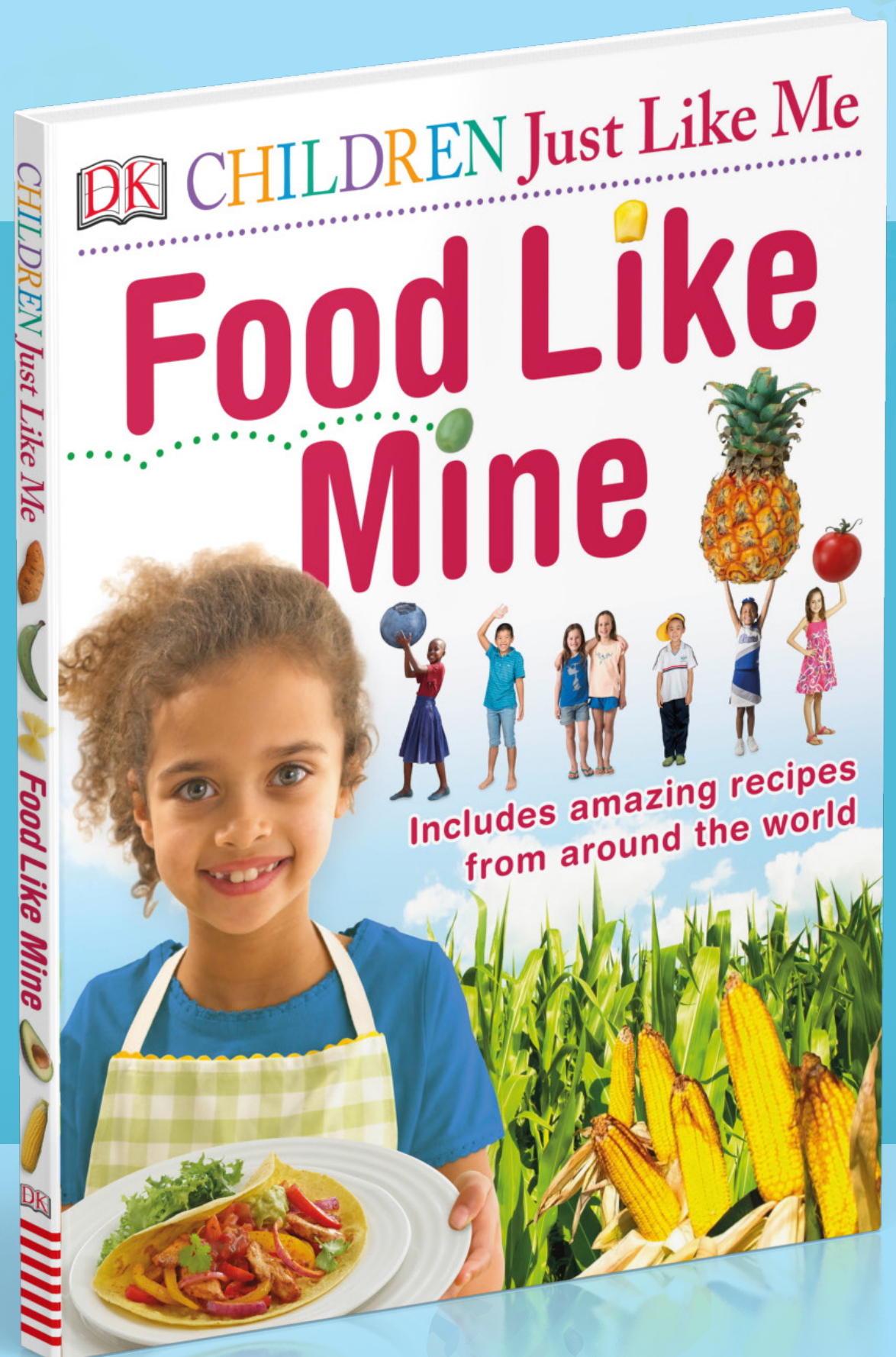


Recipes From Around the World



For the curious





Jollof rice

This one-pot rice dish is colored an orangey red by the juice from the tomatoes. It is popular in many West African countries.

