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Intercultural Recipes

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ARGENTINA

By Emily Marty
Milanesas

The Milanesa resembles the Austrian Weiner Schnitzel because it was brought to Latin America by Central European immigrants in the 19th century. It’s eaten across the whole of the continent, even as far north as Colombia and Mexico. It is thought that the name Milanesa refers to one of their places of origin, Milan, hence this dish’s popularity in Argentina. Also, steak in Argentina is generally considered some of the best in the world due to the fertile Pampa region, just below Buenos Aires, where livestock were first introduced by the Spaniards half a millennium ago. It is also popular in Western Europe, including Spain and Portugal where it is known as bife à milanesa (Beef Milanesa) or frango à milanesa (Chicken Milanesa). In Italy it’s called escalope alla Milanese and in France, escalope à la milanaise.

Because it is eaten so widely there are many variations on the dish, but essentially it is a thin slice of beef, or sometimes chicken or veal. They are then prepared by dipping into beaten eggs so that they can be coated in seasoned breadcrumbs (or occasionally flour) and fried in oil ready for eating. In Argentina it is often accompanied with Chimmichurri sauce, an olive oil based marinade.

Ingredients:

- 2 eggs
- ½ cup milk
- 1 cup seasoned bread crumbs
- 3 tablespoons grated parmesan cheese or 3 tablespoons romano cheese
- 2 tablespoons minced fresh parsley
- 2 cloves minced garlic
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 lbs boneless beef top sirloin steaks, cut into ¼ inch slices (1-1/2” thick)
- oil (for frying)
- 4 medium ripe tomatoes, sliced
- 8 ounces sliced mozzarella cheese
- lemon wedge
Method

1. In a shallow bowl, whisk the eggs and milk.
2. In another shallow bowl, combine the bread crumbs, parmesan cheese, parsley, garlic, salt and pepper.
3. Dip steak in egg mixture, then coat with the crumb mixture.
4. In a large skillet, heat 1/2” of oil.
5. Brown steak over medium-high heat for 2-3 minutes on each side until meat is as well done as desired (keep in mind that the longer it is cooked, the tougher it gets).
6. Drain on paper towels.
7. Top beef with tomatoes and serve with lemon wedges.

Empanadas

From the Cornish Pasty from England, to the Arabian Samosa, countless different variations on the empanada exist throughout the world over, although essentially the concept is a stuffed bread or pastry which is then baked or fried. There are numerous possible fillings, both sweet and savoury, such as meat, cheese, seafood, huitlacoche, vegetables or fruits. Their popularity is no surprise given how long they have been around for. The empanada version of this portable snack first started being made in medieval Iberia at the time of the Moorish invasions, hence its Italian, French, and Arabian influences. Originating in Galicia and Portugal, the dish was carried to Latin America (and incidentally the Philippines) by Spanish colonisers. Its full name is therefore empanada gallega. The name comes from the verb empanar, meaning to wrap or coat in bread and gallega is the Spanish word for Galician, Galacia being a region in the North west of Spain.

In Argentina empanadas are widely available in pastelerias and are often served at parties as a starter or main course, or at festivals. A repulgue, or pattern, is added to the pastry fold as patterns indicate the filling. The dough is usually of wheat flour and more often than not containing a beef filling (Argentina is well known for its high quality of meat) although it does differ from province to province. In more southern regions, such as The Lakes District, fillings spiced with cumin and paprika, and containing an onion, boiled egg, olives, or raisins are particularly common, such as the filling in the recipe provided below.
Ingredients

Short crust pastry:
- 4oz plain flour
- pinch of salt
- 2oz butter, cubed
- 2-3tbsp cold water

Filling:
- 1 pound ground beef
- 1 tablespoon butter
- 2 onions
- 1 1/2 tablespoons smoked paprika
- 2 teaspoons cumin
- 2 hard-boiled eggs cut into rounds
- salt and pepper to taste
- crushed red pepper, to taste

Method

Short crust Pastry

1. Put the flour and salt in a large bowl and add the cubes of butter.
2. Use your fingertips to rub the butter into the flour until you have a mixture that resembles coarse breadcrumbs with no large lumps of butter remaining. Try to work quickly so that it does not become greasy.
3. Using a knife, stir in just enough of the cold water to bind the dough together.
4. Wrap the dough in clingfilm and chill for 10-15 minutes before using.
5. Alternatively using a food processor, put the flour, butter and salt in the food processor and pulse until the fat is rubbed into the flour.
6. With the motor running, gradually add the water through the funnel until the dough comes together. Only add enough water to bind it and then stop.
7. Wrap the dough in clingfilm as before and chill for 10-15 minutes before using.

Filling (note: the meat can be made a day in advance).

1. In a medium saucepan, heat the butter over medium-high heat.
2. Put the onions, sliced finely in rounds, in a frying pan and salt them. Sauté until they start to become translucent, then add in the beef.
3. Cook the ground beef, chopping as it cooks with a flat spatula to maintain ground beef texture. Add salt and pepper to taste.
4. Cook until the beef has cooked through, then taste for salt and pepper, and stir in the paprika, cumin, and crushed red pepper and mix well.
5. Pre-heat the oven to 180°C. Put the filling on a lightly floured work surface. With a
tablespoon, put a little of the meat filling in the centre of the short crust pastry
dough round. Add a piece of the hard boiled egg.

6. For sealing, you'll need a small glass of water. Moisten the edge on the top half of
the round with a little water on your finger. Fold the bottom half of the dough up
until the edges meet and seal with your fingers by pressing down. The empanada
should have a half-moon shape.

7. Use the palms of the hands to pack the filling firmly in the centre. Next, fold the
edges with the Repulgue: using your fingertip, fold one corner of the empanada
over, pressing down firmly. Go to the edge again and repeat, pressing firmly each
time. Go around the edge of the empanada and you'll get a spiral pattern. You can
also use a fork-seal, instead.

8. Beat an egg in a cup and paint the top of each sealed empanada so that when they
bake, they have a shiny, golden shell. Spread flour lightly over several cookie sheets,
and place the finished empanadas on top. Put the empanadas in to bake for 12 to 15
minutes - they should be sizzling and very golden brown on top. Take out and eat
very carefully while hot!

