



BON APPÉTIT!

The EEAS
World
Cookbook

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ENJOY YOUR MEAL!



INTRO

On Europe Day, we celebrate the incredibly wide variety of food from all over the world with the first ever EEAS World Cookbook.

We have gathered delicious starters, mains and dessert recipes from different countries and regions of the world. You might just discover your new favourite dish!

Food culture is something we all relate to, wherever we come from. That's why the EEAS believes in the power of culinary diplomacy.

The EU actively promotes food security for everyone. It is engaged in sustainable food production with partners worldwide. The EU is also the leading contributor to the UN's World Food Programme.



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FRIED PLANTAIN BANANA

Western, Central and Southern Africa

Plantains are a staple across Western, Central, and Southern Africa, enjoyed as a delicious side dish for everyday meals and celebrations.



QUANTITY

Serves 2

TOTAL TIME

15 mins

INGREDIENTS

- 3 ripe plantains (yellow with black spots for sweeter flavour)
- Salt (optional)
- 125ml vegetable, canola, or sunflower oil

PREPARATION

1. Peel and cut plantains into 2 cm chunks.
2. Heat oil (1 cm depth) in a skillet over medium heat.
3. Add plantains carefully and fry until golden brown and crispy (2-3 mins per side).
4. Drain fried plantains on paper towels.

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MAFÉ

West Africa

A creamy, peanut-butter stew with numerous variations from West Africa, mafé is served with rice.

QUANTITY

Serves 2

TOTAL TIME

60 mins



INGREDIENTS

- 300g sliced meat (beef, chicken, lamb)
- 2 cups chopped vegetables (carrots, cabbage, tomatoes, potatoes, sweet potatoes, etc.)
- Fresh ginger, 2 onions, 2 garlic cloves
- Peppers (red/cayenne/habanero, to taste)
- 1 tbsp (peanut) oil
- 250ml unsweetened peanut butter
- 2 tbsp tomato paste

PREPARATION

1. Heat oil in a pan. Season and brown meat. Transfer to a large pot.
2. Add ginger, garlic, and onions. Sauté for 5 mins, stirring regularly.
3. Add tomato paste, water, peppers, and peanut butter. Bring to boil, cover, then simmer, 30 mins on low heat.
4. Add vegetables, cook for 15 more mins more, stirring occasionally. Season to taste and serve.

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KHINKALI

Georgia

This Georgian dumpling is served at traditional supras (feasts) and eaten by hand.

QUANTITY

Serves 10 khinkalis

TOTAL TIME

45 mins



INGREDIENTS

- Dough: 250g flour, 100ml water, pinch salt
- Filling: 200g ground meat, 1 med. onion (chopped), 1 garlic clove (minced), caraway seeds (chopped), red pepper & black pepper (to taste), small bunch parsley (chopped)

PREPARATION

1. Make the Dough: Combine flour, water, and salt. Knead until elastic, then let rest for 15 mins.
2. Prepare the Filling: Mix ground meat, chopped onion, garlic, caraway seeds, and spices. Add a little water for moisture. (Optional fillings: grated cheese, mushrooms, mashed potato, or puréed spinach).
3. Assemble and Cook: Roll out dough, cut circles, fill, and pinch closed. Boil khinkali in salted water for 5-6 mins. Drain, serve hot with black pepper.



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BORSHCH

Ukraine

This iconic Ukrainian soup boasts regional variations and gets even tastier with time.

QUANTITY

Serves 16

TOTAL TIME

105 mins



INGREDIENTS

- 800g pork/veal (preferably on-the-bone)
- 4-5 med. potatoes, 3-4 med. carrots, 3-4 apple sized beetroot, small cabbage, 1 onion, 3 cloves garlic
- Seasonings: Salt, pepper, sugar, vinegar
- Fresh Herbs: Parsley and dill
- Other: Dry laurel (bay leaf), tomato paste, and smetana (sour cream)

PREPARATION

1. Boil meat (cut into pieces) with salt in a large (5l) pot of water.
2. Simmer with whole onion and sliced carrots (10 mins).
3. Add potatoes (60 mins), cabbage (10 mins), then beets (5 mins).
4. Season with tomato paste, vinegar, sugar, garlic, bay leaves, pepper, and herbs. Simmer for a few mins and turn off heat.
5. Let it rest for an hour before eating, serve it with 1 tbsp sour cream and dark bread (rye).



