

20 Easy International Recipes

1. Yakisoba Chicken (Japan)

Ingredients

- 1/2 teaspoon sesame oil
- 1 tablespoon canola oil
- 2 tablespoons chile paste
- 2 cloves garlic, chopped
- 4 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 1/2 cup soy sauce
- 1 onion, sliced lengthwise into eighths
- 1/2 medium head cabbage, coarsely chopped
- 2 carrots, coarsely chopped
- 8 ounces soba noodles, cooked and drained

6 Servings

Directions

1. In a large skillet combine sesame oil, canola oil and chili paste. Stir fry 30 seconds. Add garlic and stir fry an additional 30 seconds. Add chicken and 1/4 cup of the soy sauce and stir fry until chicken is no longer pink. Remove mixture from pan, set aside and keep warm.
2. In the emptied pan combine the onion, cabbage and carrots. Stir fry until cabbage begins to wilt. Stir in the remaining soy sauce, cooked noodles and the chicken mixture to pan and mix to blend. Serve and enjoy!



2. Beef Bulgogi (Korea)

Ingredients

- 1 pound flank steak, thinly sliced
- 5 tablespoons soy sauce
- 2 1/2 tablespoons white sugar
- 1/4 cup chopped green onion
- 2 tablespoons minced garlic
- 2 tablespoons sesame seeds
- 2 tablespoons sesame oil
- 1/2 teaspoon ground black pepper

4 Servings

Directions

1. Place the beef in a shallow dish. Combine soy sauce, sugar, green onion, garlic, sesame seeds, sesame oil, and ground black pepper in a small bowl. Pour over beef. Cover and refrigerate for at least 1 hour or overnight.
2. Preheat an outdoor grill for high heat, and lightly oil the grate.
3. Quickly grill beef on hot grill until slightly charred and cooked through, 1 to 2 minutes per side.



*Can be rolled up in red leaf lettuce with rice and hot pepper paste. If you want to spice it up just add red pepper powder to your marinade. (You can purchase the hot pepper paste and red pepper powder at your local oriental market).

3. Steamed Chopped Pork with Fresh Water Chestnuts (China)

Ingredients

- 1 pound chopped fresh pork (loin end)
- 8 fresh Chinese water chestnuts, peeled and cleaned
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 teaspoon monosodium glutamate
- 1/2 teaspoon light soya sauce
- 1/4 teaspoon dark soya sauce

2-3 Servings

Directions

1. Put the chopped pork on a cutting board or chopping block. Wrap water chestnuts in a lint-free cloth napkin or towel and crush with the side of a cleaver or a heavy knife. Spread the crushed chestnuts over the pork and use a cleaver to chop the two together until thoroughly blended. Then, with a knife, push the mixture onto a heat-resistant platter or plate. Even it out into a neat shape with a fork (your fingers would make the mixture sticky). Sprinkle the meat mixture as evenly as possible with the salt, sugar, monosodium glutamate, light and dark soya sauce.
2. Place on rack in bottom of wok or pot. Add about an inch of water, cover and steam until well done (about 20 minutes). Serve with boiled rice.

4. Mulligatawny Soup (India)

Ingredients

- 1/2 cup chopped onion
- 2 stalks celery, chopped
- 1 carrot, diced
- 1/4 cup butter
- 1 1/2 tablespoons all-purpose flour
- 1 1/2 teaspoons curry powder
- 4 cups chicken broth
- 1/2 apple, cored and chopped
- 1/4 cup white rice
- 1 skinless, boneless chicken breast half - cut into cubes
- salt to taste
- ground black pepper to taste
- 1 pinch dried thyme
- 1/2 cup heavy cream, heated

6 Servings

Directions

1. Saute onions, celery, carrot, and butter in a large soup pot. Add flour and curry, and cook 5 more minutes. Add chicken stock, mix well, and bring to a boil. Simmer about 1/2 hour.
2. Add apple, rice, chicken, salt, pepper, and thyme. Simmer 15-20 minutes, or until rice is done.
3. When serving, add hot cream.



