

14TH – 18TH FEBRUARY 2022

GLOBAL WEEK

COOKBOOK



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DORO WETT - STEWED BERBÉRÉ CHICKEN

In Ethiopia, Wett is served on injera, a bread-like pancake made from t'ef, a local grain. We often serve it with rice, bulgur, attieke (cassava couscous) or with a simple side of shallot seasoned mashed potatoes.

INGREDIENTS:

6 chicken wings // 6 chicken legs (drumsticks and thighs) // 6 red onions, coarsely diced // Juice of 2 limes // 8 tbsp spiced butter or ghee // 3 tbsp Ethiopian Berbéré, ground // 4 tbsp fresh ginger, chopped // 3 garlic cloves, chopped // 1 Tbsp salt // 6 hard-boiled eggs



Image Source: Doro Wett - poulet mijoté au berbéré
- Recette | Épices de cru |
Recipe | Spice recipes, Chicken spices,
Ethiopian food (pinterest.co.uk)

RECIPE:

1. Wash the chicken thoroughly. Sponge dry and place in a bowl.
2. Add the onions, lime juice and salt.
Mix well and ideally allow to marinate for 1 hour.
3. Remove the onions from the bowl.
4. Heat a large pot on medium heat. Add half the butter and the onions.
Cook stirring regularly until the onions wilt (10 minutes).
5. Add the ground Berbéré, ginger, garlic and the remaining butter.
Cook until everything is well infused.
6. Add the wine and 2 cups of water. Cover and simmer for 15 minutes.
7. Add the chicken and cook until tender (30-40 minutes).
8. Add the hard-boiled eggs and taste for salt.
Turn off the heat and let rest for 15 minutes before serving.



TRADITIONAL RUSSIAN CREPES

These Traditional Russian Crepes are delicious to have for breakfast with maple syrup or your favourite jam and yogurt. You can also stuff them with ricotta or make them savoury serving them with smoked salmon or cheese

INGREDIENTS:

4 Eggs // 2 cups Flour // 1 pinch Salt // 2 tbsp Sugar // 1/2 tsp Canola oil // 1 Oil // 4 cups Milk

Image Source: Traditional Russian Crepes Recipe -
Imagelicious.com



RECIPE:

1. In a large bowl mix all the ingredients until very smooth and there are no lumps. You could use a blender to do it.
2. Let the batter stand for about 30 minutes.
3. Brush an 8" pan with a very thin layer of oil and heat on medium until it's quite hot.
4. Ladle enough batter to cover the bottom of the pan swirling it in one hand to make sure that the batter spreads.
5. Once the bottom of the pan is covered with batter let it cook for about 1.5 minutes until edges start to crisp up.
6. Using your hands flip the crepe over (no need to re-grease the pan here) and let it cook for another 1.5 minutes.
7. Slide the crepe onto a large plate and cover with a large pan lid.
8. Lightly brush the pan with oil and repeat again.



PUFF-PUFF

A very popular West African street food that's quick and easy to make with different variations. Dangerously delicious and addicting!

INGREDIENTS:

2 cups + 1-2 (480) tablespoons warm water // 2 1/4 teaspoon (7 grams) active dry yeast (1 packet) // 3 1/2 cups (440grams) flour // 1/2- 3/4 cup (100-150grams) sugar // 1/2 Tbsp (8-9grams) salt // oil for deep frying

Image Source: Puff-Puff (Deep fried dough) - Immaculate Bites (africanbites.com)



RECIPE:

1. Mix salt, sugar, water, and yeast. Set aside for 5 minutes.
2. Add flour and mix. Let the mixture rise for approximately 1- 2 hours.
3. In a large sauce pan pour vegetable oil into a pot, until it is at least 3 inches (or about 5 cm) high (too little will result in flatter balls), and place on low heat.
4. Test to make sure the oil is hot enough by putting a 'drop' of batter into the oil. If it is not hot enough, the batter will stay at the bottom of the pot.
5. Using your hands grab a little bit of mixture at time and drop in the oil.
6. When the oil is hot enough, use a spoon to dish up the batter, and another spoon or spatula to drop it in the oil, sort of in the shape of a ball.
7. Fry for a few minutes until the bottom side is golden brown. Turn the ball over and fry for a few more minutes until the other side is golden brown.
8. Use a large spoon or something like that to take it out of the oil.
9. If desired, you can roll the finished product in table sugar or powdered sugar.