Alfajores

The original alfajores, or alajúes as they are
called in Cuenca, Spain were thought to have
been popularised by Mariano Pardo de Figueroa
in the 19th century. He lived in Medina Sidonia,
Southern Spain, which was ruled by Arabs and
famous for being the capital of Arabic confection
at the time where the recipe was passed down
from generation to generation. Therefore the
name assigned to them has its roots in Arabic,
الفاخر, pronounced al- fakhur. According to the
Spanish gastronomist to make them you would
need:

“one quart of white honey, three means of a
pound of hazelnuts and almonds, all roasted and
chopped, half ounces of cinnamon, two ounces
of aniseed, four drachms of cloves and a quarter
of cilantro, roasted and ground coffee, a pound of roasted sesame, eight pounds of dust
from grinding, out of bagels without salt or yeast, overcooked in the oven, with half a pound
of sugar.”

It has since undergone several changes, and since being brought over to South America by
the conquistadores many variations on the original now exist, although in Argentina, the
largest consumer of the snack, they are usually filled with dulce de leche.
Ingredients

1-1/2 cups unsalted butter
1 cup confectioners’ sugar
2 tablespoons granulated sugar
1/4 teaspoon salt
1/4 teaspoon almond extract
1/2 teaspoon vanilla extract
1/3 cup ground almonds (can be ground in a food processor)
3 cups unbleached all-purpose flour

Filling: dulce de leche
1 tin condensed milk

Method

1. Cream the butter with the powdered sugar until fluffy.
2. Stir in salt, extracts, ground almonds and flour. Wrap and chill 30 minutes.
3. Immerse closed can on its side in a pot of water and bring to a boil.
4. Leave on a simmer or light boil for 2 to 2 and a half hours, topping up with water as needed. Be careful and don’t let the water dry out or the can could explode.
5. Remove from heat and let cool thoroughly before opening can. Don’t open the can while it’s still hot. The condensed milk should be thick and a nice caramel colour. Roll out dough 1/4 inch thick. Cut in 2-1/2-inch circles.
7. Cool Alfajores on wire racks. Spread some caramel filling on a cookie. Top with another cookie and press together. Be careful, these are fragile.
8. Dust tops with confectioner's sugar.

Argentinian Wine

Argentina is ranked as the world’s fifth largest producer of wine, closely trailing Spain, France and Italy. Argentina is South America’s largest exporter of wine which is, in fact, Argentina’s National liquor, although historically Argentinians used to drink 90% of their produce. Vines began to be cultivated in Argentina in the 16th century during the Spanish colonisation, but there were other European influences too, such as the Malbec from France, and Dolcetto from Italy.

It is said that “the worse the soil, the better the wine,” which is why the majority of Argentinian vineyards are in Andean regions, such as Mendoza, which produces more than 60% of the country’s wine.
Mate

Mate originates, and is most commonly drunk, in Argentina. It is mostly an infusion of dried *Yerba mate* leaves and chemicals such as caffeine, mixed with hot water, and sugar if desired, to mask the bitter taste of the herbs. Peppermint and citrus rind are also sometimes added. Mate tastes grassy and herbal, not dissimilar to green tea. It is traditionally served in a *guampa* and drunk with a *bombilla*, a type of straw that filters the herbs as it’s only the infusion that is drunk.

Mate is often drunk in social settings, much like Europeans and coffee. Unlike in the West however, Argentinians share one *guampa* of mate which gets passed around the gathering of people, often in a clockwise order! The *Yerba mate* can be brewed many times, such is their strength, that when the drink is finished, more warm water is simply added, and the socialising continues, often for hours. Mate therefore exemplifies Argentinian cultu
Mexican cuisine as we know it today is an amalgamation of indigenous Aztec origins and Spanish colonial influences.

**NACHOS**

It is thought that the dish Nachos was first served in 1943 by Ignacio ‘Nacho’ Anaya, the chef at the Victory Club in the small Mexican town of Piedras Negras, close to the border with Texas. One day, a group of women came to the restaurant but it had already closed, so Ignacio made a simple dish from the few ingredients he had available, and called it ‘Nachos Especiales’.

**Ingredients**

For the guacamole

- 2 very ripe **avocados**, skin and stones removed
- 1 large **lime**, juice only
- 1 **chilli**, seeds removed, finely chopped
- ½ **garlic** clove, peeled, grated
- pinch ground **cumin** (optional)
- 1 large ripe **tomato**, seeds removed, chopped
- 2 **spring onions**, trimmed, finely sliced
- salt and freshly ground **black pepper**

For the salsa

- 3-4 **tomatoes**, seeds removed, finely chopped
- 1 red **chilli**, seeds removed, finely chopped
- dash **Tabasco**, to taste
- 1 **garlic** clove, peeled
- 1 large **lime**, juice only
- ½ tbsp extra virgin **olive oil**
For the nachos

- 2 x 200g/7oz bags plain tortilla chips
- 200g/7oz jar jalapeno chillies, drained, sliced
- 200g/7oz mature cheddar cheese, grated

To serve

- 1 x 150ml/5¼fl oz pot soured cream
- small handful chopped fresh coriander leaves

Method

1. Preheat the oven to 220C/430F/Gas 7.
2. For the guacamole, mash all of the guacamole ingredients together in a bowl using a fork, until well combined.
3. Cover the bowl with cling film and chill in the fridge until needed (or for at least 20 minutes).
4. Meanwhile, for the salsa, mix all of the salsa ingredients together until well combined. Set aside for 10 minutes.
5. Sprinkle the tortilla chips into a large ovenproof dish. Scatter over the sliced jalapeno peppers and grated cheese. Transfer to the oven and cook until the cheese has melted, about 4-5 minutes.
6. To serve, spoon dollops of the guacamole, salsa and soured cream on top of the nachos. Sprinkle over the coriander leaves.