5. Basboosa (Lebanon)

Ingredients

- 2 cups semolina flour
- 1/3 teaspoon baking powder
- 1 cup white sugar
- 1 cup sweetened flaked coconut
- 1/4 cup butter, melted
- 1 cup plain yogurt
- 1/4 cup milk, or as needed
- 1/4 cup whole almonds
- 1 cup water
- 1 cup white sugar
- 1 tablespoon lemon juice

9 Servings

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease an 8 inch square baking dish.
2. In a large bowl, mix together the semolina flour, baking powder, 1 cup sugar, coconut and butter. Add the yogurt and milk; mix until moistened but not runny or liquid. If you see that it is too dry, add more milk. Spread into a greased 8 inch square baking dish, smoothing the top as much as possible. Decorate the top with whole almonds.
3. Bake for 40 to 45 minutes in the preheated oven, until golden brown. While the basboosa is baking, combine the water, 1 cup of sugar and lemon juice in a small saucepan. Bring to a boil, and cook for at least 5 minutes.
4. When the basboosa has finished baking, pour the syrup over it as evenly as possible. Place it back in the oven for about 5 minutes, or until the syrup has been fully absorbed. Let rest for about 20 minutes before cutting into pieces and serving.

*This is a traditional Middle Eastern dessert made of semolina flour, yogurt, and coconut. To adjust the sweetness, you can half or double the amount of sugar in the lemon syrup.



6. Jerk Chicken (Jamaica)

Ingredients

- 6 green onions, chopped
- 1 onion, chopped
- 1 jalapeno pepper, seeded and minced
- 3/4 cup soy sauce
- 1/2 cup distilled white vinegar
- 1/4 cup vegetable oil
- 2 tablespoons brown sugar
- 1 tablespoon chopped fresh thyme
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 1 1/2 pounds skinless, boneless chicken breast halves

4 Servings

Directions

1. In a food processor or blender, combine the green onions, onion, jalapeno pepper, soy sauce, vinegar, vegetable oil, brown sugar, thyme, cloves, nutmeg and allspice. Mix for about 15 seconds.
2. Place the chicken in a medium bowl, and coat with the marinade. Refrigerate for 4 to 6 hours, or overnight.
3. Preheat grill for high heat.
4. Lightly oil grill grate. Cook chicken on the prepared grill 6 to 8 minutes, until juices run clear.

*This well rounded flavor of sweet, hot, herbal and spicy chicken can be served with rice, beans or pasta.



7. Eyes of Ox- Ojos de Buey (Venezuela)

Ingredients

- 24 pitted prunes
- 12 bacon strips, cut in half
- 8 bamboo skewers, soaked in water for 20 minutes

8 Servings

Directions

1. Preheat an oven to 350 degrees F (175 degrees C).
2. Wrap each prune with one of the pieces of bacon. Thread three of the wrapped prunes onto each skewer. Arrange the skewers on a baking sheet.
3. Bake in the preheated oven until the bacon is crisp, about 12 minutes. Allow to cool before serving.



8. Chilean-Style Sopaipillas (Chile)

Ingredients

- 9 ounces zapallo squash
- 4 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 10 tablespoons butter, melted
- 2 cups canola oil for pan-frying

9 Servings

Directions

1. Peel, seed, and cut the zapallo into chunks. Place in a saucepan, cover with water, and bring to a boil over medium-high heat. Cook until zapallo is soft and easily pierced with a fork, 15 to 20 minutes. Drain and allow to cool slightly.
2. Mix the flour, baking soda, and salt together in a mixing bowl, and set aside. Stir together the squash and melted butter. Stir the flour mixture into the butter mixture until blended. Turn the dough out onto a lightly floured surface and knead until soft and satiny, adding a little more flour if necessary. Cover dough with a towel and allow to rest 15 minutes.
3. Roll out the dough to 1/8 inch thick, and cut into 3 inch diameter circles. Poke each circle a few times with a fork to make holes and prevent rising.
4. Pour vegetable oil into a large, deep skillet and heat over medium-high heat until hot, 385 degrees F (195 degrees C). Place several of the dough circles into hot oil; cook until lightly browned, 3 to 4 minutes. Drain on paper towels. Cook remainder of dough circles in batches.

*Zapallo, sometimes called Jamaican pumpkin, is a type of winter squash from South America. If it's not available, sugar pumpkin makes a good substitute.



