



**VUNJA**

# THE CONSCIOUS COOKBOOK

WE ARE FED BY

FRESHLY BAKED DEPTH AND BLESSINGS  
LOVE, PEACE, HOPE, JOY, KINDNESS, JUSTICE MIXED IN  
EQUAL PARTS AND SERVED UNLIMITED  
LOVE, BEAUTY, TRUTH, AUTHENTICITY, NATURE, CREATIVITY.  
SEEING THE DIVINE THROUGH ANY APPEARANCE FEEDS MY  
SOUL.

LOVE AND CARE  
OMENS IN NATURE  
SMILES

DEEP BREATHS! FILL AIR UNTIL THE BOTTOM OF YOUR  
LUNGS. HOLD. EXHALE SLOWLY EMPTYING YOUR LUNGS FROM  
TAIL TO HEAD.

# ROASTED BUTTERNUT SOUP

HEATHER BAKER-JACKSON  
US

## INGREDIENTS

1 LARGE YELLOW ONION  
1 LARGE BUTTERNUT SQUASH (ABOUT 3 1/4 POUNDS)  
5 OUNCES FULL FAT COCONUT MILK  
1 TABLESPOON PURE MAPLE SYRUP  
1 1/2 TEASPOONS KOSHER SALT  
1/2 TO 1 CUP LOW-SODIUM CHICKEN OR VEGETABLE BROTH  
1 TABLESPOON FRESHLY CHOPPED FRESH SAGE

## METHOD

- Preheat oven to 400 degrees F. Cover a baking sheet with parchment paper or a silicone baking mat.
- Cut the onion in half (no need to peel). Lay the halves flesh-side down on the baking sheet. Put the butternut squash on the baking sheet. Roast the vegetables until the squash is tender enough that you can easily slide a paring knife into it, testing in several places, 1 to 1 1/2 hours (time varies depending on size and shape of the squash). Remove from oven and set aside until the squash is cool enough to handle.
- Using a large knife, cut the squash in half lengthwise. Use a spoon to scoop out the seeds and stringy bits; discard. Scoop the flesh of the squash from the skin and put into a blender. Peel off the skin from the onion and add the onion to the blender along with the coconut milk, maple syrup, salt, and 1/2 cup chicken broth. Puree until smooth. Taste and add more salt and more broth as needed for flavor and to reach the desired consistency.
- If soup has cooled considerably, transfer to a pot to warm on the stove. Divide into serving bowls and top with a pinch of fresh sage.



# SPICY PUMPKIN AND DHAL SOUP

ERICA ASHTON  
TT



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# KELAGUEN

DAN KNAUSS  
US



## INGREDIENTS

SET 1 SET 2 2 LBS. IMITATION CRAB STICKS  
3 T. LEMON POWDER 1 T. SALT ¼ C.  
CHOPPED, YELLOW ONIONS ¼ C. CHOPPED,  
GREEN ONIONS ¼ T. HOT PEPPER 1 ½ C.  
WATER

## METHOD

Slice crab sticks in half crosswise and then lengthwise. Shred crab with fingers and place in large plastic bowl. 2. Add to the crab lemon powder, pepper, salt, and the onions. 3. Pour in the water and stir. 4. Adjust lemon powder, salt and hot pepper to taste

# ORIGINAL CEBICHE ECUATORIANO

PENELOPE BAQUERO  
US



## INGREDIENTS

2 LIBRAS DE CAMARONES YA COCINADOS  
PELADOS Y SIN VENAS  
2 CEBOLLAS COLORADAS PEQUEÑAS  
CORTADAS EN RODAJAS SÚPER FINAS  
4 TOMATES CORTADAS EN RODAJAS FINAS  
O PICADAS EN CUBITOS  
1 PIMIENTO VERDE O ROJO - PICADO EN  
CUBITOS OPCIONAL  
15-20 LIMONES EL JUGO  
EL JUGO DE UNA NARANJA  
½ TAZA DE SALSA DE TOMATE O TOMATE  
LICUADO/RALLADO PARA UNA VERSIÓN  
MÁS FRESCA  
1 MANOJO DE CILANTRO O CULANTRO  
PICADO FINAMENTE  
SAL Y ACEITE AL GUSTO

## METHOD

- Frote las rodajas de cebolla con una cucharada de sal, luego enjuáguelas bien con agua fría.
- 
- Mezcle todos los ingredientes en una fuente de buen tamaño y deje reposar en la refrigeradora por lo menos durante una a dos horas. Pruebe y ajuste la sal si es necesario.
- Sirva acompañado de ají o salsa picante, chifles, patacones o tostones, maíz tostado, o canguil (palomitas de maíz).

# ORIGINAL CEBICHE ECUATORIANO

AUSTEN SMITH

US



## INGREDIENTS

*EXTRA-VIRGIN OLIVE OIL*  
*2 CLOVES GARLIC*  
*½ TEASPOON GROUND TURMERIC*  
*CHILE FLAKES*  
*BLACK PEPPER*  
*AVOCADO*  
*LIME*  
*LEMON*  
*CUCUMBER*

- To make this very simple snack, pour a few generous glugs of extra-virgin olive oil ( $\frac{1}{4}$  to  $\frac{1}{2}$  cup if you want to be precise) in a small skillet. Add 2 cloves garlic, thinly sliced, and  $\frac{1}{2}$  teaspoon ground turmeric and place the skillet over medium heat. Cook, giving it the occasional stir, until the garlic starts to sizzle and turns golden and toasty. This will happen in 4 to 5 minutes. Turn off the heat and sprinkle in some chile flakes or black pepper. The amount really depends on the type of dried chile flakes you've got. If you're using crushed red pepper flakes, like those at a pizza joint, a small pinch should do the trick. If you're using something a little milder, like gochugaru, Aleppo-style pepper, or urfa biber, I recommend anywhere from  $\frac{1}{2}$  teaspoon to up to 1 teaspoon. Season the sizzle with a bit of salt.
- Now go grab a couple perfectly ripe, buttery avocados. Split them in half and remove the pit. Holding one avocado half in one hand and a spoon in the opposite, scoop out the flesh in big pieces (not one big scoop though) and arrange on a plate. If you have some nice herbs around (mint, cilantro, basil, chives work well), scatter them over top. Sprinkle with some salt and squeeze over the juice of 1 lime or 1 lemon. Pour the garlic and turmeric sizzle over—you'll immediately see a golden pool forming around the pieces of avocado.
- Enjoy this as is, or go wild and add some sliced citrus, which would make it more of a salad salad. Or go simple: Skip the fancy plating and just mash the avocado up with the sizzle. No avocado? You could even stir the sizzle into some Greek yogurt for a dip with roasted or grilled vegetables and flatbread.

# BAKED FETA WITH TOMATO & CHICKPEA

GAIA MIKA  
US



## INGREDIENTS

**8-OUNCE (225-GRAM) BLOCK FETA**  
**1/2 CUP (120 ML) OLIVE OIL**  
**1 1/2 TO 2 PINTS (3 TO 4 CUPS) CHERRY OR GRAPE TOMATOES**  
**4 GARLIC CLOVES, THINLY SLICED**  
**1/2 A RED CHILI PEPPER, THINLY SLICED**  
**KOSHER SALT**  
**FRESHLY GROUND BLACK PEPPER**  
**2 (15-OUNCE) CANS CHICKPEAS, DRAINED AND RINSED**  
**2 TO 3 TABLESPOONS FRESH CHOPPED HERBS (PARSLEY, CILANTRO, MINT, DILL, BASIL, OR ROSEMARY, OR A MIX)**  
**FLATBREAD OR TOASTED PITA WEDGES (GLUTEN-FREE, IF NEEDED), FOR SERVING**

## METHOD

Heat oven to 400°F.

Place feta in the middle of a 9×13-inch or other 3-quart baking dish. Pour olive oil over it and around the pan. Add tomatoes to the olive oil. Sprinkle tomatoes with garlic, 1/2 teaspoon kosher salt, and a few grinds of black pepper and toss to coat with oil. Scatter chili pepper over feta.

Roast for 15 minutes, until tomatoes begin to release some juices. Add chickpeas to tomatoes around the feta, plus more salt and pepper, stirring to coat them with the oil. Return pan to the oven and roast for another 10 minutes or until tomatoes are as juicy as you'd like them to be. Transfer the dish to the broiler part of your oven, or crank the oven heat as high as it goes. Broil for about 5 to 8 minutes, until the tomatoes and feta take on a little color.

To serve/eat, you can stir the softened feta into the tomato-chickpea mixture or you can do as I did, and leave it intact in the center, spooning some with each serving of the chickpeas and tomatoes. Scatter with herbs.



# LENTIL SALAD

CATHY LAMENZO

US



## INGREDIENTS

LENTILS  
ENGLISH CUCUMBER  
FRESH MINT  
SUN-DRIED TOMATOES  
LEMON DRESSING

## METHOD

- Cook the lentils. Combine the lentils in a saucepan with 3 cups of water (or veggie broth) and stir to combine. Cook over medium-high heat until the broth reaches a simmer. Then reduce heat to medium-low, cover and maintain the simmer until the lentils are tender, about 20-25 minutes depending on the type of lentils used. Use a strainer to drain and rinse the lentils in cold water for 1 minute until they are chilled, and set aside.
- Mix the dressing. Meanwhile, as the lentils are cooking, combine all of the lemon dressing ingredients in a small bowl and whisk together until combined.
- Combine. Add the cooked and chilled lentils, cucumber, red onion, mint and sun-dried tomatoes to a large bowl. Drizzle evenly with the lemon dressing and toss until evenly combined.
- Serve. Enjoy immediately, or refrigerate in a sealed container for up to 3-4 days.

# BROWN RICE & BLACK BEAN SALAD WITH AVOCADO & CILANTRO

ELLE DOWDY  
US



## INGREDIENTS

2 CUPS COOKED BROWN RICE, CHILLED  
2-3 CUPS COOKED BLACK BEANS (IF USING CANNED, USE TWO 15 OZ CANS, DRAINED AND RINSED)  
2 CUPS SEEDED AND DICED TOMATO  
1 BUNCH (ABOUT 5-7) THINLY SLICED GREEN ONIONS, USING BOTH THE WHITE AND GREEN PARTS  
2 ½ TABLESPOONS OLIVE OIL  
2 ½ TABLESPOONS RED WINE VINEGAR  
2 ½ TABLESPOONS WATER  
JUICE OF ONE FRESH LIME  
1 SMALL DICED JALAPEÑO PEPPER (MORE OR LESS TO TASTE), REMOVE SEEDS AND RIBS IF YOU DON'T WANT IT TOO SPICY  
¼ CUP CILANTRO, CHOPPED (MORE OR LESS TO TASTE, I LOVE CILANTRO!)  
1 TEASPOON SUGAR  
½ TEASPOON SALT  
1 WHOLE AVOCADO, PEELED, PITTED AND DICED  
½ CUP SHREDDED CHEDDAR CHEESE OR FETA

## METHOD

1. In a large bowl combine chilled rice, beans, tomato, and green onions.
2. In a small bowl, whisk together the oil and next 7 ingredients (through salt).
3. Pour dressing mixture over the rice and toss to coat. Cover and refrigerate salad for 30 minutes.
4. Top with shredded cheese and avocado just before serving.

# STRAWBERRY-MANGO ARUGULA SALAD WITH GOAT CHEESE

ANA LACORTE  
MX



## INGREDIENTS

ARUGULA  
MANGO  
STRAWBERRIES  
AVOCADO  
RED ONION  
GOAT CHEESE

## METHOD

1. Begin by combining the vinaigrette ingredients in a small blender or shake them together in a Mason jar
2. Wash and spin the lettuce to dry it, or pat dry with a clean towel.
3. Next, wash the strawberries and remove the stems. Slice according to their size.
4. Remove the pits from both the mango and avocado and slice into bite-sized pieces. I thought I knew the best way to cut a mango, until I saw this technique! Try it. It works!
5. Next, thinly slice the red onion.
6. Arrange the ingredients in a salad bowl, sprinkle with crumbled goat, feta or blue cheese.
7. And finally, toss the salad with Honey Citrus Vinaigrette just before serving.

