

I**nternational** C**ookbook**



Collected by Cloe & Elsa
With Emily



Australia

Meat Pie



A hand-sized pie containing diced or minced meat and gravy, sometimes with onion, mushrooms or cheese and is often consumed as a takeaway food snack.

Serves: 4

Submitted by: Jay Cooper Gates



Figure 1

Ingredients :

- 1 onion
- 500g minced beef
- 1 cup water
- 2 beef stock cubes
- 1/4 cup tomato sauce
- salt & pepper
- 3 tbs plain flour
- 1 shortcrust pastry
- 1 sheet puff pastry
- 1 egg to glaze

How To Make :

- 1 Cook meat and onion until meat is well browned. Add $\frac{3}{4}$ cup water, stock cubes, sauces and seasonings. Bring to the boil and simmer for 15 minutes.
- 2 Blend flour and the remaining water, add to meat, bring to a boil and simmer for 5 minutes. Line a pie plate with the shortcrust pastry. Spoon in the cooled meat mixture. Moisten edges of pastry with water.
- 3 Top with puff pastry, pressing down to seal the edges, trim and glaze with egg. Bake at 230C for 15 minutes. Reduce heat to 190C and bake for a further 25 minutes until golden.

Brazil

Moqueca de Peixe



Moqueca is a Brazilian fish stew made with various kinds of seafood, coconut milk, tomatoes, onions, garlic, fresh cilantro and traditionally palm oil (sometimes referred to as dendê oil).

Serves: 4

Submitted by: Maria Zanotelli Apolinário



Figure 2

Ingredients :

- 4 pieces of skinless sea bass
- 2 tomatoes
- 1 yellow pepper
- 1 green pepper
- 1 onion
- 1 garlic clove
- 1 chili red pepper
- 6 stalks of coriander
- 200 ml of coconut milk
- 3/4 cup of palm oil
- 1 tbsp of olive oil
- salt
- Coriander leaves

How To Make :

- 1 Cut peppers in half and discard seeds. Quarter the tomatoes and halve each quarter diagonally. Dice onion into 2 cm cubes, chop garlic, and finely chop the de-seeded chili.
- 2 Blend coconut milk with palm oil and salt for 1 minute. Season the fish with salt. Sauté onion with olive oil and a pinch of salt over medium heat for 2 minutes. Add peppers and sauté for 3 minutes, then add garlic and chilli.
- 3 Lower the heat, add coriander, and the blended coconut milk. Stir in tomatoes. Place the fish in the mixture, cover, and cook for 15 minutes or until the fish is done. Serve garnished with coriander leaves.

China

Tomato Egg



Chinese Tomato Egg Stir Fry is made of scrambled eggs, tender tomatoes in a sweet and savory sauce! Best served over rice or even noodles.

Serves: 2 ~ 3

Submitted by: Cloe Liu Boezio



Figure 3

Ingredients :

- 4 Eggs
- 4 Tomatoes
- 3-4 tsps of salt
- 1-2 tbsps of oil
- 4-5 tsps of soy sauce
- 1-2 cups of water
- Half of a cilantro

OPTIONAL: Chili Oil

How To Make :

- 1 Quarter the tomatoes. Beat the eggs in a bowl. Heat a frying pan or wok with oil, pour in the eggs, and cook into an omelette. Break it into pieces with a spatula and set aside.
- 2 Re-oil the pan if needed, add the tomatoes, and pour in 1–2 cups of water. Cover and simmer for 5–7 minutes until a sauce forms or most of the water evaporates.
- 3 Add the egg pieces back into the pan and mix well. Season with soy sauce, salt, or chili oil to taste. Garnish with cilantro. Serve with rice.

Democratic Republic of the Congo

Pondu



Cassava leaves are cooked with other green vegetables, palm oil, garlic and onions to make a highly nutritious and tasty soup which is eaten with rice or fufu.

