

A DELICIOUS  
JOURNEY AROUND  
THE WORLD

BY CHEF NALU

# SOUPS



## Light & Refreshing Soups

**Perfect as starters, for warmer days, or lighter dinners.**

- Cream of Spinach and Coconut Milk: Smooth and creamy spinach soup, bursting with flavor.
- Cream of Pumpkin and Coconut Milk (Inspired by Thai cuisine): Velvety pumpkin soup infused with coconut milk
- Cream of Pumpkin with Gorgonzola (Inspired by Italian cuisine): Smooth pumpkin soup enhanced with bold gorgonzola cheese.
- Chickpea Creamy Soup – Vegan Version (Inspired by Middle Eastern cuisine): Creamy, comforting chickpea soup with spices and a silky texture.
- Lemon-Ginger Chicken Soup: Clear chicken broth with shredded chicken, carrots, zucchini, and a touch of fresh ginger and lemon juice. (Inspired by Asian comfort food)
- Cauliflower-Coconut-Tahini Cream (Inspired by Middle Eastern cuisine): A rich and earthy cauliflower soup with tahini and coconut milk. Naturally vegan.
- Italian Fish Soup (Inspired by Italian cuisine): Light fish broth with Mediterranean herbs and delicate fish pieces.
- Brazilian Chicken Soup (Canja de Galinha) (Inspired by Brazilian cuisine): A traditional chicken soup with rice, potatoes, and vegetables.
- Tomato & Coconut Soup (Inspired by Indian/Fusion cuisine): A fragrant and slightly tangy tomato soup with coconut milk, ginger, and coriander.
- Zucchini, Lemon & Dill Soup (Inspired by Greek cuisine): A bright and refreshing soup with zucchini, lemon zest, and fresh dill.
- Green Pea & Mint Soup (Inspired by British cuisine): Vibrant, smooth, and refreshing — perfect hot or cold.
- Coconut-Lime Chicken Soup: A light Thai-style broth with coconut milk, lime, shredded chicken, and fresh herbs. (Inspired by Thai cuisine — lightened version of Tom Kha Gai)

## **Hearty & Comforting Soups** **Great as full meals, especially for colder days**

- Lentil Soup with Carrots and Bacon (Inspired by France): Hearty lentil soup with savory bacon and carrots.
- Chickpea Creamy Soup – with Sausage (Inspired by Middle Eastern cuisine): Creamy chickpea soup with spiced sausage for a rich, satisfying flavor.
- Catalan Soup (Inspired by Spanish cuisine): Traditional Catalan soup with a mix of vegetables and meats.
- Basque Soup (Inspired by Spanish cuisine): Rustic bean and vegetable soup from the Basque region.
- White Bean Soup (Inspired by Spanish cuisine): Rich and flavorful soup made with white beans and herbs.
- French Onion Soup (Inspired by French cuisine): Classic caramelized onion soup topped with melted cheese and croutons.
- Carbonade Flamande (Inspired by Belgian cuisine): A hearty Flemish beef stew made with dark beer and caramelized onions.
- Black Bean Soup with Bacon (Inspired by Brazilian cuisine): Thick and savory black bean soup with smoky bacon flavor.

## NEW DISHES

- Polish Potato Soup

Creamy potato soup inspired by traditional recipes from Poland.

- Hungarian Mushroom Soup

Creamy mushroom soup seasoned with paprika.

- Tuscan White Bean Soup

Rustic white bean soup inspired by the cuisine of Tuscany.

- French Chestnut Soup

Velvety soup made with roasted chestnuts.

- Apple Cheddar Soup

Creamy soup combining sweet apples and sharp cheddar.

- Carrot Miso Soup

Smooth carrot soup with umami-rich miso.

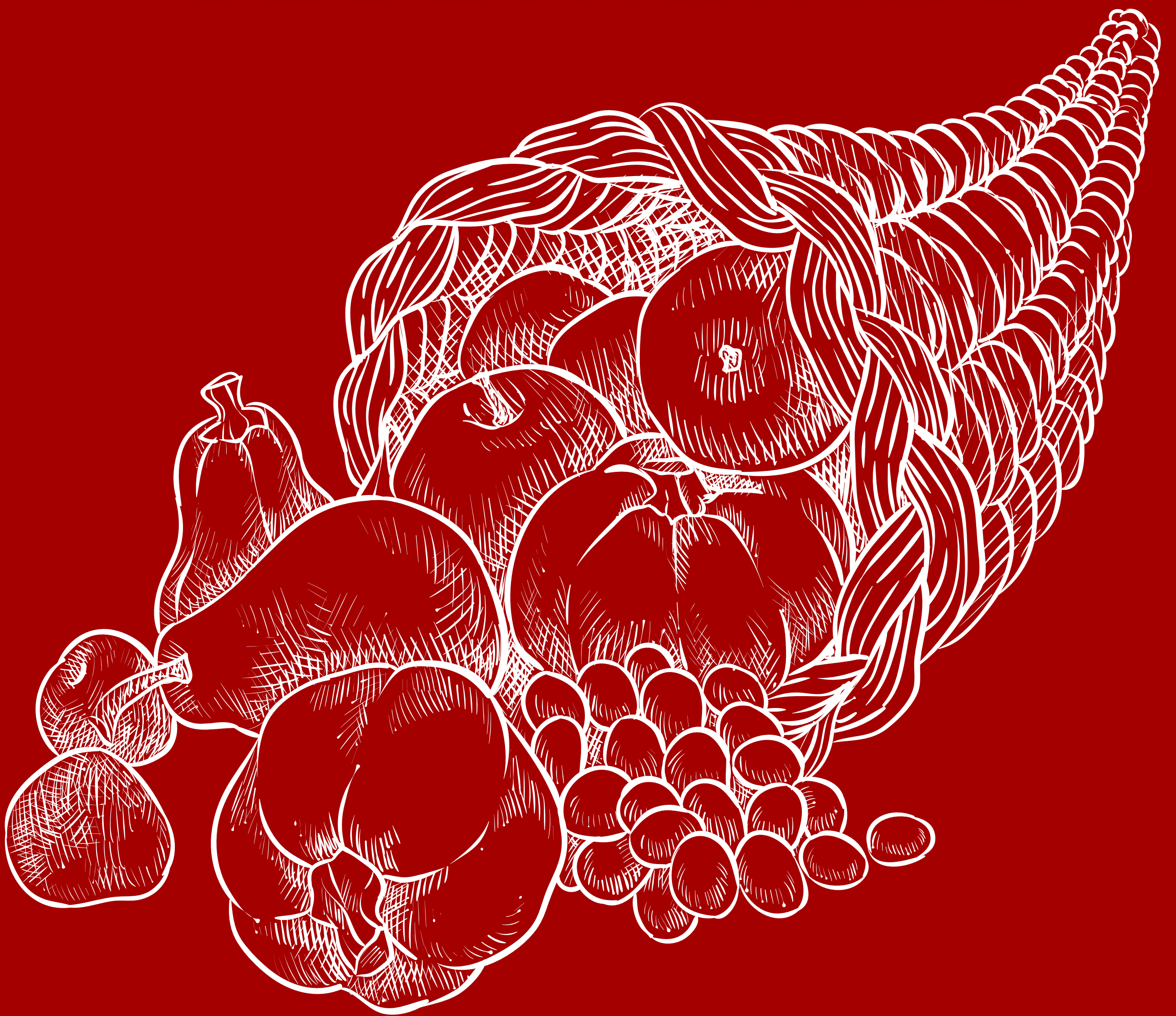
- Mushroom Soup

Rich and earthy soup made with wild mushrooms.

