

WORLD RECIPE BOOK



2024 EDITION
**FLAVOURS, AROMAS & TECHNIQUES
REFLECTING SKÅL INTERNATIONAL
CLUBS DIVERSITY**

Skål International World Recipe Book

December, 2024. Second edition.

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Message from the President 2024

Dear Skålleagues,

Welcome to the second edition of the Skål International Recipe Book!

In this expanded collection, we continue to celebrate gastronomy from our Skål International Clubs and countries represented. Food is an expression of culture, tradition, and creativity that brings people together and builds bridges bringing us closer together by closing the geographical distance between our countries.

Each dish is more than just a recipe; it is a journey through local ingredients, traditional techniques, and the passion of those who prepare them. By sharing these recipes, we aim to bring the essence of Skål International via gastronomy closer to you, inspiring both seasoned chefs and home cooks alike..

As you navigate through this book, we invite you to embrace the spirit of exploration. Try your hand at these recipes, share them with Skål International colleagues, and connect with the Clubs that sent the recipes you try by sharing your experience. Together, let us celebrate the incredible power of food to connect us all.

Thank you for being a part of this culinary adventure. It is a project born to engage us all in the wonderful world we share as members of this wonderful organization. Here's to savouring the journey ahead! Thank you for being a part of this unique experience.

Skål!

Annette Cardenas. President 2024.

Skål International

Message from the President 2023

Dear Skålleagues,

Thank you... Thank you!

The response given to make this recipe book a reality has been amazing, and I am proud to say that it reflects the Skål International spirit of union and amical.

Our Senior Vice President, Annette Cardenas goal has been accomplished and I truly congratulate her for that. We still must work to have all Clubs participating, but as they say: "Rome was not built in a day".

We received recipes from 130 Clubs belonging to 44 countries, meaning that more than 50% of the Skål International world joined this wonderful endeavor. We have starts, main dishes and desserts.

The fact that each recipe also has a small reference to the city/place where the Club is located, also brings an opportunity to consider visiting our fellow Skålleagues in that part of the world.

To be honest, I don't cook at all. Nevertheless, my wife but, especially, my daughter Cristina and her husband are very good chefs, so I can assure you we will be trying, if not all, most of the recipes.

"Con un fuerte abrazo Skål"

Juan I. Steta. President 2023.
Skål International

Message from the Editor

Welcome to the second edition of the Skål International Recipe Book!

Building on the success and rich flavors of our inaugural collection, this edition continues to celebrate the culinary diversity and cultural heritage of Skål International members from around the globe.

With new and exciting recipes contributed by our vibrant community, we invite you to embark on a gastronomic journey that transcends borders and brings together the essence of travel and hospitality.

This edition features a curated selection of traditional and contemporary dishes, each reflecting the unique tastes and traditions of their regions. From savory appetizers to decadent desserts, every recipe is a testament to the creativity and passion of our members. Whether you are a seasoned chef or an enthusiastic home cook, you will find inspiration and delight in these pages.

I would particularly like to highlight two special recipes:

- Our 90th birthday recipe: Torta Loca Malagueña, page 294.
- The recipe of our organizing club of the World Congress, Izmir: Zeytinyağlı enginar, page 165.

Join us in this culinary adventure as we share the joy of cooking and the spirit of Skål International.

Guten Appetit!

Toni Ritter. Media, Public Relations, Branding & Marketing Director 2024.

Skål International

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Preliminary notes

Quantities of ingredients:

The quantities indicated for the ingredients of each recipe in this book are calculated for an average number of diners of 4 to 5, provided that no other number of diners is indicated in the "Ingredients" section.

Order of dishes:

As for the layout of the recipes, they are distributed in three sections according to the type of dish ('Appetizer', 'Main course' and 'Dessert') and, in turn, in alphabetical order according to the name of the Club.

Contributions:

Skål International would like to thank all the 150 participating Clubs for their contributions of recipes, images and information to produce this book, regardless of whether all or part of the material was used in the end due to different technical and/or editorial issues.

We would also like to thank the people outside Skål International who have collaborated with some of the Clubs, providing recipes and expressing their permission to use the photos provided by them.

Express gratitude

Specific thanks from some Skål International Clubs to those who contributed recipes and photographs:

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- Skål International Kansas City to Anne Deuschle and Ruth Deuschle for the recipe.
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- Skål International Miami to Fernando Harb for the recipe.
- Skål International Nelson Mandela Bay to Natasha Carmody for the recipe.
- Skål International New York to Club Med for the recipe.
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- Skål International Prague to Member Michaela Vaszi and her colleague Barbora from Prague City Adventures for the recipe and photo, and Paul Feagan for the destination photo.
- Skål International Sunshine Coast to James Zaraza for the recipe, and Ryan Ablegas for the photo.
- Skål International Sydney North to Aradhana Singh for the recipe and photo, and Karan Singh for the destination photo.
- Skål International Sydney to The Sydney Fish Markets for the recipe and photo, and Rebecca Fleming for the destination photo.
- Skål International Taipei to Salina Hong for the recipe and the photos.



APPETIZER





Hibesh

From:
Skål International Antalya, Türkiye

Ingredients:

- 1 glass of tahini
- Half teaspoon lemon juice
- 1 teaspoon water
- 1 teaspoon ground red pepper
- 1 teaspoon cumin
- Half teaspoon salt
- 2 cloves of garlic

Preparation:

1. Take the tahini into a deep mixing bowl. Add red pepper powder, cumin, and lamb and mix with a whisk.
2. Add lemon juice and continue mixing.
3. Add the tahini juice, which is contracted due to the lemon juice, whisk, and transfer to the serving plate.
4. Serve garnished with spices and parsley, if desired.

About:

It is one of the most common flavors in the kitchens of cities in the Mediterranean region. Chickpea hibesh, which also finds its place in Alanya cuisine, is a different taste made with garlic and tahini. Chickpea hibesh, which becomes an appetizer after these ingredients are combined, surprises those who try it for the first time due to its different taste.

Skål International Antalya, Türkiye

Antalya is the fifth most populous city in Türkiye and the capital of Antalya province. It is considered the "capital of tourism" in Türkiye. Located on the southwestern coast of Anatolia, bordered by the Taurus Mountains, Antalya is the largest Turkish city on the Mediterranean coast outside of the Aegean region, with over 2.6 million people in its metropolitan area.

The city that is now Antalya was first settled around 200 BC by the Attalid dynasty of Pergamon, which was soon conquered by the Romans. Roman rule saw Antalya flourish, including the construction of several new monuments, such as Hadrian's Gate, and the expansion of neighboring cities. The city changed hands several times, including to the Seljuk Empire in 1207 and to the expanding Ottoman Empire in 1391. Ottoman rule brought relative peace and stability for the next five hundred years. The city was occupied by Italy for three years after World War I, but was retaken by a newly independent Türkiye in the Turkish War of Independence.

While the city itself has only modest elevation changes, Antalya has high mountains in all directions towards the interior. With moisture trapped, the local climate thus has high winter rainfall by Eastern Mediterranean standards, while the interior bay setting results in very hot summers for a coastal city. Antalya is Türkiye's largest international seaside resort on the Turkish Riviera. Extensive development and government support has encouraged tourism. A record 13.6 million tourists passed through the city in 2019. Antalya Cuisine Antalya, one of the first places that comes to mind when it comes to sea, sun and sand in Türkiye, maintains its characteristic of being a "heavenly place" with its natural beauties.

Besides its historical and natural beauties, Antalya is a popular place for gastronomy lovers with its cuisine and local dishes. This cozy Mediterranean city reflects a fusion culinary culture through its local cuisine, interactions of Cretan and other cuisines and recipes from the world cuisine. Gourmets can find recipes from Arabic and African cuisines and local dishes specific to the Yoruk (Nomadic) culture in this cuisine... Although the trio of shish kebab-piyaz-pumpkin dessert comes to mind when it comes to Antalya's dishes, this city surprises gourmets with its rich and delicious food archives.



About:

This tasty appetizer brings an emphasis to the different cultures embraced by Arkansas while featuring a true Southern touch.

Tajin crusted scallop with creamed street corn

From:
Skål International Arkansas, USA

Ingredients:

- Ancho chili powder, 2 tablespoons
- Chipotle powder, 2 tablespoons
- Crystallized lime powder, 4 tablespoons
- Sea salt, 2 tablespoons
- Olive oil, 1 tablespoon
- Onion, 2 tablespoons
- Jalapeno, 1 tablespoon
- Cream cheese, 1 tablespoon
- Heavy cream, ¼ cup
- Sweet corn, ½ cup
- Cayenne pepper, 1/8 tea
- U10 Scallops, 3
- Cilantro
- Charred lime
- Salt and pepper to taste

Preparation:

1. Place the first four ingredients in a small mixing bowl. Mix until incorporated. Reserve.
2. Add oil to saute pan and heat. Add onion and jalapeno. Saute until soft. Add roasted corn, heavy cream and cream cheese. Stir until incorporated. Add cayenne pepper and salt and pepper to taste.
3. Pat scallops dry with paper towels. Coat the top of each scallop with the tajin dust made in step one.
4. Heat a saute pan over high heat with a little olive oil. Add the scallops one at a time, tajin side down. When a crust forms, turn the scallop over and sear the bottom.
5. Place a scoop of creamed corn in the center of the desired plate.
6. Arrange the scallops in a triangle on top of the corn.
7. Garnish with cilantro leaves and charred lime.

Skål International Arkansas, USA

Skål International Arkansas has grown from ten members to the seventh largest club in the USA. The 75 members are dedicated, creative and proud of the organization. Its members are the top leaders in the Arkansas tourism and hospitality industry.

Located in the southern United States, Arkansas boasts a diverse array of natural beauty and cultural attractions. The state is known for its scenic landscapes, including the Ozark Mountains, Hot Springs National Park and the Buffalo National River.

Outdoor enthusiasts can explore hiking trails, lakes, and scenic vistas. Hot Springs, with its historic bathhouses, is a popular destination. Little Rock, the state capital, offers cultural sites such as the Clinton Presidential Center and the Little Rock Central High School National Historic Site.

Visitors can enjoy Southern hospitality, regional cuisine and a variety of activities, making Arkansas a charming destination for nature lovers and history buffs alike.





Pão de queijo mineiro

From:
Skål International Belo Horizonte, Brazil

Ingredients:

- 2 cups tapioca flour (also known as tapioca starch)
- 1 cup milk
- 1/2 cup unsalted butter
- 1 teaspoon salt
- 2 cups grated cheese (commonly used: Minas cheese or a combination of mozzarella and Parmesan)
- 2 large eggs

Preparation:

1. Preheat oven to 375°F (190°C). Grease mini muffin cups or use mini muffin liners.
2. In a saucepan, combine the milk, butter and salt. Stir over medium heat until the mixture comes to a gentle boil, making sure the butter is completely melted.
3. Remove from heat and add the tapioca flour to the hot mixture. Stir until well combined and allow to cool slightly for 15 minutes.
4. Once the mixture has cooled, add the grated cheese to the tapioca mixture, stirring until the cheese is melted and well incorporated.
5. Beat the eggs in a separate bowl and gradually add them to the mixture, stirring constantly, until you have a smooth batter.

Continued on next page.

About:

A symbol of Belo Horizonte, 'pão de queijo' (cheese bread) is a delicacy that is not lacking on the table in Minas Gerais. The ingredients are found on farms in the countryside and enjoying it is a tradition that brings people together around the table.

6. Form the cheese balls: Use a spoon or a cookie scoop to portion out the batter into the prepared mini muffin tins.
7. Bake in the preheated oven for approximately 15-20 minutes or until the tops of the cheese bread are golden brown.
8. Serve warm. Allow the 'pão de queijo' to cool for a few minutes before serving. It is best eaten warm.

Skål International Belo Horizonte, Brazil

Belo Horizonte, Brazil, captivates visitors with its unique blend of modernity and cultural richness. Nestled amid the mountains of Minas Gerais, this vibrant city is known for its contemporary architecture, sprawling parks, and a burgeoning culinary scene. The Pampulha Modern Ensemble, a UNESCO World Heritage site, showcases iconic works by renowned architect Oscar Niemeyer.

The city's culinary reputation is enhanced by its traditional bars and eateries, serving local specialties like pão de queijo (cheese bread) and feijoada (black bean stew with pork). Mercado Central, a bustling market, offers an authentic taste of Minas Gerais cuisine.

Belo Horizonte embraces its artistic side with numerous museums, including the Abílio Barreto Historical Museum and the Arts and Crafts Museum. Praça da Liberdade, a historic square, is adorned with neoclassical buildings and serves as a cultural hub.

Surrounded by natural wonders, Belo Horizonte provides access to nearby attractions like Serra do Curral and Inhotim, one of the world's largest contemporary art museums set amidst lush botanical gardens. This dynamic city beckons travelers with a rich tapestry of culture, cuisine, and scenic beauty.





Bombay sandwich

From:
Skål International Bombay, India

Ingredients:

- 2 slices of sandwich bread
 - 1 medium sized potato
 - 1 medium sized beetroot
 - 1 medium sized tomato
 - 1 medium sized cucumber
 - 1 medium sized onion
 - ¼ teaspoon black salt
 - ½ teaspoon chaat masala
 - ½ teaspoon cumin powder
 - 1 stick butter
- Chutney:**
- 1 small bunch of cilantro
 - 1 tablespoon toasted peanuts
 - 2 chiles
 - 1 clove of garlic
 - 1 small piece of ginger
 - ¼ teaspoon cumin powder
 - Lemon juice to taste
 - 2 tablespoons water

Preparation:

Chutney preparation

1. Place the coriander leaves, roasted groundnuts, green chilies, garlic, ginger, cumin powder, lemon juice & water in a blender. Blend to a fine but thick paste, making sure it is not runny.

Sandwich Preparation

1. Boil both the potato & beetroot in separate containers or pressure cookers and ensure that they are not cooked till they get mushy. Keep them aside & let them cool.
2. Slice the tomato, cucumber, onion, potato & beetroot - 5 millimeters thin.
3. Cut off the hard edges of the bread slices. Spread butter on both the slices (1 side). Apply the chutney paste over the butter on both the slices.

Continued on next page.

About:

There are numerous variations of the Bombay Sandwich, and vendors may add their own twists, such as cheese, additional spices, or unique chutney blends.

This street food delight is not only tasty but also reflects the spirit of Bombay's bustling street food culture, where diverse flavors come together to create a satisfying and affordable culinary experience.

4. Take 1 of the bread slices & place a layer of potato slices on the bread slice. Sprinkle a pinch of black salt, chaat masala & roasted cumin powder on it. Place the onion slices on top of the potato slices & sprinkle a pinch of black salt, chaat masala & roasted cumin powder on it.
5. Place the beetroot slices on top of the onion slices & sprinkle a pinch of black salt, chaat masala & roasted cumin powder on it.
6. Place a layer of tomato slices on top of the beetroot slices & sprinkle a pinch of black salt, chaat masala & roasted cumin powder on it.
7. Place a layer of cucumber slices on top of the tomato slices & sprinkle a pinch of black salt, chaat masala & roasted cumin powder on it.
8. Cover with the second slice of bread. Cut the sandwich into small squares for easy eating.
9. You can use toothpicks to lift the sandwich pieces. Serve on a plate with tomato ketchup.

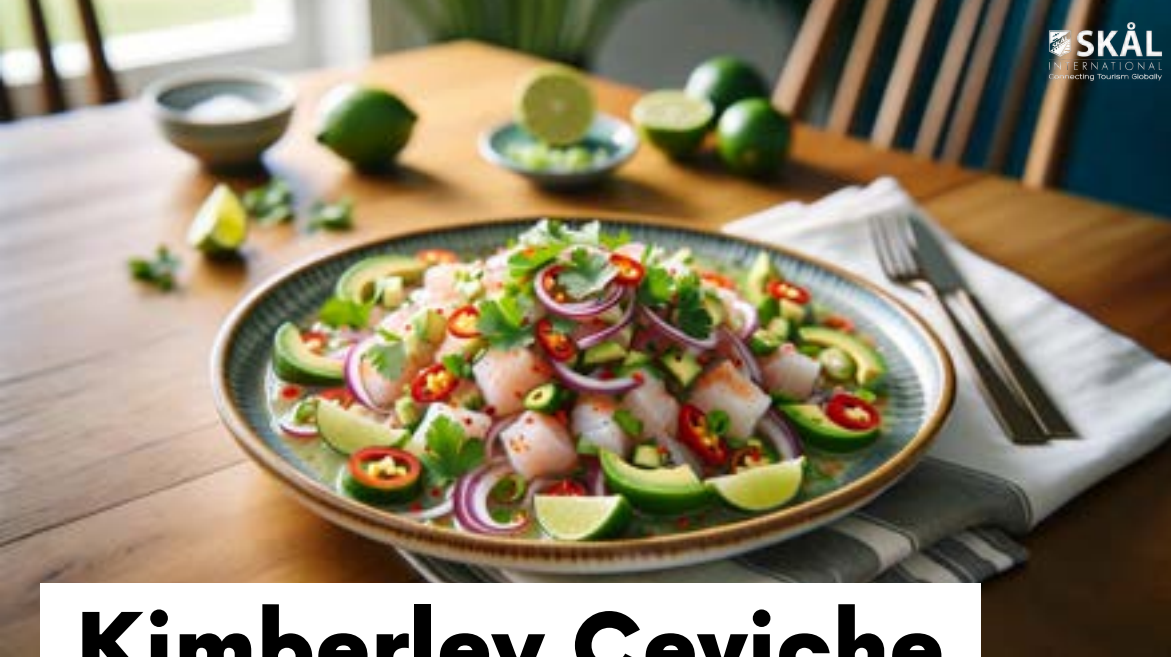
Skål International Bombay, India

Skål International Bombay - 144, was founded on August 3, 2000. Currently the club has 121 members. Skål International Bombay is a very active club and believes in doing business among friends and networking. Regular general body meetings, conducting various training sessions, networking sessions with embassy officials of different countries, airlines, tourism boards, cruise line operators form a large part of the activity list.

Bombay, being the commercial capital of the country and the capital of the state of Maharashtra. Bombay has a lot to offer in terms of tourism and is a big draw among domestic & Indian tourists. It is an important destination for inbound for their onward travel requirements & so also for business meetings. Bombay is famous for few of the landmark spots - Gate Way Of India, Taj Mahal Palace & Hotel, Prince Of Wales Museum, Taraporewala Aquarium, Mani Bhawan Gandhi Museum, Marine Drive, Bandra Worli Sea Link, Shri Sidhivinayak Temple, ISKCON Temple, Kanheri Caves, Chowpaty, Juhu Beach, Global Vipassana Pagoda. One can also take a ferry ride to Elephanta Caves.

Bombay is also known for trade & commercial activities & is a city that never sleeps. Art & Architecture are an integral part of the city & so are the various festivals like - Ganpati, Diwali, Holi, Sankranti, Gudi Padwa Christmas, etc. People come together and celebrate as a community as well as on an individual basis.





Kimberley Ceviche

From:
Skål International Broome, Australia

Ingredients:

- 500g fresh Queenfish, diced
- 6 limes, juiced
- 1 red chilli, finely diced
- ¼ red onion, finely diced
- ½ bunch fresh coriander, chopped
- 1 avocado, diced
- 3 native finger limes
- Salt & sugar to taste

Preparation:

1. Mix fish, onion, chilli and coriander with the lime juice and leave for 10 minutes.
2. Season to taste with salt and a pinch of sugar.
3. Mix through avocado and finger lime.
4. Serve immediately!

About:

Indulge in the flavours of the Kimberley coast with Kimberley Ceviche, a refreshing twist on the Latin American classic. Fresh catches from the Indian Ocean, such as Queenfish, Mangrove Jack, Barramundi, and Threadfin Salmon, are marinated in a zesty blend of lime juice, mixed with spicy chilli and leveled off with smooth creamy avocado.

With options to swap out the avocado with the subtle sweetness of mango and the crunch of fresh cucumbers. All topped with a sprinkles of native Kimberley salt. A taste of broome's vibrant cultural fusion, this ceviche is as vibrant as the town's famous sunsets.

Skål International Broome, Australia

Skål International Broome has been connecting the local tourism industry for 29 years. Chartered in 1995, the club has a thriving membership base of local tourism professionals supporting industry and promoting the Broome & Kimberley region.

Broome, a vibrant town on Australia's northwest coast, is a melting pot of cultures and adventures. Nestled between the rugged Kimberley region and the Indian Ocean, Broome is famous for its stunning beaches, vibrant pearling history, and breathtaking sunsets. Explore the town's rich heritage, fly over the magnificent Horizontal Waterfalls, or take a camel ride along the iconic Cable Beach. With its unique blend of Aboriginal, Asian and European influences, Broome is a true pearl of Western Australia.





About:

Regardless of its true origin, the margarita gained popularity in the United States in the 1940s and 1950s, becoming a staple in Mexican and Tex-Mex restaurants. The classic recipe calls for tequila, triple sec and lime juice, often served in a salt-rimmed glass over ice. Over the years, the margarita has spawned numerous variations, including fruit-flavored versions and frozen concoctions, solidifying its status as one of the world's most popular cocktails. Today, it remains a symbol of celebration and a refreshing choice for those seeking a mix of sweet, sour, salty and, of course, a little tequila kick.

Margarita campechana Casa Vieja

From:

Skål International Campeche, Mexico

Ingredients:

- White tequila, 1.5 ounces
- Orange liqueur, 1.5 ounces
- Lemon juice, 1.5 ounces
- Chaya leaves, 2 pieces
- Sugar syrup, 1.5 ounces
- Ice, 3 cubes
- Salt for frosting

Preparation:

1. Combine all ingredients in a blender.
2. Serve in a frosted glass with a lemon and chaya leaf garnish.

Skål International Campeche, Mexico

Skål International Campeche, is a recently created club that integrates one of the most important tourist services of the destination, including tour operators, restaurants and others, with a wide range of quality tourism.

The state of Campeche has two UNESCO World Heritage Declarations for its history, culture and natural diversity. The fortified historic city of Campeche, declared a World Heritage Site in 1999, whose bastions, walls, religious heritage, urban environment and traditions are part of its cultural and historical wealth, also has one of the largest archaeological offerings in Mexico, including the ancient Mayan city and protected tropical forests of Calakmul, declared a World Heritage Site by Unesco.

This cultural and natural wealth has allowed the gastronomy, both inside and outside the walls, to become one of the best in the Yucatan Peninsula and Mexico. The gastronomy of Campeche has high quality local ingredients: sea, land and river cuisine, mixed with pre-Hispanic ingredients and gastronomic processes, and ancient Spanish and French cuisine have resulted in exceptional dishes, among its local ingredients is the chaya (*Cnidocolus aconitifolius*), a semi-evergreen plant whose leaves have been used since ancient times by the Mayan culture both in agricultural rituals and in everyday food.





About:

Octopus carpaccio is a dish that showcases thinly sliced, tenderized octopus served as a cold appetizer. It is a variation of the traditional beef carpaccio, replacing the meat with octopus to offer a unique and flavorful experience.

Rolandi's octopus carpaccio

From:
Skål International Cancún, Mexico

Ingredients:

- 2 kilograms octopus
- 1 liter purified water
- 1 tablespoon whole black pepper
- 3 whole carrots
- 3 celery stalks
- ½ onion
- 1 head of garlic

Preparation:

1. Cook the octopus at least 24 hours in advance.
2. Boil everything in a pot for 45 minutes and let it rest for 10 minutes.
3. It is cleaned, put in a perforated insert to drain well and cool, it is prepared to make a cane.
4. Cut the tentacles of the octopus, stretch it, roll it and wrap it in Vitafilm paper with a diameter of 8.5 - 9 centimeters, you have to press hard and give it about 20 turns so that the octopus is perfectly compressed and does not form air bubbles.
5. Place in the freezer (at least 24 hours) so that it is ready to be sliced.
6. In a 25 centimeters transparent plate, drizzle extra virgin olive oil, salt, place thin slices of octopus and drizzle again with a little extra virgin olive oil, salt and lemon juice, garnish the plate with trios of julienne habanero peppers, tomato, white onion (Mexican flag) and a third of lemon.

Skål International Cancún, Mexico

Cancun, this young tourist destination in the Mexican Caribbean and the Yucatan Peninsula is also the most visited destination in Latin America thanks to its excellent air connectivity with direct flights from all over North, Central and South America.

Due to its geographical location, the gastronomy of Cancun and its surroundings has been based mainly on seafood and Mayan or Yucatecan recipes of its first inhabitants. However, being such a young and fast-growing destination, Cancun's gastronomic or culinary offer presents a wide range of options from all over the country and the world.





Ceviche

From:
Skål International Cusco, Peru

Ingredients:

- 80 g of fish (sole, seabass, mahi mahi or any white fish)
- 1 aji limo or similarly spiced pepper, deseeded and cut in 4 quarters, two of them finely chopped
- ½ teaspoon finely chopped baby cilantro or parsley
- 3 pinches of salt and 1 of black pepper
- 2 limes
- 1 tablespoon rocoto (or similar hot chili) paste
- 2 tablespoons fish broth or fumet with 2 tablespoons evaporated milk

Fish broth:

- 1 fish spine
- 1 celery stalk
- ½ onion
- A small piece of fresh ginger

About:

Cebiche is an iconic and highly important dish in Peruvian cuisine. It holds a special place in the hearts of Peruvians and is considered a national dish. Ceviche is a seafood dish typically made from fresh raw fish or seafood, marinated in lime or lemon juice and spiced with chili peppers. The acid in the citrus juice effectively "cooks" the raw fish, giving it a unique texture and flavor.

Ceviche has deep roots in Peruvian culinary traditions, dating back thousands of years to pre-Columbian times. It has evolved over time, incorporating influences from various cultures, including European, African, and Asian.

Preparation:

1. Squeeze the juice of two key limes into the fish, add the rocoto paste, and marinate for 3 to 5 minutes. Add fish broth and mix gently, finally adding a dash of evaporated milk and balancing the seasoning with salt and rocoto. Garnish your dish with julienned onions, lettuce, roasted corn, boiled corn, sweet potatoes, or fried calamari.
2. Rocoto paste: Mix rocoto, hot chili (without seeds) and 3 tablespoons of water in a blender. Take the cilantro and one aji limo pepper quarter and rub the bowl with them (perfume the bowl). Then, add the fish and rub it against the bowl gently, letting the fish absorb the essence and heat of the coriander and chili. Season with salt and pepper.

Skål International Cusco, Peru

Nestled in the heart of the Peruvian Andes, Skål International Cusco shines as a beacon of excellence in the tourism industry; this club has become a key player in promoting sustainable tourism in the historical region of Cusco, renowned for its cultural richness and breathtaking natural beauty.

Founded 20 years ago, with a vision of responsible and environmentally conscious tourism, Skål International Cusco unites tourism professionals, entrepreneurs, and community leaders dedicated to preserving Cusco's cultural and natural heritage. Its Skålleagues' focus revolves around collaboration and education, to safeguard Cusco's legacy for future generations while fostering local economic development.

Skål International Cusco's flagship activities include promoting sustainable tourism practices among local operators, actively engaging in environmental conservation projects, and organizing events and conferences that address critical tourism issues in Cusco and its surroundings.

Skål International Cusco firmly believes in protecting and raising awareness of our resources as well as supporting educational development. This club works with local youth to create a future filled with respect and love for our homeland, a future where we are ambassadors of responsible tourism, committed to sustainability and equal opportunity.

The Skål International Cusco network has become an essential hub for those who wish to discover and share the wonders of this region. Its members work tirelessly to ensure that tourism in Cusco develops responsibly, preserving the authenticity of local culture and minimizing environmental impact.

This club works hand in hand with the Tourism Police to educate children about the dangers of child sexual exploitation in the tourism industry, safety and cultural heritage to protect the most vulnerable members of our society. The goal is to reach 50,000 students and 300 educational institutions in the Cusco region.





About:

A yummy fish recipe that is filled with a lovely banana leaf aroma since it is cooked in it.

It is a classic recipe of steamed fish which is tasty, healthy, and easy to make.

Steamed fish wrapped in banana leaf

From:

Skål International Delhi, India

Ingredients:

- Hand full of coriander leaves
- Few mint leaves
- 8-9 garlic pods
- 1 inch of ginger
- 7-8 green chilies
- 1 cup of water
- 2 spoons of vinegar
- Banana leaves washed and dried
- Olive oil
- 1 piece of fish

Preparation:

1. In a blender, blend together: coriander leaves, mint leaves, garlic cloves, ginger, green chilies.
2. In a cup or mug of water, add two tablespoons of vinegar to dilute the vinegar.
3. Continue adding water to the mixture until you get the desired consistency. Heat the banana leaves over gas. Add olive oil and vinegar to the paste. Apply the spice mixture on both sides of the fish and then fold the banana leaf so that the fish is well covered.
4. Place a colander over a pan of boiling water. Place the fish on the strainer and cover. Cook for 7 minutes on both sides.
5. Add lemon slices and mint sauce if desired.

Skål International Delhi, India

Delhi, India's capital, is a captivating blend of historical grandeur and modern vibrancy, making it a top tourist destination. The city is marked by iconic landmarks such as the Red Fort, a UNESCO World Heritage Site, and the Jama Masjid, one of the largest mosques in India. The Qutub Minar, a towering medieval structure, and Humayun's Tomb showcase the city's rich Mughal heritage.

In Old Delhi, narrow lanes bustle with activity, offering a sensory experience with street food, markets like Chandni Chowk, and the bustling spice market. The Lotus Temple and Akshardham Temple represent architectural marvels and spiritual sanctuaries.

The India Gate, a war memorial, and the Rashtrapati Bhavan, the President's residence, exemplify Delhi's colonial-era architecture. The city's diverse museums, including the National Museum and the National Gallery of Modern Art, provide insights into India's history and culture. Delhi's cultural vibrancy is evident in its festivals, street art, and vibrant bazaars. With a rich tapestry of heritage and modernity, Delhi stands as a dynamic destination for those seeking a diverse and immersive Indian experience.





Circassian chicken

From:

Skål International Istanbul, Türkiye

Ingredients:

- 1 (5-pound) whole chicken
- 3 teaspoons salt
- 1/2 teaspoon black pepper
- 1 onion (peeled)
- 1 large carrot (peeled)
- 1 pound walnuts
- 5 slices white bread (stale, crusts removed)
- 2 to 3 cloves garlic (crushed)
- 3 teaspoons sweet paprika
- Garnish: whole walnut halves
- Garnish: 1 teaspoon paprika
- Garnish: 1 tablespoon olive oil

Preparation:

1. Place the chicken in a large pot. Add enough water to cover the chicken. Add salt, pepper, peeled onion and whole carrot.
2. Bring to a boil, cover and reduce heat. Simmer slowly until the meat falls off the bone, about 1 hour.
3. While the chicken is cooking, crush the walnuts. The traditional way is to crush them between two layers of wax paper with a rolling pin. This allows the natural oil from the walnuts to blend into the mixture for the best flavor and consistency. If you're in a hurry, you can process the walnuts in a food processor to a fine powder.
4. When the chicken is thoroughly cooked, cover the pan and let the chicken cool. When the chicken is cool enough to handle, remove from the pan and transfer to a serving platter. Remove and discard the onion and carrot, reserving the broth.

Continued on next page.

5. Wearing rubber gloves, separate all the meat from the bones and discard all the bones, skin and gristle. Then pull the large pieces of meat into small strips.
6. While the broth is still warm, strain it through a fine-mesh strainer into a large bowl. Add the stale bread to the broth and break it up with your fingers so there are no large pieces.
7. Add the crushed walnuts, crushed garlic and paprika and mix well. Add the shredded chicken, mix to combine and season with salt to taste. Cover and refrigerate for a few hours before serving.
8. To prepare the dish for serving, spread the mixture in a shallow serving dish. Decorate the top with walnut halves. Mix the paprika with the olive oil and drizzle over the top for the final touch.

Skål International Istanbul, Türkiye

Istanbul is the largest city in Türkiye, constituting the country's economic, cultural, and historical heart. Its commercial and historical center lies in the European part of Eurasia, while about a third of its population lives in the Asian part.

With a population of 14.1 million, the city forms the largest urban agglomeration in Europe as well as the largest in the Middle East, and the sixth-largest city proper in the world. Istanbul's vast area of 5,343 square kilometers is coterminous with Istanbul Province, of which the city is the administrative capital.

In addition, Istanbul, is a captivating blend of history and modernity. Straddling Europe and Asia, the city boasts iconic landmarks like the Hagia Sophia and Blue Mosque. The Grand Bazaar offers a vibrant shopping experience, while the Bosphorus cruise provides breathtaking views. Turkish cuisine delights visitors in diverse eateries, and the city's lively atmosphere, enriched by its cultural heritage, makes it a must-visit destination for a unique and immersive travel experience.





About:

Being a fishing village, this recipe was created by seamen on the high seas. Tiritas are a type of ceviche, featuring thinly sliced raw fish marinated in citrus juices, typically lime, which effectively "cooks" the fish. The dish is known for its freshness and vibrant flavors. The marinated fish strips are often seasoned with ingredients like chili peppers, cilantro, and onions, providing a zesty and savory profile. Tiritas estilo Zihuatanejo is commonly served as a refreshing seafood appetizer or light meal, showcasing the region's emphasis on coastal cuisine and the use of high-quality, fresh seafood.

