

# World Centres Cookbook

Please enjoy all these recipes that are native to each of the world centers county.



## Pax Lodge

### English Flapjacks

#### Ingredients:

- ½ cup Butter
- ½ cup Brown Sugar
- 4 Tbsp Corn Syrup or Golden Syrup
- 3 cups rolled Oats
- ¼ cup Raisins

#### Directions:

- Preheat the oven to 350 degrees F.
- In a saucepan over low heat, combine butter, brown sugar, and golden syrup.
- Cook, stirring occasionally, until butter and sugar have melted. Stir in the oats and raisins until coated.
- Pour into a 8" square baking pan. The mixture should be about 1 inch thick.
- Bake for 30 minutes in the preheated oven, or until the top is golden. Cut into squares, then leave to cool completely before removing from the pan.



## **Sausage Rolls**

### **Ingredients:**

1 Onion, chopped, if desired  
1 Tbsp Oil  
1 pound Sausage meat or links  
1 beaten egg  
¼ cup Dijon mustard  
Salt & Pepper, to taste  
Puff Pastry or crescent rolls

### **Directions:**

- Preheat oven to 400 degrees.
- Gently cook the onion in the vegetable oil until limp.
- Place the sausage meat into a large mixing bowl, add the onion seasoned with a couple of twists of black pepper and a good sprinkling of salt (to taste). Mix well until all the ingredients are thoroughly and evenly mixed.
- Unfold the puff pastry (or crescent rolls). Form 12 squares of the puff pastry. Brush each square with the mustard.
- Divide the sausage meat into 12 long sausages the length of the pastry strips. Place each sausage into the center of each pastry strip. Roll dough around the sausage and seal with the beaten egg.
- Place the sausage rolls on a greased baking sheet and cook in the preheated oven for 20 minutes or until golden brown.



## **Shepard's Pie**

### **Ingredients:**

1 pound Ground Beef  
1 Onion – chopped  
1 cup frozen peas and carrots  
1 1/3 cups instant mashed potato flakes  
2 Tbsp Butter  
1 cup Milk  
1 can Cream of Mushroom Soup  
1 Tbsp ketchup  
1/8 tsp black pepper



### Directions:

- Cook beef and onion in skillet over medium-high heat until well browned, stirring to break up meat.
- Pour off fat.
- Stir soup, ketchup, black pepper, and peas and carrots into skillet.
- Spoon beef mixture into 9-inch pie plate.
- Heat milk and butter in 2-quart saucepan over medium-high to a boil. Remove from heat.
- Slowly stir in potatoes. Spoon potatoes over beef mixture.
- Bake at 400 degrees for 15 minutes or until potatoes are lightly browned.

## English Lemon Curd

### Ingredients:

6 Eggs, beaten

1 ½ cups fresh Lemon Juice

1 cup Sugar

1 cup Unsalted butter, softened

¼ cup freshly grated lemon zest



### Directions:

- In a 2 quart saucepan, combine lemon juice, lemon zest, sugar, eggs, and butter. Cook over medium-low heat until thick enough to hold marks from whisk, and first bubble appears on surface, about 6 minutes.
- Remove from heat, let cool with occasional stirring, about 30 minutes.
- Pour into clean jars, seal, store in refrigerator. Wonderful on scones or croissants.

## Scones

### Ingredients:

3 cups all-purpose Flour

5 tsp Baking Powder

½ tsp Salt

½ cup Sugar

¾ cup Unsalted butter (at room temp)

1 cup Whole milk

1 Egg, beaten

Jam of Lemon Curd



### Directions:

- Preheat the oven to 400 degrees F.
- Combine the flour, baking powder, salt, and sugar. Cut in the butter.
- In a small bowl, whisk to combine the milk and egg. Save 2 tbsp of it for the egg wash later and pour the rest into the mixing bowl. Stir to combine with a spatula, until a rough dough form.

