



*Food from around the World*

*Project Sponsored by Manuela Mendes Silva*

*Santa Comba Dão-Portugal*

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# Soups and Starters



# Caldo Verde- Portugal

## Ingredients:

- 4 Tablespoons olive oil, divided
- 1 Onion, minced
- 1 Clove garlic, minced
- 6 Potatoes, peeled and thinly sliced
- 2 Quarts cold water
- 6 Ounces linguica sausage, thinly sliced
- 2 1/2 Teaspoons salt
- Ground black pepper to taste
- 1 Pound kale, rinsed and julienned



## Preparation:

1. In a large saucepan over medium heat, cook onion and garlic in 3 tablespoons olive oil for 3 minutes. Stir in potatoes and cook, stirring constantly, 3 minutes more. Pour in water, bring to a boil, and let boil gently for 20 minutes, until potatoes are mushy.
2. Meanwhile, in a large skillet over medium-low heat, cook sausage until it has released most of its fat, 10 minutes. Drain.
3. Mash potatoes or puree the potato mixture with a blender or food processor. Stir the sausage, salt and pepper into the soup and return to medium heat. Cover and simmer 5 minutes.
4. Just before serving, stir kale into soup and simmer, 5 minutes, until kale is tender and jade green. Stir in the remaining tablespoon of olive oil and serve at once.

# Borscht - Ukraine



What is Ukrainian borscht? On the one hand, borscht is a Ukrainian national soup, but on the other hand it is not a soup at all. There are million kinds of soup, but BORSCHT is the only one. What is that special about Ukrainian borscht?

Borscht is not just a regular meal. It is one of the Ukraine's national symbols. It took its name from the word "br'sch" which means beet in old Slavic language. Since the time immemorial there is nothing better than to eat a big bowl of hot borsch when you come from the cold winter street. It will warm up your soul and body, bring much more optimism to your life. Each region in Ukraine has its own borscht recipe.

There is no a single "correct way" of cooking borscht. Each hostess has her own idea about ingredients and the way borscht has to be cooked. As a result we have as many versions of Ukrainian borscht recipes as many hostesses exist in Ukraine.

## **Ingredients:**

1.5 - 2 pounds of beef with bone, 0.5 cup dry beans, 1 medium beet root, 0.5 medium cabbage, 5 medium potatoes, 3 medium carrots, 2 medium onions, 2 medium parsley roots, 2-3 bay leaves, 2-3 table spoons tomato paste, 2 green peppers, 5-6 black peppercorns, 1 medium garlic, 0.25 lb salted salo (pig fat)

You will need a 5-6 liter cooking pot. You have to invite all your relatives and friends to try Ukrainian borscht which you cooked yourself. Besides that next day Ukrainian borscht is considered the tastiest one. O.K., let's start. You can follow the borscht recipe exactly or experiment on your own.

1. Soak dry beans for 2-3 hours.

2. Cut the meat on pieces (they have to stick out your soup bowl while you eat borscht), place them in a pot filled with the cold water. Bring to a boil, skim off any fat on the surface. In 30 minutes add soaked beans, cover and cook for about 1 hour.
3. While meat is cooking, chop the beet as thin as you can, put it in a frying pan, add sunflower or vegetable oil, and fry until soft (don't make it too soft!). You can add 1 tea spoon of vinegar to save beet color.
4. Chop cabbage (try to make the slices thinner!), peel and chop potatoes. Leave them along for now.
5. Chop 3 carrots, 2 onions, 2 parsley roots, fry them until the onion is going golden.
6. Now the fun part of borscht recipe. Let's put all together to make a master piece. Wait, wait! One step at a time. When the meat is ready, add some salt, 2-3 bay leaves, peppercorns, potatoes.
7. In 5-10 minutes add fried carrots, onions, parsley roots, and beets. Add chopped cabbage. Slow cook about 10 minutes.
8. Add 2-3 table spoons of tomato paste, wait until it boils. Add a little bit sugar if it is too sour for you. Turn off the stove. No, borscht is not ready yet.
9. Cut salted salo into the tiny cubes. (Don't worry! You will never see salo in your borscht if you do it proper.) Chop 0.5 head of garlic and the dill. Grind them together in a deep bowl with a wooden spoon. Throw it in cooked borscht. Wait for 10-15 minutes more even if you can't because of all those smells.