Serves: 4

Submitted by: Serena Sunguza

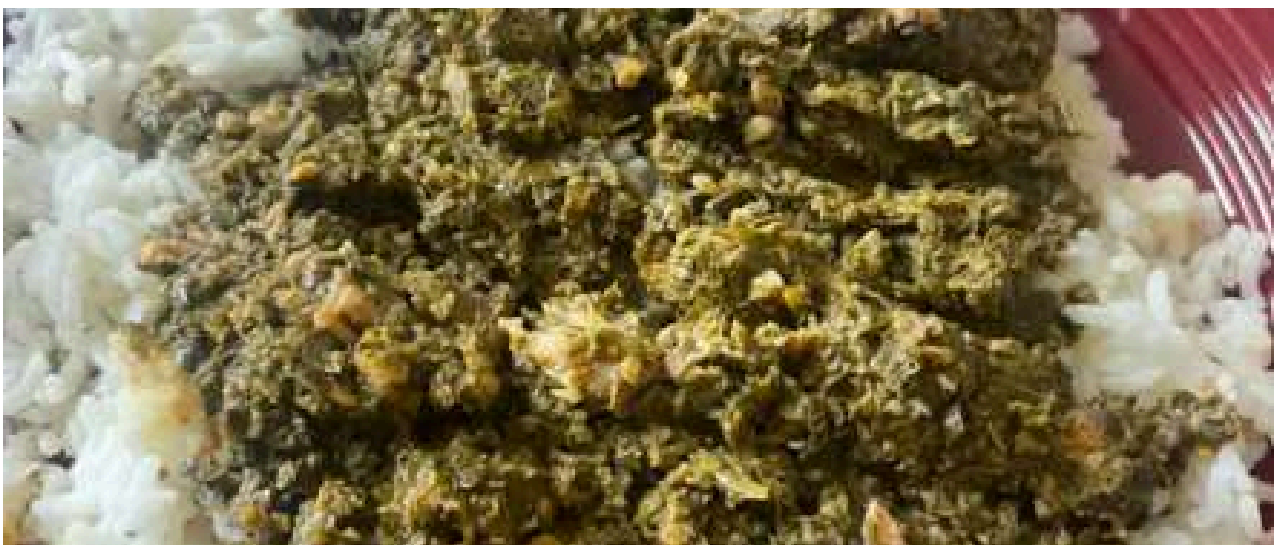


Figure 4

Ingredients :

- 500 g of frozen cassava leaves
- greens onions
- 1 bulb of garlic
- 2 yellow onions
- 1 leek
- 2 green peppers
- 1 cup of palm oil
- 2 Tbsp of salt
- 1 smoked fish
- Green habanero pepper (optional)

How To Make :

- 1 Rehydrate the smoked fish in boiled water for 20 minutes. Clean the fish by removing everything except the flesh. Set aside.
- 2 Blend onions, garlic, green onions, leek, green peppers. Put the cassava leaves and the blended mixture into a large pot. Add enough water to cover the cassava leaves and bring to a boil over high heat. Add salt and palm oil, then let it boil for 30 minutes.
- 3 After 30 minutes, add the smoked fish and habanero pepper. Let the mixture boil for 1 hour. During that hour, add 2 cups of water whenever the water runs out.

France

Crepes



An ultra-thin pancake common in France that can be made sweet or savory, typically rolled or folded with a variety of fillings.

Serves: 20 ~ 30 Crepes

Submitted by: Ambre Gosse



Figure 5

Ingredients :

- 500g of flour
- 1 liters of milk
- 5 eggs
- 2 tsp of vanilla extract
- Salt
- 3 tbsp of unsalted butter

How To Make :

- 1 Make a well in the flour and put crack 5 eggs and mix. Then slowly add milk until 1 liter is done. Whisk until the texture is smooth then vanilla extract and the butter.
- 2 Spread it thinny on the pan, when the edge peels off easily and begins to brown, it's time to flip the crepe with a spatula.
- 3 Then continue cooking for 10 seconds. Ensure that the batter is spread thinly. Repeat until you run out of batter

Germany

Dibbelabbes



A traditional potato dish from the Saarland in Germany, and it's fried on the stove and traditionally served with applesauce.