YOU WILL NEED:

- 2 tbsp sunflower oil
- 1 large onion, chopped
- 1 clove garlic, crushed
- 14oz (400g) can chopped tomatoes
- 1 red bell pepper, seeded and chopped
- 2 tbsp tomato paste
- salt and freshly ground black pepper
- 1 tsp chili powder
- 1 tsp curry powder
- 1 bay leaf
- sprig fresh thyme
- 2½ cups chicken or vegetable stock
- 1 cup basmati or long-grain rice, rinsed under cold water
- 4 skinless, boneless chicken breasts



Heat 1 tablespoon of the oil in a pan. Cook the onions and garlic over low heat for 4–5 minutes, until soft.



Stir in the chopped tomatoes, red bell pepper, and tomato paste, then season with salt and freshly ground black pepper.



Add the chili powder, curry powder, bay leaf, and thyme, then pour in the stock.



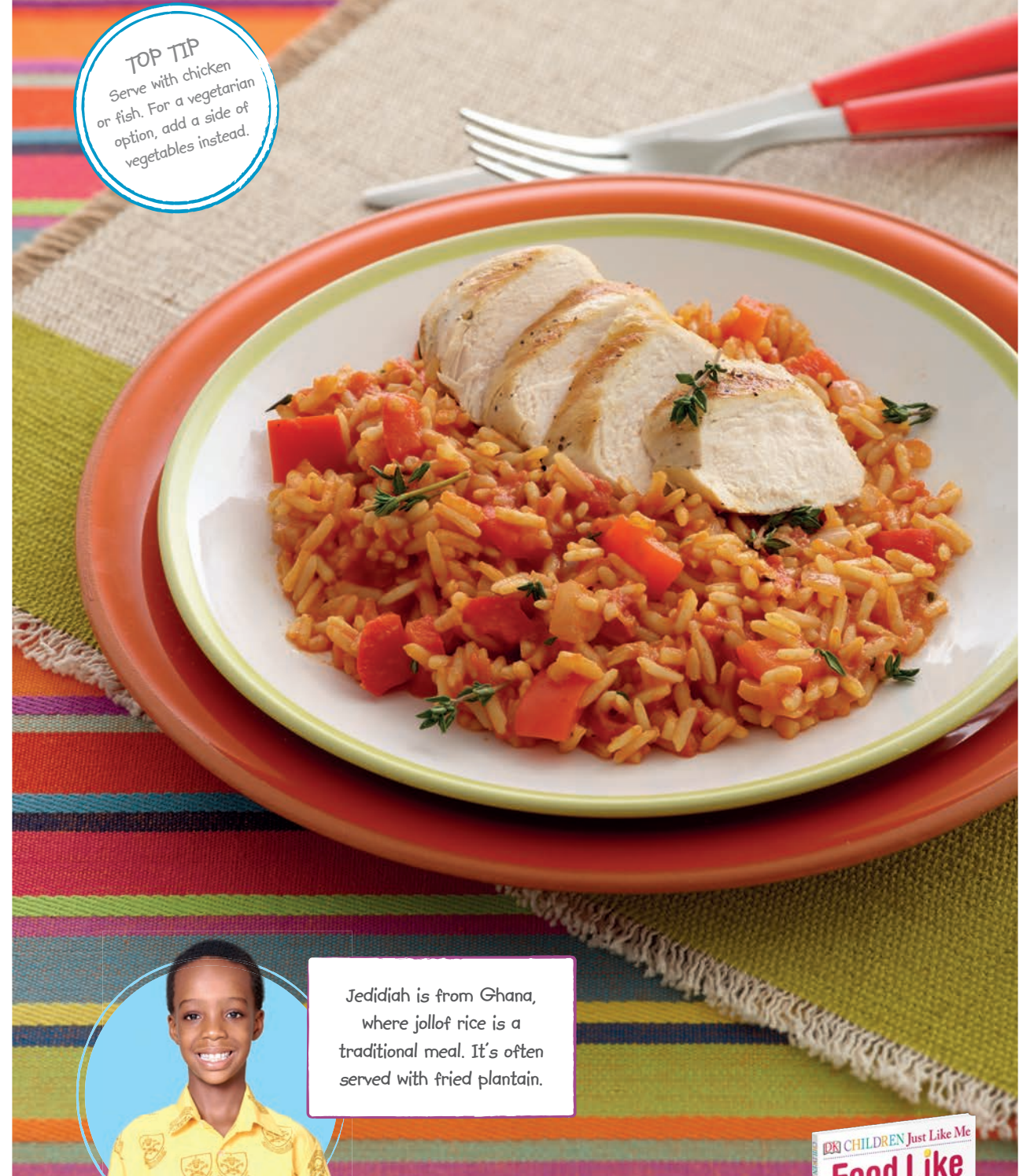
Bring to a boil, then reduce the heat. Cover and simmer for 5 minutes.



