

# ethnic food

Where to buy & eat good Ethnic Food?

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## The Secret to a Great Greek Salad

Combine romaine lettuce, peppers, tomatoes, cucumber, red onion, black olives, and feta cheese. Pour dressing over salad, toss and serve.

**DRESSING (This is the secret sauce and what makes this salad so great):**  
•red wine vinegar

- freshly squeezed lemon juice
- garlic, minced
- dried oregano
- salt
- ground black pepper
- olive oil

You can also add 1/2 teaspoon dijon mustard. It makes the dressing even more tasty.

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## Five Authentic German Dishes

German cuisine is rich, hearty and delicious and many top traditional dishes make great comfort food. Germany is also very well known for the quality food that it produces.

### 1. Bratwurst

Bratwürste differ from area to area. The most famous Bratwürste are for sure the short and thin ones coming from Nürnberg. Grill your Bratwurst for 2 minutes on each side, put it in a bun, add some ketchup or mustard and it makes this iconic German dish called Bratwurstsemmel.

### 2. Bratkartoffeln

Bratkartoffeln are an excellent way of eating your portion of potatoes. Slice up thinly some boiled potatoes, put them in a frying pan with a lot of oil, bacon and onions and fry them until they turn dark and crispy. Not the healthiest option but definitely not the worst as well.

### 3. Rouladen

Rouladen dish is a blend of bacon, onions, mustard and pickles wrapped together in thinly sliced beef and then all cooked together. Vegetarian and other meat options are now widely available but the

most famous are the Rinderrouladen (beef Rouladen). If you have never cooked Rouladen maybe is a good idea to go to the butcher and ask for some ready made Rouladen in order to save you a lot of work.

### 4. Maultaschen

A dish that originated in Swabia, Maultaschen is often referred to as Swabian ravioli. Served as an appetizer or a main, fried or boiled, the pasta dough can be filled with anything from minced pork or beef to sauerkraut and spinach, usually flavoured with pepper, parsley, nutmeg and other herbs and spices.

### 5. Spätzle

Traditional Swabian egg noodles, a sort of pasta, Spätzle is a simple combination of eggs, flour, salt and sometimes a hint of fizzy water. Mainly served as a side to meaty dishes it can be transformed into a main by adding Emmentaler or another Swiss cheese to make what's often referred to as the German macaroni cheese or Käsespätzle. Spätzle originally come from the area around Stuttgart and are part of most Swabian dishes.

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# recipe

## Baba Ghanoush

(Eggplant Dip)

The rich, smoky and delicious Baba Ghanoush is a Middle Eastern classic and a perfect appetizer. Baba means “father” in Arabic and ghanoush refers to wanting affection, spoiled or cuddly. According to Clifford Wright, scholar and author of A Mediterranean Feast, baba could refer to the important place of eggplant as the “father of vegetables,” and ghanoush could be

in reference to the fact that anyone who should be lucky to taste it will be spoiled by it’s smooth, creamy and wonderfully rich goodness. Baba Ghanoush, like many Middle-Eastern dishes, can be found in many variations depending on region. This recipe, from Mijana Restaurant in Abu Dhabi, is a chunkier version of the classic dip.

**Ingredients:**

- 1 kg (about 3) eggplants
- ½ green capsicum, finely chopped
- ½ yellow capsicum, finely chopped
- ½ red capsicum, finely chopped
- 1 tomato, seeds removed, finely chopped
- 1 small white onion, finely chopped
- 4 garlic cloves, finely chopped
- 2 tbsp\* flat-leaf parsley, finely chopped, plus extra leaves, to serve
- 2 tbsp mint, finely chopped
- seeds from ½ pomegranate
- 60 ml (¼ cup) lemon juice
- 100 ml olive oil
- pita bread, to serve

**Instructions:**

- Heat a chargrill pan over medium-high heat. Add eggplants and cook, turning, for 40 minutes or until charred and tender. Remove from heat. Cool completely.
- Remove skin from eggplants and discard, then roughly chop flesh. Place in a large bowl with remaining ingredients, except bread. Season and mix to combine. Top with parsley leaves and serve with pita bread.
- \* 1 tablespoon equals approx. 20 ml
- As seen in Feast magazine, September 2014, Issue 35.*

