



The Spicy Kitchen

Recipes From Around the World



Compiled by Katherine Mestousis



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Indian Spicy Beef Curry

Ingredients

1 lb. good quality lean rump steak, cut into cubes
Sea salt & freshly ground black pepper
4 tsp. garam masala
4 tbsp. natural yoghurt
4 – 5 tbsp. light olive oil
4 lrg. sweet onions, peeled & finely chopped
4 garlic cloves, peeled and grated
4 tbsp. tomato puree
2 tbsp. caster sugar
2 cans chopped tomatoes
800 ml. beef stock
Handful coriander, stalks finely chopped
6 – 8 cardamom pods
15 – 20 curry leaves
6 long chilies, finely chopped



SPICE MIX

4 tsp. cumin seeds
4 tsp. coriander seeds
1 tsp. fennel seed
1 tsp. fenugreek seeds
4 tsp. mild curry powder

Instructions

Cut the beef into bite-sized cubes, put into a bowl and season with salt and pepper. Sprinkle with the garam masala, add the yogurt and a dash of olive oil, season and toss to coat. Cover with cling film and marinate for as long as possible while you prepare the rest of the curry.

For the spice mix, toast the cumin, coriander, fennel and fenugreek seeds in a dry pan, tossing over high heat for a few minutes until fragrant. Tip into a mortar, add a pinch of salt and grind to a fine powder. Stir in the curry powder and mix well.

Heat a thin film of olive oil in a large cast-iron casserole pan. Add the onions, garlic, chili, ginger and a little seasoning. Add the sugar to help caramelize the onions, followed by the coriander stalks, cardamom pods and ground spice mix, stir, then cover and cook for 6 – 8 minutes until the onions are soft.

Sear the beef in a hot pan and add to the onions along with the chopped tomatoes and tomato puree, stir over a medium-high heat for a few minutes, then add the beef stock and curry leaves. Cover the pan with a lid and simmer very gently, stirring occasionally, for approximately 30 minutes or until the beef is tender.

To serve, ladle the curry into warm bowls and scatter over the coriander leaves. Accompany with a steaming bowl of basmati rice.

Recipe Courtesy of Chef Punchin.



West African Chicken

Traditional West African fried chicken. A delicious entree made even better paired with couscous or steamed rice.

Ingredients

- | | |
|-----------------------------------|-----------------------------|
| 1 tbsp. oil | 3 tomatoes |
| 4 chicken thigh fillets, cubed | 2 tbsp. peanut butter |
| 4 boneless chicken breasts, cubed | ½ green pepper, sliced |
| 1 onion, chopped | 2 tsp. chicken stock powder |
| 2 tsp. curry powder | |

Instructions

Heat oil in a heavy frying pan and fry chicken and onions until golden brown. Add curry powder and cook for 1 minute, stirring continuously.

Add remaining ingredients, bring to the boil, then cover and simmer for 20 minutes, stirring occasionally.

Recipe Courtesy of Angela Shelf Medearis.



Photo credit: doc(j)man / Photo / CC BY-NC



Italian Chicken Cacciatore

Ingredients

1 ¼ lbs. boneless, skinless chicken breast
Salt & freshly ground black pepper
2 tbsp. extra-virgin olive oil
½ tsp. crushed red pepper flakes
2 portobello caps, halved & thinly sliced
4 cloves garlic, crushed & minced

½ cup beef broth or stock
1 can crushed tomatoes
Handful flat-leaf parsley, chopped
1 lbs. egg fettuccine, cooked to al dente
Crusty bread & grated Parmigiano or Romano



Photo credit: lynn.gardner / Source / CC BY-NC-SA

Instructions

Heat a large nonstick skillet over medium high heat. Add half of the extra-virgin olive oil and brown chicken breasts or thighs for 3 or 4 minutes on each side. Remove chicken from pan and season with salt and pepper.

