

Cultural dishes and recipes shared from Kyrgyzstan, Algeria, Taiwan, Haiti, Liberia and Kenya

Taiwanese Traditional Cake
 Ingredients: eggs, milk, sugar, cake flour

周计划 Weekly Plan **LIBERIAN CUISINE**
 日期: _____ 城市: _____
 地点: _____
CASSAVA LEAF STEW
 Cassava leaf is served over cooked rice and is popular in Liberia, Sierra Leone, and other West African countries

Ingredients
 Chicken, beef, and a combination of other meat
 Fresh and dried fish
 Onions chopped
 garlic chopped
 salt
 African Seasoning
 Maggi Cube
 Red palm oil

KYRGYZ BORSOOK
 - National food, type of fried dough mixture.
 - Ingredients: flour, water, oil, yeast, salt, sugar.

KYRGYZSTAN FOOD PELMENI
 - Russian dish, dumplings, can be found in Kyrgyz restaurants.
 Ingredients: meat, onion, flour, salt, pepper, sour cream.

*** Algerian Couscous**
 The dish is composed of tiny tender grains of Semolina topped with sauce which contains meat (Beef, chicken, chickpeas and vegetables).
 * * Couscous is one of the most famous traditional dishes in Algeria, and considered the national dish of Algeria.



Kenyan Pilau Recipe
 1 Cup Basmati rice-2 cups of water
 Royco- Kenyan spice
 Black pepper and Paprika
 Pilau masala spice
 Cloves and cardamom's
 Cooking Oil
 Onions
 Garlic,
 Cilantro
 Tomatoes
 Goat meat

KYRGYZ BREAD
 - TANDYR BREAD
 Ingredients: flour, water, salt, yeast

**** BRADJ ****
 made with semolina, date paste, Butter.
 They are often made in the month of March to May marking the coming of spring. Served with milk, tea ...

"Mhajib"
 Very famous in Algeria cooked in a heavy pan - made with dough, onions and tomatoes:

*** Mchewek ***
 Algerian Almond cookies.
 contain: Almond powder, sugar, Eggs coated with slivered almonds and Honey

Griot



([French](#): *Griot*, [Haitian Creole](#): *Griyo*)

is a dish in Haitian cuisine. It consists of pork shoulder marinated in citrus, which is braised and then fried. It is commonly served at parties. Griot is considered by some to be Haiti's "national dish"

Preparation

Griot is usually made from pork shoulder. The meat is first washed in a mixture of citrus juices, then rinsed. Meat should always be washed; sour oranges or limes are sometime used instead of water. After being washed, the meat is marinated in [epis](#), which is a mixture of Haitian herbs, vegetables, and spices. Next, the meat is either braised or roasted until tender.

Finally, the meat is deep-fried until golden-brown and crispy.

Griot is almost always served with [pikliz](#) and [bannann peze](#) (twice-fried plantain slices).



Ingredients

HAITIAN PORK – GRIOT

- 3 pounds pork shoulder, cubed
- 1 tablespoon salt
- 1/2 teaspoon freshly cracked pepper
- 1 onion, chopped
- 10 cloves garlic, 6 sliced and 4 wholes
- 2 green onions
- 1 cup freshly squeezed orange juice
- 2 limes, juiced
- 1 tablespoon white wine vinegar
- 10 sprigs fresh thyme
- 1/2 bunch fresh parsley
- 1 scotch bonnet pepper, sliced
- 4 cups oil, for frying

PIKLIZ (HAITIAN PICKLED VEGETABLE)

- 2 cups cabbage, shredded
- 1 cup carrot, grated
- 1 bell pepper, sliced
- 1 onion, sliced
- 1 shallot, sliced
- 2 scotch bonnet peppers, thinly sliced
- 3 tablespoons lemon juice
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 2 cups white wine vinegar



Mandazi (Kenyan "donuts")

Mandazi, is a form of fried bread that originated on the Swahili Coast. It is one of the principal dishes in the cuisine of the Swahili people who inhabit the Coastal Region of Kenya and Tanzania.



Ingredients

Self Raising wheat flour
Sugar
Ground cardamom
Salt
1 egg, beaten
Coconut milk
Oil, for frying

Also known as:

Mandao
Mahamri
Madathi

The dish is popular in the region, as it is convenient to make, can be eaten with almost any food or tea or just as a snack by itself.



Characteristics

Mandazi are similar to doughnuts, having a more of a sweet taste which can be differentiated with the addition of different ingredients. However; they are typically less sweet than the United States style of doughnuts and are usually served without any glazing or frosting.

(Information heavily borrowed from Wikipedia)