## Mushroom soup- Bielorussia



❖ *To make a mushroom soup you need:*

- 1) 200gr. fresh mushrooms*
- 2) 3 table spoons of margarine*
- 3) 1 table spoon of a flour*
- 4) 1 litre of water*
- 5) 1 glass of sour cream*
- 6) salt*
- 7) pepper*
- 8) greens*

Cut fresh mushrooms into small pieces. Fry them in margarine for 10 minutes. Add flour, boiling water and fill with sour cream. Add spice. Boil 5-10 minutes. Before serving add parsley.

## Mushrooms -Ukraine

Hutsul Style



Flour — 1.5 kilo,  
mushrooms — 100  
grams, sour  
cream — 60 grams,  
hard cheese — 10  
grams, onions — 30 grams, 1 egg,  
flour — 5 grams, salt, cooking oil.

Wash and clean fresh mushrooms well; fry them in oil with onions, cut thin; while the mushrooms are frying on a medium to slow fire, beat an egg, add sour cream and salt to taste. Pour the mixture onto a cold frying pan, add the fried mushrooms and grated cheese, stirring all the time. In five to seven minutes, when the dish thickens, put it into little ceramic pots or any similar receptacles. Eat while the mushrooms are still hot. This dish is particularly good with kulesha.

# Main Course: Meat





# Turkey a la Polissya-Ukraine



One medium-sized turkey,  
3 Onions, Flour — 2 table spoonfuls,  
Sour cream — 1  
cupful, Cranberries — 2 cupfuls,  
Melted fat, Sugar, salt to taste.

Carve the turkey, fry the pieces in fat in which the onions have been fried. Fry the flour in a dry skillet, add the melted fat and mix well; add some water and sour cream and put back on fire to turn the mixture into a sauce. Put the fried pieces of turkey into it and then place the turkey into the medium-hot oven. Make a sauce out of the squashed berries and sprinkle the turkey with it once in a while. Bake until the meat is fully cooked.

# Chicken Biryani-Pakistan

## Chicken Biryani

- Rice – 3-4 cups depending on the size of the cup
- Chicken – 1 kg
- Ginger/Green chilli(8-10) – finely chopped or grounded
- Yogurt – 2 and 1/2 cup
- Onion – 4 (medium sized)
- Lemon juice – 2 tablespoon
- Mint leaves – 1/2 cup (finely cut)
- zarda colour – 1/4 tea spoon
- Garam masala – 1 tea spoon
- Salt – 1 tea spoon for chicken
- Oil – 1/2 cup



# Biryani Cooking Directions

- **Method:**
- 1- Put yogurt in a big bowl and add garam masala, salt, ginger/green chilli paste and mix well. Now you have to marinate chicken in this yogurt. Leave it for half an hour to absorb some spices. You may have noticed that there is no red chilli in this recipe so you can add more fresh green chilli if you love spicy food otherwise 8-10 green chillis will be fine.
- 2-Fry finely cut onion until light brown. Take onion out in a plate and divide it in two halves. Half the onion is to be crushed using fingers and leave the other half as it is.
- 3-In the same oil put chicken along with yogurt and spices. Cover and cook on medium heat. Chicken will be tender by the time yogurt is evaporated now add crushed onion (step2) in this this and add lemon juice. This is ready once it leaves a little oil. Put aside.
- 4-Wash rice and keep them soaked for half an hour. Now Put a big pot, water quantity will be double than rice on fire. For 3 cups of rice you will add 3 tea spoon salt in water. Put 2 big cardimom, 2 table spoon white vinegar into water. When it comes to boil put rice(drain the water they were soaked in). Let rice cook in water until a little more than half cooked. Drain water from rice and put them aside.
- 5-This is the last step in making biryani when we put things in layers. In your pot put boiled rice in the bottom (1st layer) then put half of chicken with masala evenly spread on it. Sprinkle fried onion(remember the half we has placed aside). Repeat and put second layer of rice and repeat by putting the rest of the chicken+onion. Now all the left rice on the top layer. On the top you will put mint leaves, za'afraan mixed in little water and put zarda colour mixed in lemon juice on 3 places(do not sprinkle it all the over the rice) and some onion if left. Cover it and cook on veeery low heat. (We call it 'dum' is urdu...put rice on dum so the are soft and not broken)
- Good luck ....you can ask me if you have any question. Let me know if like it!!!

