chopped

4 cups tomato juice

Instructions

1. Preheat the oven to 375 degrees.
2. Heat the oil in a skillet, add the onions and cook until softened and translucent. Add the rice and cook for another minute.
3. In a large bowl, add the ground pork, salt, pepper, parsley, dill and the onion and rice mixture. Be careful with the salt, not too much is needed because the sour cabbage is already salty. Mix well using your clean hands.
4. Remove all the cabbage leaves and cut each leaf in half. Romanian cabbage rolls are traditionally smaller than the Polish cabbage rolls, so that's why I recommend cutting each leaf in half, otherwise you can use the entire leave for one roll.
5. Fill each leaf with about a couple tbsp of the meat mixture and roll. Repeat with all the remaining meat and cabbage. If you have any cabbage left over, chop it up and spread it over the bottom of a big pot.
6. Put all the rolls in the pot, add the chopped bacon in between the cabbage rolls and pour the tomato juice over the rolls. Add more water if needed, the juice should cover the cabbage rolls entirely. Cover the pot with aluminum foil or a lid. Place in the oven and bake for 2 hours. Remove the foil or lid and place back in the oven and cook for another 1 1/2 to 2 hours. Serve hot with a bit of sour cream on top.

Cabbage rolls are freezer friendly! Make a large batch and enjoy them every week.

Pasta alla Vodka

Servings	Prep Time	Cook Time	Total Time
6	10 mins	20 mins	30 mins

Say hello to the ultimate comfort dish! This Pasta alla Vodka is fantastic for a quick weeknight dinner with an easy and creamy tomato and vodka sauce, topped with bacon and Parmesan cheese for the perfect finish.

Ingredients

- 12 oz pasta I used mini shells
- 1 tbsp olive oil
- 1 large onion chopped
- 3 cloves garlic minced
- 1/2 cup vodka
- 1/8 tsp nutmeg ground
- 1/4 tsp red pepper flakes
- salt and pepper to taste
- 14 oz tomato puree (1 can)
- 1 cup half and half or heavy cream
- 6 slices bacon chopped and fried
- 1 cup Parmesan cheese freshly grated
- 1 tbsp fresh parsley for garnish

Instructions

1. Cook the pasta according to package instructions. Drain in a colander and rinse it under cold water to stop it from cooking any further. Reserve some of the pasta water, just in case we need it to thin out the sauce.
2. Heat the olive oil in a large skillet over medium-high heat. Add the onion and cook for 3 to 5 minutes until it softens and becomes translucent.
3. Add the garlic and cook for another 30 seconds until it becomes aromatic.
4. Add the vodka, stir and cook for a couple minutes until the almost all of the vodka has cooked down. Stir in the nutmeg, red pepper flakes, salt and pepper.
5. Add the tomato puree to the skillet, then stir in the half and half or heavy cream. Bring to a boil.
6. Stir in the cooked pasta, bacon and the Parmesan cheese. If the sauce is too thick and the pasta has soaked up all the sauce, add some of the reserved pasta water.
7. Garnish with parsley and serve.

Recipe Notes

Half and half is equal parts whole milk and light cream and it usually averages 10% to 12% fat, which is usually less than light cream.

Vodka, cheese, carbs, and salty bacon. That's all you need to hear.

Coq Au Vin

Servings	Prep Time	Cook Time	Total Time
8	15 mins	1 hr	1 hr 15 mins

This French dish is made with chicken braised in red wine with mushrooms, onions, green beans, and lots of herbs. It's perfect for fall!

Ingredients

- 6 slices bacon chopped
- 8 chicken drumsticks
- salt and pepper to taste
- 1 cup cipollini onions cut in half or 1 large onion, chopped
- 1 lb mushrooms cleaned and sliced
- 4 cloves garlic chopped
- 1 cup red wine (any type)
- 2 cups chicken broth low sodium
- 2 leaves bay
- 3 springs thyme
- 1 sprig rosemary
- 3 leaves sage
- 8 oz green beans
- 8 tbsp butter unsalted
- 1 1/2 tbsp all-purpose flour
- 1 tbsp fresh parsley chopped

Instructions

1. In a large Dutch oven fry the chopped bacon until crispy. Remove the bacon from the pot but leave the fat there, if you have more than 1 or 2 tbsp of bacon fat, discard the rest.

2. Season the chicken drumsticks generously with salt and pepper and add to the pot. Cook the drumsticks on both sides over medium-high heat, until they start to brown, about 3 to 5 minutes per side. The chicken doesn't have to be cooked through as we will braise it later on. Remove the chicken from the pan and set aside together with the bacon.

3. Add the cipollini (small onion, any variety works) onions and the mushrooms to the pan and cook for 3 to 5 minutes until the onions start to caramelize and the mushrooms start to brown. Stir in the garlic and cook for 30 seconds until the garlic starts to get aromatic.

4. Deglaze the pan by stirring in the red wine, scraping all the brown bits as you go along. Stir in the chicken broth, then add the bay leaves, thyme, rosemary and sage leaves. Add the bacon and chicken back to the pot. Bring to a boil, reduce the heat to a medium, cover the pot and cook for 20 minutes.

5. Preheat the oven to 450 F degrees.

6. Add the green beans to the pot. Whisk the melted butter with the flour and stir it into the pot. Taste for seasoning and adjust with salt and pepper as needed. Place the pot without the lid into the oven and cook for another 10 minutes until the sauce thickens. Remove the bay leaves, thyme, rosemary sprigs and sage. Garnish with parsley.

Coq au Vin translates simply to “chicken in wine”. I love the French!

Chicken Cacciatore

Servings	Prep Time	Cook Time	Total Time
6	10 mins	1 hr 10 mins	1hr 20 mins

This dish is a rustic, hearty, classic Italian comfort food made easy. It's bursting with bright colors and fresh flavor. Try it over noodles, rice, or some creamy polenta.

