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# STIR-FRY WITH HOMEMADE NOODLES

## INGREDIENTS

### Noodle Dough (per serving):

- ½ cup + 2 tablespoons all-purpose flour
- ½ teaspoon salt
- 1 teaspoon olive oil
- 1 egg

### Topping (for 6 servings, optional):

- 1 (15 oz) bottle of soy sauce
- 1 (17 oz) bottle of Sriracha

### Stir-Fry (for 6 servings):

- ½ tablespoon vegetable oil
- ½ head of broccoli
- ½ red bell pepper
- ½ (10 oz) bag frozen shelled edamame
- ½ (8 oz) container whole white mushrooms
- ½ (15 oz) can baby corn, drained

### Stir-Fry Sauce (for 6 servings):

- 3 tablespoons soy sauce
- ½ teaspoon granulated sugar
- ½ teaspoon vegetable oil
- ½ teaspoon garlic powder
- ½ tablespoon rice vinegar

## DIRECTIONS

- **Dough:** In a small bowl, mix flour and salt with a fork. Make a well in the center. Crack the egg into a separate bowl, check for shells, then pour into the well. Add olive oil.
- Scramble the egg, then gradually mix in the flour until a lumpy, sticky dough forms.
- Turn the dough out onto a cutting board. Knead for about 10 minutes until soft and springy, dusting with flour as needed to prevent sticking.
- Place the dough in a sealed bag or covered bowl to rest for about 30 minutes.
- **Stir-fry:** Dice all your veggies and add together in a bowl.
- **Roll dough:** Roll out the dough on a floured surface into a large, thin rectangle. Use a knife to cut into thin noodle strips.
- **Boil:** Boil the pasta for 3–4 minutes. Drain, drizzle with olive oil, and toss to prevent sticking.
- **Stir-fry:** In a large skillet, heat oil over medium-high. Add veggies and stir fry until fork-tender, about 5 minutes.
- **Stir-fry sauce:** Add all sauce ingredients to the skillet and scrape up browned bits.
- **Assemble:** Toss the cooked noodles into the skillet and combine.
- Enjoy!



# MEXICAN CINNAMON CHOCOLATE LAYER CAKE

## INGREDIENTS

### Chocolate Cake Batter (per serving, 2 cupcakes):

3 tablespoons applesauce  
1 egg  
2 tablespoons whole milk  
½ cup all-purpose flour  
2 tablespoons granulated sugar  
2 tablespoons cocoa powder  
½ teaspoon baking powder  
3 tablespoons semi-sweet chocolate chips  
1 pinch of salt

### Frosting & Filling (for 6 servings, 12 cupcakes):

1 ½ sticks unsalted butter, softened  
3 cups powdered sugar  
1 teaspoon vanilla extract  
2 - 3 tablespoons whole milk  
½ tablespoon cinnamon  
1 pinch of salt

Non-stick cooking spray



## DIRECTIONS

- **Batter:** In a small bowl, crack an egg (check for shells), then mix in the applesauce and milk until combined.
- In a second bowl, stir together the flour, sugar, cocoa powder, baking powder, and salt.
- Add the wet ingredients to the dry and mix until a batter forms. Fold in chocolate chips.
- **Bake:** Spray the wells of a preheated cupcake machine with non-stick spray. Divide the batter into 12 and bake according to machine instructions or until a toothpick in the center comes out clean.
- Let cupcakes cool completely.
- **Frosting & filling:** In a large bowl, beat the butter until smooth. Add salt and vanilla and beat again. Add powdered sugar and 2 tbsp milk, then beat until fluffy and smooth, starting on low speed and increasing to high. Scrape the bowl as needed. Adjust texture by adding more milk (if too thick) or powdered sugar (if too thin). Beat in cinnamon.
- **Assemble:** Once cupcakes are cool, stack two cupcakes to create a mini layer cake. Spread frosting between layers and around the outside.
- Enjoy!