# Draniki- Bielorussia



## Ingredients:

- 1) 1 kg of potato
- 2) 1 table spoon of flour
- 3) 3 table spoons of vegetable oil
- 4) salt

Peel potato and rub it on a grater.  
Add salt, flour and mix everything.  
Fry on heat oil.  
Eat with sour cream.



## Jellied Tongue -Ukraine



Flour — 1.5  
kilo, cow or pig  
tongue — 100  
grams, chicken  
legs — 150  
grams,

onions — 40 grams, carrots — 40  
grams, gelatine — 40 grams, bay leaf —  
7-10 grams, sweet red pepper — 1, salt,  
black pepper, parsley.

Boil the chicken leg with its skin removed to make transparent stock; (it is important to have it transparent) simmer it for four hours. Never let it boil violently. Add diced carrots and onions, black pepper and one bay leaf about an hour before the stock is ready; otherwise it can lose its transparency. Add salt to taste.

Boil the tongue separately in salted water. Put the gelatine into cold water

for 40 minutes, and then add to the stock. Simmer again, stirring to dissolve the gelatine completely.

Remove the membrane from the boiled tongue and cut the tongue into thin slices; arrange it nicely on a big plate, garnish with sliced boiled carrots, sliced sweet red pepper and parsley. Pour the stock carefully through a sieve on top of the tongue arrangement. Put the dish into the fridge for the stock to turn into jelly.

# Chicken Tikka - Pakistan



## Chicken Tikka Marinade:

- 1 Tbsp coriander seeds
- 2 tsp whole black pepper
- 1 tsp cumin seeds
- 6 clove garlic
- 2 inches ginger
- 3 Tbsp vegetable oil
- 1/4 cup water
- juice from 1 lemon
- 1 tsp hot red chili (or cayenne)
- 1 tsp paprika
- 1 1/2 tsp salt
- 2 lbs boneless chicken

### • Directions

- In a preheated cast iron pan, toast the coriander, black pepper and cumin until they are cooked but not burned. Usually no more than a couple minutes. Immediately grind in a spice grinder.
- Blend the toasted spices and the rest of the marinade into a puree.
- Cut the chicken into bite size pieces.
- Marinate chicken for at least 2 hours
- If using bamboo, soak the skewers for 30 minutes. Thread the chicken onto the skewers.
- Grill the skewers. After the second turn, coat the skewers in ghee or butter.

# Chicken Boneless Handi- Pakistan

## Chicken Boneless Handi

- **Ingredients:**

- Chicken (cut in inch cubes) – 1/2 kg
- Onion (finely chopped) – 2 medium size
- Garlic/ginger paste) – 1 table spoon
- Tomatoes (finely chopped) – 3 medium size
- Red chilli power – 1 tea spoon
- Salt – 1 tea spoon
- Green chilli – 3 cut (1/2 inch pieces)
- Black pepper powder – 1/2 tea spoon
- Garam masala powder – 1/2 tea spoon
- White zeera (hand grounded) – 1 tea spoon
- Yogurt – 1/4 cup
- Cream – 1/4 cup
- Coconut powder – 2 tea spoon
- Maida (flour) – 1 table spoon
- Cooking oil – 1/2 cup or less if u r health conscious!



- **Method:**

- 1- Fry chicken cubes in oil on high flame so they retain their shape. Once tender take them out in a plate.
- 2- Put chopped onion in the same oil and fry until golden then add ginger/garlic (bhoon lain!). Now add zeera powder (white cummin) and tomatoes and a little water and cover it on low flame.
- 3- Your paste is ready for the chicken when tomato is cooked and it leaves oil. Now add chicken and keep your flame medium for the rest of the procedure. One by one add garam masala, coconut powder and keep on stirring for two minutes in between. Add yogurt and cream and after 2 minutes sprinkle maida (flour) and mix. Turn flame low now.
- 4- After five minutes its ready to be served in a lovely dish but do garnish it with finely cut ginger and coriander. You will get all the praise and I may get prayers or subscriptions!!! ☺) Happy Cooking



# Hot Dog Chicago Style- U.S.A.



Relish mustard, tomatoes, onions and lots of other vegetables.