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ĆEVAPI (GRILLED MEAT SAUSAGES)

Western Balkans

Smokey charcoal adds depth, but a grill pan works too for this Balkan favorite.



QUANTITY

Serves 4

TOTAL TIME

60 mins

INGREDIENTS

- 600g ground beef, 300g minced lamb (or pork)
- 3 cloves minced garlic
- 1 tsp salt, black pepper

PREPARATION

1. To marinate, combine meat and salt in a bowl, knead 5 mins. Cover, chill overnight.
2. To flavour, add garlic and pepper.
3. Roll into thin sausages.
4. Preheat grill/pan and cook sausages until browned.
5. Serve hot with flatbread, onions, and toppings (ajvar, kajmak).

PRIJATNO!



AJVAR

Southeastern Europe

The sweet and spicy ajvar spread of roasted eggplant and peppers hails from Southeast Europe.

QUANTITY

Serves 8-10

TOTAL TIME

120 mins



INGREDIENTS

- 5 (900g) red bell peppers
- 1 medium (340g) eggplant
- 5 tsp minced garlic
- 60ml olive or sunflower **#EUdiplomacy**
- 1 tbsp white vinegar
- Salt & black pepper (to taste)

PREPARATION

1. Grill peppers until blackened, steam & peel.
2. Grill eggplant until soft, scoop flesh.
3. Combine peppers, eggplant, garlic in food processor. Pulse until chopped.
4. Blend with oil, vinegar, salt.
5. Simmer for 30 mins, adjust seasonings.
6. Cool, serve or store (up to 2 weeks).



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LAMB/BEEF PLUM TAJINE

Morocco

This tajine recipe served with plums is a firm family favourite in Morocco.

QUANTITY

Serves 4-6

TOTAL TIME

60 mins

INGREDIENTS

- 1 kg thick-cut beef or lamb
- 1 chopped onion, 1 garlic clove
- 500g mixed plums & apricots
- 2 cinnamon sticks, 1 tsp each ginger, turmeric, ras el hanout (saffron threads optional)
- 5 tbsp sugar/honey
- Fresh parsley, coriander
- 100g roasted almonds, 2 tbsp sesame seeds
- 20g butter
- Salt, pepper

PREPARATION

1. Sauté onion & garlic in olive oil, then add meat & spices. Cook over medium-high heat until onions caramelize. Add water, simmer with parsley, coriander, until meat is cooked through (about 35 mins).
2. While meat simmers, simmer plums in port, water, sweetener, butter, cinnamon, and salt until they become syrupy (15-20 mins).
3. Arrange meat with sauce on a serving dish. Add plums/apricots, then combine meat and plum sauces for a delicious topping. Finally, garnish with almonds and sprinkle sesame seeds on the plums.





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FAHSA

Yemen

Yemen's beloved beef, veggie and spice stew is eaten with bread.

QUANTITY

Serves 2

TOTAL TIME

60 mins

INGREDIENTS

- 500g beef with bones
- Bell pepper, onion & 2 cloves garlic
- Cumin, paprika, black pepper, salt

PREPARATION

1. Heat 1 tbsp oil in a pressure cooker. Sauté chopped onions for 1 min. Add beef/lamb, spices (1 tsp cumin, ½ tsp black pepper, 1 tsp salt), and 1.5l water. Cook for 40 mins. Shred cooked meat, removing bones.
2. Heat 1 tbsp oil in a pan. Sauté chopped sweet pepper and mashed garlic for under 1 min. Add ½ tsp cumin and 1 tsp paprika.
3. Combine shredded meat, vegetable mixture, and some reserved broth in the pan. Simmer until boiling.
4. Soak 2 tsp fenugreek powder in 1 cup water for 5 mins. Drain and blend into a cream. Stir cream into the stew.

Tip: Sauté times are estimates – adjust based on your stovetop heat.