Tiritas estilo Zihuatanejo

From:

Skål International Ixtapa, Mexico

Ingredients:

- Fresh fish, preferably mahi mahi
- Purple onion
- Lemon juice
- Grain salt
- Habanero chili
- Tortilla chips
- Toast or crackers
- Avocado (optional)
- Cucumber (optional)
- Parsley (optional)

Preparation:

1. It consists of a cebiche style for which you need fresh fish, preferably golden, which is cut into thin strips.
2. Then add red onion cut into julienne strips.
3. It is macerated with lemon juice and grain salt, stirred and left to rest for a few minutes.
4. To finish, add habanero chili, assemble in a flat dish and decorate with avocado, cucumber and parsley.
5. Serve with tortilla chips, tostadas or crackers.

Skål International Ixtapa, Mexico

Club 646 Ixtapa is located in Ixtapa Zihuatanejo, Mexico's beach destination, which has become one of the leading beach destinations in the country.

On the one hand, Ixtapa is the modern resort where you will find the major hotel chains, 2 golf courses and the largest marina in Mexico in terms of slips.

On the other hand, there is the newly named Pueblo Mágico, Zihuatanejo, a traditional fishing village that preserves the folklore and authenticity of Mexico.

Both create a unique combination to enjoy two paradises in one trip!





About:

Lamb Burra is a classic dish of Indian cuisine, now modified in terms of taste and presentation in the sense of modern Indian fusion.

This recipe is inspired by Awadhi cuisine and presented in a western style.

Lamb Burra kebab with pomegranate jus

From:
Skål International Jaipur, India

Ingredients:

- 1.5 kilograms lamb chops or pieces of lamb on the bone
- 1 cup plain yogurt
- 2 tablespoons ginger-garlic paste
- 1 tablespoon red chili powder
- 1 tablespoon garam masala
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 2 tablespoons vegetable oil
- Fresh coriander and mint for garnish
- 1 cup pomegranate juice
- 1 tablespoon honey
- 1 tablespoon balsamic vinegar
- Salt and black pepper to taste

Preparation:

1. In a bowl, mix yogurt, ginger-garlic paste, red chili powder, garam masala, ground cumin, ground coriander, salt and vegetable oil to make a marinade. Pour the marinade over the lamb chops, making sure they are well covered. Marinate in the refrigerator for at least 4 hours, preferably overnight.
2. Grill the lamb: Preheat the grill or oven to medium heat. Thread the marinated lamb onto skewers. Grill the lamb until cooked to your desired doneness, turning occasionally for even cooking.
3. Make the pomegranate jus: Combine the pomegranate juice, honey, and balsamic vinegar in a saucepan.
4. Simmer over medium heat until reduced to a sauce-like consistency. Season to taste with salt and black pepper.
5. Arrange the grilled lamb on a platter, drizzle with the pomegranate jus, and garnish with fresh coriander and mint.

Skål International Jaipur, India

Jaipur, known as the "Pink City" of India, is a vibrant destination that blends rich history with modern charm. Steeped in Rajputana architecture, the city is home to iconic landmarks such as the Hawa Mahal, City Palace and Amer Fort.

The Jantar Mantar, a UNESCO World Heritage Site, houses 18th century astronomical instruments. Jaipur's bustling markets offer a kaleidoscope of color and craftsmanship, making it a shopper's paradise for textiles, jewelry, and traditional handicrafts. The delicious local cuisine, including Rajasthani thali and mouth-watering sweets, adds to the cultural experience.

With its palatial architecture, cultural heritage, and vibrant markets, Jaipur is a captivating destination that immerses visitors in the royal history and vibrant traditions of Rajasthan, making it a must-visit for those seeking a taste of India's royal past.





Bribirski prisnac

From:
Skål International Kvarner, Croatia

Ingredients:

- 15 eggs
- 1 cottage cheese (or 1/2 kilogram of škripavac cheese)
- 1/2 kilogram of bacon
- A bundle of spring onions
- 1 yeast
- White flour

Preparation:

1. Whisk eggs in a pot and add cheese cut into small pieces.
2. After that, add raised yeast (or dry one).
3. Dice bacon and onions and fry them until onions turn soft. When bacon and onions are cooled, add them to the pot with eggs and stir well.
4. Add salt and paper according to your preferences.
5. Add flour as needed - the mixture has to be thick so it can hardly be separated from the spoon.
6. Smear the baking dish (tin) with fat or oil, cover with flour and pour in the mixture.
7. Bake at the temperature of about 175°C for about 45 minutes.

About:

During the Easter holidays, but also for any celebration in Bribir, Croatia, people prepare a special dish known as Bribirski prisnac. It is a savory cake named after a local squeaky cheese made from cow's milk - škripavac.

Skål International Kvarner, Croatia

Founded by Katica Hauptfeld in 2010, born in the village of Bribir. Skål International Club's name is given by the beautiful Kvarner Bay and region, representing the islands, coastal towns and mountain area of Gorski Kotar.

One of the most beautiful and diverse destinations in Croatia, highlighted by Opatija, the cradle of Croatian tourism with the first hotel (also called Kvarner) on the Adriatic coast built in 1884, and the nearby city of Rijeka, the cultural and municipal center and Croatia's largest port.

The Kvarner region has the highest concentration of Croatia's top restaurants serving dishes with the famous Kvarner scampi and other specialties, making it one of Croatia's most important gourmet regions.





Quail pozole

From:
Skål International Los Cabos, Mexico

Ingredients (serves 2):

- Quail, 2 pieces
- White onion, 0.3 g
- Garlic, 0.8 g
- Celery, 0.120 g
- Pasilla chili
- Guajillo chili
- Oregano, 0.002 g
- Pozole corn, 80 g
- Water, 3 L

To accompany

- Red cabbage, 10 g
- Cambray onion, 10 g
- Radish, 2 pieces
- Chile de árbol, 2 pieces

Preparation:

1. Cut the quail to make a base and save the breasts.
2. With the remaining parts, add the meat, 150 g of white onion, 0.3 g of garlic and celery to 2 liters of water. Bring to the boil and boil down, strain the broth and keep the meat.
3. Boil the pasilla and guajillo chiles in 1 liter of water with the rest of the onion and garlic, mix and strain to obtain a marinade.
4. Combine the broth with the chile marinade, add the pozolero corn and the boned and shredded quail meat, bring to a boil, add the ground oregano, marinate with hoja santa oil and cook the quail breast.
5. To serve, arrange the corn and meat, the quail breast, pour the broth and garnish.

About:

Taking one of the most representative dishes of Mexico, such as pozole, it is brought to the table using one of the endemic ingredients of Baja California, the quail.

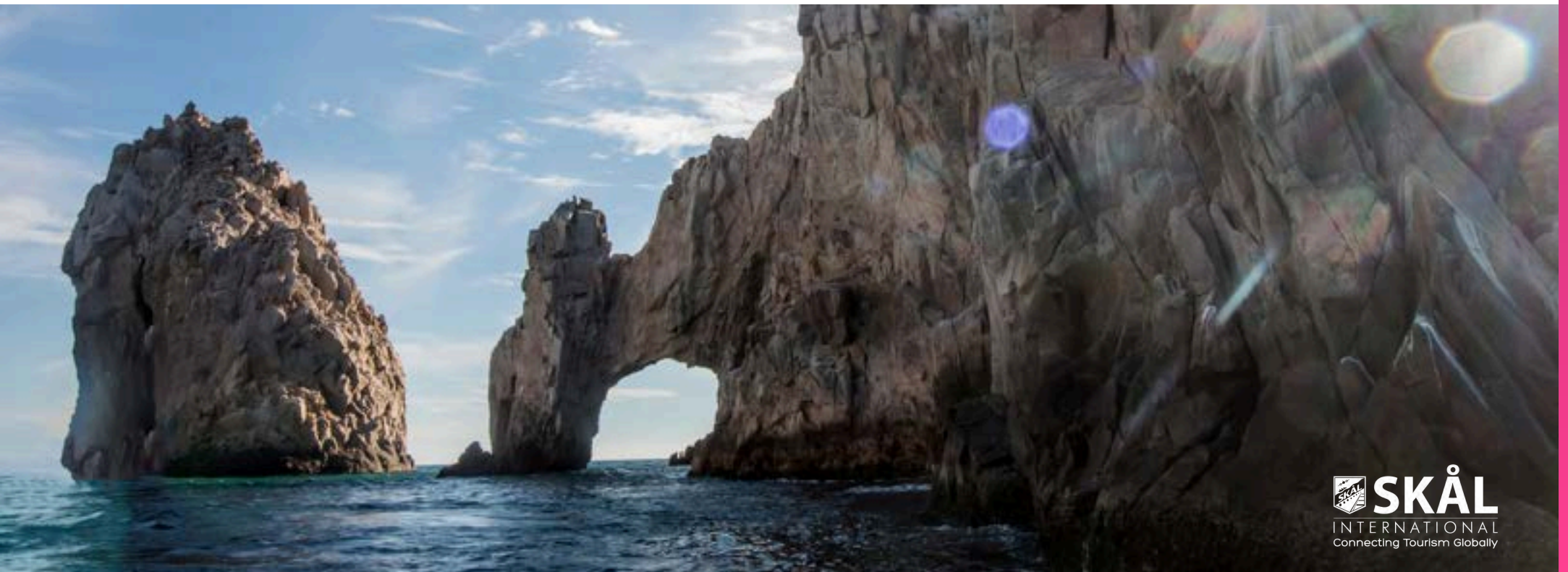
This dish is made by preparing a concentrated quail stock using the whole bird, with a light marinade of dry red chile from the Californias. It is served with peanut corn and garnishes from the organic garden topped with the quail breast roasted in mesquite grill.

Skål International Los Cabos, Mexico

Club Skål International Los Cabos 645 is located amidst the incomparable beauty of Los Cabos, a place that combines the majesty of the ocean with the warmth of its people. This club is a place of meeting, socializing and unique opportunities. On the second Friday of every month, this club gathers in one of the most exquisite restaurants in Los Cabos to enjoy a unique culinary experience. This moment not only gives its colleagues the opportunity to taste the delicacies prepared in the destination, but also to strengthen the bonds between friends and colleagues and to create business relationships that will last for a long time.

Los Cabos, located at the southern tip of the Baja California Peninsula in Mexico, is a picturesque destination known for its stunning coastal scenery and vibrant tourism. The region includes the cities of Cabo San Lucas and San José del Cabo, which are connected by a scenic corridor. Visitors are drawn to Los Cabos for its pristine beaches, world-class resorts and renowned golf courses.

The iconic El Arco, a natural rock formation at Land's End, is a must-see attraction. Water activities such as snorkeling, whale watching and sport fishing are popular, while Cabo San Lucas' vibrant nightlife provides excitement after the sun goes down. Los Cabos seamlessly blends relaxation and adventure, offering a luxurious escape where the beauty of the desert meets the azure waters of the Gulf of California and the Pacific Ocean.





Ajoblanco

From:
Skål International Málaga-Costa del Sol, Spain

Ingredients:

- 250 grams of whole raw almonds
- 250 grams of white bread crumbs from the day before
- 2 small garlic cloves
- 800 milliliters of water
- Extra virgin olive oil
- White wine vinegar
- Salt
- Grapes and sliced almonds as garnish

Preparation:

1. Boil the almonds for 2 or 3 minutes to peel them.
2. Once peeled, put the garlic, the almonds and the bread (soaked in milk and drained) in a blender.
3. When all these ingredients are blended, add the oil.
4. After beating for a few minutes, add very cold water, salt and vinegar to taste.
5. It is served very cold, with the grapes peeled and the pulp removed, inside.

About:

Ajoblanco is one of the most popular cold soups in Málaga, due to its climate, its culture and its roots.

Its origin dates back to the times of Roman Hispania (1st century), when this soup was very similar to the one we know today. A simple, creamy cold soup, it is a refreshing proposal to start a summer lunch or dinner.

Skål International Málaga-Costa del Sol, Spain

Málaga, situated on Spain's Costa del Sol, is a captivating destination blending historic charm with vibrant modernity. The city boasts a rich cultural heritage, evident in landmarks such as the Alcazaba, a Moorish fortress, and the Gibralfaro Castle, offering panoramic views of the Mediterranean. Málaga's Renaissance cathedral and the Picasso Museum celebrate art and history.

The Paseo del Parque, a picturesque promenade, leads to the vibrant harbor, while the Larios Street, lined with shops and cafes, is perfect for leisurely strolls. Málaga's beaches, like La Malagueta, provide a sun-soaked escape.

The birthplace of Pablo Picasso, Málaga embraces its artistic legacy with museums, galleries, and street art. The Atarazanas Market showcases local flavors and culinary delights. Festivals, such as Semana Santa and Feria de Málaga, offer immersive cultural experiences. With its warm climate, cultural attractions, and coastal allure, Málaga beckons travelers seeking a dynamic Spanish escape.





About:

The story of Nashville hot chicken begins with a man named Thornton Prince. The story goes that Thornton came home late one night and the woman in his life decided to teach him a lesson by cooking the hottest chicken she could. It backfired. He loved it and even started selling it at his own restaurant, the BBQ Chicken Shack.

Nashville hot chicken wings

From:

Skål International Nashville, USA

Ingredients:

- 2 pounds, chicken wings
- 3 eggs
- ¼ cup, milk
- 1 tablespoon, hot sauce
- 2 cups, flour
- 2 teaspoons, salt
- Oil, for frying (peanut or vegetal)
- ½ cup lard or butter
- 3 teaspoons, cayenne pepper ('Nashville hot' is really hot, if you want a milder version, use 1 teaspoon of cayenne)
- 1 tablespoon, brown sugar
- ½ teaspoon, paprika
- ½ teaspoon, garlic powder
- ¾ teaspoon, salt
- 1 teaspoon, black pepper

Preparation:

1. Preheat the oil in a deep fryer or cast-iron skillet to 360°.
2. In a bowl, whisk together the milk, eggs, and hot sauce. In a separate bowl, whisk together the flour and 2 teaspoons salt.
3. Pat the chicken wings dry. Dip each wing in the milk/egg mixture, then in the flour, then back in the egg mixture and again in the flour. Be sure to shake off excess flour after each step.
4. Fry the wings in batches. Fry until crisp and golden brown, about 10 minutes. Remove from the fryer and transfer to a baking rack.
5. To make the hot coating, melt the butter or Crisco in a heatproof bowl in the microwave. Add the cayenne pepper, brown sugar, salt, black pepper, paprika and garlic powder. Whisk together until well combined.
6. Brush hot mixture on each side of wings. Garnish with pickles and white bread.

Skål International Nashville, USA

Nashville, Tennessee, known as "Music City," attracts tourists with its vibrant cultural scene and Southern hospitality. Home to the iconic Grand Ole Opry and the Country Music Hall of Fame, Nashville is a haven for music lovers. The lively Broadway strip is lined with honky-tonks and live music venues, creating a spirited atmosphere.

Beyond its musical roots, Nashville boasts historic landmarks such as the Parthenon in Centennial Park and Belle Meade Plantation that offer a glimpse into the city's past. The vibrant Gulch district and 12South neighborhood offer trendy boutiques, art galleries and diverse dining options.

Nashville's culinary scene is a delicious mix of Southern comfort food, hot chicken and innovative culinary creations. The city's festivals, including the CMA Music Festival and the Nashville Film Festival, draw crowds seeking entertainment and cultural experiences. With its welcoming charm and rich tapestry of arts and history, Nashville is a dynamic destination in the heart of Tennessee.





Dashimaki Tamago

From:
Skål International Osaka, Japan

Ingredients:

- 3 large eggs
- 1 tablespoon sugar
- 1 tablespoon soy sauce
- 1 teaspoon mirin (sweet rice wine)
- ¼ teaspoon salt
- ½ cup dashi stock (Japanese fish and seaweed broth)
- Neutral oil for cooking

Preparation:

1. Make the dashi: Combine the dashi stock, soy sauce, mirin, and salt in a small saucepan. Bring the mixture to a simmer over medium heat. Once the salt and sugar have dissolved, remove the pot from the heat and allow the dashi mixture to cool to room temperature.
2. Beat the eggs: In a bowl, crack the eggs and beat lightly with a fork or chopsticks. Be careful not to over-beat; you don't want the mixture to be too frothy.
3. Combine the dashi and eggs: Gradually pour the cooled dashi mixture into the beaten eggs, stirring gently. Whisk until well combined.
4. Strain mixture: Strain the egg and dashi mixture through a fine-mesh strainer to remove any lumps or egg whites that didn't fully incorporate. This step will help create a smoother texture.

Continued on next page.

About:

Dashimaki Tamago is a traditional Japanese rolled omelet made with eggs, sugar, mirin (a sweet rice wine), soy sauce, and dashi (a Japanese stock made from bonito flakes and seaweed). This popular dish is known for its delicate layers and slightly sweet flavor.

This dish is not only a popular home-cooked dish but is also commonly found in Japanese restaurants and sushi establishments. Its light, slightly sweet taste makes it a versatile and delightful addition to Japanese cuisine.

5. Cook the omelet: Heat a non-stick frying pan over medium-low heat. Lightly grease the pan with a small amount of neutral oil, using a paper towel to spread it evenly.
6. First layer of egg: Pour a thin layer of the egg mixture into the pan, tilting the pan to spread it evenly. Allow the egg to cook gently without stirring.
7. Rolling the omelet: Once the bottom layer of egg has set but is still slightly runny on top, use a spatula to gently roll it from one side of the pan to the other, creating a loose roll of egg.
8. Making the layers: Push the rolled egg to the side of the pan opposite to where you started the roll. Grease the pan again if needed. Pour a little more of the egg mixture into the empty space in the pan, allowing it to flow underneath the rolled egg. Let it cook until the bottom layer sets but is still slightly runny on top.
9. Rolling again: Roll the already cooked egg layer over the new layer, creating a bigger roll. Repeat this process, pushing the roll to the side and adding more egg mixture until you've used up all the mixture.
10. Final rolling and shaping: When all the egg mixture is used and you have a thick roll of omelet, continue to roll it back and forth to shape it evenly and compactly.
11. Cooling and slicing.

Skål International Osaka, Japan

The name of the Club is Skål International Osaka, but members are not only from Osaka, but also from Kyoto, Nara, and Kobe, which are famous sightseeing spots in the Kansai area.

Osaka, Japan's culinary and cultural center, offers a dynamic blend of tradition and modernity. Known for its street food, including takoyaki and okonomiyaki, the city's vibrant food scene is complemented by historic landmarks such as Osaka Castle and the tranquil Osaka Gardens. Dotonbori's neon-lit streets beckon with entertainment, shopping and dining, while Universal Studios Japan offers family-friendly excitement. Osaka's friendly locals and vibrant atmosphere make it a must-visit destination for those seeking a taste of Japanese traditions and contemporary urban delights.





Bean salsa

From:
Skål International Philadelphia, USA

Ingredients:

- ¾ cup cider vinegar
- 1 liter water
- ½ cup vegetable oil
- 1 cup sugar
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1-15 ounces pinto beans
- 1-15 ounces great white northern beans
- 1-15 ounces black beans
- 2-11 ounces shoe peg
- White corn
- 2-4 ounces chopped green chiles
- 1-4 ounces chopped pimento
- Chopped green pepper
- Chopped sweet onion
- Bean type is by preference, choose a colorful variety

Preparation:

1. Combine, bring to boil, stir occasionally and cool: ¾ cup cider vinegar, 1 tablespoon water, ½ cup vegetable oil, 1 cup sugar, 1 teaspoon salt, ½ teaspoon black pepper.
2. Drain all cans and rinse. Combine: 1-15 ounces pinto beans, 1-15 ounces great white northern beans, 1-15 ounces black beans, 2-11 ounces shoe peg, white corn - (do not substitute), 1-4 ounces chopped pimento - diced red, through olives and spices, 2-4 ounces chopped green chiles (can through Mexican section), diced 1 cup chopped green pepper.
3. Will have to dice 1 cup chopped sweet onion – will have to dice. Bean type is by preference, choose a colorful variety. Add cooled vinegar mixture.
4. Refrigerate overnight.

About:

Bean salsa is a flavorful and versatile dish that typically includes a variety of beans, vegetables, and herbs, all tossed together with a zesty dressing.

It's a popular and nutritious side dish, snack, or topping for various dishes.

Skål International Philadelphia, USA

Skål International Philadelphia represents diverse members from Universities, food service organizations, hotels, hospitality development organizations, airlines, restaurants, travel agencies in the Philadelphia market.

Steeped in American history, Philadelphia is a captivating city with a rich cultural tapestry. The iconic Liberty Bell and Independence Hall in Independence National Historical Park attract history buffs. The Philadelphia Museum of Art, famous for the "Rocky Steps," showcases an extensive art collection. Food lovers flock to the city for its diverse culinary scene, especially the Philly cheesesteak. The historic Reading Terminal Market offers a gastronomic adventure with a variety of local delicacies.

Philadelphia's Mural Arts Program, which includes thousands of public murals, adds color to neighborhoods. The city's vibrant neighborhoods, such as Old City and Rittenhouse Square, offer unique shopping and dining experiences. With a mix of historical significance, cultural attractions, and a vibrant urban atmosphere, Philadelphia is a multi-faceted destination that appeals to a wide range of interests.





About:

This dish is perfect for special occasions or as an appetizer for an upscale dinner. The combination of seared scallops and golden caviar creates a symphony of flavors and textures that is both delightful and indulgent.

Scallops with golden caviar

From:
Skål International Seoul, Republic of Korea

Ingredients:

- Amaranth
- Green apple
- Rose balsamic vinegar
- Olive oil
- White beans
- Water
- Sugar
- Soy sauce
- Butter
- Garlic
- Chili
- Cauliflower
- Scallop
- Golden caviar

Preparation:

1. Place the amaranth, green apple and grape in the electric juicer to extract all juices. Using a hand blender, blend the rose balsamic vinegar and olive oil to a creamy consistency.
2. Soak beans in water to remove any impurities, drain and cook in water until cooked and tender.
3. Combine sugar and soy sauce in a saucepan and reduce by 2/3 until syrupy. Add cooked white beans and butter, stir well and keep warm.
4. In a preheated skillet, sauté minced garlic and chili to make garlic oil. Add the cauliflower and cook until golden on both sides, the cauliflower should be soft but still retain its texture, repeat the process for the scallops.

Continued on next page.

5. Arrange the cooked beans and cauliflower on a plate, then place the scallops obliquely on top of the cauliflower.
6. Pour the amaranth dressing in the center of the plate.
7. Garnish with kinome leaves and caviar.

Skål International Seoul, Republic of Korea

Seoul, the dynamic capital of Republic of Korea, seamlessly blends modernity with ancient traditions, creating a captivating destination for tourists. The city is adorned with architectural marvels like the futuristic Dongdaemun Design Plaza and the historic Gyeongbokgung Palace, symbolizing Korea's rich heritage.

Explore vibrant districts such as Insadong for traditional crafts and Myeongdong for contemporary shopping. Namsan Seoul Tower offers panoramic city views, while the Han River provides a picturesque backdrop for leisurely strolls.

Seoul's culinary scene tantalizes taste buds with diverse street food markets, barbecue restaurants, and upscale dining options. The city's nightlife in districts like Gangnam and Hongdae pulsates with energy, featuring clubs, bars, and live performances.

Embrace cultural experiences at the National Museum of Korea, and catch a traditional performance at the Namsan Hanok Village. The bustling Namdaemun and Dongdaemun markets showcase a fusion of modern and traditional shopping.

Seoul, with its tech-savvy ambiance, historical treasures, and culinary delights, offers a multifaceted experience for those seeking a dynamic Asian metropolis.



About:

Preferably done with the world famous Mooloolaba Prawns, this dish encompasses some typical Queensland and Sunshine Coast ingredients.



Prawn, mango, and avocado cocktail salad with a twist

From:
Skål International Sunshine Coast, Australia

Ingredients:

- 12 to 14 Cooked Mooloolaba prawns
- 1x mango
- 1x avocado
- 80g of mesclun lettuce
- 1 x Mixed micro herbs
- 80 ml Cocktail sauce

Preparation:

1. Peel prawns and cut in half.
2. Dice mango and avocado
3. Stack 6x avocado, 6x mango, 6x 1/2 prawns.
4. Drizzle cocktail sauce on prawns and place mesclun on the top.
5. Finish with micro herbs of choice.
6. Place three dots of cocktail sauce around the plate.

Skål International Sunshine Coast, Australia

Skål International Sunshine Coast , two times Skål Club of the Year, supporting tourism business on the coast for almost 30 years.

With more than 100km of famous coastline wrapping around our lush hinterland hills, and a beautiful UNESCO Biosphere Corridor to protect, our community is committed to living sustainably, celebrating all things local, and sharing our picturesque landscapes and abundance of produce.

Our landscape is as diverse as the experiences. You'll find yourself barefoot on the beach one minute, unwinding on hinterland time at a luxe farm stay the next, before settling in for a leisurely lunch made with ingredients sourced just down the road. You'll quickly see why we're known as Queensland's Sunshine Pantry!

What are you waiting for? Come find your Sunshine Moment with us today.





Kokoda

From:
Skål International Suva, Fiji

Ingredients:

- 150 g fresh Spanish mackerel or walu cut into 1 centimeters cubes
- 1 cup miti (fresh coconut milk) made from 2 coconuts (don not use tinned as it is slightly metallic and reacts with the lime juice)
- 1 cup fresh moli/lime/lemon juice
- 4 moli/lime/lemon wedges
- 1 white or red onion
- 1 large ripe fresh firm tomato
- 1 cucumber
- 1 red or yellow capsicum
- 1 small Bongo chilli
- 3 green oak leaf lettuces, stems trimmed, washed, dried
- 1 tablespoon fresh mixed herbs (coriander, spring onion, chives, parsley)
- Salt and pepper to taste
- Coriander leaves to garnish

Preparation:

1. Use a sharp knife to cut on either side of the centre line of bones in each walu fillet, and discard the bones. Cut the walu into 1 centimeter pieces.
2. Place the walu and fresh moli/lime/lemon juice in a large ceramic or glass bowl (not metal!), and toss to combine.
3. Cover with plastic wrap and place in the fridge for 8 hours or overnight to marinate, tossing occasionally with a wooden spoon. The fish will be white when ready.
4. Finely chop the onion, tomato, cucumber, yellow capsicum, and chili.
5. Grate the coconuts into a separate bowl, add salt, juice from 2 lime wedges, 4 teaspoons of onion and squeeze these ingredients together. Strain the liquid to make the perfect miti (coconut milk) for your kokoda.

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6. Once the fish is well marinated, drain the lime juice and place the fish in a big clean bowl.
7. Add the miti, chopped tomato, cucumber, capsicum, onion, herbs, chili, salt, pepper and mix the ingredients together.
8. Serve in coconut shells (or a bowl of your choice), add a lime wedge, garnish with coriander
9. Serve with the lettuce leaves. Spoon the kokoda onto the leaves and enjoy your fresh Fijian kokoda!

Skål International Suva, Fiji

Suva, Fiji's capital and largest city, offers a unique blend of cultural, historical, and natural attractions. The city is known for its lively markets, such as the Suva Municipal Market, where visitors can experience Fijian daily life and find fresh produce and local crafts. The Fiji Museum provides insight into the country's history and cultural heritage. Albert Park and Thurston Gardens offer green spaces for relaxation.

Suva's diverse dining scene includes Fijian, Indian, and international cuisine. The city's waterfront, with views of Suva Harbor, is a pleasant place for a stroll. Additionally, the nearby Colo-i-Suva Forest Park provides nature trails and waterfalls for those seeking outdoor activities.

While Suva is a gateway to explore the rest of Fiji, its own unique charm lies in the fusion of tradition and modernity, making it a compelling destination for travelers interested in experiencing both the cultural richness and natural beauty of the region.



About:

Fresh rock oysters covered with a vinaigrette and shallot flavour. A classic dressing for oysters. Use a mild, slightly sweet white wine vinegar like the chardonnay vinegars.

Sydney Rock Oysters with Shallot Vinaigrette

From:
Skål International Sydney, Australia

Ingredients:

- 2 tablespoons extra virgin olive oil
- 2 tablespoons chardonnay vinegar
- Salt flakes and freshly ground white pepper, to taste
- 2 golden shallots, very finely diced
- Rock salt, for serving
- 12 freshly shucked Sydney rock oysters
- Chervil sprigs, for garnishing

Preparation:

1. Whisk together oil, vinegar, salt and pepper and stir in shallot.
2. Arrange rock salt on a platter, place oysters on top and garnish plate with chervil.
3. Top oysters with shallot mixture and serve.

Skål International Sydney, Australia

Skål International Sydney has been connecting the local tourism industry for 64 years. Chartered in 1960, we are the 200th Skål International Club.

Sydney, the vibrant capital of New South Wales and one of Australia's largest cities, is best known for its harbour front Sydney Opera House, with a distinctive sail-like design and our arched Harbour Bridge and our iconic beaches such as the famous Bondi Beach. Taronga Zoo hosts amazing Australian wildlife including koalas, kangaroos, echidnas and platypus.

Another Sydney institution is our Sydney Fish markets where you can buy your very own Sydney Rock Oysters and some of the best seafood in the world.

Sydney is also home to many beautiful hidden restaurants down historic laneways. With our beaches and their golden sands against the backdrop of our turquoise ocean. It is no wonder we are often referred to as the Emerald City. Sydney is the place to bring your family, your best mates and your international mates (everyone's a mate when you visit us!)





Štrukli

From:
Skål International Zagreb, Croatia

Ingredients:

Pastry

- 500 g all purpose flour
- 50 milliliters oil
- Pinch of salt
- Some lukewarm water
- 1 egg

Topping

- 80 g butter
- 60 g breadcrumbs

Filling

- 1 kilogram fresh cottage cheese
- Pinch of salt
- 4 eggs
- 2 tablespoons flour

About:

Štrukli is a traditional Croatian dish, particularly associated with the Zagorje region, and it is known for its delicious blend of dough and various fillings. There are two main types of štrukli: the baked version and the boiled version.

Preparation:

1. Sift the flour. Prepare some lukewarm water. Make a small depression in the center of the sifted flour and add the salt, oil and an egg. Mix with a knife, slowly adding the lukewarm water.
2. Knead the dough until smooth. Divide the dough into three equal parts, brush with oil, cover with a heated bowl and leave to rest for about half an hour.
3. Meanwhile, prepare the filling: Mix the fresh cottage cheese, whisked eggs and a pinch of salt until light and fluffy. Add the flour and mix well.
4. Flour the tablecloth well. Roll out one piece of dough with a rolling pin and, with floured hands, continue to stretch the dough toward the edges of the table until it is thin.
5. Cut off any excess edges. Allow the stretched dough to dry for a while.

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6. Spread one-third of the prepared filling over one-half of the prepared dough and roll into a strudel.
7. Press the roll every 5 centimeters with a large wooden spoon handle, and then cut out the Štrukli with the edge of a plate. The edges of the dough must be slightly sealed.
8. Cook the Štrukli in salted boiled water for about 15 minutes. But do not cook large quantities at the same time.
9. Take the Štrukli out of the water with a slotted spoon and arrange them on a plate.
10. Fry the breadcrumbs in oil briefly and pour over the štrukli. Enjoy!

Skål International Zagreb, Croatia

Zagreb, the capital of Croatia. With close to a million inhabitants, Zagreb city is certainly one of the most eventful and interesting destinations in Central and Eastern Europe.

The new airport and modern highways have contributed to an efficient connection with the world's top destinations, and due to its position in the heart of Europe and close distance to the Adriatic Sea it is a gateway to an unforgettable travel experience.

For years, Zagreb has been attractive for its combination of Austro-Hungarian cultural heritage surrounded by beautiful nature, enriched by a variety of exciting annual events such as the award-winning Advent in Zagreb and Festival of Lights, creative activities such as kayaking on the Sava River and truffle hunting on Mount Sljeme, top gastronomy such as štrukli and turkey with mlinci, and a remarkable selection of hotels ranging from the historic Esplanade, which was part of the famous Orient Express train program, to well-known international brands such as Hilton and Sheraton.

With historical sights such as the Upper Town and Kaptol, the lively city center such as Tkalciceva Street and Flower Square, Lake Jarun and green Mount Sljeme crowned by Medvedgrad Fortress, Zagreb successfully opens its doors to international visitors and ambitious global events.





MAIN COURSE





Pescado a la talla

From:
Skål International Acapulco, Mexico

Ingredients:

- 1 large red snapper
- Salt and pepper
- 15 guajillo chiles
- 3 garlic cloves
- 1/4 cup vinegar
- 1 tablespoon pepper
- 1 tablespoon cilantro balls
- 3 tablespoons mayonnaise
- tomato, onion, avocado and butter
- 1 tablespoon cumin

Preparation:

1. The fish is opened from the tail to the front.
2. Afterwards, the thickest part of the fish is opened again in the same way (preferably at the moment of buying it, ask for it to be prepared for grilling), season with salt and pepper and set aside.
3. Roast the chiles and then let them soak in water; when they are soft, grind them in the blender together with the garlic, pepper, coriander, vinegar and cumin.
4. Once everything is ground, it is strained. It should be thick so that it is well impregnated to the fish.
5. It is seasoned with a little Swiss Knorr (because the fish is already salty).
6. Then, this sauce is stirred with the mayonnaise and the fish is bathed, we leave it for 5 minutes so that the chili is impregnated to the fish.