JOLLOF RICE

One of the most common West African dishes eaten in the regions of Nigeria, Ghana, Togo, Senegal, Gambia, Mali, Sierra Leone, Ivory Coast, Cameroun, and Liberia. However, each of these West African countries has their own variation of this meal. It is inexpensive and easy to make yet, delicious.

INGREDIENTS:

6 Cups Rice Long grain (Washed) // 3/4 Cup Olive Oil // 5 Tbsp Tomato paste // 4 Cups Chicken stock // 1 Tbsp Curry Powder // 1 Tbsp Thyme // 4 cloves Garlic // 2 bay leaves // 1 Tbsp Ginger Grated // 1 Tsp Salt or to taste // 1 Onion Medium sized(sliced) // 1 Tomato sliced (Large size) // 1 Tbsp seasoning powder or seasoning cubes // 1 Onion Sliced // White Pepper or black pepper to taste // 3 Red Bell Pepper // 3 Tomatoes Plum // 2 Scotch bonnet // 1 Onion Diced



Image Source: Jollof Rice : How to Cook
Nigerian Jollof Rice (a.k.a Party
Jollof Rice) - Nigerian Food TV

RECIPE:

1. In a large pan, preheat the cooking oil. Once the oil is hot, add the diced onions and fry for about 3 to 5 minutes or till the onions become soft.
2. Add the tomato paste. Fry for about 5 minutes, then add the garlic, ginger, and bay leaves and let it cook in the tomato paste for about 2 minutes.
3. Add the blended pepper and allow the pepper to cook until the water is reduced entirely, and the oil is seen floating on the fried pepper.
4. Season with thyme, curry powder, salt to taste, and seasoning cubes. Leave to cook for another 2 to 5 minutes.
5. Stir in the rice until it is well coated with the sauce. Add the chicken stock and cover it with a tight-fitting lid, then allow it to come to a boil.
6. Once it starts boiling - about 3 to 5 minutes after placing it on the stove - reduce the heat immediately to medium-low and steam until the rice is done.
7. Turn off the heat and add the sliced tomato and onions and stir together briefly. Then, cover it up immediately so that the heat remaining in the rice can steam up the vegetables a little bit. Enjoy with plantains, chicken or as desired.

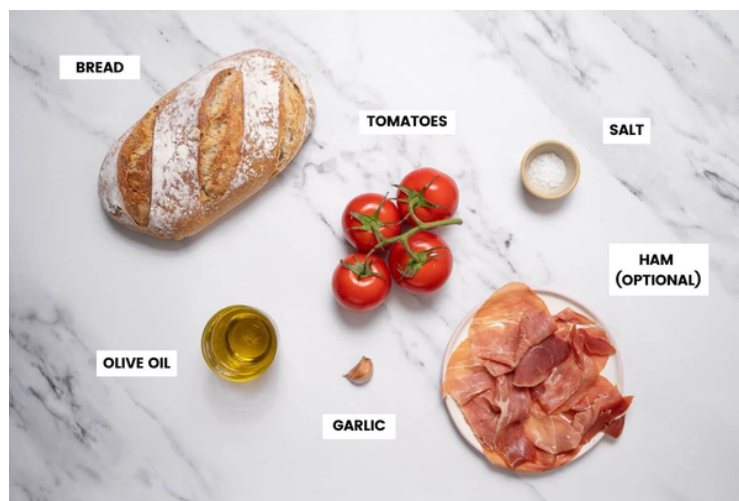


PAN CON TOMATE – SPANISH TOMATO BREAD

It makes a simple and satisfying breakfast, tapa, or snack any time of day. You can enhance your pan con tomate by adding garlic or topping it with jamón, anchovies, cheese... the options are endless!

