

polkadot passport's

GLOBAL FLAVOURS

10 recipes from around the world for the adventurous home-cook





 2 servings

 45 mins

Poached pear:

- 1 pear (peeled, cored and cut into 6 pieces)
- 2 tbsp brown sugar
- 1 cinnamon stick

Semolina porridge:

- 2 1/2 cups milk (dairy or non-dairy)
- 1/2 cup semolina flour
- Pinch salt
- 1 tsp cinnamon
- 1/4 tsp allspice
- 1/4 tsp nutmeg

To Top:

- 2 tsp butter
- Hazelnuts (toasted)
- Maple syrup (to taste)
- Cacao (to dust)

Krupicová Kaše

Semolina Porridge with Poached Pear

1. **Make poached pear:** Put pear slices in a small saucepan. Add brown sugar and cinnamon stick and cover with water. Bring to boil, then cover and reduce to a simmer, cooking for 30 minutes or until pear goes soft. Take off heat and allow to cool in poaching liquid.

2. **Make semolina porridge:** In a medium saucepan over medium-low heat, pour in milk. Add semolina flour, salt, cinnamon, allspice and nutmeg and whisk to combine. Cook the porridge for about 10 minutes until thick, stirring constantly to keep out any lumps.

3. **Serve:** Remove porridge from heat, divide into two bowls and top with butter, toasted hazelnuts, maple syrup, poached pears and a dusting of cacao. Eat while its hot!



 2 servings

 25 mins

Ema Datshi:

- 1 tbsp butter
- 1/2 onion (sliced)
- 1 tomato (sliced)
- 4 chilli peppers (slit down the middle)
- 2 garlic cloves (minced)
- Salt & pepper (to taste)
- 2/3 cup water
- 1/2 cup cheddar cheese

Gondo Datshi:

- 1 tbsp butter
- 2 garlic cloves (sliced)
- 1 tsp chilli flakes
- 4 eggs (beaten)
- 1/2 cup feta cheese, crumbled
- Salt & pepper (to taste)

Ema/ Gondo Datshi

Chilli cheese scramble eggs

1. **Make the ema datshi:** Melt 1 tablespoon of butter in a large pan over medium heat. Once melted, add sliced onion, tomato, chillies and garlic. Season with salt and pepper and sauté for a few minutes. Add in 2/3 cup water. Cover and cook for about 10 minutes or until chillies are tender. Turn off heat and pour in cheese and allow to melt.

2. **Make the gondo datshi:** Melt 1 tablespoons of butter in another pan over medium heat. Add in slices of garlic and chilli flakes and cook for a couple of minutes until garlic is turning golden. Tip beaten eggs into the pan along and sprinkle in feta. Season with salt and pepper. Gently move eggs around the pan for a few minutes to scramble.

3. **Serve:** Serve gondo datshi and ema datshi with thick sourdough bread, or to keep things traditional, with rice.



FINLAND



16 pastries



1 hr 35 mins

Rice filling:

- 2 cups water
- 1 cup white rice
- 2 cups milk
- 1 tbsp butter (melted)
- Salt & pepper (to taste)

Pastry:

- 1 cup rye flour
- 1/3 cup all-purpose flour
- 1 tsp salt
- 1/2 cup water
- 2 tbsp butter (melted)

Egg butter:

- 4 eggs (boiled)
- 1/2 cup butter (room temperature)
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp ginger powder

