

Here are more recipes and food ideas for each county.

Notes:

- The ones marked as Raddish are the Raddish kid's cooking kits.
<https://www.raddishkids.com/>
- Some (but not too many) I don't have recipes for because they are recipes we make often so I just have my recipe, nothing I can link to, but I left them as a suggestion you could look up a recipe for.
- Sometimes there are two recipes for something because I mixed the two.
- I know there are lots of homeschooling in the area I live in (Triangle Area of NC) so I've kept in the few restaurants we did.

Unit 1 European Russia:

- Dinner 1: Beef stroganoff: <https://www.recipetineats.com/beef-stroganoff/#wprm-recipe-container-27097>
 - Butter noodles
 - Roast potatoes
 - Brussel sprouts
 - Garlic bread
- Lunch or snack: Pirozhki: bun with filling sweet and savory:
<https://natashaskitchen.com/baked-piroshki-recipe-2-filling-options-sweet-or-savory/>
- Lunch or snack Syrniki, pancakes <https://natashaskitchen.com/ukrainian-syrniki-recipe/>

Unit 2 North Africa (Morocco)

- Dinner 1 Tagine chicken, Kefta rolls (Raddish)
 - Couscous: <https://www.wellplated.com/moroccan-couscous/>
- Dinner 2: Maakouda <https://veggiedesserts.com/maakiniouda/>
 - <https://mymoorishplate.com/maakouda-moroccan-potato-fritters/>
- Snack: Msemen <https://www.linsfood.com/msemen-moroccan-pancake-rghaif/>
- Dessert: Orange tea cakes (Raddish)
- Other: Mint tea (green tea, mint leaves and sugar cubes)

Unit 3 USA

- Dinner 1 Corn dogs, French fries <https://natashaskitchen.com/corn-dogs-recipe/>

- Dinner 2 Buffalo chicken with ranch, <https://sallysbakingaddiction.com/crispy-baked-buffalo-chicken-fingers/>
- Dinner 3 Biscuits and gravy
- Dinner 4 Bagels and cream cheese, <https://sallysbakingaddiction.com/homemade-bagels/>
- Dessert: Apple crisp
- Dessert: Key lime pie: <https://sallysbakingaddiction.com/key-lime-pie/>
- Snack: Spam: <https://twoplaidaprons.com/hawaiian-spam-musubi/> or <https://www.thesavorychopstick.com/spam-rice-balls/>

Unit 4 Northern Europe

- Dinner 1: Sweetish eats Raddish: Scandinavian Smorgasbord, sweetish meatballs,
- Lunch: Klubb, potato dumplings <https://jettskitchen.com/kumla-norwegian-dumpling/>
- Lunch: Pannkaka, sweetish pancakes (Raddish)
- Dessert: cinnamon buns (Raddish)
- Dessert: Danish Patry: <https://sallysbakingaddiction.com/blueberries-n-cream-danish-braid/>
- Snack: Lefse potato bread <https://www.kingarthurbaking.com/recipes/lefse-norwegian-potato-flatbread-recipe>

Unit 5 Nepal & Bangladesh

- Dinner 1: Chicken Thukpa (Himalayan Chicken Noodle Soup) <https://www.yeprecipes.com/img-chicken-thukpa--himalayan--chicken-noodle-soup--1200.htm>
 - <http://www.weallnepali.com/recipe/momo-more/thukpa>
 - Side: Mughlai paratha, paneer spiced flatbread: <https://hebbarskitchen.com/mughlai-paratha-recipe-moglai-porota/>
- Dinner 2: Kathmandu Kitchen in Cary (Restaurant) buy goat curry and momo dumplings
 - (fruit at home and naan at home)

- Dessert to make together: Rasgulla: milk syrup dumpling dessert:
<https://www.indianhealthyrecipes.com/rasgulla-recipe-bengali-rasgulla-recipe-easy-diwali-sweet-recipe/>
- Snack: Zow <https://www.youtube.com/watch?v=0Ef7jqG-qNI>

