

A collage of food items including a glass of milk, a bowl of rice, a red pepper, a cucumber, a carrot, ginger, and onions.

**savor**

*Around  
the  
World*

*One Recipe At A Time*

# POUTINE

Serves: 6-8 Prep Time: 5 minutes

Cook Time: 25 minutes

## INGREDIENTS

4 tablespoons butter

1/4 cup flour

2 cups beef broth

1 teaspoon onion powder

1 teaspoon garlic powder

1 tablespoon Worcestershire sauce

Salt and pepper, to taste

Canola oil

1 (32-ounce) bag frozen fries

1 cup cheese curds (shredded mozzarella cheese)

## PREPARATION

1. In a saucepan over medium heat, melt butter. Whisk in flour to make a thick paste and cook for about 5 minutes or until lightly golden brown.
2. Reduce heat and slowly add beef broth, whisking constantly, until you reach your desired thickness. Add onion powder, garlic powder, Worcestershire sauce, salt and pepper, to taste. Keep covered and remove from heat.
3. In a deep fryer or large skillet heat oil to 360 F. Cook French fries in batches (try not to overcrowd) of about 5 minutes each or until golden brown and crispy on the outside. Place on paper towels to drain excess oil.
4. Season lightly with salt and place on large platter. Sprinkle cheese curds evenly over fries and pour hot gravy over the top. Serve immediately.



## FUN FACT:

*Poutine is pronounced poot-in and not poot-een. If you're planning to visit Canada soon, be sure to pronounce it the latter way if you don't want to be frowned upon!*



## CHEF TIP:



When grilling corn with the husk, make sure to first pull the outer husks down to the ear of the base. Remove any silk from the ear of the corn and pull the husk back up around the corn. Place corn in an ice-cold water bath for about 30 minutes before placing on grill. This will help prevent the husk from catching fire while on the grill. Increase your grill time to 15 - 20 minutes to ensure corn is cooked thoroughly.



# MEXICAN STREET CORN

Serves: 4    Prep Time: 10 minutes  
Cook Time: 15 minutes

## INGREDIENTS

Canola oil cooking spray  
4 ears corn, husk and silk removed  
1/2 cup sour cream  
1/2 cup Cotija cheese, crumbled  
1 teaspoon garlic powder  
1/4 teaspoon salt  
1 lime, juiced and zest  
1/4 cup cilantro, chopped

## GARNISH:

Chili powder  
Cotija cheese  
Cilantro

## PREPARATION

1. Heat your grill to roughly 400 F.
2. Lightly spray each ears of corn with cooking spray.
3. Place the corn on the grill and cook for roughly 15 minutes, turning the cobs every 3 minutes.
4. Stir together the sour cream, cheese, garlic, salt, lime zest and juice, and cilantro. Generously top each corn cob with the cheese mixture.
5. Garnish corn with chili powder, cheese and cilantro.