MOLE

There are several regions in Mexico where mole sauce is made, but it is thought to have originated in one of three states: Puebla, Oaxaca or Tlaxcala. There are various versions of the folk tale describing the origins of mole, but the most common is set in the colonial period at the Covent of Santa Rosa in Puebla. The story goes that one day, the nuns heard that the archbishop was coming to visit, and they were worried because they were poor and had little food to offer. So they prayed, and used the few ingredients they had: they killed and cooked old turkey and made a sauce from some spices, chocolate and nuts to go on top. However, the nuns needn’t have worried as the archbishop was very happy with the meal.
Ingredients

- 1 corn-fed chicken jointed into small portions
- 1 clove of garlic, crushed
- 1 large onion, roughly sliced
- 2-3 sprigs fresh mint
- Salt and pepper
- The sauce
  - 25g dark, bitter chocolate
  - 1 tablespoon sunflower oil
  - 1 clove of garlic, crushed
  - 500g plum tomatoes, skinned and chopped (or tinned)
  - 1 onion, roughly chopped
  - 4 tablespoons toasted sesame seeds (or peanut butter)
  - 1 heaped tablespoon paprika
  - 1 teaspoon ground cumin
  - ½ teaspoon ground cloves
  - 3-4 dried chillies, de-seeded and torn (or 1 teaspoon of powdered chilli)
- To finish
  - Chopped coriander

Method

1. Put the chicken pieces into a casserole that will just about accommodate them, cover with water and add the garlic, onion and mint. Season with salt and pepper. Bring to the boil, skimming off any grey foam that rises, then turn down the heat, put the lid on and simmer gently for 30 minutes or so, by which time the chicken should be perfectly tender. Strain, reserving the broth.
2. Put all the sauce ingredients except the oil and chocolate into a liquidiser and process to a purée. Heat the oil in a wide, heavy frying pan, add the purée, bubble up and cook for about 20 minutes, until the sauce is rich and thick. Stir in the chocolate, add the reserved chicken pieces and bubble up again. Add enough broth to submerge the chicken, bring back to the boil, reduce the heat and simmer for another ten minutes, adding more broth if necessary. The sauce should be thick enough to coat the chicken. Finish with a sprinkle of chopped coriander.
3. Serve with hot cornmeal tortillas, and diced avocado dressed with sea salt, lime juice, chopped green chilli, a little garlic and plenty of chopped, fresh coriander.
TAMALES

Tamales have been a traditional Mexican food since ancient times, having been eaten by both the Aztec and Maya civilizations and the Olmeca and Tolteca people before them. This makes them one of the few Mexican dishes which haven’t really been influenced or changed that much by the colonisation of the Spanish. The original use of tamales was as a food which could be easily transported for hunters, travellers and armies. Today tamales are eaten as both a breakfast and dinner dish and are often sold by street vendors.

Ingredients – Makes 40

For the masa (dough)

- 6 cups corn masa flour
- 1 tbsp salt
- 1 tbsp pepper
- 2 tbsp cumin
- 2 tbsp garlic powder
- 1 tbsp chilli powder
- 1 tbsp paprika
- 1 pack lard (or 1 cup corn oil)
- 2 tbsp baking powder
- 6 cups of broth (see later stage of cooking)

For filling

- 1.5 kg shoulder pork (cut off skin and use for crackling)
- 1 tbsp salt
- 1 tbsp pepper
- 1 tbsp cumin
- 1 tbsp garlic powder
- 1 tbsp recado paste
- water to cover meat (at least 20 cups)
For mole

- 10 dried chipotle chillies (soaked until soft and then diced) or 3 fresh habanero chillies
- 3 medium onions
- 2 tbsp garlic powder
- 1 tbsp cumin
- 1 tbsp dried oregano
- tin chopped tomatoes

Method

1. Cook the Pork. Remove the skin from the shoulder and chop into big chunks, pop in large saucepan and cover with at least 20 cups of water add seasoning’s and bring to the boil, simmer for around 2 hours till meat can be shredded. When pork is ready remove from broth and leave to cool, DO NOT DISCARD THE BROTH.

2. Prepare the MASA. In a large mixing bowl add 6 cups of Masa Flour, cumin, salt, pepper, garlic powder, paprika and baking powder. Add 6 cups of retained broth and beat in well, dissolve the lard in a bowl in a microwave, when liquid beat in to the dough for about 10 mins to get some air into the mix, makes for a fluffier masa. Leave covered to cool. Put your husks in a mixing bowl and cover with hot water to soften (about 30 mins).

3. To make the Mole. fry onions till brown, add tomatoes, seasoning’s and chilies add the remaining broth bring to the boil then turn down to simmer, add 1 cup of masa flour and stir until the mole thickens a bit. Leave to cool.

4. Prepare the filling. Shred the pork with your fingers or 2 forks and put into a mixing bowl. Add mole until you have a nice moist mixture (not to runny)

5. Make your Tamales. Take a husk place on a flat surface, take one tablespoon of masa dough and spread over husk to within 1 inch of the edges. Place one tablespoon of filling onto the centre of the masa, pick up husk and roll the masa over the filling roll into a tube flip up the pointed end to make a packet and tie with butchers string or a strip of husk. Place in your steamer and steam for 90 mins, till cooked.

6. Once cooked you can eat them or store in the freezer for later. I vacuum seal mine in pairs they will keep for 6 months (if you can keep your hands off them). Best eaten hot with a good slosh of salsa and a nice crisp salad. To reheat steam for about 10 mins or reheat in microwave for about 2 mins well covered until piping hot.
TRES LECHES CAKE

The origins of tres leches cake are much disputed. Tres leches cake is popular in many parts of Central and South America, and some claim that this is where it originated, either in Mexico or Nicaragua. However, the Nestlé company claims that they helped develop the recipe during the Second World War.

Ingredients

For the sponge

- 4 free-range eggs, separated
- 200g/7oz caster sugar
- 200g/7oz plain flour
- 1 tsp baking powder
- 100ml/3½fl oz milk
- ½ tsp vanilla extract

For the sauce

- 400g/14oz can sweetened condensed milk
- 400g/14oz can evaporated milk
- 200ml/7floz double cream

To serve

- strawberries, raspberries and blueberries, to serve

Preparation method

1. Preheat the oven to 180C/350F/Gas 4. Grease and line a 23cm/9in square cake tin.
2. In a bowl, beat the egg whites until stiff peaks form when the whisk is removed. Gradually fold in sugar. Fold in the egg yolks one at a time.
3. In another bowl mix the flour, baking powder, milk and vanilla. Fold this quickly into the egg mix and pour into the cake tin.
4. Place in the preheated oven and bake for about 30-40 minutes.
5. For the sauce, beat together the condensed milk, evaporated milk and cream.
6. As soon as you take the cake out of the oven skewer holes all over the top and pour over half of the milk mix.
7. Place in the fridge to chill.
8. Once chilled pour over the rest of the sauce, slice and serve with the strawberries, raspberries and blueberries
HOT CHOCOLATE

The origins of hot chocolate go all the way back to the Mayan civilisation, which is thought to have created the drink about two thousand years ago. However, the drink consumed by the Mayas was very different from what we know today as hot chocolate. For a start, it wasn’t even hot. The drink was made by grinding cocoa seeds into a paste and mixing this paste with water, cornmeal, chilli peppers and various other ingredients. The mixture would then be poured back and forth between two pots until it was frothy, when it would be served. As the Mayas didn’t have sugar, the chocolate drink would have been very bitter compared to modern hot chocolate.

