

A vibrant salad with fresh green spinach leaves, bright red cherry tomatoes, and pieces of cooked chicken, all served in a dark blue bowl. The background is slightly blurred, showing a wooden surface and a white plate with a green sauce.

COOKBOOK WITH DELICIOUS
RECIPES AND FUN HISTORICAL
FACTS ABOUT YOUR DISH

A TRIP AROUND THE WORLD

Learn how to cook and prepare the
dish you desire

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Contents

The Middle East

1. Egyptian Falafel
2. Lebanese Manakish

Europe

3. *GERMAN CURRYWURST (CURRY-SAUSAGE)*
4. *FRENCH JAMBON-BEURRE*
5. *ITALIAN ARANCINI*

SOUTH AMERICA

6. MEXICAN BURRITOS
7. BRAZILIAN PÃO DE QUEIJO

AFRICA

8. ANGOLAN CHICKEN STEW

ASIA

9. SOUTH KOREAN BEEF NOODLES
10. CHINESE BEEF DUMPLINGS



Introduction

In this Cookbook, you can find delicious and traditional recipes from all over the world. As well as that, you can find fun and interesting historical facts that tell you everything you need to know about the foods history from how it was created, why it was created and how it expresses the countries culture to the rest of the world.



What are Falafel and some facts about them

Falafel are deep-fried balls that are made primarily out of chickpeas and fava beans.

History of Falafel

Falafel originated in the African country of Egypt and dates back to pharaonic times. It's been said that falafel was eaten by Copts as a replacement for meat during the religious days of Lent. Copts are ethnoreligious groups of people that currently live in the modern Egypt and are natives to North African countries. Over the years, Falafel migrated into the Levant area of the middle east containing countries like Syria, Lebanon, Jordan and Iraq. Over time these countries have added their own little additions to this dish in order to make it more personal to their own cultural traditions. This dish however remains originally Egyptian and is still being eaten today by remaining Copts and expresses their value for their religion as they came up with this amazing dish in order to replace meat during their religious holidays.

A delight of.....

EGYPTIAN FALAFEL

Total Time: 1 hour – 1 hour
30 minutes

Preparation time: 20 – 30 min

Cook time: 30 – 40 minutes



Ingredients

- DRIED CHICKPEAS
- ONION AND GARLIC
- FRESH HERBS
- DRIED SPICES
- BAKING POWER

Directions

Step 1: The dried chickpeas need to be soaked. Add the dried chickpeas into a bowl sized accordingly to the amount of chickpeas and cover by a few centimeters of water in order for no chickpeas to be left dry. This is a lengthy process therefore it is recommended that this process is done overnight.

Step 2: Grab a food blender and carefully chop the onions and put it into the food blender along with the chickpeas, salt and pepper, herbs and pepper. Blend until the ingredients become a smooth puree.

Step 3: Cover the mix from the blender and place the bowl into the refrigerator. If the chickpeas are canned, place the mixture into the refrigerator for 2 hours. Of the chickpeas are fresh, you can place the mixture into the refrigerator for 25-30 minutes.

Step 4: Form the falafel mixture into a ball or oval shape. Scoop 2 table spoons of the mixture onto a platter and shape into any shape but traditionally it's in circle form.

Step 5: Now it's time to fry the Falafel. If you desire the most authentic or traditional falafel, fry the falafel in about $\frac{3}{4}$ inches of oil but depending on the amount of falafel or personal time restrictions, use more or less frying oil.



What are Manakish and some facts about them

Manakish is a food from the Levante area. It consists of dough topped with popular Arabic sides such as zaatar or cheese.

History of Manakish:

This dish has a very unknown history as there are not many recordings of this dish. However, in a 10th century Lebanese Arabic cookbook, this dish was headlined as the country's first expression through food as Lebanon is very known for its great bakery and ovens. Manakish have also migrated to other Arab countries such as Yemen and Syria where they are also known for being a great cultural dish. Manakish are a great expression of the Lebanese cuisine as they are known for great baking and ovens and natives of Lebanon describe Manakish as the food they offer strangers when they enter Lebanon. Lebanese people also describe Manakish as being the original "Pizza" which later on became the staple of the Italian cuisine.

