



Global Cookery

Red salsa

Red tomatoes are the base of many salsas. Mexicans use the fresh flavours of salsa to add a kick to foods at home, in restaurants, or at street stalls all over the country. Use your salsa to top tacos or as a dip for tortillas.



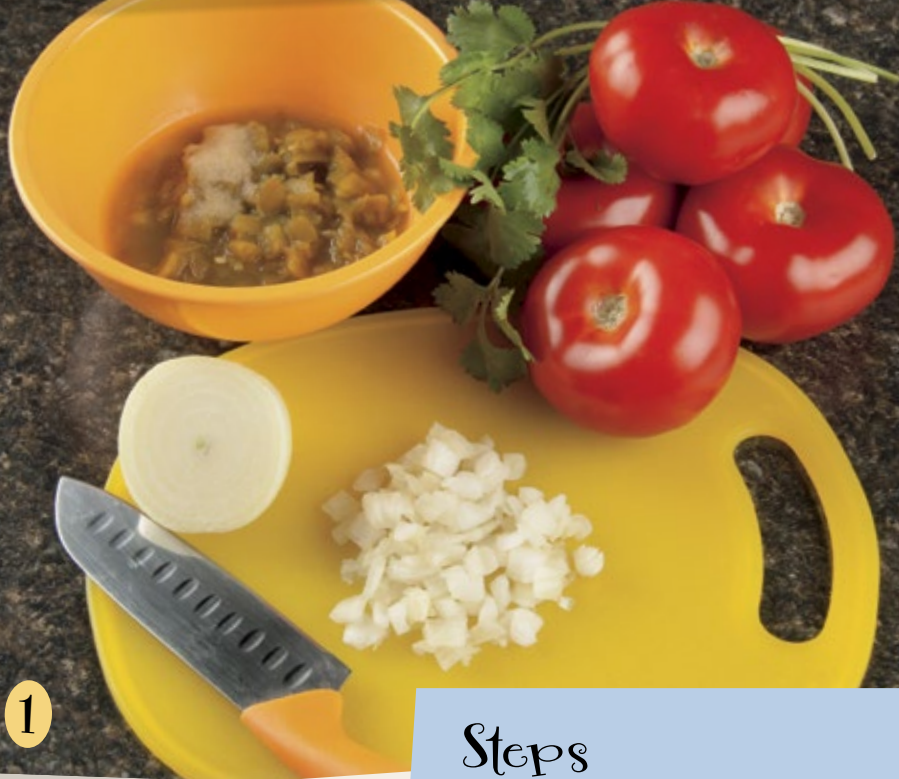
Ingredients

- 4 medium tomatoes, diced
- ½ medium onion, diced
- 2 tablespoons chopped green chillies (or to taste)
- 1½ teaspoons garlic powder
- 1½ tablespoons lime juice
- 4 to 5 sprigs fresh coriander, chopped
- Salt to taste

Tools

- Knife
- Chopping board
- Measuring spoons
- Mixing spoon
- Bowl





1



2

Steps

1. Combine all of the ingredients in a bowl and mix well.
2. Allow to sit for about an hour or more at room temperature for the flavours to combine.

Makes 4 to 6 servings as a garnish for tacos or other Mexican dish

Time: About 10 minutes

Gluten free

Dairy free

Vegetarian

Vegan

VARIATION

There is no exact recipe for salsa. The amount of each ingredient used is up to you. If you want the salsa hotter or milder, add more or less chilli. If you love the taste of coriander, feel free to add more. You can even add in some sweetcorn, mango, or pineapple. It's up to you!

Pasta e fagioli

Pasta and bean soup is one of the most common Italian soups. Different households in Italy make their own versions of this dish using different beans, pastas, and herbs. It is a hearty soup that is great for a cold day.

Ingredients

100 g diced pancetta	1 (400-g) tin chopped tomatoes
2 tablespoons olive oil	
1 small onion, diced	2 (400-g) tins cannellini beans, drained and rinsed
2 cloves garlic, minced	
1 bay leaf	100 g dried ditalini pasta
½ teaspoon dried thyme	Salt and pepper, to taste
½ teaspoon dried rosemary	
900 ml chicken stock	Parmesan cheese, to finish

Tools

Kitchen scales
Knife
Chopping board
Measuring jug and spoons
Stockpot
Spoon
Potato masher or fork
Bowls
Grater



Steps

1. Place the diced pancetta in a stockpot with the olive oil, onion, garlic, bay leaf, thyme, and rosemary. Cook on medium to medium-high heat for about 10 minutes until the onions soften and the pancetta is browned.