Serves: 4 ~ 5

Submitted by: Jana Glas



Figure 6

Ingredients :

Spice Mix

- Salt
- Dried Oregano
- Nutmeg
- Black Pepper
- Smoked Paprika

Dibbelabbes

- 1.5kg Potatos
- Large Onion
- 200g Fatty Bacon
- 2 Eggs
- 1 Large Leek
- 2 Tbs Spice Mix
- 1/4 Cup Chopped Fresh Parsley

How To Make :

- 1 Prepare the spice mixture. Peel and grate the potatoes. Press the remaining liquid out of the potato mixture through a cloth. 3. Dice the onions and cut the leek into thin rings.
- 2 Add the vegetables, eggs and spices to a large mixing bowl and mix thoroughly. In a pan, cut the bacon into small cubes and fry. rab a handful of potato mixture and flatten it.
- 3 Once the oil has rendered, add the vegetable mixture, stir well, and cook on low for 30 minutes, stirring occasionally. Before finishing, turn the heat to high and fry until a crust forms.

Hungary

Pörkölt



Pörkölt (Peur-keult) is Hungarian for beef stew and is made by braising meat and simmering it with onions in a tomato based sauce.

Serves: 6

Submitted by: Peter Hos



Figure 7

Ingredients :

- 4 slices thick-cut bacon, diced
- 1 large yellow onion
- 1 green bell pepper
- 2 cloves garlic, minced
- 1 large tomato
- 1 & 1/2 pounds beef, cut into cubes
- 4 tbsp paprika
- salt & black pepper
- 1/3 tsp crushed caraway seeds
- 1 bay leaf
- Water

How To Make :

- 1 Wash the vegetables and finely chop the onion, bell pepper and tomato. Then, in a heavy pot Fry bacon in a heavy pot until done. Add onions and cook over medium-high heat until golden.
- 2 Stir in bell peppers and garlic, cooking for 2 minutes. Add beef and cook until partially browned. Mix in paprika and remove from heat.
- 3 Add remaining ingredients and enough water to reach just over halfway up the mixture. Bring to a boil, then cover, reduce heat to medium-low, and simmer for 90 minutes. If needed, simmer uncovered to thicken. Season with salt to taste.

Iceland

Rúgbrauð (rye bread)

This bread is crustless, dark and very dense, usually rather sweet, and keeps for a long time. It is often served with butter, mutton pâté, smoked lamb, or pickled herring.

Serves: 9" Loaf

Submitted by: Naomi Gunnarsson



Figure 8

Ingredients :

- 4+1/2 cup (480g) rye flour
- 2 tsps salt
- 1 tbsps baking powder
- 3/4 tsps baking soda
- 2 cups (454g) buttermilk
- 1/2 cup (168g) honey
- 1/2 cup (170g) molasses

How To Make :

- 1 **Prep:** Preheat oven to 325°F with the rack in the center. Whisk together flour, salt, baking powder, and baking soda in a large bowl. In a separate bowl, whisk buttermilk, honey, and molasses.
- 2 **Mix & Bake:** Pour wet ingredients into dry, stirring to combine. Transfer batter to a greased 9" pullman pan. Bake for 2 hours, then turn off the oven, remove the lid, and leave the bread inside for 15 minutes.
- 3 **Cool & Serve:** Remove from the oven and turn the loaf onto a cooling rack. Let cool completely before slicing. Store at room temperature or freeze for longer storage.

Ireland

Irish Stew



Irish stew (Irish: Stobhach Gaelach) or Stobhach is a stew from Ireland that is traditionally made with root vegetables and lamb or mutton, but also commonly with beef.

