



"Getting kids excited about wholesome, healthy food"

Around the World in 80 Flavours

Menu

Ensalada de Noche Buena

Borcht

Pierogies with Potato and Cheddar Filling

Latkes with Applesauce

Tres Leches Hot Chocolate

Puto Bumbong

Perfect Sushi Rice

Vegetable Maki Rolls

Sweet Potato Shiitake Rolls

Lemon Tuna Maki

California Rolls

Fruit Sushi Maki Rolls and Onigiri

Mexico:

Salad de Noche Buena

Ingredients

4 medium beets
4 clementines sectioned
2 red apples
2 green apples
1 medium jicama, peeled and sliced
1 cup pepitas
1 head romaine lettuce
1 cup yogurt
juice of 1 lemon
1 pomegranate
1 tablespoon of sugar
handful of cilantro, chopped
salt and pepper to taste

Directions

Roast beets at 350 degrees until tender, set aside and let cool. Remove seeds from pomegranate. Peel and section clementines. Chop apples and toss in a little bit of lemon juice to prevent discoloration. Peel and chop jicama into 1 cm cubes. Cut romaine into bitesize pieces. Combine yogurt, sugar, and chopped cilantro with salt and pepper to taste. Squeeze a bit of

beet juice from 1 beet into colour it. Peel and chop beets into slices (wear gloves unless you want pink hands!). Arrange beets and clementines alternating on outside of large tray. In a large bowl, mix together romaine, jicama, and apples and place in centre of tray. Drizzle salad with dressing and then top with pomegranate seeds and pepitas.

Eastern Europe: Borcht

Ingredients

3 leeks
3 carrots
3 stalks of celery
12 beets (medium sized)
12 cups of water
2 bay leaf
2 cups rough chopped parsley or one bunch
2 cups rough chopped dill or one bunch
3 tsp salt
lemon juice or vinegar to taste

Directions

Clean the leeks, carrots and celery and chop into large chunks. Wash the beets and chop off both the ends. Do not peel. Add everything to a very large pot, except the lemon juice and bring to a boil. Simmer for 1 hour. Scoop out the beets and set aside. Strain out the veggies and reserve the broth only. Chop the beets, either into small bite size pieces or julienne them. Put the beets and broth back in the pot. Heat until nice and hot. Add lemon juice or vinegar to taste and season with salt and pepper.

Pierogies with Potato and Cheddar Filling

Ingredients

4 cups flour
1 cup water
2 eggs
1 tsp salt
6 large potatoes
1 lb sharp-tasting cheese
Salt and pepper

Directions

Mix flour, water, and egg and salt together. Knead on a lightly floured surface until smooth. Cover dough with bowl and let rest for 30 minutes. Boil potatoes until soft. Drain and rinse. Add cheese. Let stand a few minutes until cheese melts. Then fold potatoes and cheese together. Roll out dough about 1/8-inch thick. Cut into 3-inch squares. Fill each square of dough with one teaspoon of potato and cheese filling. Fold in half and pinch ends together to seal. Drop in hot boiling water and

simmer for 8 minutes. Drain and fry in butter a few minutes until heated through. Chopped onions may be added to the butter, if desired. Salt and pepper, to taste.

Germany: Latkes and Applesauce

Ingredients

9 cups peeled and shredded potatoes (about 9 russets)
1 large onion finely chopped
5 eggs, beaten
2 teaspoons salt
3 scallions, thinly sliced
3/4 cup extra virgin olive oil
10 McIntosh apples
2 cinnamon sticks
Zest of 1 lemon
1/3 cup orange juice

Directions

In a medium bowl stir the potatoes, onion, eggs, scallions and salt together.
In a large heavy-bottomed skillet over medium-high heat, heat the oil until hot. Place golf ball sized handfuls of the potato mixture into the hot oil, pressing down on them to form 1/4 to 1/2 inch thick patties. Brown on one side, turn and brown on the other. Let drain on paper towels. Serve hot!
For the apple sauce: Peel and core apples, then slice into 1/4-inch-thick slices. Place apples in a medium saucepan along with cinnamon, lemon zest, and OJ. Place over medium heat with cover on, and cook until soft and thick, about 10 minutes. Serve hot with latkes.

Peru: Tres Leches Hot Chocolate

Ingredients

4 cups of water
2 cinnamon stick
8 cups of milk
2 cans (410g) of evaporated milk
2 cans (395g) of sweetened condensed milk
200 grams of Latin drinking-chocolate bar, chopped finely (Abuelita, Taza, Ibarra)
1 cup of cocoa powder
2 tablespoons of cornstarch

Directions

Bring water and cinnamon stick to a boil in a large pot over high heat. Boil for 5 minutes. Add the regular milk, evaporated milk and sweetened condensed milk. Stir to combine, bring to a simmer and allow to simmer for 2 minutes.

In a small bowl, combine chopped chocolate and cocoa powder. Remove one cup of the hot milk mixture and add to the small bowl with the chocolates. Set aside for a few minutes so the chocolate begins to melt and then stir to dissolve chocolate and cocoa powder. Return this chocolate mixture to the pot. Cook over low heat for 5 more minutes. Dissolve the cornstarch in 1/4 cup of water (you can use the same bowl from the chocolate) and add to the milk mixture; stirring continuously. Stir and cook over low heat for 2 more minutes. Remove from the heat, remove the cinnamon stick and serve hot.

