

# Worldwide recipes

for

# South Africans



Host an INTERNATIONAL DINNER and give your guests each a different recipe!

**Yellow Cook's**  
*Sweet Secrets*

**Liza Visser**



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- Mujaddara (Lebanon – Lentils & Caramelised Onion Rice)
- Zapiekanka (Poland – Open-faced Baguette Sandwich)
- Frikadeller (Denmark – Danish Meatballs)
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## 1. Açorda à Alentejana (Portugal – Garlic Bread Soup)

A rustic soup made with bread, garlic, and coriander.

Ingredients:

- 4 slices day-old bread, torn into chunks
- 4 cloves garlic, minced
- 1.5 L water or vegetable stock
- 1 tsp vinegar
- 2 tbsp olive oil
- Fresh coriander, chopped
- 2 eggs
- Salt and pepper to taste

Instructions:

1. Boil water or stock, add garlic and coriander, and simmer for 5 minutes.
2. Add vinegar, salt, and pepper.
3. Crack eggs into the soup and poach for 3–4 minutes.
4. Place bread chunks in bowls, pour soup over, and drizzle with olive oil.
5. Top with poached eggs and extra coriander.



## 2. Mujaddara (Lebanon – Lentils & Caramelised Onion Rice)

Hearty and comforting, this dish is vegan and rich in protein.

Ingredients:

- 1 cup brown or green lentils
- 1/2 cup rice (basmati or long-grain)
- 3 large onions, thinly sliced
- 3 tbsp olive oil
- 1/2 tsp cumin
- Salt and pepper to taste

Instructions:

1. Cook lentils in water until almost tender.
2. Add rice to lentils and cook until both are done.
3. In a pan, sauté onions in olive oil until deeply caramelised.
4. Stir most of the onions into the lentil-rice mixture, season with cumin, salt, and pepper.
5. Garnish with remaining onions.



## 3. Zapiekanka (Poland – Open-faced Baguette Sandwich)

A popular Polish street food similar to a pizza baguette.

Ingredients:

- 1 French baguette
- 1 cup mushrooms, sliced
- 1 onion, sliced
- 1 cup grated cheese (cheddar or mozzarella)
- Ketchup for serving
- Butter or oil for frying

Instructions:

1. Sauté mushrooms and onion in butter until soft.
2. Slice baguette in half lengthwise, top with mushroom-onion mix and cheese.
3. Bake at 180°C for 10 minutes or until cheese is melted.
4. Drizzle with ketchup before serving.



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#### 4. Frikadeller (Denmark – Danish Meatballs)

Tender pan-fried meatballs typically served with potatoes or rye bread.

Ingredients:

- 500g minced pork or beef
- 1 egg
- 1/2 onion, grated
- 1/2 cup milk
- 1/2 cup breadcrumbs
- 1/2 tsp nutmeg
- Salt and pepper
- Oil for frying

Instructions:

1. Mix all ingredients into a soft meat mixture.
2. Form into flat meatballs.
3. Fry in oil over medium heat until golden and cooked through.



#### 5. Kimchi Pancakes (Korea – Kimchi Jeon)

A crispy savoury pancake made from fermented cabbage (kimchi).

Ingredients:

- 1 cup chopped kimchi (available at specialty stores or homemade)
- 1/2 cup flour
- 1/4 cup water
- 1 egg
- 1 spring onion, chopped
- Oil for frying

Instructions:

1. Mix kimchi, flour, water, egg, and spring onion into a batter.
2. Pour into a hot, oiled pan and spread thinly.
3. Cook until crispy on both sides. Serve with soy dipping sauce.



#### 6. Lángos (Hungary – Fried Flatbread)

Delicious deep-fried bread often topped with garlic butter, cheese, or sour cream.

Ingredients:

- 2 cups flour
- 1 tsp sugar
- 1/2 tsp salt
- 1/2 packet instant yeast
- 3/4 cup warm water
- Oil for deep frying
- Optional toppings: garlic butter, sour cream, grated cheese

Instructions:

1. Mix dough ingredients and let rise for 1 hour.
2. Divide and flatten dough into small discs.
3. Deep-fry until golden.
4. Serve hot with desired toppings.



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## 7. Sopa Paraguaya (Paraguay – Cornbread)

Not a soup despite the name; it's a cheesy, moist cornbread.

Ingredients:

- 1 cup maize meal
- 1/2 cup milk
- 2 eggs
- 1 onion, chopped
- 1 cup grated cheese
- 1/2 cup oil or butter
- 1 tsp baking powder
- Salt

Instructions:

1. Sauté onions until soft.
2. Mix all ingredients into a thick batter.
3. Pour into a greased baking dish.
4. Bake at 180°C for 30–40 minutes until golden and set.