Unit 6 Argentina & Chile

- Dinner 1: Chimichurri sandwich, potato salad (Raddish box)
- Dinner 2 Empanadas: <https://tastesbetterfromscratch.com/empanadas/>
 - Black beans: <https://www.skinnytaste.com/brazilian-black-beans-5-ww-points/>
 - Rice: <https://dailydish.co.uk/chimichurri-rice/>
- Dessert: Dulce de leche cookies (Raddish)
- Snack dulce de leche crapes: Panqueques con Dulce de Leche:
<https://tarasmulticulturaltable.com/foodieextravaganza-pancakes-panqueques-con-dulce-de-leche-argentinian-dulce-de-leche-crepes/>

Unit 7 India & Sri Lanka

- Dinner 1: Paneer biryani, with Samosas
 - <https://www.spiceupthecurry.com/paneer-biryani-recipe/#recipe>
- Dinner 2: Palak Paneer with alu gobi and naan
 - <https://www.feastingathome.com/palak-paneer/comment-page-2/#comments>
 - <https://www.spiceupthecurry.com/aloo-gobi-recipe/#recipe>
 - <https://rasamalaysia.com/naan/?fbclid=IwAR0nYWcWim10l860iXmqwAfbO8Ay0nvZ7agjKeB636QsjCI70ySuZHTXgD4>
- Dinner 3: butter chicken <https://cafedelites.com/butter-chicken/> and rice
- Dinner 4: Leftovers with Dal Makhani <https://www.vegrecipesofindia.com/dal-makhani-restaurant-style-recipe/> and <https://www.spiceupthecurry.com/methi-paratha/>
Or do Dal fry: <https://www.spiceupthecurry.com/dal-fry-restaurant-style/>
- Dessert: Holi Coconut Phirni: <https://aroundtheworldstories.com/wp-content/uploads/2018/03/Holi-Coconut-Phirni-1.pdf>
- Other: Make chai tea: <https://www.teaforturmeric.com/masala-chai-recipe/>

Unit 8 United Kingdom

- Dinner 1: Fish and chips and mushy peas
 - Fish: <https://www.daringgourmet.com/fish-and-chips/>
 - Mushy peas: <https://www.daringgourmet.com/british-mushy-peas/> (or by canned)
 - Homemade French fries
- Dinner 2 Sunday roast with Yorkshire pudding and mashed potatoes
<https://culinaryginger.com/roast-beef-dinner-sunday-roast/>
- Dinner 3: beef wellington <https://www.gordonramsay.com/gr/recipes/beef-wellington/>
 - Miso mashed potatoes <https://www.platingsandpairings.com/miso-mashed-potatoes/>
 - Brussel sprouts
- Dinner 4 Tea party
 - Scones with clotted cream and jam,
<https://www.bbcgoodfood.com/recipes/classic-scones-jam-clotted-cream>
 - Egg salad tea sandwiches, cucumber dill tea sandwiches
 - Pork pies <https://www.tasteofhome.com/recipes/mini-pork-pies/>
 - Custard tarts <https://www.bbcgoodfood.com/recipes/custard-tarts>
 - Earl gray
- Dinner 5 Bangers and mash : <https://www.daringgourmet.com/bangers-and-mash-recipe/#recipe>
- Snack Hot cross buns <https://sallysbakingaddiction.com/hot-cross-buns/>
- Snack: Crumpets: <https://www.daringgourmet.com/traditional-english-crumpets/>
- Dessert: Short bread, Scottish <https://www.daringgourmet.com/scottish-shortbread/>
- Dessert: Trinkle tart: <https://www.daringgourmet.com/treacle-tart/>
- Try: Turkish delight (buy)
- Try: Marmite (buy)

Unit 9 Congo, Zambia, & Zimbabwe

- Dinner 1 Chicken moambe, national dish of Congo: <https://lowcarbafrica.com/moambe-chicken-congo-poulet-moambe/>
 - Roasted Sweet potatoes
 - <https://www.chefspencil.com/recipe/chimodho/> corn bread
- Dessert: Mapopo: (papaya candy)

- <https://famicook.com/en/mapopo-7609>

Unit 10 USA - Native Peoples

- Dinner: 3 sisters stew: <https://www.brandnewvegan.com/recipes/three-sisters-stew#tasty-recipes-22835-jump-target>
 - Banaha Bread
 - <https://www.chickasaw.net/Our-Nation/Culture/Foods/Bread.aspx>
 - <https://www.myplate.gov/recipes/myplate-cnpp/banaha-bread>
- Snack Fry bread <https://lilluna.com/homemade-indian-fry-bread/>