# COLOMBIAN CHICKEN AND POTATO SOUP

Serves: 6    Prep Time: 10 minutes

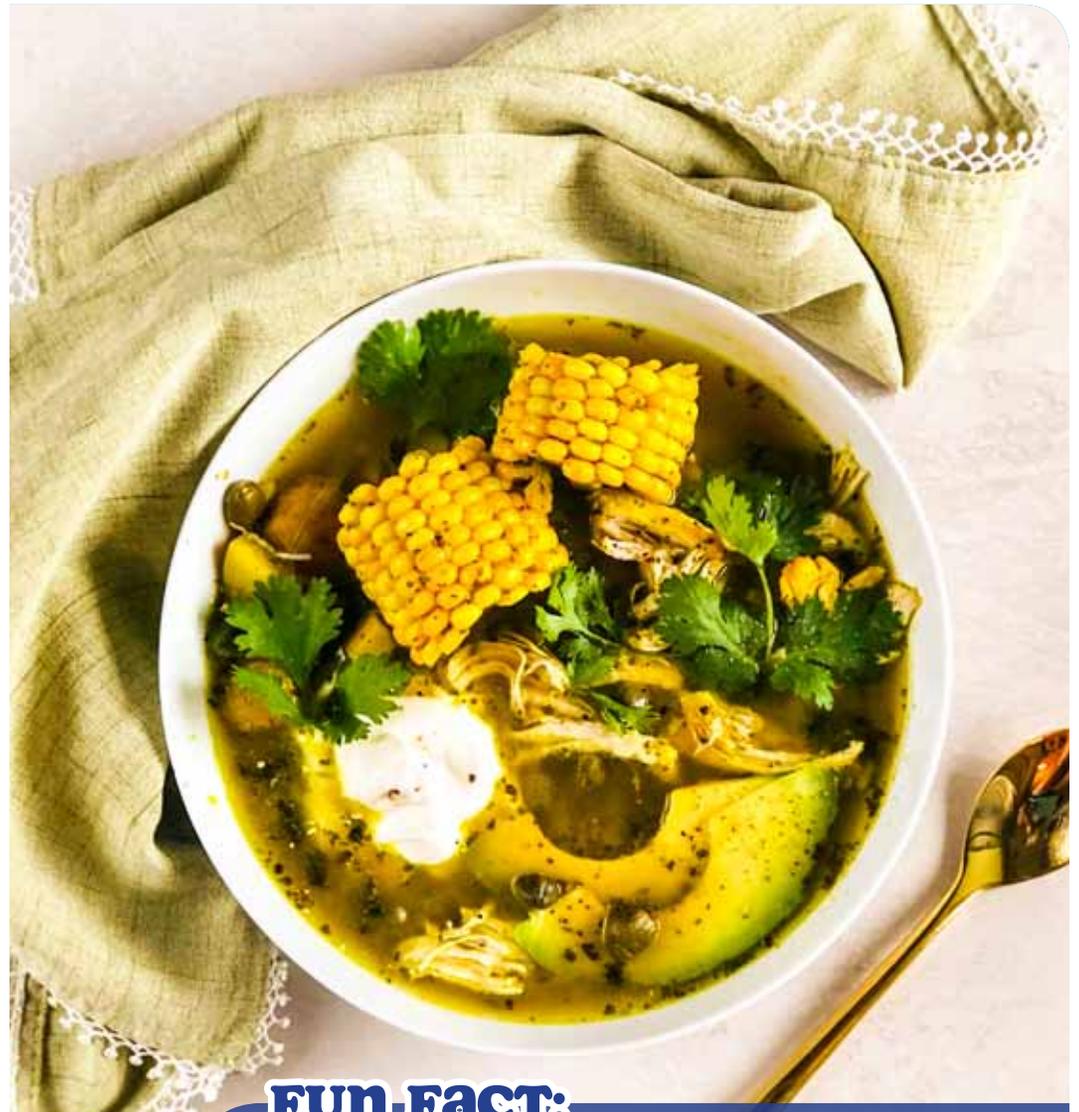
Cook Time: 50 minutes

## INGREDIENTS

- |   |                                 |
|---|---------------------------------|
| 1 white onion, quartered  | 2 ears corn, quartered          |
| 4 cloves garlic   | 2 tablespoons oregano           |
| 1/2 bunch cilantro, stems and leaves chopped                            | Salt and black pepper, to taste |
| 8 cups chicken stock, divided   | 3 cups sour cream, divided      |
| 2 tablespoons butter  |                                 |
| 2 large chicken breasts   | <b>GARNISH:</b>                 |
| 3 green onions, cut in half   | Capers                          |
| 1 teaspoon turmeric   | Avocados, thinly sliced         |
| 1 ¼ pound mixed red and yellow baby potatoes, cut into bite-size pieces | Cilantro                        |

## PREPARATION

1. In a blender, purée the onion, garlic, cilantro and 1/2 cup of stock until smooth.
2. In a large saucepan over medium-high heat, melt butter. Add the whole chicken breast and cook on both sides until lightly browned, about 5 minutes.
3. Stir in the onion purée for about 5 minutes, turning the chicken. Add the green onions, remaining stock, turmeric, potatoes, and corn. Bring to a boil then reduce to a simmer, cooking for about 30 minutes.
4. Season with oregano, salt, and pepper and simmer for an additional 10 minutes. Remove the chicken breasts and shred. Ladle soup in bowls and add shredded chicken breast. Dollop 1/2 cup of sour cream in each bowl.
5. Garnish the soup with capers, avocado, and cilantro.