Philippines: Puto Bumbong

Ingredients

1 Pack (400 grams) glutinous rice flour
2 Packs (115 grams) purple yam powder
2 1/2 Cups of water
Brown sugar or muscovado (raw sugar)
Banana leaves
Grated coconut

Directions

Prepare steamer with enough water for steaming. In a large bowl, combine purple yam powder and glutinous rice flour. Mix together until well combined. Gradually add enough water to the rice flour to make a dough. Knead until smooth. Pinch off about 2 tablespoons of the dough, using your hands make a ball and roll into a round and long shape, about 4 to 5 inches in long. Spread butter in a heat proof plate and layered the dough, steam for 3-4 minutes or until done. Apply butter then roll in shredded coconut and serve with muscovado sugar.

Japan: Perfect Sushi Rice

How to roll sushi: Check out this awesome description right [here](#).

Ingredients (enough for 6 rolls)

1 ¼ cups sushi rice
1 ½ cups water
2 inch piece of kombu (optional)
2 tbsp sushi rice seasoning (or 2 tbsp rice vinegar, 1 tbsp sugar, and ¼ tsp salt combined)

Directions

Place the rice in a strainer and rinse under cold water until the water runs completely clear. Drain the rice, then place in a pan with the water. Cut a few slits in the kombu, if using, to help release the flavour, then add to the rice. Cover the pan with a tight fitting lid and bring to a boil. Remove the kombu and quickly replace the lid. Reduce

the heat and let simmer for 10 minutes. Remove from the heat and let stand for 15 minutes. Do not lift the lid to take a look once you have removed the kombu.

Turn the cooked rice into a large, flat bottomed, non metallic bowl. Pour the rice seasoning evenly over the surface of the rice, then using quick cutting strokes to mix it in with a spatula. Do not stir or you will break the rice grains. As you work, fan the rice with either a hand held fan or an electric one set to the lowest setting.

Keep slicing and fanning until the rice has reached room temperature and looks shiny. Cover with a damp cloth and use the same day, do not refrigerate.

California Rolls

Ingredients (makes 6 rolls)

½ ripe avocado, pitted, peeled, and then cut into thin strips
6 crab sticks, split in half lengthwise
2 inch piece of cucumber, peeled and cut into thin sticks

Vegetarian sushi

Ingredients

2 inch piece cucumber, peeled and cut into thin sticks
2 inch piece of carrot, peeled, and cut into thin sticks
½ red pepper, cut into thin sticks
6 pieces of asparagus, blanched
2 inch piece of pickled radish, cut into thin sticks

Lemon Tuna Rolls

Ingredients

1 can sustainably sourced tuna, drained
1 tsp grated lemon zest
2 tbsp mayonnaise
salt and pepper to taste

Sweet Potato and Shiitake Maki

Ingredients

1/2 small sweet potato, peeled and cut into French fry sized sticks
5 large shiitake mushroom caps
1 1/2 cup soy sauce
1 1/2 cup water
1/4 cup mirin (Japanese cooking wine)
½ bunch finely chopped scallions

Directions

In a medium sized saucepan, stir together soy sauce, water and mirin. Bring to a full boil over high heat. Place sweet potato sticks in boiling liquid and boil until just soft, about 3 –4 minutes. Remove from liquid, reserving liquid for mushrooms, and rinse with cold water. Set aside.

Place mushroom caps in boiling liquid and boil for 2 minutes. Remove from liquid and place on a plate to cool. Once cool, cut each cap into thin slices.

To assemble rolls, begin with a piece of nori placed vertically on a bamboo rolling mat, rough side facing up. Cover the bottom 3/4 of the nori with a thin even layer of prepared sushi rice, about 1/2 –3/4 cup. Place 1 tablespoon of scallions horizontally in the middle of the rice. Spread one cap's worth of sliced mushrooms on top of the scallions making sure that the slices extend to the edges. Top the mushroom slices with 2-3 sticks of boiled sweet potato.

Fruit Sushi

Ingredients

1 1/2 cups short grain rice.

2 cups water

3 tbsp sugar

1/4 tsp salt

1 cup coconut milk

1 1/2 tsp vanilla

A variety of fruit and berries, like pineapple, strawberries, mango, kiwi, blackberries, or raspberries

Directions

In a medium pot combine the rice, water, sugar and salt. Cook on low heat for about 20 minutes or until all the rice absorbs the water. Add the coconut milk and vanilla. The mixture should be moldable. Cook a few minutes longer if it's too runny.

Lay a bamboo rolling pad on a counter top, and place a square of wax paper over top. Spread the rice about 1/2 inch thick over the paper into approximately a 7" x 5" rectangle.

Slice fruit of choice into long pieces.

Use a potato peeler to shave thin slices off the mango.

Toast a 1/4 cup of coconut shreds for 3 minutes.

Lay the fruit pieces on the rice, and roll up carefully. If rice sticks to the paper too much, try spreading it a little thicker.

Coat the rolls with either the mango slices, or the toasted coconut. Slice each roll into 6 pieces.

With the rest of the rice, roll into balls and place thin slices of kiwi or strawberries over top (like nigiri) with half a blackberry on top to look like fish eggs.

Blend 1/4 cup raspberries with 1/4 cup water to make a dipping sauce.