

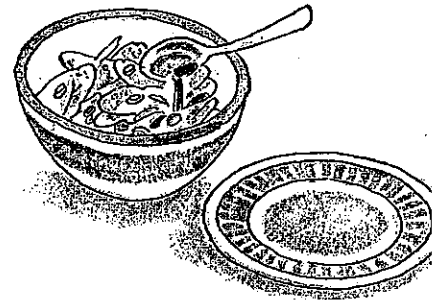
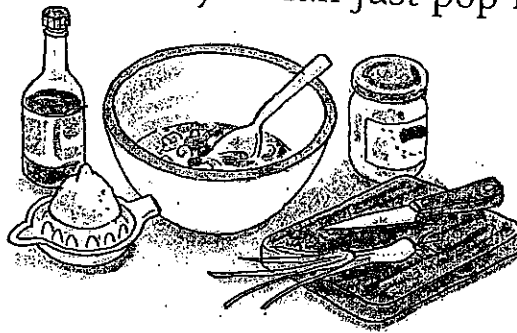
# CHINA

A lot of Chinese food is fried very quickly over a high heat. Our recipe is full of all the right authentic Chinese flavors, but you can just pop it in the oven!

## SOY CHICKEN WINGS

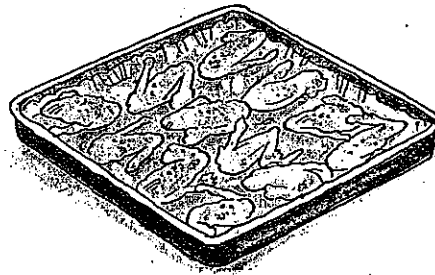
You will need:

- 2 *tblsp.* soy sauce
- 1 *tsp.* Chinese five-spice
- 1 *tblsp.* lemon juice
- 2 green onions
- 1 *tblsp.* honey
- 1 *tblsp.* tomato paste or ketchup
- 12 chicken wings
- Some aluminum foil



1 Chop the onions. Mix with the soy sauce, spice, lemon juice, honey, and tomato paste in a bowl.

2 Prick the chicken skin, and coat with the sauce. Cover, and leave overnight in the refrigerator.



3 Set the oven to 425°F. Put the coated chicken wings on a cookie sheet lined with a sheet of aluminum foil. Keep the extra sauce!

4 Cook for about 45 minutes, turning them frequently and brushing with extra sauce. They should be crisp, brown, and tender.

Chinese fishermen use specially trained cormorants to help them catch fish!



# JAPAN

The Japanese eat rice with all their meals. Most homes have an electric rice cooker, so that there's a supply ready at all hours of the day!



## VEGETABLE RICE

You will need:

3 tbsp. cooking oil

2 leeks

1/2 inch root ginger

1 clove garlic

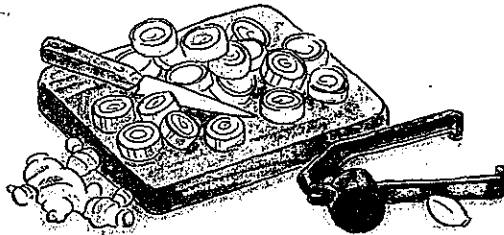
3/4 cup short-grain rice

3 cups water

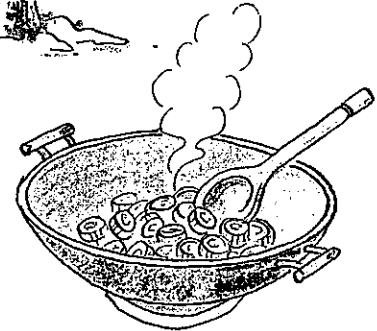
Pinch of salt

9 oz. green vegetables

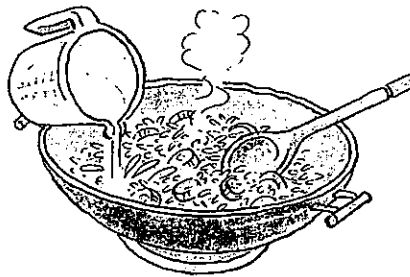
(try young spinach,  
or frozen peas)



1 Wash, trim, and chop the leeks. Peel and finely chop the ginger. Peel and crush the garlic.



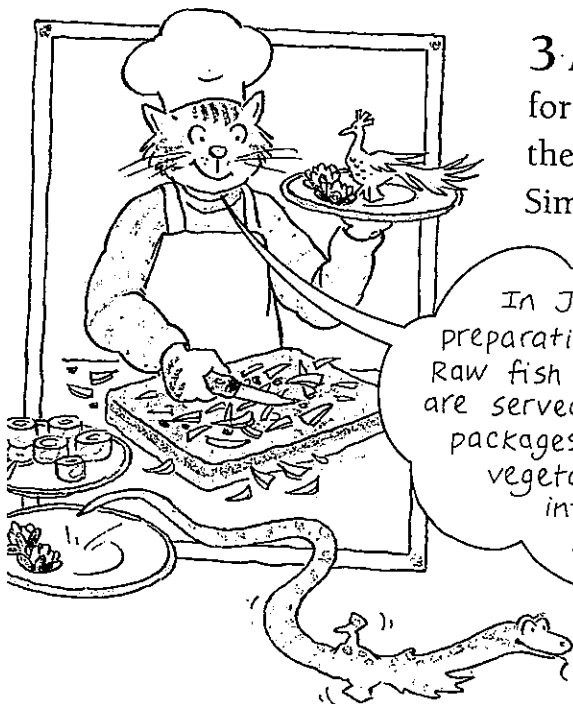
2 Heat the oil in a wok or wide pan. Add the leeks, ginger, and garlic, and fry gently for five minutes.



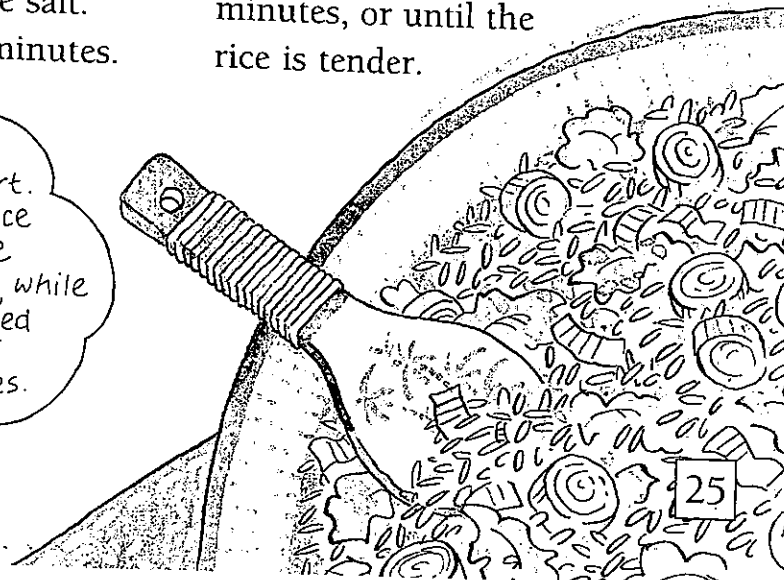
3 Add the rice, and stir for a few minutes. Add the water and the salt. Simmer for ten minutes.



