

RECIPE



Aigir

(Hot Stone cooking dish)

INGREDIENTS

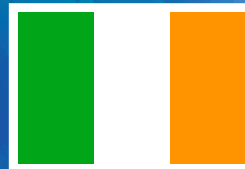
- 4-5 medium taro (peeled and diced)
- 4-5 Plantains/banana for cooking (peeled)
- 1 whole chicken (cut into pieces)
- 2 large onion (chopped)
- 2 Gingers (grated)
- 1 garlic (minced)
- 3 medium tomatoes (chopped)
- 1-2 cups coconut milk (fresh or canned)
- 1-2 tablespoons vegetable oil
- 1-2 tablespoons salt (to taste)
- Maggi cube (chicken stock cube)
- 1-2 cups water (if needed for cooking)
- Fresh greens
- 1-2 carrots (peeled and sliced)
- 3 capsicum (sliced)
- 15-20 fist-sized Stones heated up over an open fire

METHOD

1. Begin by heating your stones on an open fire, allowing them to get red-hot and ready for use.
2. Using a tong, Carefully layer some of the hot stones in the bottom of a large pot. Before adding them, dip the stones in a dish of water to clean off any ashes and ensure they're ready for cooking.
3. Add the chicken pieces, along with the sliced bananas (or plantains) and taro. Sprinkle a portion of the garlic, ginger, and chopped onions over the ingredients. Then, carefully layer another set of hot stones on top to create a sealed cooking environment.
4. Layer in the fresh greens and vegetables, followed by the Maggi cube (chicken stock cube) and salt for added flavor. Add the remaining garlic, ginger, and onion to deepen the dish's aromatic profile.
5. Pour in the creamed or canned coconut milk, ensuring that the ingredients are well-coated. Cover the pot securely and allow everything to cook together, letting the flavors meld beautifully.
6. Periodically check to ensure the chicken is fully cooked and that the taro has softened. If needed, add more hot stones to maintain the cooking temperature until everything is tender and flavorful.
7. Once the dish is cooked, carefully remove the hot stones from the pot using tongs or a heatproof tool. Discard the stones and give the ingredients a gentle stir to prepare for serving.

RECIPE

Irish Beef Stew



INGREDIENTS

- 1 1/4 pounds well-marbled chuck beef stew meat, cut into 1 1/2-inch chunks
- 3 teaspoons salt, or to taste
- 1/4 cup extra virgin olive oil
- 6 garlic cloves, minced
- 4 cups beef stock
- 2 cups water
- 1 cup Guinness extra stout
- 1 cup hearty red wine
- 2 tablespoons tomato paste
- 1 tablespoon sugar
- 1 tablespoon dried thyme
- 1 tablespoon Worcestershire sauce
- 2 bay leaves
- 2 tablespoons butter
- 3 pounds russet potatoes, peeled, cut into 1/2-inch pieces (about 7 cups)
- 1 large onion, chopped (1 1/2 to 2 cups)
- 3 to 4 carrots or parsnips, cut into 1/2-inch pieces (2 cups)
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons chopped fresh parsley

METHOD

1. Brown the beef.

Sprinkle about a teaspoon of salt over the beef pieces. Heat the olive oil in a large (6 to 8 quart), thick-bottomed pot over medium-high heat. Pat dry the beef with paper towels and working in batches, add the beef (do not crowd the pan, or the meat will steam and not brown) and cook, without stirring, until well browned on one side, then use tongs to turn the pieces over and brown on another side.

2. Add garlic and add the other stock ingredients, then simmer

Add garlic to the pot with the beef and sauté 30 seconds or until fragrant. Add the beef stock, water, Guinness, red wine, tomato paste, sugar, thyme, Worcestershire sauce, and bay leaves. Stir to combine. Bring mixture to a simmer. Reduce heat to the lowest setting, then cover and cook at a bare simmer for 1 hour, stirring occasionally.

3. Sauté the onions and carrots in separate pan:

While the pot of meat and stock is simmering, melt the butter in another pot over medium heat. Add the onions and carrots. Sauté the onions and carrots until the onions are golden, about 15 minutes. Set aside until the beef stew in step 2 has simmered for one hour.

4. Add the vegetables to the beef stew and simmer:

Add the onions, carrots, and the potatoes to the beef stew. Add black pepper and two teaspoons of salt. Simmer uncovered until vegetables and beef are very tender, about 40 minutes. Discard the bay leaves. Tilt pan and spoon off any excess fat.

Transfer stew to serving bowls. Add more salt and pepper to taste. Sprinkle with parsley and serve.