- Persian Lentil Soup

Aromatic lentil soup inspired by the cuisine of Iran.

# VEGETARIANS



## Light Vegetarian Dishes

- Chickpea Salad: Fresh and flavorful salad made with chickpeas, vegetables, and a zesty dressing. (🌱 vegan, 🌾 gluten-free)
- Lentil Salad: Nutritious salad made with lentils, vegetables, and herbs, tossed in a light dressing. (🌱 vegan, 🌾 gluten-free)
- Bean Salad: Hearty salad made with a mix of beans, vegetables, and herbs, tossed in a flavorful dressing. (🌱 vegan, 🌾 gluten-free)
- Grain Salad: Wholesome salad with a variety of grains, mixed with fresh vegetables and herbs. (🌱 vegan, 🌾 gluten-free)
- Spring Rolls: Light rolls filled with fresh vegetables, wrapped in rice paper. Served cold or lightly fried. (🌱 vegan, 🌾 gluten-free if rice paper used)
- Ratatouille: Classic French dish with stewed eggplant, zucchini, peppers, and tomato. (🌱 vegan, 🌾 gluten-free)
- Ratatouille with Coconut Sauce: A creamy twist on the classic with coconut milk and spices. (🌱 vegan, 🌾 gluten-free)
- Savory Pumpkin Crumble: Roasted pumpkin base topped with a spiced savory crumble. (🌱 vegan option available)
- Stuffed Vegetables (Vegetais Farci): Zucchini, peppers, or eggplant filled with herbed grains or legumes. (🌱 vegan option, 🌾 gluten-free if no breadcrumbs)
- Roasted Beet and Orange Salad with Walnuts: Colorful salad with earthy beets, sweet oranges, and crunchy nuts. (🌱 vegan, 🌾 gluten-free)
- Carrot and Coconut Salad: Grated carrots with coconut, lime, and a hint of ginger. (🌱 vegan, 🌾 gluten-free)
- Cold Green Pea Soup: Chilled soup of green peas, mint, and lemon — perfect for warmer days. (🌱 vegan, 🌾 gluten-free)
- Quinoa Salad: Nutritious salad with quinoa, fresh vegetables, and herbs. (Inspired by Andean cuisine)
- Moroccan Couscous: Flavorful Moroccan couscous salad with a mix of vegetables and spices. (Inspired by Moroccan cuisine)

## Hearty Vegetarian Dishes

- Vegetarian Lasagna: Layers of pasta, eggplant, and creamy cheese sauce, baked to perfection. (vegetarian)
- Tuscan Mushroom Lasagna: Lasagna with mushrooms, béchamel, and herbs, rich and satisfying. (vegetarian)
- Spanakopita: Greek flaky pastry filled with spinach and feta cheese. (vegetarian)
- Spinach-Feta Quiche: Egg-based tart with spinach, creamy cheese, and a buttery crust. (vegetarian)
- Leek Quiche: Savory tart with caramelized leeks and cheese. (contains bacon — not vegetarian unless adapted)
- Vegetable Empanada: Golden pastry pockets filled with a mix of sautéed vegetables. (🌱 vegan option, not gluten-free)
- Vegetarian Burritos: Flour or corn tortillas stuffed with beans, rice, and vegetables. (🌱 vegan option, 🌾 gluten-free if corn tortilla)
- Lentil Balls in Tomato Sauce: Oven-baked vegan lentil “meatballs” simmered in homemade tomato sauce. (🌱 vegan, 🌾 gluten-free if no breadcrumbs)
- Stuffed Eggplants with Curried Coconut Lentils: Roasted eggplants filled with spicy coconut curry lentils. (🌱 vegan, 🌾 gluten-free)
- Eggplant Meatballs: Tender, flavorful balls made with roasted eggplant and herbs. (🌱 vegan, 🌾 gluten-free if adjusted)
- Vegetarian Hamburgers: Homemade plant-based patties served with toppings of choice. (🌱 vegan, 🌾 gluten-free if bun adapted)

## Hearty Vegetarian Dishes

- Moussaka Vegana: Layered dish of eggplant, lentils, and creamy vegan béchamel. (🌱 vegan, 🌾 gluten-free option)
- Shepherd's Pie de Lentilhas or Soy protein: Comforting dish with lentil stew base and mashed potato topping. (🌱 vegan, 🌾 gluten-free)
- Sweet Potato Gnocchi with Rustic Tomato Sauce: Soft gnocchi made from sweet potatoes, served with herby tomato sauce. (🌱 vegan, 🌾 gluten-free if no wheat flour)
- Tofu Tikka Masala: Marinated tofu chunks in creamy spiced tomato sauce. (🌱 vegan, 🌾 gluten-free)
- Chickpea and Spinach Curry: Comforting and spiced stew with chickpeas and greens. (🌱 vegan, 🌾 gluten-free)
- Hearty Palm Heart and Pea Pie: Creamy filling of hearts of palm and peas baked in a flaky crust.

## **NEW VEGGETARIAN VEGAN**

- Chickpea Balls in Curry Sauce

Spiced chickpea balls simmered in a flavorful curry.

- Caribbean Plantain Curry

Sweet plantains cooked in a fragrant Caribbean curry.

- Moroccan Sweet Potato Stew

Hearty stew with sweet potatoes and warm Moroccan spices.

- Lebanese Eggplant Stew

Eggplant simmered with tomatoes and spices inspired by the cuisine of Lebanon.

- Persian Apple Stew

Sweet and savory apple stew with aromatic spices.

- Vegan Mango Curry with Cauliflower & Nuts

Fragrant mango curry with cauliflower and toasted nuts.

- Lentil Roll

Savory lentil loaf with herbs and spices.

- Paneer Musallam

Fresh cheese simmered in a rich tomato, cream, and spice sauce inspired by the cuisine of India.