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# 6 Healthy Spices

The use of herbs and spices has been incredibly important throughout history. Many were celebrated for their medicinal properties, well before culinary use. Herbs and spices have very low calorie content, they're relatively inexpensive, and they're a great way to boost the natural antioxidant, the anti-inflammatory and immunity powers. Whether you are struggling with low energy, allergies, digestive issues or pain, there are spices that may help to reduce the symptoms when consumed. Spices add depth and complexity to foods, as well as a host of health benefits. **Turmeric** - long used in traditional Eastern medicine, turmeric can now be found in everything from coffees and soups to salad dressings, mustard and more. It's also used in beauty products like skin creams and hair conditioners. Turmeric contains a high concentration of a compound called curcumin, which has antioxidant properties and can help treat inflammation and swelling in muscles and joints. **Basil** is loaded with health benefits like shoring up our DNA, calming inflammation, boosting our cardiovascular health, acting as an antibacterial agent in the body, removing harmful bacteria. **Ginger** has been valued as a spice and a medicine for over

3,000 years, and it was one of the first Oriental healthy spices to be transported to the Mediterranean. Modern evidence confirms that it has an anti-inflammatory effect, may lower blood pressure, reduces the feelings of hunger. Widely used as a digestive aid, ginger can also be effective for motion sickness and nausea. **Cinnamon** contains manganese, iron, calcium, fiber, as well as numerous bioactive compounds and it has been widely used in traditional medicine. It's long been used to improve circulation, and its anti-inflammatory benefits to treat muscle pain and soreness. **Nutmeg** is among the strongest antioxidants and an effective antibacterial and anti-inflammatory plant medicine. It is able to increase calmness while reducing feelings of anger and embarrassment. This healthy spice has also been found to decrease prostaglandin levels in the colon, inhibit leukemia cell development and compounds within it have been found to inhibit the breakdown of elastin in the skin. **Peppercorns** - research has strongly suggested that piperine, a compound in all peppercorns, lowers cholesterol, slows the growth of tumors, prevents oxidative damage and boosts the efficacy of many potent plant chemicals, like curcumin.



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## Love Indian food?

**Chana Masala - one of the most popular and tasty.**

Here is an easy recipe.

**Ingredients:**

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 to 3 garlic cloves, minced
- Two 15- to 16-ounce cans chickpeas, drained and rinsed
- 1 to 2 teaspoons garam masala or good-quality curry powder
- 1/2 teaspoon turmeric
- 2 teaspoons grated fresh or jarred ginger
- 2 large tomatoes, diced
- 1 tablespoon lemon juice
- 1/4 cup minced fresh cilantro, or to taste
- Salt to taste
- Hot cooked grain (rice, quinoa, or couscous), optional

**Preparation:**

1. Heat the oil in a wide skillet. Add the onion and sauté until translucent. Add the garlic and continue to sauté until the onion is golden.
2. Add the chickpeas, garam masala, turmeric, ginger, tomatoes, lemon juice, and about 1/4 cup water. Bring to a simmer, then cook over medium-low heat for 10 minutes, stirring frequently. This should be moist and stewlike, but not soupy; add a little more water, if needed.
3. Stir in the cilantro and season with salt. Serve on its own in shallow bowls or over a hot cooked grain, if desired.







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- 1 handful parsley & cilantro
- 1/2 cucumber
- 1 tbsp turmeric
- 1 tbsp ginger
- 1/2 lemon
- 1 lime
- 1 tbsp apple cider
- 1/2 tbsp honey
- 1/2 glass water

after mixed in a blender  
add carbonated water



Very Good

# How to: Build the Perfect Salad

Pick a base



Add extra greenery



Add a pop of color



Give it some crunch



Mix in healthy extras



Power up with protein



Don't forget to dress it up!





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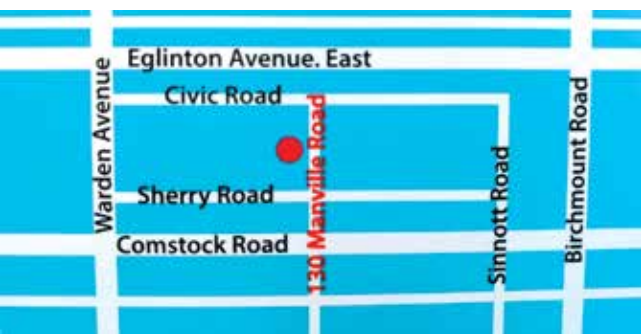
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# recipes

