

Japanese Cuisine - Miso Soup

Ingredients:

- 4 cups dashi stock (or vegetable stock)
- 3 tablespoons miso paste
- 1 block tofu, cubed
- 1 handful wakame seaweed, rehydrated
- 2 green onions, chopped

Steps:

1. Heat the dashi stock in a pot until it reaches a near boil.
2. In a separate bowl, dissolve the miso paste with a little hot stock to make a smooth paste.
3. Add the miso mixture back into the pot with the rest of the stock (avoid boiling).
4. Add cubed tofu and wakame.
5. Heat gently for a few minutes.
6. Serve garnished with chopped green onions.

Mediterranean Cuisine - Greek Salad

Ingredients:

- 1 cucumber
- 3 tomatoes
- 1 red onion
- 1 cup Kalamata olives
- 200g feta cheese
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- Salt and pepper

Steps:

1. Chop cucumbers, tomatoes, and red onion.
2. Combine vegetables in a bowl.
3. Add olives and crumbled feta.
4. Whisk olive oil, lemon juice, oregano, salt, and pepper in a bowl.
5. Pour dressing over salad and toss.

Traditional Korean Cuisine - Bibimbap

Ingredients:

- 2 cups cooked rice
- Assorted vegetables (spinach, carrots, mushrooms, bean sprouts)
- 200g beef, thinly sliced
- 2 eggs
- 2 tablespoons gochujang
- Soy sauce, sesame oil, garlic, sesame seeds

Steps:

1. Cook each vegetable separately with soy sauce and sesame oil.
2. Cook beef with soy sauce, garlic, and sesame oil.
3. Fry eggs (sunny-side up).
4. Assemble rice, vegetables, beef, and egg in a bowl.
5. Add gochujang and sesame seeds.
6. Mix before eating.

Indian Cuisine - Dal Tadka

Ingredients:

- 1 cup lentils
- 1 onion

- 2 tomatoes
- 2 cloves garlic
- 1-inch ginger
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 1/2 teaspoon turmeric
- 1 teaspoon chili powder
- Lemon juice, cilantro, salt, oil

Steps:

1. Cook lentils in water until soft.
2. Heat oil; add mustard and cumin seeds.
3. Add onions, garlic, ginger; cook until translucent.
4. Add tomatoes, turmeric, chili powder, salt; cook until soft.
5. Mix with lentils; simmer.
6. Adjust consistency; garnish with lemon juice and cilantro.

Thai Cuisine - Tom Yum Soup

Ingredients:

- 4 cups chicken or vegetable broth
- 1 stalk lemongrass
- 3 slices galangal
- 4 kaffir lime leaves
- 200g shrimp
- 200g mushrooms
- 2 tomatoes
- Fish sauce, 2 limes (juiced), 1 teaspoon sugar, chili oil, cilantro

Steps:

1. Boil broth with lemongrass, galangal, lime leaves.

2. Add shrimp and mushrooms; cook until done.
3. Add tomatoes.
4. Season with fish sauce, lime juice, and sugar.
5. Serve garnished with cilantro and chili oil.

Vietnamese Cuisine - Fresh Spring Rolls

Ingredients:

- Rice paper wrappers
- Lettuce, cooked shrimp or tofu
- Mint leaves, cilantro
- Cooked vermicelli noodles
- Dipping sauce: hoisin sauce, peanut butter, water or lime juice

Steps:

1. Soften rice paper in warm water.
2. Place lettuce, shrimp/tofu, noodles, mint, and cilantro on wrapper.
3. Fold and roll tightly.
4. Mix hoisin, peanut butter, and water/lime juice for sauce.
5. Serve with dipping sauce.

Traditional Scandinavian Cuisine - Gravlax

Ingredients:

- 1 salmon fillet
- 1/2 cup sugar
- 1/2 cup salt
- 1 bunch dill
- Sauce: mustard, dill, vinegar, sugar, oil

Steps:

1. Mix sugar and salt; coat salmon.
2. Cover salmon with dill; wrap and refrigerate (24-48 hours).
3. Unwrap; scrape off dill and seasoning; slice thinly.
4. Mix sauce ingredients; serve with gravlax and crispbread or toast.

Israeli Cuisine - Shakshuka

Ingredients:

- 1 onion, 1 bell pepper
- 2 cloves garlic
- 1 can crushed tomatoes
- 6 eggs
- 1 teaspoon cumin, 1 teaspoon paprika
- Chili powder, parsley, salt, olive oil

Steps:

1. Sauté onions and bell peppers in oil.
2. Add garlic; cook for a minute.
3. Add tomatoes; season with cumin, paprika, chili powder, salt.
4. Simmer; make wells for eggs.
5. Cover; cook eggs.
6. Garnish with parsley; serve with bread.

Californian Cuisine - Grilled Vegetable Salad

Ingredients:

- Assorted vegetables (bell peppers, zucchini, asparagus, red onions)
- Arugula, cherry tomatoes

- Goat cheese or avocado
- Vinaigrette: olive oil, balsamic vinegar, mustard, honey, salt, pepper

Steps:

1. Grill seasoned vegetables.
2. Combine arugula, tomatoes, and grilled vegetables.
3. Whisk vinaigrette ingredients; drizzle over salad.
4. Top with goat cheese or avocado.

Ethiopian Cuisine - Misir Wot

Ingredients:

- 1 cup red lentils
- 1 onion, 2 cloves garlic, 1-inch ginger
- 3 tablespoons berbere spice mix
- 1 can tomato paste
- Oil, salt, water

Steps:

1. Rinse lentils; set aside.
2. Sauté onions in oil until golden.
3. Add garlic and ginger; cook more.
4. Stir in berbere and tomato paste.
5. Add lentils and water; simmer until soft.
6. Season with salt; serve with injera.