

A stylized world map in a light pink color, centered behind the text. The map shows the outlines of continents.

# DINNERS From Around The WORLD

## *About this Book*

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How many times have you had nothing in the kitchen to serve an unexpected guest or been unprepared for a special occasion? Or are you simply bored with the same old humdrum menus you've been cooking for years? The answer to these problems is menu planning. This involves more than just finding two or three dishes that complement each other.

This book gives you interchangeable dishes and menus to suit a great variety of occasions. Here you will find exotic dinners from around the world – exciting meals with a foreign flavor. So turn the page – there are loads of ideas here for interesting and exciting meals.

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# RATATOUILLE

Provence style Vegetable stew

## INGREDIENTS:

Cooking time: About 1 hour  
2 aubergines [eggplants], diced into  
1/2-inch pieces  
Salt  
2 onions, finely chopped  
4 tablespoons olive oil  
2 red or green peppers  
4 large tomatoes, peeled and chopped  
2 cloves garlic, crushed  
12 coriander seeds, crushed  
Freshly milled black pepper

## DIRECTIONS:

Put the chopped aubergines into a colander, sprinkle with salt and leave for about 20 minutes for the excess water to drain off. Put the onions into a pan with the oil and cook gently for about 10 minutes or until soft.

Chop the peppers, discarding the cores and seeds and add to the pan with the aubergines. Cover and simmer gently for about 30 minutes.

Add the tomatoes, garlic and coriander and continue cooking for a further 15 minutes. Remove from the heat, adjust seasoning and chill.

SERVES 4-6

## France

It is sometimes hard to emulate the food one has eaten in a restaurant or on holiday, but with these three uncomplicated recipes, it should not be too difficult. Ratatouille is almost synonymous with Provence: it is very nearly impossible for anyone to visit that area of France without eating this delicious dish. It is a mixture of onions, aubergines [eggplants], tomatoes, peppers and herbs, stewed slowly in olive oil. There are many ways of preparing Boeuf en Daube and this is one of the simplest. Originally the name applied to beef cooked in a

closed earthenware pot (or daubiere) which was buried in hot cinders with hot charcoal added to the top, and left alone to stew gently for a very long time. Now it just applies to a stew or casserole which is cooked very slowly for a long time. The same wine can be used for cooking the pears and the beef and, although an inexpensive wine can be used, it is best to choose a full-bodied one, such as a Burgundy. A Burgundy would also be the best wine to serve with this meal.

# BOEUF EN DAUBE

## Beef Casserole

### INGREDIENTS:

4 onions, sliced  
2 carrots, peeled and sliced  
2 cloves garlic, crushed  
1 bay leaf  
Sprig rosemary  
3 sprigs parsley  
2 cloves  
Salt and pepper  
Peeled zest 1/2 orange  
2 teaspoons wine vinegar  
3/4 pint [2 cups] red wine 2 lb. chuck steak  
2 slices fat bacon  
4 tablespoons flour  
10 green olives

### INGREDIENTS: DIRECTIONS:

4 oz. [1/2 cup] sugar  
1/2 pint [1-1/4 cups] water  
1/4 teaspoon ground cinnamon  
2 tablespoons red currant jelly  
8 small ripe pears  
1/2 pint [1-1/4 cups] red wine

Put the sugar, water, cinnamon and red currant jelly into a saucepan and heat gently until the sugar and jelly have dissolved. Peel the pears, but leave whole with the stalks intact. Put the pears into the saucepan, cover and cook very gently for 15 minutes. Remove the lid, add the wine and cook uncovered for a further 15 minutes. Remove the pears carefully with a draining spoon and place in a serving dish. Boil the liquid rapidly until it is reduced to a thin syrup. Pour over the pears and chill. Serve with fresh cream.

SERVES 4  
Cooking time: 30 minutes

### DIRECTIONS:

Put two onions and all the ingredients except the steak, bacon, flour and olives into a shallow dish. Cut the beef into cubes, add to the wine mixture and leave to marinate in the refrigerator, for about 12 hours or longer.

Drain the meat from the marinade. Chop the bacon, put into a heatproof pan and put over a gentle heat until the fat runs. Add the drained meat and remaining onions and brown the meat on all sides. Add the flour and cook until lightly browned. Stir in the strained marinade. Cover and put into a cool oven for about 4 hours. Stone the olives and add to the pan halfway through cooking.