- Transfer to a lightly floured countertop and knead about 15 times until the dough comes together into a smooth ball.
- Roll the dough into a 1/2-inch-thick round. Cut into 8 wedges and place the scones onto a parchment or silicone mat lined baking sheet.
- Brush the tops with the reserved egg wash.
- Bake the scones for 13-15 minutes, until about tripled in height, and golden brown on the tops and bottom

## Kusafiri

### **Plantain Pancakes**

#### **Ingredients:**

Ripe Plantains  
 Cornmeal  
 Salt  
 Garlic  
 Fresh grated ginger  
 Green onion – chopped green and white parts  
 Parsley  
 Cayenne pepper (optional)



#### **Directions:**

- Mash plantains with a potato masher or spoon until puree
- In a medium bowl add cornmeal, salt, garlic, ginger, cayenne pepper to the mashed bananas. Stir in green onions and parsley until fully combined.
- Heat a skillet with about a 3 tablespoon of canola oil to medium high.
- Scoop in about 1/3-1/2 cup batter into the skillet and cook until each side is golden brown about 5 minutes each. You might have to turn them several times.
- I couldn't find the recipe online, so don't have the ingredient amounts, but at least this gives an idea of a yummy breakfast dish.

# **Fried Plantains**

## **Ingredients:**

- 1 large yellow plantain, peeled
- 1/8 tsp garlic powder (if desired)
- 1 Tbsp canola oil
- ½ tsp margarine
- 1/8 tsp ground black pepper
- 1 tsp agave nectar
- 1/3 tsp light brown sugar
- 1 pinch cinnamon (or to taste)

## **Directions:**

- Cut plantain into 3 sections, then quarter so you have 12 pieces. Season with garlic powder.
- Heat oil and margarine in small skillet over medium heat.
- Cook plantains in the hot oil until lightly browned. (2-3 minutes per side).
- Season with pepper and cook until slightly darker in color, another 2-3 minutes.
- Remove from heat and drizzle agave syrup over plantains.
- Then sprinkle the brown sugar and cinnamon.





# **Shakshuka**

## Ingredients

3T Olive Oil

1 red onion, diced

1 large red bell pepper, thinly sliced or diced

1 large yellow bell pepper, sliced or diced

4 garlic cloves, rough chopped

3/4 tsp salt, more to taste

cracked pepper to taste

1 tsp cumin

1 tsp sugar

1 tsp smoked paprika

1/2 tsp aleppo chili flakes (optional)

3 medium tomatoes diced small with juices (or one 14-ounce can diced tomatoes with juices)

1/3 c water

2 tablespoons fresh basil ribbons, chopped cilantro or Italian parsley

4 –6 Extra-large organic eggs

## Other optional additions:

1/4 – 1/2 cup goat cheese or crumbled feta

¼ C finely diced Spanish-style cured Chorizo or 1 cup Merguez Sausage, a North African spiced sausage

## Directions:

- In a deep skillet, heat the olive oil over medium heat. Add the onion. Cook until tender, about 5 minutes. (if adding raw chorizo, brown it with the onions)
- Add the sliced peppers and garlic and turn heat down to med-low and cook for 5 more minutes, until peppers are tender.
- If adding the cured Spanish chorizo or Merguez sausage, add it now.
- Add all spices, sugar, and salt.
- Cook for 2 more minutes. Add diced tomatoes and white wine (or water).



## Suya

### Ingredients

- 1 tsp finely ground roasted peanuts
- 1 tsp Ground cayenne pepper
- 1 tsp ground paprika
- 1 tsp salt
- ½ tsp ground ginger
- ½ tsp garlic powder
- 1 ½ lbs tri-tip steak, cut into bite-size pieces
- 1 red bell pepper, cut into bite-size pieces
- ¼ onion, cut into bite-size pieces
- 4 mushrooms, halved



### Directions

- Mix ground peanuts, cayenne pepper, paprika, salt, ginger, garlic powder, and onion powder together in a bowl.
- Combine spice mixture and beef in a resealable plastic bag; shake until well coated. Marinate in the refrigerator, about 30 minutes.
- Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- Place beef, bell pepper, onion, and mushrooms in alternating order onto skewers.
- Cook on the preheated grill, flipping once, until meat is browned, and vegetables are soft, 10 to 15 minutes.