Add the rice. Bring to a boil. Reduce the heat to low. Cover and simmer for 25 minutes, or until most of the liquid is absorbed.



Brush the chicken with the remaining oil. Grill for 5–6 minutes on each side, until cooked through and golden.

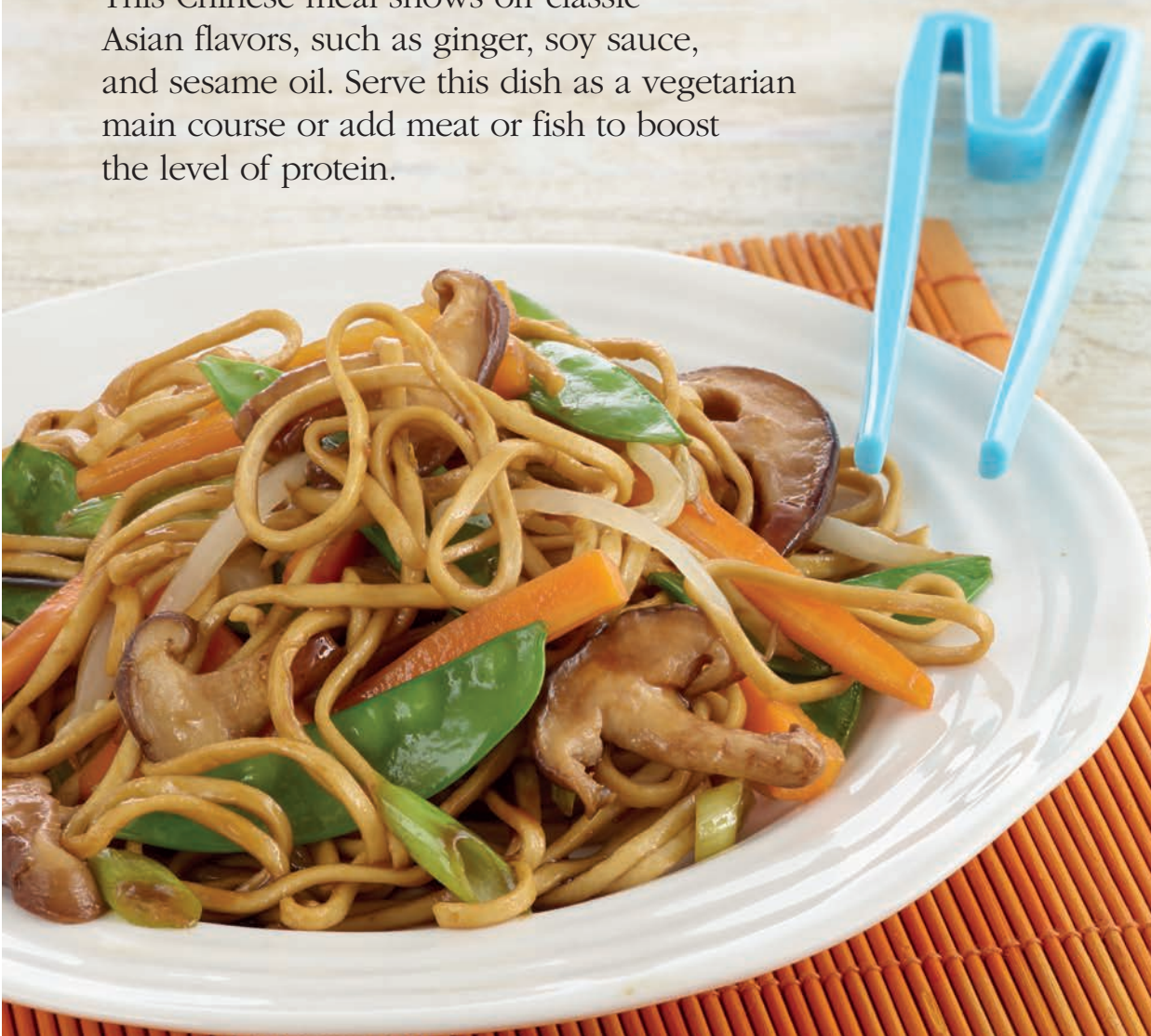


Jedidiah is from Ghana, where jollof rice is a traditional meal. It's often served with fried plantain.

Vegetable chow mein

TOP TIP
Chopsticks made specially for children are easy to use.