## Ingredients:

- 1 all beef hot dog
- 1 poppy seed hot dog bun
- 1 tbsp yellow mustard
- 1 tbsp sweet green pickle relish
- 1 tbsp chopped onion
- 4 tomatoes wedges
- 1 pickle spear
- 2 sport peppers
- 1 dash celery salt

Bring a pot of water to boil. Reduce heat to low, place hot dog in water and cook for 5 minutes. Remove hot dog and set aside. Carefully place a steamer basket into the pot and steam the hot dog bun for 2 minutes.

Place the hot dog in the steamed bun. Pile on the toppings in this order: yellow mustard, sweet green pickle relish, onion, tomato wedges, pickle spear, sport peppers and celery salt.

Don' t even tgink about ketchup!!!!

## **Top Notch Cheeseburger- U.S.A.**



**Lettuce, tomato, cheese, pickles, onions, ketchup and mustard on a ground beef patty, in between two buns.**

## **Hamburger Chicago Style- USA**

500 gr ground beef

1 half onion grated or finely chopped

4 pinches ground coriandre

4 pinches paprika powder

Pepper

A little salt

1 hand fresh bread crumbs

1 egg lightly beaten

1 quarter beef stock block dissolved in  $\frac{1}{4}$  cup of water

Mix all the patty ingredients leaving the salt for after the patties are cooked if you prefer. Make sure the mixture is cool. Divide the mixture into 4 equal balls and mould them into patties.

Cook on medium heat under the grill or in a pan until it's cooked.

Split the rolls and toast the cut surfaces lightly just before the patties are done spread mayonnaise on the bottom halves, add a thin slice of tomato, a slice of onion, some lettuce and a little gherkin.

Top it off with a little mayo and ketchup, the patty and the top half of the roll.

# Main Course Fish



# Codfish with cream- Portugal

## Ingredients:

*(serves 4)*

*400 g of dried and salted codfish (bacalhau)*

*500 g of potatoes, diced*

*5 big red onions, diced*

*olive oil*

*salt and pepper*

*3 cups of cream*

*1 cup of sour cream*

*black olives for decoration*



## Preparation:

**Soak the dried cod in cold water for about 24 hours, or until completely moistened. Change the water several times; drain thoroughly. Put the cod into a saucepan with cold water to cover. Bring to a boil, reduce heat, and simmer for 15 minutes or until fish is tender. Drain; skin and bone the fish. Flake with a fork into large pieces.**

**Dice the onions and saute them in oil till they are tender and golden. Add the softened codfish and mix. Keep this on a low fire for about 5 minutes. Now pre-heat the oven.**

**Put the diced potatoes in a big pan with lots of oil till they are a bit soft. Then add the codfish and onions, and add salt and pepper to taste. Add the cream and sour cream and keep this on a low fire for a minute, till the cream is warm, but not boiling.**

**Now put this mixture in a (clay) casserole, decorate with olives and put it in the oven till slightly golden (about half an hour).**

**Serve immediately.**

**Tastes good with green salad.**

# Poached Salmon- USA

## A northwest recipe: poached salmon

### Ingredients

**2 tablespoons butter**  
**1/3 cup chopped onion**  
**1/3 cup chopped carrots**  
**1/3 cup chopped celery**  
**4 cups water**  
**1/2 cup dry white wine**  
**salt and pepper to taste**  
**3 pounds salmon steak**

### Directions

**In a large skillet, heat the butter and sauté the onions, carrots, and celery for 5 minutes. Add the water, wine, and salt and pepper to the skillet. Let the mixture simmer for 5 additional minutes.**

**Wrap the salmon in cheesecloth and place it in the boiling liquid.**

**Lower the heat, cover, and simmer gently for about 15 minutes (5 minutes per pound in case you bought a larger salmon steak).**

**Remove salmon from the skillet carefully, unwrap and serve hot.**



# Basa Fish'n Rice- Canada

Ingredients:



1 tbsp of lemon juice

Quarter tsp of pepper

Red onion

Quarter tsp of salt

Quarter tsp of chilly flakes

1 tbsp of olive oil

1 lb of skinless, boneless and frozen basa fish

A pinch of oregano

Mix the spice, the olive oil and lemon juice, spread the mixture over the basa fish and let it marinate for 10-15 minutes. Slice up the red onion. When the fish is marinated, fry it on a non-stick frying pan with no oil. After frying put the fish on a baking tray. Cook at 325 degrees for 20-25 minutes.