Ingredients

- 2 tbsp olive oil
- 2 tbsp butter
- 2 lb chicken wings and drumsticks
- salt and pepper to taste
- 4 cloves garlic minced
- 1 medium onion chopped
- 1 lb white mushrooms cleaned and chopped
- 1 green bell pepper chopped
- 1 red bell pepper chopped
- 1 yellow bell pepper chopped
- 1/4 tsp turmeric
- 2 tsp dried oregano
- 2 bay leaves
- 1 cup red wine
- 2 tbsp tomato paste
- 14.5 oz can diced tomatoes
- 3/4 cup Kalamata olives pitted
- 1 tbsp fresh parsley chopped

Instructions

1. Preheat oven to 400 F degrees.
2. Add the olive oil and butter to a large oven-safe skillet with a lid, and heat until butter has melted.
3. Add the chicken to the skillet and season generously with salt and pepper. Fry the chicken on both sides until golden, about 4 min per side. The chicken doesn't have to be cooked through, as it will continue cooking while in the oven. Transfer the chicken to a plate and set aside.
4. Add the garlic and onions to the skillet and saute for 2 minutes until the onion is translucent and the garlic becomes aromatic. Add the chopped mushrooms and cook for 5 min until the mushrooms cook down then add the peppers. I like to cook my mushrooms first, but you could add the mushrooms and peppers all at once. Stir and cook for a couple more minutes until the peppers soften a bit.
5. Add the turmeric, oregano, bay leaves, red wine, tomato paste, and diced tomatoes. Stir well and bring to a boil.
6. Add the chicken back to the pot, cover with a lid and place in the oven. Bake for 45 minutes to an hour.
7. Top with whole Kalamata olives and garnish with fresh parsley before serving.
8. Serve over noodles, rice or polenta.

"Alla cacciatora" refers to a meal prepared "hunter-style" with tomatoes, onions, lots of herbs, bell peppers, and wine.

Chicken Madeira

Servings	Prep Time	Cook Time	Total Time
4	10 mins	40 mins	50 mins

This dish features tender chicken breasts in a beautifully peppery Madeira sauce. This deeply flavourful and rich sauce is made complete with mushrooms and red wine.

Ingredients

4 chicken breasts skinless and boneless, about 1 lb

salt and pepper to taste

3 tbsp olive oil

1 lb cremini mushrooms cleaned and sliced

2 cloves garlic minced

2 cups Madeira wine or a dry red wine

1 cup chicken broth

1 tbsp all-purpose flour optional

2 tbsp butter

2 tbsp fresh parsley chopped

Instructions

1. Season the chicken breasts generously with salt and pepper.
2. Heat 2 tbsp of the olive oil in a large skillet or a saucepan over medium-high heat. Add the chicken breasts to the skillet and cook for about 3 to 4 minutes per side until they get to get golden brown. More time may be needed depending on the thickness of your chicken breasts. Remove the chicken breasts from the skillet and set aside.
3. Add the remaining 1 tbsp of olive oil to the skillet and add the mushrooms. Season the mushrooms with salt and pepper then cook for about 8 minutes until the mushrooms start to brown. Stir occasionally.
4. Add the garlic, Madeira wine and chicken broth to the skillet and stir. Season with more salt and pepper as needed. Reduce heat and cook for another 15 minutes until the sauce thickens a bit and reduces. If you find that the sauce hasn't thickened enough, you can take about a ladle of the liquid from the pan and whisk it with a tbsp of flour, then pour it back into the saucepan and stir, the sauce should thicken almost instantly. Add the butter and stir, this will give the sauce a nice glossy color.
5. Add the chicken breasts back to the pan and cook for another 5 minutes.
6. Garnish with fresh parsley and serve over mashed potatoes.

Is no one drinking any of the alcohol in your cabinet? Put it to good use and cook with it!

Chapter 2

Asia

In this chapter you'll find rich curries, sweet and savoury stir fry, and plenty of complementary flavors and textures. Create an unforgettable menu with these delicious recipes which save you time and suit your wallet.

Instant Pot Butter Chicken

Servings	Prep Time	Cook Time	Total Time
6	5 mins	25 mins	30 mins

Now you can have restaurant style butter chicken homemade and in only 30 minutes! This Instant Pot butter chicken is extraordinary with a rich and creamy sauce and a fantastic blend of spices.

Lorem Ipsum Dolor

- 3 tbsp butter unsalted
- 8 cloves garlic minced
- 2 tsp fresh ginger minced (or paste)
- 1 cup tomato puree or passata
- 2 tbsp tomato paste
- 3 tsp garam masala
- 1 tbsp coriander ground
- 1 tsp cumin ground
- 1 tbsp smoked paprika
- 1 tsp turmeric
- 1 tsp salt
- 2 lbs chicken thighs boneless and skinless, cut into pieces
- 1 cup water
- 1 cup whipping cream (heavy cream, 35%)
- 2 tbsp parsley chopped

Instructions

1. Turn your Instant Pot to the sauté setting. (See your manufacturer's guide for detailed instructions on how to use your instant pot.)

2. Add the butter and cook until the butter has melted. Add the garlic and ginger and sauté for another minute or until the garlic becomes aromatic. Do not cook too long because you don't want to burn it.

3. Add the tomato puree and tomato paste to the Instant Pot and stir. Add the garam masala, coriander, cumin, paprika, turmeric and salt to the Instant Pot, stir and cook for about 3 to 5 minutes.

4. Add the chicken thighs, water and stir everything together. There should be enough liquid in the pot to cover the chicken, so add more water if needed.

5. Close the lid (follow the manufacturer's guide for instructions on how to close the instant pot lid). Set the Instant Pot to the Poultry setting and set the timer to 5 minutes.

6. Once the Instant Pot cycle is complete, wait until the natural release cycle is complete, should take about 10 minutes. Follow the manufacturer's guide for quick release, if in a rush. Carefully unlock and remove the lid from the instant pot.

7. Switch the Instant Pot to the sauté setting (do not put the lid on). Add the whipping cream and simmer for 5 minutes, stirring occasionally. The sauce should thicken and reduce a bit. You don't want it to reduce too much.

8. Turn off the Instant Pot and garnish with fresh parsley. Serve warm over rice and with naan.

Using an Instant Pot results in the most tender, fall-apart morsels of chicken. Such an amazing kitchen gadget!

Pad See Ew

Servings	Prep Time	Cook Time	Total Time
3	10 mins	10 mins	20 mins

This is a popular Thai street food that's so delicious and super quick to make. Forget take-out, make this at home for the whole family to enjoy!

Ingredients

For Chicken

2 chicken breasts boneless and skinless, cut into small pieces (about 1 lb)

1 tsp peanut oil

1 tbsp soy sauce low sodium

For Sauce

2 tbsp oyster sauce

2 tsp black soy sauce

1/2 tbsp fish sauce

1 1/2 tbsp soy sauce low sodium

Stir Fry

3-4 tbsp peanut oil divided

4 cloves garlic minced

2 eggs

6 stalks Chinese broccoli

6 oz rice noodles

1 tbsp brown sugar

Instructions

1. Prepare the noodles following the package instructions.

2. In a small bowl toss the chicken with 1 tsp of peanut oil and soy sauce together, making sure the chicken is coated in the oil and soy sauce. This will ensure the chicken separates nicely when cooking and seasons it a bit.

3. Start by adding 2 tbsp of the peanut oil to the wok and heat it really well. Add the chicken and cook just until done, about 2 to 3 minutes. Remove the chicken from the wok and set side. Wipe away any excess liquid that's left in the wok with paper towels.