شهية طيبة



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MATE

Argentina

Whether enjoyed solo or shared with family and friends, this herbal tea is more than just a drink in Argentina. It's a beloved social ritual.

QUANTITY

Suitable for individuals or groups.



TOTAL TIME

5 minutes preparation, hours of enjoyment.

INGREDIENTS

- Mate gourd, bombilla (metal or cane straw)
- Yerba mate (various brands, optional blends)
- Hot water (70-80°C)
- Optional: Sugar, herbs (mint, chamomile), citrus peels

PREPARATION

1. Heat (not boil) water
2. Fill gourd halfway with yerba mate, shake, and tilt to create a slope.
3. Fill by slowly adding heated water to the side with least yerba.
4. Insert bombilla (add sugar/herbs if desired).
5. Sip all the mate before passing in a circle. Enjoy!

Tip: Ensure the bombilla remains undisturbed throughout.

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COLOMBIAN BANANA CAKE WITH COFFEE SAUCE

Colombia

Enjoy this versatile banana cake recipe from Colombia, one of the world's leading banana and coffee producers.

QUANTITY

Serves 8-10

TOTAL TIME

55 mins



CAKE

1. Preheat oven to 180°, grease a mould.
2. Mash 4 ripe bananas, mix with 2 eggs, 2 tbsp milk, 50g melted butter, 1 tsp vanilla essence.
3. Sift in 120g flour, 1 tsp baking powder, 1 tsp cinnamon, pinch of salt. Mix.
4. Fold in 30g cacao nibs.
5. Pour into mould, bake 45-50 mins, leave to cool.

SAUCE

1. Brew 10cl Colombian coffee (10g coffee in 10cl water).
2. Heat butter (1 tbsp) and sugar (20g) in a pan. Add coffee, 1g agar agar, cook 5 mins. Let cool.

Recipe created by Chef Catalina Acosta.

Special thanks to the Colombian Embassy in Brussels.

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UZBEK PILAF

Uzbekistan

Uzbeks cook this traditional aromatic beef/lamb & rice dish in a cast-iron kazan over an open flame.

QUANTITY

Serves 6-7

TOTAL TIME

90 mins



INGREDIENTS

- 1 kg lamb, beef, or combo (cut into large chunks)
- 1 kg dev-zira rice
- 1 kg mixed carrots, 2-3 onions
- 100g rendered fat, 150ml vegetable oil
- Garlic, cumin seeds, salt
- Chilies, chickpeas, raisins (optional)

PREPARATION

1. Chop meat, fat, vegetables, and spices.
2. Render fat and then add vegetable oil. Brown meat, fry onions, then add carrot.
3. Add water. Once it boils, put spices, garlic, chilies, and chickpeas. Simmer, 40-60 mins for tasty Zirvak base.
4. Soak, rinse, and layer rice on top of Zirvak. Adjust water and salt.
5. Steam covered pot, 20-25 mins.
6. Rest, remove garlic, fluff rice gently.



BESH BARMAK

Kazakhstan

Shared at celebrations, the traditional Central Asian dish Beshbarmak ("five fingers") symbolises unity and hospitality.

QUANTITY

Serves 6

TOTAL TIME

90-120 mins

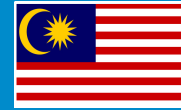


INGREDIENTS

- 1.5 kg traditional lamb or beef on the bone
- 250g meat sausages
- Simple dough made with 600g flour, 2 eggs, and water
- Potatoes, carrots (optional), onion
- Salt, pepper to taste

PREPARATION

1. Boil meat with seasoned broth until cooked through (90 mins)
2. Boil potatoes and carrots alongside the meat to cook for 20 mins at the end.
3. Roll dough into squares and boil separately until cooked.
4. Sauté onions in reserved broth until caramelised, then season the sauce.
5. To assemble, layer cooked dough squares on a platter, top with meat, vegetables, and onion sauce. Serve broth on the side.



STEAMED BANANA DATES WITH COCONUT CUSTARD

Malaysia

Enjoy this healthy banana-coconut delight (low-fat, low-cal, gluten-free) warm, chilled, or at room temperature.