# MEXICAN CHOPPED SALAD

EDEN TOSCH  
US

## INGREDIENTS

1 MEDIUM HEAD ROMAINE LETTUCE CHOPPED IN APPROXIMATELY 1/2 INCH PIECES  
1 MEDIUM BELL PEPPER DICED IN 1/4-INCH PIECES\*\*, ANY COLOR (I USED ORANGE)  
½ MEDIUM RED ONION DICED IN 1/4-INCH PIECES\*\*  
½ MEDIUM JICAMA PEELED AND DICED IN 1/4-INCH PIECES\*\*  
1 MEDIUM ZUCCHINI DICED IN 1/4-INCH DICE\*\*  
4 MEDIUM TOMATOES SEEDED AND DICED INTO 1/4-INCH DICE\*\*  
4 EARS CORN IF FRESH CORN IS NOT IN SEASON, SUBSTITUTE 1 1/2 CUPS OF SWEET, TINY FROZEN CORN

1 1/2 CUPS CANNED BLACK BEANS DRAINED AND RINSED  
1/2 CUP FINELY CHOPPED CILANTRO PLUS WHOLE CILANTRO LEAVES FOR GARNISH, IF DESIRED

INSTRUCTIONS



## METHOD

- For the dressing, combine lime juice, honey, cumin garlic and salt.
- In a slow, steady stream, add the oils, stirring continuously with a fork or small whisk.
- Taste and add more salt and pepper, if needed. Set aside.
- For the corn tortilla strips, preheat oven to 400°F.
- Stack corn tortillas on a cutting board. Cut in half. Cut each stack of halves into thin strips, widthwise, about 1/4-inch thick.
- Transfer tortilla strips to a sheet pan. Drizzle with oil. Sprinkle with salt and toss to coat.
- Bake for 15-20 minutes, stirring every 5 minutes, or until light golden brown and crisp. Set aside to cool.
- For the salad, place corn, two ears at a time, in the microwave and cook for 3 1/2 minutes.
- Remove from microwave with a hot pad and allow to cool for 5 minutes.
- After cooling, cut bottom end of corn off, about 1 1/2 inches from end. Pull back husk and silks (almost all of the silk should easily pull away). Cut kernels from husks and set aside.
- Combine corn and other salad ingredients in a large bowl. Stir to combine. Add dressing and stir to coat all ingredients. Garnish with cilantro leaves, if desired.

# CILANTRO LIME SALAD DRESSING

CHERYL TALLEY  
US

## INGREDIENTS

OLIVE OIL  
LIME JUICE  
CILANTRO  
GARLIC  
MAPLE SYRUP  
SEA SALT  
PEPPER

## METHOD

Mix all the ingredients and store in an airtight container or jar



# SALTY CUCUMBER

KATHY MILSTEAD  
US



## INGREDIENTS

3 TSP SALT  
2 CUPS WATER  
2-3 LARGE CUCUMBERS

## METHOD

- Whisk the salt and water together until dissolved.
- Peel and slice the cucumbers. Place them in a container, pour the salt water over the top, cover with a lid and refrigerate for at least 6 hours or overnight.
- Garnish by sprinkling with black pepper and chives if desired.

# PESTO

JUNO LAMB  
US



## INGREDIENTS

2 CUPS FRESH BASIL LEAVES, PACKED (CAN SUB  
HALF THE BASIL LEAVES WITH BABY SPINACH)  
1/2 CUP FRESHLY GRATED ROMANO OR PARMESAN  
CHEESE (ABOUT 2 OUNCES)  
1/2 CUP EXTRA VIRGIN OLIVE OIL  
1/3 CUP PINE NUTS (CAN SUB CHOPPED WALNUTS)  
3 CLOVES GARLIC, MINCED (ABOUT 1 TABLESPOON)  
1/4 TEASPOON SALT, OR MORE TO TASTE  
1/8 TEASPOON FRESHLY GROUND BLACK PEPPER,  
OR MORE TO TASTE

## METHOD

- Pulse the basil and pine nuts:
- Place the basil leaves and pine nuts into the bowl of a food processor and pulse several times.
- Add the garlic and cheese:
- Add the garlic and Parmesan or Romano cheese and pulse several times more. Scrape down the sides of the food processor with a rubber spatula.
- Slowly pour in the olive oil:
- While the food processor is running, slowly add the olive oil in a steady small stream. Adding the olive oil slowly while the processor is running will help it emulsify and help keep the olive oil from separating. Occasionally, stop to scrape down the sides of the food processor.
- Season the pesto sauce:
- Add salt and freshly ground black pepper to taste.
- Toss with pasta for a quick sauce, dollop over baked potatoes, or spread onto crackers or toasted slices of bread.

# LEVIVOT

ELLEN SARFETY

IL



## INGREDIENTS

2 LARGE STARCHY POTATOES  
(RUSSET OR IDAHO)  
1 MEDIUM SWEET POTATO  
1 MEDIUM ONION  
PARSLEY  
2 EGGS  
3 TBSP. FLOUR  
1 TSP. SWEET PAPRIKA  
1 TSP. TURMERIC  
1 TSP. GARLIC POWDER  
1 TSP. BLACK PEPPER  
1 TSP. SALT  
AVOCADO OIL FOR FRYING

## METHOD

1. Combine grated Potatoes and Sweet Potato, finely chopped Onion and chopped Parsley.
2. Whisk two Eggs with Black Pepper, Sweet Paprika, Turmeric and Garlic Powder.
3. Add egg mixture to grated potatoes and combine well.
4. Add Flour and Salt.
5. Coat the pan generously with Avocado Oil (about half an inch to an inch high) and warm to medium-high heat.
6. Create little patties (2.5"-3" inch diameter)
7. Fry on both sides searing the first side well.
8. Transfer onto paper towel to get rid of any excess oil.



# GUACAMOLE

LINDA RAVEN  
US



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# SPRING ONION PANCAKES

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C H



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# TIROPITAS

PATRICIA CANELLIS

NO



## INGREDIENTS

- 1/2 LB. FETA CHEESE, CRUMBLED
- 1/2 LB. COTTAGE CHEESE, SMALL CURD
- 3 EGGS, BEATEN
- 1/2 TSP. SALT
- 1/2 LB. FILLO DOUGH\*, THAWED
- 1/2 LB. UNSALTED BUTTER, MELT

## METHOD

1. Combine cheeses, eggs and salt in a bowl. Stir until blended.
2. Set up your station: you need a large cutting board, a teaspoon (a measuring teaspoon), a brush, the melted butter, a parchment paper-lined baking sheet, and the fillo dough. If you haven't already, unwrap the fillo dough and place it in a ziploc bag.
3. Lay one sheet of fillo horizontally oriented in front of you on your cutting board. Brush it with butter. Run a knife down the piece of dough every two inches or so – this should yield six to seven strips. (See photo above.)
4. Place one teaspoon of cheese mixture at the end of each strip. Fold over corner to make a triangle. Continue folding from side to side till you get to the end of the strip. (See photos above.) Place on prepared pan. Brush tops with butter. Repeat process until you've used up all of your filling.
5. Preheat oven to 350°F. Bake for 10 to 15 minutes or until golden brown. Let cool briefly before serving

# HOMEMADE FLOUR TORTILLAS

BRITTANY SUAREZ

US



## INGREDIENTS

4 CUPS ALL-PURPOSE FLOUR  
1 TEASPOON SALT  
2 TEASPOONS BAKING POWDER  
2 TABLESPOONS LARD  
1 ½ CUPS WATER

## METHOD

- Whisk the flour, salt, and baking powder together in a mixing bowl. Mix in the lard with your fingers until the flour resembles cornmeal. Add the water and mix until the dough comes together; place on a lightly floured surface and knead a few minutes until smooth and elastic. Divide the dough into 24 equal pieces and roll each piece into a ball.
- Preheat a large skillet over medium-high heat. Use a well-floured rolling pin to roll a dough ball into a thin, round tortilla. Place into the hot skillet, and cook until bubbly and golden; flip and continue cooking until golden on the other side. Place the cooked tortilla in a tortilla warmer; continue rolling and cooking the remaining dough.

# MEXICAN BLACK BEAN

CHARLOTTE DU CANN

GB



## INGREDIENTS

*1 TEASPOON OLIVE OIL  
1/2 CUP CHOPPED ONIONS  
3 CLOVES GARLIC, MINCED  
1 (16 OZ) CAN BLACK BEANS, DO NOT DRAIN  
1/4 CUP CHOPPED CILANTRO  
1 TEASPOON CUMIN  
1/2 TEASPOON SALT*

## METHOD

- In a small sauce pan, heat the olive oil over medium heat. Add the onions and garlic and cook for 3-4 minutes, just until the onions begin to soften.
- Add the undrained black beans, cilantro, cumin, and salt. Stir well and reduce heat to medium low. Allow to cook for 15-20 minutes, stirring occasionally. Taste and adjust seasonings to your liking.
- Serve sprinkled with more chopped cilantro and cotija cheese if desired. Enjoy!

# SAUTÉED STINGING NETTLES

JEANNINE TIDWELL

UM



## INGREDIENTS

*1 POUND STINGING NETTLES  
2 TABLESPOONS OLIVE OIL, OR ANY OTHER  
COOKING FAT  
SALT, TO TASTE*

## METHOD

1. Gather the ingredients
2. To clean the nettles you have two options. Wear gloves and swish them around in a large sink or basin filled with cool water. Lift the nettles out, leaving any grit behind, and drain them. Reserve.
3. Alternatively, bring a pot of salted water to a boil and blanch the nettles for 4 minutes. Cool them quickly in a bowl of ice water. Squeeze the nettles as dry as possible before sautéing them.
4. Once your nettles are cleaned or blanched, heat up a large pan over high heat—the wideness of the pan or skillet will help any liquid cook off quickly so the nettles sauté instead of steam. Add the oil or preferred cooking fat.
5. Add the nettles and cook, stirring frequently, until the greens are tender—about 2 minutes for blanched nettles and 5 to 8 for raw nettles. If sautéing raw nettles, make sure to keep the heat high so the liquid they throw off as they cook evaporates quickly.
6. Sprinkle the nettles with salt to taste and serve immediately.

# MOROCCAN VEGETABLE CURRY

LINDA STEVENIN  
US

## INGREDIENTS

- $\frac{1}{4}$  CUP EXTRA-VIRGIN OLIVE OIL
- 3 LARGE GARLIC CLOVES, PEELED
- 2 CUPS THINLY SLICED RED ONION
- $\frac{1}{2}$  CUP DRIED APRICOTS, SLICED
- 1 TABLESPOON RAS EL HANOUT (MOROCCAN SPICE BLEND) OR GARAM MASALA
- 1 TEASPOON SALT
- $\frac{3}{4}$  TEASPOON BLACK PEPPER
- $\frac{1}{4}$  TEASPOON CRUSHED RED PEPPER
- 1 (3-INCH) CINNAMON STICK
- $\frac{1}{2}$  CUP WATER
- 1  $\frac{1}{2}$  TEASPOONS GRATED LEMON RIND
- 1  $\frac{1}{2}$  TABLESPOONS FRESH LEMON JUICE
- 2 (15-OUNCE) CANS CHICKPEAS (GARBANZO BEANS), RINSED AND DRAINED
- 1 (28-OUNCE) CAN NO-SALT-ADDED WHOLE TOMATOES, UNDRAINED AND CHOPPED
- 6 CUPS ESCAROLE, TORN INTO 1-INCH PIECES
- 1 CUP CILANTRO LEAVES
- $\frac{1}{4}$  CUP MINT LEAVES
- $\frac{1}{2}$  CUP ROASTED WHOLE ALMONDS, COARSELY CHOPPED
- 4 CUPS HOT COOKED COUSCOUS



## METHOD

1. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add garlic; cook for 1 minute, stirring constantly. Remove garlic from pan using a slotted spoon; discard or reserve for another use. Add onion and next 6 ingredients (through cinnamon stick) to pan; sauté for 7 minutes or until the onion is lightly browned, stirring occasionally. Add  $\frac{1}{2}$  cup water, rind, juice, chickpeas, and tomatoes; bring to a boil. Reduce heat, and simmer for 7 minutes, stirring occasionally.
2. Stir in escarole; simmer for 1 minute or until escarole wilts. Remove from heat. Sprinkle with cilantro and mint; top with almonds. Serve over couscous.