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About:

Traditionally called "a la talla" (a Spanish word used for "size" and "curved" as well) for 2 main reasons:

1. To the size or measurement of the customer.
2. It is carved: Before the fish is taken to the charcoal cooker, it is "curved" or the marinations are rubbed off so that the flavors penetrate the fish fillet and the flavor is much more pronounced at the end of cooking.

7. Then, place it on a grill to put it over the charcoal (it should not be too close because it would burn the outside, and the inside would be raw) with the scales down.
8. After approximately 20 minutes, carefully turn the fish over, so that it does not fall apart and leave it for another 20 minutes (take into account that the times are approximate and that it depends on the amount of charcoal).
9. Then, carefully, remove the fish and place it on a plate, add small pieces of butter.
10. Finally, it is decorated with slices of tomato, onion and pieces of avocado; it is served with beans, white rice and cajete sauce

Skål International Acapulco, Mexico

Our Club Skål International Acapulco 340 is one of the oldest clubs in Mexico and has been distinguished by the large number of members of high relevance in the tourism industry.

Acapulco, nestled on Mexico's Pacific coast, is a renowned tourist destination celebrated for its stunning beaches, vibrant nightlife, and cultural attractions. The iconic La Quebrada cliff divers captivate audiences with daring feats, while the scenic Bay of Acapulco offers water activities and picturesque views. The historic Fort of San Diego houses a maritime museum, providing insight into the region's colonial past. Acapulco's golden sands, particularly at Playa Condesa and Playa Icacos, draw sun-seekers and water enthusiasts alike.

The city's vibrant nightlife, centered around the famous Zócalo and the Costera Alegría strip, offers a plethora of entertainment options, from traditional Mexican performances to trendy clubs. Acapulco's blend of natural beauty, historical sites, and lively atmosphere make it a versatile destination catering to a wide range of tourist interests.





Vegetarian 'Red red'

From:
Skål International Accra, Ghana

Ingredients:

- 450 g of black-eyed beans (soaked overnight in 1.5 litres of room temperature water)
- 1.2 litres of water
- 2 large onions
- Palm oil (zomi)
- 4 large tomatoes – chopped or blended
- 30 g of blended ginger
- 200 g dried fish (optional)
- 4 Scotch bonnets (optional)
- Salt

Preparation:

1. Drain the water from the soaked beans and rinse the beans by running them under the faucet. Pour the water into a saucepan and place over medium heat. Add the beans and cook for about 40-50 minutes until well cooked.
2. Set the cooked beans aside and place a saucepan over medium heat.
3. Add the palm oil (zomi) to a saucepan and heat.
4. Add the onions and cook for 2 minutes.
5. Add the chopped chilies and grated ginger. Cook for 5 minutes and add the tomatoes. Cook for 5-7 minutes or until the oil separates from the tomatoes. Add the beans and mix well.
6. Cook the beans gently for another 10-15 minutes or until the sauce thickens. Add salt to taste.
7. Peel and slice the plantains and place in a bowl. Add vegetable oil to a frying pan and heat over medium heat until hot.

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10. Add a pinch of salt to the plantain and mix well.
11. Fry the plantain in the oil until golden brown.
12. Remove the perfectly cooked plantain and place in the colander.
13. Repeat the above process until you have fried all the plantain.
14. Gari (optional): West African staple made from grated cassava. Sprinkle a small quantity on the beans and enjoy a full meal.

Skål International Accra, Ghana

Ghana, located in Africa, is easily accessible from all parts of the world and boasts political stability and a safe destination for tourists. This country is endowed with a wide range of natural, historical and cultural attractions, allowing the country to promote a range of diverse tourism products a basis for conservation and preservation.

The unique cultural heritage features a calendar of regular festivals throughout the country, the historic monuments built along the coast during the 14th - 18th centuries by eight different European empires still stand and are preserved as UNESCO World Heritage Monuments.

Skål International Accra currently has 39 members and hopes to open a second club in Cape Coast before the end of 2023. Ghanaian hospitality is always at play with warmth and friendliness as they welcome their guests with a smile and an "Akwaaba!"





Pie Floater

From:
Skål International Adelaide, Australia

Ingredients:

- 4 individual-sized meat pies (beef or minced meat variety)
- 1 cup blue boiling peas
- 2 teaspoons of bicarb soda
- Salt and pepper to taste

Preparation:

1. Put peas in in large bowl and sprinkle with the Bicarb Soda, add boiling water and leave overnight (cover well).
2. Drain off water
3. Put peas in a large saucepan and cover with hot water and boil rapidly until cooked. Add more water if becomes too thick. Once you have the consistency you like, you are ready to assemble.
4. Place each heated meat pie into a deep bowl or soup plate.
5. Ladle a generous amount of mushy peas over and around the pie, ensuring it is well covered.
6. Pour a generous amount of tomatoe sauce over the top of the pie and peas.
7. The Pie Floater is traditionally eaten with a spoon and consumed directly from the bowl, allowing the flavours to meld together.

About:

The Pie Floater is a unique South Australian dish that combines elements of traditional meat pies with a hearty serving of mushy peas and a topping of tomatoe sauce.

Typically, a meat pie, often a beef or minced meat variety, is submerged or "floated" in a bowl of thick pea soup, which is traditionally made from dried, mashed green peas.

This dish is then generously doused with a rich, meaty gravy, or tomatoe sauce adding depth and flavour to the combination.

Skål International Adelaide, Australia

Skal International Adelaide is a club of 70 members and recently crowned Australian Club of the Year for 2023. We are a diverse young club with open arms inviting members from around the world to come and visit. President of the Adelaide Club has shared her grandmothers recipe of the traditional South Australian 'Pie Floater'.

South Australia is renowned for its diverse and stunning natural landscapes, vibrant arts scene, and world-class wine regions, making it a captivating destination for tourists.

Adelaide, the capital city of South Australia, is known for its laid-back atmosphere, beautiful parklands, and cultural festivals. The Adelaide Festival, Fringe Festival, and WOMADelaide draw crowds with their diverse arts, music, and entertainment programs.

The city's Central Market is a food lover's paradise, showcasing fresh produce, gourmet delights, and multicultural cuisine.





About:

"Rack de cordero," or lamb rack, holds a significant place in Argentine cuisine, particularly because of the country's strong tradition of beef consumption.

While beef, especially asado (barbecue), is central to Argentine gastronomy, lamb is also appreciated, and rack de cordero is a delicacy often featured in upscale restaurants and traditional gatherings.

Lamb rack in its juice with fruit sauce

From:
Skål International Alto Valle, Argentina

Ingredients:

- 8 ribs
- Butter
- Garlic
- Fresh herbs
- Oil
- Panco
- 1 pear
- 1 apple
- Onion
- Shallot
- Sugar
- Vinegar
- Water
- Spices

Preparation:

1. With a knife, we mark the ribs (8 ribs) and with the hand we separate the meat from the bone of the ribs. In a frying pan with butter, garlic, fresh herbs and oil we seal the ribs and once sealed we cover the meat with the crust base of panco, herbs and butter, we take to oven at 180°C for about 10".
2. Crust: Place the panco in a bowl, add the butter, oil, herbs (coriander, parsley), lemon zest, grated garlic, salt, black pepper, mix everything until a homogeneous mixture is obtained.
3. Sauce: Peel the pear and apple, cut into small cubes as well as the onion and shallot. In a pan place the pears, apple, onion, shallot, sugar, vinegar, water and spices, cook over low heat for about 25 minutes.

Skål International Alto Valle, Argentina

Skål International Alto Valle is a regional club whose members are spread over 350 km from a rich valley producing pears, apples, plums, raspberries and cherries to the Andes Mountains with sheep and goat production.

Alto Valle, located in the Argentine Patagonia, is a region celebrated for its stunning landscapes, outdoor activities, and agricultural abundance. Nestled between the Andes Mountains and the Patagonian steppe, Alto Valle is known for its picturesque orchards and vineyards, producing high-quality fruits and wines. The city of General Roca serves as a gateway to the region and hosts the National Apple Festival, showcasing local produce.

Outdoor enthusiasts can explore the Limay River, engage in fishing and water sports, or venture into the nearby Nahuel Huapi National Park for hiking and wildlife observation. The region's unique combination of fertile valleys and mountain vistas attracts nature lovers and those seeking a taste of Patagonian agriculture. While not as widely known as some other Argentine destinations, Alto Valle offers a peaceful escape with a focus on nature, agriculture, and the vibrant local culture.





Trinxat andorrà

From:
Skål International Andorra, Andorra

Ingredients:

- 1 white cabbage
- 500 g broccoli
- 8 potatoes
- 150 g of pork belly or bacon
- 1 head of garlic
- Olive oil
- Salt

Preparation:

1. Boil the cabbage, broccoli and potatoes in plenty of water.
2. Once all the ingredients are cooked, separate the potatoes from the rest to peel them.
3. In a frying pan, add olive oil, the sliced garlic and the pork belly or "bacon" and brown everything together.
4. Once browned, add the cabbage, the broccoli and the potato in the same frying pan, and sauté them, mashing them with spatulas (hence the word trinxat, "to mash"). Once everything is uniform, season with salt (to taste).
5. On the other hand, in a frying pan, add a spoonful of olive oil and let it heat. Add the previous preparation in the frying pan and let it toast. In an oven at 200°C make the crispy bacon or bacon and let them bake for about 30/40 minutes.
6. Serve the trinxat, add the crispy bacon and some sprouts to decorate.

About:

Andorran cuisine is heir to a tradition linked to the aromas and flavors of the high mountains, to the products of the area and seasonal products. Gastronomy of seasonal products and traditionally characterized by the use of raw materials of proximity.

Skål International Andorra, Andorra

The Skål International Club of Andorra was founded in September 1982. At present, about one hundred members are part of the association, of which approximately 50% are from the hotel sector. Over the years, the Club has managed to bring together many of the managers of companies related to the world of tourism in this country, socializing and networking among all its members.

It has also managed to become a reference entity, thanks to the close collaboration it has maintained with public bodies, and has been the association that since 1999 has led the organization of the events of World Tourism Day in Andorra (September 27). In addition, it recently received a European award for promoting active tourism. The Principality of Andorra is a sovereign microstate of 468 km² located in the southwest of Europe, between Spain and France.

The territory of Andorra is organized into seven parishes, with a current population of approximately 80,000 inhabitants. Its capital is Andorra la Vella. The official language is Catalan (the only independent state in the world that has this language as the only official language), although due to the influence of the surrounding states, Spanish, Portuguese and French are commonly used.

The main economic activity of the Principality is the tourist sector, receiving annually 8 million tourists. One of its main attractions is its ski domains with an extension of 450 kilometers. It also receives an important number of visitors in summer, due to its natural attractions, its lakes and unique high mountain landscapes.

Andorran cuisine is heir to a tradition linked to the aromas and flavors of the high mountains, to the products of the area and seasonal products. Gastronomy of seasonal products and traditionally characterized by the use of raw materials of proximity. With the passing of time, its gastronomy has also received and assimilated the influences of Catalan and French cuisine.

Within a few kilometers, more than a thousand stores, centers and shopping centers offer products of the most prestigious international brands from the four corners of the world. The latest in technology and consumer electronics, the latest fashion with the most daring trends, cosmetics and the most exclusive perfumes.





Ankara tava

From:
Skål International Ankara, Türkiye

Ingredients:

- 4 lamb shanks
- 1.5 cup of orzo
- 3 green peppers, chopped
- 2 tomatoes, peeled and chopped
- 1 clove of garlic, minced
- 2 tablespoons of butter
- 2 tablespoons of olive oil
- Salt to taste
- 4 cups boiling water

Preparation:

1. Heat a tablespoon of butter and two tablespoons of olive oil in the pressure cooker. Place the shanks in the pot and fry them on both sides. Take the meat out of the pot and add the chopped onion and finely chopped garlic to the same oil and fry until soft.
2. Take the meat back into the pot and add the water. Close the lid and cook until the meat is completely tender.
3. Melt a tablespoon of butter in a cast iron pan, add the orzo and fry until it turns brown. Remove the orzo to the edges, add the chopped peppers in the middle of the pan and stir fry until half softened.
4. Add the diced tomatoes and mix well. Measure 3 cups of broth and add into the pan. Add salt and mix.
5. Place the meat on. Bake in a 190°C oven until the orzo absorbs all water.

About:

Ankara tava is a traditional Turkish dish originating from Ankara. The dish is often made with a combination of lamb, orzo pasta, oil, hot peppers, tomatoes, onions, tomato paste, garlic, cumin, salt, and black pepper. The peppers and onions are seasoned with cumin and black pepper, then cooked in oil with tomato paste, garlic, and tomatoes in order to make a tomato sauce.

The meat is cubed and cooked in a bit of water until it evaporates. The small orzo pasta is cooked in a pilaf pot with the tomato sauce and some water until tender. Once done, the cooked meat is mixed with the contents of the pilaf and the dish is ready to be served.

Skål International Ankara, Türkiye

Ankara, Türkiye's capital, offers a unique blend of modernity and historical charm. The city is known for its symbolic landmark, the Atatürk Mausoleum (Anıtkabir), honoring the founder of modern Türkiye. The ancient Roman Temple of Augustus and Hacı Bayram Mosque showcase Ankara's rich history.

The citadel crowns the city, offering panoramic views, while the Atakule Tower provides a modern vantage point. Museums such as the Museum of Anatolian Civilizations and the Ethnography Museum delve into Türkiye's cultural heritage.

Ankara's bustling markets, including the Ulus Hal Market, offer a taste of local life. The Gençlik Park and Atatürk Forest Farm provide green escapes within the city.

With its diverse culinary scene, vibrant street art, and cultural festivals, Ankara invites tourists to explore its dynamic character. As a political and cultural hub, Ankara presents a multifaceted Turkish experience beyond the more tourist-heavy destinations.





About:

Immerse yourself in a unique culinary experience with this delicious grilled fish fillet, a dish that perfectly combines intense and fresh flavors. Each bite will transport you to a world of exquisiteness and delight for your palate.

Fish fillet in almond mole

From:
Skål International Bahías de Huatulco, Mexico

Ingredients:

- 800 g snook fish fillet
- 60 g pasilla chili
- 60 g guajillo chili
- 60 g dried chile costeño peppers
- 150 g saladette tomato
- 20 g sesame
- 20 g cinnamon
- 2 g clove
- 2 g coarse pepper
- 2 g cumin
- 300 g whole almonds
- 60 g raisins
- 150 g plantain
- 120 g onion
- 30 g garlic
- 100 milliliters vegetable oil
- 100 g purslane
- 50 g coriander flower
- 80 milliliters olive oil
- 200 g cous cous
- 80 g broccoli
- 80 g carrot
- 80 g pumpkin
- 2 g salt
- 2 g pepper

Preparation:

1. Prepare a fish stock (fish, garlic, onion, celery, carrot, cilantro, parsley, salt, pepper). Set aside.
2. Fry the chiles (previously deveined) over very low heat in a pot with oil. Set aside.
3. In the same pot fry garlic, onion, plantain, tomato and set aside.
4. Toast almonds, cinnamon, cumin, cloves, coarse pepper and sesame seeds, at the end add the raisins and set aside.
5. Mix all the above ingredients in a food processor with the help of the fish bottom until the desired consistency is achieved.
6. Fry the mole in oil and add fish stock and it is necessary to lighten the mole.

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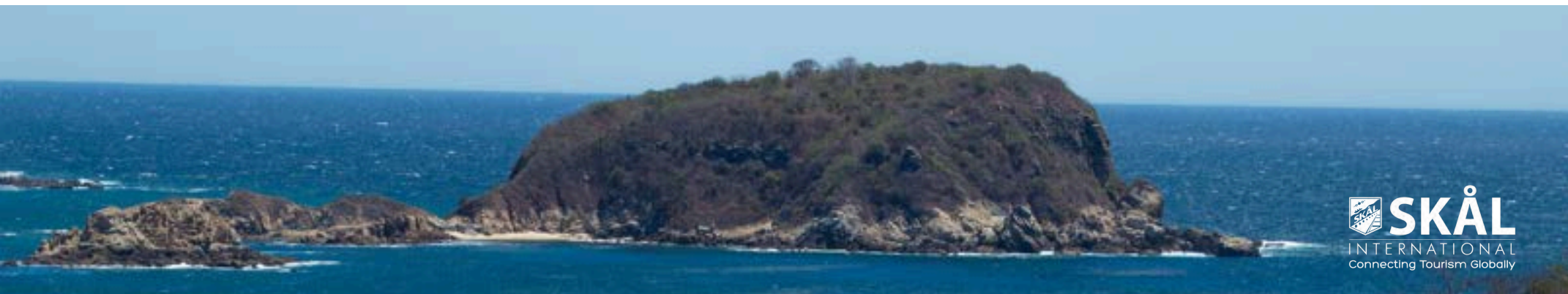
7. For the salad of purslane and coriander flower: Select the purslane and coriander sprouts; in a bowl, mix with a little olive oil, lemon and salt, set aside.
8. For the couscous: Cut into small cubes broccoli, carrot and pumpkin, previously sautéed in a pan with oil and salt. In a bowl hydrate the couscous with hot fish stock, mix and season with salt and pepper.
9. Marinate the fish with olive oil, salt and pepper and cook on both sides in a frying pan, set aside.
10. Present the dish with all the above elements.

Skål International Bahías de Huatulco, Mexico

The Skål International movement in Huatulco began in 2004 with the founding of the club in February with the official number 677. Locally, the Club Skål International 677 Bahías de Huatulco has more than 30 active members among which are hoteliers, restaurateurs, travel agencies, spas, airport, among others. It's located in the state of Oaxaca, with beautiful, crystalline and certified Blue Flag beaches, incredible diversity in flora and fauna, gastronomy, mezcal and a unique coffee. Creators of the Skål Carbon Neutral project, with sustained achievements over the years:

- 2016 Best National Board
- 2017 Best Club of the Year in Mexico
- 2018 Best Club in the World
- 2018-2019 Rafael Millán Medal
- 2021 Best Club of the Year in Mexico

Bahías de Huatulco, located on Mexico's Pacific coast, is a tropical paradise renowned for its nine beautiful bays, pristine beaches, and vibrant coral reefs. This eco-friendly destination offers a range of water activities, including snorkeling and boat tours, allowing visitors to explore the rich marine life. The town of La Crucecita provides a charming cultural experience with its central square and traditional market. Located on the Pacific coast of Mexico, Bahías de Huatulco is a tropical paradise known for its nine beautiful bays, pristine beaches and vibrant coral reefs.





Chicken machboos

From:
Skål International Bahrain, Bahrain

Ingredients:

- 1 whole chicken, cut into pieces
- 2 cups basmati rice, washed and soaked
- 1 large onion, finely chopped
- 3 tomatoes, chopped
- 4 cloves garlic, minced
- 1/4 cup vegetable oil
- 1/4 cup tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cardamom
- 1 teaspoon ground cloves
- Salt and black pepper to taste
- 3 cups chicken broth or water
- Almonds or pine nuts, toasted
- Fresh coriander or parsley, chopped

Preparation:

1. In a large pot, heat vegetable oil and sauté the chopped onions until golden. Add minced garlic, chopped tomatoes, tomato paste, and spices (cumin, coriander, cinnamon, cardamom, cloves). Cook until the tomatoes break down and the mixture is aromatic.
2. Add the chicken pieces to the pot and brown them on all sides.
3. Pour in the chicken broth or water, bring to a boil, then reduce heat, cover, and simmer until the chicken is cooked through and tender.
4. In a separate pot, cook the soaked and washed basmati rice according to package instructions. You can use some of the chicken broth for added flavor.
5. Once the chicken is cooked, mix it with the cooked rice in the pot. Combine well, ensuring the rice is coated with the flavorful chicken and spice mixture.
6. Garnish the Chicken Machboos with toasted almonds or pine nuts and chopped fresh coriander or parsley.

About:

Machboos is a common dish found across many parts of the Middle East. It's a fantastic, flavorful dish that has a lot of similarities with biryani. Machboos is a rice-based dish, that often goes by the name of kabsa. Chicken and lamb are both popular options.

The dish is cooked in one pot making clean up a little easier! It seems like a complicated dish, usually because of a long ingredient list as it involves a lot of spices, but it's actually pretty easy once you've got everything prepared.

Skål International Bahrain, Bahrain

Skål International Bahrain was formed on October 28, 1972, and was affiliated with the Asian Area in 1979. This is the only active club in the Arabian Gulf.

Bahrain, a jewel in the Arabian Gulf, entices tourists with a harmonious blend of modernity and rich history. The capital, Manama, boasts striking skyscrapers, luxury shopping, and vibrant souks like Bab al-Bahrain, offering a taste of traditional markets. Bahrain Fort, a UNESCO World Heritage site, and Qal'at al-Bahrain Museum unfold layers of the island's ancient past.

The Tree of Life, a 400-year-old mystical tree in the desert, and the Al-Areen Wildlife Park showcase Bahrain's diverse landscapes. The Bahrain International Circuit, home to Formula 1 racing, attracts motorsport enthusiasts.

Bahrain's culinary scene thrives with authentic Middle Eastern flavors, and the aromatic spices of local dishes create a gastronomic delight. The tranquil atmosphere of Al Dar Islands and the pristine beaches along the coastline provide serene escapes.

With its welcoming hospitality, cultural festivals, and the annual Bahrain Grand Prix, Bahrain invites visitors to explore its unique charm, making it a captivating destination in the Gulf.





Sate Campur

From:
Skål International Bali, Indonesia

Ingredients:

- 800 g chicken leg bone and skinless cut in 1 centimeter x $\frac{3}{4}$ centimeter stripes
- 3 – 5 bird’s-eye chilies, finely chopped
- 1 tablespoon palm sugar
- 100 g chicken spice paste
- 1 pinch salt to taste
- Sate skewers as needed

Preparation:

1. Combine meat, chilies, palm sugar, and spice paste and mix well. Season to taste with salt.
2. Spear four pieces of meat (20 g) very tightly on a sate skewer, cover and marinate for 6 hours in refrigerator.
3. Grill sates over very hot charcoal and baste frequently with basting mix.
4. Basting mix for grilling: Combine 100 g of spice paste with 100 milliliters of coconut oil and mix well.
5. Condiments: Serve with peanut sauce, rice cakes and pickled vegetables.

Notes: To make sate with beef, pork, seafood or lamb follow the directions above but use basic spice paste for pork and lamb, beef spice paste for beef and seafood spice paste for seafood. For pork, lamb, beef, cut meat into 1.5 centimeters cubes. For beef, it is important to use good quality meat which is aged. Make certain each Sate weights 20 g. No wood should be seen at the dip of the skewer. Involve your family when skewering sates as this can be a time consuming process. Do not grill sates but sear them over very hot glowing charcoal. This will add lots of flavour

About:

This dish reflects Indonesia's rich culinary heritage, showcasing the diverse flavors and techniques that contribute to the country's vibrant food culture.

Sate Campur is commonly enjoyed at street food stalls, warungs (small local eateries), and during festive occasions.

Skål International Bali, Indonesia

Bali is also called 'The Island of the Gods', and for good reason. With over 20,000 Temples and palaces, the island's rich cultural heritage is visible everywhere. Many colorful festivals and ceremonies (including cremations) are carried out on what seems a daily basis, and nearly every ceremony involves music, dance, and food.

After a cultural experience, Bali offers so much more, such as spectacular sunsets at Kuta Beach and Tanah Lot Temple to name but a few. People can experience White Water Rafting, ride an Elephant at Taro, Cruise to Lembongan, or for the sports-minded there's Golf, Adventure Parks, Scuba Diving, Fishing, and an array of different Water sports.

In Bali's early tourism days, it was surfing that put the island firmly on the world's tourist map. Those surfers are still enjoying some of the best beaches in the world that the island has to offer.

Apart from the beaches, Bali's natural attractions include picturesque rice terraces, towering volcanoes, pristine crater lakes, fast-flowing rivers, sacred caves, jungle ravines, waterfalls, and lush tropical forests full of exotic wildlife. And if it's Nightlife that you're looking for, Bali has it all. From cozy sidewalk Bars and Cafes to internationally acclaimed Nightclubs, offering reasonably priced drinks with entertainment provided by either Live Music or Local or International DJs.

Skål International Bali is a vibrant club with over 100 members from the brimming tourism capital of Indonesia. The members and their guests meet every first Friday of the month at some of the island's finest establishments and hottest venues, for a scrumptious lunch with sponsored beverages from Hatten Wines and Bintang beer.





About:

The chicken from Coorg, the district fondly called Kodagu in Karnataka is a famous delicacy.

This district is in fact popular for producing the one of the best non vegetarian food in the state.

The chicken curry recipe from Coorg has a very distinct taste, just like the culture of this interesting district. Coorg chicken dish is an authentic South Indian recipe.

Coorgi chicken curry

From:
Skål International Bangalore, India

Ingredients:

- 100 g chicken curry cut
- 1 onion: finely chopped
- Half tablespoon turmeric powder
- Half tablespoon mustard seeds
- 2 drops kachampulli (coorgi dark vinegar)
- 1 sprig curry leaves
- 1 tablespoon salt
- 2 tablespoons cooking oil
- 1 tablespoon chopped coriander leaves
- 150 milliliters water
- 75 g freshly grated coconut
- Half tablespoon cumin powder
- 10 g ginger
- 3 cloves of garlic
- 30 g red tomatoes
- 4 dry red chilies
- 3 green chilies
- 1 tablespoon coriander seeds

Preparation:

1. Grind all the ingredients for the coconut paste and keep aside.
2. In a pan pour oil, when hot, add mustard seeds, curry leaves, onion,s and fry lightly.
3. Add the chicken and pan fry till completely sealed to a golden-brown sheen.
4. Now add salt and turmeric powder and cook further for 2-3 minutes.
5. Add water cover with a lid and cook till chicken pieces are 3/4 done.
6. Stir in the coconut paste and cook for another 5 minutes.
7. Lastly,ly add the kachampulli (coccum vinegar), stir well, garnish with fresh coriander and serve.

Skål International Bangalore, India

The Skål International Club at Bangalore started its operations in 1974 and comprises owners / decision makers / CEOs / investors / development directors, of various inbound tour operators, travel agents, OTAs and DMCs, outbound travel agencies, airlines, transport companies, online distributors, tour operators, medical tourism companies, cargo agents, cruises liners, tourism boards, Government tourism boards and tourism media. Amongst other prestigious events, Bangalore has been successful in winning the bid and holding the first ever Skål International Congress in Karnataka.

The bid was also being contested by Bangkok among other international destinations. It's a prestigious event showcasing the tourism potential of the state to the world and various Skål International clubs globally wanted to get their destination showcased and Bangalore successfully won the opportunity.

Bangalore, India, a vibrant metropolis known as the "Silicon Valley," offers a rich tapestry of cultural and technological allure. Its lush parks, like Cubbon Park and Lalbagh Botanical Garden, provide serene escapes. The city boasts historic landmarks such as Tipu Sultan's Summer Palace and the Bangalore Palace. A bustling culinary scene, vibrant street markets, and eclectic shopping districts, like Commercial Street, beckon tourists. Additionally, the city's dynamic nightlife and the iconic Vidhana Soudha add to its magnetic charm, making Bangalore a compelling destination for those seeking a blend of tradition and modernity.





Pad Thai

From:
Skål International Bangkok, Thailand

Ingredients:

- 125 g/4 ounces Chang's Pad Thai dried rice sticks
- 1.5 tablespoons tamarind puree
- 3 tablespoons (packed) brown sugar
- 2 tablespoons fish sauce
- 1.5 tablespoons oyster sauce
- 2 - 3 tablespoons vegetable or canola oil
- ½ onion, sliced (brown, yellow)
- 2 garlic cloves, finely chopped
- ¼ cup finely chopped peanuts
- 2 eggs, lightly whisked
- 1.5 cups of bean sprouts
- ½ cup firm tofu, cut into 3 cm/ 1 1/4" batons
- ¼ cup garlic chives, cut into 3 cm/ 1 1/4" pieces
- Lime wedges (essential)
- Ground chilli or cayenne pepper (optional)
- 150 g/5 ounces chicken breast (or thigh), thinly sliced

Preparation:

1. Place noodles in a large bowl, and pour over plenty of boiling water. Soak for 5 minutes, then drain in a colander and quickly rinse under cold water. Don't leave them sitting around for more than 5 - 10 minutes. Mix Sauce in a small bowl.
2. Heat 2 tablespoons oil in a large nonstick pan (or well-seasoned skillet) over high heat. Add garlic and onion, cook for 30 seconds. Add chicken and cook for 1 1/2 minutes until mostly cooked through.
3. Push to one side of the pan, and pour egg in on the other side. Scramble using the wooden spoon (add a touch of extra oil if the pan is too dry), then mix into chicken. Add bean sprouts, tofu, noodles then Sauce.
4. Toss gently for about 1.30 minutes or until the sauce is absorbed by the noodles. Add garlic chives and half the peanuts. Toss through quickly then remove from heat.

Continued on next page.

5. Serve immediately, sprinkled with remaining peanuts and lime wedges on the side, with a sprinkle of chilli and a handful of extra beansprouts on the side if desired (this is the Thai way!). Squeeze over lime juice to taste before eating.

Skål International Bangkok, Thailand

Skål International Bangkok 'Club of The Year 2018/2019'. Club no.153 Inaugurated on the 28th September 1956. Vision statement: To be a Trusted Voice in Travel and Tourism.

Bangkok, Thailand's bustling capital, is a vibrant tapestry of modernity and cultural richness, captivating tourists with its eclectic charm. The Grand Palace, adorned with intricate Thai architecture, and the revered Wat Pho, home to the iconic reclining Buddha, stand as cultural landmarks. The bustling markets of Chatuchak and the vibrant street life along Khao San Road offer immersive local experiences.

Bangkok's skyline showcases modern skyscrapers and luxurious shopping malls, including the iconic MBK Center. The Chao Phraya River winds through the city, offering scenic boat rides and glimpses of traditional life along its banks. The bustling street food scene, with flavors ranging from spicy tom yum soup to Pad Thai, entices food enthusiasts.

Cultural hubs like the Jim Thompson House and the Bangkok Art and Culture Center provide insights into Thailand's heritage. With its energetic nightlife, ornate temples, and diverse attractions, Bangkok remains a dynamic hub for those seeking a blend of Thai tradition and contemporary allure.





Chile Mezquite

From:
Skål International Bernal, Mexico

Ingredients:

- Chile ancho
- Pork and beef
- Onion
- Tomato
- Raisins
- Almond
- Apple
- Pear
- Plantain
- Walnut
- Acitron
- Peach
- Cinnamon
- Sugar
- Cream
- Milk

Preparation:

1. Lightly fry the onion over low heat.
2. Add the beef and pork.
3. Wash and deseed the chillies while the meat is cooking (approx. 10 min.).
4. Prepare the Nogada sauce: Blend the cinnamon, walnuts, almonds and sugar. Add cream and milk.
5. Once the meat is cooked, add the other ingredients and mix.
6. Fill the chillies with the stew and cover them with the sauce.

About:

Based on the 'chile relleno', the 'chile mezquite' is a 'chile ancho' stuffed with meat, fruits and seeds, bathed in a walnut cream.

Skål International Bernal, Mexico

Skål International Bernal is a club of tourism entrepreneurs from Bernal Pueblo Magico, in the state of Queretaro, Mexico. The club is formed by hoteliers, restaurant owners and tour operators.

Bernal has the third largest monolith in the world, as well as being named a world heritage site for its natural environment, culture and traditions.

It has a wide tourist offer to cover the needs of adventure, romance, astro-tourism, family and business tourism.





Gandharaj bhetki

From:
Skål International Bhubaneshwar, India

Ingredients:

- Boneless bhetki fish - 200g
- Refined oil - 1 tablespoon
- Salt - as per taste
- Sugar - as per taste
- Turmeric powder - ½ tablespoon
- Chopped garlic - 1 tablespoon
- Slit green chilly - 2 pieces
- Green chilly - 1 tablespoon
- Gandharaj lemon leaves - 10 pieces
- Gandharaj lemon - 1 piece
- Kaju paste - 2 tablespoons
- Poppy seeds - 1 tablespoon
- Boiled pest onion - 1 tablespoon

About:

Bhetki fish, also known as barramundi or Asian sea bass, is a popular ingredient in many dishes, particularly in South and Southeast Asian cuisines.

Bhetki is known to be a good source of omega-3 fatty acids, particularly eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These fatty acids are beneficial for heart health, as they may help reduce inflammation, lower blood pressure, and improve cholesterol levels.

Preparation:

1. Take a small pan and heat the same. Then add refined oil. When the oil gets hot, add chopped garlic and slice green chilly with it.
2. After that wait till the garlic becomes brown and then add turmeric powder with it. When the raw smell of turmeric is removed, add the onion and saute very well till it is cooked. And then add the cashew and poppy seed pest with it and step very gently.
3. When it will be cooked, add the prepared stock with fish bones and the lemon leaf. Then add the pieces of fish and cook in slow flame. Along with it, add salt and sugar also. And cover and cook with low flame.

Continued on next page.

4. When the fish is cooked, add some chilly pest according to taste. And cook till the pest is well mixed with the whole gravy. Then stop the flame and add the lemon juice as well mix it with the whole gravy. Now it is ready for serving.
5. Garnish with sliced green chilly and lemon leaves.

