

Recipe

Vietnam

Pho

Ingredients:

PHO BROTH:

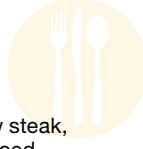
- 1 large white onion, peeled and halved
- 3-inch piece of fresh ginger, halved lengthwise
- 5 star anise
- 4 whole cloves
- 3 (3-inch) cinnamon sticks
- 2 cardamom pods
- 1 tbsp. whole coriander seeds
- 8 cups good-quality beef stock (or chicken or vegetable stock)
- 1 tbsp. brown sugar
- 2 tsp. fish sauce
- Fine sea salt, to taste

PHO SOUP:

- 8 ounces raw steak, very thinly sliced
- 7 ounces uncooked thin rice noodles

Garnishes:

Fresh herbs (cilantro, mint, and/or Thai basil), bean sprouts, lime wedges, thinly sliced chiles (Thai bird chiles or jalapeños), thinly sliced onions (green onions or white onions), sauces (hoisin and/or sriracha)



Nutritional Information:

500 calories per serving
5g fat
100g carbs
6g fiber
20g protein

Prep Time: 30 minutes

Cook Time: 45 minutes



Recipe

Georgia

Game Hen with Garlic Sauce

Ingredients:

- 1 (2 lb.) Cornish game hen, backbone removed
- 1 tsp. cayenne pepper
- 8 cloves garlic (2 mashed into a paste, 6 roughly chopped)
- Kosher salt, to taste
- 10 tbsp. unsalted butter
- 1¼ cups chicken stock
- 2 tbsp. roughly chopped cilantro
- Country bread, for serving (optional)



Nutritional Information:

134 calories per serving
23g protein
3g total fat

Prep Time: 10 minutes

Cook Time: 1 hour



Recipe

Kenya

Mandazi

Ingredients:

- 3 cups all-purpose flour, plus more for dusting
- ½ cup sugar
- 1½ tsp. baking powder
- 2 tsp. ground cardamom
- ½ tsp. kosher salt
- 1 egg, beaten
- 13½ oz coconut milk, 1 can
- Oil, for frying

Makes 40 mandazis.



Nutritional Information:

72 calories per serving
2g fat
10g carbohydrates
0g fiber
1g sugar
1g protein

Prep Time: 40 minutes

Cook Time: 50 minutes



Recipe

Dominican Republic

Passionfruit & Oatmeal Drink

Ingredients:

- ¼ cup oatmeal
- 4 cups water
- 1 tbsp ground cinnamon
- 7 tbsp canned passionfruit pulp or fresh passionfruit pulp
- 7 tbsp raw sugar

Directions:

1. Place oatmeal into mixing bowl and grind down to a soft grain.
2. Add water, cinnamon, passionfruit pulp, and sugar and cook 20 min at 212° F.
3. Strain mixture through simmering basket into a large jug.
4. Place jug into refrigerator to chill prior to serving.



Nutritional Information:

Approx. 250 calories

Prep Time: 5 minutes

Cook Time: 20 minutes



Recipe Vietnam

Pho

DIRECTIONS:

Prep the protein. Use a sharp knife to thinly slice the meat before adding it to the soup.

Make the broth. Char the onion and ginger in a skillet or under the broiler. Toast the spices in a large stockpot. Add in onion, ginger, and broth. Cover and simmer for at least 30 minutes. Strain out and discard all of the onions, ginger, and spices. Then stir in the remaining ingredients and season with salt.

Prep the noodles. Cook noodles al dente according to the package instructions. Drain, then toss briefly with cold water and set aside.

Assemble. Once everything is ready to go, add a handful of noodles to each individual serving bowl, topped with your desired protein. Then ladle the simmering hot broth into the serving bowls, being sure to submerge the meat so that it will get cooked. Top with lots and lots of garnishes.

Serve. Serve warm, encouraging everyone to stir the garnishes into the soup so that they can flavor the broth, also adding in additional extra sauces if desired.

Recipe Georgia

Game Hen with Garlic Sauce

DIRECTIONS:

1. Place hen, breast side up, on a cutting board; tuck wings back. Using the heel of your hand, press down on the breastbone to flatten the hen. Cover hen with a piece of plastic wrap and, using the flat side of a mallet, pound until uniformly flat. Transfer hen to a plate and rub both sides with cayenne, garlic paste, and salt; cover with plastic wrap and chill for 1 hour.
2. Melt 5 tbsp. butter in a 12" skillet over medium-high. Cook hen, skin side down, using a grill press or cast-iron skillet to weigh it down, until skin is browned and crisp, 5–7 minutes. Flip hen and replace weight. Reduce heat to medium-low; cook until hen is cooked through, 20–25 minutes. Flip hen and add remaining butter; cook, basting with butter, for 5 minutes. Transfer hen to a cutting board and let rest 10 minutes before carving.
3. Pour pan juices into a bowl and keep warm. Add chopped garlic to skillet; cook until soft, 4–6 minutes. Add stock and salt; bring to a simmer. Cook until sauce is slightly reduced, about 15 minutes. Remove sauce from heat and stir in cilantro. Drizzle reserved pan juices over hen. Serve with garlic sauce on the side, and bread, if you like.

Recipe Kenya

Mandazi

DIRECTIONS:

1. In a large bowl, whisk together the flour, sugar, baking powder, cardamom, and salt. Make a well in the center, then use a rubber spatula to mix in the egg and coconut milk until the dough comes together.
2. Turn the dough out onto a floured surface and knead until smooth. Divide the dough into 4 portions. Roll out 1 portion of dough into a circle about ¼ inch (6 ml) thick. Cut into 8 triangles. Repeat with the remaining dough portions.
3. Heat the oil in a large pot until it reaches 350°F (180°C).
4. Working in batches, fry the mandazi triangles for 2–3 minutes per side, until golden brown. Drain on paper towels. Serve as breakfast or a snack with Kenyan coffee or chai.