Serves: 4 ~ 5

Submitted by: Jason Perkins



Figure 9

Ingredients :

- 1 kg meat
- 4 large potatoes
- 3 large carrots
- 2 large onions
- 3 cloves of garlic
- 1 leek
- 1 litre of stock
- 1 tsp dried thyme
- Salt & pepper
- Fresh parsley
- Butter or oil

How To Make :

- 1 Season the lamb or mutton, then brown them and set aside. Dice onions, leeks, carrots and potatoes into cubes.
- 2 In the same pot, sauté onions (and leeks) for about 5 minutes, then add garlic and cook for another minute. Return the browned meat to the pot, then add the cubed vegetables and thyme. Pour in enough stock to cover everything, adding water if needed.
- 3 Bring to a boil, then reduce heat to low, cover, and simmer for 1.5 to 2 hours, stirring occasionally. Taste and adjust seasoning, then remove thyme. Garnish with parsley and serve with soda bread.

Israel

Hummus



A creamy and smooth Israeli and Middle Eastern dish involving chickpeas, olive oil and cumin.

Serves: 2 ~ 3

Submitted by: Tamar Ben Ami



Figure 10

Ingredients :

- 1 can chickpeas
- 1/4 cup fresh lemon juice
- 1/4 cup well-stirred tahini
- 1 garlic clove, minced
- 2 tbsp olive oil
- 1/2 tsp ground cumin
- Salt
- 3 tbsp of cold water
- paprika

How To Make :

- 1 Combine tahini and lemon juice in a food processor. Process for 1 minute, scrape the bowl, and process for 30 more seconds. Add olive oil, garlic, cumin, and salt, then process for 1 minute until well blended.
- 2 Drain chickpeas, add half to the food processor, and process for 1 minute. Add the rest and process for 1-2 minutes, adding 2-3 tbsp water or aquafaba until smooth.
- 3 Taste and adjust seasoning. Serve with olive oil and paprika. Serve.

Japan

Purin (Pudding)



Japanese purin is a custard-based dessert with a caramel sauce. The custard is steamed or baked, or sometimes set with gelatin, and this process allows the dessert to set in a ramekin or even a loaf tin.

Serves: 2

Submitted by: Annoymous



Figure 11

Ingredients :

Pudding:

- 2 Eggs
- 2 Egg Yolk
- 300 ml of Milk
- 3 tbsp of Sugar
- Vanilla

Caramel:

- 3 tbsp of Sugar
- 3 tbsp of Water
- 3 tbsp of HOT Water

How To Make :

- 1 Caramel: In a pot, add sugar and water (do not mix). Heat on medium until golden brown (3-4 minutes). Turn heat to low, add 3 tbsp hot water, and pour into two containers.
- 2 Heat the milk. Mix 2 eggs, 2 yolks, sugar, and vanilla in a bowl. Slowly pour in the warm milk while mixing it into the bowl. Strain the mixture for smoother consistency. Gently pour the egg mixture into the caramel containers.
- 3 In a pot, add enough water to cover 50% of the container, then steam the pudding for 15 minutes. Let it rest in the fridge for 1 hour or overnight. Before serving, use a knife to loosen the edges and flip the pudding out. Enjoy!

Korea

Gimbap

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Gimbap, also romanized as kimbap, is a Korean dish made from cooked rice, vegetables, fish, and meat rolled in gim—dried sheets of seaweed—and served in bite-sized slices.

Serves: 4 ~ 5

Submitted by: Uibi (Bibi) Jung



Figure 12

Ingredients :

- 5 Sheets of Seaweed
- 4 Cups of Cooked Rice
- 1 Carrot
- yellow pickled radish
- 3 Eggs
- 3 cloves of garlic
- 250 grams of spinach
- Soy Sauce
- salt
- Vegetable Oil
- 2 tbsp of sesame oil

How To Make :

- 1 Mix the rice with salt and sesame oil. Lightly sauté the spinach with garlic, salt and sesame oil. Slice the yellow pickled radish. Mix and add the sliced yellow pickled radish.
- 2 Mix the carrots with salt, let sit, then squeeze out excess water. Sauté in a pan with a little oil for 1 minute. Beat eggs with salt, cook into a thin omelet, flip, then slice into strips.
- 3 Place the seaweed and wrap up the carrot, yellow pickled radish, egg strips, and the spinach. Now repeat until you run out.

