

Gateaux Piments (Chilli Cakes)

Mauritius

Ingredients

100g yellow split peas
(soaked in water over night)
2 sprigs of spring onions chopped
2 tbsp. coriander leaves chopped
2 green chillies chopped
½ tsp cumin seeds
1 garlic clove
Salt
½ medium onion chopped
Vegetable oil for frying

Method

Drain off the water from the chickpeas and grind them in a food processor to make a coarse paste.
Mix in the rest of the ingredients
Roll into balls about 5cm wide
Heat the oil and fry in small batches until brown and crunchy
Or for a healthier option bake or use an air fryer
Drain on kitchen towel and serve warm



"As a child I watched my aunties make 1000s of these to feed our big Mauritian family. It wouldn't be a wedding or celebration without them. One by one they popped the mixture into what I thought was a massive cauldron. As if by magic out come these delicious crispy spicy balls."



Napolitaines

Mauritius

Ingredients

300g plain flour, sifted
200g unsalted butter, at room temp
250g unrefined icing sugar
Few drops of pink food colouring
75g good quality strawberry jam

Method

Preheat the oven to 160C

Place flour and butter in a mixing bowl and rub together to form fine breadcrumbs. If too dry add some more butter not water.

Bring the mixture together to a dough with your hands but do not knead. Set aside for 10mins.

Roll out between two pieces of parchment to avoid adding more flour. The dough should be about 1.5cm thick.

Cut into shapes with a 6cm cookie cutter.

Place on a baking sheet lined with baking paper and bake for around 15-18 minutes until golden brown. Remove from the oven and let them cool before moving. They will be soft at first.

Mix the icing with a few drops of colouring and enough water to make it spreadable.

When the biscuits are cool. Spread Strawberry jam on one half of the biscuits and sandwich with the other. Spread the top and sides with the icing. Leave to dry for a few hours before serving.



A beloved Mauritian shortbread biscuit with jam and pink icing, has roots in the island's French colonial past but evolved into a unique local treat, sold by street vendors. It's a national symbol of childhood and celebration, often given out on Independence Day.

Bobotie

South Africa

Ingredients

- 2 lbs minced beef
- 2 tablespoons cooking oil
- 1 grated apple
- ½ cup vinegar
- 1 dessertspoon apricot jam
- 2 tsps. curry powder (or to taste)
- 2 chopped onions
- 1 dessertspoon sugar
- 2 eggs
- Salt and pepper

Method

Brown chopped onions in oil, add curry powder and sugar. Remove from heat, add jam, grated apple and vinegar. Add to mince with the onions, curry powder and salt and pepper and mix well. Cook in slow oven for ¾ hour, then top with 2 beaten eggs, salt and pepper and continue to bake until brown. Serve with rice.



Bobotie's history in South Africa dates to the 17th century, evolving from Indonesian dishes like Bobotok brought by enslaved people and spices from Dutch traders, becoming a staple of the Cape Malay community and now considered South Africa's national dish.

Kugela

Lithuania

Ingredients

- 1 pound bacon, diced
- 1 large onion, grated
- 5 pounds Russet potatoes, finely grated, and soaked in water
- ½ cup flour
- 1 (12 ounce) can evaporated milk
- 6 eggs
- salt and pepper to taste

Method

Preheat oven to 375 degrees F (190 degrees C).

Lightly grease a 9x13 inch baking dish.

In a large skillet over medium heat, fry bacon pieces until crisp; remove to paper towels. Reserve half of bacon drippings, and set aside.

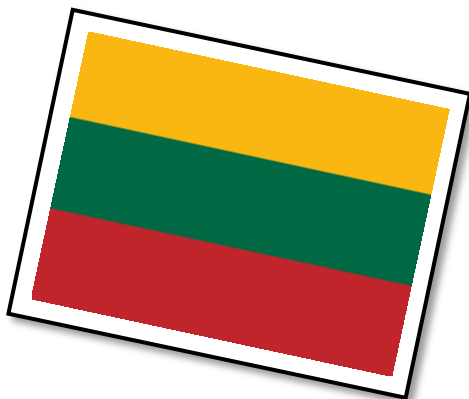
Return skillet to stove; stir onions, and cook until soft and translucent.

In a large bowl, stir together reserved drippings, bacon, onion, and potatoes.

Mix in flour, evaporated milk, and eggs. Season with salt and pepper to taste.

Pour into baking dish, and bake in a preheated oven until top is nicely brown, about 1 hour.

Cut into squares, and serve with sour cream, if desired.



Evolving from German culinary influences. It embodies Lithuanian culinary traditions, highlighting staple ingredients and communal eating, often appearing at family gatherings and holidays,

Nshima

Zambia



Ingredients

4 cups maize meal/mealie meal
(any brand is fine)

Cold water

Boiling hot water

Method

In a pot, add one cup of maize/mealie meal and a cup of cold water to make a paste.

Pour 2 1/2 cups of boiling water to the paste and mix well. Bring the mixture to a boil for at least 10 minutes.

Then, slowly start to add remaining 3 cups of mealie meal into the pot, while stirring the mixture carefully until completely combined, about 15 extra minutes.

Once a stiff consistency is achieved break off a small piece of Nshima, roughly the size of a golf ball, and knead it into a ball in your palm.

Make an indentation with your thumb to create a small scoop or spoon. Serve with a stew.



Nshima's history traces back to maize (corn) introduced by Portuguese traders from the Americas, replacing traditional millets, becoming Zambia's staple food. Nshima, a core part of Zambian diet, became a symbol of unity, shared at family gatherings and events



Plokkfiskur

Iceland

Ingredients

½ chopped brown onion
50g butter
100ml wheat flour
500g new potatoes
500g cod or haddock
400ml milk and fish stock

Method

Boil the new potatoes in a pan for 10 mins.
Drain them in a colander and leave to cool.
Carefully peel the potatoes.
Bring a large pan of water to the boil.
Add a pinch of salt and your fish and cover.
Heat for 8 to 9 minutes and remove the fish – pour water into a dish for stock.
Cut your new potatoes into bite-size chunks.
Flake the cooked fish with a fork.
Add butter and onion to your large pan and cook on medium.
Heat until softened.
Stir in the wheat flour and thin this out with one third of your stock and 400ml milk.
Once you get a thick consistency, add your potatoes and fish and stir.



I remember it fondly that Plokkfiskur, or Fish stew was one of the things I frequently had when growing up. Of course, being raised in a small fishing village helped with the constant supply of fresh fish. Don't let the look fool you since it doesn't look like much. It tastes excellent!