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LEBANESE MANAKISH

Total Time: 1 hour 10 minutes

Preparation time: 20 minutes

Cook time: 50 minutes



Ingredients

- 3 cups of bread flour
- 1 cup of warm water
- 1 tablespoon of dried active yeast
- 1 ½ teaspoon of salt
- ½ tablespoon of sugar
- 4 tablespoons of regular olive oil

Directions

Step 1: Put water in a bowl and make sure it's lukewarm. If too hot it could kill the yeast.

Step 2: Add sugar and yeast to the water and stir for 20 minutes until the yeasts starts to bubble

Step 3: In a bowl or platter, add flour, oil, salt and the yeast liquid. Mix until it's in a ball shape and knead the dough mixture for 10 minutes.

Step 4: Place the dough ball into a warm surrounding such as a warm room or an oven on the lowest temperature until the dough grows at least twice in size.

Step 5: When the dough has grown, put flour onto your hands and start se-shaping the dough into the shapes and portions you desire. Then leave the dough to rise for another hour.

Step 6: For zaatar topping, stir 3 tablespoons of zaatar mixture together with 1 tablespoon of vegetable oil.

Step 7: Place the dough with the zaatar or desire topping on a platter and place in the oven which is set to the highest temperature setting normally being 230 degrees Celsius.

Step 8: Take out of oven after 15 minutes and enjoy!



What is a Currywurst and some facts about it

Currywurst is a food from the European country of Germany. It consists of a German

Bratwurst sausage and some ketchup and spices mixed and cooked together to make the curry sauce. Traditionally, sides for the Currywurst include French Fries and sometimes grilles onions

History of the Currywurst

It is widely acknowledged in Germany that the creator of the Currywurst was a German housewife during WWII named Herta Huewer. She had ketchup at home but wanted to enhance its flavor therefore she traded some house items for garlic powder with British soldiers roaming in Berlin. She added these 2 and poured it over a pork sausage known in Germany as Bratwurst. From there on, this recipe was passed on from housewife to housewife in Germany as they cooked this food for their husbands returning from war and this is how Currywurst became a staple in the German cuisine. Currywurst expresses the Germans love for their traditional Bratwurst and their love for enhancing it. This dish is also served during many German holidays such as the famous Oktober-fest (October-festival) which introduced the currywurst to the rest of the world

Low cost & high taste...

GERMAN CURRYWURST

Servings: 04

Preparation time: 60 minutes

Cook time: 40 minutes



Ingredients

- Any preferred sausage however traditionally take you need one Bratwurst.
- 1 cup of Ketchup
- 1 teaspoon of red paprika
- 2 teaspoons of Onion Powder
- 3 – 4 teaspoons of mild or spicy curry powder
- 1/2 - 1/4 teaspoons of cayenne pepper
- 1/4 teaspoons of baking powder

Directions

Step 1: Put the 1 cup of ketchup into a saucepan and place it on a stove set on medium low heat.

Step 2: After 5 minutes making sure the ketchup is warm, pour the baking soda into the mix.

Step 3: Stir continuously for 10 minutes until the bubbles from the acid subside.

Step 4: Reduce heat down to low and add the mild or spicy curry powder along with any other preferred spices and stir for another 10 – 15 minutes.

Step 5: Take the sausage or Bratwurst and pan fry or grill according to personal preference.

Step 6: Pan fry or grill until the sausage or bratwurst is borderline charred and place the sausage or bratwurst into a plate.

Step 7: Pour the delicious mix of ketchup and spices on top of the Bratwurst and add any desired side. Traditionally, the Germans add French fries to their Currywurst.

Step 8: Enjoy!



What is the Jambon-Beurre and some facts about it

Jambon-Beurre is a French Parisian street sandwich that is gaining popularity for its cheap price and delicious taste.

History of the Jambon-Beurre Sandwich

The French have always been known for their baking and breads since the early 15th century. However, this sandwich first appeared in the 19th century in the market sector of the Paris' le halle which translates to the belly of Paris. This sandwich expresses the Parisian street culture as it is very cheap and can be found do almost every corner of the Parisian streets. It also mixes 2 of Frances most liked ingredients, the ficelle baguette and the Jambon de Paris Ham. This expresses the French cuisine as cultural yet modern to the rest of world as they are staying with their countries traditional ingredients but added a more modern twist to them and made this World-famous sandwich.

Tastiest & healthiest...