## 8. Tortang Talong (Philippines – Eggplant Omelette)

A smoky-flavoured omelette made with grilled eggplant.

Ingredients:

- 2 medium eggplants
- 3 eggs
- Salt and pepper
- Oil for frying

Instructions:

1. Grill eggplants over flame or bake until skin is charred and flesh is soft.
2. Peel off the skin, flatten the flesh.
3. Beat eggs with salt and pepper.
4. Dip eggplant in egg mixture and pan-fry on both sides until golden.



## 9. Tacu Tacu (Peru – Rice & Bean Patties)

A satisfying meal made with leftover rice and beans.

Ingredients:

- 1 cup cooked rice
- 1 cup cooked brown or black beans
- 1 onion, chopped
- 1 clove garlic, minced
- Oil for frying
- Salt and pepper

Instructions:

1. Mash beans and mix with rice.
2. Sauté onion and garlic, mix into rice-bean mix.
3. Form into patties.
4. Fry on both sides until crispy and golden.



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## 10. Smörgåstårta (Sweden – Sandwich Cake)

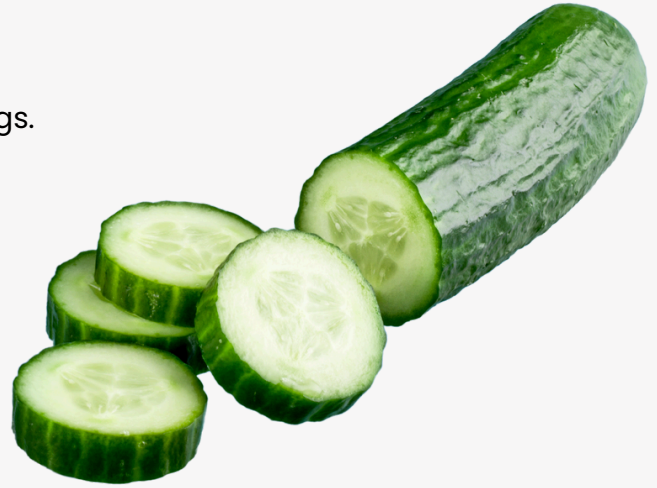
A savoury layered “cake” made of bread and creamy fillings.

Ingredients:

- 1 loaf of white or rye sandwich bread (crusts removed)
- 1 cup cream cheese or mayo
- 1 tin tuna, drained
- 1 hard-boiled egg, chopped
- 1 small cucumber, sliced
- 1 tomato, sliced
- Lettuce and herbs for garnish

Instructions:

1. Layer slices of bread with a mix of tuna, egg, and mayo or cream cheese.
2. Stack layers like a cake, spread cream cheese on top and sides.
3. Garnish with cucumber, tomato, and herbs. Chill before serving.



## 11. Lobio (Georgia – Spiced Red Beans)

A hearty, garlicky bean dish served with bread or rice.

Ingredients:

- 2 cups cooked red kidney beans
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tsp coriander (ground or fresh)
- 1 tbsp vinegar
- Salt and pepper

Instructions:

Sauté onions and garlic, stir in beans and mash slightly. Add vinegar, coriander, salt and pepper. Simmer for 10 minutes and serve warm.



## 12. Salmorejo (Spain – Chilled Tomato Bread Soup)

A creamier cousin of gazpacho.

Ingredients:

- 4 ripe tomatoes
- 1 cup bread (soaked in water)
- 1 garlic clove
- 1/4 cup olive oil
- 1 tsp vinegar
- Salt

Instructions:

Blend tomatoes, soaked bread, garlic, oil, vinegar, and salt until smooth. Chill and serve with boiled egg or ham, if desired.



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### 13. 🇧🇬 Banitsa (Bulgaria – Feta Pastry Spiral)

A baked pastry made with filo and cheese.

Ingredients:

- 1 pack filo pastry
- 200g feta
- 3 eggs
- 1/2 cup yoghurt
- Butter or oil for brushing

Instructions:

Mix feta, eggs and yoghurt. Layer filo sheets in a dish, brushing each with butter, and add filling between layers. Bake at 180°C for 30 minutes.



### 14. 🇲🇽 Chilaquiles (Mexico – Corn Chip Breakfast Skillet)

Crunchy corn chips softened in tomato sauce.

Ingredients:

- 3 cups corn chips or tortillas
- 2 cups tomato salsa
- 2 eggs (optional)
- 1/4 cup grated cheese
- Sour cream (optional)

Instructions:

Simmer chips in salsa for 5–10 minutes. Top with fried eggs and cheese. Serve with sour cream.