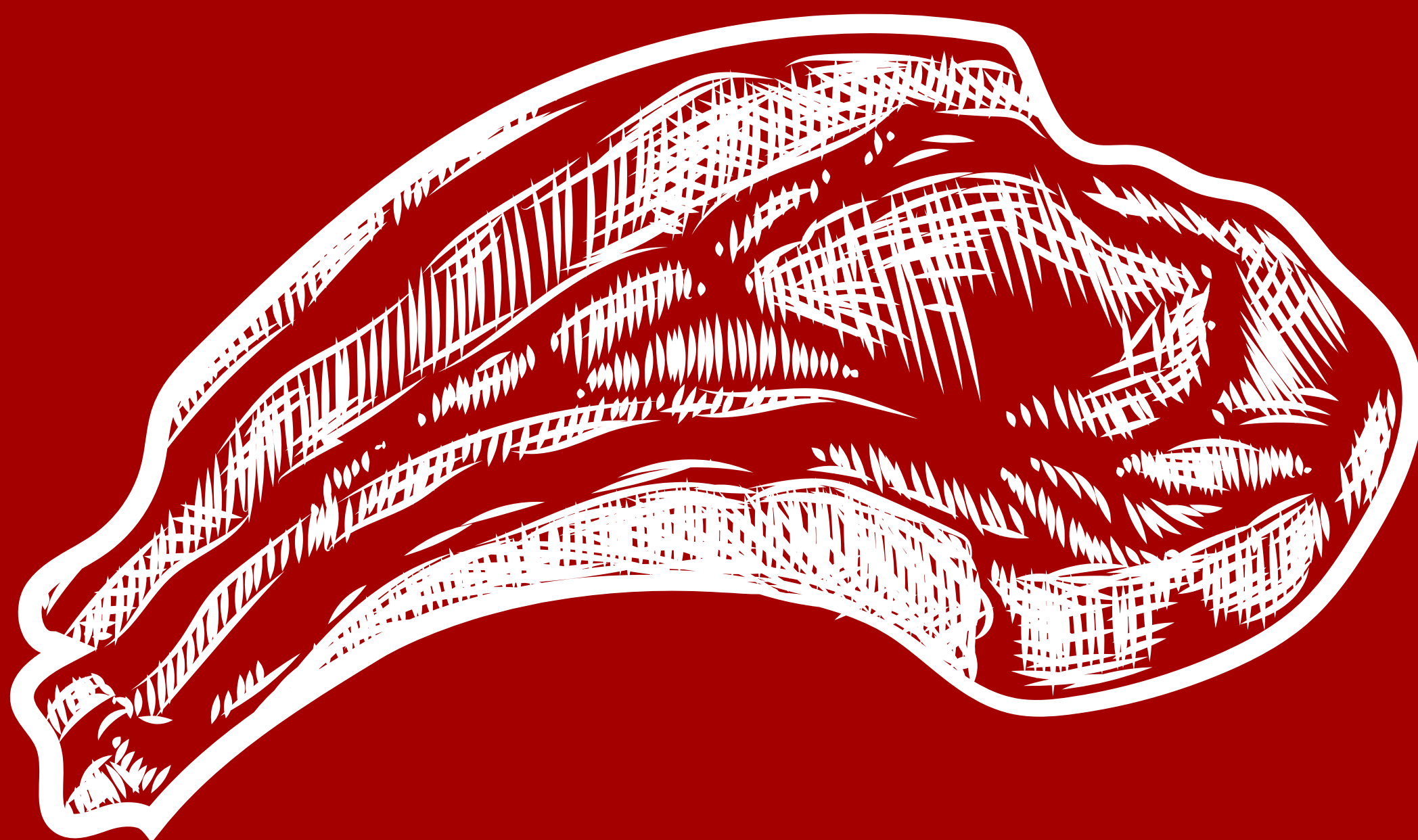
- Pineapple Pachadi Curry

Sweet and tangy pineapple curry inspired by South Indian flavors.










## Rice Dishes

- Whole rice
- White Rice
- Coconut rice
- Rice with dates and almonds
- Greek rice with mixed vegetables
- Veggie Fried Rice: Rice stir-fried with seasonal vegetables, garlic, and a splash of soy sauce. (Inspired by Chinese cuisine — light)
- Wild Rice with Roasted Vegetables: Nutty wild rice mixed with oven-roasted zucchini, eggplant, peppers, and herbs.
- Rice with lentils and caramelized onions
- Persian Jeweled Rice: Fluffy basmati rice with dried fruits, saffron, pistachios, and orange zest. (Inspired by Iranian cuisine — light and festive)
- Moroccan Spiced Rice with Chickpeas: Rice cooked with cinnamon, cumin, turmeric, and chickpeas. (Inspired by Moroccan cuisine — light to hearty)

# BEEF




## Light Dishes

- Bife Rolê: Thin beef slices rolled and stuffed with vegetables, then braised in a savory tomato-based sauce. ( GF)(Inspired by Brazilian cuisine)
- Herbed Meatballs: Mini meatballs made with ground beef, almond flour, parsley, eggs, and garlic. Light, aromatic, and gluten-free. ( GF): (Inspired by Mediterranean cuisine)
- Beef Milanese: Thin beef cutlets breaded and fried until crisp and golden. (Inspired by Argentine cuisine)
- Meat Kofta with Mint Sauce: Spiced lamb meatballs grilled or roasted, served with a refreshing mint sauce. (Inspired by Middle Eastern cuisine)
- Calabaza con Carne: Pumpkin and beef simmered with spices — rich, warm, and full of Latin flavor. ( GF)
- Vitello Tonnato: Cold sliced veal topped with a creamy tuna-caper sauce. Elegant and fresh. ( GF) (Inspired by Italian cuisine)
- Mini Beef Skewers with Tahine Sauce: Tender grilled beef skewers served with a light tahine herb dip. ( GF) (Inspired by Middle Eastern cuisine)
- Cilantro-Lime Beef Salad : Slices of grilled beef over a bed of greens with lime vinaigrette and cilantro. ( GF) (Inspired by Latin cuisine)
- Thai Beef Salad (Yam Nua): Sliced grilled beef tossed with , herbs, chili, and lime dressing. Bright, spicy, and refreshing. ( GF) (Inspired by Thai cuisine)
- Roast Beef Rolls with Arugula and Horseradish Cream: Cold roast beef slices rolled with fresh arugula and a touch of creamy horseradish. ( GF) (Inspired by European cuisine)
- Cold Marinated Beef Strips: Beef strips marinated in vinegar, garlic, and herbs, served chilled — ideal for summer. (  GF) (Inspired by Eastern European cuisine)