Serve with sauté potatoes, buttered peas and carrots.

SERVES 4-6

Cooking time: About 4 hours

Oven temperature: Cool 300°F

# POIRES AU VIN ROUGE

Pears in Red Wine

# SCHWARZWÄLDER- TORTE

Black Forest Gateux

## INGREDIENTS: DIRECTIONS:

7-1/2 oz. packet puff pastry, defrosted  
3 large eggs  
6 oz. castor [3/4 cup fine] sugar  
1/4 teaspoon vanilla essence  
5 tablespoons self-raising flour; or plain flour mixed  
with 1/2 teaspoon baking powder  
1 tablespoon cocoa  
1 tablespoon hot water  
14 oz. canned cherry pie filling  
1/2 pint double [1-1/4 cups heavy] cream, whipped  
4 tablespoons kirsch  
2 oz. plain [semi-sweet] chocolate, grated

Roll out the pastry and cut out an 8-1/2 inch circle. Put on to a damp baking sheet and bake in a very hot oven for about 12-15 minutes or until golden brown. Remove from the oven and cool. Whisk eggs, 4 ounces [1/2 cup] sugar and the vanilla essence together until thick and creamy, and until the whisk leaves a trail when lifted out.

Sift together the flour, baking powder; if used, and cocoa. Fold these into the egg mixture carefully, and then fold in the water as well. Turn into two greased and lined 8-inch diameter tins and bake in a fairly hot oven for about 15 minutes, or until the cakes spring back when touched. Turn out and cool. Fold the kirsch and the remaining amount of sugar into the lightly whipped cream. Spread the puff pastry with about a quarter of the cream then cover with half the cherry pie filling. Put one of the layers on top, and trim the edges of the puff pastry to match.

Spread the cake with another quarter of the cream and the remaining cherry pie filling. Top with the second chocolate sponge and put on a serving plate. Spread the remaining cream over the top and sides of the cake. Sprinkle with grated chocolate. Chill and serve.

SERVES 8

Oven temperature: Very hot 450°F

Fairly hot 375°F

Cooking time: About 30 minutes

## Germany

German food is sometimes thought rather heavy. For a family supper you might serve lager with this meal, and leave out the gateau. For a more special occasion, though, serve either a real German beer or a chilled dry white wine. The Germans (like the Scandinavians) generally serve their herrings pickled, and the appetizing first course is simple to prepare. Nowadays it is quite easy to buy cans or jars of sauerkraut in good grocers and delicatessens. In some delicatessens the

sauerkraut is sold from a large wooden keg or barrel.

Although knackwurst or frankfurters have been given here, you can use any sort of sausage you wish. If your family likes black pudding, this would go very well with the sauerkraut. The Black Forest Gateau is a really delicious rich gateau made from puff pastry, chocolate cake, cherries and cream, flavored with kirsch. If you do not have any kirsch, substitute brandy, cherry brandy, or dry vermouth.

# SAUERKRAUT MIT KNACKWURST

Bavarian Sauerkraut with Bacon and Frankfurters

## INGREDIENTS: DIRECTIONS:

1 large cooking apple  
2 carrots  
4 tablespoons butter, melted  
1 lb. canned or jar sauerkraut  
1 teaspoon caraway seeds  
Freshly milled black pepper  
4 thick slices streaky or flank bacon  
4 knackwurst or 8 frankfurter sausages

Peel, core and grate the apple. Peel and grate the carrots. Put the apple, carrots, butter, sauerkraut, caraway seeds and pepper into a bowl, and mix well. Turn this into a casserole, and top with the bacon. Cover and bake in a fairly hot oven for 45 minutes. Arrange the sausages on top and bake uncovered for a further 15 minutes. Serve with floury boiled potatoes.

SERVES 4

Oven temperature:

Pairly hot 375°P

Cooking time: About 1 hour

# BISMARCK HERING SALAT

Bismarck Herring Salad

## INGREDIENTS:

12 oz. jar Bismarck or luncheon herrings  
5 fl. oz. sour cream, or 5 fl. oz. double [heavy]  
cream mixed with 1 tablespoon of lemon juice  
Salt and freshly milled black pepper  
To garnish: watercress

## DIRECTIONS:

Drain the herrings and the onions which are packed with them, from the liquid in the jar. Cut the herrings into bite-sized pieces. Mix most of the herrings and onions with the sour cream, and season to taste. Turn on to a plate. Garnish with the watercress, and the reserved herring and onion pieces.

