



global encounter

RECIPES FROM AROUND THE WORLD

*Recipes from Ukraine, India, Mexico, Lebanon,
South Africa, and Myanmar using a common
ingredient: Cumin!*

CUISINE: UKRAINE

One-Pot Uzbek Plov Recipe



This easy meat and rice dish is one of the most popular in Ukraine. Plov, also known as pilaf to many, is a signature Ukrainian dish made with meat (usually beef or lamb), rice, carrots and onions. This simple plov recipe makes a hearty main dish, but can also be served as a side dish.

We hope you will try it, and send positive energy to Ukraine as you enjoy this delicious recipe.

Prep Time: 10 min

Cook Time: 45 - 50 min

Total Time: 55 - 60 min
Servings: 6 to 8

Ingredients

- 1/4 cup olive oil
- 1 - 1 1/2 pounds beef, pork or lamb, cut into bite-sized pieces (pork shoulder, leg of lamb, sirloin, beef)
- short ribs, ribeye, stew meat, chuck roast, etc.)
- 2 onions, chopped
- 4 carrots, chopped
- 3 cups long-grain rice
- 2 bay leaves
- 6 - 8 cloves garlic, minced
- 2 teaspoons ground cumin
- chopped fresh parsley, for garnish

How to make It

1. Heat the olive oil in a large soup pot. Add the meat and cook until browned on all sides. Add the onion and carrots and continue to cook until softened.
2. Stir in the rice and cook about 1 minute, stirring. Add the garlic and cook 30 seconds. Add the bay leaves and cumin.
3. Pour in hot water to cover the ingredients by 1 inch. Season with salt and pepper. Bring to a boil, reduce heat to low and cook for about 40 to 45 minutes, stirring a couple of times.

Source: <https://30seconds.com/food/tip/amp-28911/One-Pot-Uzbek-Plov-Recipe-This-Ukrainian-Meat-Rice-Recipe-Is-As-Hearty-As-the-Country-Its-From>



CUISINE: MEXICO

Carne Asada Recipe



A delicious carne asada recipe made from marinated flank steak or skirt steak and grilled until tender and juicy. Authentic and delicious!

We hope you will enjoy this delicious recipe.

Prep Time: 10 min

Cook Time: 20 min

Marinating Time: 20 min

Total Time: 30 min

Servings: 8

Ingredients

- 1 jalapeno pepper seeded and minced
- 4 cloves garlic, minced
- ½ cup chopped cilantro
- 1/3 cup olive oil
- 1 orange, juiced (about ¼ cup of juice)
- 1 lime, juiced (about 2 tablespoons of juice)
- 2 tablespoons white wine vinegar (white or apple cider vinegar also work)
- 2 teaspoons chili powder
- 1 teaspoon kosher salt, plus more for grilling
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon ancho chili powder
- ¼ teaspoon freshly ground black pepper plus more for grilling
- 2 pounds flank steak or skirt steak, excess fat removed

How to make It

1. In a medium bowl, whisk together all of the ingredients except for the steak.
2. Place the steak in a large baking dish or gallon size ziplock bag and pour the marinade on top. Turn the steak a few times until it's completely coated with the marinade and refrigerate for 2 to 4 hours. Do not marinate for longer than 8 hours because the meat will start to break down and get mushy.
3. Remove steak from marinade and discard any excess marinade. Pat steak dry with paper towels and drizzle with a touch of olive oil, enough to coat each side. Season lightly with coarse salt and black pepper on both sides.
4. Preheat grill for direct heat grilling at high heat (450-500°F). Grill steaks with the lid closed for 4-8 minutes per side, depending on the thickness. Skirt steak will be closer to 4 minutes per side and flank steak will be closer to 6-8 minutes per side.
5. Remove steaks and allow to rest for 5 minutes. Slice thinly against the grain and serve.

NOTE: Make sure to slice the steak against the grain for the most tender carne asada. To slice against the grain, make note of which way the muscle fibers of the meat are running, then slice perpendicular to those lines. Cook time will vary depending on the thickness of the meat. Grilling time for skirt steak will be closer to 4 minutes per side, and flank steak will be closer to 6-8 minutes per side. You can also use a meat thermometer for accuracy.

Source: <https://www.isabeleats.com/carne-asada-recipe/>

CUISINE: INDIA

Quick Chana Masala Recipe



Quick and easy chana masala recipe served over basmati rice. This spicy, hearty, chickpea-based Indian dish is vegan and gluten free. It makes great leftovers, too! Be sure to prep the ingredients in advance, as the recipe moves quickly.