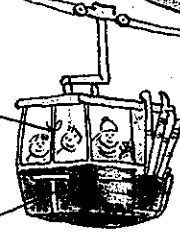
4 Add the greens to the pan. Simmer for ten minutes, or until the rice is tender.



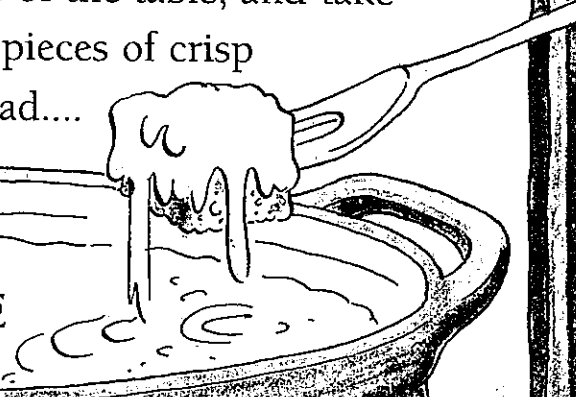
In Japan, food preparation is a real art. Raw fish and cooked rice are served in neat little packages called SUSHI, while vegetables are carved into all kinds of beautiful shapes.



# SWITZERLAND



Fondues are for sharing! Put the big dish in the middle of the table, and take turns to dip in bite-sized pieces of crisp vegetables and crusty bread....

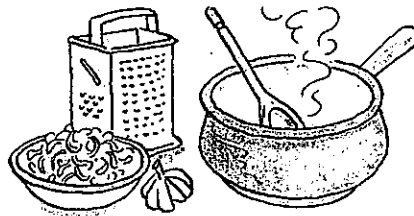


## SWISS FONDUE

### You will need:

- 1 tbsp. butter
- 1 clove garlic
- 1 tsp. cornstarch
- 1 1/3 cups apple juice
- 8 oz. Emmenthal cheese (the hole-y kind)
- 8 oz. cheddar cheese
- Salt and pepper
- 1/2 tsp. ground nutmeg

Nice things to dip:  
chunks of apple,  
carrot, crusty  
bread, etc.



**1** Crush the garlic, and grate the cheese. Melt the butter, and cook the garlic for one minute.



**2** Blend the cornstarch with a little water. Add to the pan, along with the juice and the cheese.

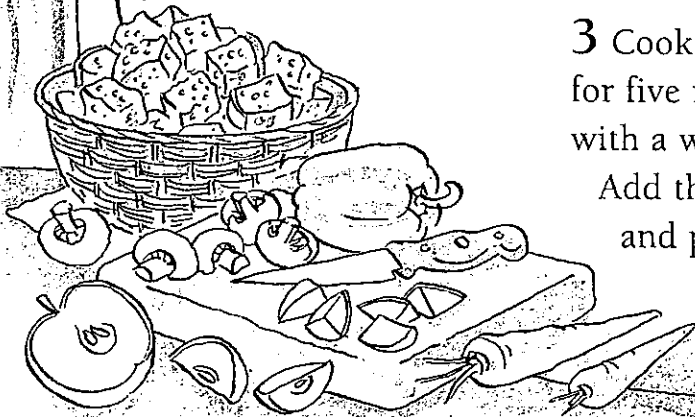


**3** Cook over a low heat for five minutes, stirring with a wooden spoon.

Add the nutmeg, salt, and pepper.

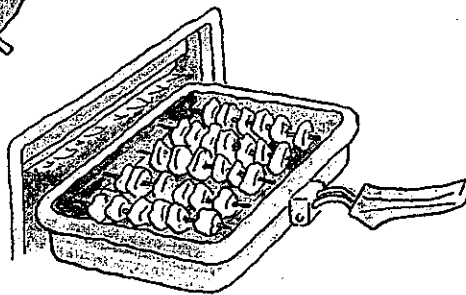


**4** Pour into an oven-proof dish. A food-warmer will keep the pot hot — but an adult must help.



# INDONESIA AND THAILAND

The spicy peanut sauce in this recipe is typically Indonesian. (You can also pour it over a bowlful of lightly cooked vegetables — this is called *Gado-Gado*.)



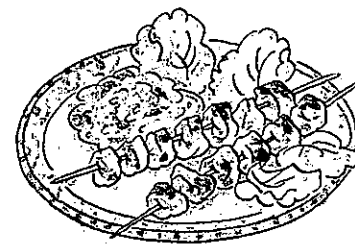
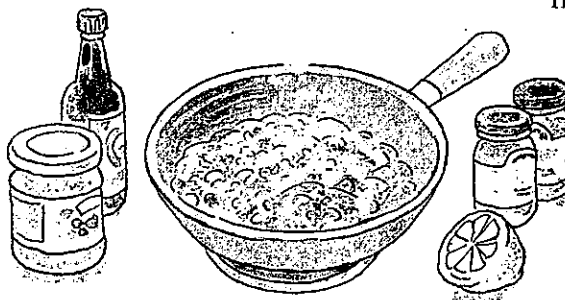
## CHICKEN SATAY

You will need:

- 1 lb. skinless, boneless chicken thighs
- $\frac{1}{2}$  tsp. hot chili powder
- $\frac{1}{2}$  tsp. sugar
- 1 tbsp. dark soy sauce
- 1 tbsp. cooking oil
- 1 onion
- 1 clove garlic
- 2 tbsp. lemon juice
- 4 tbsp. peanut butter
- Pinch of salt
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 5 tbsp. water

1 Cut the chicken into small chunks. Cook them just like kebabs (page 18) for eight minutes.

2 Mix the chili powder with a little of the water. Peel and chop the onion and garlic, and mix them into the paste.



3 Heat the oil, and cook the onion mixture gently for five minutes. Add the rest of the ingredients, and stir well.

4 Serve the satays with the peanut sauce as a dip.

Coconuts are used a lot in Thai cookery. Monkeys are trained to collect them — they can manage around 500 on a good day!