# CALDINHO DE FEIJAO

BARBRA GIANDINOTO  
IT



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# GREEN GRAM CURRY

JANE KAMAU  
ZA



## METHOD

### INGREDIENTS

1 1/2 CUPS DRIED MUNG BEANS  
3 RIPE TOMATOES FINELY  
CHOPPED  
4 CUPS WATER (1000 ML)  
1 CUP COCONUT MILK (250 ML)  
1 LARGE ONION FINELY  
CHOPPED  
4 TBSP COOKING OIL  
1 TSP GARLIC FINELY MINCED  
1 TSP GINGER FINELY MINCED  
1 TSP BLACK PEPPER  
1 TSP CURRY POWDER  
1 TSP CORIANDER POWDER  
1/2 TSP GARAM MASALA  
1 TSP SEA SALT  
1 TSP BOUILLON POWDER (OR 1  
BOUILLON CUBE)  
1/2 CUP CORIANDER LEAVES  
ROUGHLY CHOPPED  
1/4 TSP CHILI POWDER  
(OPTIONAL)

1. Wash the mung beans thoroughly and soak in clean water for about 2 hours, preferably, overnight. Drain the water.
2. Bring water to a rolling boil in a medium-sized saucepan over medium heat.
3. Add the Mung beans and the salt and cover. Boil for about 30 minutes. Set aside.
4. On medium heat, place a large saucepan and heat the oil. Add the onion and fry till lightly brown.
5. Follow by adding the garlic and ginger and continue frying for another minute.
6. After that, add curry powder, black pepper, coriander powder, chili powder, garam masala and bouillon powder and fry for 30 seconds.
7. Add the tomatoes and stir well. Reduce the heat to medium-low.
8. Cover the pot and cook for about 10 to 12 minutes till the tomatoes are soft. Don't forget to stir occasionally.
9. Add the Mung beans and the coconut milk. Stir well.
10. Cover the pot and let simmer for 15 minutes.
11. Throw in the coriander leaves, adjust the seasoning to your taste and stir.
12. Serve with some plain coconut rice or chapati.

# FRESH SPRING ROLLS WITH PEANUT SAUCE

JESSIE BARKER  
US



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# BEETROOT CURRY

CAROLYN MITCHELL

IE

## INGREDIENTS

1 LB OF BEETROOT TOPS CUT AND REMOVED, WASHED AND PEELED (ABOUT 2 LARGE BEETS)  
¼ ONION YELLOW OR RED ONION, SLICED  
2 GREEN CHILI OR 1 SERRANO PEPPER, SLICED (DESEED TO REDUCE HEAT LEVEL)  
2 CLOVES OF GARLIC CHOPPED FINELY  
5 - 6 CURRY LEAVES  
½ TSP SRI LANKAN CURRY POWDER OR ¼ TSP EACH OF GROUND CORIANDER AND CUMIN  
¼ TSP HEAPED TURMERIC  
½ TSP CAYENNE PEPPER OPTIONAL  
¼ TSP HEAPED SALT MORE TO TASTE  
½ CUP COCONUT MILK MORE IF YOU LIKE A THICK GRAVY  
½ CUP WATER MORE IF YOU LIKE A THIN GRAVY



## METHOD

- Slice the beetroot into slices that are about 3 mm in thickness. You can do this with a knife, or using a food processor with a slicing disc.
- Once sliced, julienne the beetroot slices into batons.
- Place the julienned beetroot in a saucepan, along with the onions, sliced green chili, garlic, curry leaves, ½ tsp curry powder, ¼ tsp turmeric powder, ½ tsp cayenne pepper, and ¼ tsp salt. Mix well to combine.
- Stir in the coconut milk and water.
- Heat the saucepan over medium high heat, while stirring occasionally, until the coconut milk/water comes to a boil.
- Reduce the heat to a simmer, and let it cook covered, for about 5 minutes.
- Uncover and cook for a further 5 - 10 minutes while stirring frequently, until the beetroot is cooked to al dente (i.e. cooked through but not soggy). The cook time will vary depending on the thickness and sizes of the beetroot.
- If the liquid is evaporating too quickly, you can add more water or coconut milk.
- Taste and add more salt if necessary.
- Serve with cooked rice.

# RED LENTIL CURRY

ANAA LUZ  
IT



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# RED LENTIL DAL WITH COCONUT MILK AND KALE

RATNA SINROJA

US

## INGREDIENTS

- 3 TABLESPOONS COCONUT OIL
- 1 TEASPOON CUMIN SEEDS
- 1 TEASPOON FENNEL SEEDS
- 1 TEASPOON GROUND TURMERIC
- 2 ONIONS, HALVED AND THINLY SLICED
- 3 GARLIC CLOVES, FINELY CHOPPED
- 2 TABLESPOONS FINELY CHOPPED FRESH GINGER
- 2 SMALL FRESH RED CHILES, THINLY SLICED
- 1 QUART CHICKEN STOCK OR BROTH
- ONE 14-OUNCE CAN UNSWEETENED COCONUT MILK
- 2 CUPS RED LENTILS, PICKED OVER (13 OUNCES)
- 2 TABLESPOONS CHOPPED CILANTRO STEMS, PLUS CHOPPED LEAVES FOR GARNISH
- 1/2 POUND KALE, STEMMED AND LEAVES COARSELY CHOPPED (4 CUPS)
- 1 1/2 TEASPOONS FRESH LEMON JUICE, PLUS LEMON WEDGES FOR SERVING
- SEA SALT
- PEPPER



## METHOD

- In a large saucepan, heat 1 tablespoon of the coconut oil. Add the cumin, fennel and turmeric and cook over moderate heat, stirring constantly, until fragrant, about 1 minute. Stir in the remaining 2 tablespoons of coconut oil and the onions and cook, stirring occasionally, until softened, 6 to 7 minutes. Add the garlic, ginger and half of the sliced chiles and cook, stirring, for 1 minute. Spoon half of the spiced onion mixture into a small bowl and reserve.
- Step 2
- Add the chicken stock, coconut milk, red lentils and cilantro stems to the saucepan and bring to a simmer. Cook over moderately low heat, stirring occasionally, until the lentils are tender, about 20 minutes. Add the kale and cook until tender, about 5 minutes. Stir in the lemon juice and season with salt and pepper.
- Step 3
- Spoon the dal into bowls. Top with the reserved onion mixture and the remaining sliced chiles. Garnish with chopped cilantro and serve with lemon wedges.

# RATATOUILLE

TERESA BRANCO

PT



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# LENTIL BOBOTIE

SANDY HEATHER

Z A



## INGREDIENTS

### LENTIL MIXTURE/BASE

- 1 SLICE BREAD CRUST REMOVED  
(WHOLE WHEAT WORKS JUST FINE)
- 1 TBSP OLIVE OIL
- 2 CUPS DRIED BROWN LENTILS RINSED
- 4 CUPS WATER
- 2 ONIONS FINELY DICED
- 3 CLOVES GARLIC PRESSED
- 2 CARROTS GRATED
- 1 TBSP GARAM MASALA
- 1 TSP GROUND CUMIN
- 1 TSP GROUND CORIANDER
- 1 TBSP MEDIUM CURRY POWDER (OR HOT IF YOU PREFER A BITE)
- 160 ML CHUTNEY (I USED THE CLASSIC MRS BALLS)
- JUICE OF 1/2 LEMON

### TOPPING

- 480 G SILKEN OR SOFT TOFU
- 1/3 CUP CHICKPEA FLOUR
- 1/3 CUP PLANT MILK (I USED OAT MILK)
- 2 TBSP NUTRITIONAL YEAST
- 1 TSP TURMERIC
- 1/4 TSP BLACK INDIAN SALT
- 1/4 TSP SALT (OR MORE TO TASTE)
- 4 BAY LEAVES
- SALT AND MILLED BLACK PEPPER TO TASTE

## METHOD

### Lentil bobotie base

- Preheat the oven to 190°C.
- Soak the bread in water for 10 minutes, then squeeze dry.
- In a saute or frying pan, heat the olive oil on medium-high heat. Fry the onion with a pinch of salt until translucent and slightly browned. Then, add the garlic, carrots, herbs and spices and continue to fry while regularly stirring for a few more minutes.
- Add the remaining ingredients, stir, and bring the mixture to a boil. Then, lower the heat and allow to simmer for 15 – 20 minutes or until the lentils are soft and all the water has been absorbed.
- Transfer the lentil mixture to ovenproof meal prep containers and smooth over the top. Poke a few holes into the mixture with a fork, so that the topping can seep through.

### Topping

- Blend all the topping ingredients together, except for the bay leaves.
- Pour the topping over lentil mixture, smooth over, and top with bay leaves. Bake for 40 – 45 minutes or until the topping is golden and set.

# FRIED PLANTAIN

CASSANDRA ELLERBE  
DE



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# OKAYU (JAPANESE CONGEE)

S A R I I  
G B

## INGREDIENTS

*¼ CUP UNCOOKED JAPANESE SHORT-GRAIN RICE*

*250 ML WATER (1 CUP + 2 TSP)*

*TOPPING SUGGESTION*

*GREEN ONION/SCALLION (CHOPPED)*

*UMEBOSHI (JAPANESE PICKLED PLUM)*

*TOASTED WHITE SESAME SEEDS*

*SHREDDED NORI SEAWEED (KIZAMI NORI)*

*SHREDDED JAPANESE SALTED SALMON*

*MITSUBA (JAPANESE PARSLEY) (FOR GARNISH)*



## METHOD

- Gather all the ingredients. I follow the 1 to 5 rice-to-water ratio for my Okayu recipe.
- Rinse the rice in water, then drain. Repeat until the water runs clear.
- Soak the rice in the pot for at least 30 minutes.
- After 30 minutes, drain the water completely.
- Then add 250 ml of water into the pot.
- Cover the pot and bring to a boil over high heat.
- When boiling, lower the heat to the stove's lowest setting (make sure to use the right size of stove burner for your pot size). Open the lid and gently mix with the spoon once, making sure rice is not stuck to the bottom of the pot.
- Cover the lid and simmer the rice for 30 minutes (Tip: With a good size pot and the lowest heat on the stove, the water should not boil over. If you cook with more water or your pot is smaller than my pot, you may want to cover the lid at a slight angle so the water doesn't boil over). During this time, I never open the lid or mix the rice. (Tip: If you are worried, you can take a quick peek and make sure there's enough water so the rice doesn't burn the bottom of the pot. If necessary, you can stir the pot or add "hot" water. Otherwise, don't touch the rice because you would end up breaking the nice shape of rice kernels.)
- After 30 minutes, turn off the heat and let it steam for 10 minutes. The rice should be soft and thickened. If you want to add something, like a beaten egg or salt, this is the time to add. I keep this recipe plain and simple. Serve into the individual rice bowls and garnish and put toppings of your choice.