Serve with a dark or rye bread.

SERVES 4

# INDIAN

## CARROT SOUP

### INGREDIENTS:

2 teaspoons olive oil 1 onion, chopped  
2 teaspoons curry powder  
1/4 teaspoon ground coriander  
1/4 teaspoon ground cardamom  
4 carrots, peeled and cut into 1" chunks  
3 cups low-sodium chicken broth  
1/2 cup plain low-fat yogurt  
Carrot curls and mint sprigs, to garnish

### DIRECTIONS:

1. In a medium nonstick saucepan, heat the oil. Sauté the onion until softened, about 5 minutes. Add the curry powder, coriander and cardamom; cook, stirring, 1 minute. Add the carrots and broth; bring to a boil. Reduce the heat and simmer, covered, until the carrots are tender, about 20 minutes. Strain the broth into a large bowl.

2. In a food processor or blender, puree the carrots with 1 cup of the broth. Stir the puree into the remaining broth; refrigerate, covered, until chilled. Serve, topped with the yogurt and garnished with a carrot curl and mint sprig.

Stirring in the yogurt, takes out some of the spiciness — good to know if your curry powder has lots of kick.

SERVES 4

## India

The cuisine of India is characterized by its sophisticated and subtle use of many spices and herbs. Considered by some to be one of the world's most diverse cuisines, each family of this cuisine is characterized by a wide assortment of dishes and cooking techniques. Though a significant portion of Indian food is vegetarian, many traditional Indian dishes also include chicken, goat, lamb, fish, and other meats. Beef is not eaten by most Hindus, while ham and

pork are not consumed by Muslims.

Food is an important part of Indian culture, playing a role in everyday life as well as in festivals. In many families, everyday meals are usually sit-down affairs consisting of two to three main course dishes, varied accompaniments such as chutneys and pickles, carbohydrate staples such as rice and roti (bread), as well as desserts.



# BANANA KHEER

## INGREDIENTS:

- 3 ripe bananas
- 1 cup ghee
- 3 tbsp coconut pieces
- 4 seeds of cardamom
- 25 gms jaggery
- 1 small coconut
- 2 tbsp raisins

## Directions:

Peel and remove the seeds from the bananas. Steam cook and mash them. Grate coconut (not the coconut pieces), add 1 1/2 cups of water to make coconut milk. Add 3-4 cups of water to make second coconut milk. In a pan add ghee and the mashed bananas and fry for 10-15 minutes. Add melted and sieved jaggery. Keep stirring till it becomes thick. Add the second coconut milk to the banana and jaggery. Now mix and cook till thick and until the milk reduces to about 1/2 or more of its volume. Add the first coconut milk and let it boil. Fry the coconut pieces, cashew nuts, raisins and crushed cardamoms and add to the mixture.

# TANDOORI HADDOCK

## INGREDIENTS: DIRECTIONS:

- 1 1/2 cups plain nonfat yogurt
- 1 onion, chopped
- 2 tablespoons curry powder
- 2 tablespoons fresh lemon juice
- 1 tablespoon minced seeded green chile pepper
- 1 tablespoon grated peeled gingerroot
- 1 large garlic clove, minced
- 1 teaspoon salt
- 1 teaspoon turmeric
- 1 pound haddock fillets, cut into 4 pieces
- 2 cups shredded green leaf lettuce
- 1 onion, sliced and separated into rings
- 4 lime wedges

To prepare the marinade, in a blender or food processor; combine the yogurt, onion, curry powder; lemon juice, chile, gingerroot, garlic, salt and turmeric; puree. Transfer to a gallon-size sealable plastic bag; add the haddock. Seal the bag, squeezing out the air; turn to coat the fish. Refrigerate, turning the bag occasionally, 6-8 hours. Preheat the broiler. Place the fish in a shallow metal pan; top with the marinade. Broil until the fish is just opaque in the center; 4-6 minutes. Line a platter with the lettuce and onion rings; top with the fish and lime wedges.