4. Add the remaining 1 to 2 tbsp of peanut oil to the wok, then immediately add the minced garlic before the oil gets too hot. This will prevent the garlic from burning as soon as it hits the wok. Sauté the garlic for 30 seconds just until the garlic starts to get aromatic and turns golden.

5. Add the eggs, break the egg yolks then let it sit for about 15 seconds before starting to scramble them briefly.

6. Add the broccoli and toss to coat with the oil and the egg. Cook briefly for about 15 seconds.

7. Add the prepared noodles, the sauce and the brown sugar to the wok. Turn the heat up and start tossing the noodles to coat evenly. Spread the noodles over the entire surface of the pan, and let them sit without stirring or tossing for 30 seconds. This will get some nice charred marks on the noodles, which will give them a toasty flavor. Flip the noodles and let them cook for another 30 seconds to char the other side.

8. Remove from wok and serve with immediately. Sprinkle with some red Thai chiles if preferred

Feel free to substitute tofu, beef, pork, or extra veggies to your version.

Chopped Chicken Salad

Servings	Prep Time	Total Time
6	20 mins	20 mins

Try this simple chopped salad with chicken and loaded with veggies. The homemade dressing has great big flavors and gives you a lot more control over the calorie content.

Lorem Ipsum Dolor

For Dressing

2 tbsp fresh lime juice

1 tbsp sesame oil

3 tbsp olive oil

3 tbsp light soy sauce

1 tbsp miso paste

3 cloves garlic minced

1 tsp fresh ginger grated

1/4 tsp ground black pepper

For Salad

4 cups Napa cabbage shredded

1 celery stalk chopped or julienned

1 cup carrots julienned

1 red bell pepper julienned

1 cup edamame

1/2 English cucumber julienned

2 cups chicken breasts chopped (about 2)

1/4 cup toasted sesame seeds

salt and pepper to taste

2 tbsp fresh cilantro chopped

Instructions

1. First make the dressing by adding all ingredients to a blender or food processor and pulse a few times until creamy, about 30 seconds. Refrigerate until ready to use.

2. I julienned all the vegetables, but you could also chop them if preferred. In a large bowl, add the Napa cabbage, celery, carrots, red bell pepper, edamame, cucumber, chicken breast and toss everything well together.

3. Add the sesame seeds, cilantro and the prepared dressing, then toss everything well together again. Season with salt and pepper if needed.

4. Serve immediately.

Recipe Notes

To julienne vegetables, cut them into long, thin strips, like matchsticks.

Miso paste is a traditional Japanese seasoning made by fermenting soybeans with salt, rice, barley and other ingredients. If you cannot find miso paste, you can just omit it from the dressing or substitute with 1 tbsp of fish sauce.

Look at all that color! This will remind you of summer even on the most dreary of winter days.

Coconut Shrimp Curry

Servings	Prep Time	Cook Time	Total Time
4	10 mins	15 mins	25 mins

Get ready for delicious shrimp in a coconut curry that's perfect over cooked rice and ready in only 25 minutes! Super easy, one pot and tons of flavors!

Instructions

For Shrimp Marinade

1 lb extra-large shrimp peeled and deveined

1/4 tsp salt

1/4 tsp black pepper freshly ground

1/4 tsp cayenne pepper

2 tbsp lemon juice

For the sauce

1 tbsp coconut oil

1 medium onion chopped

3 cloves garlic minced

1 tbsp fresh ginger minced

1/2 tsp black pepper freshly ground

1 tsp salt or to taste

1/2 tsp turmeric

2 tsp ground coriander

1 tsp curry powder

14.5 oz diced tomatoes

13.5 oz coconut milk

fresh cilantro or parsley for garnish

cooked rice for serving

Instructions

1. In a small bowl toss the shrimp with the marinade ingredients. Cover with plastic wrap and refrigerate for 10 minutes.

2. While the shrimp is marinating, heat the oil in a medium size skillet. To it add the onion, and cook for 2 or 3 minutes until the onion softens and becomes translucent. Stir in the garlic, ginger, pepper, salt, coriander, turmeric and curry powder. Cook for another minute.

3. Add the diced tomatoes with juices and all, the coconut milk, stir and bring to a boil. Cook for about 5 minutes stirring occasionally. Add the shrimp with the accumulated juices from the marinade and cook for another 2 minutes or until the shrimp is pink and cooked through.

4. Serve over hot rice and garnish with cilantro or parsley.

This creamy & dreamy dish only uses one pot and 25 minutes to make! What're you waiting for?

Korean Bulgogi Pork

Servings	Prep Time	Cook Time	Total Time
4	40 mins	12 mins	52 mins

This is a Korean inspired recipe of marinated pork tenderloin. Easy, quick and delicious. No wonder it's one of Korea's most beloved meat dishes.

Ingredients

1 lb pork tenderloin

3 cloves garlic minced

1 tbsp fresh ginger peeled and grated, about 1 inch piece

1/4 cup low sodium soy sauce

1 tbsp red chili flakes

1/2 pear grated

1 tbsp sesame oil

1 tbsp light brown sugar

2 green onions chopped for garnish

2 tbsp vegetable oil for cooking meat

Instructions

1. Prepare the pork tenderloin by cutting it into really thin slices. Place the meat in a ziploc bag. Set aside.

2. In a bowl add the garlic, ginger, soy sauce, chili flakes, pear, sesame oil and brown sugar. Whisk everything together well. Pour the marinade over the pork, close the ziploc bag and shake it around a bit to make sure that the all the pork meat is covered in the marinade. Let it marinate at room temperature for 30 minutes or refrigerate for up to 8 hours.

3. Add 1 tbsp of the vegetable oil to a large skillet and heat it over medium high heat. Add half of the meat to the skillet and arrange it so that it's in a single layer. Cook it for about 3 minutes without touching the meat, or until the meat starts to brown, almost char, then turn it and cook for another 3 minutes until it's browned on both sides. Remove from skillet to a bowl and set aside.

4. Add the remaining tbsp of vegetable oil and remaining meat along with remaining marinade. Repeat cooking the same as above.

5. Serve over cooked rice or noodles and garnish with chopped green onions.

Let the pork sit and sizzle on the skillet until the colour gets nice and dark. That's how you'll achieve deep flavor.

Indonesian Meatballs

Servings	Prep Time	Cook Time	Total Time
8	20 mins	25 mins	45 mins

These spicy chicken meatballs come complete in a creamy coconut curry sauce that really is quite easy to prepare and are out of bounds delicious!