## Hearty Meat Dishes

- Tenderloin in White Sauce: Juicy beef tenderloin smothered in a creamy white sauce. (Inspired by French cuisine)
- Brazilian Beef Pancake Roll: Savory rolled pancakes filled with seasoned beef and topped with tomato sauce. (Inspired by Brazilian cuisine)
- Meatloaf Stuffed with Cheese, Spinach, and Bacon: Classic meatloaf with a rich filling of melted cheese, sautéed spinach, and crispy bacon. (Inspired by American cuisine)
- Shepherd's Pie: Classic comfort food with minced meat and vegetables, topped with mashed potatoes. (Inspired by British cuisine)
- Bolognese Lasagna: Layered pasta with traditional meat sauce and cheese, baked until golden. (Inspired by Italian cuisine)
- Beef Parmigiana: Breaded beef cutlets topped with tomato sauce and melted cheese, oven-baked. (Inspired by Italian cuisine)
- Vaca Atolada: Rustic Brazilian stew made with slow-cooked beef and cassava in a rich broth. ( GF) (Inspired by Brazilian cuisine)
- Beef Goulash: Slow-simmered beef with vegetables and paprika-rich sauce. ( GF) (Inspired by Hungarian cuisine)
- Meatballs with Tomato Sauce: Classic beef meatballs simmered in a hearty tomato sauce. ( GF version available) (Inspired by Italian cuisine)
- Bouef Bourguignon: French beef stew braised in red wine with mushrooms and pearl onions. ( GF) (Inspired by French cuisine)
- Stroganoff Beef: Tender beef cooked in a creamy tomato and mushroom sauce. ( GF version available) (Inspired by Russian/French cuisine)
- Ossobuco en su Salsa: Slow-braised veal shanks in a flavorful sauce made with wine and aromatics. ( GF) (Inspired by Italian cuisine)
- Bouef à la Daube à la Niçoise: Rich Provençal-style beef stew with vegetables and herbs. ( GF) (Inspired by French cuisine)

## Hearty Meat Dishes

- **Ternera a la Sidra:** Veal slowly cooked with cider, onions, and herbs — sweet and savory. ( GF) (Inspired by Spanish cuisine)
- **Beef Pie**
  - Savory pie filled with tender beef, vegetables, and gravy, encased in a flaky pastry. (Inspired by British cuisine)
- **Burritos:** Large flour tortillas filled with beef, beans, cheese— satisfying and bold. (Inspired by Mexican cuisine)
- **Escondidinho de Carne Moída com Purê de Abóbora:** Seasoned ground beef cooked with aromatics, layered beneath a creamy roasted pumpkin purée, then oven-baked until golden and bubbling. ( GF) (Inspired by Brazilian cuisine)
- **Escondidinho de Carne Moída com Purê de Batata-Doce:** Savory ground beef base topped with smooth sweet potato mash, baked until slightly caramelized on top for a sweet and savory harmony. ( GF) (Inspired by Brazilian cuisine)
- **Beef Tagine with Apricots and Almonds** ( GF): Slow-cooked beef in Moroccan spices, stewed with dried apricots and toasted almonds for a sweet and savory combination. (Inspired by Moroccan cuisine)
- **Beef Moussaka:** Layers of eggplant, seasoned ground beef, and creamy béchamel sauce, baked until golden and comforting. (Inspired by Greek cuisine)
- **Chili con Carne** ( GF): Spicy ground beef stew cooked with beans, tomatoes, and chili spices. Served with rice or cornbread. (Inspired by Tex-Mex cuisine)
- **Cassava Puree with Beef:** Creamy cassava puree topped with tender beef, a comforting Brazilian dish. (Inspired by Brazilian cuisine)
- **Korean Bulgogi:** Thinly sliced beef marinated in soy sauce, garlic, sesame oil, and Asian pear, grilled until caramelized. (Inspired by Korean cuisine)
- **Latin Picadillo with Raisins and Olives:** Ground beef sautéed with onions, peppers, tomatoes, raisins, and green olives — a sweet and savory classic. (Inspired by Cuban and Puerto Rican cuisine)

## NEW DISHES

- Beef Meatballs with Guinness Sauce

Tender beef meatballs in a rich sauce made with Guinness.

- Jalapeño Meatloaf

Classic meatloaf with jalapeños for a gentle kick of heat.

- Greek Meatballs in Lemon Sauce

Beef meatballs served in a bright lemon and herb sauce.

- Dublin Coddle

Traditional Irish stew with sausages, potatoes, and onions from Dublin.

# PORK



## Light Dishes

- **Pork Tenderloin with Mustard Mango Sauce:** Tender pork tenderloin served with a tangy mango and mustard sauce. (Inspired by Caribbean cuisine)
- **Pork in Soy-Orange Sauce:** Thin slices of pork cooked in a fragrant soy and orange glaze. Light, citrusy, and aromatic. (Inspired by Chinese cuisine)
- **Côtes de Porc aux 5 Herbes:** Grilled pork chops seasoned with a delicate blend of fresh herbs. (Inspired by French cuisine)
- **Vietnamese Pork Salad (Bun Thit Nuong-inspired):** Grilled pork slices served over cold rice noodles, fresh herbs, and pickled vegetables with a light dressing. (Inspired by Vietnamese cuisine)
- **Pork with Pineapple and Bell Peppers:** Juicy pork cubes skewered with fresh pineapple and bell peppers, lightly marinated and grilled. (Inspired by Polynesian cuisine)
- **Zucchini Stuffed with Ground Pork and Herbs:** Hollowed zucchini boats filled with seasoned ground pork and fresh herbs, baked until tender. (Inspired by Mediterranean cuisine)

## Hearty Dishes

- **Pork Roll Stuffed with Sausage** : Succulent pork loin rolled and filled with seasoned sausage. (Inspired by German cuisine)
- **Pork Ribs in Raspberry Sauce**: Juicy ribs in a tangy-sweet raspberry reduction. (Inspired by American cuisine)
- **Pork Stew**: Rustic stew with slow-cooked pork, root vegetables, and savory broth. (Inspired by European cuisine)
- **Pork Indian Curry**: Rich pork curry infused with Indian spices, tomatoes, and coconut milk. (Inspired by Indian cuisine)
- **Pork Schnitzel**: Crispy breaded pork cutlets, golden-fried and hearty. (Inspired by German cuisine)
- **Pork Farci aux Pruneaux**: Roast pork loin stuffed with sweet prunes and herbs. (Inspired by French cuisine)
- **Korean Spicy Pork Bulgogi (Dwaeji Bulgogi)**: Pork slices marinated in spicy gochujang sauce and grilled until charred. (Inspired by Korean cuisine)
- **Vietnamese Caramelized Pork (Thịt Kho Tàu)**: Braised pork belly in sweet-savory caramel sauce with coconut water. (Inspired by Vietnamese cuisine)
- **Filipino Adobo Pork**: Pork simmered in soy sauce, vinegar, and garlic for a bold and tender dish. (Inspired by Filipino cuisine)
- **Maple Pork Tenderloin**: Roasted pork tenderloin glazed with maple syrup