Lithuania

Bulviniai Blynai



Traditional Lithuanian potato pancakes made out of grated raw potatoes, flour and eggs. Being a versatile dish, these can be enjoyed for breakfast, lunch, dinner, or simply as a snack.

Serves: 4

Submitted by: Serena



Figure 13

Ingredients :

- 6 Potatoes
- 1 egg
- 1 medium-sized onion
- 3 tsps of salt
- 1-3 tsps of pepper
- tbsp of Sunflower oil

How To Make :

- 1 Peel and dice the onion
- 2 Peel the potatoes and grate them. Place the grated potatoes onto a larger bowl and add the egg and the diced onion.
- 3 Preheat the tablespoons of sunflower oil in a pan over medium heat. Place a tablespoon of the potato mix and fry on both sides until it turns lightly gold.

Malaysia

Nasi Lemak



Otherwise known as Malaysia's national dish. It consists of rice cooked in coconut milk and screwpine/pandan leaves.

Serves:

Submitted by:



Figure 14

Ingredients :

- 3 cups Jasmine rice
- 1/2 cup coconut cream
- 3 cups of water
- 2 pandan leaves
- 2tsp cooking oil
- 1 cup dried anchovies
- 1 cup roasted peanuts
- 1 pinch of sugar

How To Make :

- ① Boil coconut water, lemongrass stalk, and pandan leaves in a pot then add the rice. Bring to a simmer and close the lid. Open to stir occasionally for 10 minutes.
- ② Preheat a pan and fry the anchovies until crispy. Add a pinch of salt and sugar. In the same pan, add cooking oil add peanuts and cook until lightly brown.
- ③ Place the cooked rice onto a plate and add the cooked anchovies and peanuts next to it.

Mongolia

Buuz



A traditional Mongolian steamed dumpling dish filled with meat.

Serves: 20–25 Dumplings

Submitted by:



Figure 15

Ingredients :

- 500g ground lamb/beef
- 1 onion, finely chopped
- 2 cloves minced garlic
- 1 tsp salt
- 1/2 tsp black pepper
- 3 cups flour
- 1/2 tsp salt

How To Make :

- 1 Dough: Mix the flour, water, and salt into a bowl. Knead until smooth. Cover the mix with a damp cloth and let rest for 30 minutes
- 2 Filling: Mix ground meat, chopped onion, garlic, salt, and pepper into a bowl. Stir until well-mixed. Then, roll the dough into a long cylinder and chop into pieces.
- 3 Flatten each piece into a round, medium-thick pieces. Place a spoonful of filling into each and close off the dumpling. Now steam over boiling water for 20-25 minutes. Serve while hot.

Myanmar

KWAY OH



Kway Oh is a Burmese noodle soup with rice noodles in a rich, savory broth, topped with meat, greens, and egg, often enjoyed with chili and lime.

Serves: 2 ~ 3

Submitted by: Thoon Moe May



Figure 16

Ingredients :

Broth:

- 1 kg pork neck
- 8–9 garlic cloves
- 1 tbsp black pepper
- 2 tbsp sugar
- 1 tbsp salt
- 1 tsp ground ginger
- 1 tsp garlic powder

Topping:

- Meatballs (seasoned)
- Fish balls
- Quail eggs
- Mustard leaves
- Rice noodles

How To Make :

- 1 Season ground meat with salt, sugar, ground ginger, garlic powder, and black pepper. Mix gently. Wash and chop mustard leaves. Halve fish balls.
- 2 Boil pork neck with salt and vinegar until tender, then rinse. Simmer with ginger, garlic, sugar, salt, black pepper, and water for 2 hours.
- 3 In a hotpot, add fish eggs, quail eggs, mustard leaves, sliced pork, pork meatballs, rice noodles, and flat rice noodles. Pour in the broth and simmer for 10 minutes before serving.