Karjalanpiirakka

Karelian Pies with Egg Butter

- 1. Make the rice filling:** Bring a saucepan of two cups of water to boil over medium heat. Add rice and cook for 5 minutes, so most of the water is absorbed. Stir the milk and the butter into the rice. Reduce heat to low and cook for 45 minutes, stirring occasionally. Once cooked, add salt and pepper to taste, then set aside to cool.
- 2. Make the dough:** Preheat oven to 230°C (450°F). In a large bowl, mix together the rye flour, all-purpose flour and salt. Pour in water and melted butter. Mix till well combined, then knead until a firm dough is formed.
- 3. Compile pies:** Roll into a cylinder log shape 5cm (2") in diameter. Cut this into 16 discs. Dust a work surface with flour. Roll out discs to form very thin ovals. Place 2 tablespoons of filling onto each round. Fold and crimp the edges of pastry to cover the edges of the filling, with the middle left exposed. Brush pastries with melted butter.
- 5. Bake pies:** Place on lined baking sheet and bake for 10 minutes. Brush with butter again, then cook for another 5 minutes or until pastry has turned golden. Remove from oven and allow to cool slightly.
- 6. Make egg butter:** Cut boiled egg into small squares and mix with the butter. Season with salt, pepper & ginger. Topped cooled pies with egg butter.



 4 servings

 50 mins

Sesame Sauce:

- 1 tsp sichuan peppercorns
- 4 tbsp sesame paste
- 4 tbsp soy sauce
- 3 tbsp rice wine vinegar
- 2 tbsp white sugar
- 1/3 cup chilli oil
- 3 cloves of garlic (minced)

Mushroom Mince:

- 400g shittake mushrooms (diced)
- 3/4 cup walnuts (diced)
- 2 spring onions (white parts, diced)
- 3 cloves of garlic (minced)
- 1/4 cup mustard greens
- 1 1/2 tbsp soy sauce
- 2 1/2 tbsp shaoxing wine

Noodles:

- 400 g dried thin noodles
- 1 bunch of baby bok choy
- 1/3 cup roasted peanuts
- 2 spring onions (green parts, sliced)
- Chilli oil

Dan Dan Noodles

with Mushroom Mince

1. Make sesame sauce: In a small frying pan, lightly toast the sichuan peppercorns, then grind using a mortar and pestle. In a small bowl, combine the sesame paste and soy sauce until fully mixed. Add rice wine vinegar, sugar, garlic, chilli oil and sichuan peppercorns. Set aside.

2. Make mushroom mince: Heat 1 tbsp vegetable oil on a medium-high heat in a wok or non-stick pan. Fry the mushrooms and walnuts and until softened and browning. Reduce heat to medium and add spring onions, mustard greens, soy sauce and shaoxing wine. Cook further until all the liquid has evaporated.

3. Compile noodles: Cook noodles according to packet instructions. Bring a pot of salted water and quickly blanch bok choy until just tender but still retaining some bite. Spoon ¼ cup of sesame sauce into each bowl, spoon in as much chilli oil as desired, top with noodles followed by mushroom mince, and then top with bok choy, crushed peanuts, and more spring onions.



 2 servings

 55 minutes

Caramelized onions

- 1 tbsp olive oil
- 1 tbsp butter
- 1 large onion, thinly sliced
- Pinch of salt
- 1/2 tbsp brown sugar

Spätzle dough

- 250g plain flour
- 1/2 tsp salt
- 1/4 tsp nutmeg, grated
- 2 eggs, beaten
- 2/3 cup sparkling water

Käsespätzle

- 1 tbsp butter
- 1 cup Gruyere cheese
- 2 tsp thyme, chopped
- 1 tbsp chives, chopped
- Salt & pepper, to taste

Käsespätzle

Austrian-style mac & cheese

1. **Make caramelized onions:** Heat oil and butter in a medium ovenproof saute pan on medium heat. Add in sliced onion, and cook for 10 minutes, stirring occasionally. Add in brown sugar and pinch of salt and continue to cook for another 10 minutes or until soft and caramelised. Set caramelized onions aside in a bowl.

2. **Make spätzle dough:** In large mixing bowl, whisk together flour, salt and nutmeg. Form a well in the centre and add beaten eggs and sparkling water. Mix vigorously with a wooden spoon for 2 minutes, until small air bubbles begin to form on the surface.