# POULTRY



## Light Dishes

- Chicken Pumpkin Balls: Fit chicken meatballs flavored with pumpkin, perfect for a healthy meal. (Inspired by Healthy cuisine)
- Mediterranean Chicken: Chicken breast, lemon, ginger, herbs, olive oil, salt, pepper.
- Chicken Balls: Ground chicken, eggs, almond flour, parsley, salt, pepper.
- Almond-Crusted Chicken: Chicken breast, almond flour, eggs, salt, pepper.
- Chicken in Orange Sauce: Chicken cooked in a tangy orange sauce. (Inspired by French cuisine)
- Chicken in Soy-Garlic Sauce: Chicken cooked in a tangy soy-garlic sauce. (Inspired by Chinese cuisine)
- Chicken in Soy-Orange Sauce: Chicken cooked in a tangy soy-orange sauce. (Inspired by Chinese cuisine)
- Chicken in Blueberry Sauce: Chicken covered with a sweet-sour blueberry sauce. (Inspired by Chinese cuisine)
- Middle East Chicken: Boneless chicken, bell pepper, zucchini, tahine cream, pepper. (Inspired by Middle Eastern cuisine)
- Oriental Chicken: Chicken, bell pepper, peanut cream, soy sauce, salt, pepper. (Inspired by Chinese cuisine)
- Chicken with Prunes: Chicken braised with prunes for a sweet and savory dish. (Inspired by Moroccan cuisine)
- Garlic Chicken (Pollo al Ajillo): Chicken cooked with garlic and white wine. (Inspired by Spanish cuisine)
- Chicken Provençal: Chicken cooked with tomatoes, garlic, black olives and herbs. (Inspired by French cuisine)
- Chicken in Creamy Corn Sauce: Tender chicken simmered in a velvety corn cream sauce. (Inspired by Brazilian cuisine)
- Moroccan Chicken Tagine with Chickpeas: Slow-cooked chicken with chickpeas, onions, preserved lemon, and warm spices. (Inspired by Moroccan cuisine)

## Light Dishes

- Brazilian Rolled Chicken (Frango Rolê): Rolled chicken stuffed with vegetables and cooked in a savory sauce. (Inspired by Brazilian cuisine)
- Chicken with Sweet Potato and Coconut: Fragrant chicken curry with sweet potato and coconut milk. (Inspired by African-Brazilian fusion)
- Mediterranean Chicken with Artichokes and Olives: Pan-seared chicken with artichoke hearts, olives, and lemon-herb sauce. (Inspired by Greek cuisine)
- Korean-Style Chicken Bulgogi: Grilled chicken marinated in soy sauce, garlic, sesame oil, and pear. (Inspired by Korean cuisine)
- Cuban Mojo Chicken: Chicken marinated in orange, lime, garlic, and cumin, then roasted. (Inspired by Cuban cuisine)
- Japanese Chicken Teriyaki with Sesame Seeds: Grilled chicken glazed with teriyaki sauce, garnished with sesame seeds. (Inspired by Japanese cuisine)
- Turkey Balls: Delicious turkey meatballs, perfect for a protein-packed meal. (Inspired by American cuisine)
- Chicken Roll Stuffed with Spinach and Bacon: Flavorful chicken breast stuffed with spinach and bacon. (Inspired by American cuisine)
- Brazilian Chicken Pancake Roll: Rolled pancakes filled with chicken and topped with tomato sauce. (Inspired by Brazilian cuisine)
- Chicken and Quinoa Stuffed Zucchini Boats: Zucchini boats filled with shredded chicken, quinoa, carrots, and herbs, lightly topped with grated light cheese.
- Poached Chicken with Herb Vinaigrette: Tender poached chicken breast served cold or warm with a fresh vinaigrette of olive oil, lemon, parsley, and mint. (Inspired by French-Mediterranean cuisine)
- Chicken with Apricots and Almonds (Light Tagine): Chicken breast simmered in a light broth with dried apricots, slivered almonds, cinnamon, and a pinch of saffron. (Inspired by Moroccan cuisine)
- Chicken with Spinach and Lemon: Sautéed chicken with spinach, garlic, and lemon juice — light and packed with flavor. (Inspired by Mediterranean cuisine)
- Moroccan Chicken with Dried Apricots: Aromatic chicken stew with dried apricots, cinnamon, and almonds. (Inspired by Moroccan cuisine)

## Hearty Dishes

- Chicken Legs in Tomato Sauce: Succulent chicken legs cooked in a rich tomato sauce. (Inspired by Italian cuisine)
- Chicken Milanese: Crispy chicken cutlets, served with a squeeze of lemon. (Inspired by Argentine cuisine)
- Chicken Pie: Savory pie filled with tender chicken or beef, encased in flaky pastry. (Inspired by British cuisine)
- Chicken Thai Curries: Flavorful Thai curries in green or red curry and boneless chicken. (Inspired by Thai cuisine)
- Chicken Indian Curry: Aromatic and spicy Indian curry made with tender chicken. (Inspired by Indian cuisine)
- Brazilian Chicken Parmigiana (Frango à Parmegiana): Breaded chicken topped with tomato sauce and melted cheese. (Inspired by Brazilian cuisine)
- French Chicken Fricassée: Creamy chicken stew with mushrooms, carrots, and herbs. (Inspired by French cuisine)
- Peruvian Aji de Gallina: Shredded chicken in a creamy walnut and yellow chili pepper sauce. (Inspired by Peruvian cuisine)
- Hungarian Chicken Paprikash: Chicken thighs simmered in paprika sauce with sour cream. (Inspired by Hungarian cuisine)
- Polish Chicken and Sauerkraut Stew (Kapusta z Kurczakiem): Rustic chicken stew with cabbage, sauerkraut, and herbs. (Inspired by Polish cuisine)
- Indian Butter Chicken (Murgh Makhani): Tender chicken in a rich, spiced tomato-butter sauce. (Inspired by Indian cuisine)
- Filipino Chicken Adobo: Chicken braised in vinegar, soy sauce, garlic, and bay leaves. (Inspired by Filipino cuisine)
- Chicken with Creamy Mushroom and Dijon Sauce: Juicy chicken in a creamy Dijon mustard and mushroom sauce. (Inspired by French cuisine)
- Turkey Rolls Stuffed with Pistachio, Bacon, and Dates: Tender turkey rolls filled with a delicious mixture of nuts, bacon, and dates. (Inspired by Middle Eastern cuisine)
- Turkey Escalopes with Curry: Thinly sliced turkey cooked in a fragrant curry sauce.

## NEW CHICKEN DISHES

- Apple & Brie Stuffed Chicken

Chicken breast stuffed with caramelized apples and creamy brie, roasted until tender.

- Cacio e Pepe Chicken

chicken finished with cream and the classic Italian black pepper and aged cheese sauce.

- Irish Whiskey Chicken

Seared chicken served with a rich, creamy whiskey-infused sauce.

- Balsamic Fig Chicken

Roasted chicken glazed with balsamic reduction and sweet figs.

- Jalapeño Apricot Chicken

Chicken with a sweet and spicy apricot-jalapeño glaze.

- Chicken Normandie (Cider Cream Sauce)

Chicken braised with apples, cream, and cider inspired by the cuisine of Normandy.

- Honey Feta Chicken

Roasted chicken with honey, herbs, and crumbled feta cheese.

- Vietnamese Caramel Ginger Chicken

Chicken simmered in a savory caramel sauce with fresh ginger.

- Ethiopian Chicken Stew

Aromatic chicken stew with warm spices inspired by the cuisine of Ethiopia.

- Ethiopian Chicken Curry

Spiced chicken curry with deep, earthy flavors.

- Hawaiian Shoyu Chicken

Chicken braised in soy sauce, garlic, and ginger in traditional Hawaiian style.

- Grandma's Pineapple Chicken

Comfort-style chicken with pineapple in a sweet and savory sauce.