Note: The dish will be very yummy with steamed rice.

Skål International Bhubaneshwar, India

Skål International Bhubaneshwar is a leading hotel chain with a strong presence in multiple locations including Bhubaneswar, Chilika, and Gopalpur. What sets it apart is its commitment to exceptional service and luxurious accommodations. Skål International Bhubaneshwar is currently expanding and excited to share that there is a new hotel under construction at the beautiful destination of Puri.

Bhubaneswar, the capital of the Indian state of Odisha, is a city with a rich cultural and historical heritage. Known as the "Temple City of India," Bhubaneswar boasts a multitude of ancient temples, including the famous Lingaraj Temple, Mukteshwar Temple, and Rajarani Temple, showcasing exquisite Kalinga architecture.

Beyond its religious significance, Bhubaneswar offers attractions like the Odisha State Museum, displaying archaeological artifacts, art, and sculptures. The Nandankanan Zoological Park, home to white tigers and other wildlife, provides a natural retreat. The Ekamra Walks initiative allows visitors to explore the old town's narrow lanes, discovering local art, crafts, and culinary delights.

With its blend of historic temples, cultural landmarks, and modern amenities, Bhubaneswar serves as a gateway to explore the broader cultural and natural treasures of the Odisha region.





Pilaf with anchovies

From:

Skål International Black Sea-Karadeniz, Türkiye

Ingredients:

- 1.5 kilograms anchovies
- 3 onions (grated)
- 2 tablespoons pine nuts
- 2 tablespoons currants
- 1.5 glasses of rice
- 1 teaspoon allspice
- 1 teaspoon black pepper
- Salt
- Parsley
- 2 glasses of hot water (for rice)
- Butter
- Oil

Preparation:

1. Remove the anchovies and clean their bones. Put the anchovies in a deep and wide bowl. Add water, salt, and lemon juice to it. Hold on, at least 20 minutes.
2. Take the currants in a bowl and soak them in water.
3. Put the butter and olive oil in the pan. Add the onions and fry them. Peanuts are added and cooking is continued.
4. Strain the juice of the currants and transfer them to the pot. Add black pepper, allspice, and salt to the pot. Add the rice, add water, and let it cook. Low fire.
5. When cooked, add parsley and mix.
6. Thoroughly lubricate the tray you will use. Lay the anchovies.
7. Add the stuffing pilaf and place the anchovies on it again.
8. Pour very little oil on it.
9. Put it in the preheated 180°C oven.
10. Bake for 25 minutes until the top is well browned.

About:

The cuisine of the Black Sea coast differs from that of the mountainous interior. The Mediterranean coast is bordered by the Taurus Mountains, yet fertile agricultural lands lie between. And life is lived under rather harsh conditions as a result. First of all, the climate is not bountiful as it is in the Mediterranean. Molded by these severe conditions, the people of the Black Sea have over time created a cuisine not to be compared with those of other coastal areas.

Skål International Black Sea-Karadeniz, Türkiye

The Black Sea region, or Karadeniz in Turkish, is a picturesque destination in Türkiye renowned for its stunning natural beauty and unique cultural experiences. Nestled between lush green mountains and the Black Sea, this region boasts charming coastal towns, vibrant local traditions, and a temperate climate. Trabzon, a prominent city in the area, is home to the Sumela Monastery, perched dramatically on a cliff, and the Hagia Sophia of Trabzon, an architectural gem. Rize captivates visitors with its verdant tea plantations, while Amasra offers a captivating blend of history and seaside charm.

The Black Sea's culinary delights, such as hamsi (anchovies) and local pastries, showcase the region's gastronomic richness. The region is also dotted with scenic beaches, like Uzungol, and offers opportunities for outdoor activities, including trekking and exploring the Pontic Mountains. With its welcoming communities, diverse landscapes, and cultural treasures, the Black Sea region invites tourists to discover a different facet of Türkiye, characterized by its greenery, coastal allure, and authentic local experiences.

The Black Sea boasts one of the world's tastiest fish. Thanks to the many rivers that empty into it, the Black Sea is rich in the plankton on which fish feed. To put it another way, the Black Sea is a virtual oasis for fish. Since fishing is the main means of livelihood along the coastal strip, fish also have a significant place in the local diet.

Kale is another icon of Black Sea cuisine. One of the 450 species of the cabbage family, kale is a sine qua non of Black Sea cooking from soup to dolma. Another feature that distinguishes Black Sea cuisine from that of other regions is the sheer number of dishes made with vegetables. An especially popular one is pickled green beans, which are first soaked in water to remove the salt and then braised. Pickling is a common way of preserving vegetables in the region.





Ajiaco santafereño

From:
Skål International Bogotá, Colombia

Ingredients:

- 2 large skinless chicken breasts
- 1 pound, creole potato
- 1 pound, sabanera potato
- 1 pound, pastusa potato
- 2 ears of corn
- ½ bundle of guascas
- Cilantro
- Onion
- Salt
- 3 liters of water
- For plating: capers, cream, avocado, and previously prepared white rice

Preparation:

1. Previously: Remove the skin from the potatoes and cut them into half moons. Prepare a picadillo with the cilantro and half of the onion, cut in brunoise. Clean and cut the corncob into 3 or 4 parts according to size.
2. In a pot on the fire, with very little oil, seal the breasts and sauté the onion.
3. Add water, salt, and corncob and after boiling for about 10 minutes, add potatoes and guascas, cilantro, and onion; continue cooking until the potato begins to lose consistency and dissolves.
4. Remove the chicken, toss it, and set it aside. Remove the guasca segments, cilantro, and onion, and adjust the salt and flavor.
5. Serving: Serve in a typical Colombian soup in a deep dish or sombrero, garnish with shredded chicken, a piece of corn on the cob, and picadillo, and serve with white rice, avocado, cream, and capers.

About:

Although it can be prepared in different ways, it retains that flavor that reminds us of delicious homemade delicacies; not in vain in 1899 the Colombian writer and historian José María Cordovez Moure defined ajiaco with chicken as "a masterpiece of culinary art".

Skål International Bogotá, Colombia

Bogotá, Colombia's vibrant capital, is a dynamic city nestled in the Andean highlands, offering a rich blend of culture, history, and modernity. The historic La Candelaria district is adorned with colorful colonial architecture, complemented by notable sites like the Plaza Bolívar and the Gold Museum, showcasing pre-Columbian artifacts.

The city's thriving arts scene is evident in the Botero Museum, featuring works by renowned artist Fernando Botero, and the vibrant street art adorning Bogotá's walls. The Monserrate Hill provides panoramic views of the cityscape.

Bogotá's culinary scene is diverse, with traditional markets like Paloquemao offering local flavors, and the Zona G district boasting upscale restaurants. The city hosts numerous festivals and events, including the Bogotá International Book Fair and the Ibero-American Theater Festival.

With its pleasant climate, engaging cultural attractions, and burgeoning coffee culture, Bogotá beckons tourists seeking a captivating Colombian experience, blending historical charm with modern energy.





Döppekuchen

From:
Skål International Bonn, Germany

Ingredients:

For the Döppekuchen:

- 1.5 kilograms floury potatoes, peeled and grated
- 100 g bacon
- 2 onions, peeled and finely sliced
- 2 eggs
- 1 pinch grated nutmeg
- Salt
- White pepper
- A knob of butter

For the apple sauce:

- 400 g apples
- Juice of ½ lemon
- 1.5 tablespoons sugar
- A little butter and salt

Preparation:

1. Preheat the oven to 170°C.
2. Grease a baking dish (approx 25 centimeters diameter) with a little of the butter and cover the bottom with bacon slices. Put the grated potatoes in a colander and press out and drain the excess liquid into a bowl. Leave it to drain for about 10 minutes.
3. Mix the potatoes, eggs, onion and nutmeg and season to taste with salt and white pepper. Put the potato mixture into the baking dish and bake for about 1 h. 45 minutes. If the surface starts to go too dark, cover loosely with foil for the remainder of the cooking time.

Continued on next page.

About:

Döppekooche/Döbbekooche is a form of potato cake made of grated potatoes, finely minced onions, eggs, and spices and covered in sausage pieces or strips of bacon, which is baked in a cast-iron pot (a döppe) like a cake (kuchen) and served in slices.

The resulting potato-onion-egg mix is then baked in the oven for about 2 hours until it forms a crust, considered to be the best part of the dish. Purists insist that the dish should not be stirred during the baking period in order to keep the crust intact, however, it is also acceptable to stir it so as to distribute the crust throughout the dish.

4. While the potato cake is cooking, make the apple sauce: Peel and dice the apples. Put in a small pan with the juice of ½ lemon, 2 tablespoons of water and 1.5 tablespoons sugar. Heat gently until the apples are really soft, then squash with a spoon. Add a little butter and salt to serve. Take the cake out of the oven, turn it out of the dish and serve in slices with the apple sauce.

Skål International Bonn, Germany

Skål International Bonn was founded in 1970, when Bonn was the capital of Western Germany. Its location is in the Rhineland. Embedded in the romantic Rhine valley, which gives Bonn its nickname: "the northernmost city of Italy".

Bonn, a charming city in Germany, is renowned for its historical significance and cultural attractions. As the birthplace of Ludwig van Beethoven, the city pays homage to the composer with the Beethoven House museum. Bonn's cityscape is adorned with grand architecture, including the Baroque-style Bonn Minster and the Rococo-style Poppelsdorf Palace.

The picturesque Rheinaue Park offers a peaceful retreat, while the Rhine River promenade provides a scenic backdrop for leisurely strolls. Bonn is also home to museums such as the Haus der Geschichte, showcasing German contemporary history.

The United Nations Campus adds an international dimension to the city, emphasizing Bonn's role as a global hub for sustainability and environmental efforts. With its cultural richness, historical landmarks, and green spaces, Bonn attracts visitors seeking a blend of tradition and modernity in the heart of Germany.





New England lobster roll

From:
Skål International Boston, USA

Ingredients:

- Fresh lobster meat
- Butter for sauteing
- Mayonnaise (½ cup)
- Lemon juice and zest
- Minced celery
- Minced chives
- Kosher salt and freshly ground black pepper
- Soft, split top New England-style buns, or hot dog bun

Preparation:

1. Start with 4 one-pound lobsters cooked for six minutes in boiling salted water and two lemons cut in half. Remove and chill in an ice bath. Try to use fresh lobster meat only.
2. Remove meat from the shell and cut into large chunks.
3. Make the dressing/mayo. Add the diced celery and chive to the mayo—season with salt and cracked pepper. Now add the juice of one lemon juice with zest. You can also add a pinch of fresh tarragon if desired.
4. Gently sauté the lobster meat in melted butter. Before combining it with the mayo dressing, warm the lobster meat in a skillet of melted butter for 2-3 minutes. Do not overcook or it will become tough and overcooked.

Continued on next page.

About:

It's worth noting that the specific preparation can vary from place to place, and individual preferences play a role in how lobster rolls are made. Some people prefer a more minimalistic approach, allowing the lobster to be the star, while others enjoy the addition of various seasonings and accompaniments. Overall, the New England lobster roll is a classic and beloved dish that captures the essence of the region's coastal cuisine.

5. Use a slotted spoon to transfer the lobster meat to the mayo once slightly cooled, but don't worry if some of that buttery goodness makes it in as well.
6. Toast the bun with melted butter on both sides until golden brown. Open buns and spoon lobster mixture into a bun. Serve with potato chips.

Skål International Boston, USA

The Boston chapter is one of the largest and oldest Skål International clubs in the nation. The second oldest club in the country, the Boston chapter was formed in 1939. It is currently the largest club in the United States and the second largest club in the world. Membership is comprised of representatives of all branches of the industry – from hotels to attractions, airlines & transportation companies to Destination Management Companies and other businesses that serve the hospitality industry.

In 2014, the Skål International Boston Club was named the Skål International Club of the Year, for bringing the Skål International vision and mission to the travel and tourism industries in Greater Boston and New England for over 75 years. Charitable giving is the hallmark of Skål International Boston. The club holds monthly meetings on the third Thursday of the month, and raises money for charities benefiting the tourism industry as well as other Skål International clubs in need. In addition, the club has endowed a tourism scholarship at the University of Massachusetts Isenberg School of Management, and annually provides a scholarship to New England based college students pursuing a career in hospitality. Since 1998, almost \$1 million has been raised for local charities.

Boston, USA, is a historic city with a rich cultural tapestry. Visitors explore the Freedom Trail, a red-brick path highlighting key revolutionary sites. The city boasts iconic landmarks such as Fenway Park, the Boston Common, and the USS Constitution. Renowned for its academic institutions, including Harvard and MIT, Boston offers a vibrant arts scene, diverse dining, and the picturesque Boston Harbor. With its blend of colonial history, modern innovation, and cultural attractions, Boston provides a dynamic and engaging experience for tourists.





About:

BBQ Cauliflower is a delightful dish featuring tender cauliflower florets, charred to perfection and coated in a smoky barbecue sauce. It is complemented by a rich Labneh Mornay, adding a creamy and tangy element. The dish is further enhanced with the crisp texture of kohlrabi and the aromatic flavor of curry leaves, creating a harmonious blend of tastes and textures that celebrate Middle Eastern-inspired vegetarian cuisine.

BBQ Cauliflower, Labneh Mornay, Kohlrabi, Curry leaf

From:
Skål International Brisbane, Australia

Ingredients:

- 1 large head cauliflower
- Shawarma Spice:**
- 3/4 cup ground turmeric
 - 1/4 cup ground cumin
 - 1/4 cup ground coriander
 - 3 tbsp onion powder
 - 3 tbsp garlic powder
 - 2 1/2 tbsp salt
 - 2 tbsp smoked paprika
 - 1 tbsp celery salt
 - 1/2 tbsp ground black pepper
 - 1/2 tbsp cayenne pepper

- Brine:**
- 1L water
 - 1 cup shwarma spice
 - 1 tbsp salt
 - 1/2 tbsp sugar

- Dried parsley zaatar:**
- 1/2 tsp toasted sesame
 - 1/2 tsp dried parsley
 - 1/2 tsp Aleppo pepper
 - 1 tsp sumac

- Pickled kohlrabi:**
- 1L white vinegar
 - 100ml apple juice
 - 200g sugar
 - 1 tbsp salt
 - 50ml water
 - 1 pinch ground cinnamon
 - 1/2 star anise
 - 1 Bay leaf
 - 1 tsp fennel seed
 - 1 kohlrabi

- Labneh Mornay**
- 200ml soy milk
 - 1 pinch xanthan gum
 - 500ml coconut yoghurt
 - 120g tahini
 - 20g confit garlic paste
 - 50ml lemon juice
 - 1 tbsp shawarma spice
 - 1 tsp sumac
 - 1 tsp celery salt
 - 1/2 tsp smoked paprika

Preparation:

1. Shawarma Spice: Combine all spices together.
2. Brine: Whisk spices into water.
3. Dried parsley zaatar: Combine all together.
4. Pickled kohlrabi: Peel kohlrabi and slice very thin on a mandolin. Bring pickle to a boil and pour over the prepared kohlrabi. Place in the refrigerator until cool.

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5. Labneh Mornay: Blend soy milk and xanthan in a Thermomix on high to emulsify. Set Thermomix to level 3 and heat to 90 degrees for 10 minutes. Once the mixture has reached 90 degrees, turn to level 8 for 2 minutes, to make sure it has all been incorporated. Combine remaining ingredients in a bowl and gently fold in the warmed milk. Keep mixture warm, but don't let it boil. Garnish with sliced green chilly and lemon leaves.
6. Cauliflower: Remove outer leaves and cut cauliflower into half, then each half into thirds to get 6 even pieces. Soak pieces in the brine for 2 minutes, making sure they are fully coated in the spice. Steam marinated cauliflower for about 16 mins until the stems are tender, but not falling apart. Transfer to a lined oven tray, drizzle with oil, and sprinkle with any remaining shwarma spice. Cook over a grill/BBQ until starting to caramelize, about 5 minutes.
7. Assemble: Place charred cauliflower across plates, cover with the warmed labneh mornay. Cover with sheets of pickled kohlrabi. Garnish with fried curry leaves, pomegranate seeds and Dried Parsley Zaatar.

Skål International Brisbane, Australia

Skål International Brisbane celebrates its 60th birthday in 2024. The club currently has 66 members from all sectors of the tourism, travel and hospitality industry. Brisbane, the sun-drenched capital of Queensland, is a dynamic and welcoming city that offers a rich tapestry of experiences for locals and visitors alike. Positioned along the Brisbane River, the city harmoniously combines urban sophistication with natural beauty. The bustling South Bank precinct is a hub of activity, featuring lush parklands, a man-made beach, cultural institutions like the Queensland Art Gallery and Gallery of Modern Art (QAGOMA), and an array of world-class dining options. For thrill-seekers, the Story Bridge Adventure Climb provides panoramic views of the city's skyline and the winding river below.

Nature lovers can immerse themselves in the serene landscapes of the Brisbane Botanic Gardens or take a leisurely cruise along the river. The nearby Lone Pine Koala Sanctuary offers an intimate encounter with Australia's iconic wildlife, where visitors can cuddle a koala or feed kangaroos. The city's subtropical climate ensures warm weather year-round, making it ideal for outdoor activities and alfresco dining. Brisbane is also a gateway to some of Queensland's most famous attractions. It's a short drive from the Gold Coast's stunning beaches and theme parks, the scenic Sunshine Coast, and the lush hinterlands of the Scenic Rim. With its vibrant arts scene, eclectic shopping districts, and lively events calendar, Brisbane promises an unforgettable travel experience, blending adventure, relaxation, and cultural enrichment.





Atún encebollado

From:
Skål International Cádiz, Spain

Ingredients:

- 1.5 pounds fresh tuna steaks, cut into serving portions
- 4 large onions, thinly sliced
- 4 cloves garlic, minced
- 1/2 cup extra virgin olive oil
- 1 cup dry white wine
- 1 bay leaf
- 1 teaspoon sweet paprika
- Salt and pepper to taste
- Fresh parsley, chopped, for garnish

Preparation:

1. In a large pan, heat the olive oil over medium heat. Add the sliced onions and sauté until they become soft and golden.
2. Stir in the minced garlic and bay leaf. Continue cooking for a few minutes until the garlic is fragrant.
3. Season the tuna steaks with salt, pepper, and sweet paprika. Place the tuna in the pan, turning to coat them with the onion mixture.
4. Pour the white wine into the pan to deglaze it, scraping up any flavorful bits from the bottom. Allow the wine to simmer for a couple of minutes.
5. Reduce the heat to low, cover the pan, and let the tuna simmer in the onion and wine mixture until it's cooked to your liking. This usually takes around 10-15 minutes. Once the tuna is cooked, transfer the steaks to serving plates. Spoon the onion and wine sauce over the tuna, and garnish with chopped fresh parsley.

About:

Tuna plays a significant role in the culinary and cultural traditions of Cadiz, a coastal city in southern Spain. The region is known for its longstanding connection to the fishing industry, particularly the harvesting of tuna, and this has greatly influenced the local cuisine.

In Cadiz, tuna is often featured in traditional dishes such as "mojama," a type of salt-cured tuna loin, and "almadraba" dishes, which involve the ancient fishing method of almadraba. The almadraba is a complex system of nets and traps set in the Strait of Gibraltar to catch migrating tuna.

Skål International Cádiz, Spain

Skål International Club Cádiz is located in the south of Spain, in the autonomous community of Andalusia. It is characterized by its climate, people, heritage, culture and gastronomy.

The province is next to Gibraltar and Morocco. It is a favorable province for sports and adventure tourism with great landscapes and great beaches. Destination full of sensations and very requested by tourists to visit for its 3000 years of history.

It's currently at the top of a lot of media for being a sustainable and ecological destination, fulfilling the 2030 Agenda. The province is well known for its horses, wines, and bulls. Especially, it is known for its fairs and carnivals. This destination has a very special and different Easter, and many people come to visit it from all over the world.





Table lands pork belly

From:
Skål International Cairns, Australia

Ingredients:

- 1 kilogram piece pork belly skin off and boneless
- 24 scallops (meat only)
- 24 baby spinach leaves to garnish
- Oil for frying
- 1 cups water
- 50 milliliters light soy
- 50 milliliters Shaoxing
- 30 g sugar
- 1 small knob ginger, 1 garlic clove, 1 star anise & 1 cinnamon stick
- 2 dried mandarin peels
- ½ head cauliflower small pieces
- 40 g butter
- ½ onion
- 1 cloves garlic
- 50 milliliters cream
- Salt and pepper
- 1 teaspoon cumin
- 250 g tinned plums
- 125 g Davidson plums
- 250 g sugar
- 200 milliliters sweet and sour plum sauce
- Lime juice and chilli to taste

Preparation:

1. Simmer pork in master stock for 1.5 hours, remove from stock and press overnight in chiller. Cut belly into 2 centimeters wide pieces, retain full height with skin on. 24 pieces required.
2. Make cauliflower puree and plum jam the day before.
3. To serve: deep fry pork belly until golden (2 minutes).
4. Heat cauliflower puree in microwave.
5. Sear scallops in hot non stick pan.
6. Assemble on plate per image.
7. Masterstock: Simmer +30 minutes. Take out of stock and lie flat on a tray with weights overnight.
8. Cauliflower puree: Cook off onion and garlic in butter til translucent, add cauliflower and cream, put on the lid and stir occasionally til tender. Puree.
9. Davidson plum jam: Simmer all together til tender, puree.

About:

This dish, table lands pork belly - Davidson plum jam, Queensland scallop - cauliflower puree, reflects a combination of local ingredients and culinary creativity, showcasing the diverse and flavorful offerings of the Queensland region in Australia.

Skål International Cairns, Australia

Cairns, a tropical city in Far North Queensland, Australia, is a gateway to the Great Barrier Reef and the lush rainforests of the region. Renowned for its natural wonders, Cairns attracts tourists seeking adventure and relaxation. The Great Barrier Reef, a UNESCO World Heritage site, offers unparalleled opportunities for snorkeling and diving amidst vibrant coral formations and diverse marine life.

Cairns is also a starting point for exploring the ancient Daintree Rainforest, home to unique flora and fauna. The city itself boasts a vibrant esplanade with a lagoon, offering a refreshing dip with views of the Coral Sea. The nearby Kuranda village, accessible by scenic rail or skyway, provides a cultural and artisanal experience.

With its tropical climate, outdoor activities, and proximity to natural wonders, Cairns is a haven for nature enthusiasts, making it a key destination for those exploring the wonders of Queensland, Australia.



**About:**

This dish offers a unique and satisfying dining experience, appealing to those who appreciate the distinct taste of game meats.

In Canada, where appreciation for diverse culinary experiences is growing, the inclusion of venison in upscale or niche restaurants showcases a broader trend of incorporating local and unique ingredients into modern Canadian cuisine.

Venison strip loin - White tail deer

From:

Skål International Canadian Rockies, Canada

Ingredients:

- 1 kilogram venison strip-loin
- 2 yellow potatoes
- 250 g saskatoon berries
- 100 milliliters maple syrup
- 50 milliliters white wine
- 1 teaspoon Madagascan peppercorns
- 100 g shallots diced fine
- 1 head broccoli
- 1 liter soda water & 1 kilogram flour
- 1 bunch asparagus
- 6 cloves of garlic
- 100 milliliters red wine
- 100 milliliters olive oil
- 25 g sugar
- 25 milliliters red wine vinegar
- 8 thyme sprigs
- 1 litre beef stock
- 1 teaspoon black peppercorns
- 2 litres canola oil for frying
- 2 teaspoons butter

Preparation:

1. Peel potatoes, cut ends so they stand flat then split in two. Lay wide side down in pan add 250 milliliters water, 250 milliliters beef stock, salt and pepper to taste. Place lid on pan and put into preheated oven of 380°F for 25 minutes. Remove the lid, place back into the oven for an additional 10-15 minutes., spooning liquid over potatoes as it cooks.
2. Grill/pan-fry venison on high heat to seal the meat, place in the oven for 8-10 minutes. (125-130°F) let rest 5 minutes. In a small saucepan add Saskatoon berries, maple syrup, white wine, 2 thyme sprigs, reduce until thick. Remove from heat and cover with lid until serving time.

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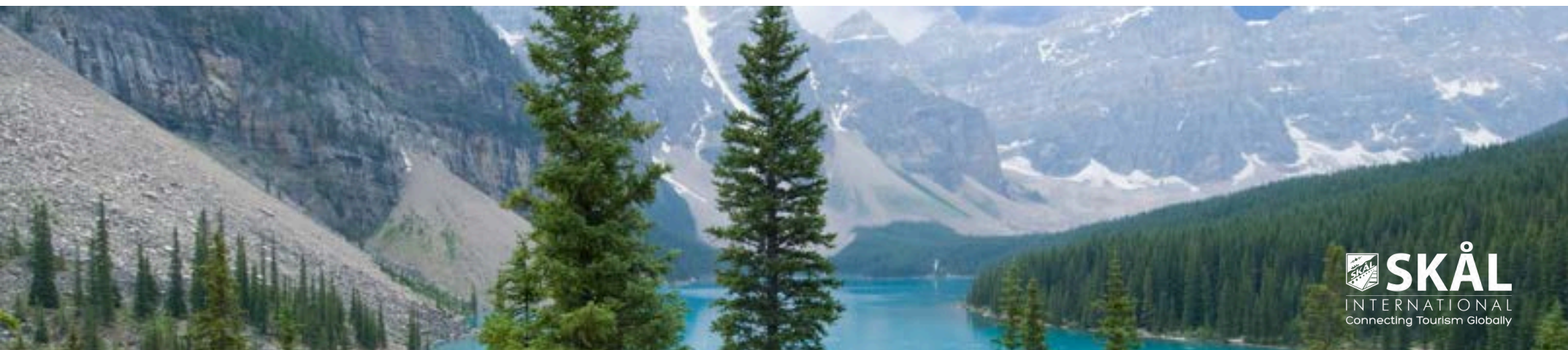
3. Heat canola oil up to 350°F. Cut broccoli into two-bite florets, dust with flour, take the remaining flour and mix with soda water making a light batter. Fry broccoli lightly browned.
4. Boil water in a deep pot add salt and asparagus, remove from heat rest for 5 minutes before pouring out the water and covering with salt, pepper and 1 teaspoon butter.
5. In shallow pan, fry finely diced shallots, 2 finely chopped garlic and peppercorns, until translucent add sugar, vinegar and red wine. Reduce until caramelizing begins then add remaining beef stock. Bring to a boil and let it simmer to a thick bubbly consistency, remove and swirl finish with 1 teaspoon butter.

Skål International Canadian Rockies, Canada

Skål International Canadian Rockies was formed in 1983 by several of the Charter members that still are involved in the club today. The initial meeting was held in February, at the Fairmont Chateau Lake Louise. This club, which encompasses Banff, Canmore, Lake Louise, Kananaskis, Jasper, and the Columbia Valley, is considered one of the most desired membership clubs in the world.

The Canadian Rockies, a majestic mountain range spanning Alberta and British Columbia, is a world-renowned destination for breathtaking natural beauty and outdoor adventures. With towering peaks, turquoise lakes, and pristine wilderness, the Rockies attract nature enthusiasts and outdoor adventurers year-round. Iconic landmarks like Lake Louise, Moraine Lake, and the Columbia Icefield showcase the region's stunning landscapes.

The Rockies offer unparalleled opportunities for hiking, skiing, wildlife viewing, and photography. Banff and Jasper National Parks, both UNESCO World Heritage Sites, are gateways to the Rockies, providing a backdrop of glacier-fed lakes and rugged mountain terrain. The Icefields Parkway, one of the world's most scenic drives, connects these parks, offering awe-inspiring vistas. Whether exploring the charming mountain towns of Banff and Jasper, embarking on glacier adventures, or simply marveling at the grandeur of nature, the Canadian Rockies stand as a premier destination, captivating visitors with their untamed beauty and diverse outdoor experiences.





About:

This is a classic dish with a local Canberra twist, using local ingredients. The Snowy Mountains line caught rainbow trout is pan fried in Australian olive oil and served with a Hollandaise Sauce flavoured with truffle oil (produced from locally farmed black truffles) and native lemon myrtle.

The lemon myrtle tree is unique to Australia and is used in Australian Indigenous cuisine. It is served here with steamed Farmer's Market organic broccolini. The dish is served with a quality local Canberra cool climate Fumé Blanc.

Snowy Mountains rainbow trout

From:

Skål International Canberra, Australia

Ingredients:

- 4 whole rainbow trout, cleaned and gutted
- Australian olive oil
- Salt and pepper to taste
- Lemon wedges for serving

For the lemon myrtle Hollandaise:

- 3 large egg yolks
- 1 tablespoon lemon juice
- 1 teaspoon native lemon myrtle powder
- 1 cup (225 g) unsalted butter, melted
- Salt to taste
- Chopped fresh chives for garnish (optional)

Preparation:

1. Preheat your grill to medium-high heat.
2. Brush the cleaned and gutted trout with Australian olive oil, inside and outside. Season the trout with salt and pepper, ensuring it's well-coated.
3. Place the trout on the grill grates and cook for approximately 4-5 minutes per side or until the fish is cooked through and easily flakes with a fork. Adjust the cooking time based on the size of the trout.
4. In a blender or food processor, combine egg yolks, lemon juice, and Native lemon myrtle powder. While the blender is running, slowly stream in the melted butter until the sauce thickens. Season the Hollandaise with salt to taste.
5. Place the grilled Snowy Mountain rainbow trout on a serving platter. Drizzle the lemon myrtle Hollandaise over the trout. Garnish with chopped fresh chives, if desired. Serve with lemon wedges on the side.

Skål International Canberra, Australia

Canberra, the capital city of Australia, offers a unique blend of cultural, political, and natural attractions. The Australian War Memorial stands as a poignant tribute to the nation's military history, while the National Gallery of Australia showcases a rich collection of art. The city's planned layout includes iconic landmarks like Parliament House and the Australian National Museum.

Nature enthusiasts can explore the expansive Lake Burley Griffin or the Australian National Botanic Gardens, providing serene settings for outdoor activities. The nearby Namadgi National Park offers bushwalking and glimpses of Australia's native flora and fauna.

Canberra's events calendar includes festivals, exhibitions, and cultural celebrations, contributing to its vibrant atmosphere. With its well-curated museums, significant government institutions, and beautiful landscapes, Canberra offers a multifaceted experience, making it a compelling destination for those interested in Australia's cultural and political identity.





About:

It is a great recipe and can be served either as a starter or as a main. Some people like to serve "vetkoek" (fried bread) with this recipe. It is eaten straight out of the shell which act as "spoon" and there is always a plate for the discarded shells. The taste of mussels is quite unique. As a starter, locals often prepare them on the "braai" (barbecue) and people stand around the fire and eat them as they are cooked.

Saldanha Bay mussels recipe

From:

Skål International Cape West Coast, South Africa

Ingredients:

- 2 tablespoons butter
- 1 onion, finely chopped
- 2 teaspoons fresh garlic, crushed
- 1 cup dry white wine
- 1 cup fresh cream
- 450 grams black mussels (whole or halved)
- Salt and black pepper, to taste
- 1 lemon, juice and zest
- 1/2 cup parsley, chopped

Preparation:

1. Melt the butter in a large skillet (with a lid) – sauté the onion and garlic until soft.
2. Add the white wine and simmer until reduced by two thirds – add the cream and simmer 2 – 3 minutes.
3. Add the mussels and cover the skillet – over low heat, steam the mussels until cooked – about 8 – 10 minutes.
4. Remove from heat – season to taste with salt and black pepper – stir through the lemon juice, finely grated zest and parsley.
5. Can be enjoyed on rice or with a vetkoek (a traditional South African fried dough that is crispy outside and fluffy inside).

Skål International Cape West Coast, South Africa

Skål International Cape West Coast Club is nearly one year old and it is situated on the beautiful Cape West Coast, which is well known worldwide for its annual wildflower carpet.

The West Coast is also well known for its seafood like mussels, crayfish, "bokkoms" (salted dried mullet) which can be seen drying in the sun along the Berg River in Velddrif. The West Coast comprises the towns of Yzerfontein, Langebaan, Saldanha, Vredenburg, Darling, St. Helena Bay, Dwarskersbos, and Lamberts Bay.

Velddrif has the suburbs of Port Owen and Laaipek. It is probably the least explored area in South Africa and yet one of the most interesting. It is also home to the West Coast Fossil Park with fossil fauna that date to circa 5.2 million years ago.





About:

Moskonfyt, or grape syrup, has been made since the earlier days in the Cape Colony as soon as the Cape started producing grapes. Sweet grape must is the fermented juice from the pressed grapes, which is boiled to reduce until it has the consistency of light syrup. Traditionally it was eaten with thick slices of freshly baked farm bread. Drizzle over ice cream or use in baked desserts but goes exceptionally well with game.

