

KITCHENS *of the* WORLD™

*A Cookbook to Support Charitable
and Non-profit Organizations*

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Back cover photos (clockwise from top): Spanakopita (Greece) by Harald Walker; The Caryatids (Acropolis, Athens) by Dennis Jarvis; Dahlak Island (Eritrea, Africa) by Eric Lafforgue.

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CONTENTS

Introduction, v

Acknowledgments, vii

The Americas, I

Africa & The Middle East, 71

Europe, 155

Asia & Australasia, 257

Index of Photographers, 315

Index of Recipes, 319

FRANCE



Bonjour

LOCATION: Western Europe, bordering the Bay of Biscay and English Channel, between Belgium and Spain, southeast of the UK; bordering the Mediterranean Sea, between Italy and Spain

CAPITAL CITY: Paris

POPULATION: 62,150,775 (July 2009 est.)

LANGUAGES: French 100%, rapidly declining regional dialects and languages (Provençal, Breton, Alsatian, Corsican, Catalan, Basque, Flemish)

WEBSITE: www.francetourism.com



Top: The Eiffel Tower, Paris
Bottom: The Opera House, Paris

Photos: Sam W. Stearman

Recipes from Bangladesh



Bangladeshi cuisine is regionally varied. Throughout the country, however, rice and lentils are staples, with many varieties of lentils being made into delicious, thick sauces called *dal*. With the Bay of Bengal to the south and abundant lakes and rivers in the north, fish is a major source of protein in Bangladesh. Meat dishes are much favored, as are vegetable curries, and Bangladeshi cuisine reflects a great variety of native herbs and spices, including garlic, ginger, coriander, cumin, tumeric, and chile peppers. Cardamom and cinnamon are used in sweet dishes.

Meat Curry

When we talk about curry in Bangladesh, we are definitely speaking about a delicious, mouthwatering, yummy, and healthy dish. You will find this traditional curried meat recipe at any Bangladeshi home or restaurant.

- 6 pounds boneless Bengal goat meat (or lamb, beef, or chicken)
- 1 tablespoon ground coriander
- ½ to 1 teaspoon crushed dried red chile peppers
- 1 tablespoon chopped ginger
- 12 cloves of garlic
- 1½ cups chopped onions
- 2 teaspoons ground cumin
- 2 teaspoons pepper
- 6 cardamom pods
- 6 (1-inch) cinnamon sticks
- ¾ cup plain yogurt
- 1½ cups ghee (or oil)
- Salt



Photo: Jason Cartwright

Cut the meat into twelve ½-pound pieces.

Put the meat, coriander, chile peppers, ginger, garlic, and onion in a saucepan with water to cover. Cover and bring to a boil over medium-high heat. When it starts to boil, reduce the heat and simmer, covered, for about 45 minutes, until the meat is tender (the time may vary depending on the type of meat used). When the meat is tender, add the remaining ingredients and salt to taste.

Increase the heat to medium and cook, uncovered, until the meat is browned or done according to taste. Remove the cardamom pods and cinnamon sticks and serve immediately.

YIELD: 12 servings

Index of Photographers

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Index of Recipes

A

Ajiaco Santafereno, 25
Ají de Gallina, 61
Akara, 119
Algerian Almond Tarts (Dziriati), 74
almonds
 baked dessert with pistachios and raisins, 100, 147
 tarts, 74
appetizers and snacks
 cheese (jānji), 212
 cheese pastry (banitza), 173
 cheese pastry (tiropita), 197
 chicken satay, 284, 296
 chickpea dip, 109
 crab cakes, 67
 croquettes, 218
 empanadas, 22
 fritters
 beef, pork, or chicken, 7, 57
 cottage cheese, 307
 fish, 7, 229
 fruit, 7
 vegetable, 7
 grape leaves, stuffed with meat, 158
 hamburgers, mini, 243
 hummus, 109
 lobster tails, grilled, 31
 marinated fish (Ceviche de Pescado), 28
 meat pies, mini, 135
 plantains, fried, 92
 shrimp and pork pastries (lumpia), 305
 spinach pastry (spanakopita), 196
 tabbouleh (parsley and wheat salad), 110
apples
 baked, 222
 with chicken, 215
 with duck, 225
 in layered Slovenian pastry, 238
 strudel, 161
Apple Strudel, 161
Arabic Coffee (Qahwa Arabeya), 121
Arepas, 70
Armenian Christmas Pastry (Gata), 263
Arroz con Leche (Rice Pudding), 54
Arroz con Pollo, 58
Aussie Meat Pie, 266

B

bacon
 for tortilla filling, 37
 in beef stew, 15
 in Quiche Lorraine, 190
 with potatoes, 182
 with sauerkraut and potatoes, 176
Baked Apples, 222
Baked Bluefish, 249
Baked Cheese Pastry (Banitza), 173
Baklava, 250
Bandeja Paisa, 24
Banitza (Baked Cheese Pastry), 173
Banjaluka's Chevap, 169
Barbecue-Roasted Meat (Nyama Choma), 103
Barm Brack, 205
Barreado, 15
Boursaki, 289
beans
 black, with rice, 27
 black-eyed, deep-fried balls, 119
 chickpea dip, 109
 dried white, in paella, 241
 ferraura, in paella, 241
 garrofo, in paella, 241
 green, in paella, 241
 lima, in paella, 241
 navy, with rice, 46
 red, with plantains, 24
 red kidney, with rice, 46
 refried, for tortilla filling, 37
 tabella, in paella, 241
beef
 barbecued, 103
 curry, 271
 dumplings, 277, 299
 ground
 baked, with egg topping, 130
 fritters, 57
 hamburgers (à la Lindström), 243
 in cabbage rolls, 170, 231
 in corn pie, 21
 in deep-fried wheat meatballs, 94
 in empanadas (pastries), 22
 in pie, 266
 in stuffed eggplant, 83
 in stuffed vegetables, 133
 meatballs, 132, 199
 mini pies, 135

beef, *continued*
 ground, *continued*
 served with red beans, 24
 stuffed in grape leaves, 158
 in cream sauce, 178
 salad, with potatoes, beets, and herring, 185
 soup
 with beets and other vegetables (borsch), 253
 with fried noodles, 298
 with noodles, 314
stew
 with bacon, 15
 with chicken, pork, beans, and vegetables, 4
 with cinnamon and Guyanan spices, 42
 with coconut and Malaysian spices, 295
 with fruit and vegetables, 3
 with pearl barley and vegetables, 144
 with plantains and fish, 145
 with pork and lamb, 187
 with pork and vegetables, 237
 with spinach, 79
 with vegetables, 169
stir-fried, 292
 with chicken and rice, 283
veal
 breaded, 160
 deep-fried rolls, 218
 in vegetable soup, 112
 ragout, 246
 with rice
 and Ghanan spices, 91
 and Tanzanian spices, 139
Beef in Cream Sauce (Svickova), 178
Beef Noodle Soup (Pho Bo), 314
beets
 salad, with potatoes, herring, and pork, 185
 soup
 cold, 163
 with beef and other vegetables, 253
Belarusian Draniki with Pork, 164
Beshpamak, 290
beverages, coffee, Arabic, 121
Bibimbap, 293