Ingredients

For Meatballs

1 1/2 lb ground chicken
1 cup bread crumbs, I used Panko
1 red chili pepper chopped
4 cloves garlic minced
1 tbsp garam masala
1/2 tsp nutmeg ground
5 green onions chopped
1/4 cup fresh cilantro chopped
1 egg
salt and pepper to taste
1 tsp red curry paste optional
2 tbsp peanut oil for frying meatballs

For Sauce

2 stalks lemongrass
1 cup chicken broth low sodium
2 tbsp red curry paste
14 oz unsweetened coconut milk (1 can, 403 ml)
1 tbsp curry powder
salt and pepper to taste
5 fresh Kaffir lime leaves
2 tbsp sweetened shredded coconut optional
1 tbsp fresh cilantro chopped

Instructions

1. In a large bowl add all the meatball ingredients, except the peanut oil, and mix well using your clean hands. Shape the meat mixture into 1 inch meatballs. You should get around 40 meatballs.

2. In a skillet heat the peanut oil over medium heat. Add the meatballs and fry until golden all around, should take about 7 minutes. If your skillet isn't large enough you may need to do this in a couple batches. Transfer the meatballs to a plate and set aside.

3. Trim the top and base of the lemongrass stalks and peel off any dry or tough outer layers. Using a meat mallet, pound the lemongrass stalks until well bruised to release the flavor.

4. In the same skillet that was used to fry the meatballs add the chicken broth, red curry paste, unsweetened coconut milk, curry powder, salt, pepper, Kaffir lime leaves and lemongrass. Stir everything together and bring to a boil.

5. Add the meatballs back to the skillet, toss them around to cover them in the sauce, then cook for another 8 to 10 minutes, uncovered over medium-low heat.

6. Remove the lemongrass and lime leaves from the sauce.

7. If you're adding the shredded coconut, add it now and stir. I added this for a bit of sweetness to the sauce, but this is totally optional. You could also add a tsp or so of brown sugar.

8. Garnish with cilantro and serve over cooked rice.

Use as much red curry paste as you wish. Use your favorite brand and taste as you go along to adjust the spiciness level.

Easy Beef and Broccoli Stir Fry

Servings	Prep Time	Cook Time	Total Time
4	10 mins	20 mins	30 mins

Forget take-out! In 15 minutes you can have this insanely delicious beef and broccoli stir fry. Way better than any restaurant version!

Ingredients

1 tbsp olive oil

1 lb flank steak trimmed of fat and sliced thin against the grain

1/2 cup low sodium soy sauce

2 tbsp cornstarch

3 cloves garlic minced

3 tbsp sherry

3 tbsp honey

1 tsp fresh ginger minced

2 tbsp sesame oil

1 pinch red pepper flakes

1 tbsp Sriracha sauce or to taste

1/2 cup beef broth or chicken broth

1 head broccoli cut into small florets

Instructions

1. In a medium bowl, whisk together the soy sauce, cornstarch, garlic, sherry, honey, ginger, sesame oil, red pepper flakes, Sriracha sauce and beef broth. Set aside until ready to use.

2. Heat the olive oil in a large skillet and cook the steak until it starts to brown, about 4 to 5 minutes. Add sauce and stir in with the steak, it should start to thicken immediately. Add broccoli and cook for an additional 2 minutes until broccoli is tender and sauce is thickened.

3. Serve over rice or noodles.

Doesn't this look incredible? You'll get lost in the sauce!

Chicken Lo Mein

Servings	Prep Time	Cook Time	Total Time
6	15 mins	15 mins	30 mins

Get stir-frying with this easy and scrumptious Chicken Lo Mein recipe. Make a dinnertime hit that the whole family will adore!

Ingredients

For Sauce

1 tbsp brown sugar
2 tbsp soy sauce low sodium
2 tbsp dark soy sauce
1 tbsp oyster sauce
1 tsp hoisin sauce
1 tsp ground black pepper
1 tsp sesame oil

For Chicken

2 pieces chicken breasts skinless and boneless, cubed
2 tbsp soy sauce
1 tsp fresh ginger minced
3 cloves garlic minced
2 tbsp olive oil

For Veggies

2 tbsp olive oil
2 cups shiitake mushrooms sliced
1 cup Chinese cabbage shredded
1 cup carrots julienned
1 large onion chopped