Return pan to stove, reduce heat to medium and add the remaining. Add crushed pepper, sliced mushrooms and garlic. Season with salt. Cover and cook mushrooms 5 minutes or until mushrooms are dark, tender and have given off their juices. Add about ½ cup of beef broth to intensify the wild mushroom flavor, then stir in the tomatoes and parsley. Cut the chicken into bite-size chunks or slices and add to sauce. Simmer sauce 5 minutes to finish cooking chicken pieces and to allow the flavors to combine. Toss pasta with cacciatore and serve with crusty bread and grated cheese.

Recipe Courtesy Rachael Ray.



Vietnamese Pork & Vermicelli



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Ingredients

Salt and freshly ground pepper	1 pint cherry tomatoes, sliced
1 lb. pork	2 mini cucumbers, shredded
2 tbsp. peanut oil	Mixed fish sauce to taste
4 bundles of vermicelli	
1 avocado, sliced	

Instructions

An hour before you want to eat, bring your steak to room temperature. Generously season both sides of the pork with salt and pepper. Heat a cast iron pan on high until nearly smoking. Add a tiny slick of oil and place your pork in the middle of the pan and cook, without moving for 2–3 minutes. Flip and cook for another 2–3 minutes. Remove from the pan and let rest for 10 minutes while assembling your bowls.

Cook the vermicelli according to the package, rinse in cold water and drain well. Top with tomatoes, avocado and shredded cucumbers. Cut the pork against the grain and arrange on the noodles. Serve with fish sauce, to taste.

Recipe Courtesy of www.food.com.

FISH SAUCE

Makes about 2 cups
1 clove of garlic
1 red bird's eye chili
5 tbsp. sugar
Juice of 1/2 lime (or to taste)
1 3/4 cups of water
1/4 cup fish sauce

Instructions

Crush the garlic, chili and sugar together in a mortar and pestle until the garlic and chili are crushed to tiny pieces and the sugar is spicy and fragrant.

Dissolve the sugar, garlic and chili mixture with the water then add the lime juice. Mix well then add the fish sauce. It's best to let the fish sauce sit in the fridge for a day or so before using.



Peruvian Potatoes with Avocado Dip

Warm spicy potato wedges dipped in an avocado dip, yum! Found this in the Something Extra put out by Riley's it sounded like a party appetizer we would enjoy.

Ingredients

2 tbsp. olive oil
1 ½ tsp. chili powder
1 tsp. paprika
1 tsp. garlic salt
1 tsp. cumin
1 ½ lbs. potatoes

AVOCADO DIP

2 avocados, peeled & mashed
¼ cup sour cream
2 tbsp. fresh cilantro
1 tbsp. lime juice
1 tsp. garlic salt



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Instructions

Preheat oven to 400 degrees.

Stir together oil and dry seasonings in a large bowl. Add potatoes and stir well to coat with mixture. Place on a large baking sheet and cook for 40 to 50 minutes (until golden brown and tender when poked with a fork), stirring occasionally.

Stir together all the dip ingredients in medium bowl.

Serve warm potatoes and avocado dip together.

Recipe Courtesy of www.food.com.



Greek Dolmades



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Ingredients

½ cup extra virgin olive oil
1 large yellow onion, finely chopped
1 small fennel bulb, halved, cored & diced
1 tsp. grated lemon zest
½ cup pine nuts
1 cup long grain rice

1 ½ cups chicken stock
2 tbsp. finely chopped dill leaves
¼ cup finely chopped flat-leaf parsley
Kosher salt & freshly ground black pepper
1 (8-ounce) jar grape leaves, rinsed & drained
2 lemons, juiced

Directions

To make the filling, coat a large saute pan with ¼ cup of the oil and place over medium heat. Add the onion, fennel and lemon zest, stir until soft (about 10 minutes). Add the pine nuts and rice, saute for 2 minutes, stirring to coat. Pour in just ½ cup of the chicken stock and lower the heat. Simmer until the liquid is absorbed and the rice is al dente, about 10 minutes. Scrape the parboiled rice mixture into a bowl and add the dill and parsley; season with salt and pepper. Allow to cool. Bring a big pot of water to a simmer. Blanch the grape leaves in the hot water for 5 minutes until pliable. Drain then trim the stems. Pat dry with paper towels.