# CORN FRITTERS

In Thailand, street vendors sell little fritters like these from stalls along the street.

You will need:

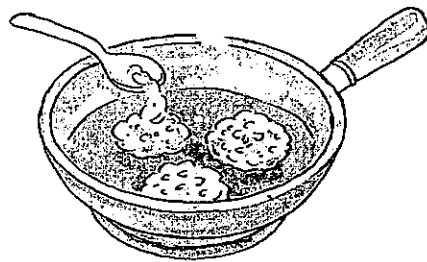
- 11-oz. can corn
- 1 onion
- 1/2 tsp. hot chili powder
- 2 cloves garlic
- 1 tsp. ground coriander
- 4 green onions
- 3 tbsp. flour
- 1 tsp. baking powder
- Pinch of salt
- 1 egg
- 4 tbsp. cooking oil



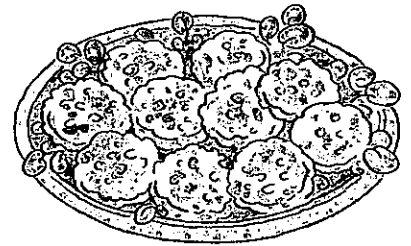
**1** Drain the corn. Crush the kernels for a few seconds in a blender.



**2** Peel and chop the garlic and onions. Mix with everything except the oil.

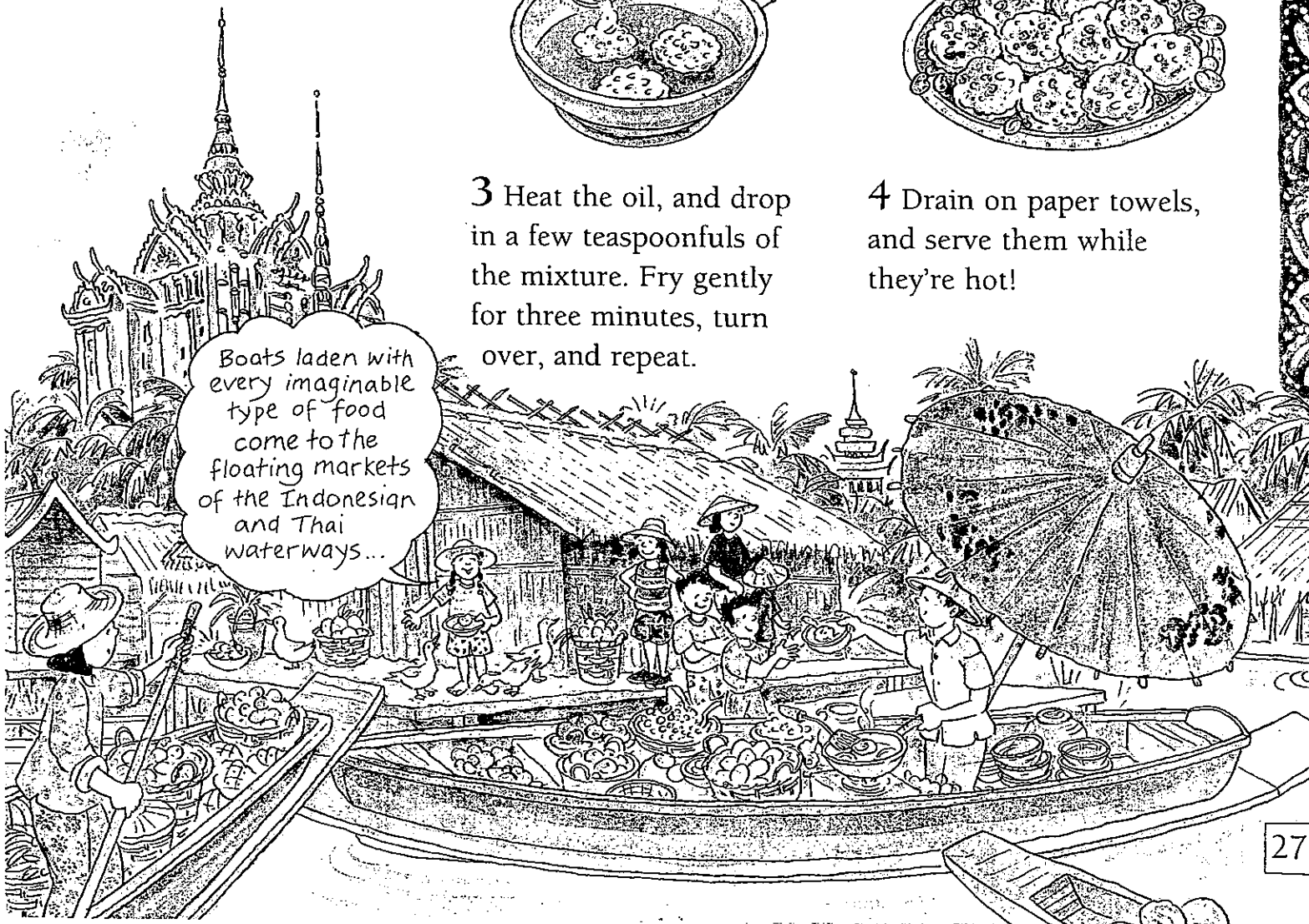


**3** Heat the oil, and drop in a few teaspoonfuls of the mixture. Fry gently for three minutes, turn over, and repeat.



**4** Drain on paper towels, and serve them while they're hot!

Boats laden with every imaginable type of food come to the floating markets of the Indonesian and Thai waterways...



# AFRICA

Because Africa is a huge continent with over 50 countries, it's hardly surprising that there's no such thing as a "typical" African meal! Here's a slightly spicy dish from southern Africa.

Peanuts are grown in many parts of Africa. Try making your own homemade peanut butter. Put 4-oz. salted peanuts and 2 tablespoons of vegetable oil in a blender and switch on - the longer you blend, the less crunchy it will be.