## Puff-Puff

### Ingredients

- Warm water
- Active dry yeast
- Flour
- Sugar
- Salt
- Oil for Frying

#### Directions:

- Mix salt, sugar, water, and yeast. Set aside for 5 minutes.
- Add flour and mix.
- Let the mixture rise for approximately 1- 2 hours
- In a large saucepan pour vegetable oil into a pot, until it is at least 3 inches (or about 5 centimeters) high (too little will result in flatter balls), and place on low heat.
- Test to make sure the oil is hot enough by putting a 'drop' of batter into the oil. If it is not hot enough, the batter will stay at the bottom of the pot rather than rising to the top.
- Using your hands grab a little bit of mixture at time and drop in the oil.
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## **Puff-Puff Continued**

- When the oil is hot enough, use a spoon to dish up the batter, and another spoon or spatula to drop it in the oil, sort of in the shape of a ball.
- Fry for a few minutes until the bottom side is golden brown.
- Turn the ball over and fry for a few more minutes until the other side is golden brown.
- Use a large spoon or something like that to take it out of the oil. I usually place them on napkins right away to soak up some of the excess oil.
- If desired, you can roll the finished product in table sugar or powdered sugar to make it sweeter

## **Peanut Soup**

### **Ingredients:**

2 Tbsp olive oil  
8 cups Vegetable broth  
2 Red onions, finely diced  
1 large bell peppers, finely diced  
6 large cloves garlic, minced  
Salt  
¼ tsp pepper  
¼ tsp red pepper flakes  
Collard greens (or kale) if desired  
1 jar (18 oz) peanut butter (chunky or smooth)  
1 (28 oz) can tomatoes with juice  
½ cup uncooked rice  
Chopped peanuts



### **Directions:**

- In a medium Dutch oven or stock pot, heat olive oil.
- Add the onion, pepper, and garlic.
- Stir in tomatoes with their juice, vegetable broth, pepper, and red pepper flakes.
- Simmer on medium-low heat for 20 minutes.
- Add rice to soup and stir. Reduce heat, cover, simmer 25 minutes until rice is tender.
- Whisk in peanut butter and return to simmer. Serve.
- Garnish with chopped roasted peanuts if desired.



## Our Chalet

### **Bircher Muesli**



#### **Ingredients:**

2 cups Quick Oats

1 cup Milk

1 Tbsp orange juice – or apple juice

Dash of Lemon Juice

1 green Apple - chopped

1 Tbsp Honey or brown sugar

1 cup Plain Yogurt

Cinnamon (optional)

Variety of Fruit (1 banana, ¼ cup raisins, 1 Tbsp chopped walnuts or pecans, 1 Tbsp slivered almonds)

#### **Directions:**

- Combine oats, milk, apple juice and lemon juice and let sit overnight in the refrigerator.
- In the morning add the grated apple, honey (to taste), yogurt, and cinnamon, if desired mix well.
- Top with your favorite fruits and nuts.



### **Alplermagronen**

#### **Ingredients:**

Potatoes (cut in cubes)

Penne Pasta

Onions

Butter/oil

Milk or Heavy Cream

Grated Cheese

Applesauce

Salt & Pepper to taste

#### **Directions:**

- Heat oven to 375°F. Set a large pot of salted water (approx. 5 liters) to boil.
- Heat butter/oil over medium-low heat in a frying pan. Add onions and fry them until golden brown.
- When water is boiling and while onions are frying, add penne and potatoes to the salted water. Stir to make sure pasta doesn't stick together. Cook until tender, about 15 minutes. Drain penne and potatoes.
- Combine milk/cream with salt and pepper.
- In an ovenproof casserole dish, place 1/3 of the penne-potatoes, sprinkle with 1/2 of the grated cheese. Make another layer with 1/3 of the penne-potatoes, sprinkle with the other 1/2 of the grated cheese. Top with the remaining 1/3 of the penne-potatoes. Pour the seasoned milk/cream evenly over the top. Spread the browned onions on top.
- Bake covered for 10-15 minutes until steaming hot and cheese is melted. Serve with warmed applesauce.