RECIPE



Authentic Paella

INGREDIENTS

- 1 tablespoon olive oil
- ½ (4 pound) whole chicken, cut into 6 pieces
- 1 head garlic, cloves separated and peeled
- 1 medium tomato, finely chopped
- 1 (15.5 ounce) can butter beans
- ½ (10 ounce) package frozen green peas
- ½ (10 ounce) package frozen green beans
- 1 teaspoon mild paprika, or to taste
- 6 cups water, or as needed
- salt to taste
- 1 pinch saffron threads, or to taste
- 1 pinch dried thyme, or to taste
- 1 pinch dried rosemary, or to taste
- 3 cups short-grain white rice, or as needed to taste
- 3 cups short-grain white rice, or as needed

METHOD

1. Heat a paella pan over medium-high heat, and coat with olive oil. Add chicken, and garlic; cook and stir until nicely browned. Move the browned meat to the sides of the pan, and add tomato, butter beans, peas, and green beans. Season with paprika, and mix well.
2. Fill the paella pan almost to the top with water, measuring the water as you add it so you can determine the amount of rice to add later. Bring to a boil. Simmer for about 1 hour to make a nice broth.
3. Season with a generous amount of salt, just enough saffron for a yellow color, thyme, and rosemary. Stir in half as much rice as the amount of water added to the pan. Cover, reduce heat to low, and simmer until all of the liquid has been absorbed, about 20 minutes.

RECIPE



Schnitzel

INGREDIENTS

- 4 boneless pork steaks or chops, (to make Austrian Wienerschnitzel use thin veal cutlets)
- salt and freshly ground black pepper
- 1/2 cup all-purpose flour combined with 1 teaspoon salt
- 2 large eggs, lightly beaten
- 3/4 cup plain breadcrumbs
- Oil for frying (use a neutral-tasting oil with a high smoke point)

METHOD

1. Place the pork chops between two sheets of plastic wrap and pound them until just 1/4 inch thick with the flat side of a meat tenderizer. Lightly season both sides with salt and freshly ground black pepper.
2. Place the flour mixture, egg, and breadcrumbs in 3 separate shallow bowls. Dip the chops in the flour, the egg, and the breadcrumbs, coating both sides and all edges at each stage. Be careful not to press the breadcrumbs into the meat. Gently shake off the excess crumbs. Don't let the schnitzel sit in the coating or they will not be as crispy once fried – fry immediately.

Make sure the cooking oil is hot enough at this point (about 330 degrees F) as you don't want the Schnitzel to sit around in the coating before frying. Use enough oil so that the Schnitzels "swim" in it.

Fry the Schnitzel for about 2-3 minutes on both sides until a deep golden brown. Transfer briefly to a plate lined with paper towels.

3. Serve immediately with slices of fresh lemon and parsley sprigs. Serve with French fries, Spätzle or German potato salad, and a fresh leafy green salad.

RECIPE



Bunny Chow

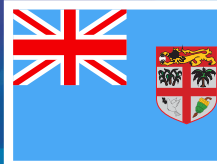
INGREDIENTS

- 2 tablespoons vegetable oil
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon grated ginger
- 1 tablespoon curry powder (mild or hot, based on preference)
- 1 teaspoon ground cumin
- 500g boneless lamb, beef, or chicken (cut into small cubes)
- 2 large potatoes, peeled and cubed
- 1 can (400g) chopped tomatoes
- 1 cup water or beef/chicken stock
- Salt and pepper, to taste
- Fresh coriander leaves, for garnish
- 1 unsliced white bread loaf (standard sandwich loaf)

METHOD

1. Heat the vegetable oil in a large pot over medium heat. Add the chopped onion and cook until soft and golden, about 5 minutes. Stir in the garlic, ginger, curry powder, and cumin. Cook for another minute until fragrant.
2. Add the meat to the pot and brown on all sides. Once browned, add the potatoes and stir to combine.
3. Pour in the chopped tomatoes and water (or stock). Season with salt and pepper. Bring to a simmer, cover, and cook for 25–30 minutes or until the meat is tender and the sauce has thickened.
4. While the curry cooks, prepare the bread. Cut the loaf into quarters. Hollow out the center of each quarter to create a “bowl”, keeping the removed bread to serve on the side.
5. Once the curry is ready, spoon it into the hollowed-out bread quarters. Garnish with fresh coriander.
6. Serve hot, with the scooped-out bread used to mop up the delicious curry.

RECIPE



Kokoda Tjijian Ceviche

INGREDIENTS

- 500g fresh white fish fillets (e.g. snapper or cod), diced
- 1 cup freshly squeezed lemon or lime juice (for marinating)
- 1 small red onion, finely diced
- 1 medium tomato, diced
- 1 small red chilli, finely chopped (optional)
- 1 cup thick coconut cream
- Salt, to taste
- Freshly ground black pepper, to taste
- Chopped fresh coriander or spring onion, for garnish

METHOD

1. Place the diced fish in a non-metallic bowl and pour over the lemon or lime juice. Make sure the fish is fully submerged. Cover and refrigerate for at least 4 hours or until the fish turns opaque—this means it's "cooked" in the citrus juice.
2. Once the fish is ready, drain off most of the citrus juice (you can keep a little if you like a tangier kokoda).
3. Gently mix in the onion, tomato, and chilli (if using). Then stir through the coconut cream until everything is evenly coated.
4. Season with salt and pepper to taste. Garnish with chopped coriander or spring onion before serving.
5. Serve chilled, either in small bowls or over lettuce leaves, with cassava chips or taro on the side for a traditional touch.