# GREEK FLATBREADS WITH TZATZIKI

## INGREDIENTS

### Naan Dough (per serving, 1 flatbread):

- ¼ cup all-purpose flour
- ½ tablespoon baking powder
- ⅛ teaspoon salt
- ¼ cup plain whole-milk Greek yogurt

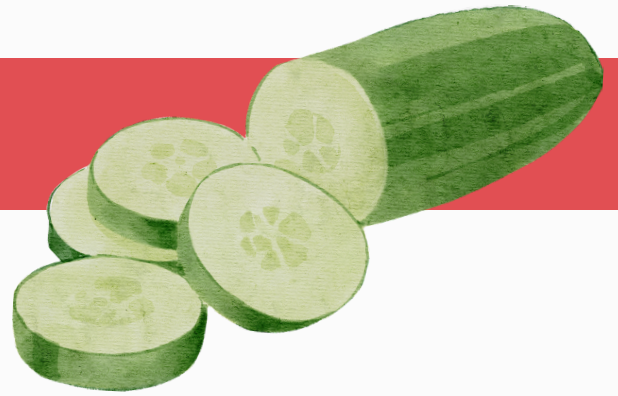
### Garlic Butter (for 6 servings, 6 flatbreads):

- 1 stick unsalted butter, melted
- 1 clove of garlic, minced
- 1 teaspoon Italian seasoning

### Tzatziki Sauce (per serving, 1 flatbread):

- 2 tablespoons plain whole-milk Greek yogurt
- 1, 2 inch long piece of English cucumber
- 1 sprig fresh dill
- 1 lemon wedge (⅓ of a lemon)
- 1 teaspoon olive oil
- 1 pinch of salt
- 1 pinch of pepper

Non-stick cooking spray



## DIRECTIONS

- **Dough:** In a small bowl, have your child combine the dough ingredients. Stir until a dough ball forms. It may seem dry at first, just keep mixing until it comes together.
- Move the dough to a lightly floured cutting board and knead for 1–2 minutes. Shape into a ball and set aside to rest for 10–15 minutes.
- **Garlic butter:** Finely mince the garlic and add to a small sauce pan with butter and Italian seasoning.
- Start to melt slowly on low heat.
- **Tzatziki:** Finely chop the cucumber and dill, add them to a small bowl.
- Add Greek yogurt, a squeeze of lemon, a drizzle of olive oil, a pinch of salt, and a dash of pepper to the bowl of cucumber and dill. Stir well and set aside.
- **Naan:** Once the dough has rested, roll it out into a thin oval (roughly the size of a paper plate). Dust the surface with flour as needed. The shape doesn't have to be perfect, but it should be thin enough to cook evenly.
- **Cook:** Heat an electric griddle to medium–high and spray with nonstick cooking spray. Cook the flatbread for 2–3 minutes per side, until golden brown.
- Brush the warm flatbreads with the garlic butter using a pastry brush.
- Serve with the tzatziki sauce on the side.
- Enjoy!





# SPAGHETTI WITH ZUCCHINI MEATBALLS



## INGREDIENTS

### Pasta Dough (per serving):

- ½ cup + 2 tablespoons all-purpose flour
- ½ teaspoon salt
- 1 teaspoon olive oil
- 1 egg

### Topping (for 6 servings):

- 1 jar of marinara sauce

### Zucchini Meatballs (for 6 servings):

- 1 ½ cloves of garlic, minced
- 2 large zucchini
- ½ teaspoon salt
- 2 tablespoons fresh basil, chopped
- 1 cup seasoned Italian breadcrumbs
- ¼ cup parmesan cheese
- 1 egg

Cheesecloth

Non-stick cooking spray

## DIRECTIONS

- **Dough:** In a small bowl, mix the flour and salt with a fork. Make a well in the center.
- Crack the egg into a separate bowl, check for shells, then pour into the well. Add olive oil.
- Scramble the egg with a fork, gradually incorporating the flour until a lumpy dough forms.
- Turn out onto a floured surface. Knead gently for about 10 minutes until soft and springy. Let rest in a sealed bag or covered bowl for about 30 minutes.
- **Meatballs:** Grate zucchini and squeeze out as much moisture as possible using cheesecloth or a paper towel.
- In a large bowl, mix the zucchini with an egg, garlic, basil, breadcrumbs, and parmesan. The mixture should feel like moist dough (if too sticky, add breadcrumbs; if too dry, add an extra egg).
- Scoop and gently roll into meatballs (about 3 tbsp each).
- **Roll dough:** Roll out pasta dough on a floured board into a large thin rectangle. Cut into long thin strips for spaghetti. Keep strips spaced apart to avoid sticking.
- **Cook meatballs:** Preheat a greased cupcake maker and cook meatballs for about 20 minutes, rotating every 5 mins.
- **Topping:** Warm marinara sauce in a saucepan.
- **Boil:** Boil pasta for 3–4 minutes until tender. Drain and toss with sauce.
- Serve pasta warm with meatballs on top.
- Enjoy!