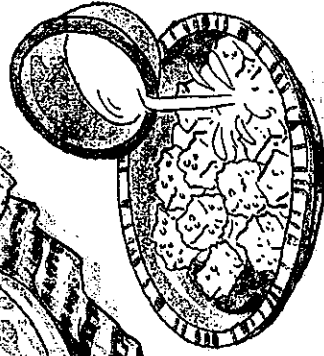
## BOBOTIE

You will need:

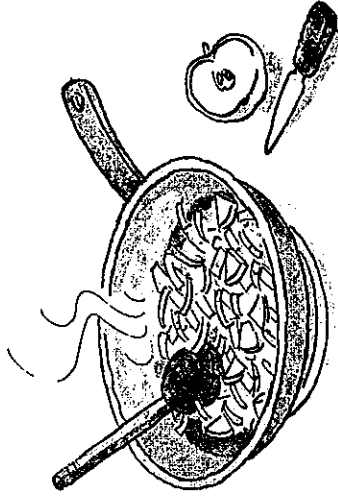
- 1 onion
- 1 tsp. olive oil
- 2 slices bread
- 1 cup milk
- 1 lb. ground beef
- 1 tsp. curry powder
- 1/4 cup slivered almonds
- 1/3 cup raisins
- 1 tsp. lemon juice
- Pinch of salt and pepper
- 2 eggs

Before you start, set the oven to 350°F.

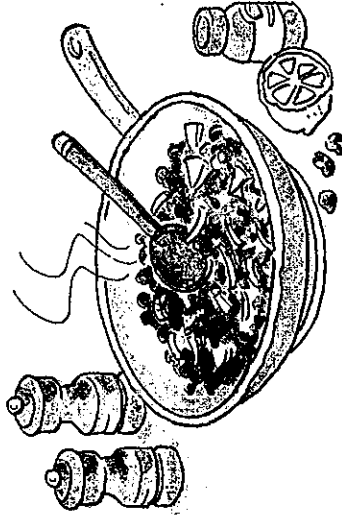
**1** Cut the crusts off the bread, break it into chunks, and soak it in half of the milk.



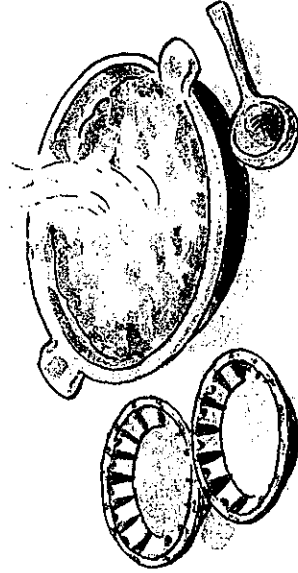
**2** Chop the onion. Heat the oil in a pan, and fry the onion over a low heat for ten minutes.



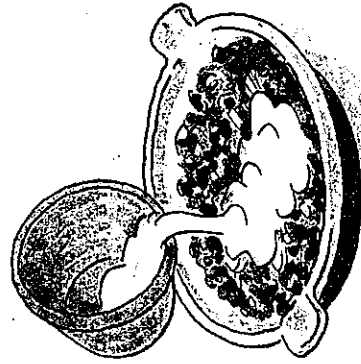
**3** Add the beef, curry powder, lemon juice, nuts, raisins, salt, and pepper to the pan. Fry until the meat is brown all over.



**5** Put it in the oven for 1 1/4 hours. The top of the bobotie should be set and golden brown.



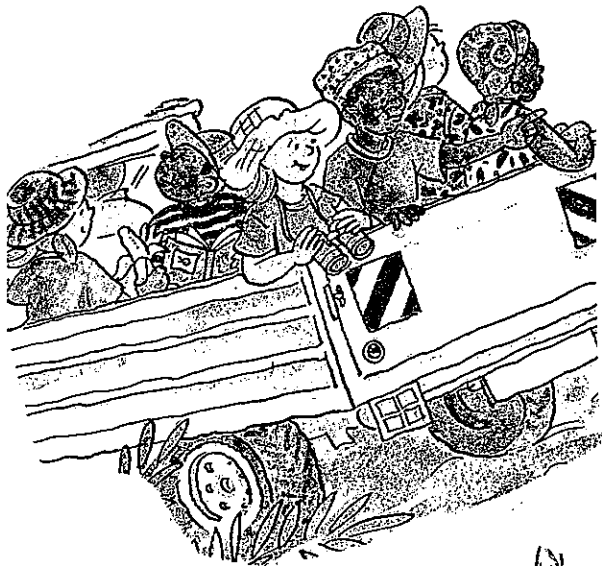
**4** Spoon all of it into an ovenproof dish. Beat the eggs with the rest of the milk, and pour over the



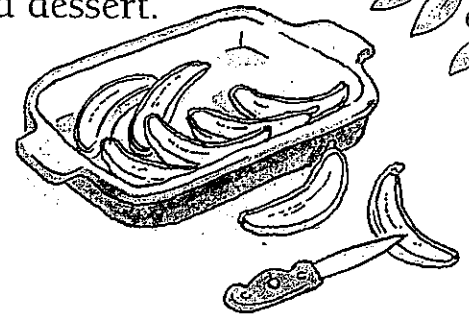


## BAKED BANANAS

African meals usually end with some fresh fruit, or a simply cooked dessert.

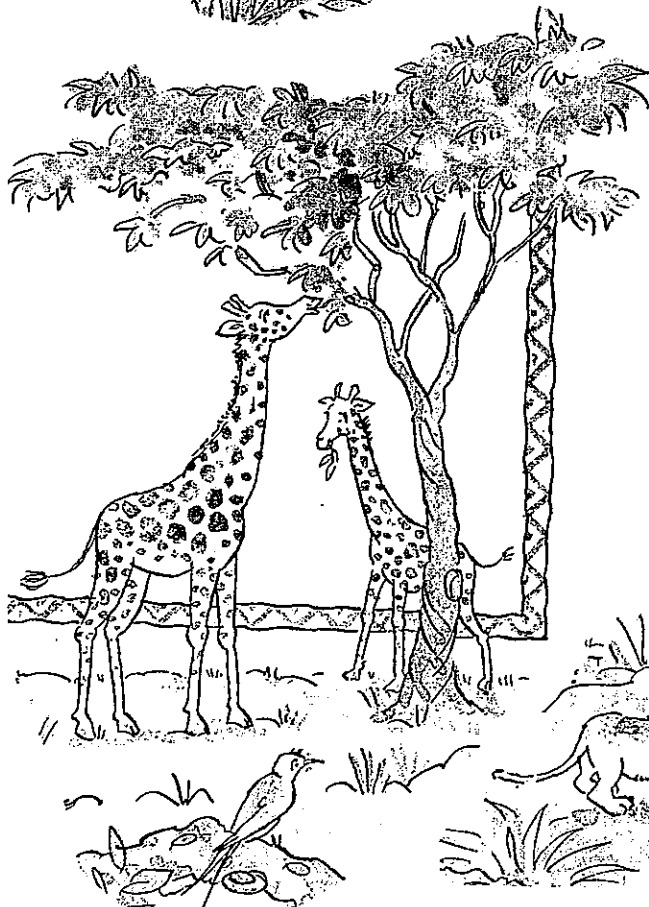


*You will need:*  
4 large bananas  
2 tbsp. brown sugar  
1 tsp. cinnamon  
2 tbsp. butter or margarine

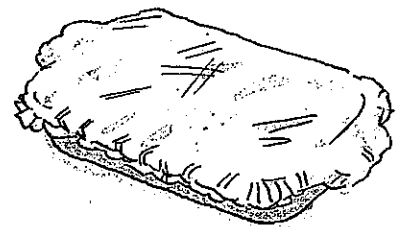


Set the oven to 350°F.