Stir Fry

16 oz Asian style noodles like ramen noodles or udon
3 green onions chopped

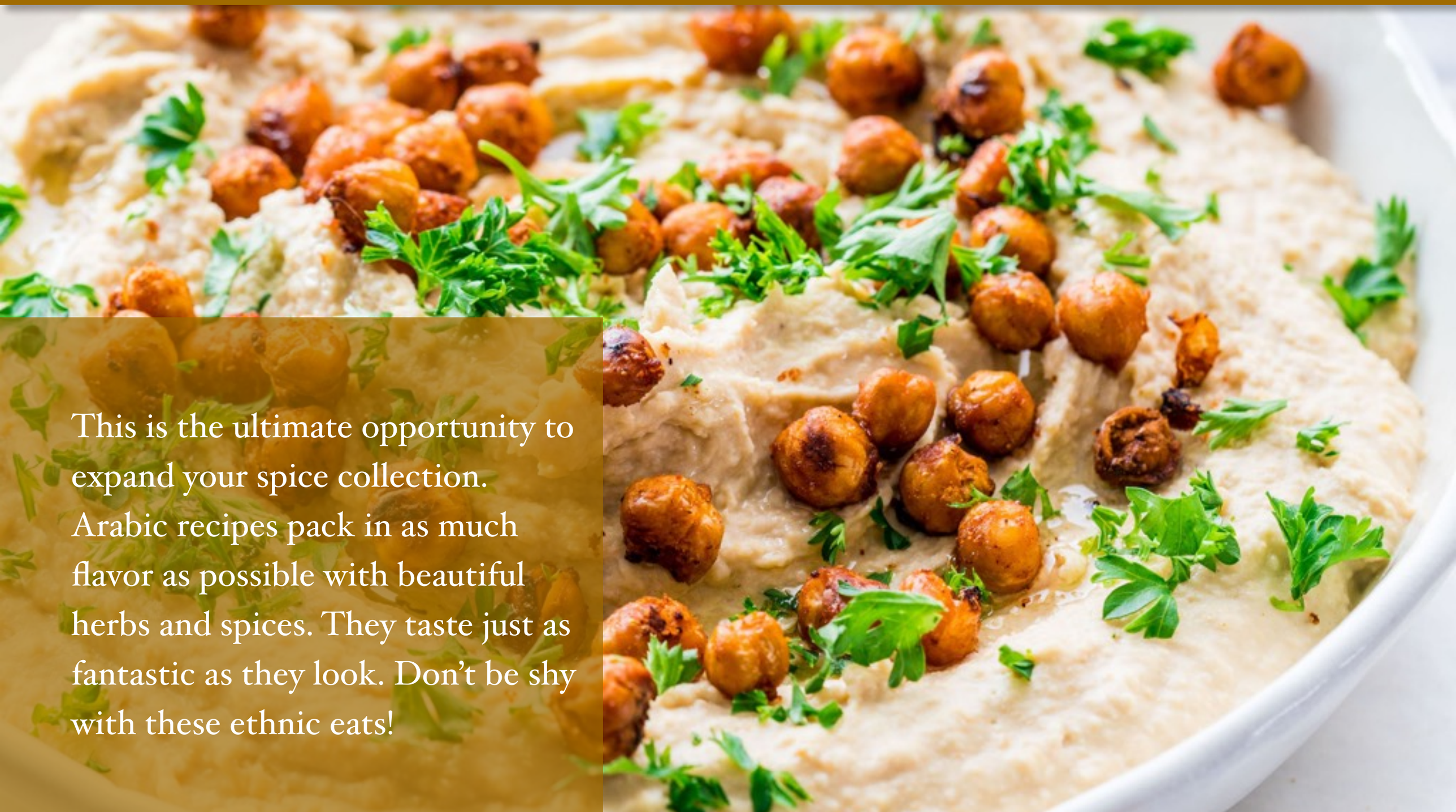
Instructions

1. Cook the noodles according to package instructions. Drain and set aside.
2. In a small bowl whisk all the sauce ingredients together, then set aside.
3. In another medium sized bowl toss together the chicken with the soy sauce, ginger and garlic.
4. Heat the olive oil well in a large wok. Your wok should be nice and hot before adding the chicken to it. Add the seasoned chicken and cook for about 5 minutes or until the chicken starts to brown and is no longer pink inside. Transfer chicken to a plate and set aside.
5. Add the other 2 tbsp of olive oil to the wok then add the shiitake mushrooms, cabbage, carrots and onion to the wok. Cook for a minute while tossing around.
6. Add the chicken back to the wok. Add the cooked noodles, prepared sauce and toss everything together. Turn off the heat.
7. Garnish with green onions and serve.

While using a wok isn't necessary, the large curved surface area creates much more even cooking and extra crispy bits.

Chapter 3

Middle East & North Africa



This is the ultimate opportunity to expand your spice collection. Arabic recipes pack in as much flavor as possible with beautiful herbs and spices. They taste just as fantastic as they look. Don't be shy with these ethnic eats!

Lamb and Chickpea Tagine

Servings	Prep Time	Cook Time	Total Time
4	15 mins	1 hr	1 hr 15 mins

This Moroccan inspired stew is a delight. It's the perfect one pot dinner for a comforting and delicious meal with melt-in-your-mouth lamb, chickpeas and golden raisins.

Ingredients

- 1 tbsp olive oil
- 1 lb lamb stew meat
- 1 large onion chopped
- 1/2 tsp Moroccan coriander ground
- 1 tsp cumin ground
- 1/4 tsp red pepper flakes
- 1/2 tsp salt
- 1/2 tsp black pepper freshly ground
- 1 large carrot sliced
- 6 cloves garlic minced
- 1 tbsp tomato paste
- 2 tbsp honey
- 2 1/2 cups chicken broth low sodium
- 14 oz chickpeas (1 can) drained and rinsed
- 1/2 cup golden raisins
- 2 tbsp pistachios chopped
- 2 tbsp fresh cilantro chopped

Instructions

1. Preheat your oven to 400 F degrees.
2. Add the oil to a tagine and heat over medium-high heat. Add the lamb meat and sauté for about 4 to 5 minutes, turning to brown on all sides. Transfer the lamb to a plate and set aside.
3. Add the onion, coriander, cumin, red pepper flakes, salt, pepper to the tagine and stir everything together. Let the onion sauté for about 4 minutes until it softens, stirring occasionally.
4. Stir in the carrots and garlic. Add the lamb meat back to the tagine. Stir in the tomato paste and honey.
5. Add the chicken broth, chickpeas, golden raisins and stir to combine. Bring to a boil then cover the tagine with lid and place in the oven. Cook for about 45 minutes to an hour, until the lamb is tender.
6. Garnish with pistachios and fresh cilantro. Serve over cooked couscous or mashed potatoes.

Tagine refers both to a piece of cookware and a slow-cooked stew. The conical shape creates the most tender meat!

Best Ever Hummus

Servings	Prep Time	Cook Time	Total Time
6	5 mins	10 mins	15 mins

This hummus is creamy, super smooth, and oh so good. Homemade hummus is so much better, nothing compares to the taste and quality of homemade and it's ready in just 15 minutes!

Instructions

15 oz chickpeas with liquid, 1 can

1/4 cup olive oil

1/2 tsp cumin ground

2 garlic cloves sliced

1/2 tsp salt

1/3 cup lemon juice freshly squeezed

1/2 cup tahini paste*

1/2 cup water

Instructions

1. Add the chickpeas with liquid to a small saucepan and cook over medium heat for about 5 to 10 minutes, or until most of the liquid has cooked off. Let the chickpeas cool for about 5 minutes.

2. Add the chickpeas and the rest of the ingredients, minus the water, to a food processor and pulse until smooth. Add water if the hummus is too thick up to 1/2 cup or until the desired consistency is achieved.

3. Transfer hummus to a dish and drizzle some olive oil over it, then sprinkle with parsley and roasted chickpeas.

Recipe Notes

* Tahini paste is a condiment made from toasted sesame seeds and oil. It's essential for hummus and a staple in Middle Eastern and Mediterranean cooking.

To make the roasted chickpeas, add drained and rinsed chickpeas to a bowl. Season with cumin, paprika, garlic powder, salt and pepper and drizzle with some olive oil. Place on a baking sheet and bake at 400 F degrees for about 30 minutes or until crispy and crunchy.

Store leftover hummus in an airtight container in the refrigerator for 4 to 7 days. Alternatively, freeze in covered airtight containers or heavy-duty bags for 3 to 4 months.

Boiling the chickpeas softens them. This results in the creamiest hummus you'll ever try!

Moroccan Style Roast Chicken & Potatoes

Servings	Prep Time	Cook Time	Total Time
6	5 mins	1 hr 45 mins	1 hr 50 mins

This chicken is slowly cooked with potatoes, garlic, apricots, and cherry tomatoes in a tagine. It's filled with intense Moroccan flavor. 5 minute prep time is all you need for this delicious roast chicken with a twist!