9. Vegetarian Tortilla Stew (Mexico)

Ingredients

9. 1 (19 ounce) can green enchilada sauce
10. 1 1/2 cups water
11. 1 cube vegetable bouillon
12. 1/2 teaspoon garlic powder
13. 1/4 teaspoon chili powder
14. 1/4 teaspoon ground cumin
15. 1 (15 ounce) can pinto beans, drained and rinsed
16. 1/2 (16 ounce) can diced tomatoes
17. 1 cup frozen corn
18. 1/2 cup vegetarian chicken substitute, diced (optional)
19. 4 (6 inch) corn tortillas, torn into strips
20. 1 tablespoon chopped fresh cilantro
21. salt and pepper to taste

4 Servings



Directions

1. In a pot, mix the enchilada sauce and water. Dissolve the bouillon cube in the liquid, and season with garlic powder, chile powder, and cumin. Bring to a boil, and reduce heat to low. Mix in the beans, tomatoes, and corn. Simmer until heated through. Mix in vegetarian chicken and tortillas, and cook until heated through. Stir in cilantro, and season with salt and pepper to serve.

*Quick, tasty, and super easy! A great soup for a quick lunch or add a green salad and some corn bread and you have dinner. Serve with sour cream, shredded Cheddar, and sliced green onions

10. Spinach with Garbanzo Beans (Spain)

Ingredients

- 1 tablespoon extra-virgin olive oil
- 4 cloves garlic, minced
- 1/2 onion, diced
- 1 (10 ounce) box frozen chopped spinach, thawed and drained well
- 1 (12 ounce) can garbanzo beans, drained
- 1/2 teaspoon cumin
- 1/2 teaspoon salt

4 Servings



Directions

1. Heat the olive oil in a skillet over medium-low heat. Cook the garlic and onion in the oil until translucent, about 5 minutes. Stir in the spinach, garbanzo beans, cumin, and salt. Use your stirring spoon to lightly mash the beans as the mixture cooks. Allow to cook until thoroughly heated.

11. Asparagus Cashew Rice Pilaf (Armenia)

Ingredients

- 1/4 cup butter
- 2 ounces uncooked spaghetti, broken
- 1/4 cup minced onion
- 1/2 teaspoon minced garlic
- 1 1/4 cups uncooked jasmine rice
- 2 1/4 cups vegetable broth
- salt and pepper to taste
- 1/2 pound fresh asparagus, trimmed and cut into 2 inch pieces
- 1/2 cup cashew halves

8 Servings



Directions

1. Melt butter in a medium saucepan over medium-low heat. Increase heat to medium, and stir in spaghetti, cooking until coated with the melted butter and lightly browned.
2. Stir onion and garlic into the saucepan, and cook about 2 minutes, until tender. Stir in jasmine rice, and cook about 5 minutes. Pour in vegetable broth. Season mixture with salt and pepper. Bring the mixture to a boil, cover, and cook 20 minutes, until rice is tender and liquid has been absorbed.
3. Place asparagus in a separate medium saucepan with enough water to cover. Bring to a boil, and cook until tender but firm.
4. Mix asparagus and cashew halves into the rice mixture, and serve warm.

12. Middle Eastern Kibbeh

Ingredients

- 2/3 cup medium coarse bulgur
- 1 cup fresh mint leaves
- 1 large onion, chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground allspice
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 1/2 pounds lean ground lamb
- 3 tablespoons olive oil

12 Servings

Directions

1. Place bulgur in a microwave-safe bowl and cover with water just to the top of the bulgur. Place in the microwave and cook on High 1 to 2 minutes until bulgur is swollen and the water is absorbed. Toss briefly and allow to stand until cool.
2. Place the mint leaves in the bowl of a food processor. Process, gradually adding onion through the feed tube, until both mint and onion are finely chopped. Stir the mint-onion mixture into the bulgur, with the cumin, allspice, salt, and pepper. Stir the bulgur mixture into the ground lamb and mix thoroughly. Using damp hands, shape the lamb mixture into small, palm-sized patties.
3. Place the olive oil in a skillet and heat over medium heat. Add the kibbeh patties and cook until outside is golden brown and center is cooked through, turning once, about 6 minutes on each side.