Ingredients

- 75g/3oz (tablet or cone) Mexican chocolate or bittersweet chocolate
- 3 cups milk
- 2 tablespoons sugar
- Pinch salt
- Miniature marshmallows, for serving
- 6 cinnamon sticks (preferably Mexican canela), for serving

Method

Using a sharp knife, break up the chocolate into smaller pieces. In a saucepan, combine the chopped chocolate, milk, sugar, and salt over medium-low flame. Heat and stir until the chocolate is completely melted and milk is very hot, but not boiling, about 10 minutes.

Remove from the heat and froth the chocolate milk with a mini whisk or molinillo. Divide the hot chocolate among big mugs, top each with a few marshmallows, and serve with the cinnamon sticks as stirrers.
TEQUILA

Tequila originated near the city of Tequila in the sixteenth century. It was first produced by the Spanish conquistadors. When they ran out their own brandy, the conquistadors began to distil agave plants, hence producing the first distilled spirit to originate from Latin America.
Paella

Paella is a Valencian rice dish that originated in its modern form in the mid-19th century near Lake Albufera, a lagoon in Valencia, on the east coast of Spain. Many non-Spaniards view paella as Spain's national dish, but most Spaniards consider it to be a regional Valencian dish. Valencians, in turn, regard paella as one of their identifying symbols.

There are three widely known types of paella: Valencian paella seafood paella and mixed paella but there are many others as well. Although in many parts of the world people add chorizo as a ‘crucial’ ingredient, it is not an ingredient from the original recipe.

Ingredients – Serves 6

600 g Paella Rice.
Chicken, jointed in about 8 pieces.
Pork Ribs
2 Large onions, peeled and roughly chopped.
1 Red pepper and 1 Green pepper, deseeded and roughly chopped into chunks.
50g of fresh frozen peas.
110g Spanish chorizo, diced (Although this is not part of the original recipe)
3 Cloves of garlic, peeled and crushed.
1 Heaped teaspoon of pimento (Paprika)
¼ Level teaspoon cayenne pepper.
¼ Level teaspoon saffron strands (1/2 x 0.4g sachet)
400g chopped tomatoes.
1 Lemon cut into wedges to garnish.
Salt and pepper.

Method

1. Once you have peeled, chopped, prepared and assembled everything, heat the oil in the pan over a fairly high heat. Now season the chicken joints, adding 4 of them to the hot oil to sauté on all sides until golden brown, then remove them to a plate and do the same with the other 4 joints.

2. Next add the onion, pepper and chorizo and fry these over a medium heat for 6-8 minutes, or until they're nicely tinged brown at the edges. Now add the garlic, paprika, cayenne and
saffron and cook for another minute, then return the chicken to the pan, followed by the tomatoes and plenty of seasoning. Then add the rice to the pan and fry everything together for about 2-3 minutes. Then add 2 pints (1.2 litres) boiling water.

3. Next, bring everything up to a gentle simmer, turn the heat down and cook, uncovered, for 20-30 minutes or until the rice is cooked, add more water if necessary. Also add the peas and prawns in the last 10 minutes. During that time, shake the pan occasionally and move it around on the hob a little if the hob plate is not as big as the base of the pan.

4. Once cooked, remove the pan from the heat and cover with a clean tea cloth for 5 minutes to absorb some of the steam. The paella is now ready – just garnish with the lemon wedges and don’t forget to have hot plates ready to serve it on.

**Migas de pan**

There are several recipes for Migas de Pan. The way to do migas is by using ‘Yesterdays bread’ (stale bread) and any ingredients that you have available at the time to give it flavour. Sometimes you can make breadcrumbs or dice the bread, but the result is always a tasty, easy and highly calorific dish. Therefore it is not advisable to use high quantities of breadcrumbs in the dish. But it is a very satisfying dish to eat.

In places, such as Extremadura, you eat Migas with either coffee or Cola-Cao (Spanish nesquick version).

**Ingredients**

400 gramos de pan del día anterior
200 gramos de chorizo
120 gramos de panceta
2 pimientos verdes
6-8 dientes de ajo
2 huevos
1 ramita de romero
Agua, sal y aceite de oliva.
Method

1. Cut the bread in cubes or breadcrumbs and slightly wet with water, allow to rest for an hour.
2. Wash and dice the peppers, bacon and chorizo. Pour a tablespoon of olive oil into a frying pan and fry the garlic for about 2-3 mins.
3. Add the bacon and chorizo cook for a further 4 minutes and then add the peppers and cook for an additional 2-3 minutes.
4. Add the bread into the pan, keep stirring with a wooden spoon, this way the flavour will be absorbed.
5. At the same time, make an omelette and dice it up. Once the migas have the desired texture, add the omelette into the migas. Best migas are crunchy on the outside and soft on the inside.

Tapas

The word "tapas" is derived from the Spanish verb tapar, "to cover".

According to The Joy of Cooking, the original tapas were the slices of bread or meat which sherry drinkers in Andalusian taverns used to cover their glasses between sips. This was a practical measure meant to prevent fruit flies from hovering over the sweet sherry. The meat used to cover the sherry was normally ham or chorizo, which are both very salty and activate thirst. Because of this, bartenders and restaurant owners began creating a variety of snacks to serve with sherry, thus increasing their alcohol sales. The tapas eventually became as important as the sherry.

Tortilla de Patatas.

