

Global Kitchen CookBook

-2018 IBS Group 2-



Ukrainian Borscht



Ingredients

- 12 cups (3 quarts) water
- 3 – 3.5 lbs cabbage, thickly sliced
- 3 bay leaves
- 1 large onion, chopped
- 3 medium carrots, chopped
- 1 tbsp avocado or coconut oil
- 3 large beets, cut into matchsticks
- 2 tbsp whole wheat flour or 1 tbsp cornstarch
- 6 oz can tomato paste
- 14 oz tomato sauce, low sodium
- 4 large potatoes, cubed
- 2 x 14 oz cans pinto or kidney beans
- 2 tbsp + 1 tsp salt
- 2 tbsp honey or maple syrup
- 1/4 cup white vinegar
- 1/2 tsp ground black pepper
- 4 large garlic cloves, crushed
- 1/3 cup dill or parsley, finely chopped
- Greek yogurt and sprouted organic bread



YIELD:
SERVES
10

ACTIVE TIME:
1 HOUR 10
MINUTES

TOTAL TIME:
1 HOUR 20
MINUTES

Tteokbokki



1 pound of cylindrical rice cake,

- 4 cups of water
- 7 large size dried anchovies, with heads and intestines removed
- 6 x 8 inch dried kelp
- 1/3 cup hot pepper paste
- 1 tablespoon hot pepper flakes
- 1 tablespoon sugar
- 3 green onions, cut into 3 inch long pieces
- 2 hard boiled eggs, shelled



YIELD:
SERVES
4

~~(optional)~~ **ACTIVE**

TIME:

20 MINUTES

~~1/2 pound fish cakes~~

TOTAL
TIME:

30 MINUTES

Beef Noodle



Ingredients

- 3 tablespoons vegetable, canola, or peanut oil
- 2 pounds boneless beef shank or chuck, cut into 1 inch cubes
- 6 large slices fresh ginger root
- 6 cloves garlic, smashed
- 2-3 small red chilies, such as Thai chilies, roughly chopped
- 1 large plum tomato, roughly chopped
- 2 tablespoons sugar
- 1 table spoon Sichuan chili bean sauce
- 1 cup Chinese rice wine
- 1 tablespoon Sichuan peppercorns
- 2 whole star anise cloves
- 1/4 cup dark soy sauce
- 1/2 cup light soy sauce
- 2 1/2 quarts water
- 2 pounds Asian wheat flour noodles
- Fresh spinach leaves, baby bok choy, broccolini, or other small greens, as desired



YIELD:
SERVES 6 TO
8

**ACTIVE
TIME:**
30 MINUTES

**TOTAL
TIME:**
3 HOURS

Shakshuka



Ingredients

- . 1 tbsp olive oil
- . 1/2 onion, peeled and diced
- . 1 clove garlic, minced
- . 1 bell pepper, seeded and chopped
- . 4 cups ripe diced tomatoes, or 2 cans (14 oz. each)
diced tomatoes
- . 2 tbsp tomato paste
- . 1 tsp mild chili powder
- . 1 tsp cumin
- . 1 tsp paprika
- . Pinch of cayenne pepper, or more to taste
Pinch of sugar
- . Salt and pepper, to taste
- . 6 eggs
- . 1/2 tbsp fresh chopped parsley

YIELD:
SERVES
6

ACTIVE
TIME:
15 MINUTES

TOTAL
TIME:
30 MINUTES



Paella



Ingredients

- . 6 free-range chicken thighs , skin on, bone in
- . plain flour
- . olive oil
- . 100 g quality chorizo
- . 1 onion
- . 4 cloves of garlic
- . ½ a bunch of fresh flat-leaf parsley
- . 6 rashers of higher-welfare pancetta or smoked streaky bacon
- . 2 litres organic chicken stock
- . 2 large pinches of saffron
- . 1 heaped teaspoon smoked paprika
- . 500 g paella rice
- . 2 small squid , from sustainable sources, optional
- . 2 handfuls of fresh or frozen peas
- . 10 large raw shell-on king prawns , from sustainable sources
- . 500 g mussels , (cleaned) from sustainable sources, optional
- . 1 lemon



YIELD:
SERVES
6

ACTIVE
TIME:
40 MINUTES

TOTAL TIME:
1 HOUR 25
MINUTES

Hernekeitto



Ingredients

- . 8 cups water
- . 1 lb dried whole green peas
- . 1 lb smoked ham (include bone if you can)
- . 1 bay leaf
- . 1 onion
- . 1 -2 teaspoon salt
- . Pepper, paprika to taste
- . Potatoes (optional)
- . Carrots (optional)
- . Rice or barley (optional)



YIELD:
SERVES
6-8

ACTIVE
TIME:
2 HOURS

TOTAL TIME:
2 HOUR 15
MINUTES

Currywurst



Ingredients

- . 3 (15 ounce) cans tomato sauce
- . 1 pound kielbasa
- . 2 tablespoons chili sauce
- . 1/2 teaspoon onion salt
- . 1 tablespoon white sugar
- . 1 teaspoon ground black pepper
- . 1 pinch paprika
- . Curry powder to taste



YIELD:
SERVES
2

ACTIVE
TIME:
20 MINUTES

TOTAL
TIME:
50
MINUTES

Pesto Genovese

Ingredients



- 50 g (1,7 oz) leaves basil (about 60/65 leaves)
- 1/2 cup extra virgin olive oil
- 70 g (2,4 oz) Parmigiano Reggiano or Grana Padano (about 6 tablespoons)
- 30 g (1 oz) Pecorino Fiore Sardo (about 2 tablespoons)
- 2 peeled cloves garlic
- 15 g (0,5 oz) pine nuts (about 1 tablespoon)
- 4/5 grains of coarse salt
- ice

YIELD:
SERVES 6

**ACTIVE
TIME:**
15 MINUTES

**TOTAL
TIME:**
15 MINUTES

Boerenkoolstamppot



Ingredients

- . 3.3 lb/1.5 kg floury potatoes
- . 2 bay leaves
- . 2 shallots
- . 3 tbsp. butter
- . 1.6 lb/750 g curly kale
- . 2 rookworsten
- . 2 cups/475 ml milk
- . Pinch of freshly grated nutmeg
- . Dash salt (or to taste)
- . Dash pepper (or to taste)



YIELD:
SERVES
4

ACTIVE
TIME:
40 MINUTES

TOTAL
TIME:
40
MINUTES