Slow roasted springbok shanks

From:
Skål International Cape Winelands, South Africa

Ingredients:

- 4 springbok shanks / lamb shanks
- 4 cloves garlic – crushed & 4 sprigs rosemary
- 3 onions halved and quartered
- 6 large tomatoes chopped
- 1 bottle Pinotage / Shiraz
- 2 tablespoons moskonfyt
- 8 potatoes
- 30 g butter
- 1 clove garlic crushed
- 2 naartjies/oranges juice
- Salt and pepper
- 1 teaspoon finely grated zest of the naartjie or orange
- 250 g butternut, skinned, pips removed and cubed
- 1 small egg lightly beaten
- 50 g cake flour
- 2.5 ml baking powder
- ½ ml ground cinnamon
- ½ ml ground cumin
- Vegetable oil
- Cinnamon sugar (for dusting): 60 ml (¼ cup) of brown sugar, 5 ml of ground cinnamon

Preparation:

1. Preheat the oven to 200°C. Season the shanks and place in a large, oven-proof, casserole dish. Add the balance of the ingredients, pour over the wine. Put the lid or cover with tin foil and place in the oven. Cook in the oven until tender and soft - about 6 hours. Thicken the gravy if needed. Serve on crushed mashed potatoes.
2. Boil the potatoes with the skin on until soft. Lightly crush the potatoes add the garlic and nartjie juice and zest, a block of butter and mash until light chunky and soft.
3. Cook the cubed butternut in a little salted water in a covered saucepan until soft. Drain well. Mash together with the egg. Sift together the dry ingredients, add to the Butternut-egg mix and mix until you have a smooth consistency.

Continued on next page.

4. Heat oil in a medium saucepan. Gently drop in tablespoon of the batter and fry for approximately 2-3 minutes until golden brown all the way around and cooked throughout.
5. Remove from the oil and drain well on absorbent/kitchen paper.
6. Place in a bowl and sprinkle liberally with cinnamon sugar. Serve warm.

Skål International Cape Winelands, South Africa

Skål International Cape Winelands is a small and dynamic club, where tourism is not just about ticking off places on a map, it's about fostering meaningful connections, embracing diversity, promoting sustainability and responsible tourism. This club is growing from strength to strength, promoting its members adding benefit and cross-pollination and networking opportunities so all its members can benefit from Skål International and being a member of the largest tourism networking club in the world.

The Cape Winelands is a picturesque region nestled in the Western Cape province of South Africa, renowned for its breathtaking landscapes, award-winning wines, and rich cultural heritage. This enchanting destination encompasses charming towns, rolling vineyards, and majestic mountains, creating a captivating backdrop for wine enthusiasts, nature lovers, and history buffs alike. From rolling vineyard-covered hills to dramatic mountain ranges, the landscapes provide a stunning backdrop for outdoor activities such as hiking, horseback riding, and picnicking.

The region is also home to a rich cultural heritage, with historical sites, museums, and art galleries showcasing the unique blend of Cape Dutch, French, and indigenous local traditions and influences dating back to Simon Van Der Stel. Its cuisine is diverse and influenced by various cultures, reflecting the country's multicultural heritage and combines indigenous African flavors with European, Indian, and Malay influences, resulting in a vibrant and unique culinary experience.





About:

An alternative that involves the intrinsic flavors of the Sea and the Land, with traditional ingredients and very typical of Venezuela, created by a rich combination of flavors which provide the best Caribbean flavor of this country to the diners.

Sea bass loin with pork cracklins ceviche

From:

Skål International Caracas, Venezuela

Ingredients:

- 2 loins of snook or firm white fish of 120 g each
- 4 sweet chili peppers cut in brunoise
- ¼ small onion cut in brunoise
- 2 squeezed lemons
- Water
- Drops of hot pepper
- 50 g fat-free chicharrón ground in a blender
- Salt and white pepper
- Tarragon, oregano and marjoram leaves
- Nut butter
- Extra virgin olive oil

Preparation:

1. Ceviche: mix the sweet peppers, onion, lemon juice, adjust the acidity with a little water, add drops of hot pepper to taste, and store in the refrigerator.
2. Fish: add salt and pepper to taste, and put in a frying pan a knob of butter and olive oil.
3. Add some tarragon leaves, oregano and marjoram. Once the oil and butter mixture is hot, cook the fish, leaving it juicy.
4. Plating: once cooked, remove the fish, dry it with absorbent paper and place it on the plate. Mix the chicharrón with the ceviche and place on the fish.
5. Garnish with tarragon leaves, oregano and marjoram.

Skål International Caracas, Venezuela

Skål International Caracas 158 is the club of the capital of Venezuela "The Country of the Caribbean".

Caracas, the capital city of Venezuela, boasts a blend of cultural richness, modernity, and natural beauty. The Avila National Park, a prominent green lung overlooking the city, offers hiking trails and breathtaking views of the valley below. The historic Old Town (Casco Central) features colonial architecture, including the iconic Bolivar Square and the Cathedral of Caracas.

For art enthusiasts, the Teresa Carreño Cultural Complex showcases Venezuela's artistic heritage. The city's dynamic nightlife can be experienced in areas like Las Mercedes. While Caracas may not be a primary tourist hub, its vibrant cultural scene, diverse culinary offerings, and the warmth of its people make it an intriguing destination for those seeking an authentic South American experience. However, it's important to consider the current socio-economic and political challenges impacting tourism and daily life in Caracas and Venezuela as a whole.





Butter chicken

From:
Skål International Chandigarh, India

Ingredients:

- Chicken – 900 g without skin
- Lemon juice – 1 & half tablespoon
- Kashmiri red chilli powder – 1 teaspoon
- Salt – 1 tablespoon
- Butter – 2 tablespoons
- Marinade
- Hung yoghurt – 1 cup
- Garlic paste – half teaspoon
- Garam masala powder – half teaspoon
- Kashmiri chilli powder - 1 teaspoon
- Ginger paste – 2 tablespoons
- Lemon juice – 2 tablespoons
- Mustard oil – 2 tablespoons
- Makhni gravy
- Butter – 50 g
- Ginger paste – 1 tablespoon
- Garlic paste – 1 tablespoon
- Tomato puree – 450 g
- Green chilies – 5, chopped
- Kashmiri red chilli powder – 1 teaspoon
- Dry fenugreek leaves – half teaspoon
- Whole garam masala (green cardamoms, cloves, cinnamon, peppercorns) – 1 teaspoon
- Garam masala powder – half teaspoon
- Honey – 2 tablespoons
- Cream – 1 cup
- Salt to taste

Continued on next page.

About:

"Butter Chicken," holds significant importance in Indian cuisine and is celebrated both domestically and internationally.

This iconic dish is beloved for its rich and flavorful taste, making it a staple in Indian restaurants worldwide.

Preparation:

1. Take the deskinning chicken and make incisions on the thigh & breast portions. Apply the Kashmiri red chilli powder, salt & lemon juice and let it rest for about an hour.
2. Make a mix of hung yoghurt, Kashmiri red chilli powder, ginger paste, garlic paste, lemon juice, garam masala powder, mustard oil and salt. Apply the same to the chicken and refrigerate for 6 hours.
3. Put this chicken on a skewer and cook it in a moderately heated tandoor for about 12 minutes. Withdraw the chicken from the tandoor and baste it with butter. Place it back in the tandoor and cook for another 3 minutes. Remove it from the tandoor and the skewer and keep it aside. Take a pan add butter & heat the same. Toss in the whole masala – green cardamoms, cloves, cinnamon, peppercorns and saute for about 3 minutes. Add the ginger – garlic paste, chopped green chilies & let it cook for 3 minutes. On the side broil the kasturi methi leaves on a hot tawa to make it crisp & then crush it to a fine powder.
4. Add the tomato puree, Kashmiri chilli powder, garam masala powder, salt, a cup of water and bring it to a boil thereafter let it simmer over reduced heat for about 10 minutes. Add honey and the kasoori methi powder, the tandoori chicken cut into medium sized pieces and let it simmer for about 5 minutes, and finish off with the fresh cream.
5. One may also shred the chicken and use it if so preferred.
6. Best served with hot tandoori rotis/lachha parathas/naans.

Skål International Chandigarh, India

Skål International Chandigarh – 740 was founded on 31st May 2022. Skål International Chandigarh is a young Club & settling down to a build up of membership with a membership figure of 33 as of date. At this club, Skålleagues are working on networking amongst members and doing business for mutual benefit. They work towards interacting with officials from the embassies, airlines, cruise operators, tourism boards, etc., to ensure benefits for all their membership.

Chandigarh, the meticulously planned city designed by renowned architect Le Corbusier, is a unique blend of urban modernity and green spaces in Northern India. The Capitol Complex, a UNESCO World Heritage site, showcases architectural brilliance with landmarks like the Open Hand Monument. The Rock Garden, an artistic marvel created from industrial and home waste, captivates visitors with its creativity.





Lagan nu Patio

From:
Skål International Chennai, India

Ingredients:

- 6 fillets of fish – Pomfret
- Salt to taste
- 2 teaspoons turmeric powder
- 2 teaspoons red chilli powder
- 1 cup of tamarind pulp
- 1 cup of jaggery
- 10 dried Sankeshwari chilies (can be substituted with dried Kashmiri chilies)
- 1/2 Coconut chopped in chunks
- 15 cloves of garlic
- 1 tablespoon cumin seeds
- 30 g chopped cashews
- 4 small tomatoes chopped

Preparation:

1. First, marinate the fillets of fish with salt, turmeric and red chilli powder.
2. Soak the tamarind and jaggery in hot water for 2 hours. Once thoroughly soaked, drain this mixture making sure you squeeze the pulp dry.
3. Take all the other ingredients and grind it into a masala paste adding water as needed to ensure the paste is smooth.
4. Once the masala paste is ready sauté the masala allowing it to fry for about 5 – 6 minutes until it no longer coats the sides of your pan.
5. Next, add in the strained tamarind/jaggery water adjusting for taste and ensuring it doesn't become too sour.
6. Also, add in a little water to ensure that the Patio is not too thick.
7. Finally, add in the marinated fish along with some fresh curry leaves and let it simmer for 20 – 25 minutes until the fish is cooked.
8. Serve hot with steamed rice and yellow dal.

About:

Lagan means wedding. This is a dish that is prepared in the days leading up to a wedding.

It is served during lunch with yellow dal (lentils) and steamed rice, a traditional delicious meal.

Skål International Chennai, India

To describe Chennai in a paragraph would be doing a grave injustice to Namma Chennai, formerly known as Madras, it is the capital city of the Indian state of Tamil Nadu. It is located on the Coromandel Coast of the Bay of Bengal, in southeastern India.

Chennai is renowned for its cultural heritage, classical music, dance, and vibrant art scene. Also home to the second-longest urban beach in the world, Marina Beach, stretching over 13 kilometers. Chennai is considered the birthplace of the Bharatanatyam dance form, one of the oldest classical dance forms in India.

The city is known for its architectural marvels, and iconic Temples. In addition, Chennai is a hub for the Tamil film industry, popularly known as "Kollywood," which produces the largest number of films in India after Bollywood. It is also known for its delicious South Indian cuisine, especially the aromatic filter coffee and traditional Tamil dishes like dosas and idlis. Chennai experiences a tropical wet and dry climate, with hot summers and mild winters. Mild is stretching it a bit too far. It is always too hot.

Skål International Chennai was established in 1960 and has a stronghold of 181 members growing every month.



About:

Khao Bai can be considered food for merchants in the old days with ox caravans or river boats.

Khao Bai, a simple meal consisting of glutinous rice stuffed with various fillings. Then, roll it into a cylindrical stick, easy to hold, easy to eat.

You can eat it right away or you can bake it again. It is a convenient travel item.

Khao Bai

From:
Skål International Chiang Mai, Thailand

Ingredients:

- Glutinous rice
- Red chili paste
- Salted mustard greens
- Salted egg yolk
- Meat (free choice)
- Banana leaves

Preparation:

1. Bring cooked glutinous rice to apply red chili paste.
2. Add salted mustard greens, salted egg yolk, and meat.
3. Then, roll up and wrap in banana leaves before being steamed.

Skål International Chiang Mai, Thailand

Chiang Mai (meaning "New City" in Thai) is the second-largest province in the Kingdom of Thailand. It is located in the northern part of Thailand and 700 km north of Bangkok surrounded by Mae Hong Son Province, Tak Province, Lamphun Province, Lampang Province, Chiang Rai Province, and the Union of Myanmar.

Chiang Mai was established in 1296 by King Mengrai as the capital of the Lanna Kingdom. It was invaded and ruled by the Burmese between 1556 and 1774. Chiang Mai became part of modern Thailand in 1933. Nowadays, Chiang Mai's economy comprises agriculture, manufacturing, trade, and tourism. The trade in the old days between Chiang Mai and the neighboring region could go by ox caravan or by riverboat.

In terms of international visitors by the Western people, Chiang Mai is known to many American missionaries such as Rev. Daniel McGilvary and his team who arrived in Chiang Mai in 1867 by riverboat. There was a train station and a commercial airport available in Chiang Mai in 1922 and 1924 respectively.

The Skål International Chiang Mai Club was founded in 1980 and served as a bridge between the local Thai tourism business owners and expats who are tour operators or hotel executives. In the administration year 2023-2024, the club will be run by Mr. Vorapat Chutima (president), Dr. Richard Johnson (secretary), Mr. Martin Vensky-Stalling (treasurer), Mr. Peter Richards (sustainable tourism coordinator), and some club members with the goal to increase the club members, to revive tourism business in Chiang Mai after Covid-19 and to promote Skål International sustainability.





Chicago style hot dogs

From:
Skål International Chicago, USA

Ingredients:

- Water
- 1 hot dog sausage
- 1 hot dog bun
- Pickles
- 1 hot pepper
- Tomato
- Mustard
- Onion
- Celery salt

Preparation:

1. Bring a pot of water to a boil. Reduce heat to low. Place hot dogs in a steamer basket and cook for 5-7 minutes or until done to taste. Remove hot dogs and set aside.
2. Place the hot dog bun for 2 minutes or until warm. Place the hot dog on the bun, then nestle one pickle wedge on one side of each hot dog and 1 hot pepper on the other, add 2 tomato wedges on the top.
3. Top with more mustard and relish, onions and hot peppers and sprinkle with celery salt.

About:

Chicago is known for pizza and Italian beef sandwiches, but the real treat is to enjoy a version of the signature Chicago hot dogs smothered in classic condiments.

Boiling the Chicago Hot Dog is one of the recommendations our Chicago Skålleagues make, as well as opting to steam it, which gives it a special flavor.

Skål International Chicago, USA

Skål International Chicago is one of the most welcoming Skål International USA clubs offering a variety of events and activities. Chicago is a world-class city with a great skyline and having wonderful entertainment and social activities. In addition, Chicago is a 'Food Lovers' city.

Situated on the shores of Lake Michigan, Chicago is a dynamic city known for its iconic architecture, vibrant cultural scene, and diverse neighborhoods. The skyline is adorned with architectural marvels like the Willis Tower and John Hancock Center. Millennium Park offers public art installations, and Navy Pier provides entertainment and lakefront views.

The city is a haven for food enthusiasts, showcasing a rich culinary scene from deep-dish pizza to gourmet dining. Visitors can explore renowned museums such as the Art Institute of Chicago and enjoy events at Grant Park. Chicago's theaters, music venues, and sports events contribute to its status as a major cultural and entertainment hub in the United States.





Lumina lamb

From:
Skål International Christchurch, New Zealand

Ingredients:

- 1 kilogram / 4 whole Te Mana lamb hips (or any lamb hips), with topsides
- 550 g kumara (sweet potato)
- 25 g butter
- 50 milliliters coconut cream
- 40 milliliters olive oil
- 2 eggplants, diced into 2 centimeters cubes
- 100 g chopped white onion
- 10 g crushed garlic
- 1 red bell pepper, diced
- 1/2 teaspoon dried kawakawa leaves (alternative: dried basil)
- 500 g baby carrots
- 1 teaspoon honey
- 100 g pomegranates

Preparation:

1. Lamb: Season the lamb rumps with salt and pepper. In a hot pan seal the rumps, cook the fat side down until crispy then seal the other sides. Put lamb in a hot oven at 200°C and cook through, using a probe thermometer to cook lamb to 58°C. Allow to rest for 15 minutes before slicing into 2 centimeters slices. Garnish with fresh pomegranate seeds.
2. Kumara purée: Cook kumara in salted water until soft, drain off water. Mash with butter and coconut cream.
3. Kawakawa, eggplant and red capsicum: Combine the onion, garlic, red capsicum, olive oil and kawakawa in a medium saucepan, over low heat and cook stirring occasionally for 8-10 minutes or until eggplant softens. Transfer to a serving bowl. Serve warm. Can be covered and stored in the fridge until required.

Continued on next page.

About:

While breeding sheep to be healthier and better adapted to high country environment, they discovered something never before seen in lamb. They discovered sheep with a different type of fat, an intramuscular fat, higher in Omega-3 with marbling on a micro-scale. Lumina lamb has emerged from an unprecedented 10-year program with lambs specifically bred in the New Zealand high country. This unexpected discovery is leading a revolution in the world's best restaurants. Thirty days finishing on chicory pastures releases the full potential for Omega-3 in Lumina. Because of its unique composition, Lumina doesn't behave like regular lamb during preparation and cooking. It is more versatile, retaining its shape and texture better.

4. Honey glazed baby carrots: Cook the baby carrots in salted water. Once tender place the carrots in a saucepan, spoon over the honey and toss the carrots until they are all coated with honey.

Skål International Christchurch, New Zealand

Ōtautahi Christchurch club, with over 100 members, meetS regularly at beautiful venues that showcase members' businesses, whilst providing an experience and opportunities for 'doing business amongst friends'.

Christchurch has emerged as the obvious yet understated place to explore, live, work and invest in New Zealand. A reborn city boldly staking its claim as Aotearoa New Zealand's second largest city; the heart of the South Island (Te Waipounamu) and a basecamp for exploration and a place of great growth and opportunity.

Ōtautahi Christchurch boasts an urban lifestyle amid lush outdoors. With modern infrastructure and top-class amenities. It is stacked with laneways and hidden gems, the Canterbury region filled with diverse landscapes and unforgettable moments, all on your doorstep.

Te Pae Christchurch is the city's gathering place — an architectural and social landmark designed as a welcoming heart in the centre of the city.





About:

In contemporary Mexican restaurants, especially those with a fusion or international focus, you might find dishes that incorporate salmon, often prepared with a Mexican twist or in line with broader global culinary trends. It's essential to recognize that the significance of salmon in Mexican cuisine is a relatively recent development compared to traditional Mexican ingredients. The dynamic nature of food culture allows for the integration of diverse ingredients, contributing to the culinary diversity found in modern Mexican gastronomy.

The salmon of the Sea of Cortes

From:

Skål International Ciudad de México, Mexico

Ingredients:

- 1 salmon fillet
- Salt
- Pepper
- Butter
- Rice
- Baby carrots
- Beets
- Japanese peas
- Yellow pattypan squash
- 2 asparagus
- Orange
- Grapefruit
- Mango
- Peach juice
- Orange juice
- Garlic
- Echalot
- Sugar
- Dill
- Bay leaf

Preparation:

1. Season the salmon fillet with salt and pepper, grill it very hot.
2. Serve with white rice, baby carrots and beets, Japanese peas, yellow pattypan squash and two asparagus, all previously steamed and seasoned with a touch of butter, salt and pepper. Garnish with orange and grapefruit supremes.
3. Citrus sauce: Blend the mango with the peach and orange juice, set aside. In a saucepan with butter sauté garlic with the echalot, let it sauté for a few minutes, once it is ready, add the sugar and then the liquefied that we prepared.
4. This sauce is simmered for 1 hour, at the end add the dill and the bay leaf.
5. The citrus sauce is presented separately to accompany the succulent salmon to the diner's taste.

Skål International Ciudad de México, Mexico

Ciudad de México, or Mexico City, is a vibrant metropolis with a rich cultural tapestry and historical significance. The Zócalo, one of the world's largest city squares, is surrounded by architectural gems like the Metropolitan Cathedral and the National Palace. The historic neighborhood of Coyoacán, home to Frida Kahlo's Casa Azul, offers an artistic and bohemian ambiance.

The sprawling Chapultepec Park hosts world-class museums, including the Anthropology Museum. The colorful Xochimilco canals provide a traditional experience aboard vibrant trajinera boats. The bustling neighborhoods of Roma and Condesa showcase trendy cafes, boutiques, and nightlife.

Mexico City's culinary scene is a highlight, with street food markets like La Merced and upscale restaurants serving traditional and innovative Mexican dishes. The city's energy, cultural richness, and diverse attractions make it a captivating destination for those seeking a blend of history, art, and modern urban experiences.





About:

Enjoyed for its unique combination of flavors and the nutritional benefits of its ingredients, Vazhaipoo Murungai Kuzhambu is a delightful addition to South Indian cuisine, showcasing the harmony of taste and health in traditional dishes.

Vazhaipoo Murungai Kuzhambu

From:
Skål International Coimbatore, India

Ingredients:

- Peeled plantain flower, 1/2 flower
- Drumstick, 2
- Coconut oil, 3 tablespoons
- Mustard seeds, 1/2 teaspoon
- Fennel seeds, 1/2 teaspoon
- Sliced green chili peppers, 5
- Peeled curry leaves
- Small onion, chopped, 250 g
- Garlic and ginger paste, 50 g
- Tomato puree, 200 g
- Turmeric powder, 1 p
- Cilantro powder, 1 tablespoon
- Shredded coconut, 120 g
- Cashew nut, 20 g
- Salt, 20 g

Preparation:

1. Grind coconut and cashew nut to a fine paste.
2. Heat coconut oil, add mustard seeds and fennel seeds. Allow to crackle.
3. Add green chilies and curry leaves. Add small onion and saute well until it turns golden brown.
4. Add ginger garlic paste , saute well until raw flavor goes off. Now, add turmeric powder and coriander powder, saute well. Add drumstick and plantain flower and cook well
5. Now add tomato puree and salt. Cook for 10 minutes.
6. Then add the coconut paste, cook well.
7. Check the seasoning and serve hot.

Skål International Coimbatore, India

Skål International Club of Coimbatore chapter was born in February 2019 and started with active of 27 members initially, now, they're 62. In addition, there are 12 Young Skål active members. This club is active in contributing to the society & participating in various community responsibilities and successfully gaining the attention of industrious people.

Coimbatore, nestled in Tamil Nadu, India, is a vibrant city with a mix of urban development and natural beauty. While primarily an industrial hub, it offers a range of tourist attractions. The ancient Marudamalai Murugan Temple, situated on a hill, provides spiritual serenity and panoramic views.

Coimbatore's diverse landscapes are showcased in places like the serene Valparai hill station and the tranquil Kovai Kondattam amusement park. The Siruvani Waterfalls, known for pristine waters, attract nature enthusiasts. The city is a gateway to the Nilgiri Biosphere Reserve and serves as a base for exploring Ooty and the Western Ghats. Textile enthusiasts can explore the vibrant fabric markets for which Coimbatore is renowned.

While Coimbatore may not be a traditional tourist hotspot, its unique blend of industry, spirituality, and natural attractions makes it an interesting destination for those seeking a dynamic and diverse Indian experience.





Sri Lankan crab curry

From:
Skål International Colombo, Sri Lanka

Ingredients:

- 1 kilogram Sri Lankan sea crabs
- 1 cup scraped coconut
- 3 tablespoons cumin seeds & 3 tablespoons coriander
- 3 tablespoons fennel
- ½ tablespoon fenugreek
- 2/3 tablespoon of pepper corns, ½ tablespoon mustard seeds
- Pandan leaves
- Lemon grass & salt
- Cashew nut 20 g
- 1 chopped onion
- 1 chopped ginger
- 8–10 pods chopped garlic
- 4–5 chopped green chilies
- 3–4 chopped tomatoes
- Cinnamon stick
- 1 tablespoon Red chili powder (adjust to taste)
- 1 teaspoon turmeric
- Curry leaves & ½ tablespoon curry powder
- A few cardamoms, cloves & ½ cup of raw rice

Preparation:

1. Sri Lankan Sea crabs, cleaned, washed and cut into two. The claws could be crushed too. Marinate the crabs with salt and tamarind paste and set aside.
2. Heat a pan over medium heat. Add the rice, coconut and the rest of the ingredients, and dry roast until lightly browned and fragrant. Some of the rice and coconut will get blacked – that's ok. Leave to cool, grind to a fine powder and set aside
3. Scrape and grind the coconut to a fine paste adding water as required. Do not strain the coconut to separate the milk, instead use the finely blended coconut milk to the curry.
4. Blend a tablespoon of the roasted curry powder with coconut milk and set aside.

Continued on next page.

About:

Sri Lanka, being an island, is famous for its seafood mainly prawns, crabs and tuna. Of the abundant seafood choices available, the one that stands out is the Sri Lankan crab curry.

The spicy dish made using Sri Lankan spices, sea crab and coconut milk is one of the most sought after dishes by "foodies" visiting the country.

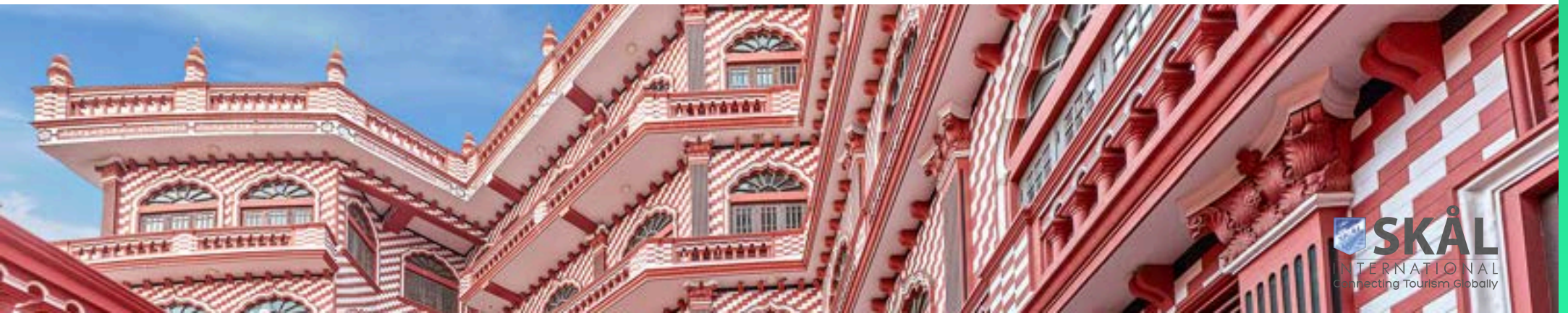
5. The balance curry powder could be stored in the refrigerator, as it contains coconut.
6. Heat some oil over medium heat. When visibly hot, add the curry leaves, pandan leaves, cinnamon stick, lemon grass, tomatoes, onions, ginger & garlic and the green chilies and when well-cooked add the chill powder, turmeric powder, curry powder, stirring well to combine.
7. Then, add the crabs to the pot and let it cook. Once the crabs have turned colour, add the coconut milk mixture and continue cooking, adding more coconut milk as required. Adjust the seasoning to taste – chilli powder, curry powder, salt etc. Continue simmering until the gravy thickens.
8. Just before taking off the fire, add Moringa leaves to the curry, mix well and serve.

Skål International Colombo, Sri Lanka

Skål International Colombo was founded on 11th June 1954 with Club No.128 and it was the 7th club in Asia. Colombo is the capital of the island of Sri Lanka, formerly known as Ceylon, which is an island in South Asia to the south east of India.

It is famous for its tea, spices, gem stones and wildlife. Sri Lanka's documented history goes back 3,000 years and has been conquered by the Portuguese, Dutch and British over the years. It won independence in 1947. The island consists mostly of flat to rolling coastal plains, with mountains rising in the south-central part rising upto 2,524 metres above sea level. The climate is tropical and warm and temperatures range from 17°C (62.6°F) in the central highlands, where frost may occur for several days in the winter, to a maximum of 33°C (91.4°F) in low-altitude coastal areas. Tourism is one of the main foreign exchange earners for the country.

Sri Lanka offers a mix of attractions including beautiful beaches, wildlife parks, rainforests, tea plantations, ancient ruins, world heritage sites, and festivals all within a small area of 65,610 sq.km. Several international and regional hotel chains are building or operating hotels in Sri Lanka, including Hilton, Marriott, Shangri-La, Sheraton, ITC, Radisson and Movenpick. Eco-friendly resorts are also gaining popularity with many developers opting to establish “green” hotels to attract a growing ecotourism market segment. Sri Lanka has consistently been featured as one of the world's best tourist destinations by various travel guides, magazines and websites eg Lonely Planet, Bloomberg, USA Today, CNN and Conde Nast Traveler among others.





Denver omelet

From:
Skål International Colorado, USA

Ingredients:

- 2 eggs
- 1 tablespoon water
- Salt, if desired
- Pepper, if desired
- 3 teaspoons butter
- 2 tablespoons finely diced green or red bell pepper
- 2 tablespoons finely chopped onion (purple or green onions)
- 1/4 cup of chopped cooked ham
- 2 ounces (1/4 cup) shredded cheddar cheese

Preparation:

1. Combine all the ingredients with eggs and water in medium bowl; beat with fork or whisk until well mixed.
2. Heat everything well in a frying pan.
3. Season with salt and pepper if desired.

About:

Historians have speculated that the dish was originally served on bread as a sandwich, created by 19th-century cattle drivers in the American West or by Chinese railroad cooks as a sort of transportable egg foo yong. At some point a breadless version was developed, and it became known as the Denver (or Western) omelet.

Why is a Denver omelet called that? A plaque on California Street in downtown Denver states that the Denver omelet came into existence due to the desperate attempts of pioneers who were trying to mask the taste of rotten eggs by adding ham, green pepper, and onion. However, the plausibility of such a story has been debated.

Skål International Colorado, USA

Colorado, nestled in the Rocky Mountains, is a haven for outdoor enthusiasts and nature lovers. Renowned for its stunning landscapes, the state offers world-class skiing in Aspen and Vail, picturesque national parks like Rocky Mountain and Mesa Verde, and the iconic Garden of the Gods. The vibrant capital, Denver, boasts cultural attractions such as the Denver Art Museum and the Red Rocks Amphitheatre.

Adventure seekers can explore the scenic Colorado River and experience the thrill of hiking in the Maroon Bells. The historic mining town of Durango and the charming ski village of Telluride add to Colorado's diverse appeal. With a wealth of recreational activities, cultural offerings, and natural beauty, Colorado stands as a year-round destination for those seeking adventure and relaxation in the heart of the Rockies.





Sorrentinos de cabrito

From:
Skål International Córdoba, Argentina

Ingredients:

- 500 g flour
- 100 g of butter
- ½ liter of water
- 5 g of salt
- 500 g of kid meat (cabrito)
- 2 large onions
- 2 cloves of garlic
- 200 cm³ of milk cream
- 5 tomatoes
- 1 red onion
- 2 cloves of garlic
- 1 bay leaf
- Olive oil
- 80 milliliters of malbec wine
- 1 chives
- Salt and pepper

Preparation:

1. In a bowl add flour, and melted butter and dilute the salt in the water adding a little at a time until you have a consistent dough. Put the dough in the refrigerator for 30 minutes.
2. Cut the meat into cubes, the onion into julienne strips, and chop the garlic. In a frying pan with olive oil and garlic to brown, add the onion, once tender add the meat. Once the filling is ready, let it cool, add the milk cream, and the grated cheese, and give small mixer strokes, form the dough. Roll out the dough to a thickness of 5 millimeters. Place the dough in a mold, fill, cover with dough, and refrigerate.
3. In a roasting pan, place the tomato cut in quarters, the onion in pieces, and the garlic cloves, sprinkle with olive oil, salt, and pepper and bake in the oven for 40 minutes at 200°C (400°F).

Continued on next page.

About:

180 km north of Córdoba, is the Reserva de Usos Múltiples Salinas Grandes, a vast territory of 200,000 hectares, which in its entirety occupies four provinces.

It is there where goat kids are raised and distributed for consumption throughout the province.

4. Remove the vegetables from the oven, blend until a homogeneous mixture is obtained. Cook the mixture over low heat, together with the bay leaf and wine, for 10 minutes.
5. Add salt and pepper. Heat water, once it boils add salt and put the sorrentinos, as soon as they float remove with a skimmer. In a dish put the sorrentinos with sauce and add grated cheese.

Skål International Córdoba, Argentina

Skål International Córdoba is about to celebrate its first 60 years of life. Córdoba, Argentina, is a captivating destination known for its rich history, vibrant culture, and stunning landscapes. The city boasts colonial architecture, exemplified by the Jesuit Block, a UNESCO World Heritage site. Visitors can explore the historic Manzana Jesuítica, including the impressive Córdoba Cathedral and the Jesuit university. Córdoba's vibrant arts scene is evident in its numerous theaters, museums, and galleries.

Surrounded by picturesque hills, the region offers outdoor enthusiasts opportunities for hiking, horseback riding, and paragliding. The Sierras de Córdoba provide a scenic backdrop for exploration. Additionally, Córdoba is a gateway to the charming towns of the Punilla Valley, famous for their festivals and folkloric traditions. The city's nightlife is lively, with a plethora of bars and clubs catering to various tastes. Overall, Córdoba captivates visitors with a blend of historical charm, cultural richness, and natural beauty.





Mbaipy

From:
Skål International Corrientes, Argentina

Ingredients:

- Onion
- Bell pepper
- Garlic
- Parsley
- Meat (free choice)
- 1/2 liter of milk
- Flour
- Water
- Cheese (free choice)

Preparation:

1. Chop the onion, bell pepper, garlic, and parsley in a pot to blanch.
2. Chop the meat in small pieces and add it to the pot with 1/2 liter of milk.
3. Separately, in a bowl put the flour with water until it becomes creamy. Put it in the pot and stir for 15 minutes. Turn off. Add the cheese until it melts.