**1** Cut the bananas in half lengthwise. Put in an ovenproof dish, with the cut sides facing up.



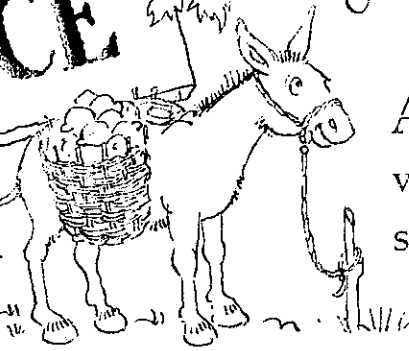
**2** Melt the butter in a pan over a low heat. Stir in the sugar and the cinnamon.



**3** Pour over the bananas. Cover the dish with aluminum foil, and bake for 45 minutes.



# GREECE



Although Greece and Turkey are two very different countries, they both share a lot of the same cooking ideas....

## LAMB KEBABS

The lamb in this recipe is soaked in a special sauce called a marinade. (You can skip this stage if you like, but the meat won't be as tender.)

*You will need:*

4 tbsp. olive oil

1 lemon

Pinch of salt and pepper

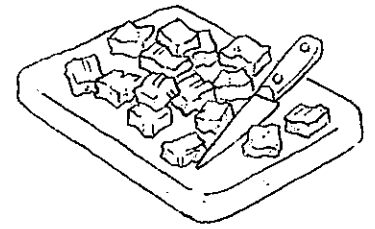
1 tsp. dried oregano

1½ lbs. lean lamb

1 onion

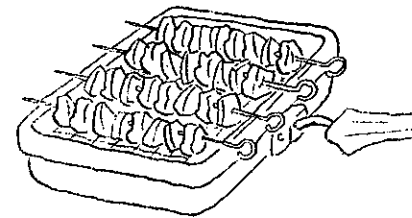
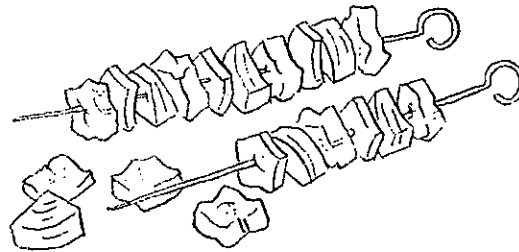
1 red pepper

1 green pepper



**1** Squeeze the juice from the lemon. Mix with the oil, oregano, salt, and pepper.

**2** Cut the lamb into small cubes. Put it in the marinade, and refrigerate it overnight.



**4** Thread the lamb, onion, and pepper onto skewers, as shown above.

**5** Broil for 15 minutes, turning now and again until the meat is cooked.





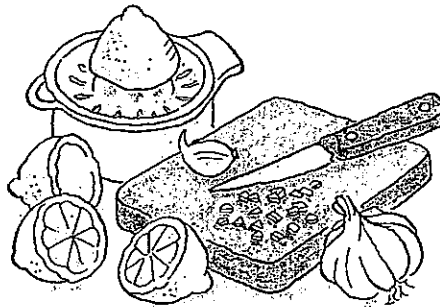


# TURKEY

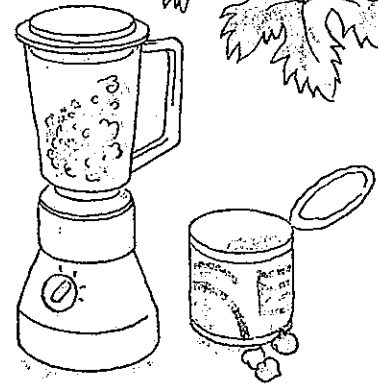
## HUMMUS

This dip uses tahini, a sesame paste, and chickpeas.

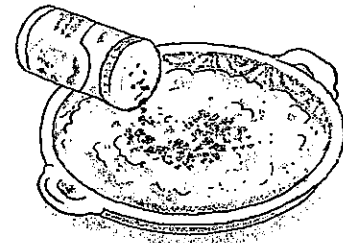
*You will need:*  
6-oz. can chickpeas  
4 tbsp. tahini  
2 lemons  
2 garlic cloves  
Pinch of salt  
2 tbsp. olive oil  
Pinch of paprika



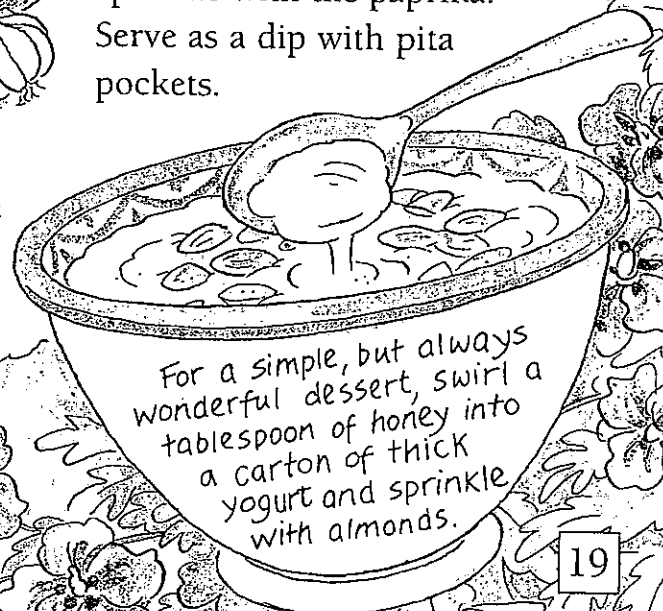
**1** Peel and chop the garlic, and squeeze the juice from the lemons.