- Za'atar Tahini Chicken

Roasted chicken seasoned with za'atar and served with a creamy tahini sauce.

- Moroccan Orange Chicken

Chicken braised with warm Moroccan spices and fresh orange.

## NEW DISHES

- Persian Chicken with Pistachio

Chicken cooked with aromatic spices and pistachios inspired by the cuisine of Iran.

- Chicken Puttanesca

Chicken in a bold tomato sauce with olives and capers.

- Chicken Kofta with Yogurt Sauce

Seasoned ground chicken skewers served with a refreshing yogurt sauce.

- Thai Chicken Meatballs

Chicken meatballs seasoned with Thai herbs and spices.

- Thai Red Curry Chicken Meatballs

Chicken meatballs simmered in a fragrant Thai red curry sauce.

- Spinach & Garlic Chicken Meatballs

Chicken meatballs mixed with spinach and garlic in a light savory sauce.

- Parmesan Chicken Meatloaf

Ground chicken meatloaf with parmesan cheese and herbs.

- Golden Chicken & Lentil Soup

Hearty soup with chicken, lentils, and warm golden spices.

- Apple & Onion Chicken Stew

Slow-cooked chicken stew with sweet apples and caramelized onions.

- Kuku Paka (Kenyan Coconut Chicken)

Chicken simmered in coconut milk with spices inspired by the cuisine of Kenya

- Cranberry Orange Turkey

Roasted turkey served with a cranberry and orange sauce.

- Turkey Meatballs in Pumpkin Sauce

Tender turkey meatballs served in a creamy pumpkin sauce.

# FISH / SEA FOOD



- Salmon with Sesame Coconut Sauce (or Orange Sauce): Grilled salmon fillet topped with a rich sesame coconut sauce and peppers. (Inspired by Asian cuisine)
- Tuna with Sesame Crust: Pan-seared tuna steak coated in sesame seeds, served with a crispy crust. (Inspired by Japanese cuisine)
- Cod Fish Stew: Brazilian-style stew made with cod fish, tomatoes, and peppers. (Inspired by Brazilian cuisine)
- Bacalao a la Baenense: Traditional cod dish with a unique blend of spices. (Inspired by Spanish cuisine)
- Bacalao al Club Ranero: Cod prepared with vegetables and olive oil. (Inspired by Spanish cuisine)
- Bacalao a la Bilbaina: Cod cooked with garlic and chili peppers. (Inspired by Spanish cuisine)
- Bacalao a la Vizcaína: Cod with a sauce made from red peppers and tomatoes. (Inspired by Spanish cuisine)
- Bacalao a la Cantabra: Cod with a sauce featuring tomatoes and onions. (Inspired by Spanish cuisine)
- Bacalao al Ajorrioso: Cod cooked with garlic and paprika. (Inspired by Spanish cuisine)
- Octopus in Vinaigrette (Pulpo a la Vinagreta): Tender octopus marinated in a tangy vinaigrette. (Inspired by Spanish cuisine)

- Hake in Green Sauce (Merluza en Salsa Verde): Hake cooked in a parsley and white wine sauce. (Inspired by Spanish cuisine)
- Sea Bass with Txakoli (Robalo al Txakoli): Sea bass cooked with Txakoli wine and herbs. (Inspired by Basque cuisine)
- Salmon en Papillote: Salmon fillet baked in parchment paper with herbs and vegetables. (Inspired by French cuisine)
- Cod Stuffed Peppers (Pimientos Rellenos de Bacalao): Peppers stuffed with savory cod filling. (Inspired by Spanish cuisine)
- Cod Cakes/fish cakes: Crispy cod cakes seasoned with herbs and spices. (Inspired by Portuguese cuisine)
- Seafood Stew: Rich and flavorful stew filled with assorted seafood. (Inspired by Mediterranean cuisine)
- Shrimp Bobo (Bobo de Camarão): Creamy Brazilian shrimp stew made with cassava. (Inspired by Brazilian cuisine)
- Tuna or Salmon with Sweet Potato Puree: Grilled tuna or salmon served with creamy sweet potato puree. (Inspired by American cuisine)
- Hake with Walnut Sauce (Merluza aux Sauce de Noix): Hake served with a creamy walnut sauce. (Inspired by French cuisine)
- Cuttlefish Stew (Estofado de Sépia): Hearty cuttlefish stew with tomatoes and onions. (Inspired by Spanish cuisine)
- Shrimp in Pumpkin (Camarão na Moranga): Brazilian shrimp stew served in a roasted pumpkin cream. (Inspired by Brazilian cuisine)

## NEW DISHES

- Blueberry Glazed Salmon

Salmon with a sweet blueberry glaze.

- Salmon Balls

Crispy salmon croquettes with herbs and spices.

- Asian-Style Tuna Cakes

Pan-seared tuna cakes flavored with Asian seasonings.