SERVES 4

### INGREDIENTS:

2-2 1/2 lb. knuckle of veal or  
use 1-1/2 lb. stewing veal  
2 tablespoons olive oil  
3 carrots, peeled and sliced  
2 sticks celery, chopped  
1 onion, chopped  
2 tablespoons flour  
5 fl. oz. dry white wine  
1 clove garlic, crushed  
1/2 pint [1-1/4 cups] water  
1 chicken stock cube  
14 oz. canned tomatoes  
1 sprig parsley  
1 bay leaf salt and pepper

### To garnish:

grated zest 1/2 lemon  
2 tablespoon coarsely chopped parsley  
1/2 clove garlic, crushed

# Ossobucco

*Veal Bone Stew*

### DIRECTIONS:

Ask the butcher to cut the knuckle into 1-1/2 inch pieces or the stewing veal into 1-1/2-inch cubes. Heat the oil in a large pan, and fry half the meat at a time over a moderate heat, turning it once, until brown. Drain, and put into a casserole. Add the carrots, celery and onion to the pan and cook gently for 5 minutes. Sprinkle the flour over them, and continue cooking, stirring occasionally until the flour is browned. Then blend in the wine, garlic, water, stock cube, tomatoes, parsley, bay leaf and salt and pepper. Bring to the boil, and pour the mixture over the meat. Cover the casserole and put it into a warm oven for about 2-1/2 hours, or until the veal is tender. Taste, and if necessary adjust the seasoning. Mix together the lemon zest, parsley and garlic, and sprinkle this over the veal before serving. Serve with saffron rice and salad.

SERVES 4

Oven temperature:

Warm 325°F

Cooking time: About 3 hours

*Italy*

The Italians are well known for their veal dishes and use this meat more than any other. Osso Bucco, a traditional Italian veal stew, is made from the knuckle with the marrow carefully preserved. It is cooked very slowly in the oven with tomatoes, carrots, onions, celery and white wine, so that the meat is really tender and the maximum flavor is extracted from the bones.

Aubergines can be stuffed in a variety of ways and can be served as a first, or as a main course. The stuffing given here is a little unusual, and includes Ricotta cheese, but any sort of cream cheese may be substituted. The aubergines

can be served hot, but are better served lightly chilled. Zabaglione is probably the best known Italian dessert. It is a rich egg custard which can be served warm or chilled, on its own, or poured over fruit. It is particularly good with peaches and pears.

White chianti would be an obvious choice of wine to serve and a selection of cheeses including if possible Gorgonzola or Dolcelatte, and Bel Paese would complete the meal. For a simpler supper the aubergines and Zabaglione could be omitted, and fresh peaches or pears with cheese could be served instead.

## MELANZANE RIPIENE

Stuffed Aubergines Eggplants

### INGREDIENTS:

2 aubergines {eggplants}  
Salt  
about 4 tablespoons oil  
5-6 mushrooms, finely chopped  
1 onion, finely chopped  
2 oz. Ricotta, or other full fat soft cheese  
2 oz. [2/3 cup] soft breadcrumbs  
1 large tomato, peeled and chopped  
Freshly milled black pepper  
1 tablespoon grated Parmesan cheese

### DIRECTIONS:

Cut the aubergines in half lengthways. Score the flesh with a knife, sprinkle with salt and leave for 30 minutes for the excess water to drain off. Then brush with oil, and grill [broil] slowly for about 20 minutes. Remove the aubergine pulp, and chop this finely.

Fry the mushrooms and onions gently in 1-1/2 table-spoons oil. Mix the cream cheese with half of the bread-crums. Add the peeled and chopped tomato with the mushrooms, onions and aubergine pulp to the cream cheese mixture. Mix well, and season to taste with the black pepper. Spoon the mixture into the aubergine cases. Sprinkle with the remaining breadcrumbs mixed with the Parmesan cheese, and add a little oil to moisten. Bake in a fairly hot oven for about 20 minutes.

Serve chilled.

SERVES 4

Oven temperature:

Fairly hot 400°F.

Cooking time: 40 minutes

## ZABAGLIONE

Whipped Egg Yolks, Marsala and Sugar

### INGREDIENTS: DIRECTIONS:

3 egg yolks  
4 oz. castor [1/2 cup fine] sugar  
4-6 tablespoons Marsala

Put the egg yolks, sugar and Marsala into a mixing bowl and mix lightly. Now put the bowl over a saucepan of boiling water, but draw the pan off the stove. The mixture needs a very gentle heat. Whisk until it is thick and fluffy.