**2** Put everything (except the paprika) into a blender, and blend it until smooth. Add a little water if you need to.



**3** Pour onto a dish, and sprinkle with the paprika. Serve as a dip with pita pockets.



For a simple, but always wonderful dessert, swirl a tablespoon of honey into a carton of thick yogurt and sprinkle with almonds.

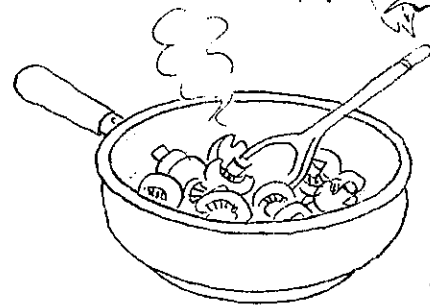
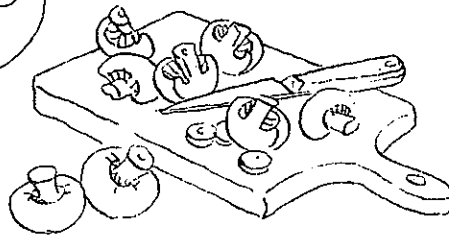
Large areas of Russia are covered by forest — so berries, nuts, and wild mushrooms all play a big part in the cooking.



Try serving this dish with boiled rice or noodles.



To make homemade smetana, just mix 2oz. plain yogurt with 2oz. of heavy cream.



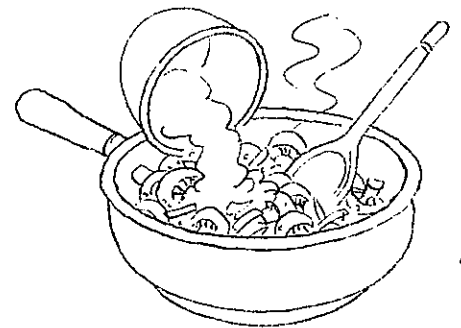
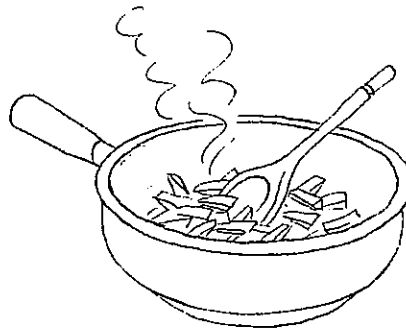
## SMETANA MUSHROOMS

You will need:

- 1 lb. button mushrooms
- 3 tbsp. butter
- 1 onion
- 1 tbsp. parsley
- 4 oz. smetana (see above)
- A pinch of salt and pepper

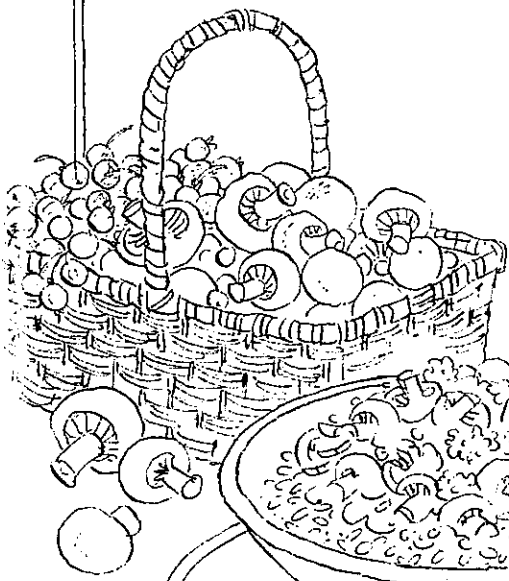
1 Wash and dry the mushrooms, and trim the ends off the stalks. Cut them in half, unless they are very small.

2 Melt half the butter in a frying pan. Cook the mushrooms for 15 minutes over a low heat, then spoon into a spare bowl.



3 Chop up the onion and the parsley. Put the rest of the butter in the pan, and fry them gently for ten minutes.

4 Drain the mushrooms, and add to the pan. Stir in the smetana, salt, and pepper, and cook for five more minutes.



More sunflowers are grown in Russia than anywhere else in the world. The seeds are used in salads, or pressed to make oil and margarine.



In Britain, Italian pizzas and Indian curries are now as popular as traditional roast beef and Yorkshire pudding! These three recipes are both delicious *and* traditional....

## ENGLISH SUMMER PUDDING

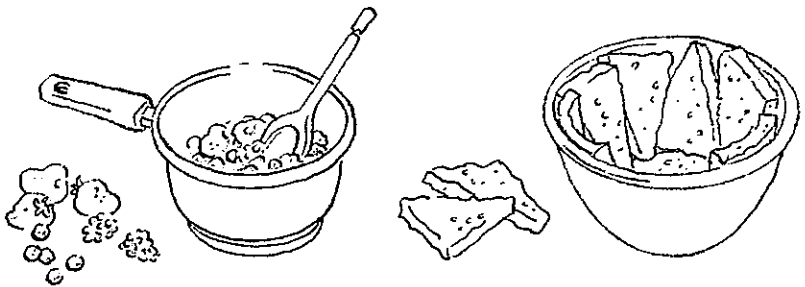
You will need:

3<sup>1</sup>/<sub>3</sub> cups mixed berries  
(raspberries,  
strawberries,  
blackberries, etc.)

1<sup>5</sup>/<sub>8</sub> cups sugar

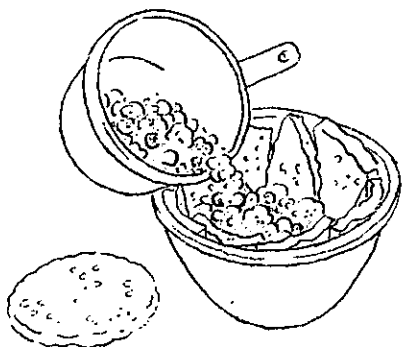
About 6 slices of slightly  
dry sliced white bread

1 tbsp. water

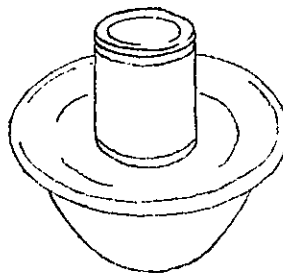


**1** Wash the fruit. Take out any stalks. Put the fruit, sugar, and water in a pan, and cook gently for three minutes.

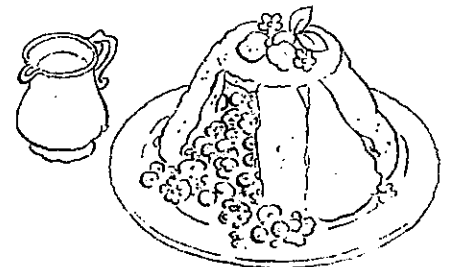
**2** Cut the crusts off the bread. Use all but one slice to line the bottom and sides of a 1 quart mixing bowl.