For the rice:

1 and a half cup of white rice

1 and a half cup of water

2 cups of mixed veggies

1tbsp of olive oil

Cook the rice with the water. Cut the vegetables in thin slices. Stir fry the vegetables for 5 mins, add salt and pepper, add the cooked rice and stir.

Why it is common

This is a common Sri Lankan dish and my family is from Sri Lanka. It is a healthy

meal for the whole family. Another reason why it is a common meal is because sometimes kids don't like fish and the fish tastes like chicken, so kids will like it because it tastes like chicken. This particular recipe was recently created by my dad ,so not a lot of people have tried this particular dish.



## JACOB'S RECIPE- Canada

### Ingredients for seafood congee



- water 4 cups
- salmon/filet fish 1 pound
- clam 1/2 pound    -chicken broth 1 tea
- squid 10 pieces    -green onions
- scallops 10 piece    -parsley
- surf clam 10 piece
- chicken broth 1 tea spoon
- ginger quarter quarter tea spoon

How do you prepare seafood congee?

- \*wash all the seafood
- \*cut the seafood to pieces if you want
- \*cut green onion
- \*cut parsley
- \*cut ginger into small piece
- \*wash the rice

1. Wash all seafood, cut seafood into small pieces.

2. wash rice, add rice and water into pot. (4 cup)
  
3. Cook rice until boiled. (appr.10 min), continue to cook rice on medium heat for another 5 mins.
  
4. Add all seafood into the pot, cook on high heat until boiled, then lower heat to medium.
  
5. Add 1 tea spoon of chicken broth and quarter tea spoon of salt and stir congee for 30 second.
  
6. Continue cooking for another 5 mins, turn off heat.
  
7. Slice up green onion, parsley and ginger into small pieces.
  
8. Serve congee with green onion, parsley and ginger.

Why is this food common?

Seafood congee, is a rice porridge that is very famous in the Chinese culture. One reason why seafood congee is common to the "Jacob" diet is because its healthy for you and its good for you when your sick. Another reason why its a common meal is because when

you look at a Chinese menu you will see congee. The last reason why seafood congee is common is because it's made out of rice.



# Dessert



# Rice Pudding- Portugal

## ***I*ngredients:**

1 1/2 quarts of milk (6 cups)  
1 1/4 cup of uncooked white rice  
1 cup white sugar  
2 eggs beaten  
1 cinnamon stick

**O**ver high heat, combine cinnamon stick, sugar and milk. When bubbles form at edges, stir in rice and reduce heat to medium-low. Cook 60 minutes, stirring often, until rice is tender. Do **NOT** allow to boil.

**R**emove from heat, remove cinnamon stick and vigorously stir in beaten eggs, a little at a time, until well incorporated. Pour into serving dish, sprinkle with ground cinnamon and serve warm. Refrigerate the leftovers.

**N**ow, in my family we let it cool down a bit and then eat it warm, but I have to say that the next day, it tastes just as good cold out of the refrigerator.

**T**his makes a great dish for a get together.

**L**et me know if you try it :)



## Paska Kyivska- Ukraine



Milk — 1/2 cup, Sugar — 3 cupfuls, and a kilo for the glazing,  
Yeast — 75 grams • Margarine  
— 250 grams

Butter — 250 grams • Sour cream — 200 grams

Eggs — a dozen • Cognac or good vodka — 25 grams

Flour — 1 kilo • Raisins — a cupful • Vanillin, water

Mix yeast, one cup of sugar, 1/2 cupful of flour, 1/2 cupful of warmed milk and put it in a warm place for 30 or 40 minutes for it to rise. Then add the rest of the milk, some vanillin, yolks mixed with sugar, and whipped whites; add the sour cream, also slightly warmed up, and start making the dough. Use your fists for proper kneading. Melt the butter and margarine and add, when they cool off, (neither the butter nor margarine must be hot) to the dough. Continue kneading. Leave the dough in a warm place for up to 3 hours depending on the yeast you have used. The dough must be able to

