

Monday – Soviet Bloc

Borscht or Chak-chak domashniy (buy from Russian food website)
http://russianfooddirect.com/store/32/food/bakery/baking-cookies/chak-chak-domashniy_item4393.html

Tuesday – Africa/India

Plaintain – Nigeria,
India – chutney, **chapati**

Indian Chapati Bread



Rated: ★★★★★

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Prep Time: 15 Minutes

Cook Time: 15 Minutes

Ready In: 30 Minutes

Servings: 10

"A simple but delicious recipe for Indian flatbread. Serve with Indian curry, main dishes, or even use to make sandwich wraps. Enjoy!"

INGREDIENTS:

1 cup whole wheat flour	2 tablespoons olive oil
1 cup all-purpose flour	3/4 cup hot water or as needed
1 teaspoon salt	

DIRECTIONS:

1. In a large bowl, stir together the whole wheat flour, all-purpose flour and salt. Use a wooden spoon to stir in the olive oil and enough water to make a soft dough that is elastic but not sticky. Knead the dough on a lightly floured surface until it is smooth. Divide into 10 parts, or less if you want bigger breads. Roll each piece into a ball. Let rest for a few minutes.
2. Heat a skillet over medium heat until hot, and grease lightly. On a lightly floured surface, use a floured rolling pin to roll out the balls of dough until very thin like a tortilla. When the pan starts smoking, put a chapati on it. Cook until the underside has brown spots, about 30 seconds, then flip and cook on the other side. Continue with remaining dough.

Wednesday – Middle East

Hummus with pita

Hummus is one of the more popular Middle Eastern dips. Served with fresh or toasted [pita bread](#), hummus makes for a great snack or appetizer. [Tahini](#) is an important part of the

hummus recipe and cannot be substituted. However, it can be omitted.

Prep Time: 10 minutes

Total Time: 10 minutes

Ingredients:

- 1 16 oz can of chickpeas or garbanzo beans
- 1/4 cup liquid from can of chickpeas
- 3-5 tablespoons lemon juice (depending on taste)
- 1 1/2 tablespoons tahini
- 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 2 tablespoons olive oil

Preparation:

Drain chickpeas and set aside liquid from can. Combine remaining ingredients in blender or food processor. Add 1/4 cup of liquid from chickpeas. Blend for 3-5 minutes on low until thoroughly mixed and smooth.

Place in serving bowl, and create a shallow well in the center of the hummus.

Add a small amount (1-2 tablespoons) of olive oil in the well. Garnish with parsley (optional).

Serve immediately with fresh, warm or toasted pita bread, or cover and refrigerate.

Variations

For a spicier hummus, add a sliced red chile or a dash of cayenne pepper.

Storing Hummus

Hummus can be refrigerated for up to 3 days and can be kept in the freezer for up to one month. Add a little olive oil if it appears to be too dry.

Thursday – Central Europe (England, Italy, France, Germany, Spain, etc)

Italy – fruit salad

Ingredients:

2 bananas
2 yellow peaches
1 pear
1 apple
1/4 cantaloupe
10 grapes
1 kiwi
1 Tbsp. lemon juice
1 Tbsp. sugar (optional)

Instructions:

1. In a large bowl cut all the fruit into small pieces and mix well with the lemon
2. If your fruit is good and sweet the fruit salad is ready. If not, add the sugar and mix in.
3. It's best if refrigerated before serving.

Notes:

The fruit is more or less a guideline. Add more or less of each fruit according to your own tastes, or add other fruits like berries or prunes.

Friday – Northern Europe (Finland, Sweden, Iceland, Greenland, etc)

Norwegian Hot Apple Dessert

Total Time: 25 Minutes Makes 4 servings

INGREDIENTS

Juice of 1 lemon
3 large Golden Delicious apples
1/2 cup water
1/2 cup sugar
1 teaspoon cinnamon

1/2 cup raisins

4 tablespoons (1/2 stick) butter or margarine

Basic Vanilla Sauce, for serving (see following recipe)

Other necessary recipes: Basic Vanilla Sauce

DIRECTIONS

Place the lemon juice in a large bowl.

Peel, core, and slice the apples about 1/2-inch thick and place them in the bowl with the lemon juice. Toss well and set aside.

In a large skillet, combine the water, sugar, cinnamon, and raisins. Over high heat, stir this mixture constantly so that the sugar will caramelize without sticking to the pan. This will take approximately 5 to 7 minutes. The mixture will thicken and be caramel in color.

Whisk in the butter and add the apple slices, stirring gently but constantly. The apples will give off some juice and cause the liquid to thin out. After about 6 minutes, the juice will evaporate and the sauce will thicken again.

On a dessert plate, place a portion of Basic Vanilla Sauce and arrange a quarter of the apple slices in a fanned-out wheel on top of the sauce. Drizzle a little of the caramel over the apples and top with some of the raisins. Serve warm.