## FUN FACT:

*This Colombian chicken and potato soup is also known as Ajiaco, a very popular dish throughout Columbia, Cuba and Peru.*



## **FUN FACT:**

Chicken makhani is also known as butter chicken, originating from North India. Not only is this dish one of the most popular dishes in India, but globally it is one of the most popular Indian dishes. In some countries, it is used as a pot pie or hand pie filling.



# CHICKEN MAKHANI

Serves: 4-6 Prep Time: 15 minutes

Cook Time: 30-35 minutes

## **INGREDIENTS**

4 tablespoons canola oil  
1/2 onion, chopped  
4 garlic cloves, minced  
1 pound boneless, skinless chicken cut into pieces  
1 teaspoon turmeric  
1/2 teaspoon salt  
4 tablespoons butter  
1 tablespoon ginger paste  
1 teaspoon garam masala  
1 teaspoon ground cumin  
1 teaspoon chili powder  
14 ounces tomato paste  
1 cup heavy cream  
1/2 cup plain yogurt

## **PREPARATION**

1. In a large saucepan over medium heat, heat the oil.
2. Sauté the chopped onion and garlic in the saucepan until it's soft.
3. Add in the chicken pieces, turmeric and salt to the saucepan, and cook for 15-20 minutes.
4. Stir in the butter, ginger, garam masala, cumin and chili powder. Cook for 5 minutes.
5. Mix in the tomato paste and cook for 5 minutes while stirring.
6. Stir in the heavy cream and yogurt. Cook until the chicken is cooked thoroughly.
7. Serve warm with rice if desired.

# HARISSA SPICED CHICKEN WITH YOGURT HERB SAUCE

Serves: 8    Prep Time: 15 minutes

Cook Time: 30 minutes

## INGREDIENTS

- |  |                                 |
|--|---------------------------------|
| 1 ½ pounds boneless chicken thigh meat, cut into 2 inch pieces | 1/4 cup dried apricots, chopped |
| Salt and pepper, to taste                                      | 1 ½ cups water                  |
| 1 tablespoon oil   | 1 ½ cups couscous               |
| 1 large onion, finely chopped                                  |                                 |
| 2 medium carrots, sliced into 1/2 inch half moons              |                                 |
| 1 (15 ounce) can cooked chickpeas                              |                                 |
| 5 garlic cloves, chopped                                       |                                 |
| 4 teaspoons Moroccan spice blend                               |                                 |
| 1 tablespoon harrisa   |                                 |
| 1 teaspoon salt  |                                 |
| 1 teaspoon sugar   |                                 |
| 1 (14.5 ounce) can diced tomatoes                              |                                 |

## GREEN YOGURT SAUCE:

- 1/2 bunch Italian parsley
- 1/2 bunch mint
- 2 garlic cloves
- 1 whole jalapeño
- 2 cup plain yogurt
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt

## PREPARATION

1. Pre-heat oven to 400 F.
2. Generously season chicken with salt and pepper. In a large heavy bottom dutch oven over medium-high heat, heat oil. Sear chicken until golden brown, about 5 minutes on each side. Remove from pan
3. Add the onions, carrots, chickpeas to the same pan over medium-high heat, adding additional oil if needed. Stir often, for 3-4 minutes.
4. Add the spice mixture and sauté for one minute. Stir in harrisa and cook for an additional minute. Mix in salt, sugar, undrained tomatoes, dried apricots and water. Bring to a simmer and stir occasionally, about 5 minutes. Add in the couscous and cooked chicken. Cover and place in the oven for 15 minutes.
5. In a food processor, combine parsley, mint, garlic, jalapeno. Stir in yogurt, smoked papripka, coriander, and salt. Serve with harissa chicken.



## CHEF TIP:



Northern Africa is known for robust spices to create depth of flavor. If you can't find a Moroccan Spice blend – Make it yourself!

1 teaspoons cumin, 1 teaspoon coriander, 1 teaspoon cinnamon, 1 teaspoon ground ginger, 3/4 teaspoon black pepper, 1/2 teaspoon turmeric, and 1/2 teaspoon cayenne.