QUANTITY

Serves 4-6

TOTAL TIME

30 mins

INGREDIENTS

- 200 ml coconut milk
- 75g brown sugar (or to taste)
- Pinch of salt
- 5 ripe bananas
- 4 pitted, chopped dates, 1-2 pandan leaves, raisins and cashews (optional)

PREPARATION

1. Pour coconut milk into a bowl with 3 tbsp water, mix with pinch of salt.
2. Halve bananas, place in a casserole dish. Add coconut milk, dates, and brown sugar. Cover.
3. Steam for 15-20 mins.
4. Serve with garnish of raisins and cashews (optional).



PHO BO

Vietnam

Ever-popular in Vietnam, Pho is consumed for breakfast, lunch, or even late-night cravings.

QUANTITY

Serves 4

TOTAL TIME

30 mins

INGREDIENTS

- For stock: 1 kg chopped beef bones, 4 cloves of garlic, 30g sliced root ginger, 2 peeled/halved shallots, 3 cm cinnamon piece, 3 star anise, 4 tbsp fish sauce.
- Serve with 300g sliced beef rump steak, 400g rice noodles.
- Top with 2 spring onions, sliced, 2 small red chilies, 2 limes, sweet basil, coriander, beansprouts.

PREPARATION

1. Peel and quarter onion, slice ginger lengthwise. Fry/air fry on high until charred. Rinse and combine with cinnamon, star anise, and cloves. Toast spices over medium-low heat for 2 mins.
2. Add toasted spices and chopped beef to a pot. Bring to a boil, reduce heat and simmer 30 mins. Strain broth and return to low heat.
3. Cook noodles according to package directions. Slice refrigerated beef thinly (3mm).
4. Place noodles in bowls, top with sliced beef. Pour hot broth over bowls to cook thin beef slices.
5. Serve with (optional) sliced scallions, chilies, lime wedges, bean sprouts, and fresh herbs.





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FINNBIF - REINDEER STEW

This tasty stew is usually made with a little sweet brown goat cheese and served with lingonberry jam and mashed potatoes.

QUANTITY

Serves 4

TOTAL TIME

75–90 mins



© FinnbiFF - Reindeer stew Sara Johannessen / Matprat.no

INGREDIENTS

- 400 g shredded reindeer meat
- 2 tbsp butter for frying
- 250 g fresh mushrooms
- 150 g bacon
- 100 ml water
- 300 ml sour cream
- 100 ml milk
- 3 slices of ekte geitost (a type of sweet brown goat cheese)
- 5 crushed juniper berries
- 1/2tsp dried thyme

PREPARATION

1. Remove the shredded reindeer meat from the freezer and leave it to thaw for a few minutes on the counter. It is best to fry the meat when it's still half-frozen.
2. Slice the mushrooms into wedges and the bacon into small cubes. Fry both in a pan with a little butter until brown. Remove the mushrooms and bacon and place them in a pot.
3. Reheat the frying pan and add a little more butter. Fry the meat at high heat in several batches until it starts to turn brown. Add the meat to the pot as you go along.
4. Add water to the pot, bring to the boil and lower the heat. Leave to simmer for 10 minutes.
5. Add the sour cream, milk, sweet brown goat cheese, crushed juniper, and thyme, and leave the mixture to simmer for 5 minutes. Season with salt and pepper to taste.
6. Garnish with a little fresh thyme and serve with mashed or boiled potatoes and stirred lingonberries.



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RÖSTI – SWISS POTATO CAKE

Switzerland

A crispy potato side that can be enjoyed with any meal.

QUANTITY

Serves 4

TOTAL TIME

45 mins



INGREDIENTS

- 450 g potatoes (waxy)
- 4 tbsp butter
- Salt and pepper to taste

PREPARATION

1. Peel and grate the potatoes.
2. Add the grated potatoes to a bowl lined with a clean kitchen towel, squeeze the excess moisture out of the potatoes.
3. Add your spices.
4. Melt the butter in a frying pan and add one tablespoon of the melted butter to the potatoes; combine well.
5. Shape the potatoes into four röstis – about 1,5 cm thick.

EN GUËTE!

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