2. Add the chicken stock, chopped tomatoes (with the liquid), and one can of beans.

3. Mash the other can of beans with a potato masher or back of a fork, then add to the soup.

4. Cover and bring to the boil. Turn the heat down and simmer for about 15 minutes. Add the pasta. Turn the heat up to medium and let it simmer in the soup for about 10 to 15 minutes, or until al dente.

5. Remove the bay leaf. Season with salt and pepper. Serve in bowls, with freshly grated Parmesan cheese.

Quick tip

Dry herbs are easy to have on hand to use when you need them. But if you want to season your soup like a true Italian, you may want to use fresh herbs. You can use fresh herbs more generously than dried herbs. A general rule is to use about 3 times more of a fresh herb than a dried one.



Dairy
free
(without the Parmesan)

Makes 6 dinner-size servings
Time: About 50 minutes

Lamb vindaloo

Vindaloo is a speciality of the state of Goa, where the Portuguese colonists settled. *Vindaloo* means “vinegar” and “garlic” in Portuguese. Traditionally, this extremely hot and spicy dish is made from pork. But it is also popular cooked with lamb.

Ingredients

700 g lamb, cut into 2.5-cm pieces
1 tablespoon vegetable oil
1 medium onion, chopped
1 tablespoon minced root ginger
12 cloves garlic, minced
4 tablespoons white vinegar
1 tablespoon tomato paste
½ teaspoon sugar
Water

Spices

2 teaspoons cayenne
2 teaspoons mustard powder
2 teaspoons cumin
2 teaspoons coriander
½ teaspoon ground cinnamon
½ teaspoon ground cloves
½ teaspoon black pepper

Tools

Kitchen scales
Measuring spoons
Frying pan with lid
Blender or food processor





Steps

1. Heat the oil in a frying pan on medium-high. Add the lamb and brown on all sides, turning frequently, for about 5 to 7 minutes. Work in batches if you need to so that the lamb does not crowd the pan. Remove the lamb and set aside.



2. There should still be some oil in the pan. If not, add a little more. Add the onion and sauté on medium for about 10 minutes, until browned and softened.



3. Meanwhile, in a blender or food processor, combine the garlic, ginger, vinegar, tomato paste, sugar, and spices.

4. Add the blended spice mixture to the pan with the onions and cook for about 3 minutes more.

5. Add the lamb back into the pan and mix well. Pour in 120 to 240 ml of water to create a sauce.

6. Bring to the boil, then turn the heat down and simmer covered for about 1½ hours, until the lamb is cooked through.

7. Serve with boiled potatoes or rice (see rice tips on page 30).

Quick tip

Vindaloo is known for its spiciness. This recipe uses 2 teaspoons of cayenne powder, which makes it very hot. You can adjust the heat as you wish by adding more or less cayenne powder. It's up to you!

Makes 4 servings

**Time: 30 minutes prep,
1½ hours to cook**



Tea eggs

The Chinese have been drinking tea for thousands of years. The flavour of tea is also a nice addition to eggs. Your kitchen will fill with the aromas of China while the eggs steep in a fragrant mixture. Tea eggs are sold at shops throughout the country.

Ingredients

- 6 large eggs
- Water for boiling
- 1 litre water for steeping
- Leaves from 2 black tea bags
- 5 tablespoons soy sauce
- 1 tablespoon white sugar
- 1 cinnamon stick
- 2 star anise

Tools

- Stockpot
- Spoon or fork
- Measuring jug and spoons



Steps



1. Place the eggs in a stockpot and fill with water so all the eggs are covered. Bring to the boil. Reduce the heat, cover, and simmer for about 12 minutes.



2. Pour the hot water out of the pot, and fill again with cold water. Repeat until the eggs are cool enough to handle.

3. Lightly tap the eggs all over with the back of a spoon or fork. This will make small cracks all around the eggs, but the shells will still be attached to the eggs.



4. Refill the stockpot with 1 litre of fresh water. Add the soy sauce, tea, sugar, cinnamon, and star anise. Place the eggs into this mixture.



5. Heat to boiling over high heat, then reduce the heat and simmer uncovered for about 2 hours.

6. Drain the eggs, rinse to cool, and unpeel the shells to reveal the cracked patterns beneath.

Gluten free

Vegetarian

Dairy free

Makes 3 servings (2 eggs each)
Time: About 2½ hours