# FRIED DOUGH

## INGREDIENTS

### Dough (per serving, 1 dough):

- ½ cup all-purpose flour
- 1 teaspoon baking powder
- ⅛ teaspoon salt
- ½ tablespoon whole milk
- ¼ cup plain whole milk Greek yogurt
- 1 stick of butter (for cooking)

### Filling (per serving, 1 dough):

- 2 tablespoons mini semi-sweet chocolate chips

### Sweet Whipped Ricotta Cream (for 6 servings, 6 doughs):

- ½ (15 oz) container whole milk ricotta cheese
- ½ cup (¼ pint) heavy whipping cream
- ¾ cup powdered sugar
- 1 teaspoon vanilla extract
- ½ tablespoon lemon zest

### Topping (per serving, optional):

- Dusting of powdered sugar



## DIRECTIONS

- **Dough:** In a small bowl, mix all of the dough ingredients with a spoon until it starts to come together (it may seem dry at first, keep mixing).
- Transfer the dough to a lightly floured surface and knead for 1–2 minutes. Shape into a ball and let rest for 10–15 minutes.
- **Whipped ricotta cream:** Place ricotta in a large bowl lined with paper towels. Gently press out excess moisture, then discard paper towels. Add cream, powdered sugar, and vanilla. Mix on low with an electric mixer until creamy (about 1 minute), then whip on high until fluffy (2–3 minutes). Fold in lemon zest.
- **Dough:** After the dough has rested, roll it into a round shape, about the size of a coaster.
- Place 2 tbsp mini chocolate chips in the center. Pinch and crimp the dough to seal, forming a ball with the filling inside. Gently flatten and roll again into a rough oval, about the length of a paper plate.
- **Cook:** Heat a griddle or skillet over medium-high heat. Grease lightly with butter. Cook dough for 1–2 minutes per side until golden brown.
- Dust with powdered sugar if desired. Serve warm with sweet ricotta cream for dipping.
- Enjoy!



# SAVORY DUMPLINGS

## INGREDIENTS

### Dumpling Dough (for 6 servings):

3 ½ cups all-purpose flour

1 ⅞ cups water, hot



### Filling (for 6 servings):

¼ large red cabbage, chopped

¼ cup carrot, shredded

1 ½ green onions, chopped

5 button mushrooms, chopped

1 (8 oz) package vermicelli noodles, chopped

1 tablespoon soy sauce

2 tablespoons cilantro, chopped

1 ¼ tablespoon olive oil

## DIRECTIONS

- **Dough:** Add 3 ½ cups flour to a large bowl and slowly pour in hot water while stirring until a shaggy dough forms. Let sit 2–5 minutes to cool.
- Knead dough into a ball inside of the bowl until it all comes together, then divide into 6 equal chunks.
- On a lightly floured surface, knead each chunk 5–10 minutes until tacky but not sticky. Shape into balls, place in ziplock bags, and rest 30 minutes.
- **Filling:** While dough rests, finely shred cabbage, add it to a bowl, sprinkle with salt, and massage. Let sit 20 minutes, then squeeze out all excess water and drain.
- Soak your noodles in cold water for 10 minutes, or until soft. Drain the noodles and chop them into small segments.
- Meanwhile, chop green onions, cilantro, mushrooms, and shred carrot.
- Sauté mushrooms, carrots, and white parts of green onion in olive oil and soy sauce for 2–3 minutes.
- Mix cabbage, sautéed veggies, remaining green onion, cilantro, and noodles for filling.
- **Assemble:** Divide each dough chunk into 4, form into balls, flatten, and roll into thin circles.
- Add 1 tbsp filling, wet the edge, fold into a half-moon, and press with a fork to seal.
- **Boil:** Boil dumplings for 7–8 minutes until they float, stirring gently.
- Enjoy!