13. Steamed Mussels with Fennel, Tomatoes, Ouzo, and Cream (Greece)

Ingredients

- 1 tablespoon olive oil
- 2 shallots, finely chopped
- 4 cloves garlic, finely chopped
- 1 bulb fennel - trimmed, cored and thinly sliced
- 1 large tomato, cubed
- 1/2 cup white wine
- 1/4 cup ouzo
- 1/2 cup heavy cream
- 4 pounds mussels, cleaned and debearded
- 1/3 cup fresh basil leaves, torn
- salt to taste

4 Servings



Directions

1. Heat olive oil in a medium saucepan over medium heat. Stir in shallots and garlic, and cook until tender. Stir in fennel and tomato, and continue cooking about 5 minutes.
2. Mix white wine, ouzo, and heavy cream into the saucepan, and bring to a boil. Gradually stir in mussels, 1/2 the basil, and salt.
3. Cover saucepan, and continue cooking about 5 minutes, until the mussels have opened. Garnish with remaining basil to serve.

14. Mansaka (Traditional Casserole from Denmark)

Ingredients

- 1 tablespoon shortening
- 1 1/2 pounds ground beef
- 2 cups sliced onion
- 1 clove garlic, minced
- 1 tablespoon all-purpose flour
- 1 1/2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon sugar
- 1 teaspoon dried basil
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon dried oregano
- 1 (4 ounce) can mushrooms, drained
- 1 (15 ounce) can tomato sauce
- 4 potatoes, thinly sliced
- 1 cup shredded Swiss cheese

6 Servings



Directions

1. Melt the shortening in a large skillet over medium-high heat. Add the ground beef, and cook, stirring to crumble, until evenly browned. Mix in the onion and garlic; cook until tender. Drain excess grease, and sprinkle in the flour, salt, pepper, sugar, basil, cinnamon and oregano. Stir in the mushrooms and tomato sauce, and simmer for 15 minutes over low heat.
2. Meanwhile, place the potatoes in a microwave-safe bowl or dish, and cook for 5 to 6 minutes, stirring occasionally, or until about halfway done.
3. Preheat the oven to 350 degrees F (175 degrees C). In the bottom of a 9x13 inch baking dish, or shallow casserole dish of similar size, layer half of the potatoes. Spread half of the meat sauce over them, then sprinkle with half of the cheese. Repeat the layers ending with cheese on top.
4. Bake for 35 minutes in the preheated oven, until potatoes are tender and cheese is browned.

15. Ash-e-jow (Iranian/Persian Barley Soup)

Ingredients

- 2 quarts chicken stock
- 2 tablespoons vegetable oil
- 1 medium onion, diced
- 1 cup uncooked pearl barley
- 1 teaspoon turmeric
- 1 lime, juiced
- 1/4 cup tomato paste
- salt, to taste
- ground black pepper, to taste
- 1 cup diced carrots
- 1/2 cup sour cream
- 1/2 cup chopped fresh parsley
- 8 lime wedges

8 Servings



Directions

1. Heat the chicken stock in a pot to a gentle simmer.
2. Heat the vegetable oil in a large pot over medium heat and saute the onion until translucent. Add the pearl barley to the pot and stir for one minute. Stir in the hot chicken stock, turmeric, lime juice, tomato paste, salt, and pepper. Bring the mixture to a boil, reduce heat to low, and simmer for 1 hour.
3. Mix in the carrots and continue simmering 30 minutes or until the soup has thickened and the carrots and barley are tender. If the soup is too thick, add hot water, one tablespoon at a time.
4. Place the sour cream in a small bowl. Slowly pour 1/2 cup of hot soup mixture into sour cream, whisking constantly. Gradually add the sour cream mixture into the soup pot, whisking constantly. Stir in the fresh parsley. Serve with fresh lime wedges.

*Make this vegetarian by using vegetable broth

16. African Peanut Soup (West African)

Ingredients

- 2 tablespoons olive oil
- 2 medium onions, chopped
- 2 large red bell peppers, chopped
- 4 cloves garlic, minced
- 1 (28 ounce) can crushed tomatoes, with liquid
- 8 cups vegetable broth or stock
- 1/4 teaspoon pepper
- 1/4 teaspoon chili powder (optional)
- 2/3 cup extra crunchy peanut butter
- 1/2 cup uncooked brown rice

10 Servings



Directions

1. Heat oil in a large stock pot over medium high heat. Cook onions and bell peppers until lightly browned and tender, stirring in garlic when almost done to prevent burning. Stir in tomatoes, vegetable stock, pepper, and chili powder. Reduce heat to low and simmer, uncovered, for 30 minutes.
2. Stir in rice, cover, and simmer another fifteen minutes or until rice is tender. Stir in peanut butter until well blended, and serve.

