

Guatemala: Kaq ik

Ingredients

- 6 medium tomatoes, diced
- 1 large onion, diced and separated into two portions
- 2 red bell peppers, diced
- 1 dried guaque chili, diced
- 1 dried pasa chili, diced
- 6 dried Cobán chilis, diced
- Turkey stock (optional)
- 2-3 turkey legs
- Abundant garlic cloves, peeled and separated
- 1 tablespoon achiote paste
- Chopped zamat (cilantro)
- Extra chopped cilantro leaves, to garnish
- Salt to taste

Steps

Combine tomatoes, half the onion, red bell peppers, garlic, guaque chili, pasa chili and coban chilis in a pot and cook until soft. It is recommended to brown the skins, but make sure they do not completely burn.

Move the chili mixture to a blender and puree. Add $\frac{1}{2}$ cup turkey stock, to thin, if desired. Set sauce aside.

Combine turkey legs, remaining onion and garlic cloves in a large pot and cook until turkey is thoroughly cooked through.

Add the red sauce to the turkey and stir well.

Add abundant zamat (or cilantro) and bring to a boil. Reduce heat to medium low and cook for 30 more minutes.

Salt to taste. Serve in bowls, garnished with cilantro, paired with white tamales and white rice if desired.

Jordan: Lentil soup

Ingredients

- 6 cups water
- 2 tablespoons chicken or vegetable bouillon
- 2½ cups dried lentils
- 4 tablespoons dried minced onion
- ½ cup carrots, finely chopped
- 2 tablespoons olive oil
- 2 tablespoons butter
- Lemon juice, salt and pepper to taste

Steps

Combine water, bouillon, lentils, onion, carrots, olive oil and butter in a large pot. Cook for 30 minutes.

Puree or mash mixture until smooth.

Add lemon juice, salt and pepper to taste.

Serve warm.

Democratic Republic of Congo: Beans and fufu

Ingredients

- ¾ cup cassava flour
- ¾ cup semolina flour (or corn flour)
- 1 cup cold water
- 3 cups boiling water
- ½ teaspoon salt
- oil, for greasing

Steps

Combine the cassava flour and semolina flour with the cup of cold water. Stir until lumps of flour are gone.

Bring three cups of water to the boil with the salt.

Pour the wet flour mixture into the boiling water and stir continuously. Once it has a thicker consistency, cover and boil on low heat for five minutes. Continue stirring, adding additional flour as needed, until you have a thick dough.

Using a small greased bowl, scoop a fourth of the fufu dough into the bowl and form into a smooth ball. Tip the ball onto a serving plate. Repeat this process to use all the fufu.

Serve the fufu warm or at room temperature.

Nepal: Dal, bhat and tarkari

Ingredients

- 3-4 medium potatoes, peeled and chopped
- 1 cup fermented bamboo shoots (or canned bamboo shoots)
- 1 cup black-eyed beans (black-eyed peas)
- 2 medium tomatoes, chopped
- 2-3 fresh green/red chilies, halved
- 1 ½ tablespoons cumin and coriander powder mix
- 1 teaspoon red chilli powder
- ½ teaspoon turmeric powder
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 medium onion, chopped
- 2-3 tablespoon vegetable oil
- ½ teaspoon cumin seeds
- ½ teaspoon fenugreek seeds
- Salt

Steps

Soak the beans overnight. Boil the soaked beans and potatoes until cooked.

Heat 2-3 tablespoons of vegetable oil in a cooking pot, and fry the cumin and fenugreek seeds. Add the chopped onion, ginger paste, and garlic paste, and cook until light brown. Then add the halved fresh chilies and a ½ teaspoon of turmeric powder.

Add a cup of fermented bamboo shoots and fry for a minute. Add chopped tomatoes and cook until they become soft. Add 1 ½ tablespoons of cumin and coriander powder mix and a teaspoon of red chili powder.

Add the chopped boiled potato (skin removed) and beans. Add salt to taste, and stir occasionally for 4-5 minutes.

Pour in 3-4 cups of water, and cook for around 15 minutes over medium-low heat. The tangy, hot and spicy soup is ready to be served.

Uganda: Sweet potatoes with malakwang sauce

Ingredients

- 4 bundles malakwang (a bundle is usually 15-20 stems)
- 1 tablespoon salt
- 2 cups odii (peanut-sesame paste)
- ¼ teaspoon baking soda (optional)

Steps

Remove the malakwang leaves from the stems, taking care to completely remove the stems. Wash leaves thoroughly.

Sun dry the leaves for about 30 minutes (optional).

Chop dry leaves in half. Meanwhile, bring a pot of water to boil.

Place leaves in boiling water. Boil for 10-15 minutes, until tender.

Check malakwang sauce for taste. If too sour, add baking soda and boil for several more minutes. Remove from heat.

Check sauce again for taste. If too sour, drain all liquid and replace with clean water.

Add odii and stir vigorously into a moderately thick paste.

Add salt and stir thoroughly.

Put malakwang sauce back on heat and warm to serving temperature. Serve with cooked sweet potatoes or choice of meat.

Timor-Leste: Marotok

Ingredients

- 1 cup corn kernels
- 1 cup cooked red beans
- 1 cup cooked black beans
- 1 cup peanuts
- ½ small-medium pumpkin, peeled and cubed
- 1 tablespoon cooking oil
- Salt to taste
- 1 cup coconut milk (optional)
- Abundant pumpkin leaf and flower (may be substituted with moringa leaf or spinach)

Steps

Combine corn, red beans, black beans and peanuts and mix well.

Bring 1 liter of water to boil in a large pot. Add corn, bean and peanut mixture. Boil until soft and thick, adding additional water as necessary.

Add pumpkin and mix well. Cook until soft, adding additional water as necessary.

Add cooking oil, salt, and coconut milk as desired, for taste.

When mixture is thoroughly combined and looks soft and thick, add pumpkin leaf and flower. Return to boil and cook until soft.

Serve warm.