Unit 11 China & Mongolia

- Dinner 1 Kung pao chicken <https://cafedelites.com/kung-pao-chicken/#recipe>
 - Fried rice
 - vegetable lo mein: <https://hipfoodiemom.com/2021/09/07/vegetable-lo-mein-with-cabbage-and-mushrooms/>
- Dinner 2 (dim sum)
 - steamed buns Raddish (<https://thewoksoflife.com/steamed-pork-buns-baozi/>)
 - Dumplings Raddish
 - Chinese Sticky Rice Raddish
 - Egg drop soup: <https://thewoksoflife.com/egg-drop-soup/>
 - Spring rolls <https://www.recipetineats.com/spring-rolls/#wprm-recipe-container-23084>

Unit 12 France

- Dinner 1 Quich Lorraine <https://natashaskitchen.com/quiche-lorraine/>
 - salade Nicoise (Raddish)
- Dinner 2 Boeuf bourguignon <https://cafedelites.com/beef-bourguignon/>
 - with mashed potatoes,
 - good bread
- Dinner 3: Charcuterie board (maybe do this as a picnic?)
 - <https://lifeinruralfrance.com/french-picnic/>
- Dinner 4 French onion soup <http://juliachildsrecipes.com/soup/julia-childs-french-onion-soup/>
- Lunch: Ratatouille , baguette and good cheese (<https://www.onceuponachef.com/recipes/ratatouille.html>)

- Lunch: French toast
- Trip: Paris Delight Bakery & Creperie Croissant and Crepes
- Trip: Mr. As Beignets
- Dessert 1: Tarte Tatin (apple tart dessert) <https://preppykitchen.com/tarte-tatin/>
- Dessert 2 Paris–Brest (Pâte à Choux With Praline Crème Mousseline) <https://www.serious-eats.com/paris-brest-pate-a-choux-with-praline-creme-mousseline>

Unit 13 Galapagos Island & Ecuador

- Dinner 1: Fritada: pork <https://www.laylita.com/recipes/fritada-de-chancho-or-ecuadorian-braised-pork/#recipe>
 - Avocado
 - Hominy : <https://www.laylita.com/recipes/mote-or-hominy/>
 - Don't make hominy, buy a can!
 - Fried ripe plantains: <https://www.laylita.com/recipes/fried-ripe-plantains-or-platanos-fritos/>
 - Onion and tomato salsa: <https://www.laylita.com/recipes/curtido-de-cebolla-y-tomate-pickled-red-onion-and-tomato-salad/#recipe>
- Dinner 2: Llapingachos <https://www.laylita.com/recipes/llapingachos-or-stuffed-potato-patties/>
 - Grilled or fried chorizo or sausages,
 - Avocado slices and lettuce leaves
 - Hot sauce: <https://www.laylita.com/recipes/aji-criollo-or-hot-sauce/>
 - Fried egg
 - Onion and tomato salsa: <https://www.laylita.com/recipes/curtido-de-cebolla-y-tomate-pickled-red-onion-and-tomato-salad/>

Unit 14 Netherlands, Belgium, Switzerland, & Austria

- Dinner 1: Raclette
- Dinner 2: Snert <http://www.tinydutchkitchen.com/en/recipe/snert-dutch-pea-soup/>
 - Smoked sausage
 - Dark rye bread
- Lunch: a cheese fondu <https://www.wellplated.com/cheese-fondue-recipe/>

- Breakfast: Dutch pancake (Raddish)
- Buy: Stroopwafels
- Dessert: Buchteln <https://mission-food.com/buchteln-austrian-stuffed-sweet-rolls/>