JAMBON-BEURRE

Servings: 04

Preparation time: 60 minutes

Cook time: 40 minutes



Ingredients

- 2 FICELLE (SWEET) FRENCH BAGUETTES
- TRADITIONALLY JAMBON DE PARIS BUT ANY HAM OF YOUR CHOICE WORKS
- TRADITIONALLY EUROPEAN BUTTER BUT ANY BUTTER OF YOUR CHOICE WORKS
- SLICED CHEESE
- ¼ TEASPOON OF SALT
- 2 TABLESPOONS OF MAYO

Directions

Step 1: Take the 2 ficelle baguettes and slice them in half leaving you with an open sandwich

Step 2: Spread as much butter as desired on the sandwich and add salt if needed

Step 3: Take the sliced cheese and place it carefully on top of the butter

Step 4: Take the Ham and carefully slice it into thin pieces

Step 5: Take the thin slices of Ham and place them on top of the sliced cheese.

Step 6: Traditionally add 2 tablespoons of mayo but depending on your desire you can add more or less.

Extra tip: In the French traditional way, this sandwich is mostly enjoyed with a glass of Bordeaux Wine. Take your sandwich, grab a glass of wine and enjoy this sandwich made the original Parisian way!



What is Arancini and some facts about it

Arancini is an Italian and Sicilian religious food. It is a fried ball of dough that is traditionally filled with cheese and chicken.

History of Arancini

Arancini balls are said to be created around the 10th century on the Italian island of Sicily which at that time was under Arab rule. On this island and the cities of Palermo and Siracusa this dish is a traditional expression of their cuisine that is eaten during the celebratory feast of Santa on December 13th where eating bread and pasta are not allowed to be eaten.

Amazingly the best

ITALIAN ARANCINI

Total Time: 1 hour 10 minutes

Preparation time: 20 minutes

Cook time: 50 minutes



Ingredients

- 3 cups of chicken broth
- Kosher Salt
- 1 cup arborio rice
- ½ fontina cheese (shredded)
- 3 tablespoons of fresh parsley
- 2 large eggs
- 1 ½ cups of breadcrumbs
- Vegetable oil or frying oil
- Parmesan

Directions

Step 1: Place the chicken broth and ¼ tablespoons of salt into a medium saucepan on medium heat. Slowly stir in the rice and simmer for approximately 20 minutes until tender. Spread on baking sheet and let it cool.

Step 2: Set aside a combination of the parsley and fontina cheese

Step 3: Crack eggs in a bowl and stir them into the rice. Also add in the parmesan and 2/3 breadcrumbs and starts mixing for 10 – 15 minutes. Then take mixture and form into as many small balls as possible.

Step 4: Put the arancini balls on a baking sheet, press finger into the middle and add the previously set aside mixture of parsley and fontina cheese. After that is done use the rice to re-close the arancini balls and place the sheet into a refrigerator for 20 min to cool.

Step 5: Heat ½ inch vegetable or frying oil in a large saucepan over medium to high heat for 5 minutes. Start to place the arancini balls one by one into the saucepan and fry until the outside turns into a brownish color. Time for frying might vary depending on the type of oil and time of heating. After the frying is done wait for them to cool down and enjoy!



What are Mexican Burritos and some facts about it

Mexican Burritos are like the name implies from Mexico and are very popular in the US and Latin America. It consists of beef for chicken along with some vegetables such as lettuce, tomatoes and avocados wrapped together in a tortilla bread wrap.

History of Burritos

The Mexican Burrito made its debut in the Mexican sectors of Los Angeles California at the famous restaurant of El Cholo in 1930. The Burrito was first discovered in a Mexican cookbook that was dated 1870 with an unknown author. Natives of Mexico have said that their excellent crops and fields enable for a great amount of beans and rice to be made in the country and that over time they started to sell them in sandwiches. The burrito expresses Mexican culture as it is a visual representation of their excellent crops and fields along with creativity when seasoning food. The burrito has become a worldwide dish that many people around the world enjoy along with different varieties of the burrito as well.

A delight of.....

MEXICAN BURRITOS

Total Time: 1 hour – 1 hour
30 minutes

Preparation time: 20 – 30 min

Cook time: 30 – 40 minutes



Ingredients

- 150G OF BEEF
- PLAIN WHITE RICE
OR ANY DESIRED
RICE
- CORN
- BLACK OR RED
BEANS
- LETTUCE OR
CABBAGE
- SLICED TOMATO'S
- CHEESE
PREFERABLY
CHEDDAR
- TORTILLA BREAD

Directions

Step 1: Take the tortilla bread and starts by placing the rice on top, followed by the beans and then the lettuce

Step2: Carefully slice tomato's and lettuce and add some corn to the slices and set aside

Step 3: After preparing the beef, place it slowly on top of the tortilla bread take the lettuce, corn and tomato's and put them on top of the beef.