3. **Cook spätzle:** Bring a large pot of water to boil. Place colander above the pot and pour in dough. Using a wooden spoon, slide dough back and forth to force it through the holes so little pieces drop down into the water. When pieces float to the surface, fish out with slotted spoon and transfer to another colander to drain.

4. **Compile käsespätzle:** Preheat oven to 205°C (400°F). In the saute pan, melt butter then add in cooked spätzle and sauté for 2 minutes, until lightly browned. Top with grated cheese and remove from heat. Put the pan of spätzle in preheated oven and bake for 10 minutes, until cheese is bubbling and turning golden. Top with caramelised onions, thyme and chives, season with salt and pepper and serve!



 4 servings

 1 hour 5 mins

Stew:

- 2 cups pumpkin (cut into chunks)
- 1 tbsp olive oil
- 1 cup coconut milk
- 1/2 cup peanut butter
- 3 cups vegetable stock
- 2 cups okra (sliced)
- 1 cup carrot (diced)
- 2 cups leafy greens
- 1 tin chopped tomatoes (400g)
- 1/2 tsp chilli powder
- 1 tsp paprika
- Salt & pepper to taste

To serve:

- 1 tbsp oil
- 1 onion (sliced in rounds)
- 2 garlic cloves (sliced)
- Crushed peanuts
- Chilli flakes

Daraba

Creamy pumpkin peanut stew

1. Preheat oven to 180C (355F). Place pumpkin chunks in roasting tray. Coat with olive oil, season with salt and pepper and roast for 30 minutes or until soft.

2. Take half of the cooked pumpkin and blend it with coconut milk and peanut butter until smooth sauce has formed.

3. Meanwhile, bring 3 cups of vegetable stock to boil in a large saucepan. Reduce to medium heat and add in okra and carrot. Cook for 10 minutes.

4. Add in pumpkin paste, the remaining cooked pumpkin, leafy greens, tomatoes, chilli powder, paprika and salt and pepper to taste. Reduce heat to medium-low and cook for 10 minutes.

5. Meanwhile, heat oil in frying pan over medium heat. Add onion and garlic and cook for 10 minutes, stirring occasionally, until turning soft and brown.

6. Serve stew topped with fried onion and garlic, crushed peanuts and chilli flakes on top of your desired grain such as rice or cous cous.



 4 servings

 45 minutes

Mushroom Gravy:

- 4 tbsp butter
- 1 onion (minced)
- 1 cup mushrooms (minced)
- 1 tbsp miso paste
- 1 tbsp balsamic vinegar
- 1 tsp Worcestershire sauce
- Salt & pepper (to taste)
- 4 cups vegetable broth
- 1/4 cup cornstarch

Poutine:

- Vegetable oil
- 6 large potatoes (cut into 1/2 inch thick sticks)
- 1 1/2 cups cheese curds or pieces of mozzarella
- 1 tbsp chives (chopped)
- Sautéed mushrooms (optional)

Vegetarian Poutine

with mushroom gravy

1. **Make Mushroom Gravy:** In a saucepan over medium heat, melt butter and add onion. Sauté for 5 minutes until onions are turning translucent. Add mushrooms, miso paste, balsamic vinegar and Worcestershire sauce. Season with salt and pepper. Cook for 5 minutes. Lower heat and add in 3 1/2 cups of vegetable broth. In a small bowl, whisk together remaining vegetable broth and cornstarch. Slowly pour into saucepan, stirring to combine. Cook for 5 minutes, or until gravy has thickened, then blend till smooth. Keep warm until ready to serve.

2. **Make Fries:** Heat vegetable oil in deep pan to 150°C (300°F). Working in batches, put fries into the oil and cook for 5 to 8 minutes until potatoes are starting to brown. Remove fries onto wire rack. Increase oil temperature to 190°C (375°F) and return to pan, cooking until golden brown. Remove to paper towel-lined plate.

3. **Compile Poutine:** Top fries with warm gravy, cheese, chives and optional sautéed mushrooms.