"breathe," so cover it with a towel and never with a lid. When the dough rises, continue to knead with your fists, adding raisins and sprinkle with cognac. Put once again in a warm place. When the dough rises for the fourth time, fill the forms up to the third of their capacity. The oven must be hot when you put the forms into it — place the forms in the oven only when you see that the dough has risen to fill them out completely. Bake at medium temperatures until ready. Let the Pasky cool before you take them out of the forms. Sprinkle with water in which sugar was dissolved for glazing the tops, and decorate with poppy grains or dyed semolina grains.



## Paska made from cottage cheese and cream

Eggs — 10,  
Butter — 20 grams,  
soft cottage  
cheese — 1 pound,  
sugar — 1 cup,  
cinnamon, vanilla,  
raisins, and nuts.



Hard-boil the eggs, remove the yolks when they are cold, grate them, add butter that has been warmed up and mix thoroughly using a wooden spoon; add grated cheese, cream and sugar, cinnamon, vanilla, raisins, and nuts — mix thoroughly. Put a piece of gauze into the form, put the mix into it, cover it with a cloth and put it in a cold place. Keep it there for three days, then remove the cheese Paska from the form.

# Buttermilk Pancakes- USA



- 1<sup>st</sup> get a large bowl and mix:
  - 1  $\frac{1}{2}$  cups of flour
  - 3 tablespoons of sugar
- 1  $\frac{1}{2}$  teaspoon of baking powder
  - $\frac{1}{2}$  teaspoon of baking soda
    - $\frac{1}{2}$  teaspoon of salt.
- Then get a smaller bowl and put in:
  - 2 eggs well beaten
  - 1  $\frac{1}{2}$  cups of buttermilk
- 3 tablespoons of butter melted.

After that pour egg mixture into dry mixture and gently fold together.

Finally, pour batter into a heated and buttered pan and cook until done

(like crepes). Flip the pancake to make sure both sides are cooked!

## **Apple Kinsel- Bielorrussia**



**You need:**

- 1)1 kg of apples**
- 2)one and a half glass of sugar**
- 3)3 table spoons of potato starch.**

**Wash apples and cut them into thin slices.  
Put them into the pan and add 4 glasses of  
water.**

**Cook apples while they become soft.**

**Cast away then on a sieve.**

**Wipe and mix with broth.**

**Add sugar and boil.**

**Add starch.**

## Fresh Strawberry Yogurt - Canada

2 cups of plain yogurt



Strawberry jam

2 bananas

Slice the bananas. Put the yogurt in the bowl, put the amount of jam you want in it. Then serve.

Why it is common

It is common in our family because it tastes great and everyone in the family likes this meal.

Another reason why is because this dessert is a really healthy meal for the family.