# ROASTED EGGPLANT LASAGNA

SARA PEARCE

IQ

## INGREDIENTS

3 LARGE EGGPLANTS (ABOUT 3 LBS)  
1 TEASPOON SALT  
2 TABLESPOONS OLIVE OIL, SPRAY OLIVE OIL OR GHEE

1 TABLESPOON OLIVE OIL  
ONE ONION, DICED  
4-8 GARLIC CLOVES, ROUGH CHOPPED  
6 OUNCES BABY SPINACH, ABOUT 2 EXTRA-LARGE HANDFULS  
SALT AND PEPPER TO TASTE ( 1/4 TEASPOON EACH)

16-OUNCE TUB OF WHOLE MILK RICOTTA (OR SUB TOFU RICOTTA)  
1 LARGE EGG  
1/4 CUP CHOPPED BASIL  
1/2 TEASPOON SALT  
1/4 TEASPOON NUTMEG  
1/4 TEASPOON PEPPER

24-OUNCE JAR MARINARA SAUCE, ABOUT 3 CUPS  
8 NO-BOIL LASAGNA NOODLES (OR SUB-GLUTEN-FREE LASAGNA NOODLES)  
1- 1 1/2 CUPS GRATED MOZZARELLA (OR MELTABLE VEGAN CHEESE)  
1/4- 1/3 CUP PECORINO (OR PARM, BUT I LIKE PECORINO BETTER HERE)  
1/4-1/2 TEASPOON CHILI FLAKES (OPTIONAL)  
ONE BATCH ARUGULA ALMOND PESTO  
1 LARGE GARLIC CLOVE  
1/4 CUP TOASTED ALMONDS, PINENUTS OR SMOKED ALMONDS

1/2 CUP PACKED BASIL LEAVES  
1 CUP PACKED ARUGULA  
1 TEASPOON LEMON ZEST  
1 TABLESPOON FRESH LEMON JUICE  
1/3-1/2 CUP LIGHT FLAVORED OLIVE OIL (MAKE SURE OIL IS NOT BITTER)  
1/4 TEASPOON SALT (IF YOUR ALMONDS ARE HEAVILY SALTED, USE SALT TO TASTE.)  
1/4 CRACKED PEPPER



# METHOD

## 1. Preheat oven to 400 F

2. **Sweat and ROAST EGGPLANT:** Slice eggplant into 1/2-inch thick slices and place on two parchment-lined sheet pans. Sprinkle half the salt over the top as evenly as possible. Turn each piece over and sprinkle the remaining salt. Let the eggplant sit (and sweat) 15-20 minutes while the oven gets hot. When the eggplants look damp, pat the top side down with paper towels. Brush or spray with olive oil. Flip them. Blot with paper towels, spray with olive oil. Roast in the middle of the oven for 30-40 minutes, checking at 25 minutes. Roast until golden and tender. Thinner slices will cook faster, thicker slower. Watch your eggplant!

3. **SPINACH FILLING:** While the eggplant roasts, make the filling. In a large skillet, saute the onion, over medium heat until tender about 5-7 minutes. Add the garlic and saute until fragrant. Add the fresh spinach, lowering heat, gently wilting. Season with salt and pepper, turn heat off.

4. **RICOTTA MIXTURE:** In a medium bowl, whisk with a fork, the ricotta, egg, nutmeg, basil and salt. Set aside.

5. **ASSEMBLE:** Spray or brush a 9x13 baking dish (or 12-inch round baking dish) with olive oil. Place 3/4 cup marinara sauce on the bottom, or enough to cover the bottom. Place the no-boil lasagna noodles over top. Spread another thin layer of marinara over the pasta, or just enough to lightly coat. Add **half** the roasted eggplant, overlapping a little if need be. Dot with **half** of the ricotta mixture. Spoon **all** of the wilted spinach mixture over top evenly. Sprinkle with 1/2- 3/4 cup mozzarella and 1/8 cup pecorino. Add another layer of pasta sheets. Lightly cover with 3/4 cup marinara (you'll need one more layer of marinara for the top, so if it looks like you could run out, water this down a bit here.) Next add the remaining eggplant, overlapping if need be. Smother with the remaining marinara sauce and spoon the remaining ricotta in fluffy dollops over the top. Sprinkle with a few chili flakes, 1/2 cup mozzarella cheese and 1/8 pecorino.

6. **BAKE:** Cover with foil (if your lasagna comes to the top edge of the baking dish, cover with parchment first and then with foil) and bake in a 375 F oven for 45-50 minutes, uncover and bake 10-20 more minutes, until golden and bubbling.

7. While it is baking make the Arugula Pesto - place everything in food processor and pulse until combined, but not too smooth. Add more oil, to make it looser if you like, or less to make it thicker.

8. The lasagna is done when it is golden, bubbling and slightly puffed in the center.

9. Let it rest 5 minutes before serving, dot it with Arugula pesto or serve it on the side.



# YUCA CON BACALAO SALAD

BETHSAIDA RUIZ

US



## INGREDIENTS

1 POUND SALTED CODFISH  
1 MEDIUM YUCA ROOT, PEELED AND CUT INTO 1" CHUNKS  
2 SMALL WHITE OR RED YAUTIA/MALANGA, PEELED AND CUT INTO 1" CHUNKS  
1 SMALL BATATA (WHITE SWEET POTATO), PEELED AND CUT INTO 1" CHUNKS  
3 GUINEOS VERDES (GREEN BANANAS NOT PLANTAIN), PEELED AND CUT INTO 1" CHUNKS  
3 SMALL YELLOW POTATOES, PEELED AND CUT INTO 1" CHUNKS  
2 CUPS THINLY SHREDDED RED OR GREEN CABBAGE  
1 CUP THINLY SLICE WHITE OR YELLOW ONIONS  
1/2 DRY PINT CHERRY TOMATOES, CUT IN HALF OR 2 ROMA TOMATOES, SLICED INTO HALF MOONS.  
1/2-1 CUP EXTRA VIRGIN OLIVE OIL  
4 HARD BOILED EGGS, CUT INTO QUARTERS OPTIONAL  
2 LARGE RIPE AVOCADOS, CUBED OPTIONAL

# METHOD

## Soak the Codfish

- Rinse the codfish under cold, running water to remove excess salt. Place the fish in a large, non-reactive bowl (ceramic, plastic, or glass) and cover it with at least six inches of cold water.
- **Long Soaking Method:** allow the cod to soak for 4 hours, remembering to change out the water halfway through the soak time.
- **Short Soaking Method:** cover the codfish with cold water and allow it to soak for 45 minutes. After 45 minutes of soaking, pour off salty water and break up the softened codfish. You can also boil it as is, like we're going to do with this recipe. (**see note** for very hard pieces of codfish)

## Boil the Codfish and Tubers

- Transfer the yuca, yautía, batata, potatoes, and the guineos verdes, as well as, the rehydrated, salt-less (not salt free) codfish into a large stock pot.
- Fill the pot with enough cold water to allow the veggies to float around.
- Bring the water up to a boil over medium-high heat. Once the water begins to boil, reduce the heat to medium and allow the water to simmer, covered, until the tubers are fork tender- about 20 minutes.
- Once your veggies are tender, drain the codfish and tubers in a colander. Transfer the serenata base to a large mixing bowl. Allow it to cool at room temperature for 10 minutes.

## Toss the Serenata and Dress with Olive Oil

- Add the cabbage, onions, and tomatoes to the bowl with the codfish and tubers. Toss everything together with a pair of wooden salad spoons.
- Pour a generous amount of high-quality olive oil over the serenata and toss once more.
- To finish the serenata, arrange the salad on a large platter.
- Store the salad, covered in plastic wrap, in the fridge until chilled- about 45 minutes. Serenata is best enjoyed cold, but **is** ready to eat now.
- Just prior to serving, arrange the boiled egg wedges and avocado chunks around your plated serenata.
- Enjoy your serenata with a side of steamed white rice or a thick slice of bread. Leftovers will keep for the next day's enjoyment, but no longer than 2 days. After that time, the avocado will turn brown and slimy.

# VEGAN HOT & SOUR SOUP

RISA MANDELL

US

## INGREDIENTS

12 OZ SILKEN OR SOFT TOFU  
4 DRIED SHIITAKE MUSHROOMS OR USE FRESH  
10 G WOOD EAR MUSHROOMS  
50 G [1 BUNCH] DRIED MUNG BEAN THREAD  
SOAK IN WATER UNTIL SOFT  
1 SMALL CARROT SHREDDED  
3 OZ BAMBOO SHOOT IN CHILI OIL  
1 TEASPOON GROUND WHITE PEPPER SEE NOTES  
1 TABLESPOON SHAOXING WINE OPTIONAL  
3 TABLESPOON SOY SAUCE  
1 TEASPOON SUGAR  
¼ TEASPOON MUSHROOM SEASONING/POWDER  
6 CUPS OF WATER PLUS MORE FOR CORNSTARCH  
SLURRY  
2 TABLESPOONS CORNSTARCH  
2 TABLESPOONS VINEGAR OR RICE VINEGAR

### TOPPINGS

CHOPPED CILANTRO  
FRIED WONTON STRIPS  
CHILE OIL  
TOASTED SESAME OIL



## METHOD

- Prepare the mushrooms: Place dried Shiitake and wood ear mushrooms in separate bowls and soak them in 1 cup of water until soft. If you are using fresh Shiitake mushrooms, skip this step.
- Once the mushrooms are soft, squeeze out the water. Keep the mushrooms water for later. Cut the mushrooms into thin strips. For wood ear mushrooms, remove the tough ends before slicing.
- Next, heat a 5-quart pan and add a tablespoon of oil. Sauté mushrooms and carrots until the mushrooms release their aroma. Add the wood ear mushrooms and bamboo shoot, then stir-fry for a few seconds over medium-low heat.
- Swirl in the soy sauce around the side of the pan and quickly stir the mixture to combine. Mix the mushrooms water in water to make 6 cups of liquid, then add to the pot.
- Season with ground pepper, Shao Xing wine, sugar, and mushroom seasoning. Give the mixture a quick stir and add the mung bean thread and tofu.
- Bring the mixture to a boil and cook for another minute or so. Taste and season if needed.
- Now, mix 2 tablespoons of cornstarch in 3 tablespoons of water until well combined. Add this thick slurry into the soup while stirring continuously. The soup should start to thicken by now. If not, add more cornstarch slurry.
- Turn off the heat and ladle the soup into a large bowl.
- Swirl in the vinegar and add a splash of chile and toasted sesame oil. Finally, garnish with fried wonton strips and chopped cilantro. Serve warm.

# SWEET POTATO HUMMUS

DR SIMONA L BRCKERS

US



## INGREDIENTS

*2 MEDIUM SWEET POTATOES  
3 TABLESPOONS OLIVE OIL  
2 CUPS COOKED CHICKPEAS (OR  
ONE CAN OF CHICKPEAS, RINSED  
AND DRAINED)  
3 TABLESPOONS TAHINI  
3 CLOVES GARLIC, PEELED  
JUICE OF 1 LEMON  
ZEST OF ½ LEMON  
GROUND SEA SALT, TO TASTE  
1 ½ TEASPOON CAYENNE PEPPER  
(START WITH LESS, SEASON TO  
TASTE)  
½ TEASPOON SMOKED PAPRIKA  
¼ TEASPOON CUMIN*

## METHOD

- Preheat oven to 400 degrees Fahrenheit. Bake the sweet potatoes on the middle oven rack or in a baking dish for 45 minutes to an hour. They should yield to a gentle squeeze when they're done baking.
- While the sweet potatoes are cooling, toss all of the other ingredients into a food processor (if you're sensitive to spice, you may want to save the spices for last and add them to taste). Once the sweet potatoes have cooled enough to handle, use a knife or your fingers to peel the skin off of them. Add the sweet potatoes to the food processor.
- Blend well, and serve! I garnished mine with a light sprinkle of cayenne pepper and sesame seeds.