INGREDIENTS:

Bread // olive oil // tomatoes // sea salt // ham (optional)



RECIPE:

1. Start by toasting your bread. You can use the toaster or the oven.
2. Grate the tomato into a bowl.
3. Add the olive oil and salt to season the grated tomato.
4. Rub the toasted bread with raw garlic (optional) and then spread the tomato sauce.
5. Finally, drizzle a bit more extra virgin olive oil and sprinkle some sea salt. Enjoy!

SARMALE (CABBAGE ROLLS)

The big difference between Romanian cabbage rolls and others are that we make them with sour cabbage. You can find sour cabbage at pretty much all grocery stores sold in jars.

INGREDIENTS:

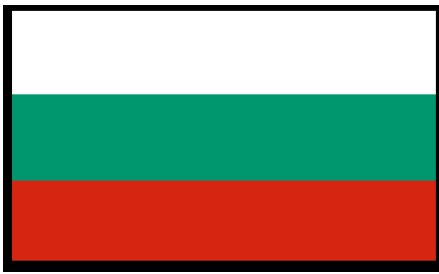
Vegetable oil // Onion // Long grain rice // Ground pork // Fresh parsley & dill // Salt & pepper //
Sour cabbage leaves // Bacon // Tomato juice



Image Source: Romanian food | 14 traditional dishes that will warm your soul (rolandia.eu)

RECIPE:

1. Heat the oil in a skillet over medium-high. Saute the onions until translucent, then add the rice and toast for 1 minute.
2. Add the pork, salt, pepper, parsley, dill, and the onion mixture to a large bowl and mix well. Use salt sparingly – the cabbage leaves are brined.
3. Remove the cabbage leaves from the brine. You can soak them in water beforehand to draw out some of the salt.
4. Cut each leaf in half and fill the piece with a few tbsp of the meat mixture and roll. Repeat until all the filling has been used.
5. Chop up the remaining cabbage leaves and add them to a large pot or deep roasting dish with a lid. Arrange all the rolls over the chopped cabbage and disperse the bacon evenly among the rolls. Pour the tomato juice over the rolls and top up with some water, if needed, to ensure the rolls are covered with liquid.
6. Cover the pot with a lid or foil. Bake at 375F for 2 hours, then remove the cover and cook for another 1.5 – 2 hours. Serve hot with a side of sour cream.



BANITSA

Banitsa is a traditional Bulgarian cheese pie made with cheese, yogurt and eggs. It's perfect for breakfast or as a snack and it's best enjoyed warm!

INGREDIENTS:

1 cup natural Greek yogurt (8 ounces/250 grams) // 2 large eggs //

7 ounces feta cheese (200 grams) // ½ teaspoon baking soda // 6-8 filo pastry sheets //

½ stick unsalted butter, melted (55 grams)



Image Source: Banitsa Recipe (Traditional Bulgarian Food) - Happy Foods Tube

RECIPE:

1. Preheat oven to 350° Fahrenheit (175° Celsius). Meanwhile, take a round oven-proof dish and grease it with oil or butter and set aside.
2. Put drained feta in a mixing bowl and crumble it with a fork (or your fingers). Add yogurt, eggs and baking soda and mix everything well. Set aside.
3. Spread one sheet of phyllo (filo) pastry on a clean work top, the wider side facing you. Brush some melted butter over the sheet.
4. Spoon some of the Feta mixture over and spread around a little. Lift the edge closest to you and roll/fold into a “sausage”.
5. Now, roll this into a snail (like you would when making cinnamon rolls). Place the “snail” in the middle of your oven dish/cake pan.
6. When ready, place it in the cake pan, just around the first “snail” and repeat with the rest of the sheets until you fill up you cake pan.
7. When done, pour the leftover melted butter over banitsa. Transfer the pan in the oven and bake at 350° Fahrenheit (175° Celsius) for 25 minutes or until puffed and golden brown on top.
8. When ready, take it out and let it cool slightly before slicing.