## Filipino Chicken Inasal (roasted meat)

**Ingredients:**  
6 chicken leg quarters  
Annatto oil  
150 ml(5 fl oz) vegetable oil  
50 g(1¾ oz) annatto (atchuete) seeds  
5 garlic cloves, crushed  
1 bay leaf  
Marinade sauce  
5 cloves garlic, crushed  
90 ml (3 fl oz) calamansi or lime juice  
3 lemongrass stems, crushed

50 ml (1¾ fl oz) sugarcane vinegar  
1½ tsp (5 ml) fresh ginger, grated  
2 tbsp (40 ml) sugar  
1½ tbsp. (30 ml) salt and pepper  
90 ml (3 fl oz) annatto oil

**Instructions**  
*Marinating time 12 hours*

First up, prepare the annatto oil. Heat the oil in a saucepan over medium heat and add the annatto seeds, garlic

*Filipino food is a tangled pattern of Spanish, Chinese, Japanese, Pacific flavours that serve as living proof of the country's rich cultural history. The Filipino street food tradition of the*

*'ihawan' (broiler) or barbecue stall is found all over the country. People from around the world gather to taste 'inihaw' – the all-purpose name for grilled meat.*

and bay leaf. Turn off the heat when it starts to bubble. Allow the oil to sit for 2 hours and cool down. Store in an airtight container. Mix all the marinade ingredients together thoroughly and set aside. Prepare the chicken by cutting the leg quarters into pieces around 5 cm (2 in) x 5 cm (2 in). Combine half the marinade with the chicken pieces in a container, cover and marinate for 12 hours in the refrigerator.



Place the other half of the marinade in a small saucepan and bring to a gentle boil for 2 minutes. Remove from the heat and set aside for the basting sauce. Take the marinated chicken out of the refrigerator and thread 3–4 pieces on each skewer. Cook over a charcoal barbecue or grill, regularly basting with the remaining marinade. Baste generously again just before serving.

# Red cabbage and cashew Biryani

**Ingredients**  
2 tbsp virgin coconut or rapeseed oil  
1 onion, halved and thinly sliced  
3 garlic cloves, sliced  
1 medium-large leek (200–250 g), halved and thinly sliced  
¼ red cabbage (about 300 g), cored and shredded  
400 ml tin coconut milk  
250 g white basmati rice, rinsed and drained  
125 g cashew nuts  
100 g raisins  
Sea salt  
For spice mix:  
2 tsp coriander seeds

2 tsp cumin seeds  
1 tsp dried chilli flakes  
1 tsp black mustard seeds  
1 tsp black peppercorns  
4 cardamom pods, seeds extracted  
1 tbsp ground turmeric

**Instructions**  
Preheat the oven to 180°C/ Fan 160°C/Gas 4. Have ready a large, wide, flame-proof casserole with a well-fitting lid. If preparing your own spice mix, put the casserole over a medium heat, add all the whole spices and toast them gently for 2–3 minutes until fragrant. Take off the heat



and grind the spices coarsely using a pestle and mortar or spice grinder. Mix with the turmeric and set aside. Return the casserole to a medium heat and add the oil. When hot, add the onion, garlic, leek and cabbage. Cook gently, stirring regularly, for about 10 minutes, until the veg are softened and reduced in volume. Add the freshly prepared spice mix, or bought curry paste, and cook for another couple of minutes, stirring a few times. Meanwhile, heat the coconut milk gently in a saucepan

with 300ml water until smoothly amalgamated. Add the rice, cashews and raisins to the veg. Add 1 tsp salt, or if using a ready-made paste that already includes salt, just ½ tsp. Stir well so that everything is thoroughly combined. Pour on the warm diluted coconut milk and stir well. Make sure the ingredients are level in the dish, then bring up to a simmer. Cover the casserole and cook in the oven for 20 minutes. Take it out of the oven and check that the rice is tender (if not, give it another

5 minutes). Then cover the dish again and leave it to stand for 5–10 minutes. Remove the lid and fluff up the rice a little with a fork. Scatter over some red chilli and coriander, if using, then serve. This is really good with a spoonful of chutney on the side. Use your favourite mango chutney or make up a half quantity of the coriander and tamarind sauce on page 98 and serve it raw and unheated as a chutney. *Recipe and image from River Cottage Much More Veg! by Hugh Fearnley-Whittingstall*



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