## Spatzli

### Ingredients:

- 1 cup all-purpose Flour
- 2 Eggs
- ¼ cup Milk
- ½ tsp ground nutmeg
- Pinch white pepper
- ½ tsp Salt
- 2 Tbsp butter
- Optional:

(Turmeric for yellow, tomato concentrate for red, mashed spinach for green, squash/yams/carrots for orange)



### Directions:

- Heat water in a big pot for cooking.
- Meanwhile mix flour and dry ingredients.
- Beat eggs and add alternately with milk to dry ingredients.
- Let rest 5 to 10 minutes and mix briefly.
- Add the dough directly into the boiling water quickly using a holed colander or a spaetzle maker.
- When the spaetzle float, they are ready; it takes about 3-6 minutes.
- You can prepare colorful spaetzle if you add to the dough:
  - for red some tomato concentrate.
  - for yellow 1 teaspoon turmeric powder.
  - for green 1/2 cup mashed spinach.
    - for orange 1 cup of mashed cooked squash or carrots; reduce the water to about 1/2 cup.

## Mailaenderli

### Ingredients:

- 4 Eggs
- 1 ¼ cup Sugar
- 1 1/8 cup melted Butter
- pinch of Salt
- 4 cups all-purpose Flour
- 1 ½ tsp grated Lemon zest
- 2 beaten egg yolks
- Sprinkles

### Directions:

- Preheat oven to 325 degrees.
- Whisk the eggs in a large bowl. Blend in sugar and beat until mixture is thick and pale, about 10 minutes.
- Mix in the melted butter and salt. Gradually fold in the flour and lemon zest.
- Cover and refrigerate for at least one hour or, preferably, overnight.
- On floured surface, roll out dough to ¼ inch thickness. Cut into desired shapes.
- Place cookies on lightly greased cookie sheet, brush with beaten egg yolks, decorate with sprinkles.
- Bake until golden at the edges, 15-20 minutes.
- Cool.



## Our Cabana



### Quesadillas

#### Ingredients:

Tortillas  
Cheese (Cheddar and Monterey)  
Chicken  
Oil  
Fajita Seasoning  
Green Bell peppers  
Red Bell peppers  
Onion



#### Directions:

- Toss the chicken with the fajita seasoning, then spread onto the baking sheet. Bake Chicken
- Heat the oil in a large saucepan over medium heat. Stir in the green bell peppers, red bell peppers, onion, and chicken. Cook and stir until the vegetables have softened, about 10 minutes.
- Layer half of each tortilla with the chicken and vegetable mixture, then sprinkle with the Cheddar cheese, and Monterey Jack. Fold the tortillas in half and Place onto a baking sheet.
- Bake quesadillas in the preheated oven until the cheeses have melted, about 10 minutes.

## Horchata

#### Ingredients:

1 cup uncooked long-grain white rice  
2 cinnamon sticks (1 ½ tsp ground cinnamon)  
5 cups water  
1/2 cup milk  
1/2 Tablespoon vanilla extract  
1/2 Tablespoon ground cinnamon  
2/3 cup sugar

#### Directions:

- To a blender, add rice and 5 cups of water, and 2 cinnamon sticks.
- Blend about for a minute until the rice begins to break up
- Add cinnamon sticks.
- Cover for three hours on your countertop or tightly lidded in refrigerator overnight (or for at least 8 hours).
- Pour the rice mixture into a fine mesh strainer, into a pitcher. Discard the rice.
- Stir in the milk, vanilla, cinnamon (if additionally, desired), and sugar (to your preference). Chill until ready to serve. Stir well before serving and serve over ice.