Step 4: Take the tortilla bread and pull it towards you, flip it over once and tuck the long right end into the left slot. Do the same for the left end of the bread and fold it together

Step 5: If available, place the burrito into a sandwich compressor and wait for 3 minutes

Step 6: Take the burrito out and enjoy!



What are Brazilian Pao de queijo and some facts about it

Pao de queijo are Brazilian fried dough balls that are traditionally filled with cheese but can also be filled with beef or chicken.

History of Pão de queijo

Around 1700, the coal mines close to Ouro Preto was filled with innocent Brazilian people that were racially discriminated for being Black. As they were not given any meat or vegetables to eat, they were given bread and some cheese. So, they started to fill the bread rolls they would get with the cheese and warm it on top of a fire. After some of the slaves served their sentence, they came back home and continued to make this dish. This food became Brazils favorite snack as many children and adults started to prepare this food regularly. This dish represents the Brazilian culture as this dish developed from their harsh racial history and through time became a dish served at cultural holidays such as the Festa de Iemanjá. Neighbors in Brazilian communities trade their recipes with each other in order to gain more varieties of this dish. Brazilian natives say that sharing Pão de queijo is a sign of respect towards the other person and that shows the kindness expressed in the Brazilian Culture

Tastiest & healthiest...

BRAZILIAN PAO DE QUEINJO

Preparation time: 60 minutes

Cook time: 40 minutes



Ingredients

- 1-2 LARGE EGGS
- ¼ CUP OF EXTRA VIRGIN OLIVE OR VEGETABLE OIL
- 2/3 CUP OF MILK
- 1 ½ CUPS OF TAPIOCA FLOUR OR REGULAR FLOUR OF TAPIOCA IS NOT AVAILABLE
- 60G OF GRATED CHEESE OR FETA CHEESE
- 1 TEASPOON OF SALT
-

Directions

Step 1: Place all the ingredients into a blender and blend till it becomes smooth. The smoother the mixture, the more the final product will be soft and consistent

Step 2: Pour the mixture into a mini-muffin tin or any tin available and place into oven set at 200 degrees Celsius for 15-20 minutes.

Step 3: Take the tin out of the oven and see if the dough springs back if poked, if not place them back into the oven for 5 more minutes.

Step 4: Once the dough is right and the Pão de queijo is baked and warm, take them out of the tin and enjoy!



What is the Angolan Chicken Stew and some facts about it

Angolan Chicken is a type of Stew that consists of freshly crushed and sliced vegetables, chicken breast and a lot of spicy or sweet powder depending on your preference.

History of the Angolan Chicken Stew

This dish is heavily influenced by another African country known for its stew, that being the Nigerian beef stew. The Angolan chicken stew was first discovered when the Angolan King during the 17th century ordered for his chefs to make a better stew than the Nigerians. This is how the Angolan chicken Stew came to be and since then, many versions, some including beef and rice, have come to be served regularly in Angola. This dish expresses the Angolan culture as being very competitive about their food, as many different cooks have attempted to make a better version of this dish, and it shows their passion towards cooking and especially towards this dish. Natives of Angola have described this dish as being a dish they prepare for special occasions, and some have even said they prepare this dish after Church on Sundays to share with people around the community.

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ANGOLAN CHICKEN STEW

Total Time: 1 hour

Preparation time: 30 min

Cook time: 30 minutes



Ingredients

- 4 CRUSHED GARLIC CLOVES
- ½ TEASPOONS OF SALT
- 1 ½ TEASPOONS OF CHILI POWDER
- 1 CHICKEN BREAST
- 1 CUP OF CHICKEN BROTH
- ½ CUP OF VEGETABLE OIL
- SLICED POTATOES

Directions

Step 1: Mix 2 garlic cloves with salt and chili powder and rub the chicken for 30 minutes.

Step 2: heat oil in a large saucepan and brown the chicken breast on all sides. Make sure to get an even sear on the chicken to avoid oil bubbles to form on the skin of the chicken.

Step 3: Add onions, the remaining garlic cloves and some chili pepper bringing the pan to a simmer before covering it.