 1 loaf

 1 hour 10 minutes

Banana bread:

- 1/3 cup coconut oil (melted)
- 1/2 cup maple syrup
- 2 eggs
- 3 ripe bananas (mashed)
- 1/4 cup milk of choice
- 1/2 cup Greek yogurt
- 1 tsp baking soda
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/2 tsp all spice
- 1 cup all-purpose flour
- 3/4 cup whole-wheat flour
- 3/4 cup desiccated coconut
- 1 tbsp chopped macadamia nuts
- 1 tbsp shredded coconut

Buttered rum sauce:

- 1/4 cup butter
- 1/4 cup coconut sugar
- 1/4 cup water
- 2 tbsp spiced rum

Island Banana Bread with buttered rum sauce

1. Preheat oven to 165°C (325°F) and grease a loaf tin with coconut oil.

2. In a large bowl, whisk together melted coconut oil and maple syrup. Add egg and continue to whisk, then add mashed banana, milk, yogurt and vanilla extract and mix well. Next, add in baking soda, salt, cinnamon and all spice and mix. Use a big spoon to stir in the flour and desiccated coconut until combined.

3. Pour batter into greased loaf tin and bake for 55 minutes (or until toothpick comes clean out of the centre). After 45 minutes, take out of oven, add macadamia nuts and shredded coconut, and put back in oven for a further 10 minutes.

4. To make buttered rum sauce, melt butter in saucepan over medium heat, then whisk in sugar and water and bring to a boil. Continue to boil for a few minutes, until mixture becomes thick (but still pourable). Remove from heat and stir in spiced rum. Pour over banana bread to serve.



 3 servings

 50 minutes

Sticky Rice:

- 1 cup Thai glutinous rice, rinsed, soaked overnight and drained
- 1 can coconut milk (refrigerated overnight)
- 2 tbsp sugar
- 1/4 tsp salt

Coconut Cream Sauce:

- 3 tbsp coconut cream (from can of coconut milk)
- 1 tbsp sugar
- 1/2 tsp cornstarch

To serve:

- 2 mangos (peeled and sliced)

Sticky Rice Waffles

with coconut cream & mango

1. **Cook sticky rice:** Place a steaming basket inside a large pot. Add water so it reaches just below basket. Put drained rice inside. Place over medium heat and bring water to a simmer. Once simmering, reduce heat and cover the pot. Steam rice for 20 minutes then place into mixing bowl.

2. **Compile sticky rice:** Spoon off thick cream on coconut milk, setting aside in bowl. Pour rest of coconut milk into a saucepan with sugar and salt. Cook for 5 minutes over medium heat, stirring frequently. Slowly pour mixture over cooked rice stirring as you do. Chill in fridge.

3. **Make sauce:** Heat coconut cream and sugar in a saucepan over low heat. In a small bowl, make a slurry of 1/2 teaspoon of cornstarch and a tablespoon of water. Add to coconut cream and whisk until mixture thickens. Take off heat.

4. **Make the waffles:** Grease waffle iron with cooking oil and preheat. Add a portion of sticky rice to the iron and push down hard to spread out. Cook rice until starting to go golden on the outside. Drizzle waffles with coconut cream sauce and serve with mango slices.