## Empanadas

### Ingredients:

10 clove Garlic  
10 Jalapeno, chopped  
Salt, to taste  
20 Tbsp. Creme Fraiche  
10 Tbsp. Chopped Parsley  
Pepper, to taste  
10 small White Onion, diced  
10 small Bell Pepper, diced  
5 pound Ground Beef  
10 Egg  
10 tbsps. Tomato Paste  
3 tsp. Chili Powder  
Empanada wraps (store bought)



### Directions:

- Sautee garlic and onions in a pan.
- Add the bell pepper and jalapenos. Sautee for 1-2 minutes. Add the beef and sauté until brown.
- Season with salt and pepper.
- Mix in the egg, creme fraiche, tomato paste, and parsley.
- Roll out the dough and cut into 4-6-inch circles with a pastry cutter.
- Spoon the filling into the center of your dough.
- Fold the filled dough close and seal by crimping or by pressing on the edges with a fork.
- Pre-heat the oven to 200C.
- Arrange the empanadas on a baking sheet.
- Brush the empanadas with egg wash.
- Bake for 15-20 minutes.

## Mexican Street Corn

### Ingredients:

Corn on cob  
Mayo  
Limes  
Queso Fresco  
Cayenne Pepper

### Directions:

Boil Corn  
Rub corn down with lime  
Spread mayo all around corn  
Roll corn in Queso Fresco  
Sprinkle with Cayenne Pepper (if they want spice)





## Flan

### Ingredients:

- 1 cup Sugar
- 1 cup Whole Milk
- Orange Juice
- 1 (14 oz) can Sweetened condensed milk
- 3 Eggs
- 3 Egg yolks
- ¼ cup fresh orange juice
- 1 Tbsp grated Orange peel
- 1 Tbsp Vanilla
- 1 Tbsp Cornstarch
- 1 cup Heavy cream



### Directions:

- Place sugar in a heavy saucepan over medium-high heat, and cook, stirring constantly, until the sugar melts and turns a golden amber color, about 10 minutes. Watch carefully once syrup begins to change color because it burns easily.
- Carefully pour the melted sugar syrup into a flan mold. Let cool.
- Preheat oven to 350 degrees F (175 degrees C).
- Pour whole milk, sweetened condensed milk, eggs, egg yolks, orange juice, orange peel, vanilla extract, and cornstarch into a blender, and blend for a minute or so, until the mixture is smooth.
- Pour in the cream and pulse several times to incorporate the cream. Pour the mixture over the cooled caramel syrup in the flan mold.
- Line a roasting pan with a damp kitchen towel. Place the flan mold on the towel, inside roasting pan, and place roasting pan on oven rack. Fill roasting pan with boiling water to reach halfway up the sides of the baking dish.
- Bake in the preheated oven until the center of the flan is set but still slightly jiggly when moved, 45 minutes to 1 hour.
- Let the flan cool, then refrigerate for at least 4 hours.
- To serve, run a sharp paring knife around the inside of the mold to release the flan. Invert a plate on the mold, flip the mold over, and gently remove the mold to unmold the flan and reveal the syrupy caramel topping.

- 3 cups Short grain rice
- 1 cup Urad dal (split husked black lentils)
- $\frac{3}{4}$  teaspoon Fenugreek seeds
- Salt (to taste)
- Oil



- **Directions:**
- Wash the rice and urad dal well. Add the fenugreek seeds and fill enough water in the rice-dal bowl to cover them about 2" deep. Soak overnight.
- After soaking, drain and grind it to a smooth paste with salt and water enough to smooth yet slightly grainy paste. Add a little bit of water if necessary.
- Put in large mixing bowl and add enough water to make a batter. It should be thick enough to coat a spoon dipped into it. Add salt to taste and set aside in a warm, dark spot, covered for 6-8 hours. Then stir well.
- Heat a traditional indalium or cast iron dosa pan. You can also use nonstick dosa pans.
- The pan should become hot enough so that when you sprinkle few drops of water on the pan, it should sizzle right away.
- Just add 3-4 drops of cooking oil and spread it all over the pan using an onion slice or a clean kitchen towel.
- Pour a ladle full of batter. Spread it using the back of the spoon using circular motion to about 9-inch round dosa.
- Once it turns slightly brown and the edges start lifting, flip and brown the other side. Fold in half and allow to cook for 30 seconds more.
- Dosas can be served immediately or kept warm in a closed dish.