### 15. 🇯🇲 Stamp and Go (Jamaica – Saltfish Fritters)

Spicy, savoury fritters made with salt cod.

Ingredients:

- 1 cup desalted saltfish or tinned tuna
- 1 cup flour
- 1/2 cup water
- 1 spring onion, chopped
- 1 tsp thyme
- 1 hot pepper, chopped (optional)
- Oil for frying

Instructions:

Mix all ingredients into a batter. Drop spoonfuls into hot oil and fry until golden.



## 16. 🇱🇻 Kugelis (Lithuania – Potato Bake)

A traditional potato pudding with crispy top.

Ingredients:

- 6 potatoes, grated
- 1 onion, grated
- 2 eggs
- 1/2 cup milk
- Salt and pepper
- Oil for greasing

Instructions:

Mix all ingredients, pour into greased dish and bake at 180°C for 45–60 minutes.



## 17. 🇨🇷 Gallo Pinto (Costa Rica – Black Beans & Rice)

A popular breakfast dish.

Ingredients:

- 1 cup cooked black beans
- 1 cup cooked rice
- 1 small onion, chopped
- 1/2 red pepper, chopped
- 1 tbsp coriander
- Oil for frying

Instructions:

Sauté onion and pepper, add beans, rice, and coriander. Cook for 5–10 minutes.



## 18. 🇬🇷 Trahanas Soup (Greece – Fermented Grain Soup)

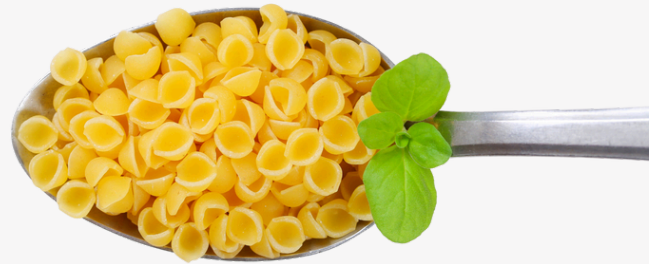
A tangy, creamy soup made with milk and fermented wheat (substitute with coarse maize or crushed pasta).

Ingredients:

- 1 cup trahanas or small pasta
- 2 cups milk
- 1 cup water
- 1 tbsp butter
- Salt

Instructions:

Simmer milk and water, stir in grains. Cook on low for 15–20 mins until thick.



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## 19. 🇧🇩 Begun Bharta (Bangladesh – Mashed Aubergine Salad)

Smoky, spicy, mashed eggplant served with rice.

Ingredients:

- 1 aubergine
- 1 garlic clove
- 1 green chilli
- 1 tbsp mustard oil or sunflower oil
- Salt

Instructions:

Grill aubergine until soft, mash with garlic, chilli, oil, and salt.



## 20. 🇲🇦 Harira (Morocco – Chickpea & Lentil Soup)

A hearty tomato-based soup for breaking fasts.

Ingredients:

- 1/2 cup chickpeas (cooked)
- 1/2 cup lentils
- 2 tomatoes, blended
- 1 onion, chopped
- 1 tsp cumin
- Fresh coriander
- 1.5 L water

Instructions:

Sauté onion and spices, add lentils and chickpeas, then tomato. Simmer until thick and fragrant.



## 21. 🇮🇷 Kuku Sabzi (Iran – Herb Omelette)

A vibrant, green herb-filled frittata.

Ingredients:

- 1 cup chopped parsley
- 1/2 cup coriander
- 1/4 cup dill
- 4 eggs
- Salt, pepper
- Oil for frying

Instructions:

Mix herbs with eggs and seasoning. Pour into pan and fry until both sides are firm and browned.



## 22. 🇦🇱 **Speca me Gjize (Albania – Stuffed Peppers with Feta)**

Bell peppers filled with feta and herbs.

Ingredients:

- 4 green peppers
- 200g feta
- 1 egg
- 1 tbsp yoghurt
- Parsley

Instructions:

Mix feta, egg, yoghurt, and parsley. Fill peppers, bake at 180°C for 25–30 minutes.



## 23. 🇸🇾 **Fatteh (Syria – Toasted Bread with Chickpeas & Yoghurt)**

Layered dish with crispy bread, chickpeas, and garlic yoghurt.

Ingredients:

- 2 pita breads
- 1 cup cooked chickpeas
- 1 cup plain yoghurt
- 1 garlic clove, crushed
- 2 tbsp olive oil
- Pine nuts (optional)

Instructions:

Toast pita until crisp. Mix yoghurt with garlic. Layer bread, chickpeas, and yoghurt. Top with warm oil and pine nuts.