Exotic Food from Canada

## Saskatchewan's Roasted Bison



## Northwest Territory's Cooked Caribou



## **Alberta's Ginger Oatmeal**



## **New Foundland's Baked Seal Flippers**



## Quebec's Poutine



## Nova Scotia's Lobster Pasta





## Alberta's Hobo Bread

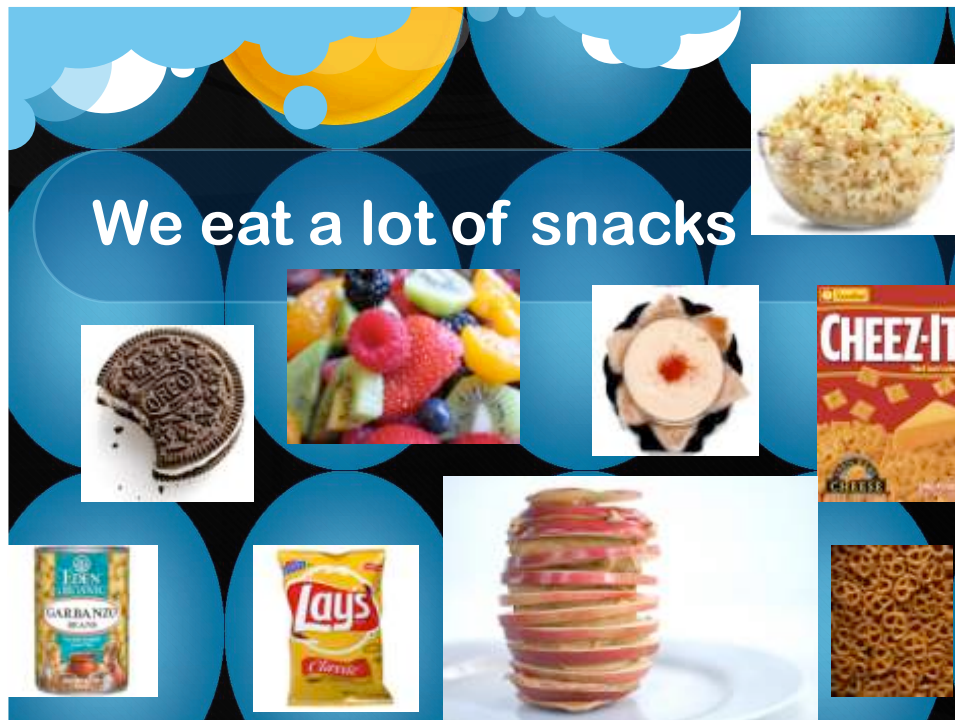


## British Columbia's Barbequed Salmon



# Curiosities

All the children, everywhere, like snacks



## Hop Production

- Washington State produces 77% of the US's hops and 25% percent of the world's. Hops are plants that are used to make beer. At the time of harvest, over 90% of the crops are used.



**Potatoes are also basic food in Europe and Asia, as well as in the USA and Canada.**

**The Potato Country**

- Many people think Idaho is the main potato state. But Washington grows a large amount of seed potatoes. We produce so many potatoes, we are ranked 2<sup>nd</sup> in potato production in the USA.



## **Cult of Bread- Ukraine**

It is hard to name a nation, that would respect bread as much as Ukrainians do. During many centuries Ukrainians were strongly attached to their land and its fruits. Bread was regarded as one of the holiest foods. The cult of bread is well observed in Ukraine customs and rituals.



Hosts often give their guests a loaf of bread with salt on the top. The ritual of offering a guest bread and salt is a ceremony of welcome which dates back many centuries. "The Bread and Salt" tradition is very symbolic in Slavic culture. It can symbolize many things. During wedding ceremonies in Ukraine instead of the customary wedding cake, traditional bread called Korovai, is served. It symbolizes a new-family birth and its future prosperity.

## About Basic Pakistani Food

- **Basic Subsistence:**

Wheat and other flour products are the mainstay of the diet, one familiar form being **CHAPATI**, an unleavened bread made with dough prepared from whole wheat flour.

Basic drink with food is **LASSI**, made with milk from which curds and butterfat have been removed. Vegetables, usually seasonal, lentils are commonly used. Families with larger incomes eat more meat, eggs and fruits. And the more affluent cook with **GHEE**, which is clarified butter, instead of with vegetable oil.

## Spices and Cod Fish-Portugal

Portuguese cuisine is characterized by rich, filling and full-flavoured dishes and is closely related to Mediterranean cuisine. The influence of Portugal's former colonia possessions is also notable, especially in the wide variety of spices used. These spices include *piri piri* (small, fiery chili peppers) and black pepper, as well as cinnamon, vanilla and saffron.

Olive oil is one of the bases of Portuguese cuisine both for cooking and flavouring meals. Garlic is widely used, as are herbs such as coriander and parsley.



Dried salt cod, or "Bacalhau", is a purely Portuguese invention. The Portuguese were fishing Newfoundland's Grand Banks for cod within just a few years of Columbus' discovery of America. As early as the 16th century, the fishermen learned to salt cod at sea to last the long voyage home, and to sun-dry it into board stiff slabs that could be kept for months, later to be soaked in cool water before cooking.

Cod fish is the traditional dish for Christmas.

**Final word:**

**We thank all the teachers and pupils involved that made possible this Recipe book with Food from Around the World. Thank you all! It was nice being a part of this project.**