The Philippines

Halo Halo



Filipino summer treat. With shaved ice and many different layers of sweet beans, fruits and other treats then drizzled with milk. Topped with leche flan, ube ice cream and more.

Serves: 3 ~ 4

Submitted by: Arabella Taguinota



Figure 17

Ingredients :

- shaved ice
- evaporated/condensed milk
- sweetened sweet potatoes
- sweetened red munggo
- sweetened chickpea
- flesh of sweetened jack fruit
- coconut strips
- tapioca pearls or jelly cubes
- Leche flan
- ube ice cream

How To Make :

- 1 First prepare a tall glass. Then layer the sweetened fruits, beans, tapioca pearls or jelly cubes, and coconut strips at the bottom.
- 2 Add shaved ice at the top and then pour the condensed/evaporated milk all over.
- 3 Finally, add the leche flan topping on top as well as one scoop of ube ice cream. Serve cold and enjoy!

The Netherlands

Poffertjes



Poffertjes or Dutch mini pancakes are small, fluffy yeasted treats. They are traditionally served hot with a pat of butter and a good sprinkling of confectioners' sugar.

Servings

Submitted by: Stella



Figure 18

Ingredients :

- 1 cup plain flour, sifted
- 1 1/4 tsp baking powder
- 1 tbsp caster sugar
- salt
- 1/2 cup milk
- 1/4 cup water
- 2 eggs
- vanilla extract
- oil

How To Make :

- 1 Combine flour and baking powder. Mix in sugar and salt. Pour in milk, water, eggs and mix. Rest for 10 minutes when ingredients are combined.
- 2 Turn on the electric pancake pan. Brush a bit of oil on the pan. Pour in about one tablespoon of batter into each hole.
- 3 When bubbles appear, bottoms turn lightly brown, flip over and cook the other side. They should be cooked until both sides are golden brown.

Russia

Syrniki



These are cottage cheese pancakes from countries such as Russia, Ukraine, and Belarus. they are usually cooked in frying pan or in the oven.

Servings

Submitted by: Valeriia Iakovleva



Figure 19

Ingredients :

- 400g of Cottage Cheese
- 1-2 Eggs
- 60g Sugar
- 70g Flour
- 10g Vanilla sugar
- 1 pinch of salt
- Vegetable oil

How To Make :

- 1 Mix cottage cheese (not wet), egg, sugar, vanilla sugar, and salt.
- 2 Add flour to the mix, and continue mixing . Form small balls from the newly-made dough.
- 3 Pour vegetable oil onto a frying pan then roll the syrniki in flour before adding them to the pan. Fry on low heat until both sides turn golden-brown.

Scotland

Potato Scones



Traditional Scottish griddle cakes made from mashed potatoes, flour, and butter, typically served with a full Scottish breakfast.

Serves: 8 Scones

Submitted by: Naomi Gray



Figure 20

Ingredients :

- 250g Mashed potatoes
- 60g Plain flour
- 15g Butter
- 1/2 tsp Salt
- 1/2tsp Baking powder

How To Make :

- 1 In a bowl, mix the mashed potatoes with butter and salt until smooth. Then gradually add flour until a soft dough forms.
- 2 Lightly flour a surface and roll the dough out evenly across to form a medium-thick base. Then cut into multiple even circles.
- 3 Heat in a pan over medium heat and cook each scone until golden-brown on each side (2-3 minutes). Serve warm.

The United Kingdom

Traditional Strawberry Shortcake



Strawberry shortcake is a traditional English dessert made with a buttery, crumbly cake layered with sweetened strawberries and fresh whipped cream.