# CASSAVA FRIES

AISHA SHILLINGFORD

US



## INGREDIENTS

*FRESH YUCA — ALSO KNOWN AS  
CASSAVA*

*SALT TO TASTE (SEE NOTES)*

*LIGHT TASTING OIL (VEGETABLE,  
CANOLA, OR AVOCADO)*

## METHOD

- Cut off both ends of the yuca root. Then cut them into 3 to 4-inch rounds, depending on the length of the yuca. Make a shallow cut lengthwise into the skin of the yuca. Work your thumbs under one side of the cut. Once you're underneath the peel, you can work your thumbs down the length of the root, peeling the skin off.
- Stovetop: Bring to boil a pot with plenty of water and salt. Add the rounds to the boiling water. Cook for about 20 to 30 minutes, or until fork-tender. Drain and let it cool.
- Instant Pot (pressure cooker): Place the yuca in the Instant Pot. Add enough water to cover the yuca and salt. Secure lid on the pot. Close the pressure-release valve. Select "Manual". Cook on high pressure for 10 minutes. When the time is complete, use the quick release to depressurize. Drain and let it cool.
- Cut yuca pieces in half and remove the inner root. Then cut into them into fingers. Heat the oil in a large skillet or cast iron with oil up to ½ inch over medium-high heat until hot but not smoking. Fry the yuca fries in batches, turning once until golden brown. Remove with a slotted spoon. Drain over paper towels.



# THREE KINDS OF GREENS

PEGGY S COLLINS

US



## INGREDIENTS

*1/2 ONION (DICED)  
2 TO 3 GARLIC CLOVES (CHOPPED)  
3 QUARTS WATER  
1 LARGE BUNCH COLLARD GREENS  
1 BUNCH MUSTARD GREENS (STEMS  
REMOVED, CHOPPED)  
1/2 CUP WATER  
1/2 TSP SALT  
1/4 TSP RED PEPPER FLAKES  
4 TSP OLIVE OIL  
1/2 ONION (DICED)  
2 CLOVES OF GARLIC (SLICED)  
PINCH OF RED PEPPER FLAKES  
1 BUNCH BEET GREENS*

## METHOD

- Onions and garlic to pot and cook until onions are translucent.
- Add greens to the pot (if they don't all fit, add a handful every few minutes as the leaves wilt down).
- Cook covered for another 45 to 60 minutes on low to medium heat (stir well occasionally).
- Once the greens are tender and a dark green,
- Wash greens well in cold water to remove all grit then toss wet leaves into pot and add water, salt and red pepper flakes.
- Cover pot and set heat to medium. Cook for 8 to 10 minutes (stirring once or twice) and remove from heat when leaves are tender.
- Drain, season as you wish and serve.
- Heat oil in large skillet over medium heat then add onion, garlic and red pepper flakes.
- Cook for about 5 minutes until onions are translucent then add greens. Cover and cook until tender (about 5 minutes or so), stirring occasionally.
- Remove from heat then season with salt and pepper before serving.

# SPICY FRIED EGGPLANT

MUTSA KAJESE  
ZW



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# TUNISIAN SHAKSHUKA

ROBYN & ATEF KEFI  
CA



## INGREDIENTS

**4 BIG RIPE TOMATOES**  
**4 EGGS**  
**2 SWEET PEPPERS**  
**2 MEDIUM ONIONS, CHOPPED**  
**1 -2 HOT GREEN PEPPER**  
**1 HEAD GARLIC, ALL CLOVES  
CRUSHED AND CUT**  
**1 TABLESPOON TOMATO  
CONCENTRATE**  
**1TABLESPOON HARISSA**  
**1 TABLESPOON CUMIN**  
**BAY LEAF**  
**THYME, TO TASTE**  
**1TEASPOON SALT (TO TASTE)**  
**1 -4TABLESPOON OLIVE OIL**

## METHOD

- Cut the tomatoes into large pieces. Deseed and dice all the peppers.
- Heat olive oil in a medium size pot. The flavor belongs in the recipe, so use a good amount of it. Add the onion and garlic, and before it is brown, add the cumin. When the cumin is blended, add the tomatoes and peppers, the tomato concentrate, and the harissa. Add salt. Blend the ingredients with a long spoon. Add 1 - 3 bay leaves, and the thyme.
- As soon as the vegetables are cooked, and the consistency is a bit thickened, add the eggs. The eggs will be poached in the pot. Space the eggs to give them room. Put the lid of the pot on. Wait for the white to set, as much as 15 minutes, depending on how high your heat is. The yolk should be runny.
- When you serve this, dish up an amount of the vegetable part into a wide soup dish, then carefully center an egg into this. Repeat for four people. Have french bread cut and ready to dip into the chakchouka.
- Note: the amounts of tomato concentrate and harissa, which is quite hot, can be adjusted to personal taste. You could lessen the garlic amount if you like.
-

# DUMPLING AND LAMB

MONDE NGONYAMA  
ZAR



## INGREDIENTS

*MUTTON PIECES  
1/4 CUP FLOUR  
1 LARGE ONION  
1 SMALL TOMATO  
6 SPRIGS OF THYME  
1/2 TEASPOON MIXED HERB  
1/2 TEASPOON GINGER AND GARLIC  
PASTE  
2 GREEN CHILLIES  
1 TEASPOONS MIXED MASALA  
1 TEASPOON CHILLIE POWDER  
1/4 TEASPOON TURMERIC POWDER  
1/2 TEASPOON GARAM MASALA  
SALT TO TASTE  
VEGETABLES OF YOUR CHOICE*

## DUMPLINGS

1 cup Self Raising Flour  
1/2 teaspoon Baking Powder  
1/2 teaspoon Salt  
1/4 teaspoon Garlic Flakes  
1/4 teaspoon Thyme  
10 grams Butter  
1/4 cup water

- -In a bowl, add flour, salt, baking powder, thyme and garlic flakes.
- -Crumb butter into the flour.
- -Add water just to bring dough together, you might use a little less or a little more. Dough should be soft but not sticky.

## METHOD

- In a large pot, add oil.
- Dust meat pieces in salted flour, just to coat them.
- Place in pot and brown on all sides. Take your time to achieve a good dark colour as this will create most of the flavour. (Try to use more boney pieces and remove most of the fat.)
- Add chopped onions and allow to soften without taking on any colour.
- Add thyme, mixed herb, ginger and garlic, followed by all the spices.
- Allow to cook off, then add chillies, tomato and salt, once softened, top off with boiling water about 5cm above your meat, you can keep adding boiled water to maintain this level.
- Once meat is almost tender, add your vegetables, root vegetables first as they take longer to cook (potato, carrot).
- Then add softer veggies (corn, peas).
- Once potatoes are soft, drop in dumplings.

# MNGQUSHO

MTHUNZI MDWABA  
ZAR



## INGREDIENTS

500 G SAMP, WELL RINSED  
800 G DRIED SUGAR BEANS, WELL  
RINSED  
WATER TO COVER  
1 SMALL ONION, CHOPPED  
½ CUP LEEKS, CHOPPED  
2 CUBES BEEF STOCK  
3 TABLESPOONS BUTTER  
SALT AND PEPPER TO TASTE

## METHOD

- Place the samp and beans together in a pot with water.
- Cover and bring it to a boil and then reduce the heat and cook until soft for at least 2 hours. Do not stir or it will become excessively starchy.
- Keep checking to ensure that the mixture does not stick at the bottom of the pot. Add water if necessary.
- After about an hour, add the onion, leek and stock. Allow simmering until it is soft.
- Add the butter and seasoning and stir with a wooden spoon. It must not be dry.
- Serve with umleqwa or lamb curry.

# COSIDO BOYACENSE

SINDY CAMARGO  
CO



## INGREDIENTS

2 TABLESPOONS OIL  
5 SCALLIONS, CHOPPED  
4 RIPE TOMATOES, CHOPPED  
1 TABLESPOON OF CUMIN  
1 POUND OF PORK RIBS OR PORK  
CHOPS  
1 POUND OF CHICKEN  
1 POUND OF BEEF RIBS OR BEEF  
FOR STEW  
4 SMALL YELLOW POTATOES  
4 SMALL RED POTATOES  
4 CORN EARS  
1/2 CUP FAVA BEANS SHELLED  
1 CUP SNOW PEAS, TRIMMED  
1/2 CUP CANARY BEANS

## METHOD

- In a large saucepan place the oil and add the scallions, cumin and tomato. Cook for about 5 minutes, add salt and pepper. Take half of this mixture and set aside.
- Stir in the beef, pork, corn, fava beans, snow peas, canary beans and pour enough water to cover all ingredients.
- Cover the pot and cook for an hour over medium heat. Add the potatoes and chicken and cook for 30 minutes more, keeping the pot covered. Add more water if necessary.
- Season with salt and pepper. Add the remaining tomato mixture. Serve with white rice and avocado on the side.

# NDOLÈ

KWAMOU FEUKEU

FR

## INGREDIENTS

20 OZ FROZEN BITTERLEAF (THAWED)  
2 CUPS OF RAW PEANUTS  
~ 1LB BEEF STEW MEAT (SLIGHTLY BIGGER CUTS)  
~ 1LB JUMBO SHRIMP  
1 LARGE YELLOW ONION  
1/2 HALF SMALL RED ONION SLICED  
6 GARLIC CLOVES  
2 1 INCH CUBES GINGER  
2 SPRIGS OF PARSLEY  
2 TBSP SMOKED CRAYFISH



## METHOD

- In a sauce pot, boil bitter leaf for 10 minutes. Let cool or transfer into a cold water bath. Wash, by rubbing bitter leaf between palms. Rinse and squeeze out water. Repeat two times. After final rinse, squeeze out as much water as you can after the final rinse. Set bitter leaf aside.
- Boil peanuts for 10-15 minutes. Blend peanuts with half of the onion, remaining ginger and garlic into a paste. ( Not too smooth, just a little grainy).
- Slice the remaining quarter onion. In a large skillet, heat a tablespoon of peanut oil. Saute onions for 3 minutes. Add in peanut blend, 1/2 cup of beef broth and bring to a gentle simmer and cook for about 15 minutes. Stir occasionally to prevent the sauce from burning.
- Season peanut sauce to taste, add bitter leaf and another half a cup of beef broth. Stir well and simmer for about 15 minutes. Add in crayfish and cook for another 5 minutes.
- Rinse and pat dry shrimp. Season with 2 pinches of salt and white pepper. In a separate skillet, heat oil and pan fry shrimp for 1-2 minutes on each side.
- Add shrimp to Ndole, and stir. In the same skillet used to cook shrimp, add a little more oil and fry red onions until they start to brown. Pour contents of skillet over ndole. Simmer for about 3-5 more minutes.
- Serve with boiled ripe plantains or fufu corn.

# KARTOFFELGULASCH

MARTINA OETTL  
FR



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# GALLO PINTO

MEGAN HASTINGS

US

## INGREDIENTS

2 CUPS COOKED WHITE RICE  
2 CUPS COOKED BLACK OR RED BEANS  
1/4 CUP BEAN BROTH OR WATER  
1/4 CUP YELLOW ONION FINELY CHOPPED  
1/4 CUP RED PEPPER FINELY CHOPPED  
1/8 CUP FINELY CHOPPED CILANTRO LEAVES  
1 TBSP SALSA LIZANO  
1 TSP SEA SALT  
2 TSP VEGETABLE OIL

## METHOD

- (These instructions assume you have already done the first two steps- cook the rice and beans ahead of time.)
- Heat oil in a large skillet over medium heat. Add onion, pepper, cilantro and salt. Lightly cook until the onion is translucent. You have just made sofrito!
- Add the beans with broth and toss with the spices and oil. Add the Salsa Lizano.
- Add the cooked rice to the skillet and toss until well combined with the beans and spices. Heat thoroughly and serve- preferably with fried eggs, warm corn tortillas and a hot cup of Costa Rican coffee!