# CHEESE SOUFFLES

Serves: 8    Prep Time: 25 minutes

Cook Time: 35 minutes

## INGREDIENTS

1/3 cup unsalted butter	1/4 cup shredded Parmesan cheese
1/3 cup all-purpose flour	1/4 teaspoon salt
1/4 teaspoon nutmeg	6 egg yolks, room temperature
1/4 teaspoon paprika	6 egg whites, room temperature
2 cups whole milk, warmed	1/2 teaspoon cream of tartar
1 cup shredded gruyere	
1 1/2 cups shredded cheddar cheese, divided	

## PREPARATION

1. Preheat oven to 400 F. Place eight (8 ounce) ungreased ramekins in a baking dish
2. In a medium saucepan, melt butter over medium heat. Stir in flour until smooth and cook 2 minutes. Add nutmeg and paprika and cook until fragrant, about 30 seconds. Gradually whisk in milk, stirring consistently, until sauce thickens. Remove from heat and stir in gruyere, cheddar, Parmesan cheese, and salt.
3. In a small bowl, beat egg yolks until thick, about 4 minutes. Stir in 1/3 cup hot cheese mixture to yolk and return to cheese mixture, stirring consistently. Cool completely, about 20 minutes.
4. With clean beaters, beat egg whites with cream of tartar on high speed until stiff but not dry. With a rubber spatula, gently fold in whites into cooled cheese sauce.
5. Scoop cheese mixture to prepared remekins, filling 3/4 of the way up. Add 1 inch. of hot water to baking dish. Place in oven and lower oven temperature to 375 degrees F. Bake 30 minutes or until tops are golden brown. Serve immediately.

## CHEF TIP:

*In order to create light and airy souffles, it's important that the egg whites are whipped to firm peaks prior to incorporating in the cheese sauce. You can achieve this by ensuring that no egg yolks leak into the whites, cleaning your mixing bowl and whisking prior to beating. Cream of tartar also helps speed up the creation of foamy egg whites and stabilize them to prevent the egg whites from deflating.*



# PASTA CARBONARA

Serves: 4    Prep Time: 10 minutes

Cook Time: 17 minutes

## INGREDIENTS

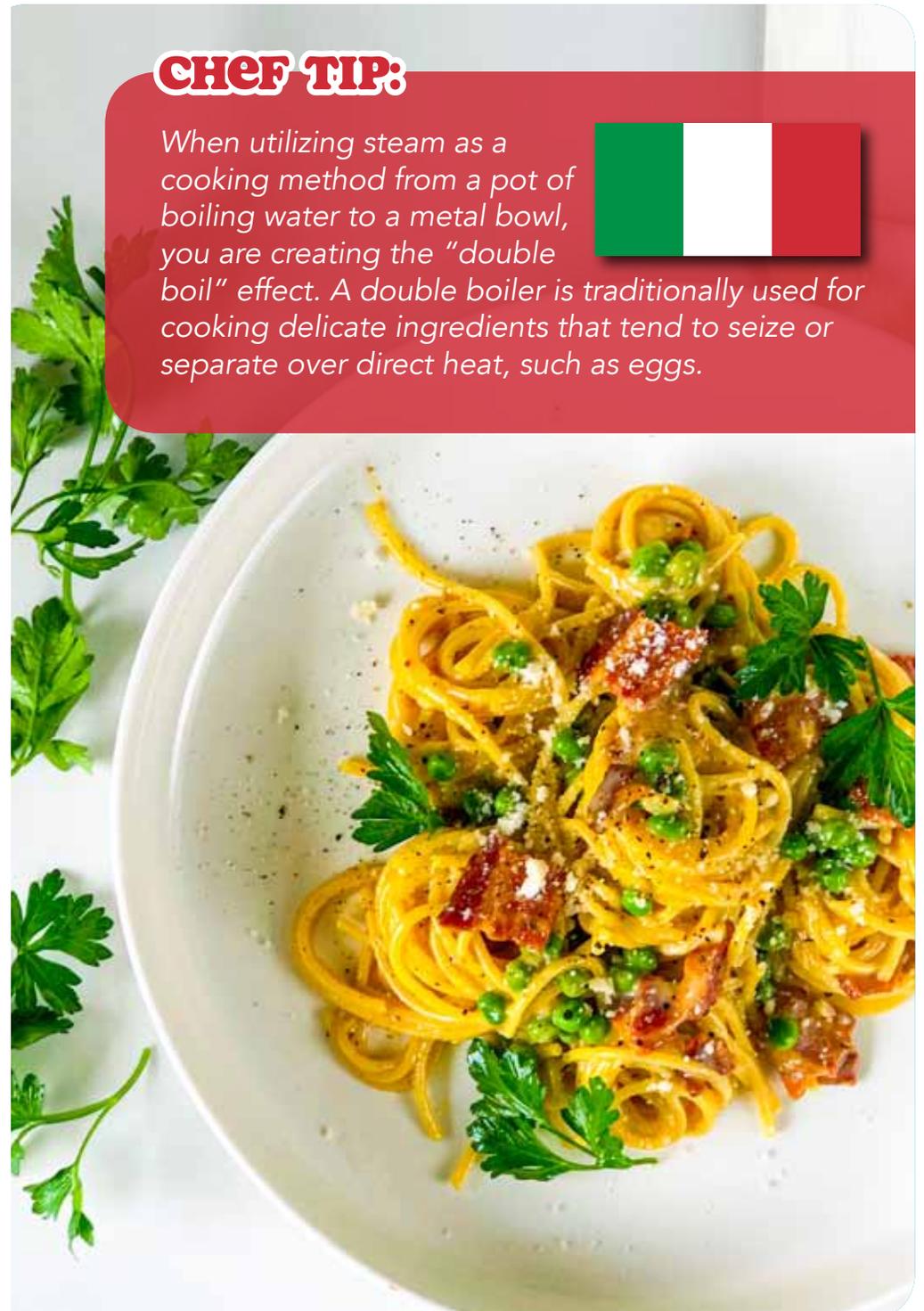
8 ounces dried spaghetti	2 teaspoons minced parsley
6 slices thick cut bacon, cut into 1-inch pieces	
5 garlic cloves, minced	<b>GARNISH:</b>
1/2 cup frozen peas	Parmesan cheese
2 large eggs	Parsley
1 cup freshly grated Parmesan cheese	Pepper, to taste