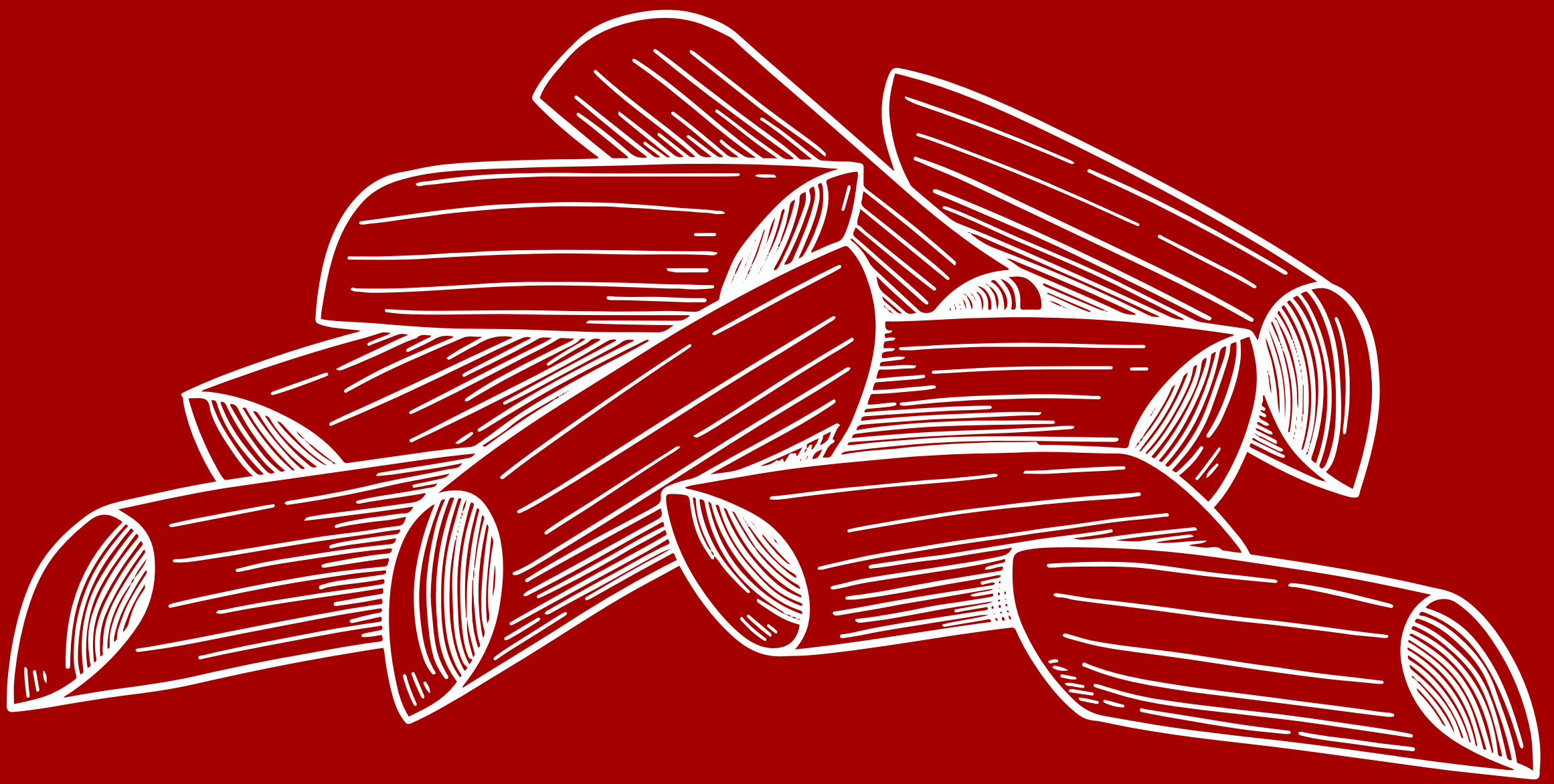
- Shrimp & Corn Bisque

Creamy bisque made with shrimp, sweet corn, and aromatic vegetables.



- **Mushroom Filling:** Sautéed mushrooms seasoned with aromatic herbs and spices, offering a rich and earthy flavor profile.
- **Pork Filling:** Tender and succulent pork cooked with traditional Mexican spices, delivering a savory and hearty filling.
- **Chicken Filling:** Juicy shredded chicken marinated in flavorful Mexican spices, providing a delightful combination of tender texture and bold taste.
- **Soybean Meat Chili:** A zesty chili made with soybean meat, simmered with onions, peppers, and aromatic spices, offering a meaty texture and robust flavor.
- **Traditional Chili:** A classic chili dish featuring hearty ground beef cooked with tomatoes, beans, and a blend of chili peppers, offering a comforting and satisfying meal.
- **Chicken Moles:** Tender chicken pieces smothered in a rich and complex mole sauce, made with a blend of chocolate, chili peppers, and spices, creating a harmonious balance of sweet, savory, and spicy flavors.
- **Chicken with Peppers:** Grilled chicken with sautéed peppers, perfect for a quick and tasty meal. (Inspired by Mexican cuisine)