# DORAYAKI

## INGREDIENTS

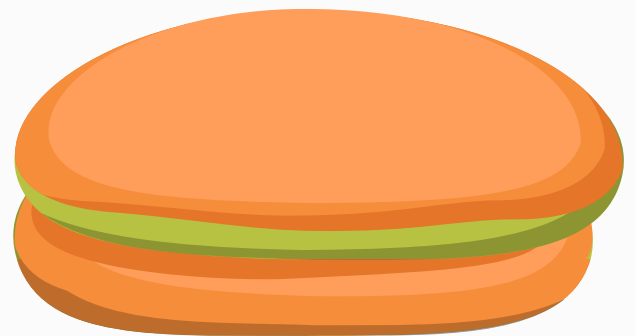
### Dorayaki Batter (for 6 servings):

4 eggs  
½ cup + 3 tablespoons granulated sugar  
2 tablespoons honey  
1 ⅓ cups all-purpose flour  
1 teaspoon baking powder  
1 - 2 tablespoons water

### Matcha Cream Filling (for 6 servings):

1 cup (½ pint) heavy whipping cream  
⅓ cup powdered sugar  
2 teaspoons matcha (green tea powder)

Non-stick cooking spray



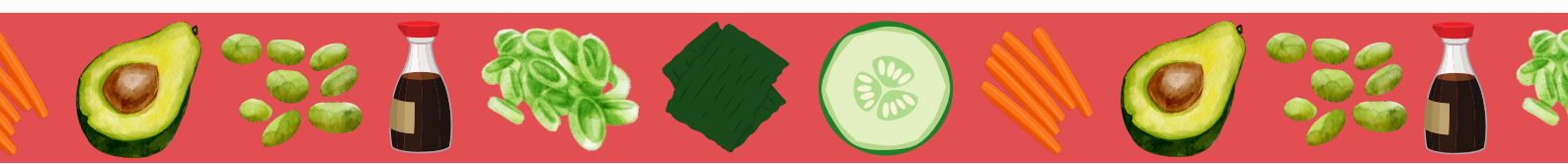
## DIRECTIONS

- **Batter:** In a large bowl, whisk together the eggs, sugar, and honey until light and fluffy. Add the flour and baking powder and mix until combined. Cover and let the batter rest in the fridge for 15 minutes.
- **Filling:** In another large bowl, combine the whipping cream, powdered sugar, and matcha powder. Beat with an electric mixer, starting on low and increasing to high, until stiff peaks form. Set aside in the refrigerator until ready to use.
- **Batter:** After the batter has rested, stir in half of the water. Check the consistency, it should look like pancake batter. Add more water as needed to get it just right.
- **Cook:** Heat a griddle or nonstick skillet over medium-low heat. Lightly spray with nonstick spray. Pour about 2 tablespoons of batter per pancake (roughly a 3-inch circle). Cook until bubbles form on the surface, then flip and cook until golden. Transfer finished pancakes to a plate and cover with a damp towel to keep them soft. Repeat until all the batter is used, lightly greasing between batches.
- **Assemble:** Sandwich two pancakes together with a generous scoop of matcha cream in the middle. Pile a little extra filling in the center so the Dorayaki has a nice domed shape.
- Enjoy!





# VEGETARIAN SUSHI BOWL



## INGREDIENTS

### Rice (for 6 servings, 6 bowls):

- 2 cups dry brown rice, rinsed
- 2 tablespoons rice vinegar
- 1 tablespoon granulated sugar
- ½ tablespoon salt

### Spicy Mayo (per serving, 1 bowl):

- 2 tablespoons mayonaisse
- ¼ teaspoon Sriracha

### Toppings (for 6 servings, optional):

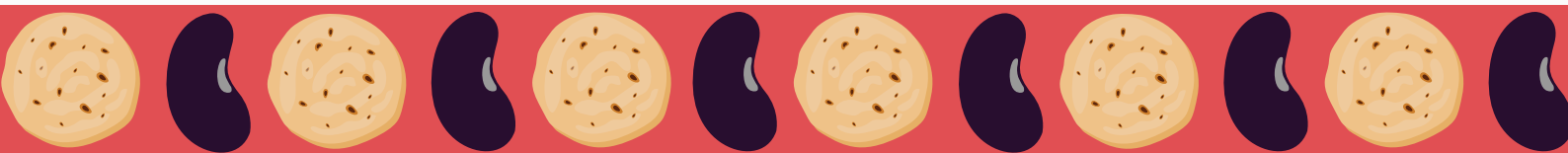
- 1 (15 oz) bottle of soy sauce
- ½ bag frozen shelled edamame
- 1 ½ English cucumbers
- 2 ripe avocados
- ½ bunch green onions
- ½ bag matchstick carrots
- ½ package Nori sheets