No doubt about it, the Tortilla Española or Spanish Omelet is the most commonly served dish in Spain. Bars and cafés serve it as a tapa or appetizer, but it is often served as a light dinner in Spanish homes. Because it is easy to transport, the Spanish make bocadillos or sandwiches by placing a piece between two pieces of a baguette. In the summer it is a good meal to take to the beach, especially when it is accompanied by a nice cool gazpacho.

According to legend, during the siege of Bilbao, Carlist general Tomás de Zumalacárregui created the "tortilla de patatas" as an easy, fast and nutritious dish to satisfy the scarcities of the Carlist army. Although it remains unknown whether this is true, it appears the tortilla started to spread during the early Carlist wars.
**Ingredients**

- 6-7 medium potatoes, peeled
- 1 whole yellow onion
- 5-6 large eggs
- 2-3 cups of olive oil for pan frying
- Salt to taste

**Method**

1. Cut the peeled potatoes in half lengthwise. Then, with the flat side on the cutting surface, slice the potato in pieces approximately 1/8” thick. Peel and chop the onion. Put potatoes and onions into a bowl and mix them together. Salt the mixture.

2. In a large, heavy, non-stick frying pan, heat the olive oil on medium high heat. Carefully place the potato and onion mixture into the frying pan, spreading them evenly over the surface. The oil should almost cover the potatoes. You may need to turn down the heat slightly, so the potatoes do not burn. Leave in pan until the potatoes are cooked. If you can poke a piece of potato with a spatula and it easily breaks in two, your potatoes are done. Remove from the pan with a slotted spoon or spatula and allow oil to drain.

3. Crack the eggs into a large mixing bowl and beat by hand with a whisk or fork. Pour in the potato onion mixture. Mix together with a large spoon.

4. Pour 1-2 Tbsp of olive oil into a small, non-stick frying pan and heat on medium heat. When hot, stir the potato onion mixture once more and “pour” into the pan and spread out evenly. Allow the egg to cook around the edges. Then you can carefully lift up one side of the omelet to check if the egg has slightly “browned.” When the mixture has browned on the bottom, you are ready to turn it over to cook the other side. Once the other side is cooked, it’s ready!

**Patatas Bravas**

Patatas bravas is a dish native to the cuisine of Spain, often served as a tapa in bars. It typically consists of white potatoes that have been cut into about 2 centimeter irregular shapes and then fried in oil and served warm with a spicy tomato sauce. This dish is commonly served in restaurants and bars throughout Spain, where it is traditionally accompanied by a shot of orujo or a glass of wine.
Ingredients

500g potatoes
300ml olive oil
1 small onion, finely chopped
1 red chilli, finely chopped
400g tin chopped tomatoes
½ tsp sugar
½ tsp salt
1 tsp smoked paprika
2 tbsp sherry vinegar
1 clove garlic
Colorante
crushed    Chives, to serve

Method

1. Preheat the oven to 200C. Peel the potatoes and cut into rough 2cm chunks. Put a roasting tray with 2 tbsp olive oil into the oven and leave to heat for 5 minutes, then take out, toss the potatoes in the hot oil, and bake for about 45 minutes until crisp and golden.

2. Meanwhile, make the sauces. Put 2 tbsp oil into a heavy-bottomed pan on a medium heat, and cook the onion for about 7 minutes until golden and soft. Put in the chilli, and cook for another couple of minutes, then add the tomatoes, sugar, salt and smoked paprika and stir well. Bring to the boil, and then turn down the heat and simmer for about 20 minutes until thick and dark. Add the sherry vinegar.

3. Take the potatoes out of the oven and sprinkle with a little salt. Spread the tomato sauce on to the plates, put the potatoes on top, then add a dollop of allioli and a sprinkle of chives, and serve immediately.
Calamares a la Romana

It is a typical Spanish dish, especially north of Spain where they call them ‘Rabas’. They are called ‘Calamares a la romana’ (Roman squid) elsewhere because of the way they are made by coating with flour and egg.

‘Calamares a la Romana’ is a dish prepared from fried squid which is coated in flour and can be found in many restaurants alongside the Mediterranean coast. In many bars they are normally served as a tapa, usually accompanied by a sauce such as mayonnaise, ketchup, aioli or cocktail sauce but the traditional way to eat them is by squirting lemon over them. In some places you can also have them in a baguette.

Ingredients (4 People)

4 Calamares or 500 gr of calamares ring.
2 Eggs
100 ml milk
100 gr of flour
The juice of two lemons.
1 Lemon to serve.
1 Bay leaf
Oil and salt.

Method

1. Firstly you start by cleaning and cutting the calamares into rings.

2. We then prepare the marinade. Add the calamares into the lemon juice, with a squirt of oil and a laurel leaf. Let it marinade for about 30 minutes.

3. Meanwhile, start preparing the coating. Mix the yolk of the egg with the flour (keep the white of the egg), and we add the milk, mix well. On another bowl we whisk the white of the egg until stiff peaks are formed, and slowly so it don’t come down, we add the flour, yolk and milk mix.

4. After 30 remove the calamares of the marinade and drain. We then mix them with the flour, egg and milk mix.

5. When the mix is ready, we heat the oil up and we deep fry the calamares until golden. Once golden they are ready to serve.
Pan de Calatrava

Ingredients

1 Litre of milk
18 spoons of sugar (8 to make home made caramel)
6 eggs
Grated lemon crust
6-8 1,5 inch slices of madeira cake or sponge

Method

1. Pre heat the oven to 180 C.
2. Add the milk to a saucepan with 8 spoons of sugar and the lemon crust and bring it to the boil. Whilst the milk is heating, beat the 6 eggs and pour it in when the milk has boiled. Remove from heat.
3. In a small saucepan, add 10 spoons of sugar and a little bit of water and bring it to the boil. This will make the caramel.
4. Pour the caramel into a baking tray and then put the slices of madeira cake or sponge in. Then pour the milk and egg mix over the sponge.
5. To bake, put the baking tray into a larger baking tray. Fill the largest baking tray to half and bake for 45 minutes.
6. This is a cold dessert so it’s recommended to cool it down before serving.
Sangría

Sangria is a wine punch typical of Argentina, Spain and Portugal. It normally consists of wine, chopped fruit, a sweetener, and a small amount of added brandy. In the case of fruits, they are chopped or sliced such as orange, lemon, lime, apple, peach, melon, berries, pineapple, grape and mango. A sweetener such as honey, sugar, simple syrup, orange juice is added. Instead of brandy, other liquids such as Seltzer, Sprite or 7 Up may be added.