About:

Corrientes, known for its proximity to the Paraná River and its agricultural richness, features dishes that highlight local produce, meat, and traditional cooking methods. In addition, this region of Argentina borders Paraguay, where mbaipy is very popular too.

Skål International Corrientes, Argentina

Wide beaches, sport fishing, carnivals and all the nature to be discovered in the Esteros del Iberá are some of the alternatives offered by this beautiful province. Corrientes, a charming city in northeast Argentina, captivates visitors with its cultural richness and natural beauty. Nestled along the Paraná River, it's renowned for its vibrant festivals, including the Chamamé music and dance celebration.

The city's historic center boasts colonial architecture, with landmarks like the Catedral de San Juan Bautista and the Teatro Vera. The Costanera, a scenic waterfront promenade, offers picturesque views and recreational spaces. Corrientes is a gateway to the Iberá Wetlands, one of the world's largest freshwater wetland ecosystems, providing opportunities for wildlife observation and eco-tourism. The nearby Esteros del Iberá National Park is a haven for biodiversity, with marshlands, lagoons, and diverse fauna.

Visitors can immerse themselves in the local culture, enjoying traditional foods like chipá and exploring artisan markets. With its warm hospitality, cultural events, and natural wonders, Corrientes beckons travelers seeking an authentic Argentine experience off the beaten path.





Sautéed broad beans, pork breast and strong broth

From:
Skål International Côte d'Azur, France

Ingredients:

- 1.5 kilograms of fresh broad beans
- 4 tomatoes of about 100 g each
- 2 cloves garlic
- Salt and pepper
- 60 g of butter
- A white onion
- 50 centiliters of strong chicken broth
- 4 slices of fresh pork breast
- About 50 g of butter
- Soya sauce
- Dill
- Liquid honey

Preparation:

1. Shell the beans. Bring a pot of salted water to a boil. Add the beans and cook for five minutes after boiling again. Drain and immediately sprinkle with very cold water. Remove the beans from their coat. Cook them again for 20 minutes in salted boiling water. Drain and reserve.
2. On a plate, pour 4 tablespoons of soy sauce, a tablespoon of liquid honey, and a dash of pepper. Brush the 4 slices of fresh pork breast with this mixture, removing the cartilage beforehand. In a skillet, melt 10 grams of butter over medium heat. When it is hot, place the slices of breast and brown them for about 5 minutes on each side, until they take on a nice color. Keep warm. Heat the broth, salt, and pepper, adding finely chopped dill.

Continued on next page.

About:

Broad beans are used in various cuisines around the world. They are particularly popular in Mediterranean and Middle Eastern dishes. Broad beans are not only a nutritious addition to meals but also a sustainable crop due to their ability to fix nitrogen in the soil. Their cultivation has a positive impact on soil fertility. Additionally, broad beans have a rich history and have been enjoyed as a staple in many traditional cuisines.

3. Chop the onion. Remove the skin of the tomatoes. Cut each into eight quarters. In a saucepan, melt 20 grams of butter over medium heat, add the onion, and brown it without coloring it. Add the broad beans, then the tomato quarters. Stir gently for about 5 minutes, salt (slightly because of the pork breast in the recipe), pepper. Remove from the heat, add the remaining 20 grams of butter and coat the preparation.

6. Arrange the broad beans, onion and tomatoes in a deep plate at the bottom. Add a slice of half-moon roasted breast. Add a few centimeters of broth to taste. Serve hot.

Skål International Côte d'Azur, France

Skål International Côte d'Azur has 214 members in the Alpes-Maritimes department and is a unique platform for bringing together professionals in the hotel, catering and related sectors (suppliers and service providers) on duty.

Côte d'Azur, also known as the French Riviera, is a glamorous and sun-kissed stretch of coastline in southeastern France, renowned for its allure and Mediterranean charm. The city of Nice, with its Promenade des Anglais and vibrant Old Town, offers a blend of history and coastal beauty. Cannes, famed for its international film festival, boasts sandy beaches and luxury boutiques.

Monaco, though an independent city-state, is nestled along the Côte d'Azur and is celebrated for its opulent casinos and the Grand Prix. St. Tropez, with its iconic beaches and bustling harbor, is a playground for the jet-set. The region's artistic legacy is showcased in places like the Fondation Maeght and the Matisse Museum.

Côte d'Azur's idyllic climate, azure waters, and glamorous lifestyle make it a magnet for artists, celebrities, and travelers seeking a luxurious seaside escape. From cultural treasures to beachfront indulgence, the French Riviera offers a dazzling array of experiences for those captivated by its Mediterranean allure.





Caribbean lobster roll

From:
Skål International Cozumel, Mexico

Ingredients:

- 2 lobster tails
- 2 tablespoons of the highest quality butter
- Salt and pepper to taste
- Half an avocado
- 2 hot dog buns (brioche)
- Lettuce leaves (optional)
- Chopped fresh parsley (optional)

Preparation:

1. Carefully open the lobster tails, splitting them in half and remove all the meat. In a hot frying pan place the butter first and as soon as it melts add the lobster meat, be careful to only cook it for 1 minute until it takes its characteristic pink color.
2. Season the lobster mixture with salt and pepper to taste. Adjust according to your personal preference.
3. Open the hot dog buns and spread a little melted butter on the inside of each one. Heat a large skillet over medium heat. Lightly toast the rolls with the butter side down until golden brown and crisp. Fill each roll with avocado slices and the prepared lobster mixture. You can add lettuce leaves to add freshness and texture if desired.
4. Sprinkle a little chopped fresh parsley over the lobster filling. Serve your lobster rolls with fresh guacamole and tortilla chips.

About:

Caribbean lobster stands out as the most iconic product of Cozumel Island. Thanks to sustainable fishing practices, this marine delicacy is exported to various parts of the world, mainly the United States and Asia.

The lobster, the undisputed protagonist of this recipe, finds its inspiration in the famous lobster rolls of the Maine region in the United States. However, the unique qualities of the Caribbean lobster demand a new culinary interpretation to highlight its exquisite flavor.

Skål International Cozumel, Mexico

The Skål International Club of Cozumel Island is located on the most populated island of Mexico, in the heart of the Mexican Caribbean. The activity of its members is focused on the promotion of local and regional tourism, as well as participation in activities related to sustainability, and preservation of the natural and cultural environment of the island. Its members are important actors in the continuous improvement of the quality of tourism services that the island offers. Club members include hoteliers, travel agents, airline representatives, restaurants, beach clubs and other areas of the tourism industry.

Cozumel is a haven for sun-seekers and divers. Renowned for its vibrant coral reefs, the island offers world-class scuba diving and snorkeling opportunities, with underwater landscapes teeming with marine life. The Palancar and Columbia Reef systems are among the popular dive sites. The town of San Miguel, the island's main hub, features lively markets, waterfront promenades, and a blend of Mexican and international cuisine. Cozumel's pristine beaches, like Playa Palancar and Playa Paradise, provide idyllic settings for relaxation and water activities.

Mayan archaeological sites, such as San Gervasio, offer a glimpse into the island's ancient history. Cruise ships often dock in Cozumel, bringing visitors to explore its natural beauty, vibrant culture, and the famous Chankanaab Eco-Park. With its combination of coral-rich waters, white sandy beaches, and a laid-back atmosphere, Cozumel stands as a tropical paradise, inviting tourists to indulge in the beauty of the Caribbean.





Adana kebabs

From:
Skål International Cukurova, Türkiye

Ingredients:

- 500 grams (about 1 pound, 2 ounces) of ground lamb
- Kosher salt
- 2 teaspoons ground cumin, divided
- 2 tablespoons ground sumac, divided
- 2 tablespoons ground Urfa pepper flakes, divided
- 2 tablespoons ice-cold water
- 1 red onion, thinly sliced
- 6 pieces lavash or pita
- 1 cup picked fresh parsley leaves
- 2 medium tomatoes, thinly sliced
- Pickled peppers or pepperoncini

Preparation:

1. For the kebabs: Combine lamb with 7.5 grams (about 2 teaspoons) kosher salt, 1 teaspoon cumin, 2 teaspoons sumac, and 1 tablespoon pepper flakes. Knead by hand or in a stand mixer fitted with a paddle attachment until the mixture turns tacky and starts sticking to the side of the bowl. Add water and continue kneading until incorporated. Place in refrigerator and chill well.
2. Meanwhile, combine the remaining teaspoon cumin, 2 teaspoons sumac, remaining tablespoon pepper flakes, and 2 teaspoons salt in a small bowl. Set the spice mixture aside. Combine the remaining 2 teaspoons of sumac and red onions in a medium bowl. Season with salt to taste and set aside.
3. Using wet hands, divide the lamb mixture into 12 even balls. Using wet hands, form each ball into a long, flat kebab around a skewer.

Continued on next page.

About:

Adana kebabs are a flavorful and popular Turkish dish, named after the city of Adana in southern Türkiye.

These kebabs are renowned for their spicy and aromatic profile, making them a favorite among those who appreciate bold flavors.

4. Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set the cooking grate in place, cover the grill, and allow to preheat for 5 minutes. Alternatively, set half the burners on a gas grill to the highest heat setting, cover, and preheat for 10 minutes. Clean and oil the grilling grate. Place kebabs directly over the hot side of the grill, cover, and cook, turning occasionally and sprinkling with the spice mixture until well charred on both sides and the kebabs are cooked through about 12 minutes total.

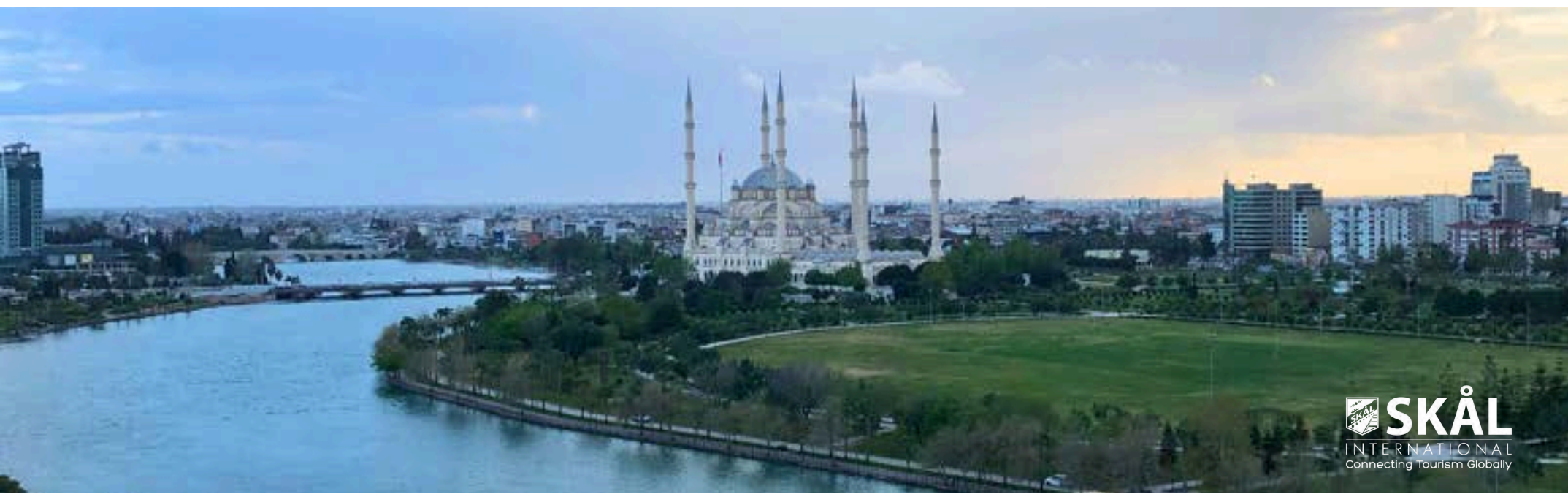
5. During the last few minutes of cooking, place bread directly on top of kebabs in batches until heated through.

6. Serve kebabs with warm bread, sumac onions, parsley, tomatoes, and pickled peppers.

Skål International Cukurova, Türkiye

Adana is located in the southeastern Mediterranean of Türkiye. The city, which is 14,000 square kilometers in size, is located on the Seyhan and Ceyhan rivers. It is the sixth largest city of Türkiye, with 2.2 million inhabitants. The city is located at the foot of the Taurus Mountains and in the center of Çukurova, as a geographical and cultural region. In this context, Adana, a hinterland of about 7.2 million, is located in the central market.

Adana has a total coastline of 160 km in the south of the Mediterranean Sea, and in this region, the Mediterranean climate shows its characteristics. Throughout History, Adana has been an important center of attraction thanks to its fertile lands and its trade routes passing through its mighty rivers and dams. According to the National Regional Development Strategy prepared by the Ministry of Development in Türkiye, only Cukurova was determined as the potential metropolitan region after Istanbul, Ankara, and Izmir in Türkiye.



About:

Fresh local zucchini that was farmed here for centuries, slices in pasta shape, cooked in traditional tomato based sauce with leek, garlic, basil, parsley, spicy pepper, hard sheep cheese, extra virgin olive oil, finished with toasted almonds



Zucchini 'pasta' with traditional tomato sauce

From:
Skål International Dubrovnik, Croatia

Ingredients:

- Zucchini
- Tomatoes
- Leek
- Garlic
- Carrot
- Basil,
- Parsley
- Spicy pepper
- Aged sheep cheese
- Extra vergin olive oil
- Toasted almonds

Preparation:

1. Pour extra virgin olive oil into a medium saucepan over medium heat.
2. Add the leeks, garlic, hot pepper, ripe tomatoes, a little water, and cook until reduced by two thirds.
3. Finish the sauce with basil, parsley, salt and pepper.
4. Cut the fresh courgette into thin strips and cook in the previously prepared sauce until al dente.
5. Turn off the heat, add the cured sheep's cheese and season to taste.
6. Serve on a plate topped with toasted almonds.

Skål International Dubrovnik, Croatia

Skål international Dubrovnik was founded 30 years ago at the initiative of Skål International Zagreb with the basic goal of improving the offer of Dubrovnik region (Dubrovačko-neretvanska Županija). As a part of the international association of professionals in tourism, promotes global tourism in the spirit of slogan 'Doing bussiness among friends', being active in international events and supporting all tourist venues in the region.

Dubrovnik is the city with unique political and cultural history ,and world-renowned monuments as a part of the UNESCO heritage. It is one of the most attractive and best-known cities in the Mediterranean.

The other places of interest in destination are Elafit Islands, Island of Mljet (the greenest island in the Adriatic), the Town Walls of Ston, the island and the town of Korčula (the Marco Polo town), or Cavtat, a small medieval town, the tourist and cultural centre of Konavle.





About:

While "Taco estilo Ensenada" might not have the same global recognition as some other Mexican dishes, it holds significant regional importance, especially in the context of Baja California's culinary heritage and the appreciation for fresh and flavorful seafood. It is undoubtedly one of the greatest treasures of Mexican cuisine.

Ensenada style fish taco

From:

Skål International Ensenada-Valles Vitivinícolas, Mexico

Ingredients:

- 3/4 kilogram fillet of white fish or sea bass
- 2 liters of cooking oil
- 2 cups flour
- 1/4 teaspoon salt
- 1 pinch pepper
- 1/2 teaspoon baking powder
- 1 teaspoon mustard
- 2 cups light beer
- 1 egg white
- 1/4 cup water

Pico de gallo:

- 2 red tomatoes
- 1/4 white onion
- Chopped cilantro to taste
- Deveined jalapeño finely chopped
- Salt to taste
- Lemon to taste

Preparation:

1. Cut the fish into strips of approximately 1.5 centimeters cubed thickness.
2. Season with salt and pepper to taste. Set aside.
3. Cajeado: Mix the dry ingredients and then add the beer, egg, mustard and water. Incorporate all the ingredients. The mixture should be thick, add the fish strips and put them to fry, in the oil previously with medium high temperature, to the point of uniform golden color, turn the piece and finish cooking to the point of golden color.
4. Pico de gallo: Chop the tomato in small cubes, onion and cilantro. Add salt to taste and incorporate all the ingredients. Mix and add lemon and salt to taste.

Skål International Ensenada-Valles Vitivinícolas, Mexico

Ensenada-Valles Vitivinícolas, located in Baja California, Mexico, is a region celebrated for its burgeoning wine culture and picturesque landscapes. The Valle de Guadalupe, part of the Ensenada municipality, is the heart of Mexico's wine country. Renowned for its wineries, the valley offers a scenic tapestry of vineyards, rolling hills, and olive groves.

Wine enthusiasts are drawn to the area's diverse winemaking scene, characterized by boutique vineyards and modern wine estates. Visitors can explore the Ruta del Vino, a wine route that winds through the valley, offering tastings of locally produced wines.

The region also features upscale resorts, farm-to-table dining experiences, and cultural events. The annual Vendimia festival celebrates the grape harvest with music, food, and wine-related activities. Ensenada-Valles Vitivinícolas has become a sought-after destination, combining the pleasures of wine tourism with the natural beauty of the Mexican countryside, making it a compelling retreat for those seeking a blend of gastronomy, culture, and scenic charm.





About:

This nomads bulgur wheat risotto with onion scapes is a fragrant and flavorful dish, marrying the earthiness of bulgur with a medley of spices and the sweetness of currants. The smoked cinnamon stick adds a unique touch.

Nomads bulgur wheat risotto with onion scapes

From:
Skål International Fethiye, Türkiye

Ingredients:

- ½ bunch of onion
- ½ bunch of asparagus
- 6 small tomatoes
- ½ teaspoon truffle
- Sea salt
- 1 tablespoon balsamic
- 1 tablespoon soy sauce, butter, sesame, pepper paste, red pepper
- 4 tablespoons olive oil
- 1.5 Tom Yum paste
- 2 tablespoons sweet pepper powder
- ½ tablespoon grain black peppers
- ½ tablespoon ginger powder
- 1 pinch of cinnamon powder
- 1 tablespoon red wine
- Sea salt
- 250 g bulgur wheat
- 550 milliliters water
- 1 pinch of saffron
- 3 pieces of cardamom
- 40 g black dry currants
- Smoked cinnamon sticks on top each plate

Preparation:

1. Rinse the bulgur wheat under cold water. In a saucepan, combine bulgur, water, saffron, cardamom, and black peppercorns. Bring to a boil, then reduce heat, cover, and simmer until the bulgur is cooked and water is absorbed.
2. In a large pan, heat olive oil. Add chopped onion, asparagus, tomatoes, and red pepper. Sauté until the vegetables are tender.
3. Stir in pepper paste, tom yum paste, sweet pepper powder, ginger powder, cinnamon powder, red wine and sea salt. Mix well to infuse flavors and add the cooked bulgur to the pan with the sautéed vegetables. Mix thoroughly to incorporate the flavors.

Continued on next page.

4. Stir in truffle sea salt, balsamic vinegar, soy sauce, and butter. Allow the mixture to simmer until well combined.
5. Toast sesame seeds in a dry pan until golden. Sprinkle them over the bulgur wheat risotto. Plate the bulgur wheat risotto, garnish with black dry currants, and place a smoked cinnamon stick on top of each serving.

Skål International Fethiye, Türkiye

Fethiye is part of Mugla and its second most populated province after Bodrum. It is located in the eastern part of the Gulf of Fethiye, neighboring Antalya in the east, the Mediterranean Sea in the west and Denizli and Burdur in the north. Its population, which is nearly 150,000, mainly deals with tourism and agriculture. Fethiye has numerous touristic attractions and its warm Mediterranean climate enables a long summer season.

Moreover, its deep valleys, underwater attractions, high hills and suitable climate offer several outdoor sports opportunities like paragliding and scuba diving. Many foreign visitors, some of whom also make real estate investments in Fethiye, visit its beautiful beaches throughout the year. Oludeniz Beach, which was chosen the best beach of the world in 2006 with its unique lagoon, is one of the most populous areas during the spring and summer.



**About:**

This receipt is originated from Frankfurt am Main (Germany) and is a typical receipt of Frankfurt city. Green Sauce is as popular in Frankfurt as nowhere else. The cold herb sauce is considered a Hessian cultural asset, even dedicated a festival and a monument! But no matter where you are, the recipe for "Grie Soß" is well received everywhere.

Frankfurter grüne sauce

From:

Skål International Frankfurt am Main, Germany

Ingredients:

- 5 eggs
- Salt and pepper
- 1-2 teaspoons of spicy mustard
- 100 milliliters neutral oil (e.g., sunflower oil)
- 100 g sour cream
- 100 g thick sour cream
- 1 large bunch of mixed herbs for Frankfurt's Green Sauce, or 150 g of herbs (chervil, parsley, burnet, sorrel, chives, cress, and borage)

Preparation:

1. Pass the egg yolks through a sieve. It creates a very fine consistency that can be stirred creamy. Boil the eggs for about 10 minutes until hard, rinse with cold water, peel, and halve them. Remove the yolks from each egg and press them through a sieve into a bowl using a small ladle or tablespoon.
2. Season the egg yolks with salt, pepper, and mustard, then stir. Gradually stir in 100 milliliters of oil and then 100 g of sour cream. Finally, stir in 100 g of thick sour cream.
3. Add the herbs. The chopped herbs make the sauce so special. Wash the herbs and shake them dry. Remove any coarse stems. Finely chop the herbs using a mezzaluna or a large kitchen knife. Cut the egg whites into small cubes. Stir the herbs and about 2/3 of the egg whites into the Green Sauce, season again, fill into a bowl and garnish with the remaining egg whites.

Skål International Frankfurt am Main, Germany

The Skål Club International Frankfurt was founded in 1951 and is an association of tourism professionals that promotes and creates a network of professionals in a friendly atmosphere. Through participation in local activities and events at all levels, members meet industry colleagues. Here, ideas, opportunities, and industry matters in general are shared on a personal and business level.

Frankfurt am Main, a dynamic metropolis in Germany, blends modernity with a rich cultural heritage, offering diverse attractions for tourists. The historic Römer Square showcases medieval architecture, while the towering skyscrapers of the financial district characterize the city's contemporary skyline.

Cultural enthusiasts can explore renowned museums along the Museum Embankment, home to the Städel Museum and the German Film Museum. The Palmengarten, a botanical garden, provides a tranquil retreat, and the iconic Frankfurt Cathedral adds to the city's historic charm. The River Main offers scenic river cruises, and the Palmengarten Botanical Garden provides a peaceful oasis. Food enthusiasts can indulge in local delicacies at the Kleinmarkthalle, a vibrant food market.

Frankfurt's international flair and efficient public transportation make it an accessible hub for travelers. Whether strolling through the charming Old Town or attending events at the Frankfurt Messe, the city offers a dynamic blend of old and new, appealing to a wide range of tourist interests.





Ostrich bobotie

From:
Skål International Garden Route, South Africa

Ingredients:

- 500 g Klein Karoo ostrich mince (can use beef)
- 1 slice of white bread
- 250 milliliters milk
- 1 onion, chopped
- ½ apple, grated
- 40 g butter
- 20 milliliters curry powder
- ½ teaspoon turmeric
- 2 tablespoons fruit chutney
- ¼ cup almonds, chopped
- ¼ cup raisins
- 15 milliliters lemon juice
- Salt and freshly ground black pepper
- 200 milliliters cream
- 2 eggs
- 2 bay leaves

Preparation:

1. Soak the bread in the milk. Grease an ovenproof dish and set the oven to 180°C. Lightly brown the ostrich mince in a hot pan with a little olive oil.
2. Cook the onion and apple slowly in the butter until soft but not coloured. Add the turmeric and curry powder and cook for one minute. Mix the apple and onion with the meat, chutney, almonds, raisins, and lemon juice.
3. Drain and mash bread and reserve milk. Fork the bread into the meat. Season with salt and pepper, pile into the dish.
4. Meanwhile, mix the eggs with the reserved milk and cream. Season with salt and pepper. Pour this over the meat mixture, place the bay leaves on top.
5. Stand the dish in a larger pan of water (this is important to prevent drying out) and bake, uncovered for 30-35 minutes or until the custard has set and browned.
6. Serve with basmati rice and sambals.

About:

Bobotie is a South African national dish that consists of Malay curry flavoured minced meat, topped off with an egg custard.

Pronounced ba-boor-tea, it is a dish that was imported to South Africa from Indonesia in the seventeenth century and was adapted by the Cape Malay community. The Cape Malay were originally slaves and political refugees from Indonesia and Malaysia.

Skål International Garden Route, South Africa

Skål International Garden Route was officially inaugurated into Skål International on January 27, 1999. Skål International Garden Route has members in multiple towns in the Garden Route and Klein (Little) Karoo with a variety of attractions and plenty of sunshine for much of the year.

The Garden Route is the epi-centre for Adventure tourism in Southern Africa, with many Skål International members focussing on outdoor activities. Skål International Garden Route has won the South African Club of the Year trophy in 8 of the last 12 years. And was runner up for the International trophy in 2011. This club twinned with Albany in Australia on May 12, 2010, and New Jersey in the USA on January 13, 2021, in the first Zoom twinning in Skål International history.

The Garden Route area includes spectacular Indian Ocean beaches, mountains, semi-arid desert, game reserves, wine farms, and multiple UNESCO World Heritage sites. It is serviced by George Airport, which is well positioned in the centre $\pm 400\text{km}$ ($\pm 250\text{mi}$) from both Cape Town and Port Elizabeth.





Pomfret recheado

From:
Skål International Goa, India

Ingredients:

- 1 fresh pomfret
- Marinade
- Red chilly powder
- Turmeric powder
- Lime
- Salt
- Oil, 4 tablespoons
- Recheado masala
- 9 Kashmiri red chilies
- 5 pepper corns
- Cumin seeds, ½ teaspoon
- 6 cloves
- Cinnamon, 1/3 inch
- Cardamom
- Pinch, ginger, 1/3 inch
- Garlic, 5 cloves
- Onion, 1 small
- Palm vinegar, 1 teaspoon
- Tamarind, 5 grams
- Sugar, 2 tablespoons
- Salt, as required

Preparation:

1. Take 1 medium pomfret, clean it & slit it from the side on either side of the bone. Marinate in a mixture of 3/4th teaspoon salt, chilli powder, turmeric and lime juice. Let it rest for 15 minutes.
2. The pomfret is to be thereafter stuffed with 1 ½ tablespoons of the recheado masala. Lightly coat the pomfret on both sides with rice flour.
3. Place the non-stick frying pan on the burner and add the oil - 4 tablespoons. Let it heat. Place the pomfret on the frying pan & shallow fry till it is browned on both sides.
4. Goes well with steamed rice and prawn curry or by itself with Goan bread, pao or poie, and green salad.

Continued on next page.

About:

Recheado masala is a tangy, spicy mix and offers a unique flavour to seafood. Pomfret recheado is very popular amongst the local populace as well as the tourists visiting Goa and opting for a taste of Goan cuisine and flavours.

5. The recheado masala: Take the Kashmiri chilies & cut them into small bits after deseeding. Take the palm vinegar, and tamarind water in a bowl and add all the spices, and chilies. Let the mix soak for 30 minutes.
6. Chop the onion very finely and add to the recheado masala, mix well. Check the mix for seasoning and alter as required.
7. Take a small Mixi Jar & add all of the above, salt & sugar and grind to a fine paste. Ensure that no water is added when grinding.
8. Refrigerate the mix and use as required.

Skål International Goa, India

Skål International Goa (691) was registered with Skål International in May 2007. Its membership is a committed lot and actively participates in all the activities, be it club meetings, charity events, Young Skål activities, sustainability matters, going green, etc. Skål International Goa has been the winner of prestigious awards through Skål International - Club of the Year 2020, runner-up Club of the Year 2021 & 4 times winner of Skål International Asia - Club of the Year & Young Skål Club of the Year.

Sunny Goa has been a favored destination on the tourist map for decades since the late 1980's, when the charter tourism operations commenced in Goa. The domestic market also caught on thereafter. Leaving aside the sun & beaches, Goa has a lot more to offer - the unexplored interiors where one can be one with nature, spice gardens, waterfalls, bird sanctuaries, etc. Exploring the backwaters on houseboats as also hiring of yatches has caught on in a big way.

Goa also has centuries of history to delve into. There are historic monuments, churches, temples, heritage homes, etc. Experiential tours are now en vogue and doing very well with both foreign & domestic tourists. Helicopter rides, hot air balloon rides, and water sports are also very very popular. Wellness tourism is also catching on in a big way.





Roast Lamb

From:
Skål International Gold Coast, Australia

Ingredients:

- 1 leg of lamb (about 2 kg)
- 4 garlic cloves, sliced
- 4 rosemary sprigs
- 2 tbsp olive oil
- Salt and pepper to taste
- 1 cup of chicken or beef broth (optional, for the gravy)

Preparation:

1. Preheat the oven to 180°C (350°F).
2. Use a sharp knife to make small incisions all over the lamb.
3. Insert the garlic slices and small sprigs of rosemary into the incisions.
4. Rub the lamb with olive oil and season generously with salt and pepper.
5. Roast the Lamb:
6. Place the lamb on a roasting rack in a roasting pan.
7. Roast in the preheated oven for about 1.5 to 2 hours, depending on your preferred level of doneness. For medium-rare, aim for an internal temperature of 60°C (140°F).
8. Rest the Lamb.

Continued on next page.

About:

Roast leg of Australian lamb served with minted gravy, oven-roasted potatoes, Queensland pumpkin, and seasonal greens.

9. Once the lamb reaches your desired doneness, remove it from the oven.
10. Cover with aluminium foil and let it rest for 15-20 minutes to allow the juices to redistribute.
11. Optional Gravy: While the lamb is resting, you can make a simple gravy. Place the roasting pan on the stovetop over medium heat. Add the broth to the pan, scraping up any browned bits from the bottom. Simmer until the gravy is slightly thickened. Adjust seasoning as needed.

Skål International Gold Coast, Australia

Skål International Gold Coast is 40 years young. We have a wealth of industry knowledge that has been gifted to us by the longevity of our core members, some of whom are founding members 40 years ago. These tireless industry professionals are still on hand for all of us coming afterwards to draw out their enormous generosity in providing guidance and leadership.

The Gold Coast is a major tourist destination with a sunny, subtropical climate and has become widely known for its surfing beaches (such as Surfers Paradise), high-rise dominated skyline, theme parks, nightlife, and rainforest hinterland.





Cuachala

From:
Skål International Guadalajara, Mexico

Ingredients (serves 16):

- 5.5 litres of water
- 1 kilogram of dough & pork shoulder
- 1 large free-range hen with skin
- To taste: bay leaf, thyme, marjoram, salt and pepper
- 1 tablespoon of oil or lard
- 1 white onion, coarsely chopped
- 6 cuachalero chiles, stemmed and seeded, soaked in stock
- 2 cloves garlic
- 2 ancho chiles without stem or seeds, soaked in broth,
- ½ kilogram roasted tomatillo de milpa
- 9 guajillo chiles without stem or seeds, soaked in broth
- 3-4 litres of chicken stock
- 2 litres of pork broth
- 1 cooked chicken, shredded
- ½ kilogram of pork leg, cooked and shredded
- 2 tablespoons of lard

Preparation:

1. Dissolve 1 cup of water with the dough ball and set aside. The washed chicken is cooked with enough water to cover it well. Cook with bay leaf, thyme, and marjoram, season with salt and pepper. Once cooked, the meat is removed to cool. The skin is reserved.
2. Grind 3 times with the broth the skin of the hen, together with the soft parts, such as joints, and soft bones, and strain well. Reserve and let it cool down to be used cold.
3. The already washed pork shoulder is put to cook with enough water to cover it well. Cook with bay leaf, thyme, and marjoram, season with salt and pepper. Drain the meat, let it cool, and shred it. Reserve the broth.
4. Soak all the chiles in the hot meat broth, not in water (important), for 5 minutes. Set aside.

Continued on next page.

About:

Cuachala is one of the most significant dishes of Guadalajara and its surroundings, since this elaborate dish is declared a festival in the towns of Jalisco.

5. Heat a tablespoon of oil or lard and sauté the onion, the cuachalero, guajillo and ancho chiles, the green tomatoes well cleaned and the two garlicks.
6. Once they are soft, blend everything with 6 cups of chicken broth.
7. Finally, heat a spoonful of oil or lard and sauté the above for 3 minutes.
8. Put the chicken broth with the chili and tomatillos marinade in the clay pot and bring to a boil.
9. Pour little by little the diluted masa until it is slightly thick and well seasoned.
10. Add little by little the meats of the hen and of the pork shoulder, incorporating them moving them without sticking. The mole should be smooth, soft and slightly spicy.

Skål International Guadalajara, Mexico

Skål International Guadalajara 344 Club was founded on March 21, 1970, and its first president was Mr. Rafael Medina Medina, then director of Compañía Mexicana de Aviación. In those days, the President of the National Committee of Skål International Clubs of the Mexican Republic was Manuel Sosa de La Vega, Vice President of Mexicana de Aviación. The inaugural dinner session, in which the club was officially recognized, was held on June 26, 1970, in the "Molino del Rey" hall of the Camino Real Guadalajara Hotel and here the registration with the number 344 world, as well as the pennant and diploma were presented.