## DIRECTIONS

- **Rice:** Bring a large pot of water to a boil, then add rinsed rice. Boil for about 30 minutes, adding more water if needed. Taste a grain to check for doneness, then drain well. Cover the pot and let the rice steam off the heat for 10 minutes.
- While the rice is still warm, stir in rice vinegar, sugar, and salt. Mix well, set aside.
- **Mayo:** In a small bowl, stir together 2 tablespoons mayo and ¼ cup sriracha. Add a splash of water if you'd like it thinner. Mix until combined, set aside.
- **Toppings:** Dice cucumber, slice green onions thinly, peel and slice avocado, defrost edamame, and prep any other toppings you like.
- **Assemble:** Add rice to the bottom of a bowl, top with desired veggies, crumbled nori, a drizzle of spicy mayo, and a splash of soy sauce.
- Enjoy!



# BLACK BEAN TACOS WITH HOMEMADE TORTILLAS



## INGREDIENTS

### Tortilla Dough (per serving, 2 tacos):

- ⅓ cup all-purpose flour
- 1 ½ teaspoons olive oil
- 2 tablespoons water
- 1 pinch of salt

### Toppings (for 6 servings, 12 tacos):

- 1 bunch fresh cilantro
- 1 jar of mild salsa (remaining from filling)
- ½ (8 oz) bag shredded Mexican cheese
- 2 ripe avocados
- 1 lime

### Filling (for 6 servings, 12 tacos):

- 1 (15 oz) can black beans, drained & rinsed
- ½ large white onion
- 1 - 1 ½ tablespoons olive oil
- ½ tablespoon mild taco seasoning
- 1 clove of garlic
- ¼ cup mild salsa
- ¼ teaspoon salt

Non-stick cooking spray

## DIRECTIONS

- **Dough:** In a small bowl, combine all of the dough ingredients and mix until a shaggy dough forms.
- Turn the dough onto a lightly floured surface. Gently bring it together into a ball, then knead for 2–3 minutes until smooth, adding a little more flour if sticky. Let rest uncovered for 10–15 minutes.
- **Filling:** Dice the onion and mince a clove of garlic. Heat 1–1 ½ tbsp olive oil in a pan over medium heat. Add onion and salt; sauté 5–8 minutes until softened and lightly caramelized. Add garlic, cook 30 seconds, then stir in black beans and taco seasoning. Sauté 5 minutes until heated through. Stir in about ¼ cup salsa and set aside, covered.
- **Roll dough:** Divide the dough in half. Roll each piece into a thin circle on a floured surface.
- **Cook:** Heat a griddle or large skillet over medium. Lightly grease it and cook tortillas 2 minutes per side, until golden and cooked through.
- **Topping:** In a small bowl, mash avocado with a squeeze of lime and a pinch of salt to make guacamole.
- **Assemble:** Fill warm tortillas with black bean filling, guacamole, and any extra toppings you desire (cheese, salsa, cilantro).
- Enjoy!



# APPLE CRUMBLE

## INGREDIENTS

### Apple Filling (for 6 servings, 6 crumbles):

- 3 cups chopped apples (3 large apples)
- 6 tablespoons unsalted butter
- 3 tablespoons light brown sugar
- 1 ½ teaspoons cinnamon



### Crumble Topping (for 6 servings, 6 crumbles):

- 6 tablespoons unsalted butter
- 6 tablespoons light brown sugar
- ¼ cup pure maple syrup
- ½ tablespoon vanilla extract
- 1 ½ teaspoons cinnamon
- 2 ¼ cups quick oats



## DIRECTIONS

- **Topping:** In a large skillet, combine all the topping ingredients except the oats. Cook over medium heat, stirring until melted and bubbly. Stir in the oats and cook, stirring often, until fragrant and lightly toasted, 4–5 minutes. Scrape into a bowl to cool. Set aside.
- **Filling:** While the topping cools, dice apples into small chunks (about the size of playing dice). Remove cores and seeds, and peel if you like.
- In the same skillet, melt butter with brown sugar and cinnamon over medium heat until bubbly.
- Add apples, reduce heat slightly, and sauté 2 minutes. Cover and cook, stirring occasionally, until apples are tender but still have a bit of bite, 3–5 more minutes.
- **Assemble:** Add the warm apple filling to bowls. Top with the oat crumble. Let cool a minute or two before serving.
- Enjoy!