Ingredients

1 Litre of red wine (no need to be expensive)
1 Orange
1 can of Fanta orange or Fanta lemon or 7up (depending on preference)
4 Chopped peaches
5 tbs sugar

Preparation

1. In a large bowl/jar pour in the red wine and add the sugar until it has been dissolved.
2. Add the can of your choice.
3. Add the chopped peaches (no skins) and chopped the orange.
4. Put the jar/bowl in a fridge and wait until is cooled. If you want to drink it straight away, add some ice cubes.
5. If you want a stronger Sangría, add some rum or whisky.
GREAT BRITAIN

By Jane Lewis
SUNDAY ROAST

Roast Beef and Yorkshire Pudding is a traditional British main meal, which is usually eaten on a Sunday and served in the early afternoon at about 1 – 2 p.m. The Sunday roast is traditionally made using Beef, however, other roasted meats are often used such as lamb, pork or chicken. The accompaniments to the meat are usually, roast potatoes or mashed potatoes, vegetables and Yorkshire puddings with gravy made from the juices of the meat.

The Yorkshire Pudding was first recorded in a recipe book in 1737 in a book called *The Whole Duty of a Woman* and was originally called Dripping Pudding. The dripping would have come from the spit roasted meat. A further recipe was recorded in 1747 in a recipe book called *The Art of Cookery Made Plain and Easy* by Hannah Glasse. The Yorkshire Pudding has survived two world wars and rationing and is still a very popular part of the Sunday Roast. The key to making a good Yorkshire pudding is a very hot oven and hot oil in the baking tin or tins. Some people prefer to make one large pudding and others prefer to make it in small bun trays. Yorkshire Puddings are now found in most supermarket freezers either ready to cook or ready to heat and serve. However they come Yorkshire Puddings still remain a firm favourite with the Sunday Roast.

ROAST BEEF

INGREDIENTS

Fore rib beef (about 4kgs/9 lbs), either on the bone or boned
Olive Oil
Salt
Freshly Cracked Black Pepper

METHOD

1. Preheat the oven to its highest setting.
2. Rub the beef with the olive oil, salt and pepper all over.
3. Put a heavy-based roasting tray on the hob and when hot, add the beef.
4. Sear the beef quickly on all sides to colour and crisp the outside.
5. Transfer the beef immediately to the oven and leave the oven on its highest setting (about 240C/460F/Gas 8) for 20 minutes.
6. Reduce the heat to 190C/375F/Gas 5 and roast for half an hour per kilo for rare, adding another ten minutes per kilo for medium rare, 20 minutes per kilo for medium, and 30 minutes per kilo for well done.
7. Remove the beef from the oven, transfer it to a carving board and cover with foil. Allow it to rest in a warm place for 30 minutes.
YORKSHIRE PUDDINGS

INGREDIENTS

140g plain flour
4 eggs
200ml (7fl oz) Milk
Sunflower oil for cooking

METHOD

1. Heat oven to 230C/fan 210C/gas 8. Drizzle a little oil evenly into 2 x 4-hole Yorkshire pudding tins or a 12-hole non-stick muffin tin and place in the oven to heat through.
2. To make the batter, tip the flour into a bowl and beat in the eggs until smooth. Gradually add the milk and carry on beating until the mix is completely lump-free. Season with salt and pepper. Pour the batter into a jug, then remove the hot tins from the oven. Carefully and evenly pour the batter into the holes. Place the tins back in the oven and leave undisturbed for 20-25 mins until the puddings have puffed up and browned. Serve immediately. You can now cool them and freeze for up to 1 month.

APPLE CRUMBLE

INGREDIENTS

For the apple crumble

- 150g/5½oz unsalted butter
- ½ tsp ground ginger
- 1 Bramley apple, peeled, cored and finely chopped
- 2 tsp caster sugar
- 100g/3½oz plain flour
- 100g/3½oz brown sugar

For the custard

- 150ml/5fl oz whole milk
- 150ml/5fl oz double cream
- 1 vanilla pod, split lengthways and seeds scraped out
- 2 large free-range egg yolks
- 2 tbsp caster sugar
METHOD

1. Preheat the oven to 200C/400F/Gas 6.
2. To make the apple crumble, put 50g/2oz of the butter into a small saucepan together with the ginger, apple and caster sugar and cook gently for 5 minutes until the apple has softened and broken down slightly. Pour into a small ovenproof dish.
3. Put the remaining butter, the flour and brown sugar into a food processor and blitz until it resembles fine breadcrumbs. Sprinkle the crumble mix onto the apple, place in the preheated oven and cook for 10 minutes.
4. To make the custard, put the milk, double cream and vanilla pod and seeds into a non-stick saucepan and heat until just boiling. Remove the vanilla pod and set aside.
5. Meanwhile, whisk together the egg yolks and caster sugar with an electric whisk until pale and fluffy. Pour the warm milk and cream mixture over the beaten eggs and sugar and whisk to combine. Pour the mixture into a clean saucepan and heat and whisk for a further 2 minutes or until the custard has thickened slightly. Remove from the heat and pour into a small jug.
6. To serve, pour the custard over the apple crumble.
FISH AND CHIPS

Fish and chips are a popular take-away food in the United Kingdom but also in other countries such as Ireland, Australia, New Zealand, Canada and South Africa. It consists of battered fish which is deep-fried and served with chips.

Fish and chips became a stock meal among the working classes in Great Britain as a consequence of the rapid development of trawl fishing in the North Sea, and development of railways connecting ports to cities during the second half of the 19th century. In 1860, the first fish and chip shop was opened in London by Joseph Malin. The modern fish-and-chip shop in modern British slang originated in the United Kingdom, although food outlets selling fried food occurred commonly throughout Europe. According to one story, fried-potato shops spreading south from Scotland merged with fried-fish shops spreading from southern England. Early fish-and-chip shops had only very basic facilities. Usually these consisted principally of a large cauldron of cooking fat, heated by a coal fire. During World War II fish and chips remained one of the few foods in the United Kingdom not subject to rationing.

Below is a modern day healthier option for homemade fish and chips.