Ingredients

For Spice Rub

1 tsp dried coriander

1 tsp smoked paprika

1/2 tsp cayenne pepper

1 tsp sumac*

1 tsp black pepper

1 tsp ground cumin

1 tsp ground cinnamon

1 tsp salt

For Roast Chicken and Potatoes

1 whole chicken, about 4 or 5 lb

1 lb baby potatoes cleaned

2 cups cherry tomatoes washed

8 cloves garlic peeled

10 dried apricots roughly chopped

4 tbsp olive oil

salt and pepper to taste

1 tbsp fresh parsley chopped

Instructions

1. Preheat oven to 350 F degrees.
2. In a small bowl combine all the spice rub ingredients together.
3. Clean the chicken and make sure to remove the bag with chicken giblets, if your chicken has it. Rub all the spice rub all over the chicken. Add 2 tbsp of the olive oil to the tagine then place the chicken in the tagine.
4. In a bowl toss together the potatoes, tomatoes, garlic, and apricots. Drizzle the remaining 2 tbsp of olive oil over the potatoes and season generously with salt and pepper. Toss everything together and add to the tagine, spread the potatoes around the chicken.
5. Cover the tagine with the lid and bake in the oven for 1 hour and 45 minutes to 2 hours, or until the temperature reaches 165 F (74 C). Garnish with fresh parsley and serve.

Recipe Notes

*Sumac is a reddish-purple powder used as a spice in Middle Eastern cuisine to add a lemony taste to salads or meat.

As the chicken and potatoes cook in the tagine, some liquid will be released making for a nice gravy you could pour over the chicken and potatoes when serving.

If you don't have a tagine, a pot with a lid such as a Dutch oven would work as well. However, using a tagine, the chicken actually browns and the skin is a little crispy, plus you end up with a really juicy and succulent chicken.

The tomatoes and garlic are cooked down into tender little flavor bombs. Don’t be afraid to eat the full cloves of garlic!

One Pot Couscous with Shrimp & Peas

Servings	Prep Time	Cook Time	Total Time
4	10 mins	20 mins	30 mins

This simple dish made in 30 minutes from start to finish, featuring everyday ingredients but full of incredible flavor. It features a beautiful tri-colored pearl couscous, crunchy pistachios, and smoky juicy shrimp.

Ingredients

1 lb large shrimp peeled and deveined and with tails on

1 tbsp olive oil

1 small onion chopped

3 cloves garlic minced

1 bell pepper chopped

1/4 cup raisins

1 cup dry couscous

2 cups chicken broth

1/2 cup frozen peas

1 tsp cumin

1 tsp smoked paprika

salt and pepper to taste

1/4 cup pistachios chopped

parsley for garnish

Instructions

1. Season shrimp with cumin, smoked paprika, salt and pepper, and toss.
2. Heat olive oil in a large skillet. When oil is smoking hot add shrimp and cook for a minute or two on both sides, until pink. Remove shrimp from skillet and set aside.
3. Add chopped onion and bell pepper to skillet and saute until onion is translucent. Add garlic and raisins and cook for another minute.
4. Add couscous and chicken broth to the skillet and bring to a boil, then turn heat down. Cook couscous for about 10 minutes until all chicken broth is absorbed. Add frozen peas and cook for a couple more minutes until peas are no longer frozen.
5. Remove skillet from heat and add shrimp. Garnish with pistachios and parsley.

Recipe Notes

If you can't find tri-colored pearl couscous, feel free to substitute with any other type of couscous. Preferably a larger size.

Contrary to popular belief, couscous is NOT a grain! It is little pearls of pasta.

Chicken Shawarma Tabbouleh Salad

Servings	Prep Time	Cook Time	Total Time
6	15 mins	45 mins	1 hr

This salad is super fresh and loaded with incredible flavors. The chicken is marinated in Middle Eastern spices, super moist and delicious served over the best tabbouleh salad and a side of homemade hummus.

Ingredients

Chicken Shawarma	Tabbouleh Salad
2 tsp smoked paprika	2 cups water
1/2 tsp turmeric	1 cup uncooked bulgur wheat
2 tsp ground cumin	1/4 cup olive oil
1/2 tsp cinnamon	1/4 cup lemon juice
2 tsp ground black pepper	3 cups tomatoes cubed
1 tsp salt	1 English cucumber cubed
juice from 2 lemons	1/4 cup green onions chopped
1/2 cup olive oil	2 cups fresh parsley chopped
1 tsp red pepper flakes	1/4 cup fresh mint chopped
4 cloves garlic minced	1/2 tsp salt or to taste
1 lb chicken breasts, boneless and skinless	1/4 tsp pepper or to taste
1 large onion, sliced	

Other Optional Ingredients

1/4 cup feta cheese crumbled	1/2 cup Kalamata olives
pita bread	1 avocado sliced
hummus	

Instructions

For Chicken Shawarma

1. In a 8x8 baking dish add the smoked paprika, turmeric, cumin, cinnamon, pepper, salt, lemon juice, olive oil, red pepper flakes, garlic, and whisk well. Add the chicken, sliced onion and toss well. Cover with plastic wrap or foil and refrigerate for at least an hour.

2. Preheat the oven to 425 F degrees.

3. Bake uncovered until the chicken is browned and crisp on the edges, and cooked through. It should take about 40 to 45 minutes. If you want the chicken crispier on top, turn the broiler on to high and broil for 3 minutes until nice and crispy on the outside.

4. Let the chicken rest for 5 to 10 minutes before slicing.

Tabbouleh Salad

While the chicken is baking, prepare the tabbouleh salad. Add the water to a small pot and bring to boil. When the water is boiling add the bulgur and cover. Reduce heat to a simmer and cook for about 5 minutes or until all the water is absorbed. Stir occasionally. Let the bulgur cool before adding to the salad.

Add the bulgur to a large bowl, then add the remaining ingredients. Toss well.

To assemble the salad, spread the tabbouleh salad over the bottom of a large shallow plate. Arrange with sliced chicken, sliced avocado, Kalamata olives and sprinkle some feta cheese over the top. Serve with hummus and pita bread.

When I say this salad is loaded with incredible flavor... this is what I mean!

Lahmacun (Turkish Meat Pies)

Servings	Prep Time	Cook Time	Total Time
8	30 mins	40 mins	1 hr 10 mins

Also known as Turkish pizza, Lahmacun is a thin piece of homemade dough topped with minced meat and vegetables. This simple dish is bursting with flavor and makes the perfect appetizer!

Ingredients

For the crust

1 1/2 cups milk

1 tsp sugar granulated

1 tbsp active dry yeast

5 cups all-purpose flour

1 tbsp salt

1 tbsp vegetable oil

For the meat mixture

1 lb ground beef

1 yellow bell pepper

1 green bell pepper

2 tomatoes

1 large onion

4 cloves garlic

1 tbsp paprika

1 tsp salt

1 tsp pepper

1 tsp chili flakes

1 tsp ground cumin

1 handful parsley

Ingredients

1. Warm the milk in the microwave so that it's lukewarm. Add sugar and yeast to milk, mix and let it rest until yeast dissolves.