# ROASTED BROCCOLI WITH HOLLANDAISE SAUCE

JAMES MICHEL

US

## INGREDIENTS

1 HEAD OF BROCCOLI  
2 TABLESPOON OLIVE OIL  
SALT AND PEPPER, TO TASTE

### HOLLANDAISE SAUCE

3 EGG YOLKS  
2 TABLESPOON LEMON JUICE  
1 TEASPOON DIJON MUSTARD  
1/4 TEASPOON SALT  
PINCH OF CAYENNE PEPPER  
1/2 CUP UNSALTED BUTTER OR GHEE, MELTED AND HOT  
HANDFUL OF PARSLEY



## METHOD

- Preheat your oven to 425F. Then remove the individual florets from the broccoli head and cut them into bite sized pieces.
- On a baking sheet, toss the broccoli florets in olive oil, salt, and pepper. Spread them out into an even layer on the baking sheet and bake for 20 minutes in the oven, until the edges are crisp and slightly browned.
- While the broccoli is roasting, make the hollandaise sauce. First, melt the butter in a microwave (make sure it's covered as it will splatter) for about 1 minute, until it's hot. Then add the egg yolks, lemon juice, dijon, salt and cayenne pepper into a high powered blender and blend for 5 seconds until combined.
- With the blender running on medium high, slowly stream in the hot butter into the mixture until it's emulsified. Then add a small handful of parsley into the blender and pulse to mix it in. Once it's mixed together, pour the sauce into a small bowl.
- Remove your broccoli from the oven and place them in a large serving bowl. Then pour the hollandaise sauce over the roasted broccoli and serve.

# LA COCINA DE ROSI - QUIMBOLITOS

ELIZABETH MORA  
A U



[Click here](#)

# CLUB SANDWICH

VALERIA MESIA  
PE



[Click here](#)

# KITCHARI

MEREDITH FINKELSTEIN  
US

## INGREDIENTS

*TABLESPOONS COCONUT OIL  
2 TEASPOONS BROWN MUSTARD SEEDS  
2 TEASPOONS FENNEL SEEDS  
2 TEASPOONS CUMIN SEEDS  
2 TEASPOONS FENUGREEK SEEDS  
2 TEASPOONS TURMERIC  
2 TEASPOONS GROUND GINGER  
1 TEASPOON GROUND CORIANDER  
1/2 TEASPOON GROUND CUMIN  
1 TEASPOON SEA SALT  
1 TEASPOON BLACK PEPPER  
1 TABLESPOON CHOPPED GARLIC (ABOUT 2 - 3 CLOVES)  
1/2 CUP CHOPPED ONION (OR SHALLOT)  
2 CUPS SPLIT MUNG BEAN DAHL (OR GOLDEN LENTILS)  
1 CUP WHITE BASMATI RICE  
3 - 5 CUPS CHOPPED VEGETABLES\*  
4 CUPS VEGETABLE BROTH  
4 CUPS WATER  
2 BAY LEAVES  
CILANTRO & COCONUT YOGURT TO GARNISH (IF DESIRED)*

## METHOD

- Heat the oil in a large stockpot or dutch oven. Once melted, add the spices. Cook the spices in the oil until they start to become quite aromatic, about 2 - 3 minutes. From there add the garlic and onion/shallots and cook another 2 minutes or so.
- Add the beans, rice and veggies and give it a quick stir to ensure the spices are evenly coating the rest of the ingredients. Pour in the liquids and stir in the bay leaves.
- Bring the mixture to a boil, then reduce to simmer and cover and cook for about an hour. Remove the lid, give the mixture a good stir and add a touch more liquid if desired.



# ROASTED LEG OF LAMB

ANN KOOME

BW



## METHOD

### INGREDIENTS

*1 (5 TO 6 POUND) TRIMMED BONE-IN  
LEG OF LAMB  
4 CLOVES GARLIC, MINCED  
1 TABLESPOON OLIVE OIL  
1 TABLESPOON CHOPPED FRESH  
ROSEMARY  
1 TABLESPOON CHOPPED FRESH  
THYME LEAVES  
1 TABLESPOON DIJON MUSTARD  
1 TABLESPOON KOSHER SALT  
2 TEASPOONS GROUND BLACK  
PEPPER*

- Preheat oven to 350 degrees F. Line a roasting pan with aluminum foil.
- Pat lamb dry with paper towels. Using a sharp knife, score the top side of the lamb by making shallow cuts all over.
- In a small bowl, combine garlic, olive oil, rosemary, thyme, Dijon, salt and pepper.
- Place lamb, fat side up, on a rack in the prepared roasting pan. Spread garlic mixture evenly over the lamb, rubbing in thoroughly into the scored cuts.
- Place into oven and roast until it reaches an internal temperature of 135 degrees F for medium, about 1 hour 30 minutes to 1 hour 45 minutes, or until desired doneness. Let rest 15 minutes before slicing.

# FEIJOADA

LURI CAMPOS  
BR



## INGREDIENTS

- 4 TBSP OLIVE OIL
- 3 ONIONS
- ½ TEASPOON SALT
- 1½ TEASPOONS GROUND GARLIC
- 3 BAY LEAVES
- ¼ TEASPOON CAYENNE PEPPER (OPTIONAL)
- 2 TEASPOONS GROUND CORIANDER
- 2 TEASPOONS GROUND CUMIN
- 1½ TEASPOONS SMOKED PAPRIKA
- 2 TEASPOONS OREGANO
- ½ TEASPOON BLACK OR WHITE GROUND PEPPER
- 2½ CUPS DRIED BLACK BEANS (6-8 CUPS COOKED)
- 5 CUPS OF WATER
- 1 VEGETABLE STOCK CUBE
- 2 TABLESPOONS SOY SAUCE
- 1 TABLESPOON RED OR WHITE WINE VINEGAR
- 1 TABLESPOON BALSAMIC VINEGAR
- ½ TABLESPOON MARMITE

## METHOD

- Take two of the onions and chop or pulse 6-8 times in a food processor to easily chop. Puree the remaining onion in a food processor or blender and set aside for step 4.
- 2. Fry the chopped onions in the olive oil over medium-high heat, stirring often, for 10 minutes. Add the 1/2 tsp salt at around the 5-6 minute mark when the onions are slightly golden.
- 3. Add all the spices and seasoning from the garlic to the ground pepper and stir well, toasting for two minutes.
- 4. Add in the pureed onion and fry for five minutes, stirring often.
- 5. Now add in the beans water and stock cube. Check the notes for cooking times for all methods.
- 6. After the beans have finished cooking, bring to the boil and add in the two types of vinegar, soy sauce and marmite (optional). Reduce to a simmer and let cook for five minutes more.
- 7. Remove the bay leaves. If you'd like to thicken the sauce you can blend it a little, no more than half a cup. Serve!

# SWEET POTATO BLACK BEAN TAMALES

AERIN DUNFORD  
M X

## INGREDIENTS

3-4 MEDIUM-LARGE SWEET POTATOES  
2 CUPS MASA HARINA (NOT CORNMEAL // MASA HARINA HAS BEEN COOKED AND SOAKED IN LIME WATER, THEN GROUND INTO FLOUR)  
1 ½ CUPS WATER  
1 ½ TSP SEA SALT  
1 ¾ TSP BAKING POWDER  
2 ½ TBSP AVOCADO OIL (OR SUB DAIRY-FREE BUTTER OR ORGANIC DAIRY BUTTER AS TOLERATED)  
2/3 – 3/4 CUP WATER (WARM TEMPERATURE IS BEST)  
3-4 TBSP WATER (OR SUB OIL AND REDUCE AMOUNT BY HALF)  
1/4 CUP DICED WHITE OR RED ONION  
1 15-OZ CAN BLACK BEANS, SLIGHTLY DRAINED  
1 CHIPOTLE PEPPER IN ADOBO SAUCE, CHOPPED  
1 ½ TSP ADOBO SAUCE (OMIT OR REDUCE FOR LESS HEAT)  
1/2 TSP SEA SALT, PLUS MORE TO TASTE  
1/2 TSP GROUND CUMIN  
1-2 TSP COCONUT SUGAR (OPTIONAL)  
1 PACKAGE DRIED CORNHUSKS, SOAKED IN WATER 30 MINUTES FOR SERVING OPTIONAL  
PLAIN DAIRY-FREE YOGURT OR SOUR CREAM (WE LIKE PLAIN CULINA YOGURT)  
HOT SAUCE  
CILANTRO  
LIME JUICE



## METHOD

- Heat oven to 375 degrees F (190 C) and place whole sweet potatoes on a parchment-lined baking sheet. Poke sweet potatoes a few times with a fork to allow steam to escape. Bake for 45 minutes to 1 hour or until tender. NOTE: For quicker bake time, halve sweet potatoes, rub with a little oil, and bake cut-side down for 35-40 minutes or until tender (as pictured).
- In the meantime, add masa harina to a large mixing bowl and pour the water over. Stir to combine. It will likely appear a bit dry – that's okay. Let rest 15 minutes to hydrate.
- In the meantime, add dried corn husks to a large mixing bowl and cover with room temperature water. Set something on top to submerge them (such as a small skillet). Set aside and let soak (at least 15 minutes and up to 1 hour).
- In the meantime, heat a saucepan over medium heat. Once hot, add water (or oil) and onion. Sauté, stirring occasionally, for 4-5 minutes or until tender and slightly browned.
- Add slightly drained black beans, chopped chipotle pepper, adobo sauce (omit or reduce for less heat), salt, cumin, and coconut sugar (optional).
- Bring to a simmer over medium heat, then reduce heat to a simmer and cover. Cook for 10-15 minutes, stirring occasionally. Taste and adjust flavor as needed, adding more salt to taste, cumin for smokiness, coconut sugar to balance the flavors, or adobo sauce for heat. Turn off heat and uncover. Set aside to cool slightly.
- Remove baked sweet potatoes from oven and let cool to the touch. Then peel away the skin, transfer to a mixing bowl or shallow plate, and mash with a potato masher or fork until mostly smooth. Set aside



# SWEET POTATO BLACK BEAN TAMALES

AERIN DUNFORD

MX

## METHOD

- To the soaked masa mixture add salt, baking powder, and avocado oil and stir. Then add broth (warm or room temperature for best results) a little at a time until a thick paste is achieved. It shouldn't be liquidy or crumbly (see photo). Be sure to stir well so it's fully combined. Set aside.
- Remove corn husks from water and pat dry (when water remains on the husks, the masa can have a hard time adhering). Then take one husk in your non-dominant hand (or place on a flat, clean surface) with the wider/broader edge facing toward you (narrow end away from you).
- Add 2 - 2 ½ Tbsp masa, then use the back of a spoon to spread the mixture from the bottom 1/3 center of the husk to the right edge (see photo). Spread into a thin layer – somewhere between 1/8th-inch and 1/4-inch thick (not too thin or the fillings spill through, not too thick or the tamale takes longer to cook).
- Then add ~1 ½ Tbsp of the mashed sweet potatoes to the center of the masa and top with ~1 Tbsp of beans (see photo). Tuck the right side of the corn husk over the bean filling, right where the masa's left edge is. Then continue rolling until the seams meet. Then fold the narrow edge of corn husk over the seam and set in a loaf pan or dish that will keep your tamales upright. Continue until you have used all your masa mixture and filling (as original recipe is written, ~24 tamales).
- To a large pot or Dutch oven, add a steamer basket. Fill pot with water until it almost touches the base of the steamer basket. Then add the tamales, keeping them upright if possible (see photo).
- Turn heat to high, then, once boiling, reduce heat to low, cover, and simmer to steam the tamales for about 1 hour. You'll know they're done when the masa appears cooked. If you aren't sure, you can remove one tamale, let it cool for a few minutes (as they stiffen up the more they cool), unwrap, and test. If they're cooked through, they're ready to enjoy. If not, steam for 5-10 minutes more, or longer as needed.
- Once cooked, remove the lid and let steam escape for a few minutes. Then they're ready to enjoy! Top with desired garnishes. We loved hot sauce, cilantro, lime juice, and a little dairy-free yogurt (Culina plain is our favorite, though vegan sour cream would be delicious, too).
- Store cooled tamales covered in the refrigerator up to 4-5 days. Reheat in the microwave or in a cast iron skillet on the stovetop until hot.
- To freeze, let tamales cool, then add to a parchment-lined baking sheet and arrange in a single layer. Freeze until firm, then transfer to a well-sealed container where they should keep for at least 1 month, oftentimes longer. To cook from frozen, let thaw, then heat either in the microwave or in a cast iron skillet on the stovetop until hot. Or microwave for 1 minute, remove husk, and then continue heating in the microwave or in a cast iron skillet on the stovetop until hot.