METHOD

1. Scrub the potatoes, cut into 1.5cm thick lengthways slices, then cut each slice into 1.5cm thick chips. Tip the chips into a large saucepan, pour in enough water to just cover, bring to the boil, then lower the heat and gently simmer for 4 mins only. Drain, tip onto a clean tea towel, pat dry, then leave to cool. Can be done 1-2 hrs ahead.

2. Heat oven to 220C/fan 200C/gas 7. Put a large shallow non-stick roasting tray in the oven with 1 tbsp olive oil and heat for 10 mins. Transfer the chips to a bowl and toss in the remaining oil using your hands. Tip out in a single layer onto the hot roasting tin. Bake for 10 mins, then turn them over. Bake 5 more mins, then turn again. Bake for a final 5-8 mins until crisp. Drain on paper towels.

3. While the chips are in the oven, cook the peas in boiling water for 4 mins. Drain, then tip into the pan and lightly crush with the back of a fork. Mix in the oil, lemon juice and freshly grated pepper. Cover and set aside.

4. The fish can also be cooked while the chips are in the oven. Pat the fillets dry with paper towels. Put the 1 tbsp of flour on a plate and use to coat each fillet, patting off the excess. Pour the oil for frying into a heavy, medium non-stick wok or wok shaped pan. Heat to 200C (use a thermometer so you can check the oil stays at that
temperature). Mix 50g flour, cornflour, a pinch of salt and some pepper. Lightly whisk the egg white with a balloon whisk until frothy and bubbly, but not too stiff. Pour the water into the flour mix, gently and briefly whisking as you go. The batter shouldn't be completely smooth. Add the egg white, then lightly whisk in just to mix. Try and keep as many bubbles as you can so the batter stays light. Cooking two pieces of fish at a time, dip them in the batter to coat, let some of it drip off, then lower into the hot oil using a slotted spoon. Fry for 5-6 mins, making sure the oil stays at 200C and turning the fish over halfway through so it is golden all over. Lift out with a slotted spoon, drain on kitchen paper. Check the oil is back up to 200C, then repeat with remaining fish. Reheat the peas and serve with the fish, chips and lemon wedges.
KEDGEREE

Kedgeree consists of cooked flaked fish, more often than not the fish used is smoked haddock. The fish is mixed with boiled rice, hard boiled eggs, parsley, a pinch of curry powder and sometimes sultanas are added as well.

It is thought to have originated in India as a dish called Kitchiri which was originally a rice and bean/lentil type of dish, traced back to 1340 or possibly earlier. It is believed that the returning British Colonials brought the dish back to the U.K. It was introduced in the UK as a breakfast dish in Victorian times. Kedgeree can be eaten hot or cold.

There is an alternative theory that Kedgeree originally came from Scotland and was taken over to India by Scottish troops during the British Raj, where it was then adapted further to become part of Indian cuisine.

INGREDIENTS

350g rice
2 smoked haddocks
50g butter
Salt & pepper
2 tsp tomato ketchup
4 hard boiled eggs
1 tsp curry powder (optional)
750mls chicken stock
1 bay leaf
300ml milk

METHOD

1. Melt butter in a saucepan and add the onion.
2. Stir in the rice to coat it.
3. Add the chicken stock and bay leaf and bring to the boil.
4. Cook for 20 minutes or until the rice has absorbed the chicken stock.
5. Poach the haddock in the milk whilst the rice is cooking.
6. Break up the fish and add to the cooked rice along with the other ingredients.
7. Add the curry powder (if required).
**GIN AND TONIC**

**INGREDIENTS**

Gin 25ml  
Tonic (according to taste)  
Ice (to fill at least ¾ of the glass)  
Lime (wedge)

**METHOD**

Gin 25ml  
Tonic (according to taste)  
Ice (to fill at least ¾ of the glass)  
Lime (wedge)

Take a clean tall glass and ¾ fill with ice cubes, pour in the gin and top up tonic water according to how strong a taste you like, ¾ fill is recommended. Finally take the lime wedge and squeeze around the top of the glass allowing the juice to dribble down the inside of the glass into the gin and tonic. Place a lime wedge inside the glass and either drink straight from the glass or through a straw.

**ENGLISH BEER**

English beer has a long history and traditions that are distinct from most other beer brewing countries.

Beer was the first alcoholic drink to be produced in England.
England is known for its top fermented cask beer (also called real ale) which finishes maturing in the cellar of the pub rather than at the brewery and is served with only natural carbonation.

English beer styles include bitter, mild, brown ale and old ale. Stout was also originally brewed in London.

Lager style beer has increased considerably in popularity since the mid 20th century. Other modern developments include consolidation of large brewers into multinational corporations; growth of beer consumerism; expansion of microbreweries and increased interest in bottle conditioned beers.
Kentucky Fried Chicken
Harland Sanders first served KFC at a gas station in 1930. The chicken sold so well that he was bestowed the title of Kentucky Colonel, the highest honour available in Kentucky. He developed a method of frying using a pressure fryer, and in 1940 he developed the ‘Original Recipe’ that is still used today. In the 1950s, he opened his first Kentucky Fried Chicken outlet in Utah, and by the early 1960s there were over 600 outlets in the USA and Canada. In 1964 Sanders sold the chain for $2 million (about $14 million in today’s money) and it is now owned by Yum! Brands. The actual recipe is a well kept trade secret, and the only complete copy is kept at the company headquarters in Kentucky.

Ingredients
- 3/4 chicken breasts, cut into bit-sized pieces
- ½ tsp. chilli powder
- 1 tsp. ground coriander
- 1 tsp. garam masala
- ½ tsp. ground black pepper
- 2 eggs
- 100g bread crumbs
- 50g flour

Method
1. Put the chilli powder, coriander, garam masala, pepper, bread crumbs and flour in a sealable sandwich bag.
2. Take each piece of chicken, dip in the egg (wipe off any excess) and place into the sandwich bag. After doing this with every 3-4 pieces of chicken, seal the bag and shake well. Continue this until all of the chicken pieces have been covered. Repeat steps 1-2 if one bag is not enough for all of the chicken.

3. Seal the sandwich bag and leave in the fridge to marinade overnight.

4. Cover the bottom of a deep frying pan in oil. Frying a few pieces at a time, place the chicken in the pan and cook for 5-7 minutes, turning often, until cooked through.