2. In the bowl of your mixer add the flour, salt and mix. Add yeast mixture and using the dough hook mix for a couple minutes. Place the dough in an oiled bowl, cover with damp towel and let sit for an hour or two until it doubles in size.

3. Place all the meat mixture ingredients, minus meat, in food processor and pulse until it resembles salsa. Pour the salsa mixture over the meat and mix thoroughly.

4. Preheat oven to 500 F degrees.

5. Divide the dough into 8 equal pieces. Roll out each piece so that it's about 12 inches in diameter and about 2 mm in thickness. Place the rolled out dough onto a pizza pan, or a cookie sheet. Take a couple spoonfuls of the meat mixture and thinly spread it over the dough. Bake for about 5 minutes or until edges are golden brown. Repeat with remaining dough and meat mixture.

6. Serve sprinkled with lemon juice and topped with lettuce, tomatoes, peppers, onion and rolled up, if preferred.

While this is sometimes called “Turkish Pizza”, it’s more similar to a flatbread with the dough rolled super thin.

Chapter 4

South America

Time to stock up your fridge with fresh herbs, lemons, and limes! South America is all about creating dishes with super bright and crisp ingredients.

Crockpot Pork Carnitas

Servings	Prep Time	Cook Time	Total Time
8	10 mins	8 hrs	8 hrs 10 mins

These Crockpot Pork Carnitas are full of incredible flavor and so easy to make. They are super versatile and perfect for tacos or burritos!

Ingredients

- 3 lb to 4 pork shoulder
- 1 large onion quartered
- 1 tbsp garlic powder
- 1 tbsp cumin
- 1 tbsp chili powder
- 2 tsp onion powder
- 1 tsp dried oregano
- 1 tsp salt
- 1 tsp pepper
- 2 bay leaves
- 1 whole cinnamon stick
- 1 cup orange juice
- 12 oz beer

Instructions

1. Cut the pork shoulder into large 2 inch chunks. Trim some of the fat if needed.
2. In your crockpot add the rest of the ingredients and stir. Add the pork to the crockpot and stir. There should be enough liquid to cover the pork.
3. Cook on low for 8 hours or high for 5 hours.
4. Take 2 forks and start shredding the meat into smaller pieces. Pour some of the leftover liquid over the meat or strain the liquid and use it to make a gravy. See notes for instructions.
5. Serve on tacos, burritos, tamales, sandwiches, etc.

Recipe Notes

To make a gravy from the leftover juices, strain the liquid through a sieve. Add the liquid to a saucepan and sprinkle 2 to 3 tbsp of all-purpose flour over it. Whisk it vigorously until smooth and comes to a boil, over medium heat.

If you wanted crispy pork carnitas, line a baking sheet with aluminum foil. Spread the pulled pork over the prepared baking sheet and place it under the broiler for about 3 to 5 minutes or until crispy.

To make this in an Instant Pot, follow the same instructions and cook it on High Pressure for 1 hour to get the same results.

To get beautiful fall-apart results, choose a cut of pork with a higher fat content such as pork shoulder or pork butt.

Green Chili Chicken Enchilada Casserole

Servings	Prep Time	Cook Time	Total Time
10	5 mins	25 mins	30 mins

This casserole can be on your dinner table in 30 minutes! It doesn't get any easier than these chicken enchiladas, they're creamy, cheesy, and perfect!

Ingredients

- 10 oz chicken breast cooked and shredded
- 16 oz green chili enchilada sauce
- 1 oz can chopped green chilis
- 12 oz Monterey Jack Cheese
- 1 cup sour cream
- 10 medium tortillas
- 3 cilantro springs chopped
- 3 green onions chopped
- 1 medium tomato chopped

Instructions

1. Preheat the oven to 425 F degrees.
2. Mix the chicken with 8 oz of the green chili enchilada sauce, the green chiles and half of the Monterey Jack cheese.
3. In another bowl, stir together the remaining enchilada sauce and the sour cream. Pour half of the sauce into a 9x13 inch baking dish.
4. Take a tortilla, top with a couple of tablespoons of the chicken mixture, then roll it up and place over the sauce in the baking dish. Continue with all the tortillas until they are all filled and rolled.
5. Pour the remaining sauce over the top of the tortillas, then sprinkle the remaining cheese evenly over the top.
6. Place the dish in the oven and bake for 25 minutes.
7. Top with chopped cilantro, green onions, and tomatoes before serving.

This recipe only takes 30 minutes! You can use a pre-cooked roasted chicken from your grocery store to keep it quick.

Cuban Chicharrones de Pollo

Servings	Prep Time	Cook Time	Total Time
6	15 mins	30 mins	45 mins

These chicharrones feature chicken thigh pieces marinated in a garlic, lime and rum, dredged through flour and fried to crispy perfection.

Ingredients

1 lb chicken thighs boneless and skinless

vegetable oil for frying

lime wedges for serving

1 tbsp fresh parsley chopped for garnish

For marinade

4 cloves garlic minced

1 onion roughly chopped

1/2 cup lime juice from about 4 limes

1/4 cup lime zest from the 4 limes

1/4 cup light rum

For flour mixture

1 cup all-purpose flour

1 tsp salt

1 tsp black pepper freshly ground

1 tsp cumin

1 tbsp oregano dried

1 tsp sweet paprika

Instructions

1. Cut up the chicken thighs into bite size pieces. Place in a bowl or a plastic container with a lid.
2. Add all the marinade ingredients together in a blender or food processor and pulse until mixture is smooth. Pour the marinade over the chicken and toss the chicken pieces, making sure they're all covered in the marinade. Cover the plastic container with the lid, or if you used a bowl, cover with plastic wrap.Refrigerate for at least 2 hours to 8 hours.
3. In a shallow plate whisk together the ingredients for the flour mixture.
4. Heat the vegetable oil in a Dutch oven or a deep frying pan.
5. While the oil is heating up, dredge the chicken pieces through the flour mixture.
6. Fry a few pieces of chicken at a time, so that they don't stick together. They should take about 5 minutes before they're cooked through. You might want to cut into a piece to make sure it's no longer pink inside. Continue frying in batches until done.
7. Garnish with fresh parsley and serve with lime wedges.

Cuba is famous for their fantastic rum. The best part about my visit was that rum was cheaper than a can of coke!

Mexican Street Corn Salad

Servings	Prep Time	Cook Time	Total Time
4	10 mins	10 mins	20 mins

This Mexican street corn salad, also known as Esquites, is smoky, spicy, tangy and incredibly delicious. If you love the Mexican corn on the cob then you will love this version.