This Chinese meal shows off classic Asian flavors, such as ginger, soy sauce, and sesame oil. Serve this dish as a vegetarian main course or add meat or fish to boost the level of protein.



YOU WILL NEED:

- 3 cups dried medium egg noodles
- 1 tbsp sunflower oil
- 1 clove garlic, crushed
- 1 tsp freshly grated fresh ginger
- 4 scallions, sliced
- 2 carrots, peeled and cut into thin strips
- 4½oz (125g) shiitake mushrooms, sliced
- 3½oz (100g) snow peas
- 2 tbsp light soy sauce
- 2 tbsp oyster sauce
- ½ tsp toasted sesame oil
- 3½oz (100g) bean sprouts



Place the noodles in a pan of boiling water and simmer for 4 minutes.



Drain well, then return the noodles to the pan to keep them warm.



Heat the sunflower oil in a wok and add the garlic, ginger, and scallions. Stir-fry for 2–3 minutes.

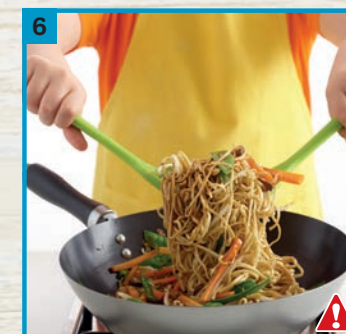


Add the carrots, mushrooms, and snow peas. Cook for an additional 2–3 minutes.

This tasty meal is from China, where Shaowei lives. It's also a popular dish around the world.



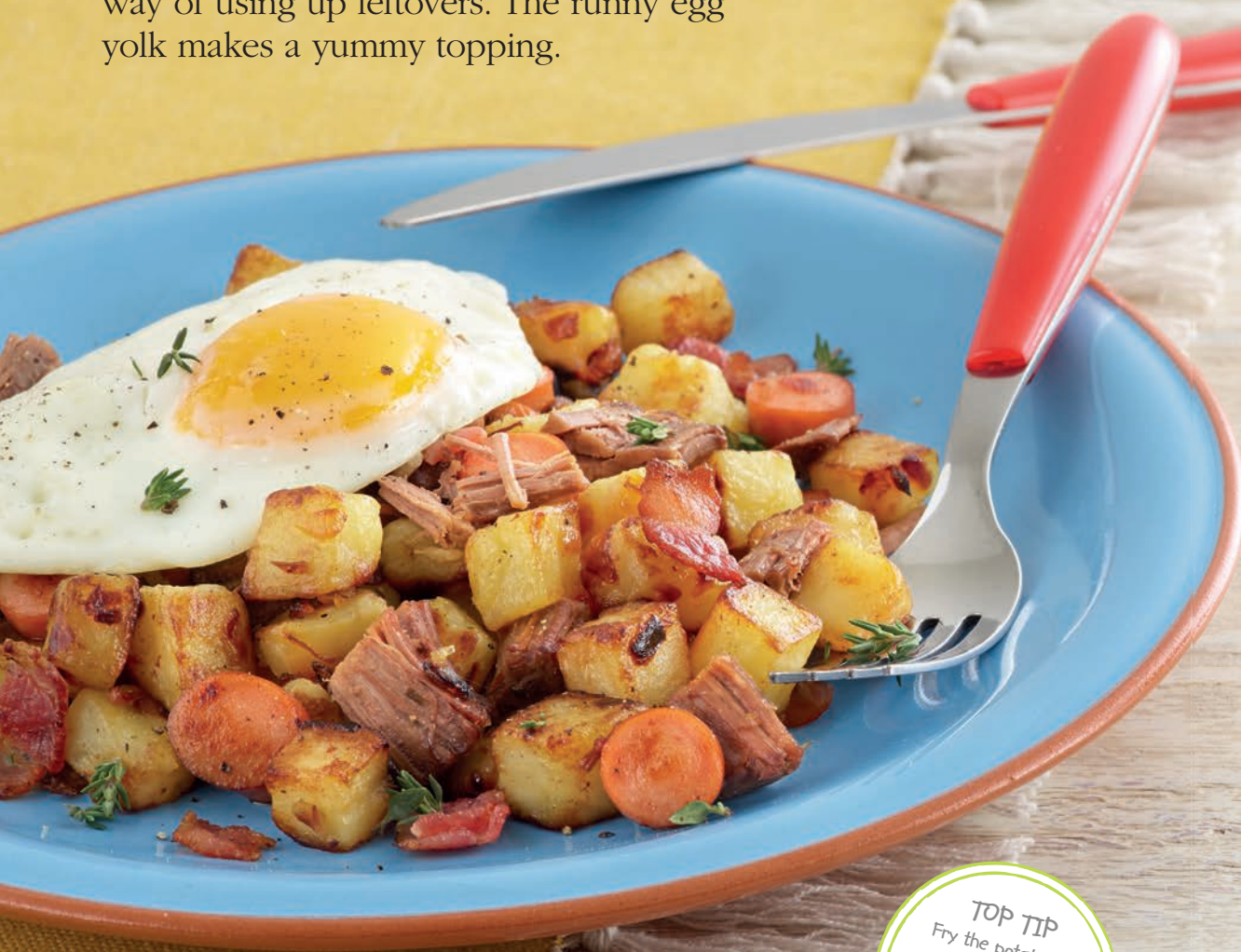
In a bowl, mix together the soy sauce, oyster sauce, and sesame oil.