Serves: 8 slices

Submitted by: Kathryn Willis



Figure 21

Ingredients :

Cake

- 1 ½ cup all-purpose flour
- ¼ cup sugar
- 1 tsp baking powder
- ¼ tsp salt
- ¼ tsp baking soda
- ⅓ cup cold butter
- 1 egg, lightly beaten
- ½ cup sour cream
- 3 tbsp milk

Strawberries

- Strawberries(3-5 cups)
- 2 tbsp sugar (or more)

Sweetened Whipped Cream

- 1 cup whipping cream
- Sugar to taste
- A dash of vanilla

How To Make :

- 1 Preheat the oven to 400°F (200°C) and grease an 8 inch round baking tin. In a bowl, mix flour, sugar, baking powder, salt, and baking soda. Blend the ingredients and set it aside.
- 2 In a small bowl, mix egg, sour cream, and milk. Make a well in the flour mixture, pour in the wet ingredients, and stir until just moistened. Spread into the pan and bake for 18–20 minutes, or until a toothpick comes out clean.
- 3 Cool the cake in the pan for 10 minutes, then invert onto a rack to cool completely. Toss strawberries with sugar and let sit for 30 minutes. Whip cream, vanilla, and sugar until fluffy. Slice the cake in half, fill with strawberries and cream, then top with the rest. Serve cold.

The United Kingdom

Flapjacks



Hearty, chewy bars made from oats, butter, sugar, and golden syrup, commonly enjoyed as a sweet snack or breakfast treat in the UK.

Serves: 6 ~ 10 Bars

Submitted by: Lara India Webb



Figure 22

Ingredients :

- 200g Rolled Oats
- 100g Unsalted butter
- 75g Brown sugar
- 3 tsp Honey
- 1 tsp Vanilla extract
- A pinch of salt

How To Make :

- 1 Preheat the oven to 350°F (175°C) and line an 8x8-inch baking tin with parchment paper. In a saucepan, melt the butter, sugar, and honey over low heat until smooth.
- 2 Stir in the oats and a pinch of salt until fully combined. Pour the mixture into the prepared tin and press down firmly to flatten.
- 3 Bake for 15–20 minutes, or until golden brown on top. Let cool in the tin for 10 minutes, then cut into squares while still warm. Cool completely before serving.

The United States

Spicy Smashed Baked Potatoes



Crispy, golden potatoes, lightly smashed and roasted.

Serves: 4 ~ 6

Submitted by: Amy Pothong



Figure 23

Ingredients :

- 8 small potatoes
- 3 tbsp Olive oil
- 1 tsp (or more) paprika
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- Salt & pepper to taste
- Fresh parsley (optional)

How To Make :

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Boil the potatoes in salted water for about 15–20 minutes, until tender. Drain and let cool slightly.
- 2 Place the potatoes on the baking sheet and gently smash each with a fork. Drizzle olive oil over the smashed potatoes and sprinkle with paprika, chili powder, garlic powder, salt, and pepper.
- 3 Roast for 20-25 minutes, flipping halfway, until crispy and golden. Garnish with fresh parsley and serve hot.

Zambia

Nshima with Vegetable Relish



A dish made from maize flour, creating a thick, hearty porridge-like base, served with a flavorful vegetable stew often made with greens, tomatoes, and onions.

Serves: 4 ~ 6

Submitted by: Muchanga Zebron



Figure 24

Ingredients :

Nshima

- 2 cups cornmeal
- 4 cups water
- Pinch of salt

Vegetable Relish

- 2 tbsp vegetable oil
- 1 onion
- 2 tomatoes
- 2 cups of spinach
- 1 tbsp tomato paste
- Salt & pepper to taste

How To Make :

- 1 In a pot, bring 4 cups of water to a boil. Gradually stir in the cornmeal, adding a pinch of salt, and cook on low heat, stirring frequently, until the mixture thickens (about 10-15 minutes).
- 2 For the relish, heat oil in a pan and sauté the onion until soft. Add the tomatoes and cook until they soften and release their juices. Stir in the tomato paste and cook for 2 minutes
- 3 Add the greens to the pan and cook until tender. Season with salt and pepper. Serve the nshima with the vegetable relish on top.

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