Ingredients

- 4 cups corn (about 5 ears), cut from the cob
- 1 tbsp olive oil
- 1/2 red bell pepper chopped
- 1/2 small red onion finely chopped
- 1/2 cup fresh cilantro chopped
- 6 green onions chopped
- 1 jalapeno pepper diced
- 1/2 avocado chopped
- 4 tbsp lime juice (from about 2 limes)
- 1/2 tsp cumin ground
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper ground
- 1/4 tsp salt
- 2 tbsp sour cream (or yogurt)
- 2 tbsp mayonnaise
- 1/2 cup cotija cheese (or feta), crumbled

Instructions

1. Cut the corn off the cob. I used 5 ears to get about 4 cups. You can also use canned corn or frozen corn. If using frozen, no need to thaw it out.

2. Heat the olive oil in a large skillet over high heat. Add the corn and stir it around. Cook for about 3 to 5 minutes or until the corn starts to char, which is why we're using high heat. If using frozen corn, you will need a couple minutes extra to get the right charred bits.

3. Transfer the corn to a large bowl and let it cool for a couple minutes.

4. To the same bowl, add the remaining ingredients. Stir everything together until well combined. Adjust lime juice and salt and pepper as necessary.

5. To serve garnish with additional cheese and cilantro, if preferred.

While it's okay to use canned or frozen corn, I suggest using fresh corn off the cob. The difference in flavor is noticeable.

Brazilian Shrimp Soup

Servings	Prep Time	Cook Time	Total Time
8	15 mins	25 mins	40 mins

Big chunks of juicy shrimp, fresh lemon, all done in a homemade tomato soup made creamy with coconut milk. This is a must have for either cold or warm days!

Ingredients

- 2 tbsp olive oil
- 1 medium onion chopped
- 1 bell pepper chopped (I used a red one)
- 4 cloves garlic minced
- 1/2 cup long-grain rice
- 1/4 tsp red pepper flakes
- 2 tsp salt
- 15 oz crushed tomatoes (1 can)
- 4 cups water
- 1 cup coconut milk unsweetened
- 1 lb medium shrimp shelled and cut in 1 inch pieces
- 1/4 tsp black pepper ground
- juice from 1 lemon
- 1/2 cup fresh parsley chopped, for garnish

Instructions

1. In a large soup pot heat the olive oil over low heat. Add onion, bell pepper, garlic and cook stirring occasionally until the onion and pepper are soft.
2. Add the rice, red pepper flakes, salt, tomatoes and water to the pot and bring a boil. Cook until the rice is almost done, about 10 minutes.
3. Stir the coconut milk into the soup. Bring to a simmer and then stir in the shrimp. Simmer, stirring occasionally, until the shrimp are just done, 3 to 5 minutes.
4. Stir in the black pepper and lemon juice. Garnish with parsley.

Why wouldn't the shrimp share his treasure? Because he was a little shellfish!

Chicken Fajita Quesadillas

Servings	Prep Time	Cook Time	Total Time
4	15 mins	20 mins	35 mins

Sautéed onions, red and green peppers, perfectly seasoned chicken breast, melted cheese, all between two tortillas. Simply yummy.

Ingredients

2 tbsp olive oil

2 tbsp fajita mix

3 chicken breasts boneless and skinless

1 red bell pepper

1 green bell pepper

2 onions

1 cup Tex Mex cheese or cheddar cheese

salsa

sour cream

8 tortillas

2 tbsp butter

Instructions

1. Clean and chop up the onion into long strips. Slice the peppers into long strips. Clean and slice the chicken breasts into long strips and place in a bowl.

2. Add a tbsp of the fajita mix to the chicken breast and mix well.

3. In a large skillet, heat 1 tbsp of the olive oil and add the chicken to it. Cook the chicken for 5 to 10 minutes until it's fully cooked and no longer pink, and it's slightly charred, but not burned.

4. Remove chicken from skillet, and wipe the skillet clean.

5. Add another tbsp of olive oil to the skillet and heat it up. Add the onion and cook for a couple minutes until it's slightly translucent. Add the peppers and the fajita mix and mix well. Cook for a couple more minutes so the peppers cook slightly. Add the chicken to the skillet, mix with peppers and onions and cook for a minute.

6. In a clean skillet, add a bit of the butter and melt. Add a tortilla and move it around until it's buttery. Add a little bit of the chicken and onion mixture on top of the tortilla, and about 1/4 cup of cheese, depending on how you like it. Add another tortilla on top and pat it down.

7. Now flip it over and cook on the other side until the other side is nice and golden. Remove from skillet and cut into quarters. Repeat these steps with the remaining tortillas. Serve this with some sour cream and salsa.

Feel free to use a store-bought fajita mix, or check out my recipe here to make your own!

Mexican Pork Stew

Servings	Prep Time	Cook Time	Total Time
8	10 mins	35 mins	45 mins

This One Pot spicy stew brimming with pork, sausage, and beans is a classic hearty dish full of deep Mexican flavor. It will make for a delicious and easy weeknight meal!

Ingredients

- 1 tbsp olive oil
- 1 lb pork shoulder fat trimmed and cut into small cubes
- 8 oz kielbasa sausage cut into small pieces *
- 1 medium onion chopped
- 3 cloves garlic minced
- 1 jalapeño pepper finely chopped
- 1 tbsp smoked paprika
- 1 tbsp chili powder mild
- 1 tsp cumin ground
- 1/4 tsp cayenne pepper
- salt and pepper to taste
- 28 oz diced tomatoes ** (1 can)
- 28 oz white kidney beans or pinto beans, drained and rinsed (1 can)
- 2 cups beef broth or chicken broth, low sodium
- 4 green onions chopped
- 1/4 cup fresh cilantro chopped
- lime wedges for serving

Instructions

1. In a large Dutch oven heavy pot, heat the olive oil over medium-high heat. Add the pork and sausage and brown to render some of the fat from the meat, for about 5 to 7 minutes. Drain the fat, if preferred.
2. Add the onion, garlic, jalapeño pepper to the pot. Stir in the spices then add the diced tomatoes, beans and broth. Stir then cover and cook on medium-low for about 25 minutes.
3. Garnish with green onions and cilantro and serve with lime wedges.

Recipe Notes

* For true Mexican flavor, choose an Andouille sausage or chorizo.

** Fire roasted tomatoes would be a great alternative here.

Wear disposable gloves when cutting the jalapeño peppers and avoid touching your face.

To make this in a crockpot, follow step 1 to brown the meat then transfer the meat and the rest of the ingredients (with the exception of the green onions, cilantro and lime) to the crockpot and stir. Cook covered on low for about 6 to 8 hours or until the meat is tender.

If you somehow have leftovers, they will last in the freezer for 4 - 6 months. Perfect for meal prep!