 2 servings

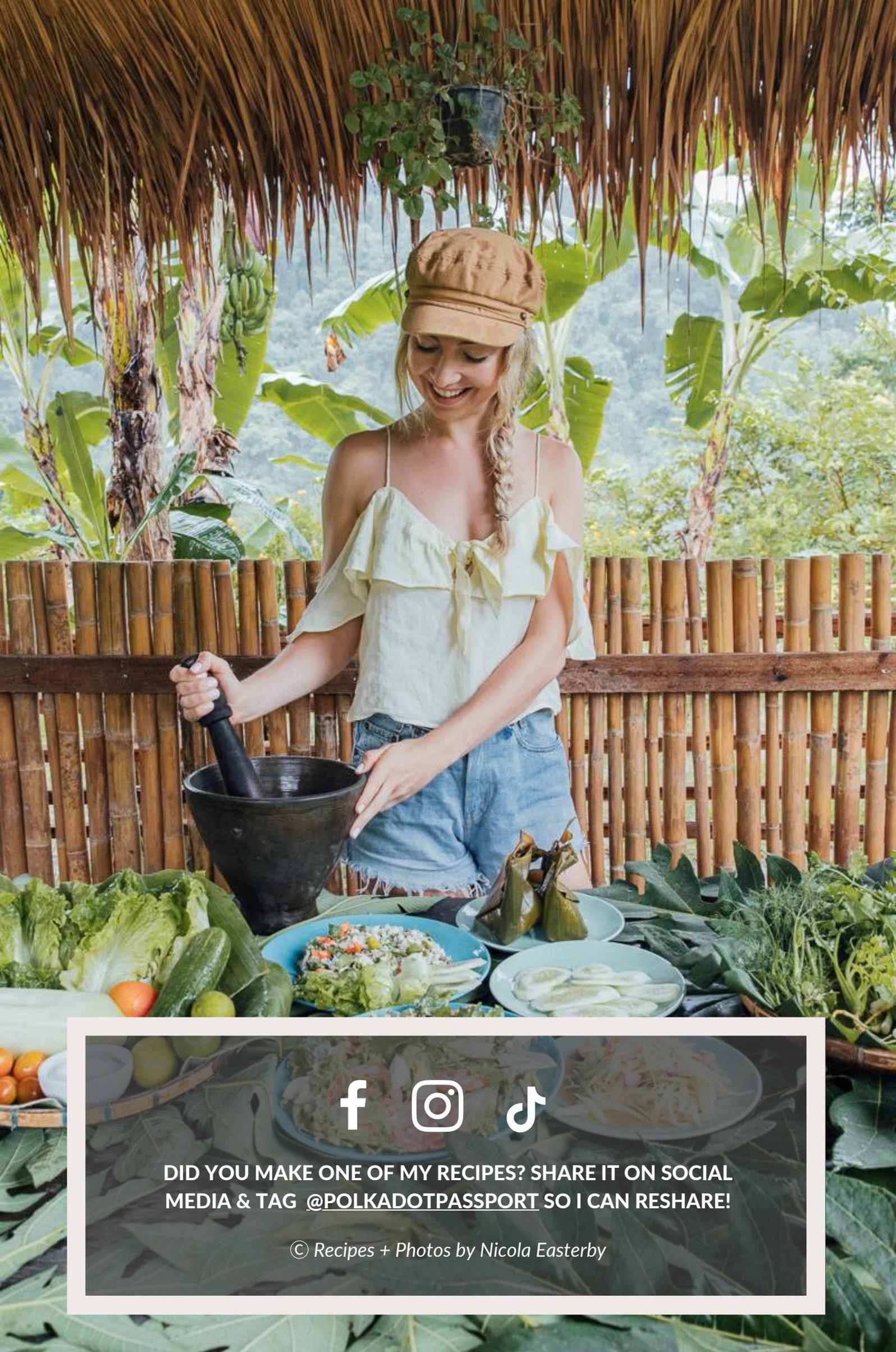
 Overnight +
5 minutes

- 1/3 cup rolled oats
- 2/3 cup water
- 1/2 cup coconut milk
- 2 bananas (chopped)
- 1 carrot (chopped)
- 1 tbsp maple syrup
- 1 tbsp almond butter
- 1/2 tsp vanilla essence
- 1/2 tsp citrus zest
- 1/2 tsp ginger (grated)
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg

Jugo De Avena

Spiced oat milk smoothie

1. In a bowl, mix rolled oats in cup of water and leave in fridge overnight to soak.
2. Fill half an icecube tray with coconut milk and freeze overnight, along with chopped banana.
3. In the morning, blend soaked oats and residual water together to form liquid.
4. Add in all other ingredients and blend until smooth.



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