# MIXED POTATO SALAD WITH CASHEWS AND CHEESE

BETH RAPS  
US



## INGREDIENTS

800 GRAMS WAXY POTATOES  
150 GRAMS CASHEWS  
1 TABLESPOON ORANGE PEEL (FROM AN ORGANIC ORANGE)  
1 CELERY  
200 GRAMS FETA  
½ OAK LEAF LETTUCE  
OLIVE OIL (COLD PRESSED)  
SALT  
PEPPERS (FRESHLY GROUND)  
NUTMEG (FRESHLY GRATED)  
2 LEMONS (JUICED)

## METHOD

- Rinse the potatoes and boil in plenty of water. Drain and let the potatoes cool down. Peel the potatoes and cut lengthwise into columns.
- Mix 5 tablespoons olive oil with 100 ml (approximately ½ cup) of water, lemon juice, orange zest and nutmeg. Season with salt and pepper. Pour it over the potatoes and mix well. Let it stand for about 30 minutes.
- In the meantime, rinse the green leaf lettuce and shake dry. Rinse and trim the celery and cut into thick strips. Toast the cashew nuts in a dry pan and keep aside.
- Mix the potatoes with lettuce and celery and season again with salt and pepper. Toss in the cashew nuts and crumble the feta cheese over it. Serve with fresh white bread.

# NOOCH" (NUTRITIONAL YEAST) POPCORN

STEPHANIE STEINER

U S



## INGREDIENTS

*1/3 CUP NUTRITIONAL YEAST  
1 TEASPOONS FINE SEA SALT, OR  
MORE/LESS TO TASTE  
3 TABLESPOONS COCONUT OIL, OR  
ENOUGH TO THOROUGHLY COAT THE  
BOTTOM OF THE PAN  
1/2 CUP POPCORN KERNELS*

## METHOD

- Add the nutritional yeast and salt to a large food storage container (with a lid). Set aside.
- Heat the oil in a medium saucepan over medium-high heat. Place 3-4 individual kernels in the pan. Once the kernels begin to pop, add in the rest of the kernels so that they form a single layer on the bottom of the pan. Cover the saucepan with a lid and give it a shake so that the kernels all get coated with the oil.
- When the popcorn kernels start popping, give the pan a good shake every 15 seconds or so to help the un-popped kernels fall to the bottom. (This will also help prevent the popcorn from burning.) Once the popping slows down and there are a few seconds between pops, immediately transfer the popcorn to the prepared food storage container. Place the lid on the container, and give it a good shake for 10 seconds to coat the popcorn.
- Serve warm and enjoy!

# FIELD PUMPKIN BLOSSOM WITH EGGS AND PICO.

SUSA FRENZ  
US

## INGREDIENTS

2 TO 3 CUPS CRACKER CRUMBS  
2 EGGS, SLIGHTLY BEATEN  
1/2 TEASPOON SALT  
FRESH PUMPKIN BLOSSOMS



## METHOD

- In a small bowl, place finely ground cracker crumbs
- In a separate bowl, add eggs. Slightly beat them.
- Dip pumpkin blossoms in eggs, then into cracker crumbs.
- Place in a well greased skillet, heated to medium heat.
- Fry for 3 - 4 minutes.
- Flip and fry another 3 - 4 minutes, or until golden brown.
- Serve warm.

# ROCCAN MANOOMIN SALAD

HANNAH RENGLICH

CA



## INGREDIENTS

### SALAD

- 2 CUPS COOKED WILD RICE
- 2 CUPS GRATED CARROTS
- 1 CUP FINELY SLICED KALE AND/OR 1 CUP GRATED ZUCCHINI
- 1 APPLE, CHOPPED
- ½ CUP RAW SUNFLOWER SEEDS
- ¼ CUP CHOPPED CILANTRO

### DRESSING:

- ½ CUP VEGETABLE OIL OR EXTRA VIRGIN OLIVE OIL
- 2 TBSP FRESH LEMON JUICE
- 2 TBSP APPLE CIDER VINEGAR
- 2 CLOVES GARLIC, CRUSHED OR MINCED
- 1 TSP GROUND CUMIN ½ TSP SWEET OR SMOKED PAPRIKA
- ¼ TSP SALT (TO TASTE)

## METHOD

- Mix together salad ingredients in a large bowl. Add dressing ingredients to a small bowl and mix with a fork or whisk. Pour dressing over the salad ingredients and combine well. Cover and refrigerate for a minimum of 2 hours to let the flavours blend together.

# CORN, CHIPOTLE AND AVOCADO BLACK RICE SALAD

KERI FACER  
FR

## INGREDIENTS

### FOR THE SALAD

2 EARS FRESH CORN  
1 CUP CHOPPED RED ONION  
1 (14.5 OZ) CAN BLACK BEANS  
1 RED BELL PEPPER, DICED (ABOUT 1 CUP)  
1/2 CUP LOOSELY PACKED FRESH CHOPPED CILANTRO  
(PLUS A BIT MORE FOR GARNISH, IF DESIRED)  
1 AVOCADO

### FOR THE DRESSING

2 TABLESPOONS RED WINE VINEGAR  
2 TABLESPOONS FRESH LIME JUICE, FROM 1-2 LIMES  
2 TABLESPOONS HONEY  
1/4 CUP PLUS 2 TABLESPOONS VEGETABLE OIL  
1 LARGE GARLIC CLOVE, ROUGHLY CHOPPED  
1/4 TEASPOON DRIED OREGANO  
3/4 TEASPOON CUMIN  
3/4 TEASPOON SALT  
1/4 TEASPOON BLACK PEPPER  
2 CANNED CHIPOTLE PEPPERS IN ADOBO SAUCE (2  
PEPPERS, NOT 2 CANS; USE SMALLER PEPPERS AND IF  
THEY ARE ALL LARGE, USE ONLY 1-1/2)



## METHOD

- Bring a large pot of salted water to a boil. Add the corn, cover, and turn the heat down to low. Simmer for 10 minutes. Remove the corn from the water and let cool.
- Meanwhile, place the chopped red onions in a small bowl and cover with water. Let sit about ten minutes, then drain completely in a sieve and set aside.
- Place the beans in a sieve; run under cold water to rinse well. Let drain completely and set aside.
- Holding the cooled corn upright in a large bowl, cut the kernels off the cob in strips. Add the beans, red onion, red bell pepper and cilantro.
- Make the dressing by combining all of the ingredients in a blender or mini food processor; process until smooth.
- Pour the dressing over the salad and toss well. Cover and refrigerate for at least 1 hour or, preferably, overnight.
- Right before serving, slice the avocado in half. Remove the pit; using a butter knife, cut a grid in each half. Holding the avocado halves over the salad, use a spoon to scoop out the diced flesh. Toss the salad gently, then taste and adjust seasoning if necessary (I usually add a squeeze of fresh lime to freshen it up). Garnish with a bit of fresh chopped cilantro if desired. Serve cold.

# UPSIDE DOWN CHOCOLATE CAKE

LOOBY MACNAMARA  
GB

## INGREDIENTS

### CAKE:

3/4 CUP (105G) ALL-PURPOSE FLOUR  
3 TABLESPOONS (20G) DUTCH-PROCESSED COCOA POWDER  
2 TEASPOONS BAKING POWDER  
1/4 TEASPOON SALT  
3/4 CUP (150G) GRANULATED SUGAR  
1/2 CUP (120 ML) WHOLE MILK  
1/4 CUP (1/2 STICK OR 56G) UNSALTED BUTTER, MELTED  
2 TEASPOONS PURE VANILLA EXTRACT

### PUDDING SAUCE:

1/4 CUP (25G) DUTCH-PROCESSED COCOA POWDER  
1/3 CUP (65G) LIGHT BROWN SUGAR  
1/3 CUP (65G) GRANULATED SUGAR  
1 1/2 (360 ML) CUPS BOILING WATER



## METHOD

1. Preheat oven to 350F/180C. Grease an 8-inch square pan.
2. **To make the cake:** In a medium bowl, sift together flour, cocoa, baking powder, and salt. Add sugar and mix.
- 
3. In a small bowl, mix together milk, butter, and vanilla until combined. Pour into flour mixture and mix just until combined. Fold in nuts. Scrape batter into prepared pan and smooth the top.
4. **To make the pudding:** In a small bowl, toss together cocoa, granulated sugar, and brown sugar until combined. Sprinkle mixture on top of batter, making sure it coats the entire surface evenly. Pour the hot water evenly on top. Leave as-is and do not stir.
5. Bake for 25-30 minutes, until the top is set and the cake is cracked and just beginning to pull away from the sides of the pan. Do not over bake or the cake will be dry. Allow cake to cool in the pan for 15 minutes on a wire rack.
6. Serve cake warm, with ice cream if you like. Serve each slice upside-down and drizzle with pudding sauce.
7. Cake can be kept in the refrigerator, covered, for up to 3 days. Reheat in microwave.

# SCHWARZWÄLDER KIRSHWASSER

MICHELLE STEFFAN

US



## INGREDIENTS

### CHOCOLATE CAKE

- 1 AND 3/4 CUPS (219G) ALL-PURPOSE FLOUR (SPOON & LEVELED)
- 3/4 CUP (65G) UNSWEETENED NATURAL COCOA POWDER\*
- 1 AND 3/4 CUPS (350G) GRANULATED SUGAR
- 2 TEASPOONS BAKING SODA
- 1 TEASPOON BAKING POWDER
- 1 TEASPOON SALT
- 2 TEASPOONS ESPRESSO POWDER (OPTIONAL)\*
- 1/2 CUP (120ML) CANOLA OR VEGETABLE OIL
- 2 LARGE EGGS, AT ROOM TEMPERATURE
- 3/4 CUP (180G) FULL FAT SOUR CREAM, AT ROOM TEMPERATURE\*
- 1/2 CUP (120ML) BUTTERMILK, AT ROOM TEMPERATURE\*
- 2 TEASPOONS PURE VANILLA EXTRACT
- 1/2 CUP (120ML) HOT WATER OR COFFEE\*
- 2 (15 OUNCE) CANS DARK SWEET CHERRIES IN HEAVY SYRUP\*
- 2 TABLESPOONS CHERRY LIQUOR (SOLD AS KIRSCH OR KIRSCHWASSER)\*

### CHOCOLATE GANACHE

- 1 CUP (240ML) HEAVY CREAM OR HEAVY WHIPPING CREAM
- TWO 4-OUNCE SEMI-SWEET CHOCOLATE BARS (226G), FINELY CHOPPED
- OPTIONAL: 1 TABLESPOON LIGHT CORN SYRUP\*

### WHIPPED CREAM

- 2 CUPS (480ML) COLD HEAVY CREAM OR HEAVY WHIPPING CREAM
- 1/4 CUP (30G) CONFECTIONERS' SUGAR
- 1 TEASPOON PURE VANILLA EXTRACT