## PREPARATION

1. In a large pot, cook spaghetti according to package directions while preparing the sauce. Remove pasta when cooked, but leave pasta water in pot and continue to simmer water.
2. In a large sauté pan over low heat, add bacon and render the fat about 10 minutes. Drain off excess bacon grease, reserving 2 tablespoon to add back to the pan.
3. Re-heat pan over medium-high heat. Add the garlic and sauté until fragrant about 1 minute. Add peas to the pan and cook until softened, about 2 minutes. Add cooked pasta to the pan. Toss the pasta with the bacon and peas for about 2 minutes. Turn off heat.
4. In a large metal mixing bowl, whisk the eggs and parmesan cheese together. Add pasta mixture to the egg mixture and stir to combine until noodles are coated with the sauce. Gradually add 1/2 cup pasta water to the noodles. Stir constantly to combine, until a lightly thickened sauce is created that coats the pasta.
5. Place bowl of pasta over the pot with boiling pasta water. Make sure the bowl does not touch the water, discarding some water as needed. Toss and stir the pasta frequently until the sauce thickens, looks creamy and coats the spaghetti, about 2 minutes. Season with desired salt and pepper.
6. Serve immediately topped with parmesan cheese, parsley, and freshly cracked black pepper.

## CHEF TIP:

When utilizing steam as a cooking method from a pot of boiling water to a metal bowl, you are creating the “double boil” effect. A double boiler is traditionally used for cooking delicate ingredients that tend to seize or separate over direct heat, such as eggs.



## CHEF TIP:



When incorporating the yogurt in this dish, it's important to

temper the yogurt before adding it back to the main dish. This helps prevent the milk from curdling. Curdling is when the milk proteins coagulate and separate from the water. By heating the cold yogurt with some of the hot broth, you allow the yogurt sauce to come up to temperature before adding it to the entire dish.



# Mansaf - Lamb, Yogurt and Rice Pilaf

Serves: 6    Prep Time: 15 minutes

Cook Time: 1 hour and 15 minutes

## INGREDIENTS

- |   |                                     |
|---|-------------------------------------|
| 1 ½ pounds of lamb shoulder, cut into 1 inch pieces | 2 cups plain whole fat Greek yogurt |
| Salt and pepper, to taste                           | 1 tablespoon cornstarch             |
| 1 large white onion, chopped                        | 1/2 bunch fresh mint, chopped       |
| 3 cloves garlic, finely chopped                     |                                     |
| 1 teaspoon cardamom powder                          | <b>TO SERVE:</b>                    |
| 1/2 teaspoon ground cloves                          | Flat bread                          |
| 2 tablespoons ground cumin                          | 2 cups cooked basmati rice          |
| 2 bay leaves  | 1/2 pine nuts, roasted              |
| 2 teaspoons cinnamon                                | 1/2 bunch fresh parsley, chopped    |
| 3 cups water  | 1/4 cup dried currants (raisins)    |