Prep Time: 15 min

Total Time: 45 min

Cook Time: 20 min

Servings: 4

Ingredients

- 1 cup uncooked brown basmati rice, for serving (rice is optional, I like to cook extra to have on hand for other meals)
- 2 tablespoons coconut oil or extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1 medium serrano or jalapeño pepper*, minced (remove ribs and seeds to tame the spice level)
- 1/2 teaspoon fine sea salt, to taste
- 5 cloves garlic, pressed or minced (about 1 tablespoon)
- 1 tablespoon peeled and minced fresh ginger (about a 1-inch piece)
- 1 1/2 teaspoons garam masala**
- 1 1/2 teaspoons ground coriander
- 3/4 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- Pinch of cayenne pepper (optional!*)
- 1 large can (28 ounces) fire-roasted crushed tomatoes or whole peeled tomatoes, with their juices
- 2 cans (14 ounces each) chickpeas (or 3 cups cooked chickpeas), rinsed and drained
- Lemon wedges, for garnish
- Fresh cilantro, for garnish (optional)

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Prep Time: 15 min

Total Time: 45 min

Cook Time: 20 min

Servings: 4

How to make It

1. Cook the rice (if you want to serve the chana masala on rice). Bring a large pot of water to boil on the stove and rinse the rice in a fine-mesh colander. Once boiling, pour in the rice and give it a stir. Boil the rice for 30 minutes, then turn off the heat and drain the rice. Return the rice to the pot and cover the pot. Let the rice steam for 10 minutes. Remove the lid, fluff the rice with a fork and season with sea salt to taste.
2. Cook the chana masala: In a medium Dutch oven or large saucepan, warm the oil over medium-low heat.
3. Add the onion, serrano and salt. Cook until the onion is tender and turning translucent, about 5 minutes.
4. Add the garlic and ginger, and cook until fragrant, about 30 seconds to 1 minute. Stir in the garam masala, coriander, cumin, turmeric, salt and cayenne (if using), and cook for another minute, while stirring constantly.
5. Add the tomatoes and their juices. If using whole tomatoes, use the back of a wooden spoon to break the tomatoes apart (you can leave some chunks of tomato for texture).
6. Raise the heat to medium-high and add the chickpeas. Bring the mixture to a simmer. Cook, reducing the heat as necessary to maintain a gentle simmer, for 10 minutes or longer to allow the flavors to develop. Season to taste with additional salt, if desired. If it's not spicy enough for your liking, add another pinch of cayenne.
7. Serve over basmati rice, if desired, and garnish with a lemon wedge or two and a sprinkle of fresh cilantro leaves.

CUISINE: MYANMAR

Burmese Chili Lamb with Cumin and Mustard Seeds



Burmese Chili Lamb with Cumin and Mustard Seeds- a simple tasty paleo meal full of incredible flavor that can be made in 30 minutes!

Prep Time: 15 min
Cook Time: 15 min
Total Time: 30 min

Servings: 2-3

Ingredients

- 1 pound American lamb (Leg of Lamb or lamb shoulder), fat and sinew trimmed, thinly sliced, across grain, into 1/8 -1/4 inch bite-sized pieces.
- 2 teaspoons wok or peanut oil
- 1 teaspoon cornstarch
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/2 teaspoon cumin seeds -or use ground cumin, but toasted cumin seeds are best
- 1 teaspoon black mustard seeds (or regular mustard seeds)

Stir fry Sauce:

- 3 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sugar

Other ingredients

- 1-2 tablespoons wok oil or peanut oil
- 1-2 cups green veggies- (snap peas, snow peas, asparagus, green beans) 1
- red bell pepper, sliced
- 1/2 an onion, sliced
- 2 tablespoons garlic, rough chopped
- 2 tablespoons finely minced jalapeño. For more heat, add
- more. 6 small dried Thai chiles
- 1/4 to 1/2 teaspoon dried chile flakes, more to taste
- 10 Thai basil leaves, plus extra for garnish, (or use regular basil)

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Source: <https://www.feastingathome.com/burmese-chili-lamb-with-cumin-and-mustard-seeds/>

CUISINE: MYANMAR

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Prep Time: 15 min
Cook Time: 15 min
Total Time: 30 min