Unit 15 Egypt, Ethiopia, & Kenya

- Dinner 1: full Egyptian breakfast:
 - Ful Mudammas (Egyptian Fava Beans: <https://www.serious-eats.com/ful-mudammas-egyptian-breakfast-fava-beans-recipe>)
 - Hard boiled egg
 - Cucumber and tomato salad: <https://www.themediterranean-dish.com/3-ingredient-mediterranean-salad/#wprm-recipe-container-10728>
 - Pita
 - Falafel
 - Labneh with zaatar seasoning
- Dinner 2 Kenya:
 - Ugali <https://mayuris-jikoni.com/2021/06/02/ugali-recipe/>
 - Skumawiki <https://www.africanbites.com/sukuma-wiki/>
 - Githeri <https://shahzadidevje.com/githeri-recipe-how-to-make-kenyan-beans-and-corn/>
 - Chapos: <https://mayuris-jikoni.com/2022/11/30/kenyan-chapati-chapo-recipe/>
- Dinner 3 Kenya
 - Lentil stew with chapos
 - green peppers: 1 pepper
 - roma tomatoes: 8
 - carrot: 1 good sized
 - garlic: 5-6 cloves
 - onions: 1 good sized
 - potatoes: 1 good sized not jumbo, little bigger than fist
 - 1 bag lentils
 1. dice everything small except the potato, do that in big chunks.
 2. sauté garlic and onions with butter
 3. add everything else but lentils and water
 4. sauté until peppers are soft
 5. add lentils and cover with water and cook until lentils are done (7 cups and about 20-30 min simmering)

6. Mash all the potatoes pieces, this gives it a more stew like thickness
7. Add salt and pepper

- Treat: buy sugar cane to chew

Unit 16 Asian Russia & Kazakhstan

Dinner 1: karavan-by-3-olives this is an Uzbek restaurant

<https://3olivesgarnerstation.blizzfull.com/uzbek-kitchen>

Khachapuri - Georgian Cheese Bread

Barak (Fried dumpling)

Borsch red beet soup

Week 17 Germany

- Dinner 1:
 - German Schnitzel, Raddish
 - Red cabbage, buy
 - German Potato Salad: <https://platedcravings.com/authentic-german-potato-salad/>
 - Green beans or a salad
- Dinner 2
 - Bratwurst (Lidl or Aldi) ,
 - Onion pie <https://www.craftbeering.com/zwiebelkuchen-onion-pie-recipe/>
 - Nashed potatoes
 - Brussels sprouts or asparagus
- Snack: Bavarian Pretzel Bites (Raddish)
- Snack: Rusks: <https://www.kingarthurbaking.com/recipes/zwieback-recipe>
- Snack Kartoffelpuffer (potato pancake): <https://www.daringgourmet.com/traditional-kartoffelpuffer-reibekuchen-german-potato-pancakes/>
- Dessert: Bienenstich : <https://daysofjay.com/2023/10/08/german-bee-sting-cake-bienenstich/>
- Dessert: Spaghettieis: Spaghetti ice cream : <https://www.thespruceeats.com/spaghetti-ice-cream-sundae-from-germany-1446804>
- Buy: German chocolate: from Aldi

Week 18 Southeast Asia

- Dinner 1, Raddish Thailand box: Chicken Satay Skewers, Pad Thai, Mango Sticky Rice
- Dinner 2: Raddish Filipino Kitchen: Spring Rolls (Lumpia), Chicken Adobo, Mango Royale
- Dinner 3: Bee BanhMi Restaurant (Vietnamese)
- Lunch 1: Spring rolls, peanut sauce: <https://cookieandkate.com/fresh-spring-rolls-recipe/>

Week 19 South Africa & Madagascar

Dinner 1 Bunny chow <https://greatcurryrecipes.net/2022/08/15/bunny-chow-recipe/>
grated carrot salad: <https://www.indianfusion.co.za/carrot-salad-basic-recipe/>

Week 20 New Zealand (do this in May for fresh fruit for the pavlova)

- Dinner 1 hāngī recipe : <https://www.stuff.co.nz/life-style/food-wine/300050730/recipe-for-matariki-ovencooked-hng-kono>
 - Bread
- Dessert: Pavlova <https://sallysbakingaddiction.com/pavlova/>

Week 21 Arctic & Antarctica

No food

Week 22 Italy

- Dinner 1: spaghetti with ragu bolognese, bruschetta
- Dinner 2: Traditional Neapolitan pizza (Ooni) with Antipasti salad: <https://lifemadesimplebakes.com/antipasto-salad/#wprm-recipe-container-38080>
- Dinner 3: Ravioli (Raddish)
 - caprese salad
 - garlic bread or knots <https://sallysbakingaddiction.com/garlic-knots-recipe/>
- Dinner 4: Carbonara pasta with homemade noodles