Alfred L. Bone Jr., World President of Skål Clubs and his wife Louise; Joseph Bogs, Secretary General of Skål International; Henry von Siebeer, Secretary for Canada, United States, and Mexico; Alfred Stone from the Skål Club of New York, came especially to be present at that dinner.

Guadalajara is a Mexican city, capital of the state of Jalisco. It is located in the western part of the country, in the geographical area known as the Atemajac Valley. The city is considered one of the most important political, economic, social, cultural, and tourist centers in Mexico. Guadalajara is also known as "La Perla Tapatía", "La Perla de Occidente", "La Ciudad de las Rosas" and "El Valle de Silicio de México".





Beef Tinaktak

From:
Skål International Guam, Guam

Ingredients:

- 1.5 pounds of beef
- 2 garlic cloves
- ¼ onion
- ½ cup green beans
- ½ cup cherry tomatoes
- 1.5 cans of coconut milk
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon lemon powder

Preparation:

1. Cook ground beef until browned in a large pot over medium-high heat.
2. Drain excess oil. Return pot to heat and add garlic and onions. Cook until soft.
3. Add green beans, tomatoes, coconut milk, salt, black pepper, and lemon juice to the mixture and stir.
4. Turn heat low and simmer for about 5 minutes or until green beans soften, stirring occasionally. Season to taste.

About:

Tak-tak-tak! The sound of the knife hitting the board as it chopped meat gave Tinaktak its name.

This comforting low-carb stew from the island of Guam isn't only fun to say — it's a feast to eat, but an easy feast!

Skål International Guam, Guam

The Skål International Club of Guam resides on the island of Guam (an unincorporated territory of the United States). Its location is 12 degrees above the equator, approximately 1500 miles south of Japan and 1500 miles east of the Philippines.

Guam's main economic driver is tourism from the primary source markets of Korea, Japan, and Taiwan. Its pre-Covid visitor arrivals were over 1.2 million in 2019. The tourism market is slowly recovering after experiencing a devastating category-four typhoon in May 2023.

Many of the Skål International Club of Guam are in the hospitality industry and see increased hotel occupancy rates due to military exercises, relief workers, construction consultants, and other non-leisure visitors.

Most of the island's tourism plants have recovered and are open for business. The tourism industry includes accommodations, air seat capacity, and attractions.

This year, the Skål International Club of Guam will relaunch its scholarship program, and Young Skål endeavor to encourage, mentor, and nurture the next generation of hospitality and tourism professionals.





About:

What is a short rib in Mexico? It is a boneless cut of muscle that can be used for grilling or stewing.

It's produced from the rib bones of the main cut of the shoulder. It consists of 3 to 4 ribs (ribs 2 to 5). This is one of the most characteristic recipes of Guanajuato.

Ancho chile stuffed with short rib

From:
Skål International Guanajuato, Mexico

Ingredients:

- 1 medium ancho chile bell pepper, cooked and free of veins and seeds
- 200 g beef short rib
- 1/2 cup piloncillo
- 1 tablespoon apple cider vinegar
- 100 milliliters of avocado emulsion
- 30 g of smoked bacon or bacon
- 40 g pork crackling
- Cilantro and onion sprouts
- Natural goat cheese ball

Preparation:

1. Season the short rib with pepper, salt, garlic, and a pinch of cinnamon, and cook at low temperature for 3 hours, let it rest in aluminum foil.
2. For the avocado emulsion, blend with a few drops of vinegar, half a tablespoon of mustard, garlic, and olive oil (in a trickle), use the water in which the ancho chili was sewn, and season with salt, until an emulsion consistency is obtained.
3. Cut the meat into very small pieces and mix it with the chopped fried bacon and stuff the chili, season with the piloncillo mixed with the vinegar.
4. Mound on the avocado emulsion and the chicharrón, and decorate with the natural goat cheese ball, cilantro, and onion sprouts.

Skål International Guanajuato, Mexico

Guanajuato is not only visited, it is lived! Guanajuato, Mexico, is a UNESCO World Heritage city known for its charming colonial architecture, vibrant streets, and rich cultural heritage.

Nestled in the mountains, the city captivates visitors with its colorful houses, narrow alleys, and historic plazas. The iconic Callejón del Beso (Alley of the Kiss) and the Alhóndiga de Granaditas are must-visit landmarks, each with unique tales of love and history.

Guanajuato hosts the renowned International Cervantes Festival, celebrating literature and the arts. Its underground road system adds to the city's allure, with tunnels now repurposed for traffic. As the birthplace of Diego Rivera, the celebrated muralist, Guanajuato showcases his early works. With its cultural festivals, architectural wonders, and artistic legacy, Guanajuato stands as a captivating destination for those seeking a glimpse into Mexico's history and vibrant traditions.





Seco de pato

From:
Skål International Guayaquil, Ecuador

Ingredients (serves 8):

- 8 duck prey
- 4 pre-cooked tomatoes with bay leaf
- 2 green peppers
- 2 red peppers
- 1 medium pearl onion
- 5 cloves of garlic
- 1 sprig of fresh thyme
- 1 sprig of chives
- 1 branch of white onion
- 1 sprig of leek
- 1 small celery stalk
- Cook these ingredients, adding: 1 glass of white wine + 1 black beer + tablespoon of sugar, salt and turmeric to taste

About:

It is a dish where the main ingredient is duck meat. It is prepared with fried onion, garlic, tomato, kidney tomato and bell pepper, naranjilla juice or chicha de jora.

The duck is added in prey and it is left to cook until the meat softens. It is flavored with coriander and served with white and ripe rice.

Preparation:

1. Add the duck prey (8) in the cooked broth of the ingredients and then add the liquefied vegetables to the prey, and then simmer for 1 hour.
2. Remove from heat and add a sprig of rosemary.
3. Cover for 15 minutes and ready.

Skål International Guayaquil, Ecuador

Guayaquil, Ecuador's largest city and main port, welcomes visitors with a vibrant blend of urban energy and coastal charm. Along the Malecón 2000, a scenic riverfront boardwalk, you'll find parks, gardens, and the iconic La Rotonda monument. The historic Las Peñas neighborhood showcases colorful colonial architecture and art galleries.

The Parque Seminario, known as "Iguana Park," is a lively urban oasis where iguanas roam freely. Guayaquil's rich cultural scene unfolds at the Municipal Museum and the Anthropological Museum, offering insights into Ecuador's history.

The city's culinary offerings feature local delicacies like encebollado (fish soup) and encocado (coconut-infused seafood). Mercado Sur and Mercado de Mariscos invite exploration of diverse flavors.

Guayaquil serves as a gateway to the Galápagos Islands, making it a strategic starting point for wildlife adventures. With its warm climate, friendly locals, and a mix of modernity and tradition, Guayaquil beckons tourists to experience the dynamic spirit of coastal Ecuador.



About:

Pears, beans and bacon is a traditional German recipe based on food that is available in autumn.



Pears, beans and bacon

From:
Skål International Hamburg, Germany

Ingredients:

- 500 g bacon
- 500 milliliters water
- Salt
- 1 kilogram green beans
- 1 bunch savory
- 500 g peas for cooking, best bergamot peas
- 5 parsley stalks
- 50 g flower butter (1/2 flower and 1/2 butter mixed and kneaded)

Preparation:

1. Cook the bacon for about 1 hour in lightly salted water. Wash and trim the beans, wash the savory, add both to the bacon, and cook everything together for a further 30 minutes.
2. Clean and wash the pears and add to the beans, continue to cook for about 10 minutes on a low flame.
3. Chop the parsley finely. Remove the beans, bacon, and pears from the liquid, bind the liquid with a little flour butter, and pour over the beans.
4. Arrange the beans on the plate, add the pears to decorate, slice the cooked bacon, and also arrange on the plate, sprinkle with plenty of chopped parsley.
5. Serve with boiled potatoes and enjoy.

Skål International Hamburg, Germany

The Skål International Club Hamburg is the oldest Skål International Club in Germany. The City of Hamburg has a long history as an international tourist destination. As a port city, Hamburg has always welcomed people from all over the world. And today the club members represent the tourism industry in all its diversity. In Skål International Club Hamburg, people can discover the world without leaving the city - through engaging events, international friendships and shared experiences. Its members live their traditions and are always open to new things. And always remember to do business among friends.

Hamburg, Germany's second-largest city, is a vibrant and dynamic destination with a rich maritime heritage. The city boasts iconic landmarks like the historic Speicherstadt, the world's largest warehouse district, and the modern Elbphilharmonie concert hall. Visitors can explore the lively St. Pauli district, home to the famous Reeperbahn entertainment area. The HafenCity area offers a blend of contemporary architecture and cultural attractions.

Hamburg's numerous waterways, including the Alster Lake and the Elbe River, provide scenic boat tours. The city is dotted with museums, such as the International Maritime Museum and the Kunsthalle Hamburg art museum. Food enthusiasts can savor local cuisine in the historic Fischmarkt or explore diverse culinary offerings in Sternschanze. With its bustling markets, diverse neighborhoods, and cultural richness, Hamburg captivates tourists seeking a mix of tradition and modernity.





About:

Chepee ka gosht is a tender lamb cooked in a earthenware pot with local condiments and spices.

Chepee ka gosht

From:
Skål International Hyderabad, India

Ingredients:

- Mutton
- Garlic paste
- Salt
- Green chili paste
- Raw papaya paste
- Cashewnuts
- Almonds
- Pistachios
- Coriander
- Mint leaves
- Curd
- Butter
- Onion
- Ginger
- Bay leaves
- Cardamom
- Cinnamon cloves
- Pepper corns
- Silver leaf (varakh)
- Rice (optional)
- Roti (optional)

Preparation:

1. Marinate mutton with ginger garlic paste, salt, green chili paste and raw papaya paste. Keep aside for 1 hour. Grind together cashewnuts, almonds and pistachios with coriander, mint leaves, and curd to a fine paste.
2. Heat butter in a pan, add bay leaves, cardamom, cinnamon, cloves, pepper corns, let the spices release the aroma. Add chopped onion, and sauté till it turns to golden brown.
3. Add marinated mutton, cook for few minutes.
4. Now, add grind paste of cardamom, almonds, pistachios, curd, coriander & mint leaves.
5. Now, add enough water to meat, increase the flame and cook for few minutes.

Continued on next page.

6. Add cumin powder, coriander powder & fried onions, and cook until meat softens.
7. Adjust the seasoning with salt & garnish with fried onions and silver leaf (varakh).
8. Serve hot with rice or roti.

Skål International Hyderabad, India

Hyderabad is the city of Minerals and is also called the Pearl City. It has a history of over 400 years, rich culture and heritage and house of world famous Biryani and other delicacies. Hyderabad is also famous for its IT. Being the 4th largest city of India.

Hyderabad is very famous for its ancient monuments, palaces, lakes, forests, pearls, bangles and cuisine. World's largest single person collection museum called the Salarjung Museum is also in Hyderabad. The famous Kohinoor diamond was found in the Golconda mines near Hyderabad.





Char

From:
Skål International Insel Usedom, Germany

Ingredients:

- 480 g of char filet
- 500 g of green cucumbers
- 30 g of smoked bacon
- 2 tablespoons of oil
- 200 milliliters of sour cream
- Salt
- Pepper
- Sugar
- 1 sprig of fresh dill
- 2 liters of water

Preparation:

1. Wash the cucumber, halve it, remove the seeds, and cut it into small pieces.
2. Fry the diced bacon in hot oil.
3. Add the cucumber pieces and season with salt, pepper and sugar.
4. Add 2 liters water and simmer, covered, for about 5 minutes.
5. Add sour cream and finely chopped dill.
6. Sprinkle the boned char fillets with lemon juice and season with salt and white pepper.
7. Flour the skin side and fry in hot fat first on the skin side until golden brown.

About:

Specifically, this is the recipe for char from Usedom with Pomeranian pickled cucumbers and buttered potatoes.

Insel Usedom, or Usedom Island, is a Baltic Sea island shared by Germany and Poland. The cuisine of the region is influenced by its coastal location, with an emphasis on fresh seafood.

Skål International Insel Usedom, Germany

Usedom Island is the second largest island in Germany, located in the Baltic closed to the Polish border. It is famous for its 52 km long fine white sandy beach, the old spa architecture villas and many piers into the Baltic Sea. The large nature park and 200 km tracks for walking or bike tours. Small harbours and villages complete the sunniest destination in Germany.

Nature lovers can explore the Usedom Nature Park, home to diverse flora and fauna, or take a stroll through the lush hinterlands. The island's historic attractions include the Peenemünde Historical and Technical Museum, highlighting wartime history.

Usedom is a cyclist's paradise with well-maintained paths winding through picturesque landscapes. The annual Usedom Music Festival and cultural events add vibrancy to the island's ambiance. With its blend of seaside serenity, cultural offerings, and natural beauty, Insel Usedom beckons as a captivating destination for a rejuvenating getaway.





Tikin Xic fish

From:
Skål International Isla Mujeres-Puerto Morelos, Mexico

Ingredients:

- 1 piece of clean red snapper fish (5 kilograms)
- 300 g of red recado
- Sliced red tomato
- Sliced onion
- Sour orange juice
- Salt and pepper to taste

Preparation:

1. Cut the fish in half in the shape of a butterfly, then place the fish on a grill.
2. In a bowl, squeeze the sour orange and mix it with the red sauce, salt and pepper.
3. Marinate the fish with the previous mixture, adding tomato slices, salt, and pepper.
4. It is put to roast to direct fire at a distance of 30 centimeters, beginning from the side of the scales, turning the fish approximately every 20 minutes for 1 hour and 30 minutes until it is cooked.
5. It can be served with rice, beans, salad, chiltomate, and spicy sauces and accompanied with tortillas.

About:

The first place where this dish was cooked was in Isla Mujeres, which is part of the state of Quintana Roo.

Due to the simplicity of its preparation, some sources indicate that the Tikin Xic recipe dates back to pre-Columbian times.

Until now, the way Tikin Xic is prepared has remained faithful to the original recipe and only varies in its presentation and accompaniment.

Skål International Isla Mujeres-Puerto Morelos, Mexico

Skål International Isla Mujeres-Puerto Morelos Club 723 was founded in March 2017. Conformed at the beginning with 23 members, today there are 52 active members among which are hoteliers, restaurateurs, travel agencies, tourist servers, consulting firms specializing in tourism, and academics, among others.

Isla Mujeres is located in the exotic Caribbean Sea, very close to the well-known Yucatan Peninsula, exactly southwest of Mexico. This beautiful island belongs to one of the 11 municipalities that give life to the state of Quintana Roo, the municipality is located just 13 kilometers from Cancun. This island was discovered in 1517, when during an expedition Francisco Hernandez de Cordoba found it, during the pre-Hispanic era the island was consecrated to Ixchel, who was the Mayan goddess representing the moon, fertility and love.

If you are a lover of Mayan culture then this is your ideal place, because on the southern tip of the island, you can enjoy the remains of what was a famous Mayan temple. Archaeologists say this was the temple of Ixchel, here Mayan women made pilgrimages during their first menstruation to be blessed by her, if you want to learn more about this beautiful culture and its history then you have another task to do.

Among other things to do in Isla Mujeres, there are national parks, recreational activity centers, beaches, and resorts, in short, a great number of options that will make your stay on the island a dream come true.

It is impossible to do tourism in Isla Mujeres without having tasted its gastronomic offer. The island is as rich as the Mexican culture, the typical seafood is not to be expected, but also the typical Mexican food has a well-established place. You can enjoy a rich variety of food that will leave your taste buds floating with pleasure.





Zeytinyağlı enginar

From:
Skål International İzmir, Türkiye

Ingredients:

- 6 whole large artichokes
- 1.5 cups of rice
- 1 onion (if you have scallions, you can use them as well)
- 1/2 cup chopped parsley
- 1/2 chopped dill
- 1 handful of chopped fresh mint
- 1 teaspoon salt
- 1 teaspoon of sugar
- 1/4 teaspoon black pepper
- Olive

Preparation:

1. Chop the onion and stir fry with 5-6 tablespoons of olive oil in a saucepan until softens. Add the washed and drained rice and cook for a few minutes more on low heat. Add salt, sugar, pepper, and chopped greens, mix, and remove from heat.
2. Cut off the stems and very hard parts of the artichokes. Tear off thick and bad looking leaves from the outer part. Remove the middle with a knife and remove the hair with a teaspoon. Put the cleaned artichokes into a bowl full of lemon water (pour the water and squeeze a lemon into it) so that they do not darken while cleaning others,
3. After cleaning all the artichokes, extend the middle part and between leaves and fill them with rice mixture.

Continued on next page.

About:

The artichoke came out of the Cretan cuisine and entered the Ottoman Palace cuisine. It is mostly cooked in this way with olive oil.

Artichoke is very rich in phosphorus, calcium, iron, sodium, potassium, magnesium, zinc, and vitamins A, B1, B2, B6 and C. And is also beneficial for the digestive system due to its richness in fiber as well as its immune system strengthening feature.

4. Place the artichokes in a deep pan. Add water and add some olive oil.
5. Cover the lid and cook until the artichokes and rice are soft on medium heat (you can add boiling water if the water runs out).
6. You can serve hot, warm or cold.

Skål International İzmir, Türkiye

İzmir, historically Smyrna, a city in western Türkiye, is the country's third largest city and one of its largest ports. İzmir lies at the head of the sheltered Gulf of İzmir on the deeply indented coast of the Aegean city. Ancient İzmir (Smyrna) was built on a small peninsula with a size of approximately hundred decares, which was located on the northeast of the İzmir Gulf.

In the last few centuries, with the soil coming with floods from the Meles River through Sipvlos (Yamanlar) Mountain, today's Bornova plain was formed and the small peninsula turned into a hill. Now, known as "Tepekule", over this mound visitors can see a vineyard. The region, which was populated with slums after 1955, is hosting İzmir Mound, the first known settlement in İzmir. Türkiye History Institution and General Directorate of Museums have great contributions to the first excavations.

The first settlements on the Western Anatolia seashores, having mainly Aiol, Ion, and Dorian roots after the war of Troy, were built on small peninsulas. These are settlements such as Çandarlı, Foça, İzmir, Klazomenai, Miletos and Iasos. So, the founders and settlers had mostly Hellenistic roots. Therefore the settlers had not only two different ports, they were also safe against the attacks coming from both land and sea.

İzmir has been home to various communities throughout History. This variety is also found in İzmir cuisine. The settled or nomadic Turks living in and around İzmir, the Greeks, Levantines, the Sefarats, the ones from the Western Thrace and islands (Crete, Chios, Mytilene), Macedonians, Bosniacs, Albanians and Arabs of African origin form the diversity of this culture.





Chicken luwombo

From:
Skål International Kampala, Uganda

Ingredients:

- 2 smoked or grilled banana leaves (luwombo)
- 1 chicken leg
- 2 tomatoes
- 1 onion
- 3 cloves of garlic
- 3 teaspoons of cooking oil
- 1 carrot
- 1 green pepper
- Salt to taste
- ¼ cup water
- String of banana fiber (to tie)
- Curry powder

Preparation:

1. Over a grill, grill the chicken leg till both sides are golden. In a separate pan over medium heat, add oil and fry your onions and garlic till golden. Add your diced carrots and green pepper and stir. Finally, add your tomatoes, stir and cover. Let it cook for 10 minutes, stirring to cook evenly.
2. Add some water, stir to mix, and continue cooking. Add salt and your curry powder, and mix well, and stir adding the rest of the water, and let simmer.
3. Turn off the fire and let it cool
4. In a bowl, lay your Luwombo leaves to make a bowl form, add your grilled chicken and pour over the gravy. Garnish with coriander (optional).
5. Fold carefully and tie the luwombo together to avoid spillage. Put in your pan to steam for the next 3 or 4 hours over a constant medium flame.
6. Serve with your staple of choice (matooke, rice or sweet potatoes).

About:

Luwombo is a dish originally made for royals. It was created by the Palace Chief Chef Kawuuta around the 16th Century Buganda, but later got to the common folk and became a wedding or celebration function dish around the early 19th century.

Lately, it is easily found in most local cuisine restaurants countrywide, and homes. When preparing the dish, it is crucial to use banana leaves to bring out the real authentic Luwombo taste.

Skål International Kampala, Uganda

Skål International Club of Kampala, Chapter 611, is a 31-members association of Travel and Tourism Professionals based in Uganda.

Kampala, the vibrant capital of Uganda, offers a blend of urban energy and cultural richness. The city is known for its lively markets, including Owino Market and Nakasero Market, where visitors can immerse themselves in the local atmosphere. The historic Kasubi Tombs, a UNESCO World Heritage Site, provide insight into Uganda's cultural heritage.

The bustling streets of Kampala showcase a dynamic nightlife with a variety of bars, restaurants, and clubs. The Uganda National Museum offers a glimpse into the country's history and diverse ethnic groups. For nature enthusiasts, the nearby Lake Victoria provides opportunities for boat trips and leisurely walks along its shores.

Kampala is also a hub for art and crafts, with numerous galleries and markets displaying traditional Ugandan artwork. The city's welcoming locals and vibrant street life make it a compelling destination for those seeking an authentic African experience.



**About:**

Barbecued brisket of beef is a popular and flavorful dish that originates from the American barbecue tradition, particularly in the southern United States. Brisket, a cut of beef from the chest area, is known for its rich flavor but can be tough if not cooked properly. Barbecuing the brisket slowly at low temperatures is a traditional method to achieve tenderness and develop a smoky flavor.

Barbecued brisket of beef

From:

Skål International Kansas City, USA

Ingredients:

- 6 – 8 pounds of brisket
- Celery, garlic and onion salt (can use plain powder for less sodium)
- Salt and pepper
- 3-ounce bottle of liquid smoke
- Worcestershire sauce
- Barbecue sauce, 6 ounces or to taste

Preparation:

1. Generously sprinkle the entire brisket with celery, garlic, and onion salt (or powder). Pour bottle of liquid smoke over meat in cooking pan. Turning the meat fat side up prevents excessive drying during cooking. Cover and refrigerate overnight.
2. Before cooking, sprinkle with salt and pepper and Worcestershire sauce. Bake at 275°F for 4.30 to 5 hours, until very tender. Cover with foil while baking to prevent drying.
3. Remove from heat and let cool. Trim excess fat. Slice brisket, and rewarm before serving with barbecue sauce. Or, add sauce to the brisket on your plate.
4. Some prefer to refrigerate until next day before slicing. Cover in foil to reheat if you do this step.
5. Serve with more Kansas City barbecue sauce.

Skål International Kansas City, USA

Located in the heart of America, the Skål International Kansas City Club sits on the state line of Kansas and Missouri.

Known as the City of Fountains with more than 200 fountains, Kansas City is famous for its barbecue, jazz heritage, and sports teams, like the Super-Bowl-Champion Kansas City Chiefs. The area has played key roles in American history with figures like outlaw Jesse James, President Harry Truman, and Walt Disney's first animation studio.

Today, the Kansas City metropolitan area is home to two million residents. The tourist will find a diverse culinary scene featuring everything from barbecue to tacos, even farm-to-table. People enjoy craft breweries and distilleries too.





Gua Bao

From:
Skål International Kaohsiung, Taiwan

Ingredients:

- Steamed buns
- Sweet and spicy sauce
- Sweet and fatty pork belly stewed in rice wine
- Coriander
- Sauerkraut
- Peanuts

Preparation:

1. When making Gua Bao, the fluffy steamed buns are first cut open and then coated with sweet and spicy sauce, and then the ingredients are wrapped in order: sweet and fatty pork belly stewed in rice wine, served with coriander, sauerkraut, peanuts. Wrapped in sweet and salty intertwined, super touching!

About:

Gua Bao, also known as Taiwanese pork belly bun or steamed bao, is a popular and iconic street food in Taiwan.

This delicious snack consists of a folded, steamed bun filled with various ingredients, most commonly braised pork belly. Gua Bao has gained international popularity for its unique combination of textures and flavors.

Skål International Kaohsiung, Taiwan

Kaohsiung City, a municipality directly under the Central Government, and one of the six provincial capitals of Taiwan was formerly known as "Dagou". During the Japanese occupation period, the pinyin of "Takao" in Taiwanese was the same as that of "Kaohsiung" in Japanese, so the word "Kaohsiung" was used instead.

The Port of Kaohsiung is also known as the "Port Capital" because the city has the largest port in Taiwan. Kaohsiung city is located in the southwest of Taiwan, with a registered population of about 2.73 million and an area of 2,952 square kilometers. It is the largest city in western Taiwan, the largest city in southern Taiwan, the third largest city in Taiwan, and the only city in southern Taiwan. International Airport Kaohsiung International Airport.

Kaohsiung City was selected by the travel and travel publishing company "Lonely Planet" as the fifth place in the "Top 10 Cities Worth Traveling in the World in 2018". The third-ranked city is the only county in Taiwan that was selected by The New York Times as one of its "52 Favorite Places of 2021."





Chicken momos

From:
Skål International Kathmandu, Nepal

Ingredients:

- 450 g all purpose flour
- 1 tablespoon refined oil
- 2 large onion
- 1 inch ginger
- Water as required
- 1 tablespoon chilli garlic paste
- 300 g boiled chicken
- 5 green chilli
- Salt as required
- 2 teaspoons soy sauce
- Black pepper as required
- 1/2 cup red bell pepper

Preparation:

1. Chop the vegetables and wash the chicken. Boil the chicken and then shred well. Then, take a pan and boil the chicken, with a pinch of salt and pepper. Add a small teaspoon of ginger and chilli garlic paste. Once done, carefully mince the boiled chicken. Keep it aside. Prepare the dough and filling for chicken momos.
2. Now, take a deep mixing bowl and add refined oil in it followed by all-purpose flour and salt. Take another mixing bowl and add chicken followed by chopped vegetables, mix well and combine everything together. Then, add soy sauce to the chicken mix and stir well. Now take the prepared dough and roll out small balls out of it.
3. Flatten the dough balls and fill them with chicken stuffing, and steam for 20 minutes.

Continued on next page.

About:

Momos have a rich history in Nepal and are considered a traditional food that has been enjoyed for generations.

Chicken momos are a popular and savory dumpling dish that originated in Nepal and is widely enjoyed across the Indian subcontinent, Tibet, and other neighboring regions. These delicious dumplings are typically made with a simple wheat-flour dough and filled with a flavorful mixture of minced chicken, onions, garlic, ginger, and various spices.

4. Divide the dough into equal portions. Roll in dry flour and roll into small round shape keeping the edges thin and the centre thick.
5. Add the chicken and veggies stuffing at the centre, fold one end over the other and give it a half moon shape/round like onion. For another gather the edges and seal together.
6. Transfer prepared momos to steamer. Steam for 20 minutes. Momos are ready to serve with your favourite chutney/sauce.

Skål International Kathmandu, Nepal

Kathmandu, the vibrant capital of Nepal, captivates tourists with its rich cultural heritage and stunning landscapes. The city is a treasure trove of ancient temples, palaces, and bustling markets. Durbar Square stands as a testament to Kathmandu's architectural legacy, adorned with intricately carved palaces and pagodas.

The spiritual heart of the city lies in Swayambhunath, the iconic Monkey Temple, and the sacred Pashupatinath Temple, both UNESCO World Heritage Sites. Thamel, the lively neighborhood, offers a blend of traditional and modern, with narrow alleys housing vibrant shops, restaurants, and guesthouses.

Surrounded by the majestic Himalaya, Kathmandu serves as a gateway for trekking adventures to Everest Base Camp and the Annapurna Circuit. The Garden of Dreams provides a peaceful escape in the heart of the city.

With its warm hospitality, diverse cuisine, and a tapestry of cultural experiences, Kathmandu beckons travelers to explore the unique charms of Nepal.





About:

In Kochi, seafood is a staple, and various curry preparations showcase the region's love for bold flavors and aromatic spices.

Curry Veppila - Konju Curry

From:
Skål International Kochi, India

Ingredients:

- Tiger prawns - 200 g
- Coconut oil - 1 tablespoon
- Mustard seed - 1 g
- Fenugreek seed - 1 g
- Dry red chili - 3 No
- Curry leaf - 50 g
- Coriander leaf - 50 g
- Green chilly - 25 g
- Raw mango - 20 g
- Turmeric powder- 20 g
- Chili powder - 10 g
- Pepper powder - 10 g
- Coconut milk - 100 milliliters
- Shallots - 50 g

Preparation:

1. Heat the coconut oil and add mustard seeds and fenugreek seed.
2. After, crackle the seeds and add chopped garlic, ginger, green chili, sliced shallots and sauté until light brown.
3. Add turmeric powder, chili powder.
4. Add pasted curry leaf and coriander leaf.
5. Finished with coconut milk.

Skål International Kochi, India

Skål International Kochi was formed in the early 70's, after a break of about 10 years, Skål International Kochi was revived in 1995. Mr. Jose Dominic was nominated as the first ever National President of Skål International Kochi in the year 1996. In addition, Skål International Kochi had the privilege of hosting the then Secretary General, late Mr. Jim Power who was present in the instillation ceremony. Ever since, Skål International Kochi has grown over the years. Today, it has members from all sectors of travel & tourism, and being an active club, it conducts regular members meetings, seminars, family outings, and festive meets. Renowned speakers are invited to address the members for certain meetings and to interact with members.

Kochi, a picturesque city in Kerala, India, is a vibrant tapestry of history, culture, and natural beauty. The city's historic Fort Kochi area, with its colonial architecture and charming streets, reflects its Portuguese, Dutch, and British influences. The iconic Chinese Fishing Nets along the coastline add a unique visual charm.

Visitors can explore landmarks like the Mattancherry Palace, known for its stunning murals, and the Paradesi Synagogue, showcasing the rich multicultural heritage. St. Francis Church, one of the oldest European churches in India, is a significant historical site. Kochi is a hub for the arts, with venues like the Kerala Folklore Museum and galleries displaying traditional and contemporary works. The city hosts the Kochi-Muziris Biennale, attracting art enthusiasts from around the world.

The backwaters of Kochi offer serene boat rides, and a visit to the nearby hill station of Munnar provides a refreshing escape. With its diverse attractions, Kochi captivates tourists seeking a blend of history, art, and natural splendor.





Bai Leang Phad Kai

From:
Skål International Koh Samui, Thailand

Ingredients (serves 2):

- 200 g bunch of fresh, young malindjo leaves (you can substitute: baby spinach) and soak for 5 minutes in lightly salted water. Drain and dry well before cooking
- 1 tablespoon of sunflower oil
- 1 tablespoon of finely chopped fresh garlic
- 2 eggs
- 5 g dried shrimp, lightly stir-fried for garnish
- ¼ tablespoon of fish sauce
- 1 tablespoon of water
- Salt & pepper to taste

Preparation:

1. Add the sunflower oil to a heavy-based frying pan or wok, add the finely chopped garlic and lightly stir-fry. Crack in the eggs and stir until just 70% cooked.
2. Increase the heat and then add the drained malindjo leaves with a tablespoon of water and stir-fry adding, adding a dash of fish sauce and salt and pepper to taste.
3. Serve straight away topped with the crispy dried shrimps.

About:

Bai Leang Phad Kai is a southern Thai specialty. This dish represents the traditional cuisine of Koh Samui, which features on the restaurant's special menu entitled 'Samui's Lost Recipes'.

It is a light and delicious combination of young malindjo leaves and shoots which are only found in Southern Thailand and Malaysia.

Skål International Koh Samui, Thailand

Skål International Koh Samui is the largest of Thailand's 5 clubs with almost 90 members. The island lies on the southeast coast of the country on the Gulf of Siam, just a 90-minute ferry ride from the mainland. Before tourism arrived in the 1980s, Koh Samui was a sleepy tropical island whose people worked as fishermen, coconut planters, and farmers, living a quiet and harmonious life. Today, it is a thriving tourism community with its own international airport and the largest collection of 5-star international hotels outside of Bangkok.

The island is ringed by breathtaking palm-fringed beaches, brilliant blue seas, and warm tropical weather which make it a year-round holiday destination. Set amongst a group of islands which include the famous Koh Phangan or 'Full Moon' island and the Ang Thong National Marine Park, it is an area of immense natural beauty.

The main tourism area of Chaweng on the east coast is noted for its 7 km stretch of silky white sand and palm trees, myriad resorts, and its vibrant and high-energy shopping and entertainment beachside strip. Along the north-east coast are the burgeoning communities of Bangrak and Bophut, the latter of which is home to Samui's popular Fisherman's Village. Renowned for its colourful 'Night Market,' this charming traditional fishing village is now packed with stylish fashion boutiques, chic restaurants, and trendy beachside bars. It's a magnet for visitors and one of the most popular places to relax with a cocktail and watch one of Samui's stunning sunsets or fire shows.

One of the best things about Koh Samui is that wherever you choose to stay, you are never far from the island's outstanding range of places to eat, drink, and enjoy this magical tropical island.





Tutmaç soup

From:
Skål International Konya, Türkiye

Ingredients:

- 100 g boiled chickpeas
- 100 g noodles
- 100 g parboiled green lentils
- 1 onion
- 1 teaspoon of dried mint
- Salt
- Black pepper
- Olive oil
- 1 liter of water

For topping sauce:

- 1 tablespoon of flour
- 1 egg yolk
- 250 g strained yogurt

About:

Tutmaç is a traditional Turkish pasta variety made from simple ingredients like flour, water, and sometimes eggs. The pasta is typically shaped into small squares, similar to tiny lasagna noodles.