Servings: 2-3

How to make It

1. Cut and toss the lamb with the olive oil, cornstarch, salt and pepper. Set aside.
2. Toast the cumin and mustard seeds in a dry wok over medium heat until fragrant and golden. Grind with a mortar and pestle. Set aside.
3. Stir the stir fry sauce ingredients together in a small bowl. Prep and gather the remaining ingredients and place near the stove.
4. Heat 1-2 tablespoons oil in a wok or large cast iron skillet over medium high heat.
5. Add the lamb and sear both sides until each side is golden. Place the lamb on a paper towel lined bowl or plate.
6. Add the onion and veggies to the wok and continually stir, over medium high heat until they become slightly charred and tender, about 4-5 minutes. Make a well in the center of the pan, (scooting veggies to the sides) add a few drops of oil and then add the jalapeño and garlic and fry for 1-2 minutes.
7. Add the Thai chilies and the lamb back into the wok. Toss a few times, heating the lamb back up a little, then pour in the stir-fry sauce and the ground cumin and mustard seeds.
8. Cook for 1-2 minutes. Taste. Sprinkle with chili flakes according to taste. Right before serving toss in Thai basil leaves.
9. Serve this over rice or on its own.

Source: <https://www.feastingathome.com/burmese-chili-lamb-with-cumin-and-mustard-seeds/>

CUISINE: SOUTH AFRICA

South African Durban Chicken Curry



The South African Durban Chicken Curry recipe is a popular dish that hails from the city of Durban, located on the eastern coast of South Africa. This dish is known for its rich history and cultural significance in the region.

Prep Time: 20 min

Servings: 4

Cook Time: 49 min

Total Time: 1 hour 9 min

Ingredients

Spice Rub

- 2 tbsp curry powder
- 1 tsp cumin
- 1 tsp cinnamon
- 1 tsp ginger
- 1 tsp turmeric
- 1 tsp coarse salt
- 1 tsp black pepper

Curry

- 8 chicken thighs bone-in skin on live oil
- 2 large onions
- 2 cloves garlic
- 28 oz tomatoes canned
- 2 cups water
- ¼ cup vinegar
- 4 bay leaves
- 3 tbsp apricot jam

How to make It

1. Combine all of the components for the rub in a basin. Apply the rub to the chicken thighs and massage them with your fingers to ensure that it is uniformly coated on all sides.
2. In a large skillet or heavy saucepan, heat 2 tablespoons of oil over medium-high heat. Chicken should be added in stages to prevent overcrowding. For 3 to 4 minutes, sear the quadriceps on both sides, or until golden brown. After removing the poultry, reserve it.
3. While slicing the onions to a thickness of 1/4 inch, mince the garlic cloves.
4. Cook the sliced garlic and onions in the same pot over medium heat for 6 to 8 minutes, or until golden and caramelized.
5. Mix the canned tomatoes, water, vinegar, bay leaves, and apricot jam in a basin.
6. Reintroduce the chicken to the skillet, atop the scallions. Proceed to drizzle the tomato mixture with the liquid. Simmer without cover for 80 minutes.
7. Rice and sambals (tomato-cucumber salad and sliced bananas) should be served alongside.

CUISINE: LEBANON

Lebanese Mujadara Recipe



Mujadara is a Middle Eastern lentils and rice recipe with crispy caramelized onions. Just 3 ingredients make a easy vegan, protein-rich meal!

Prep Time: 10 min
Cook Time: 35 min
Total Time: 45 min

Servings: 8

Ingredients

- ½ cup olive oil
- 2 large yellow onions thinly sliced
- 4 ½ cups water
- 2 cups brown lentils rinsed and drained
- 1 teaspoon salt
- 1 cup long grain white rice rinsed
- 2 teaspoons cumin

How to make It

1. In a medium bowl, cover the rice with cold water. Set aside.
2. Line a plate with two paper towels. Heat the olive oil in a large pot over high heat. Add the onions and cook, stirring constantly, until the onions are deeply browned and start to crisp around the edges, about 20 minutes. Transfer to the plate and set aside. They will continue to crisp as they cool.
3. Add the lentils to another pot, add water and stir to combine. Bring everything to a boil, then reduce the heat to medium-low and cover with a tight-fitting lid. Cook for 15 minutes.
4. Drain the soaked rice, rinse and transfer it to the pot with the lentils along with the salt. Stir once, then cover again with a tight-fitting lid and cook undisturbed for 15 minutes.
5. Remove the pot from the heat. Rest, covered, for 5 minutes longer. Add the cumin and fluff the rice and lentils with a fork to combine.
6. Spoon the crispy sliced onions on top of the mujadara. Serve warm, with cucumber yogurt sauce if desired.