To assemble the dolmades, lay a grape leaf on a work surface, shiny-side down. Put 2 tablespoons of the rice filling near the stem end of the leaf. Fold the stem end over the filling, then fold both sides toward the middle, and roll up into a cigar – it should be snug but not overly tight because the rice will swell once it is fully cooked. Squeeze lightly in the palm of your hand to secure the roll. Repeat with remaining grape leaves and filling.

Place the dolmades in a large Dutch oven, seam-side down in a single layer. Pour the remaining cup of broth, remaining olive oil and lemon juice over the dolmades, the liquid should reach halfway up the rolls, add some water if necessary. Cover the pan and simmer over low heat for 30 to 40 minutes, until the dolmades are tender when pierced with a fork. Serve warm or cool.

Recipe Courtesy of Tyler Florence.





Middle Eastern Baba Ghanoush

Ingredients

2 medium eggplants, about 1 lb.
4 garlic cloves, coarsely chopped
¼ cup tahini (sesame seed paste)
1 lemon, juiced
1 handful fresh flat-leaf parsley, coarsely chopped

½ teaspoon ground cumin
Kosher salt & freshly ground black pepper
½ cup extra-virgin olive oil
2 tbsp. chopped roasted pistachios, for garnish
Pita bread, cut into wedges, for dipping

Instructions

Pierce the eggplants in a few places with a fork so steam has somewhere to go when you cook them.

For a smoky flavor that will add depth to the finished dish, grill the eggplants on a very hot, oiled grill pan (or barbecue) until the skins are wrinkled and black and the eggplants shriveled and soft; turning often.

When the eggplants are cool enough to handle, split them open and scoop out the flesh, discarding the skin and as many seeds as possible.

In a food processor, combine the garlic, tahini, lemon juice and parsley; puree until smooth. Add the eggplant flesh; season with cumin, salt, and pepper; pulse several times to make a thick, coarse puree. Pour in the oil and pulse again to incorporate. Taste and adjust seasoning, as needed. Pour into a serving bowl and garnish with chopped pistachios. Serve with pita wedges for dipping.

Recipe Courtesy of Tyler Florence and JoAnn Cianciulli.



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Cayman Mango Bread

When mangos are in season, slice them, pack them tightly into a zip-lock bag and freeze them. The mangos will keep for up to 3 months and you'll be able to make this delicious treat any time!

Ingredients

2 mangos, seeded & sliced
¾ cup butter
1 ¾ cups sugar
¾ cup packed light brown sugar
4 large eggs
1 cup low-fat peach yogurt
1 tbsp. rum-flavored extract
3 cups whole wheat
1 ½ tsp. baking powder
1 ½ tsp. baking soda
1 tsp. ground coriander
1 tsp. salt
1 tbsp. orange zest
1 cup sweetened shredded coconut
2 cups chopped pecans



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Instructions

Preheat the oven to 350 degrees. Coat a 12-cup bundt pan with cooking spray and lightly flour. Place the mango slices in a food processor and process to puree.

Place the butter, sugar and brown sugar in a food processor or large bowl. Mix on medium speed until creamy. Add the eggs, one at a time. Mix in the yogurt and rum extract.

In a medium bowl, combine the flour, baking powder, baking soda, coriander, nutmeg, cinnamon and salt with a fork. Add the flour mixture to the sugar mixture, 1 cup at a time and mix well. Add the mango pulp and orange zest, mixing until well-blended. Stir in the coconut and pecans until just combined. Pour the batter into the prepared bundt pan. Gently shake the pan to settle the batter evenly.

Bake for 1 hour or until a toothpick inserted near the center comes out clean. Move the pan to a rack and allow to cool completely. Run a sharp knife around the edge of the pan to loosen the bread. Invert the bread onto a serving plate. Wrap the bread in plastic wrap or foil and refrigerate until ready to use.

Recipe Courtesy of Angela Shelf Medearis.