- <https://www.recipetineats.com/carbonara/>
- lemon pepper green beans <https://www.aheadofthyme.com/lemon-parmesan-green-beans/>
- Dinner 5: Gnocchi with vodka sauce, focaccia, roasted asparagus
- Snack: Biscotti (Raddish)
- Dessert: buy Gelato
- Dessert: Chocolate Tiramisu (Raddish)
- Dessert: Cannoli <https://selfproclaimedfoodie.com/cannoli/>
- Dessert: Pizzelle
 - <https://www.keepingitsimpleblog.com/food/italian-pizzelle-cookies/>

Week 23 Brazil

- Dinner 1: Brazilian Cheese Bread, Gaucho Steak Skewers (Raddish)
 - Baião de Dois (black eyes peas and rice):
<https://www.thespruceeats.com/brazilian-black-eyed-peas-and-rice-3029432>
(use cheese curds)
- Dessert: Brigadeiro Chocolate Bonbons (Raddish)
- Açaí bowl: <https://mysobol.com/menus/bowls/>

Week 24 Canada & Alaska

- Dinner 1: Poutine with roasted root vegetables (Beets, parsnips, sweet potatoes)
- Dinner 2: lumberjack breakfast: Pancakes Maple syrup with Canadian bacon, and maple baked beans, pancakes, sausage links, eggs
- Snack: Ketchup chips
- Dessert: Butter Tarts
- Dessert: Beaver Tails: <https://fedbysab.com/beaver-tails/>

Week 25 Spain & Portugal

- Dinner 1 Spain, Paella (Raddish)

- serve with crusty bread, Garlic Butter Mushrooms, green beans
- Dinner 2: Tapas
 - Tortilla de Patatas: <https://tastesbetterfromscratch.com/tortilla-de-patatas/>
 - Pan con Tomate: <https://spanishsabores.com/super-simple-pan-con-tomate-recipe/>
 - Croquetas de Jamón: <https://spanishsabores.com/croquetas-de-jamon-serrano-recipe-ham-croquettes/>
 - Patatas Alioli: <https://spanishsabores.com/patatas-alioli-recipe/>
 - Bacon wrapped dates: <https://spanishsabores.com/bacon-wrapped-dates-recipe/>
 - Spanish Meatballs: <https://spanishsabores.com/meatballs-in-almond-sauce-recipe-spanish-albondigas-en-salsa-de-almendras/>
 - Watermelon gazpacho: <https://spanishsabores.com/watermelon-mint-gazpacho-recipe-a-10-minute-summer-recipe/#recipe>
- lunch 1: Gazpacho: <https://www.foodnetwork.com/recipes/alton-brown/gazpacho-recipe-1937573>, homemade croutons
- snack: Sun bread, <https://www.kingarthurbaking.com/recipes/garlic-and-herb-sun-bread-tarte-soleil-recipe>
- Dessert 1: Egg tarts buy from lidl (pastel de nata)
- Dessert 2: Churros (Raddish)

Week 26 Australia

- Meat Pies: Raddish recipe
 - Or <https://www.afamilyfeast.com/aussie-meat-pies/>
- Snack 1: Spinach Cob Loaf (raddish)
- Snack 2: Vegemite
- Snack 3: Fairy bread <https://asimplepantry.com/fairy-bread/#recipe>
- Dessert 1: Vanilla Slice: <https://redcurrantbakery.com/cremeschnitte-vanilla-slice/#recipe>

Week 27 Mexico

- Dinner 1: Mexican street tacos (raddish), Mexican rice, refried beans, elote (raddish)

- Dinner 2: Tamales
 - Horchata: <https://www.acykitchen.com/horchata>
- Dessert 1: Flan

Week 28 Central Europe

- Dinner 1: Pierogi (cheese and potato, and sauerkraut and mushroom, or butternut squash and feta)
 - <https://www.browneyedbaker.com/homemade-potato-and-cheese-pierogi-recipe/>
 - Use this recipe for the dough and forming and cooking
 - <https://eatingeuropean.com/authentic-polish-pierogi-potatoes-cheese/>
 - Use this for the inners
 - Kielbasa
 - Sauerkraut
 - Apple sauce
- Dinner 2 Lazanki <https://www.everyday-delicious.com/lazanki-polish-noodles/>
 - Rye bread
 - Mashed, or boiled potatoes
- Snack 1 Cultured Chef Körözött
 - <https://budapestcookingclass.com/hungarian-cottage-cheese-spread-korozott-recipe/>
- Dessert 1: kolaczki
 - <https://www.momontimeout.com/kolaczki-polish-cookies/>