Step 4: Cook for about 30 more minutes until the chicken breast is nice and tender

Step 5: Add sliced potatoes and peppers if desired and cook for another 15 minutes until the dish is nice and hot and Enjoy!



What are Korean Beef Noodles and some facts about them

Korean beef noodles are stir-fried ramen noodles that are enhanced with sliced beef and lots of spices. Traditionally, soy sauce is used frequently in order to enhance the taste of the beef as well as making the noodles increase in richness.

History of Korean Beef Noodles

Korean beef noodles first appeared in restaurants within its city of Origin Seoul, Korea. This dish started to gain popularity in South Korea during the 1980s making it a very modern dish. However, this dish became very popular amongst athletes and bodybuilders for its great nutritional content. This dish became a favorite around the world as many people started turning to South Korean beef noodles for a healthier meal. This dish expresses South Korean culture in a very positive way by showing them as being very picky when it comes to their dishes. In South Korea, a great amount of importance is placed on how healthy the dish is and this is proved by their other national dishes being mostly vegetarian. Natives of the Capital Seoul say that these Korean beef noodles are very popular among teens as it's a very cheap dish mainly eaten by high school and college students.

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KOREAN BEEF NOODLES

Total Time: 1 hour 10 minutes

Preparation time: 20 minutes

Cook time: 50 minutes



Ingredients

- 4 CRUSHED GARLIC CLOVES
- ½ TEASPOONS OF SALT
- 1 ½ TEASPOONS OF CHILI POWDER
- 1 CHICKEN BREAST
- 1 CUP OF CHICKEN BROTH
- ½ CUP OF VEGETABLE OIL
- SLICED POTATOES

Directions

Step 1: Mix 2 garlic cloves with salt and chili powder and rub the chicken for 30 minutes.

Step 2: heat oil in a large saucepan and brown the chicken breast on all sides. Make sure to get an even sear on the chicken to avoid oil bubbles to form on the skin of the chicken.

Step 3: Add onions, the remaining garlic cloves and some chili pepper bringing the pan to a simmer before covering it.

Step 4: Cook for about 30 more minutes until the chicken breast is nice and tender

Step 5: Add sliced potatoes and peppers if desired and cook for another 15 minutes until the dish is nice and hot and Enjoy!



What are Chinese Beef dumplings and some facts about them

Chinese beef dumplings are freshly baked dough balls that hold beef, vegetables and cheese on the inside. These balls or “dumplings” are then fried and create a crispy outside layer with a smooth inside.

History of Chinese Beef dumplings

The date in which Chinese beef dumplings were created is unknown. However according to various Chinese legends, the Chinese stuffed (beef) dumplings were invented during a dynasty in China called the Han dynasty. It is said that a man named Zhang Zhonghuan invented the Chinese beef dumplings as a dish to serve to the Chinese emperor at the time. This expresses the Chinese culture in a way that shows how much they care for their emperor or ruler. Legends say that for Zhang Zhonghuan to present the king with these Chinese beef dumplings, it took him over 2 months in order to get approval to serve the dish to the emperor as any dish served to emperor has to be closely inspected and checked.

A delight of.....

CHINESE BEEF DUMPLINGS

Total Time: 2 hours

Preparation time: 40 min

Cook time: 1 hour 20 minutes



Ingredients

- 1 POUND GROUND BEEF
- ½ CUP OF ONIONS
- 3 TABLESPOONS OF SOY SAUCE
- 1 CRUSHED GARLIC CLOVE
- 2 TEASPOON OF APPLE CIDER VINEGAR
- 1 TABLESPOON OF SESAME OIL
- EGG WASH
- GYOZA WRAPPER
- SOYA SAUCE

Directions

Step 1: Mix the soy sauce, garlic cloves, 1 tablespoon of sesame oil with the ground beef and keep mixing for 5 minutes

Step 2: Take a spoonful of the mixed beef and place it in the middle of the gyoza wrapper

Step 3: carefully brush the edges of the gyoza paper with egg wash and fold over the edges while pressing slightly to seal

Step 4: Heat the sesame oil in a saucepan for 5 minutes before 1 by one placing the sealed dumplings in the pan to start frying.

Step 5: Fry for 7 minutes and take the dumplings out leaving them on a platter too cool down

Step 6: Enjoy!



Dedication

For lovers of food, future chefs, home cooks and people who believe that food can define identities of cultures and build relationships.....

Thank you for reading