Pour into four glasses, and serve either warm or cold.

SERVES 4

# PAELLA

Rice Dish with Chicken and Seafood

## INGREDIENTS:

1 quart fresh mussels  
Salt and pepper  
1 green or red pepper  
4 chicken drumsticks  
1 large onion, chopped  
2 tablespoons olive oil  
5 oz. [1 cup] long-grain rice  
1 chicken stock cube  
Large pinch saffron powder  
4 oz. shelled prawns or shrimps  
4 oz. garlic sausage, sliced

## To garnish:

Black olives  
4 oz. unshelled prawns, cooked

## DIRECTIONS:

Rinse the mussels and scrub well. Discard any that do not close when sharply tapped; these are not safe to eat. Put the mussels into a pan with salt, pepper and water to cover. Simmer gently until they open, about 5 minutes. Discard any that do not open. Remove the mussels from their shells, reserving about 8 in their shells for garnish. Retain the liquid.

Chop the pepper, discarding the core and seeds. Fry the chicken, onion and pepper in the oil for about 5 minutes. Add the rice, chicken stock cube, saffron, seasoning and mussel liquid made up to 3/4 pint [2 cups] with water. Simmer gently over a low heat for about 20 minutes.

Stir in the shelled prawns, garlic sausage and mussels. Cook for a further 5 minutes, adding a little extra water if it looks too dry. Serve garnished with the reserved mussels, olives and unshelled prawns.

SERVES 4

Cooking time: About 30 minutes

## Spain

Gazpacho, Paella and Churros are all traditional Spanish dishes, although the first two vary slightly in their ingredients in different parts of Spain.

Gazpacho is one of the most famous of the world's cold soups, and with good reason. It is a basic tomato puree flavored with cucumber, peppers, onion, garlic and olive oil, and should be served with ice cubes floating on the top. Although it can be served at any time during the year, it is of course ideal on a hot summer's day.

Paella means 'cooked in a pan', and the true Spanish Paella should be cooked and served in one pan, known as a 'paellara'.

This should not be difficult with the cast iron oven-to-table ware which most people have today, but if you do not possess a suitable dish it can be cooked in a large saucepan and turned on to a heated plate.

Churros, or fried ribbons of choux pastry, are served in Spain on festive occasions, and make a traditional ending to the meal. Fresh peaches or oranges would be a good alternative.

Serve either a Spanish red wine, or a chilled dry sherry, throughout.

**INGREDIENTS:**

1 green pepper  
 2 lb. tomatoes, peeled  
 2 cloves garlic  
 1 medium-sized onion  
 1/2 cucumber; peeled  
 2 oz. [2/3 cup] white or brown breadcrumbs  
 2 tablespoons red wine vinegar  
 5 fl. oz. chicken stock  
 6 tablespoons olive oil salt and pepper

# GAZPACHO ANDALUZ

Iced Tomato Soup  
with Garlic

**DIRECTIONS:**

Core the pepper and discard the seeds. Put with the tomatoes, garlic, onion, and cucumber into a blender; or chop the pepper, onions and cucumber finely, rub the tomatoes through a sieve, and crush the garlic. Add the breadcrumbs, vinegar, stock and oil and season to taste. Chill. Add ice cubes to the soup, and serve with toasted bread croutons and chopped cucumber.

SERVES 4-6

# CHURROS

FRIED CHAUX PASTRIES

**INGREDIENTS: DIRECTIONS:**

2-1/2 oz. choux pastry	Make up the choux pastry and allow to cool. Put into a piping bag with
Deep oil or fat for frying	a 1/2-inch plain nozzle.
Sieved icing [confectioners'] sugar	Heat the oil to 350°F or so that a cube of day-old bread turns
	golden brown in 1 minute. Holding the piping bag in your left hand,
	squeeze out 8-inch lengths of the pastry into the hot fat. Cut off the
	lengths with a pair of scissors held in the right hand. Do not cook more
	than 2 or 3 lengths at a time.

Fry the pastries for about 8 minutes or until crisp and golden brown on both sides. Remove from the pan, drain, and serve liberally sprinkled with icing [confectioners'] sugar.

They are better served hot, but may also be eaten cold: in this case, sprinkle with icing sugar when they have cooled.

SERVES 4

Cooking time: About 8 minutes