Portuguese Custard Tarts

Makes 12 tarts



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Ingredients

3 tbsp. cornstarch
1 cup milk
½ vanilla bean
1 cup white sugar
6 egg yolks
1 package frozen puff
pastry, thawed

Instructions

Preheat oven to 375 degrees. Lightly grease 12 muffin cups and line bottom and sides with puff pastry.

In a saucepan, combine milk, cornstarch, sugar and vanilla. Cook, stirring constantly, until mixture thickens. Place egg yolks in a medium bowl. Slowly whisk ½ cup of hot milk mixture into egg yolks. Gradually add egg yolk mixture back to remaining milk mixture, whisking constantly. Cook, stirring constantly for 5 minutes or until thickened. Remove vanilla bean.

Fill pastry-lined muffin cups with mixture and bake in preheated oven for 20 minutes or until crust is golden brown and filling is lightly browned on top.

Recipe Courtesy of Angela Shelf Medearis.



Mexican Sweet Bread

Recipe makes 12



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Ingredients

2 ½ tsp. yeast
½ cup warm water
½ cup evaporated milk
¼ cup white sugar
1 tsp. salt
¼ cup butter, melted
1 egg
4 cups all-purpose flour
½ tsp. ground cinnamon

TOPPING

½ cup white sugar
½ cup butter
1 cup all-purpose flour
2 tsp. ground cinnamon
1 tsp. vanilla extract

Instructions

In a large bowl, stir together the yeast and warm water. Mix in the milk, ¼ cup sugar, ¼ cup melted butter, salt, egg and half the flour. Gradually mix in the remaining flour and 1/2 teaspoon cinnamon. Turn the dough out onto a floured counter to knead as soon as it pulls together enough. Knead for 6 to 8 minutes, until smooth and elastic. Place in a large greased bowl, and turn the dough to coat. Cover, and let rise in a warm place until doubled, about 1 hour.

Make the topping while the dough rises. In a medium bowl, beat ½ cup sugar and ½ cup butter until light and fluffy. Stir in the flour until the mixture is the consistency of thick paste. Divide into two parts and place one part in a separate bowl. Mix cinnamon into one half and vanilla into the other half.

When the dough is done rising, cut into 12 even sized pieces. Shape into balls and place on a greased cookie sheet, spacing about 3 inches apart. Divide each bowl of topping into 6 balls and pat flat. Place circles of topping on top of the dough balls patting down lightly. Cover and let rise until doubled, about 45 minutes.

Preheat the oven to 375 degrees. Bake for 20 minutes or until lightly golden brown.

Recipe Courtesy of Angela Shelf Medearis.





Creole Pralines

Ingredients

2 cups chopped pecans
2 tbsp. butter, melted
 $\frac{1}{4}$ tsp. salt
1 $\frac{1}{2}$ cups packed brown sugar

1 $\frac{1}{2}$ cups granulated sugar
1 $\frac{1}{2}$ cups evaporated milk
1 tsp. vanilla extract



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Instructions

Preheat the oven to 400 degrees.

Spread the pecans on a large baking sheet and place in the oven. Toast the nuts for 10 to 12 minutes or until lightly browned. Toss the nuts with 1 tablespoon of butter and salt.

Combine the brown sugar, granulated sugar and milk in a large saucepan over medium-high heat. Cook, stirring constantly, for 15 to 20 minutes or until the mixture reaches 236 degrees on a candy thermometer. Remove the saucepan from the heat and set aside to cool to room temperature, undisturbed, for 5 minutes. Stir in the vanilla extract and pecans, mixing well for 2 to 3 minutes. Place heaping tablespoonful's of the mixture about 2 inches apart on a piece of waxed paper. Allow the pralines to harden for 5 to 8 minutes. Store in an airtight container.

Recipe Courtesy of Angela Shelf Medearis.





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The Spicy Kitchen

The Spicy Kitchen offers a unique yet simple introduction to the exciting flavors of international cuisine taking you around the planet for a sampling of all the sweet and savory tastes of this world. Few experiences are as satisfying as the chance to explore the world's great culinary traditions and landmarks. Let us take you on a journey through the great tradition that is food.

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