Week 29 Middle East (Israel)

- Dinner 1 Shakshuka (Raddish)
 - pita bread
 - Bourekas
 - <https://danastable.com/spinach-and-feta-bourekas/>
- Dinner 2:
 - Labneh and zaatar seasoning
 - dates, hummus and falafel
 - Mujaddara
 - root salad <https://kenyarae.com/root-salad-sassool-cafe/>
 - laffa bread or pita bread

- Snack 1: latkas (Raddish)
- Snack 2: Challa bread:
<https://www.onceuponachef.com/recipes/challah.html#tabrecipe>
- Buy: grape leaves

Week 30 Colombia, Venezuela, & Peru

- Dinner 1: Pabellón criollo, white rice, black beans, fried plantains (Venezuela)
 - <https://www.foodnetwork.com/fnk/recipes/pabellon-criollo-9415851>
 - -like this for saucier meat, and canned black beans
 - <https://www.196flavors.com/pabellon-criollo/>
 - use this for the rest
- Dinner 2: Alpaca (Restaurant)
- Dinner 3: Arepas <https://minimalistbaker.com/black-bean-plantain-arepa-sandwiches/>
- Snack: Cachapa (Corn Pancakes) <https://travelfoodatlas.com/venezuelan-cachapas-recipe>
- Dessert: Tres leches (Raddish)

Week 31 Nigeria, Ghana, & Ivory Coast

- Dinner 1: Jollof Rice (nigera), Ghana (red red stew), baked chicken
 - <https://honest-food.net/ghana-red-red-recipe/>
 - <https://cheflolaskitchen.com/jollof-rice/>
 - Chicken: <https://www.munatycooking.com/jollof-rice-with-chicken/>
- Snack: Dodo Ikire (fried plantains with seasoning)
<https://sisijemimah.com/2018/05/13/homemade-dodo-ikire/>

Week 32 Greece

- Dinner 1: Chicken Souvlaki Skewers, tzatziki, hummus, and veggies (Raddish)
- Dinner 2: Buy Gyro
- Dessert: Baklava: <https://natashaskitchen.com/baklava-recipe/>
- Snack 1: Spanakopita Bites (Raddish)

Week 33 Japan

- Dinner 1: Sushi, edamame, Japanese Soup (Raddish kit)
- Dinner 2: Teriyaki Chicken Skewers, Yakisoba Noodles, Japanese Salad (Raddish kit)
- Dinner 3: Hibachi (Find Restaurant)
- Dinner 4: Ramen <https://www.theflavorbender.com/easy-homemade-chicken-ramen/>
- Japan snack from H-mart

Week 34 Korea

- Dinner 1: bi bim bap, scallion pancakes, dumplings (Raddish kit)
- Dinner 2
 - Bulgogi:
 - <https://www.onceuponachef.com/recipes/beef-bulgogi.html#tabrecipe>
 - <https://www.spoonforkbacon.com/beef-bulgogi-recipe/#wprm-recipe-container-21892>
 - Raddish: scallion pancakes
 - Raddish: dumplings
- Dessert: Hotteok (Raddish)

Week 35 Middle East

- Dinner 1 Beef Shawarma Wraps (Raddish)
- Dinner 2: falafel (Raddish), hummus, labneh with olive oil and za'atar seasoning, pita
- Snack: Afghan: Bolani
 - <https://www.mycookingjourney.com/boulanee-katchalu-afghani-bolani-potato-spring-onions-and-cilantro-stuffed-flatbread/>
 - -yogurt sauce <https://tasteoftheplace.com/afghanbolani/#tasty-recipes-21641-jump-target>
- Dessert: Sadia Arabia dessert, Ma'amoul (bought)

Week 36 Central America & Caribbean

- Dinner 1 Coco Bread, Jerk Chicken Skewers (Raddish)
 - And grilled pineapple, Caribbean cole slaw
<https://www.africanbites.com/caribbean-cole-slaw/>
- Dessert: humming bird cake (raddish)