# METHOD

- Preheat the oven to 350°F (177°C). Grease three 9-inch cake pans, line with parchment paper, then grease the parchment paper. Parchment paper helps the cakes seamlessly release from the pans.
- Make the chocolate cake: Whisk the flour, cocoa powder, sugar, baking soda, baking powder, salt, and espresso powder (if using) together in a large bowl. Set aside. Using a KitchenAid stand mixer fitted with a flat beater, beat the oil, eggs, sour cream, buttermilk, and vanilla together until combined. Pour the dry ingredients into the wet ingredients, add the hot water or coffee, and beat it all until the batter is completely combined.
- Divide batter evenly between 3 pans. Bake for 21-25 minutes. Baking times vary, so keep an eye on yours. The cakes are done when a toothpick inserted in the center comes out clean. Remove the cakes from the oven and set on a wire rack. Allow to cool for 30 minutes in the pans, then remove cakes from pans and set on a cooling rack. Be careful and use two hands when handling the cakes.
- After the cakes have cooled, use a large serrated knife or cake leveler to slice a thin layer off the tops of the cakes to create a flat surface. Discard (or crumble over ice cream!).
- Prepare the syrup: Drain the cherries, reserving 3/4 cup (180ml) of the heavy syrup. Set cherries aside. Simmer syrup and cherry liquor in a small saucepan over low heat until reduced down to 1/4 cup (60ml). Brush reduced syrup all over the cakes, reserving any leftover syrup.
- Slice the cherries in half, leaving a few whole cherries for garnish. Set aside.
- Make the ganache: Place chopped chocolate and corn syrup, if using, in a medium bowl. Heat the cream in a small saucepan until it begins to gently simmer. (Do not let it come to a rapid boil- that's too hot!) Pour over chocolate and let it sit for 2-3 minutes to gently soften the chocolate. Slowly stir until completely combined and chocolate has melted. Set aside to cool for 10 minutes as you prepare the whipped cream.
- Make the whipped cream: Using a KitchenAid stand mixer fitted with a whisk attachment, whip the heavy cream, sugar, and vanilla extract on medium-high speed until soft peaks form, about 3 minutes.
- Assemble the cake: Place 1 cake layer on your cake stand, cake turntable, or serving plate. Spread 1 heaping cup of whipped cream evenly on top. Dot with half of the halved cherries and drizzle with a spoonful of reduced syrup. Top with 2nd cake layer and evenly cover the top with 1 heaping cup whipped cream, the remaining halved cherries, and another drizzle of reduced syrup. Top with the 3rd cake layer. Spread the remaining whipped cream on top and all around the sides in a thin layer using an icing spatula. Use a bench scraper to smooth out the whipped cream on the sides of the cake.
- Pour chocolate ganache on top of the cake. Spread to the edges of cake allowing it to gently drip down the sides. Top with whole cherries. Refrigerate for at least 30 minutes before slicing and serving.
- Cover and store leftover cake at room temperature for 1-2 days or in the refrigerator for up to 1 week.

# BRIGADEIRO

MARIA CLARA GOMES AND THAYS PRADO  
BR



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# APPLE CRUMBLE

NICOLE DANIELS

ZA



[Click here](#)

# NAVAJO BLUE CORN MUSH

BEN DELS

US



## INGREDIENTS

*1/2 CUP ROASTED BLUE  
CORN FLOUR  
1 TEASPOON JUNIPER  
ASH  
2 CUPS COLD WATER*

## METHOD

- In a bowl mix the flour and ash together with a whisk until evenly distributed. Set aside.
- Place water in a pot making sure it does not exceed halfway. Add the flour mixture while the water is cold as to not create large lumps. Whisk together until smooth.
- Cook mixture on medium high, stirring constantly so the bottom of the pot doesn't burn. Cook until thickened of desired consistency. \*Add water to thin out. \* To thicken, add a slurry of half water and flour (2 Tbsp cold water + 1 Tbsp flour).
- -If desired, sweeten with sugar and enjoy it while it is warm.

# BANANA BREAD

BIBIANA BOSAK  
LU



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# STRAWBERRY PAVLOVA

KIM WILLIS  
US

## INGREDIENTS

### FOR THE MERINGUE:

4 EGG WHITES  
PINCH OF SALT  
1 ¼ CUPS SUPERFINE SUGAR  
2 TEASPOONS CORNSTARCH  
1 TEASPOON WHITE-WINE VINEGAR  
A FEW DROPS VANILLA EXTRACT

### FOR THE TOPPING:

1 POUND STRAWBERRIES, HULLED AND  
HALVED OR QUARTERED  
½ TEASPOON HIGH-QUALITY VANILLA  
EXTRACT  
1 TEASPOON HIGH-QUALITY BALSAMIC  
VINEGAR  
2 TEASPOONS SUPERFINE SUGAR  
2 CUPS HEAVY CREAM



## METHOD

1. To prepare meringue: heat oven to 350 degrees. Line a baking sheet with parchment paper, and draw a circle on the paper using an 8- or 9- inch cake pan as a guide. Flip the parchment over so the pencil marking is facing down (this ensures that the pencil won't transfer to the meringue). In bowl of an electric mixer, combine egg whites and salt. Begin beating at low speed, slowly increasing to high. Continue until satiny peaks begin to form; gradually beat in sugar a tablespoon at a time until meringue is stiff and shiny.
2. Sprinkle in cornstarch, white-wine vinegar and vanilla, and fold in gently. Mound onto parchment within circle, and shape into a disk, flattening top and smoothing sides. Place in oven, and immediately reduce heat to 300 degrees. Bake 1 hour 15 minutes. Turn off heat, and allow meringue to cool completely in oven.
3. To prepare topping: in a mixing bowl, combine strawberries, vanilla, balsamic vinegar and sugar. Cover with plastic wrap. Let sit at room temperature at least 15 minutes and up to 2 hours.
4. To serve, carefully peel off parchment and place meringue on a platter or cake stand. Gently crack the top with the back of a soup spoon to make a shallow nest for the whipped cream and berries. Whip cream until it is thick enough to hold peaks, and spoon it evenly over meringue. Cover cream with strawberries, allowing a small amount of their liquid to dribble onto cream. Serve immediately.

# COCONUT CHIA PUDDING

ANGELLA OKAWA  
US

## INGREDIENTS

1/4 CUP CHIA SEEDS  
2 TBSP SHREDDED UNSWEETENED  
COCONUT  
1 & 1/4 CUP LIGHT COCONUT MILK  
1 TSP VANILLA EXTRACT  
2 TBSP MAPLE SYRUP

## METHOD

1. Mix all the ingredients together in a bowl.
2. Let sit on the counter for 10 minutes, giving it a stir every 2-3 minutes.
3. Cover and place in the fridge to firm up for 1-2 hours.

### Topping Ideas

- Berries
- Sliced Bananas
- Cut up Mango
- Coconut flakes
- Nuts and seeds
- Cacao nibs
- Cinnamon or Coco powder
- Granola
- Bee pollen



# BUTTERSCOTCH PUDDING

KATE LIPKIS  
US



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# CANNA COOKIES

JAMES BALDER  
ES

## INGREDIENTS

1¼ CUPS ALL-PURPOSE FLOUR  
½ TEASPOON BAKING SODA  
½ TEASPOON SALT  
½ CUP CANNABUTTER OR CANNABIS  
COCONUT OIL ROOM TEMPERATURE  
¾ CUP CANNABIS SUGAR OR REGULAR  
SUGAR\*  
1 LARGE EGG BEATEN  
½ TEASPOON VANILLA EXTRACT  
1 CUP CHOCOLATE CHIPS



## METHOD

- Preheat the oven to 375° F. Prepare two foil-lined baking sheets and set them aside.
- In a medium-sized mixing bowl, whisk together the dry ingredients: flour, baking soda, and salt. Set this bowl aside.
- In a separate medium-sized mixing bowl, add the butter and sugar.
- Using a hand mixer, cream the butter and sugar together until the mixture is light and fluffy, approximately 2-3 minutes.
- Add the egg and vanilla to the creamed ingredients and beat well with the mixer.
- Gradually add the dry ingredients to the wet ingredients while continuing to mix. Mix until all ingredients are well incorporated and a dough is formed.
- When the dough is formed, gently fold in the chocolate chips.
- Create 1 tablespoon-sized dough balls and place them evenly apart, approximately 2", on the reserved foil-lined baking sheets. Gently flatten the dough balls with your hands or the back of a spoon.
- Bake in the oven for 9 minutes.
- Remove from the oven and allow the cookies to cool for 1-2 minutes before removing from the baking sheet and transferring to a cooling rack.
- Enjoy!

# BAKED PINEAPPLE

COMAN POON  
CA

## INGREDIENTS

1 PINEAPPLE, PEELED, CORED AND CUT INTO SPEARS  
1 CUP BROWN SUGAR, PACKED  
1-3 TSP CINNAMON, GROUND, MORE OR LESS TO TASTE  
2-4 TBLSP BUTTER, COLD, CUBED  
COOKING SPRAY



## METHOD

- Preheat oven to 400 degrees. Prepare a rimmed baking sheet with tin foil and a light coating of cooking spray. Set aside.
- Combine brown sugar and cinnamon in a large resealable bag. Add the pineapple spears, close the bag tightly, and shake it so that the cinnamon and brown sugar completely coat the spears. Press sugar mixture onto spears as you remove from bag and place on prepared baking sheet in a single layer.
- Place tiny butter cubes across the top of the pineapple spears. At 10 to 15 minutes flip pineapple spears over into melted sugar on the baking sheet. Bake until pineapple juices bubble, 25-30 minutes in total. Enjoy!

# ALMOND MILK CHAI TEA

LEKGOLO MAYATULA  
ZA



## INGREDIENTS

2 CUPS **ALMOND** MILK  
3 CHAI TEA BAGS  
½ TEASPOON VANILLA EXTRACT  
1 TEASPOON CINNAMON  
½ TEASPOON GROUND CLOVES

## METHOD

1. Warm the almond milk in a sauce pot. Remove from heat. Add the tea bags, cover, and steep for 5-7 minutes.
2. Take tea bags out and add vanilla, cinnamon and ground cloves.
3. Pour into tea cups and serve. Or let cool and pour over ice.

# GINGER TEA WITH MINT & CARDAMOM

DANIELA RENEE  
IT

## INGREDIENTS

1 1-INCH PIECE OF GINGER  
4 CARDAMOM PODS  
10-12 MINT LEAVES  
3 TEASPOONS BLACK TEA (I  
LIKE TO USE TEA GRANULES,  
BUT TEA LEAVES WOULD  
WORK JUST AS WELL)  
1/8 CUP MILK (OR, TO TASTE)  
SUGAR, TO TASTE

## METHOD

- Halve the ginger and bruise it with the flat side of your knife. Crush the cardamom pods to release the seeds within (retaining the pods), and set both aside. I like to use a mortar and pestle to pound both the ginger and cardamom together.
- Heat 1 3/4 cups of water along with ginger, mint leaves, and cardamom pods and seeds. When the water starts to heat up (just before it comes to the boil), reduce the flame and add the tea granules. Turn off the heat; let the tea and spices steep for 1 minute.
- Pour enough milk to get the desired color, and strain into cups. Add sugar to taste and serve immediately.



# HOT CHOCOLATE

LERATO NKABINDE  
ZA



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# GOLDEN PASTE

CHRIS

GB



## INGREDIENTS

½ CUP GROUND TURMERIC SPICE  
1 TABLESPOON GROUND  
CINNAMON  
1 TEASPOON FRESH GINGER,  
GRATED  
1 TEASPOON BLACK PEPPER  
¼ CUP COCONUT OIL  
1 CUP WATER

## METHOD

- Place ground turmeric, ground cinnamon, fresh ginger, black pepper, coconut oil, and water in a small saucepan and place over medium low heat.
- Whisk to combine and cook until it forms a paste and coconut oil is fully melted.
- Transfer to a jar with a lid. Let it cool to room temperature and store in the fridge up to 2 weeks.
- When ready to make turmeric golden milk, place a teaspoon of turmeric paste in a mug and add in hot milk of your choice. Taste for sweetness and add in maple syrup or honey. Give it a stir and enjoy.

# MANGO LASSI

C GALLAGHER  
IE



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# PEACH ICE TEA

MARIA NADOTTI  
IT



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# MAMAKI TEA

LALA NUSS  
CA



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