17. Milk Tart (South Africa)

Ingredients

- 1/2 cup butter, softened
- 1 cup white sugar
- 1 egg
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 pinch salt
- 4 cups milk
- 1 teaspoon vanilla extract
- 1 tablespoon butter
- 2 1/2 tablespoons all-purpose flour
- 2 1/2 tablespoons cornstarch
- 1/2 cup white sugar
- 2 eggs, beaten
- 1/2 teaspoon ground cinnamon

16 Servings



Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium mixing bowl, cream together 1/2 cup butter or margarine and 1 cup sugar. Add 1 egg and beat until mixture is smooth. In a separate bowl, mix together 2 cups flour, baking powder, and salt. Stir flour mixture into sugar mixture just until ingredients are thoroughly combined. Press mixture into bottom and sides of two 9-inch pie pans.
3. Bake in preheated oven for 10 to 15 minutes, until golden brown.
4. In a large saucepan, combine milk, vanilla extract, and 1 tablespoon butter or margarine. Bring to a boil over medium heat, then remove from burner.
5. In a separate bowl, mix together 2 1/2 tablespoons flour, cornstarch, and 1/2 cup sugar. Add beaten eggs to sugar mixture and whisk until smooth. Slowly whisk mixture into milk. Return pan to heat and bring to a boil, stirring constantly. Boil and stir 5 minutes. Pour half of mixture into each pastry shell. Sprinkle with cinnamon. Chill before serving.

18. Ethiopian Cabbage Dish

Ingredients

- 1/2 cup olive oil
- 4 carrots, thinly sliced
- 1 onion, thinly sliced
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1/2 head cabbage, shredded
- 5 potatoes, peeled and cut into 1-inch cubes

5 Servings



Directions

1. Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15 to 20 minutes. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes.

19. Chicken Cordon Bleu (France)

Ingredients

- 6 skinless, boneless chicken breast halves
- 6 slices Swiss cheese
- 6 slices ham
- 3 tablespoons all-purpose flour
- 1 teaspoon paprika
- 6 tablespoons butter
- 1/2 cup dry white wine
- 1 teaspoon chicken bouillon granules
- 1 tablespoon cornstarch
- 1 cup heavy whipping cream

6 Servings

Directions

1. Pound chicken breasts if they are too thick. Place a cheese and ham slice on each breast within 1/2 inch of the edges. Fold the edges of the chicken over the filling, and secure with toothpicks. Mix the flour and paprika in a small bowl, and coat the chicken pieces.
2. Heat the butter in a large skillet over medium-high heat, and cook the chicken until browned on all sides. Add the wine and bouillon. Reduce heat to low, cover, and simmer for 30 minutes, until chicken is no longer pink and juices run clear.
3. Remove the toothpicks, and transfer the breasts to a warm platter. Blend the cornstarch with the cream in a small bowl, and whisk slowly into the skillet. Cook, stirring until thickened, and pour over the chicken. Serve warm.



20. French- Canadian Salmon and Potato Pie

Ingredients

- 6 potatoes, peeled
- 1 small onion, minced
- 1 clove garlic, minced
- 1 tablespoon butter
- 1 (6 ounce) can red salmon, undrained
- 1 teaspoon dried thyme
- 1 cup milk
- 2 (9 inch) unbaked pie shells
- 1 to taste salt and pepper

8 Servings

Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool and chop.
3. In a medium saucepan, cook onions, garlic and butter over medium heat until vegetables become transparent in color.
4. Add onion/garlic mixture, salmon and thyme to cooked potatoes. Mash all together with milk, adding just enough to bring about a mashed potato consistency. Spread evenly into pie shell.
5. Place second pie shell over top of salmon mixture. Cut slits into the upper shell, then pinch edges of both pie shells together. Bake on lower rack of oven for 45 minutes.



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