**3** Fill the bowl with the cooked berries, and make a lid from the last slice of bread.



**4** Put a flat plate on top of the pudding, and press it all down with a heavy can.



**5** Put it in the refrigerator overnight. Turn out onto a plate, and serve with whipped cream.



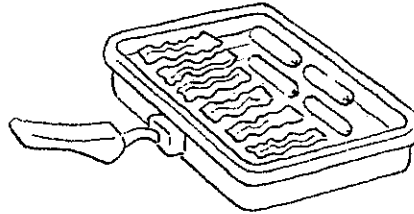
## CAJUN BREAKFAST SPECIAL

Down in Louisiana, the cooking has a spicy flavor — thanks mainly to the French, Spanish, and Caribbean settlers who have made their home here.

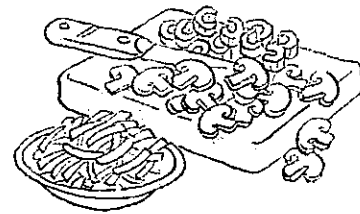
You will need:

- 6 slices stale bread
- 2 tbsp. cooking oil
- 1 onion
- 1/2 lb. mushrooms
- 2 cloves garlic
- 1 stalk celery
- 4 sausages
- 6 strips bacon
- 12 oz. cheddar cheese
- 4 eggs
- 2 cups milk
- 1 tbsp. mustard
- 1 tsp. cumin
- 1 tsp. cayenne pepper

New Orleans is world-famous for its jazz music, wild Mardi Gras celebrations, and delicious cooking!



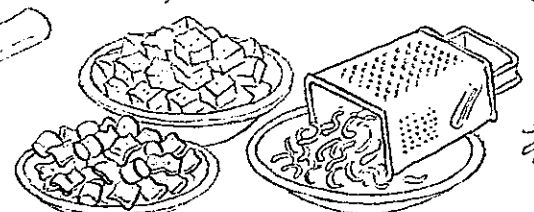
**1** Broil the sausages and bacon under a medium heat until thoroughly cooked and brown.



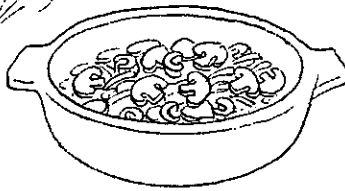
**2** Peel and chop the onion and the garlic. Wash and slice the celery and mushrooms.



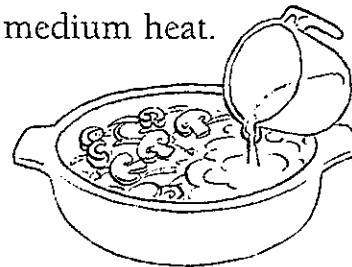
**3** Heat the oil in a pan. Cook the vegetables for five minutes over a medium heat.



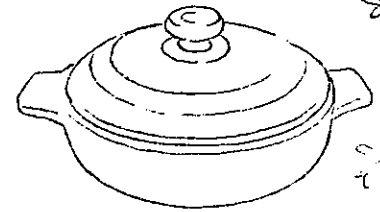
**4** Grate the cheese. Remove crusts and chop the bread into cubes. Chop the sausages and bacon.



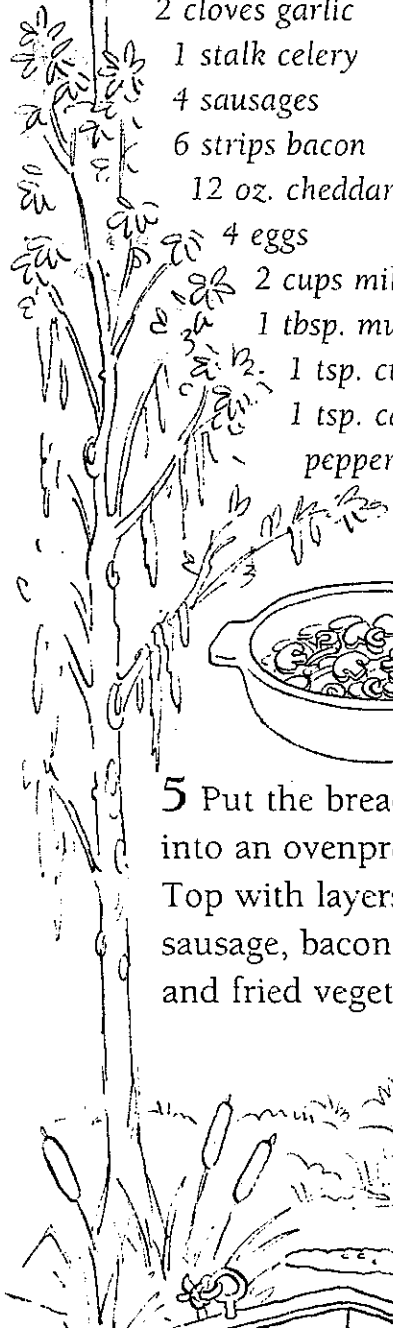
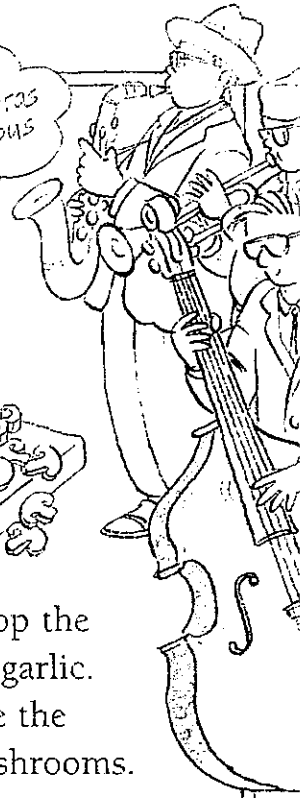
**5** Put the bread into an ovenproof dish. Top with layers of sausage, bacon, cheese, and fried vegetables.



**6** Beat the eggs, milk, and seasonings, and pour over the top. Cover the dish, and leave it overnight in the refrigerator.



**7** The next morning, set the oven to 350°F. Take off the lid, and bake the dish for one hour. Serve it hot!



# INDIA

Many people in India never eat meat at all. As a result, a lot of the most interesting recipes are vegetarian.