## Curried Cauliflower

### Ingredients:

- 1 head Cauliflower, broken into florets
- Olive oil
- 1 ½ teaspoons Curry powder
- 1 teaspoon Kosher salt
- ground pepper
- 2 teaspoons lemon juice
- 1 tablespoon chopped cilantro (or to taste)

### Directions:

- Preheat oven to 425°.
- Stir oil and curry in a large bowl to combine.
- Add cauliflower and season with salt and pepper. Toss to coat cauliflower evenly.
- Arrange in a single layer on a large rimmed baking sheet (scrape any extra seasoning from bowl over cauliflower).
- Roast until cauliflower is brown around edges and crisp-tender, 10–15 minutes. You might turn pieces over midway through roasting.
- Transfer to a platter and sprinkle lemon juice and cilantro over.
- Serve warm or room temperature.
- Other recipes I looked up had turmeric, coriander seeds, cumin seeds as ingredients.



## Chicken Tikka

### Ingredients:

- 1 cup rice
- 1 Tbsp Fresh ginger – grated
- 3 Garlic cloves – minced
- 1 Yellow onion, diced
- 1 lb Chicken breasts or thighs, cut in 1" chunks
- Kosher salt
- Ground black pepper
- 1 ½ tsp Garam masala
- Oil
- 3 Tbsp Tomato paste
- 1 ½ tsp Turmeric
- 1 ½ tsp chili powder
- 1 (15 ounce) can tomato sauce or Crushed tomatoes
- 1 cup chicken stock
- ½ cup heavy cream or yogurt
- 2 Tbsp Cilantro leaves



## Chicken Tikka Continued

### Directions:

- Cook rice according to package directions, set aside.
- Heat 1 ½ Tbsp oil in large stockpot over medium heat.
- Season chicken with salt and pepper to taste.
- Add chicken and onion to pot and cook, tossing occasionally, until lightly browned and cooked through, about 5 minutes.
- Stir in tomato paste, garlic, ginger, garam masala, chili powder and turmeric until fragrant, about 1 minute.
- Stir in tomato sauce (crushed tomatoes) and chicken stock.
- Season with salt and pepper, to taste.
- Bring to boil, reduce heat and simmer, stirring occasionally, until reduced and slightly thickened, about 10 minutes.
- Stir in heavy cream until heated through, about 1 minutes
- Serve immediately with rice, garnished with cilantro, if desired.

## Fruit Lassi

### Ingredients:

Plain yogurt

Crushed ice

Ice water

Sugar

Salt

Fruit varieties

### Directions:

- In a blender, blend the yogurt, ice, water, sugar, salt, and fruit until mixture becomes frothy.
- Pour mixture over ice cubes in tall glasses.





## Indian Rice Treats

### Ingredients:

Unsalted butter  
Mini marshmallows  
Crispy rice cereal  
Ground cardamom  
Unsalted cashews  
raisins

### Directions:

- In a large bowl, toss together the cereal, cashew nuts and raisins.
- Melt the butter in a large pan over medium heat.
- Stir in the marshmallows and cardamom until smooth.
- Pour in the cereal mixture and stir until evenly coated.
- Spread evenly in a greased baking dish, and pat down lightly.
- Cool, and cut into squares.



## Cucumber Raita

### Ingredients:

2 cups Plain yogurt  
1 Cucumber, cut into ¼" strips, blotted dry  
2 Tbsp fresh coriander or mint leaves, chopped  
1 tsp Ground cumin  
Cayenne or paprika to garnish

### Directions:

- Mix all ingredients in medium bowl.
- Season to taste with salt.
- Chill raita, covered, until ready to serve.