## PREPARATION

1. In a medium bowl, season lamb with salt and pepper. In a large dutch oven over medium-high heat, add olive oil. Add lamb, searing on all sides until brown for 5 minutes. Right now it says side.
2. Stir in onions and cook for about 2 minutes. Add the garlic and cook until fragrant, about 30 seconds. Mix in cardamom, cloves, cumin, bay leaves, cinnamon, and black pepper. Stir well until spices are fragrant, about 30 seconds.
3. Cover the lamb with water and increase the heat to high. Bring stew to a boil and scoop white froth from the top. After 2-3 minutes, reduce the heat to a simmer and cover the pot for at least 1 hour.
4. Remove bay leaves from the pot and scoop 1 cup of broth into a small saucepot. Over medium-low heat, whisk yogurt into broth until well combined. Add cornstarch to yogurt mixture and mix well to create a thickened, creamy sauce.
5. Whisk the yogurt sauce back to the large saucepan with lamb. Season with salt and simmer for 5- 10 minutes, or until sauce begins to thicken. Remove pot from heat and stir in mint.
6. To serve, pour lamb mixture over flatbread and rice. Ladle pieces of lamb meat followed by spoonfuls of yogurt sace. Sprinke roasted nuts, currents, and parsely over dish.

# GREEK SHRIMP WITH TOMATOES AND FETA

Serves: 4    Prep Time: 5 minutes

Cook Time: 15 minutes

## INGREDIENTS

2 tablespoons olive oil  
1 small yellow onion, finely chopped  
4 cloves garlic, minced  
1 (28-ounce) can diced tomatoes  
1 ½ teaspoon dried oregano  
1/2 cup sliced black olives  
1/4 teaspoon red pepper flakes, to taste  
Salt and freshly ground black pepper, to taste  
1 ¼ pounds jumbo shrimp (21/25), peeled and deveined  
5 ounces feta cheese, crumbled  
3 tablespoons chopped fresh parsley  
2 tablespoons chopped fresh mint  
Lemon wedges, for serving

## PREPARATION

1. In a large skillet over medium heat, add oil. Stir in onion and saute until tender, about 2 minutes. Add garlic and saute 30 seconds longer.
2. Pour in tomatoes, oregano, black olives, and red pepper flakes. Season with salt and pepper.
3. Reduce heat to medium- low and bring tomato mixture to a simmer, stirring occasionally, until sauce has thickened slightly, about 5 minutes.
4. Add in shrimp and submerge in sauce. Cover and cook until shrimp are cooked through, tossing once halfway through, about 7 minutes total.
5. Sprinkle with feta, parley, and mint. Serve warm with lemon wedges.

## CHEF TIP:

An easy way to peel shrimp is by pinching the tail of the shrimp where it meets the body and gently pulling. This will cause the shrimp meat to pull out seamlessly.



## **FUN FACT:**



Vermicelli is a pasta traditionally used for savory dishes, but in this case is ideal to use for a dessert. Payasam can also be made with rice as an alternative.



# **VERMICELLI PAYASAM**

Serves: 4-6 Prep Time: 5 minutes  
Cook Time: 35-40 minutes

## **INGREDIENTS**

2 cups whole milk  
12 ounces condensed milk  
2 cups vermicelli, broken  
4 tablespoons sugar  
1 teaspoon cardamom powder  
Cardamom for garnish if desired

## **PREPARATION**

1. In a saucepan over medium heat, warm the whole milk and condensed milk for 10-15 minutes, stirring often so the milk doesn't curdle.
2. On a skillet, toast the vermicelli until it is golden brown in color.
3. Reduce the heat of the milk to low and add in the vermicelli. Continue to cook it on low heat for 5-10 minutes.
4. Stir in the cardamom powder and sugar until it desolves.
5. Let it thicken over medium heat for 10-15 minutes. Stir occasionally to ensure the mixture doesn't stick.
6. Add cardamom for garnish (if desired) and serve warm.