## STUFFED PARATHAS

Parathas are a kind of Indian bread. Here, they're stuffed with a mild vegetable curry.

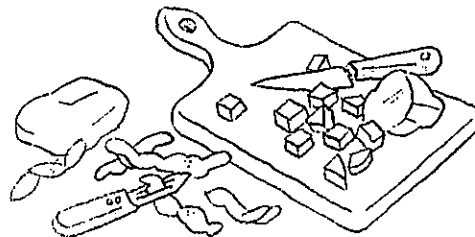
### For the stuffing:

- 2 large potatoes
- 1/4 small head cabbage
- 8-oz. can sweet corn
- 1 tbsp. olive or cooking oil
- 1 onion 1/2 lemon
- 1/2 tsp. garam masala
- 1 tsp. ground coriander
- 1/2 tsp. hot chili powder
- 1 tsp. sugar
- Pinch of salt

### For the parathas:

- 1/2 tbsp. olive or cooking oil
- 1/2 tbsp. butter
- large bunch mint leaves
- 1/2 tsp. cumin
- 1/2 tsp. chili powder
- 1 tsp. salt
- 1 tsp. lemon juice
- 3 1/2 oz. water
- 2 1/2 cups flour

## THE STUFFING



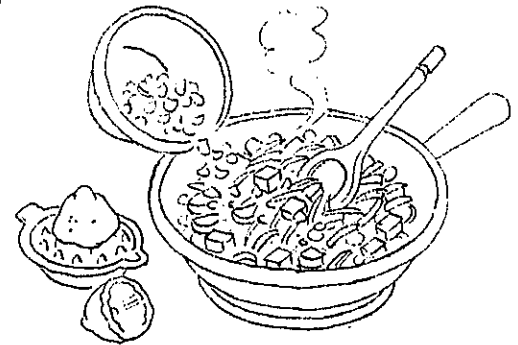
**1** Peel the potatoes, and chop into small chunks.



**2** Heat the oil, and fry the potatoes gently for a few minutes. Add 2 tbsp. water, and cook until soft.



**3** Chop the cabbage, and peel and chop the onion. Add to pan, and cook for another minute.



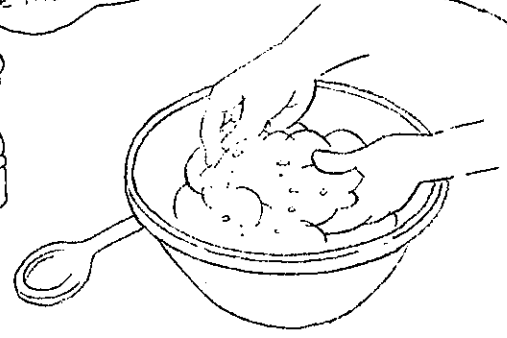
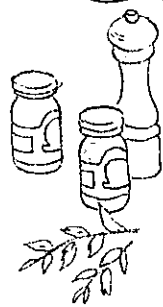
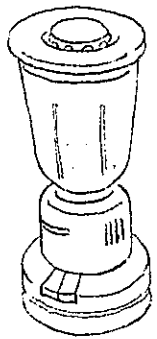
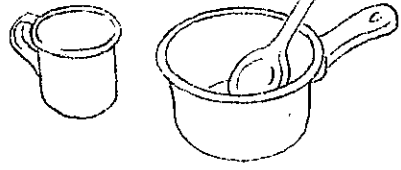
**4** Mash or blend the corn, and squeeze the juice from the lemon. Add these to the pan.

**5** Add the spices, salt, and sugar, and mix well. Spoon into a bowl, and leave to cool.



On really special occasions, paper-thin sheets of real gold and silver are used to decorate food, and are eaten as part of the meal....

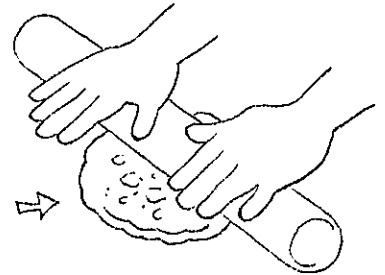
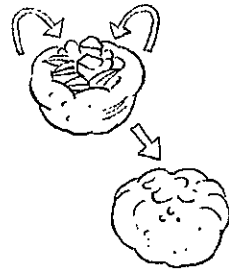
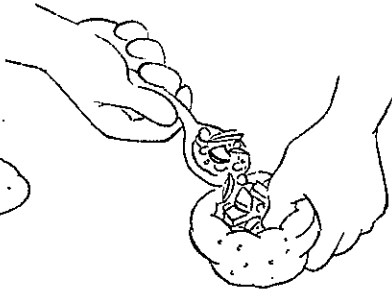
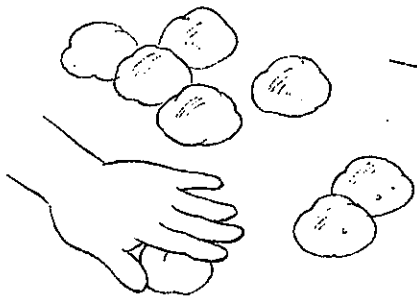
### THE PARATHAS



**1** Put the oil and butter in a pan, and heat gently until melted. Pour into a cup and leave to cool.

**2** Put the mint, spices, salt, water, and lemon juice into a blender. Blend for a few seconds.

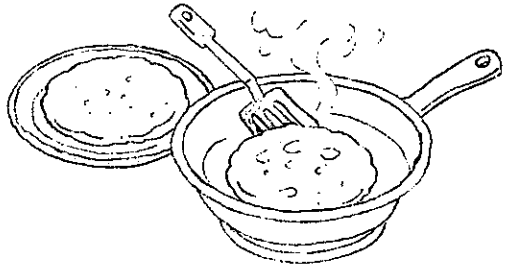
**3** Sift the flour, and mix in the oil and mint sauce. Knead it until it makes a stretchy dough.



**4** Sprinkle some flour onto your work surface, and divide the dough into eight balls.

**5** Make a hole in the top of each ball, and spoon in a little of the curry mixture. Press the edges together.

**6** Dust with flour, and roll out the balls until each one is 5 inches wide. Then put a heavy pan over a low heat.



**7** Brush each paratha lightly with oil, and fry for a few minutes on each side, until big brown spots appear. Serve with raitha....

### BANANA RAITHA

Spoon some plain yogurt into a dish. Peel, trim, and chop two green onions, and add to the yogurt. Peel and slice a banana, and mix this in too.