Add the bean sprouts, noodles, and sauce. Make sure everything is coated with the sauce. Cook for 2–3 minutes.

Swedish hash

In Sweden, this dish is called *pyttipanna* meaning “teeny pieces in a pan.” It’s a great way of using up leftovers. The runny egg yolk makes a yummy topping.



TOP TIP
Fry the potatoes in a nonstick frying pan so the food doesn't stick to the pan.

YOU WILL NEED:

- 2 tbsp butter
- 2 tbsp sunflower oil
- 1lb 5oz (600g) potatoes, peeled and cut into ½in (1cm) cubes
- 2 onions, finely chopped
- 4 strips smoked bacon, chopped
- 14oz (400g) leftover roast meat (pork or beef), cut into ½in (1cm) cubes
- 2 hotdogs or smoked sausages, sliced
- 1 sprig fresh thyme, plus a few leaves for garnish
- salt and freshly ground black pepper
- 4 eggs



Heat the butter and 1 tbsp of the oil in a pan. When foaming, add the potatoes and onions. Fry for 15 minutes.



Cook the bacon in another pan over medium heat. When the fat starts to run, add the meat and sausages.



Add the fresh thyme. Fry the mixture over medium heat for 4–5 minutes, stirring occasionally.



Add the meat mixture to the potatoes and onions and mix thoroughly. Season to taste.



Heat the leftover oil in the pan you used to cook the meat. Crack open the eggs and add to the pan. Fry for 3–4 minutes.



Serve the hash on plates, with a fried egg on the top of each portion of hash. Sprinkle the remaining thyme on top.



Stella is from Sweden. This dish is popular in her country and in the countries nearby.

Plantains

Fruits that fill you up, such as avocados, breadfruit, and **plantains**, are a big part of people's diets. Plantains are closely related to bananas, but are more starchy and filling, and they have thicker skins.



UGANDA
produces the
most plantains
in the world.

Starchy staple

Plantains are a main source of carbohydrates for more than 70 million people. They are a staple food in African, Caribbean, and South and Central American countries.



Tostones

Ripe plantains
are yellow
with brown
blotches.



Plantains start off
green, then turn
yellow, and
finally black.



Black
plantains are
fine to eat,
and very
sweet inside.

TASTY TREATS

Green plantains are cooked in a similar way to potatoes. They are good for making plantain chips, such as the tostones, above.

Plantains are often grown
and eaten in Colombia,
where Miguel lives.



Growing plantains

Plantain plants aren't trees, but they can grow as tall as trees! Farmers like to grow them to medium height, because tall plants get damaged by wind.



Plantain chips

These lightly spiced chips are baked, not fried. They taste great with a creamy dip.

TOP TIP
Allow the plantains to
cool on the baking
sheet for 5 minutes
before serving.



YOU WILL NEED:

- 2 green plantains, peeled and cut into 1/4in (5mm) slices
- 1 tbsp sunflower oil
- 1 tsp sea salt
- 1 tsp smoked paprika
- 1/2 tsp chili powder
- 1/2 tsp ground cumin



1 Preheat the oven to 400°F (200°C). Line 2 large baking sheets with parchment paper.



2 Put the plantains into a bowl and mix in the oil, salt, and spices, until evenly coated. Place the slices on the baking sheets.



3 Bake the slices for 15–20 minutes, until golden. Swap the baking sheets over halfway through and turn the chips.