5. Serve with French fries and sides such as coleslaw, baked beans or corn-on-the-cob.

**Creole Jambalaya**

This dish is often referred to as ‘New World Jambalaya’ as it was originally created by the Spanish immigrants in Louisiana. As saffron was not widely available, tomatoes were used instead. As the French and Caribbean influence in New Orleans grew, the recipe evolved and is now quite different from Spanish paella. The dish was extremely popular in the 1920s and 30s as it was very flexible and could be made using any meat or vegetables that people could afford. The word ‘jambalaya’ comes from the French word ‘jambalaia’, meaning a mix or mish mash.

**Ingredients**

- 2 sliced red onions
- 2 crushed garlic cloves
- 3 sliced chicken breasts
- 1 sliced red pepper
- 3 tsp. Cajun
- 400g chopped tomatoes
- 150g sweetcorn
- 300g rice
- 500ml vegetable stock

**Method**

1. Fry onions for 5 minutes, then add the garlic for 2 minutes.
2. Add the chicken and pepper along with the Cajun and a little black pepper. Cook for 15 minutes. Add the tomatoes and sweetcorn and simmer for 5-10 minutes.
3. Add the rice and stock and simmer for 15 minutes. When rice is cooked, serve immediately.

Hamburgers

The hamburger originated in Europe in the 15th century when minced beef was a delicacy. It wasn’t until the 18th century that German migrants took Hamburg Steak to the USA. The food was popular with the lower classes, who would eat mince flavoured with regional spices. There are many theories about when and where the modern-style burger was first created. One idea is that two vendors at a New York country fair in 1885 ran out of sausage for sandwiches so used beef mince instead. Nowadays, the hamburger is a main feature of most American fast food restaurants, including McDonald’s and Wendy’s. They can be served with a variety of toppings, including Monterey Jack cheese, bacon or jalapenos.

Ingredients

- 500g ground mince beef
- 5 tbsp. water
- 2 tsp. salt
- 1 tsp. black pepper
- 4 hamburger buns
- Sliced tomato (optional)
- Sliced onion (optional)
- Gherkins (optional)
- Sliced cheddar cheese (optional)

Method

1. Mix the beef, water, salt and pepper in a bowl until fully combined.
2. Shape the mixture into 4 burger-shaped patties that are about 1 inch thick. (Try not to handle them too much or they will break apart.)

3. Heat a flat pan on high and fry on each side for one minute (no oil needed).

4. Turn the heat down to medium and fry for a further 8-10 minutes, turning occasionally, until the centre is no longer pink.

5. Serve on the buns with any toppings you like!

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**Pumpkin Pie**

Pumpkin pie was first served in the US around the 19th century, but the pumpkin has been in North America since 7000 BCE. It was exported to France and from there was introduced to Tudor England. Pumpkin pie appears in English cookbooks from 1675 but would not be seen in American cookbooks for another 150 years. Around this time, pumpkin pie began to be served after Thanksgiving dinner, and is still a popular tradition. It is also often made after Halloween to use up left over pumpkins. It is usually served with whipped cream.

**Ingredients**

- 1 sweet, short crust pastry case
- 450g pumpkin flesh
- 2 large eggs plus 1 yolk
- 75g soft, dark brown sugar
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- ½ tsp. ground allspice
- ½ tsp. ground cloves
- ½ tsp. ground ginger
- 275ml double cream

**Method**

1. Preheat the oven to 180c.
2. Steam the pumpkin then place in a sieve and press slightly to remove any water.
3. Whisk the eggs and yolk together in a bowl.
4. Place the sugar, cream and spices in a pan and simmer, whisking it to mix thoroughly. Then add to the eggs and continue whisking.
5. Add the pumpkin puree, still whisking to combine all the ingredients.
6. Pour the filling into the pastry case and bake for 35-40 minutes.
7. Serve warm or chilled with fresh whipped cream or crème fraîche

**Key Lime Pie**

Key Lime Pie only became popular after the invention of condensed milk in 1856, as before this there were no fridges to keep fresh milk. It is presumed that the pie was inspired by Lemon Meringue Pie but that limes were used because they were more common in the Florida Keys. In the original recipe, no baking was involved. Instead, the acid in the lime juice reacted with the condensed milk and thickened the filling. This made the dish popular with sailors, who obviously didn’t have ovens on their boats, but needed a pie that would keep for many days.

**Ingredients**

- 375g crushed digestives
- 150g unsalted butter
- Grated zest and juice of 8 limes
- 570ml double cream
- 400g condensed milk

**Method**

1. Melt the butter in a pan and stir in the crushed biscuits. Press the biscuit mix into the bottom of a flan tin and chill while preparing the filling.
2. Place the lime juice in a bowl and stir in the condensed milk and cream. Whisk for 1-2 minutes. Add the lime zest and stir gently.
3. Add the filling to the base and chill for 1-2 hours before serving.
Long Island Iced Tea

There is a lot of disagreement over the origins of Long Island Iced Tea. One theory is that the drink was invented in Long Island, Tennessee, during the Prohibition – a period early in the 19th century where the manufacture and sale of alcohol was illegal, and that it was made to look like non-alcoholic iced tea, when in fact it contains more than most cocktails. Another is that a barman in a bar in Long Island, New York created the cocktail during the 1970s. It’s particularly popular in college bars, as its alcohol volume is so high.

Ingredients

- 1/2 part Gin
- 1/2 part White rum
- 1/2 part Tequila
- 1 part Vodka
- 1/2 part Triple sec
- top up Cola
- dash of Lime juice
- dash of Lemon juice
- 5 Ice cubes
- 1 Lemon wedge
- dash of Sugar syrup

Method

1. Shake all of the ingredients (except the cola) with crushed ice, strain, and pour into a tall glass.
2. Top up with cola.
Coca-Cola

The first version of the Coca-Cola recipe was formulated at a pharmacy in Georgia, USA in the late 19th century. It was sold at soda fountains which were popular at the time as people believed that carbonated water was good for the health. The inventor, John Pemberton, also claimed that his drink could cure problems such as headaches, impotence and morphine addiction. Until 1903, Coca Cola contained around 9 mg of cocaine, although the makers claimed that there was less. Nowadays, the manufacturers remove the cocaine during the process. However, the drink does contain caffeine, which is why many find it addictive.
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