## 24. 🇹🇿 **Mchuzi wa Samaki (Tanzania – Fish Coconut Curry)**

Fish stewed in coconut milk and spices.

Ingredients:

- 500g firm white fish
- 1 onion
- 1 tomato
- 1 can coconut milk
- 1 garlic clove
- 1 tsp curry powder

Instructions:

Fry onion, garlic, and tomato. Add fish and spices. Pour in coconut milk and simmer until fish is cooked.



## 25. 🇮🇸 Plokkfiskur (Iceland – Fish & Potato Mash)

A creamy dish of mashed fish and potatoes.

Ingredients:

- 300g cooked white fish
- 3 potatoes, boiled and mashed
- 1 onion, chopped
- 1/2 cup milk
- 2 tbsp butter



Instructions:

Sauté onion in butter, add fish and mash. Stir in potatoes and milk to desired texture.

## 26. 🇲🇾 Nasi Ulam (Malaysia – Herbed Rice Salad)

A rice dish with raw herbs and grated coconut.

Ingredients:

- 2 cups cooked rice
- 1/4 cup grated coconut
- 1 spring onion, chopped
- Mint, coriander, and basil (chopped)
- 1 chilli, sliced
- Salt, lime juice



Instructions:

Toast coconut lightly. Mix all ingredients with rice. Serve chilled or at room temperature.

## 27. 🇹🇷 Mercimek Köftesi (Turkey – Lentil Patties)

Spicy vegetarian patties made from red lentils and bulgur.

Ingredients:

- 1 cup red lentils
- 1/2 cup fine bulgur
- 1 onion, chopped
- 1 tbsp tomato paste
- Cumin, paprika, parsley
- Salt and pepper



Instructions:

Boil lentils, stir in bulgur. Add sautéed onions with paste and spices. Cool, shape into patties.

## 28. 🇻🇪 Arepas (Venezuela – Corn Cakes)

Crispy outside, fluffy inside cornmeal cakes.

Ingredients:

- 2 cups maize meal (instant)
- 1.5 cups warm water
- Salt
- Oil

Instructions:

Mix maize meal and salt with water to form dough. Shape into discs and pan-fry until golden on both sides.



## 29. 🇲🇶 Buuz (Mongolia – Steamed Dumplings)

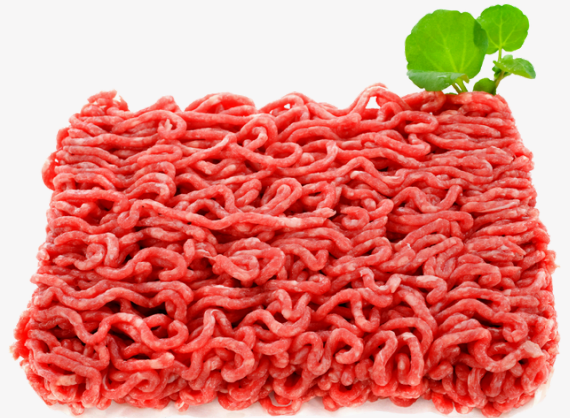
Meaty dumplings similar to Asian bao.

Ingredients:

- 2 cups flour
- 1/2 cup water
- 300g mince (beef or lamb)
- 1 onion
- Salt and pepper

Instructions:

Make dough from flour and water, roll and cut circles. Fill with mince/onion mix. Fold and steam for 15–20 mins.



## 30. 🇵🇬 Mumu (Papua New Guinea – Root Veg & Meat Stew)

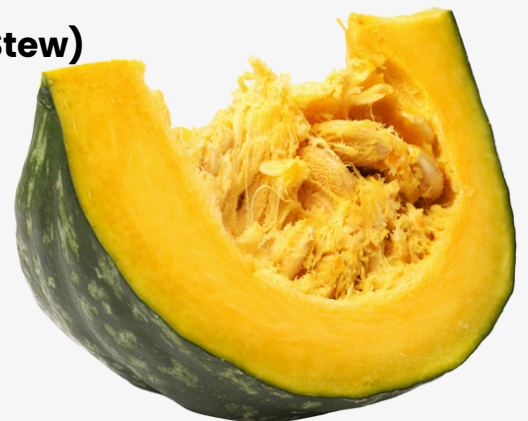
Traditionally baked underground but easily made in an oven.

Ingredients:

- 500g chicken or pork
- 2 sweet potatoes, cubed
- 1 cup pumpkin, cubed
- 1 onion
- 1 cup coconut milk
- Salt

Instructions:

Layer meat and vegetables in a dish. Pour over coconut milk, cover, and bake at 180°C for 1 hour.



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