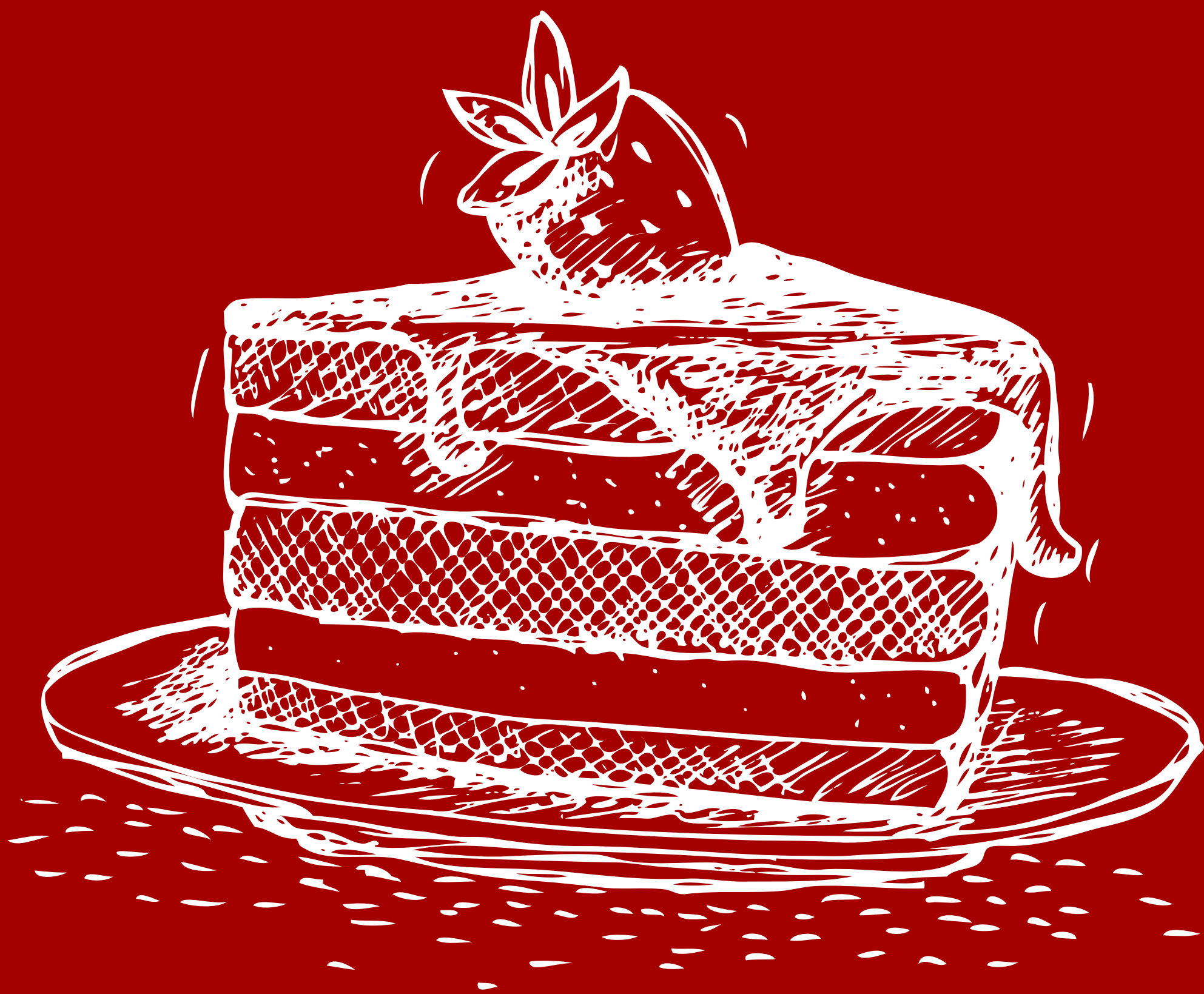
# SAUCE FOR PASTA



- Lemon Ricotta : Light and creamy with ricotta cheese, lemon zest, and fresh herbs. (Fresh, bright — good as a light dish)
- Al Limone with Herbs: Creamy lemon with thyme or basil, butter, and grated Parmesan. (Italian — delicate and aromatic)
- Puttanesca :Bold tomato sauce with olives, capers, garlic, anchovies, and chili flakes. (Southern Italian — savory and punchy)
- Roasted Red Pepper Sauce : Creamy roasted red pepper and garlic sauce, with almonds or cashews blended in. (Vegan-friendly — smoky and slightly sweet)
- Caramelized Onion and Goat Cheese : Sweet onions slowly cooked until golden, served with goat cheese and thyme over pasta. (Elegant and hearty)
- Zucchini, Mint, and Pecorino: Light and fresh pasta with sautéed zucchini, mint, lemon, and grated cheese. (Mediterranean-style — light)
- Shrimp with Garlic and White Wine Sauce: Sautéed shrimp, garlic, olive oil, chili flakes, and white wine. (Inspired by coastal Italian cuisine — light but flavorful)
- Broccoli and Anchovy Sauce: Broccoli, garlic, anchovies, and chili flakes — rustic and umami-rich. (Southern Italy — nutrient-dense and bold)
- Pesto alla Trapanese: A Sicilian pesto made with almonds, tomatoes, garlic, basil, and olive oil. (Lighter alternative to classic pesto — slightly sweet and nutty)
- Eggplant and Chickpea Ragu: Hearty vegetarian ragu with eggplant, chickpeas, tomatoes, garlic, and herbs. (Good vegan option — Middle Eastern twist)
- Pasta with Creamy Beetroot and Feta Sauce: Vibrant pink beetroot blended with cream or yogurt, topped with feta and walnuts. (Unique, colorful, and earthy)
- Tuna, Capers, and Lemon Pasta: Flaky tuna tossed with capers, parsley, lemon juice, and olive oil. (Light— Mediterranean flavor profile)
- Roasted Cauliflower and Raisins : Oven-roasted cauliflower tossed with garlic, raisins, pine nuts, and a splash of vinegar. (Sicilian influence — sweet and savory)

- Bolognese: A rich meat-based sauce made with minced beef, fresh tomatoes, onions, carrots, celery, and often pancetta, typically served with pasta.
- Mushroom Ragu: A hearty sauce made with various types of mushrooms, onions, garlic, tomatoes, and herbs, often served with pasta or polenta.
- Creamy Chicken: Chicken cooked in a rich, creamy sauce, often flavored with garlic, onions, and herbs.
- Cacio e Pepe: A classic Roman pasta dish made with Pecorino Romano cheese and black pepper, creating a creamy, peppery sauce.
- Alla Norma: A Sicilian pasta dish featuring fried eggplant, fresh tomato sauce, basil, and grated ricotta salata cheese.
- Amatriciana: A traditional Italian pasta sauce made with guanciale (cured pork cheek), fresh tomatoes sauce, and Pecorino Romano cheese, originating from Amatrice.
- With Sardines, Fennel, Anchovies: A Sicilian pasta dish combining fresh sardines, fennel, raisins, pine nuts, and anchovies.
- Spinach and Feta Sauce: A creamy sauce made with spinach and crumbled feta cheese, often used with pasta or as a topping for vegetables.
- Spinach and Walnuts pesto sauce: A dish or sauce combining spinach and chopped walnuts, often used as a pasta sauce or side dish.
- Pumpkin with Gorgonzola or feta: A creamy dish made with pumpkin and Gorgonzola or feta cheese, which can be served as a soup or sauce for pasta.

# DESSERTS



- **Vegan chocolate mousse:** Decadent chocolate mousse made with plant-based ingredients, rich and creamy.
- **Brazilian carrot cake:** Moist and flavorful carrot cake, a traditional Brazilian dessert.
- **Muffins:** Delicious muffins in a variety of flavors, perfect for breakfast or a sweet treat.
- **Blueberry cake (gluten-free):** Light and fluffy cake studded with juicy blueberries, made without gluten.
- **Pannacotta:** Creamy Italian dessert made with cream and gelatin, served with a fruity coulis.
- **Cheesecake:** Rich and indulgent cheesecake, available in a variety of flavors.
- **Chocolate cake (gluten-free option):** Moist and chocolatey cake, made without gluten for those with dietary restrictions.
- **Orange cake (gluten-free option):** Zesty and refreshing orange-flavored cake, perfect for citrus lovers.
- **Tangerine cake (gluten-free option):** Sweet and tangy tangerine cake, made without gluten for a lighter dessert option.
- **Lemon cake (gluten-free option):** Bright and citrusy lemon-flavored cake, made without gluten for a refreshing treat.
- **Butter cookies:** Classic buttery cookies, perfect for dunking in a cup of tea or coffee.
- **Chocolate chip cookies:** Chewy and chocolatey cookies loaded with chunks of chocolate.

- **Oat cookies:** Wholesome cookies made with oats, raisins, and nuts, perfect for a healthy snack.
- **Tiramisu:** Decadent Italian dessert made with layers of coffee-soaked ladyfingers and creamy mascarpone cheese.
- **Apple pie:** Classic apple pie with a buttery crust and a sweet cinnamon-spiced filling.
- **Crumble:** A warm and comforting dessert made with a layer of fruit filling topped with a crumbly oat topping.
- **Banoffee:** Indulgent dessert made with layers of bananas, toffee, and whipped cream, served in a graham cracker crust.

- **Mixed Nuts Cake**

Rich cake filled with toasted mixed nuts.

- **Pumpkin Nut Cake**

Spiced pumpkin cake with crunchy nuts.

- **Chai Pear Pie**

Pear pie flavored with chai spices such as cinnamon, cardamom, and cloves.

- **Gingerbread Cake**

Spiced cake with ginger, cinnamon.

- **Chocolate Pecan Cake**

Chocolate cake with toasted pecans.

- **Tarta de Santiago (Almond & Orange Cake)**

Traditional almond cake from Galicia with citrus notes.

- **Yogurt Cake**

Light and tender cake made with yogurt for a soft crumb.

- **Sticky Date Pudding**

Moist date cake served warm with a rich toffee caramel sauce.

- **Sticky Pistachio Cake**

Soft pistachio cake with a delicate nutty flavor.

- **Prune Cake**

Moist cake made with sweet prunes and warm spices.

- **Chocolate Chip Cookies**

Classic buttery cookies filled with melted chocolate chips.

- **Pineapple Cake**

Light and tender cake with sweet pineapple baked into the batter.

- **Brazilian Corn Flour Cake (Bolo de Fubá)**

Traditional Brazilian cake made with corn flour, soft and lightly sweet.

- **Cold Coconut Cake**

Moist coconut sponge soaked in sweet milk and covered with shredded coconut, served chilled.

- **Banana Bread**

Moist banana loaf with a rich banana flavor.

- **Apple Cake**

Soft cake filled with fresh apples and subtle baking spices.

- **Pineapple Carrot Cake**

Moist carrot cake with crushed pineapple for added sweetness and texture.

- **Cardamom & Pear Cake**

Fragrant cake with ripe pears and aromatic cardamom.