Preparation:

1. Boil the water in the soup pot, add chickpeas, lentils and noodles into the boiling water.
2. Add and simmer until the noodles are cooked.
3. In a separate bowl, whisk the ingredients for the seasoning.
4. Take 1 ladle of the water from the soup you boiled and pour it little by little into the seasoning and mix. This continues until the seasoning is heated. Add the seasoning to the soup and boil.
5. In a separate pan, fry the chopped onion in olive oil until golden brown.
6. Add dried mint, salt, pepper, mix, and add to the soup. Boil for 1 minute and warm.

Skål International Konya, Türkiye

Konya is a major city in central Türkiye, on the southwestern edge of the Central Anatolian Plateau, and is the capital of Konya Province. During antiquity and into Seljuk times it was known as Iconium. In the 19th-century accounts of the city in English, its name is usually spelt Konia or Koniah. In the late medieval period, Konya was the capital of the Seljuk Turks' Sultanate of Rum, from where they ruled over Anatolia.

The Konya region has been inhabited since 3,000 B.C. and fell at different times under the rule of the Hittites, the Phrygians, the Classical Greeks, the Persians, and the Romans. In the 11th century, the Seljuk Turks conquered the area and began ruling over its Rûm (Byzantine Greek) inhabitants, making Konya the capital of their new Sultanate of Rum. Under the Seljuks, the city reached the height of its wealth and influence. Following their demise, Konya came under the rule of the Karamanids, before being taken over by the Ottoman Empire in the 15th century. After the Turkish War of Independence, the city became part of the modern Republic of Türkiye.

Konya has a reputation for being one of the more religiously conservative metropolitan centres in Türkiye. Konya was the final home of Rumi (Mevlâna), whose turquoise-domed tomb in the city is its primary tourist attraction. In 1273, Rumi's followers established the Mevlevi Sufi order of Islam and became known as the Whirling Dervishes.

Every Saturday, there are Whirling Dervish performances (semas) at the Mevlâna Cultural Centre. Unlike some of the commercial performances staged in cities like Istanbul, these are genuinely spiritual sessions. Expensive, richly patterned Konya carpets were exported to Europe during the Renaissance and were draped over furniture to show off the wealth and status of their owners. They often crop up in contemporary oil paintings as symbols of the wealth of the painter's clients.





Nasi Lemak

From:
Skål International Kuala Lumpur, Malaysia

Ingredients:

- ⅔ cup (approx. 160 g) uncooked long-grain white rice
- ⅓ cup water
- ⅓ cup coconut milk
- Pandan leaves, bundled (approx. 5 – 6 slim stalks)
- 1 stalk lemongrass
- Fresh ginger, 1-inch section
- 1 medium onion
- 1 teaspoon salt

Sambal Sauce recipe (Local Chili Sauce):

- 1.5 garlic cloves
- ½ shallot
- 1.5 chili peppers (fresh)
- 1.5 chili peppers (dried)
- 1 tablespoon dried anchovies (ikan bilis)
- 3 tablespoons oil
- 4 tablespoons water
- ½ tablespoon coconut milk

- ½ tablespoon tamarind paste
- 1 teaspoon salt
- 1 teaspoon sugar

Peanuts and Ikan Bilis:

- 1 serving of peanuts with skin
- 1 serving dried anchovies (ikan bilis)
- 4 tablespoon oil

Plating (for serving):

- 1 cucumber, sliced
- 2 eggs, hard boiled and halved

Continued on next page.

About:

Nasi Lemak (rice cooked with coconut milk) is an extremely versatile dish commonly paired with sides such as sambal (chili), roasted peanuts, and ikan bilis (dried anchovies).

Preparation:

1. For the rice (uncooked): Wash the rice by rinsing and draining. Place washed rice into a rice cooker. Slice the onion and ginger into small pieces. Tie the pandan leaves together into a bunch. Add onion, ginger and pandan leaves into the rice cooker. Add coconut milk, water and salt into the rice cooker.
2. For the sambal sauce: Blend garlic, chilli (fresh & dried) and half the portion of anchovies into a paste. Sauté (stir fry over high heat) the remaining anchovies with oil and remove from the pan once crispy and set aside. Add paste to the pan and stir-fry until the sauce turns dark red. Add shallots and water to the sauce and stir. Add coconut milk and tamarind paste and continue cooking for 3 minutes. Once the mixture thickens, add in the reserved fried anchovies. Add sugar and salt to taste and mix well before serving.
3. Plating: Scoop the cooked rice into a bowl and fill to the brim. Use a plate to cover the bowl with rice and flip them over such that the bowl is on top of the plate. Remove the bowl (now upside down) to create a perfectly dome-shaped nasi lemak rice.
4. Side dishes & sambal: Place peanuts, fried ikan bilis, cucumber and egg around the rice. Place a tablespoon of sambal either at the side or on top of the rice and serve!

Skål International Kuala Lumpur, Malaysia

Skål International Kuala Lumpur was founded in 1958 as club 179 of Skål International, as one of the first Skål International clubs in Asia; it is multi-national, non-political, non-racial, and non-sectarian.

Kuala Lumpur, the capital of Malaysia, entices tourists with its iconic Petronas Towers, a symbol of modern architecture. The city offers a rich cultural experience at the Batu Caves and the bustling street markets of Chinatown. Culinary delights abound in its diverse food scene, and the city's green spaces, such as the KLCC Park, provide a tranquil escape. With a blend of modernity, cultural richness, and delectable cuisine, Kuala Lumpur stands as a dynamic destination for tourists.





Bush Pumpkin Lasagne

From:
Skål International Kununurra, Australia

Ingredients:

- 1 medium sized Grey Pumpkin
- 100g Butter
- 500ml Milk
- 1sp crushed Wattleseed
- 2 tsp Flour
- 1 tsp Paprika
- 1 tsp Saltbush
- 1/2 teaspoon crushed Pepperberry
- 4 cloves minced Garlic
- 1 diced Onion
- 1kg lean Beef mince
- 3/4 tbsp Native Thyme
- 1/2 tbsp Native Oregano
- 1 tsp dried Chilli
- 2 tsp of Tomato Paste
- 400g of crushed Bush Tomatoes
- 6 cups grated Mozzarella cheese
- 3 tsp Worcestershire sauce
- 3 sheets of fresh Lasagne

Preparation:

1. To make the Bechamel sauce, melt the butter in a pot over a small number of coals (the equivalent of 3 Heat Beads). Sieve in the flour and add a dash of milk while continually whisking. Add another dash of milk as the sauce thickens and continue until all the milk is gone. Season with wattleseed and set aside.
2. Cut a circular hole out of the top of the pumpkin and scoop out the seeds and pumpkin until the housing is roughly 2cm thick. Rub the saltbush, pepperberry and paprika into the inside walls and set aside.
3. Put your camp oven over a large amount of coals (equivalent of 15 Heat Beads) and add the garlic, onion, chilli and a dash of olive oil.

Continued on next page.

About:

Lomo Saltado is simply delicious! It is, without a doubt, one of the emblematic dishes of Peru. This dish distills fragrances of two millenary cultures: Chinese and Peruvian, which have wisely achieved a perfect balance of flavor and color, with the finishing touch of its crispy fried yellow potatoes.

4. When onion and garlic has caramelised (slightly browned), add the mince and cook for 2 minutes. Add the salt, worcestershire sauce, bush tomatoes, 1 tomato paste, native thyme, native oregano and stir well. Cook for a further 5 minutes and then take off the heat.
5. Add roughly 2cm of the mince mix into the pumpkin followed by a lasagne sheet and a small layer of Bechamel sauce. Sprinkle with mozzarella cheese. Repeat until all ingredients are used. Garnish with Saltbush leaves.
6. Wipe out the camp oven with a paper towel and then put in the pumpkin. Place the camp oven back on the coals with the lid on and top with a large amount of coals (equivalent of 15 Heat Beads).
7. Cook for 1h. Press a knife through the wall of the pumpkin. If there is a bit of resistance, cook for another 15 minutes. If not, it is good to go!

Skål International Kununurra, Australia

Skål International Kununurra was formed in 2010 and has a dedicated membership base of 24 enthusiastic tourism operators looking to expand industry connections.

Kununurra, located in the East Kimberley of WA, is a relatively new town that was established in 1961 as a service centre for the Ord River Irrigation scheme. The name Kununurra comes from the Miriuwung word 'Goonoonoorang', which translates to 'meeting of big waters'.

The ancient landscape of the East Kimberley is a contrast of rugged ranges and stunning gorges and is the gateway to some of Australia's most popular attractions including Purnululu National Park (the Bungle Bungles), Mitchell Plateau, Lake Argyle and El Questro.

Whether arriving by plane, car, coach or bike, the Kimberley creates lifelong memories for all.





Tasmanian Scallop Pie

From:
Skål International Launceston, Australia

Ingredients:

- 2 Carrots, finely diced
- 200gm, Dutch Cream Potatoes finely diced
- 60ml 1/4 cup olive Oil
- 2 onions, finely chopped
- 2 Garlic cloves, Finely chopped
- 3 Celery stalks, diced
- 1 tbsp green peppercorns, in brine drained
- 150ml White wine
- 2 tbsp Curry Powder
- 1 Cup Peas and Corn
- 750gm Butter Puff Pastry
- 24 Scallops
- 1 Egg, lightly Beaton
- 200ml pouring cream

Preparation:

1. Preheat oven to 180 °C.
2. Combine carrots and potatoes in a bowl with half of the olive oil and season to taste. Spread on the baking tray lined with baking paper and roast until tender about 25 minutes.
3. Heat the remaining olive oil in a fry pan over a medium heat and garlic, celery and peppercorns until tender, but not brown. Add the wine and curry powder and simmer for 5 minutes. Add the cream, peas and corn, then stir in the roasted vegetables and remove from the heat.
4. Turn oven up to 200 °C.

Continued on next page.

About:

Undoubtedly one of Tasmania's favourite dishes, the curried scallop or Tasmanian Scallop pie has been made in seaside bakeries.

This recipe is very simple. A good pie has a butter pastry outer and is full of creamy curry sauce.

4. Start rolling out the pastry on floured surface about 3mm thick. Line 6 small pie tins with the pastry. Fill the cases with vegetable mixture and place 4 large scallops. Brush with water around the pastry edge and top with pastry top, brush with egg.
5. Refrigerate for hour to rest, then bake for 20 minutes.

Skål International Launceston, Australia

Skål International Launceston has been connecting the local tourism industry for 32 years. Chartered in 1989, the club has a thriving membership base of local tourism professionals supporting industry and promoting the Launceston region.

Launceston is the meeting place of three waterways, set in a beautiful valley that has been a cultural hub and gastronomic centre for more than two thousand generations. The city's natural and built heritage, food, wine (and spirit) have drawn together a diverse community of makers, artisans, storytellers and nature lovers from all over the world.

In 2021 UNESCO (United Nations Educational, Scientific and Cultural Organisation) officially named Launceston a 'City of Gastronomy', connecting Launceston to an exclusive network of cities known for the quality and cultural significance of their food.





Lomo saltado

From:
Skål International Lima, Peru

Ingredients:

- 800 g thin loin
- 1 medium red onion
- 2 fresh yellow chilies
- 4 small tomatoes
- 20 g peeled garlic
- 4 cambay onions (Chinese)
- 4 branches of coriander
- 4 sprigs of parsley
- 1/2 tablespoon ground pepper
- 4 tablespoons of soda
- 1 small glass of Peruvian Pisco Quebranta
- 4 tablespoons dry sherry or white wine
- 1 cup dark broth
- 1/2 cup olive oil
- 1 cup vegetable oil
- 3/4 kilogram large potatoes, preferably yellow

Preparation:

1. Cut the tenderloin into four medallions and each one in cubes of three by three centimeters, seasoning them with salt and half of the pepper and the "sillao". Also, cut the red onion into thick julienne strips; peel and cut the tomatoes in the same way, remove the seeds from the peppers and chop them. Use only the green part of the Chinese onion. Cut everything into julienne strips.
2. Peel and cut the yellow potatoes, and fry them in very hot vegetable oil. When you take them out, put them on absorbent paper.
3. Heat a little olive oil and sauté half of the meat over high heat, moving the pan so that it browns completely, then add half of the pisco to make it flambé. Remove to another pan, add oil, and do the same with the rest of the meat.

Continued on next page.

4. Add a little broth to the pan to deglaze it by pouring the juice into the meat container. If you have a fornillon, fry all the meat together. Add olive oil and sauté the onions together with the chili, removing them as soon as they begin to brown. Place them next to the meat.
5. Sauté the tomatoes and the Chinese onions lightly, without letting them cook. Place them next to the rest.
6. Fry the garlic in the remaining olive oil and add the sherry, letting it evaporate a little. Then mix everything together and add the finely chopped coriander and parsley. Heat a little.
7. Serve with French fries on the side. Rice can also be served in a separate dish.

Skål International Lima, Peru

Lima, the capital of Peru, is a coastal city bathed by the waters of the Pacific Ocean and flanked by the beginnings of the Andes Mountains. Its rich pre-Hispanic and vice-royal history has allowed it to hold the title of World Heritage Site by UNESCO.

Lima, Peru's coastal capital, is a captivating blend of history, culture, and culinary delights. The historic center, a UNESCO World Heritage Site, showcases colonial architecture, including the impressive Plaza de Armas and the San Francisco Monastery with its catacombs.

Lima is a culinary hotspot, boasting a diverse array of dishes that reflect Peru's rich cultural heritage. Explore the vibrant flavors of ceviche, anticuchos, and other Peruvian specialties in the city's renowned restaurants and street markets.

The upscale district of Miraflores offers stunning ocean views, upscale shopping, and a lively nightlife scene. Barranco, known for its bohemian atmosphere, features colorful houses, art galleries, and trendy bars. For History enthusiasts, the Larco Museum houses a remarkable collection of pre-Columbian art. Lima's coastal location provides opportunities for relaxing on the beach, surfing, or enjoying a leisurely stroll along the Malecón boardwalk. With its diverse attractions and warm hospitality, Lima beckons travelers to explore its rich tapestry of experiences.





About:

Sour meat or a beef stew is a Limburg regional dish that resembles stew and hachee. It was prepared with horse meat marinated in vinegar; hence the name, but the taste is sweet, unlike hachee: the sourness of the vinegar is more than offset by the addition of gingerbread (breakfast cake) and syrup. Sour meat is eaten in both Dutch and Belgian Limburg and in the German Rhineland, often with fries or mashed potatoes. At the snack bar or chip shop in Dutch and Belgian Limburg, you can usually get fries with sour meat, and also in many restaurants, eateries, and eateries.

Zoervleisj/Zoorvleis/Stoofvlees

From:

Skål International Limburg, The Netherlands

Ingredients:

- 1 kilogram (4 pounds) beef ribs (collar of beef)
- 5 onions
- 5 cloves
- 8 crushed juniper berries
- 1 teaspoon of nutmeg
- Salt pepper
- 3 bay leaves
- 250 milliliters vinegar
- 3 large slices of gingerbread
- 4 tablespoons of apple syrup
- Butter for frying

Preparation:

1. Let the meat come to room temperature for an hour before baking. It is best to bake it in 2 batches. When the second portion starts to brown, add the first portion again and let it cook until it almost burns.
2. Meanwhile, cut the onions into rings or pieces just what you like, and fry them in the butter in a frying pan until they start to discolour.
3. Pour on the vinegar and let it heat up. Add the onions and vinegar to the meat. Stir up the sticks. Add the nutmeg and the tea bag with the bay leaf, cloves, and juniper berries. Season with salt and pepper.

Continued on next page.

4. Make sure there is enough liquid so that the meat is just covered, add a little warm water if necessary. Adding hot liquid will keep your meat more tender because it won't contract from the shock that cold liquid would cause. Let this cook with the lid on the pan for at least 3 hours. The meat should fall apart.
5. Fish the bay leaf and juniper berries from the pan and then add the apple syrup and the diced gingerbread and let it cook for a while while stirring well. Season the Limburg Zoervleisj with salt and pepper to taste.

Skål International Limburg, The Netherlands

Skål International Limburg was founded in Maastricht on April 1, 1949, as the 47th club, and from the start its members already noticed the cross-border character. Thus, it is also one of the rare cross-border clubs. It has become inimitable that precisely because of the bond of this "Amicale du Tourisme", the sharp edges of doing business within the tourism world, especially here in Limburg, have never existed. As good friends among themselves, they have always succeeded in maintaining a close friendship, increasing mutual understanding and knowledge.

Limburg, in the Netherlands, charms visitors with its picturesque landscapes, historic cities, and welcoming culture. Maastricht, the capital, boasts medieval architecture and lively squares. Explore the scenic hills, visit the Valkenburg Castle or cruise along the Maas River. Limburg's culinary scene, with regional delights like vlaai (fruit-filled pastries), adds to the allure. The region's cycling paths and the enchanting Keukenhof Gardens draw nature enthusiasts. Limburg offers a delightful mix of history, natural beauty, and gastronomy for tourists to enjoy.





Gobhi musallam

From:
Skål International Lucknow, India

Ingredients:

- Fresh cauliflower (one whole): 750 g
- Ghee or butter: 50 g
- Soaked cashew: 40-50 g
- Onion coarsely grated: 50 g
- Ginger sliced: 20 g
- Garlic coarsely grated: 20 g
- Green chili sliced: 3-4
- Turmeric: 1/2 tablespoon
- Cloves: 4
- Dried cumin: 1 teaspoon
- Coriander: 1
- Tomatoes chopped: 2
- Kashmiri red chili powder: 1/2 teaspoon
- Water: 2 cups
- Garam masala (hot spices), crushed
- fenugreek leaves (combined separately, 1 teaspoon of each)
- Salt to taste

Preparation:

1. Add salt and turmeric to 2 cups water and bring the water to boil in a stock pot and put the cauliflower in the stock pot for 2 to 3 minutes. Turn the cauliflower and cook for another 3 min - this process Will tenderise the cauliflower.
2. Take out the cauliflower and keep it aside to be used later.
3. In a pan, heat ghee or butter and add onion, chilli, pepper, and ginger. Saute for about 5 to 6 minutes. Add spices mentioned on point no 10 - dried cumin 1 teaspoon, coriander 1 teaspoon, Kashmiri red chili powder 1/2 Teaspoon (combined) and saute for another 1 minute.
4. Add tomatoes and cook for about 5 minutes for them to become tender.
5. Remove from the heat and let it cool a bit. Blend well all the above cooked mixture with soaked cashew nuts. A little water may be used if the consistency is too thick.

Continued on next page.

6. Take a pan with a small amount of ghee and cook the blended mixture for about 8 minutes and then add garam masala, and crushed fenugreek leaves. Cover the pan and let it simmer for about 5 minutes. Remove from the heat. Add salt as per taste.
7. Keep the oven preheated to about 350°F. Alternatively, clay oven may be used for final cooking if a smoky flavour is preferred.
8. Prick the cauliflower all over with a fork and pour the blended mixture over and smear it thoroughly. Keep the smeared cauliflower inside the freezer for 15 to 20 minutes for infusion of mixture and flavour.
9. Finish the cooking in a preheated oven/clay charcoal oven. This should take about 25 to 30 minutes in a preheated oven and about 12 minutes in a clay charcoal oven.

Skål International Lucknow, India

Skål International Lucknow is a local chapter of Skål International, a renowned organization in the travel and tourism industry. Based in Lucknow, India, it serves as a networking platform for professionals involved in the tourism sector. The chapter aims to foster connections, promote ethical business practices, and support sustainable tourism initiatives in the region.

Lucknow, the city in focus, is the capital of the Indian state of Uttar Pradesh and is known for its rich cultural heritage and historical significance. It boasts an array of architectural wonders, including the Bara Imambara, Chota Imambara, and the Rumi Darwaza. The city's cuisine is famous for its delectable kebabs, biryanis, and sweets like the iconic "kevdai" and "makhan malai".

Additionally, Lucknow is a melting pot of various traditions, and its vibrant festivals like Diwali, Eid, and Holi, further add to the city's allure. The bustling bazaars and bustling street life provide a glimpse into the local culture and lifestyle.

With its unique blend of history, architecture, cuisine, and traditions, Lucknow continues to be a captivating destination for travelers seeking an enriching experience in the heart of India. Skål Lucknow plays a pivotal role in showcasing and enhancing the city's tourism potential while fostering professional collaborations among industry stakeholders.





Bouneschlupp

From:
Skål International Luxembourg, Luxembourg

Ingredients:

- 500-750 g green beans
- 500 g potatoes (3-4 thick potatoes)
- 2 liters meat broth
- 1 bunch savory (bean herb)
- 2 tablespoons flour
- 40 g butter
- 1-2 tablespoons vinegar
- 3-4 smoked pork/beef sausage
- Salt and pepper

Preparation:

1. Wash the beans lightly in cold water and cut off the ends. Cut the beans into 1.5 centimeters long pieces (cut diagonally to the longitudinal axis).
2. Bring the meat broth to boil in a saucepan, add the beans, savory, and simmer for about 45 minutes. In another saucepan, melt the butter, sift in the flour, and toast, stirring constantly. When the roux is medium to dark brown, remove it from heat and stir in cold water, a drop at a time.
3. A smooth mixture must be formed. Add the skimmed bean broth to this mixture until it becomes slightly liquid. Pour this brown sauce into the soup. Careful people use a fine sieve for this. Add another spoonful of vinegar and cook for another 15 minutes.

Continued on next page.

About:

"Bouneschlupp" is an old Luxembourgish word and is therefore difficult to translate or better say impossible to translate into English.

It is neither a "green bean soup" nor "potage aux haricots verts" – Bouneschlupp is simply a Bouneschlupp. There are different ways to prepare a "Bouneschlupp" depending on which region you are coming from but all of them are correct.

4. In the meantime, 1. Cook the sausage separately. 2. Peel and wash the potatoes and cut them into small cubes (about 1 centimeter). Add to the soup. Once the potatoes are cooked, the soup can be served. Season to taste with salt and pepper and remove the bouquet of savory. When serving the soup, add the sliced sausage. Recommendation - put a small bowl of sour cream and a bottle of herb vinegar.

5. Everyone can then individually strengthen the soup to a desired flavor.

Skål International Luxembourg, Luxembourg

Skål International Luxembourg celebrates its 90th Anniversary in 2025. We have today 52 active members from coach operators, tour operators, hotels, restaurants, and airlines just to mention a few.

Luxembourg is the smallest country in the European Union, just 90 km from North to South and 45 km from West to East and it's the only Grand Duchy in the world. Luxembourg has Belgium, France and Germany as its neighbours. From these countries, over 1/3 of its working force are coming. The majority of Luxembourgers speak four languages. Luxembourg has a resolutely multilingual environment. For example - Luxembourg is the home to one of the 3 major European Union institutions. It is also a banking centre with banks from the entire world. Its capital has therefore become very international - over 75 % of inhabitants in the capital have a foreign passport.

As a touristic destination, Luxembourg has a lot to offer. From the very modern capital, and medieval castles (like the Vianden castle) to really rural countryside. Luxembourg has the most hiking trails (per km²) in Europe. Cruises on the Moselle river and from the Moselle valley, it has excellent wine (grown since the time of the Romans), excellent food (people make a joke saying they are happy being located between Germany and France that they have the French kitchen, but the German portions), memorial tourism as being the scene for the Battle of the Bulge during World War II.





Porco Bafassá

From:
Skål International Macau, Macau

Ingredients:

- 1.5 kilograms pork loin with fat and skin or pork butt
- 2 tablespoons of rice vinegar or 4 tablespoons of white wine
- 800 g potatoes, cut into bite-size quarters
- 1 teaspoon of turmeric powder
- Olive oil, as required
- 30 g scallions finely chopped up
- 1 tablespoon of garlic powder
- 3-4 shallots finely chopped up
- 3 garlic cloves of fresh garlic finely chopped up
- 4 bay leaves
- Salt to taste
- White pepper, as required

Preparation:

1. Clean the pork loin, and season with rice vinegar or wine, salt, garlic powder, crushed garlic, scallions, turmeric powder, bay leaves, and peppercorns. Mix a tablespoon or two of water in order to mix the ingredients properly and rub on the pork loin.
2. Let the pork loin marinade for 6 hours in a cool place.
3. Remove the pork loin from the marinade.
4. Heat up olive oil in a saucepan and fry the pork loin until it is golden brown, taking care not to burn it.
5. Place the pork loin, the marinated sauce, and a little water, simmer, and cook until the pork loin is tender. Once it is cooked, pan-fry the pork loin in olive oil to return the skin and pork to its crispy and golden look.

Continued on next page.

About:

This recipe for Porco Bafassá (Bafassá Pork) – is a turmeric-based Macanese dish made by braising (bafa) and roasting (asá) pork. It is a traditional of the Macanese cuisine, usually served on special occasions and celebrations.

6. The potatoes are cooked either together with the pork loin or separately. Cook it with the marinate and pork loin and remove it when it is cooked. The potatoes should be sautéed in oil before serving.
7. Slice the pork loin and arrange on a serving plate. Garnish it with the potatoes and pour the sauce over it, or serve the sauce separately, depending on personal preference.

Skål International Macau, Macau

Skål International Macau has currently 35 members all working and related to the tourism industry. The members meet monthly for a luncheon and frequently participate in industry events.

Macau, often dubbed the "Las Vegas of Asia," is a vibrant Special Administrative Region of China renowned for its unique blend of Chinese and Portuguese influences. The city is a mecca for entertainment, boasting grand casinos, extravagant resorts, and a lively nightlife. The historic center of Macau, a UNESCO World Heritage site, showcases colonial architecture, ancient temples, and cobblestone streets, illustrating its rich cultural heritage.

The iconic Ruins of St. Paul's and the A-Ma Temple are must-visit landmarks. Macau is celebrated for its delectable fusion cuisine, a harmonious marriage of Chinese and Portuguese flavors. With annual events like the Macau Grand Prix and the International Fireworks Display Contest, the city attracts visitors from around the globe. Beyond the glamour of the Cotai Strip, Macau offers a glimpse into a captivating blend of traditions and modernity, making it a unique destination for those seeking an East-meets-West experience.





Callos a la madrileña

From:
Skål International Madrid, Spain

Ingredients (serves 10):

- 5 kilograms of tripe
- 1 kilogram of chickpeas
- 1 ham bone
- 1 pork leg
- 1 pork snout
- 2 Asturian sausages
- 1 Asturian black pudding
- 2 carrots
- 2 onions
- 2 leeks
- 100 grams of serrano ham
- 10 grams of cloves
- 1 bay leaf
- 100 grams of garlic
- 2 tablespoons of sweet paprika ("pimentón de La Vera" is one of the best options)
- 1 chili pepper

Preparation:

1. The day before cooking, soak the chickpeas in warm water and salt.
2. The next day we make a broth with the ham bone, 1 onion, leeks, carrots and put everything to cook. When the broth is ready, strain and reserve two parts. In a part of that broth we put to cook the chickpeas (previously drained of the previous day's soaking) with the Asturian sausages. In another part of that broth that we have previously reserved, we put to cook the tripe, the snout, the pig's trotter, the other onion with the pricked cloves, the bay leaf and the chili pepper. When the chickpeas, the tripe, the snout and the pig's trotter are soft, we unite both cookings, we add the black pudding and we let them cook together.

Continued on next page.

About:

'Callos a la madrileña' is often served hot and is considered a comfort food, especially popular during colder months. It is enjoyed for its depth of flavor and the combination of different textures from the tripe and sausages.

It's a dish that reflects the traditional and hearty nature of Spanish cuisine, particularly in the Madrid region.

4. Previously we will have made a sofrito with olive oil, garlic, onion in brunoise and the Iberian ham in cubes and finally the sweet paprika. Add this sauce to the cooking of the tripe with chickpeas and let it cook so that the flavors are unified. If we want to give more body to the dish, we remove some chickpeas, grind them with some broth and add them back to the cooking.
5. We cook for the time that we consider that the dish takes consistency and... enjoy!

Skål International Madrid, Spain

Madrid, Spain's vibrant capital, beckons tourists with a dynamic blend of rich history, cultural treasures, and lively modernity. The city's heart, Puerta del Sol, is a bustling hub surrounded by historic landmarks, including the Royal Palace and the iconic Plaza Mayor.

Museums like the Prado, Reina Sofía, and Thyssen-Bornemisza showcase masterpieces by renowned artists. The Retiro Park provides a serene escape, while the Gran Vía is a bustling avenue dotted with shops and theaters.

Madrid's culinary scene is a feast for the senses, offering traditional tapas bars, innovative restaurants, and lively markets like Mercado de San Miguel. The nightlife is legendary, with late-night revelry in neighborhoods like Malasaña and Huertas.

Whether exploring the historic neighborhoods, savoring exquisite cuisine, or immersing in the city's cultural gems, Madrid invites travelers to experience the passionate and welcoming spirit of Spain.





Tatemado colimote

From:

Skål International Manzanillo-Colima-Costalegre, Mexico

Ingredients:

- 2.5 kilograms loaded pork ribs
- 20 pinch dried guajillo pepper
- 12 pinch dried corita chile
- 7 cloves of garlic
- 1 teaspoon of whole cumin
- 1 teaspoon whole cloves of cloves
- 1 teaspoon of bay leaves
- 1 teaspoon whole black pepper
- 1/4 teaspoon cinnamon stick
- 50 milliliters tuba vinegar
- Sea salt
- Lard

Preparation:

1. Devein the chiles, remove the seeds and soak in water until soft.
2. Rinse the ribs until they bleed and drain.
3. Sauté the ribs in lard with onion, salt and ground black pepper until golden brown and set aside.
4. Roast garlic, cinnamon, cumin, cloves, bay leaf and black pepper in a frying pan.
5. Blend seasonings with the chiles, sea salt and strain. Reserve the marinade.
6. Add the liquefied marinade to the previously browned ribs.
7. Bake the ribs over medium heat until cooked and the meat is tender.

Suggestions: Rectify seasoning. Serve with red rice and pickled fruit.

About:

"Tatemado colimote" is a traditional Mexican dish hailing from the state of Colima, located on the western coast of Mexico. The term "tatemado" refers to the cooking technique, involving open flame or direct heat, often associated with grilling or roasting.

This dish is often served with accompaniments like tortillas, beans, salsa, and fresh vegetables. The dish showcases the regional flavors of Colima and is a reflection of the traditional Mexican culinary emphasis on bold and smoky tastes achieved through various cooking methods.

Skål International Manzanillo-Colima-Costalegre, Mexico

Skål International Club 665 Manzanillo- Colima - Costalegre began with the sponsorship of Rafael Millan, in 2001, being the first president Francisco Rangel and this club continues with the participation of three founders, Hector Sanchez, who is Past President, Miguel de la Madrid, who at that time was Secretary of Tourism of the State of Colima and Hector Sandoval, who years later was also Secretary of Tourism of the State. It was formed with 16 members, and now they are 29, having owners and directors of hotels, DMC, restaurant owners, who at each meeting give us their best dishes and excellent service. The members belong to the city of Colima, capital of the State, Manzanillo, the most important port of Mexico and the Costalegre Corridor.

Manzanillo in Colima, Mexico, is a picturesque coastal destination within the enchanting Costalegre region. Renowned for its golden beaches, vibrant marine life, and water activities, it's a haven for sun-seekers and water sports enthusiasts. The city offers a harmonious blend of relaxation and adventure, with luxury resorts, seafood cuisine, and cultural attractions. Visitors can explore the historic old town, engage in deep-sea fishing, or simply unwind on the pristine shores. With a tropical climate and welcoming atmosphere, Manzanillo-Colima-Costalegre beckons travelers to indulge in its natural beauty and diverse leisure options.



About:

Black hake confit with braised fennel and fennel puree.



Merluza Negra Confitada

From:

Skål International Mar del Plata, Argentina

Ingredients:

Hake fillet:

- 200ml olive oil
- 200 g Merluza Negra
- Salt
- Parsley
- Ciboulette

Grilled fennel:

- 1 kg fennel;
- Salt
- 50 g muscovado sugar
- Balsamic vinegar
- Orange peel
- Lemon peel
- 350 ml orange juice
- 40 ml soy sauce
- 300 g onion
- Fresh thyme
- 200 ml White wine
- Fennel seeds
- Coriander
- Garlic

Fennel puree:

- 1,5 kg fennel
- 175 ml olive oil
- 90 ml water
- Salt
- Apple puree
- Butter

Preparation:

- 1.Hake cooking: Vacuum pack, cook at low temperature with olive oil, thyme and salt.
- 2.Fennel puree: Cook the fennel in milk until tender, cook the green apples with butter. Process both in the Thermomix.
- 3.Braised fennel: Make a liquid with balsamic vinegar, orange juice and aromatic herbs. Braise the fennel in this liquid.

Skål International Mar del Plata, Argentina

Skål International Mar del Plata promotes friendship and networking among leaders in the tourism sector by organizing events, conferences and activities that encourage the exchange of ideas and experiences among its members, thus contributing to the development and growth of the tourism industry in the region.

Mar del Plata is a coastal city located in the province of Buenos Aires, Argentina. Known as 'The Pearl of the Atlantic', it is one of the most important tourist destinations in the country, especially during the summer.

The city has extensive beaches, a wide gastronomic offer, recreational and cultural activities, as well as a vibrant nightlife.





Mahmudiye

From:
Skål International Marmara, Türkiye

Ingredients:

- 1/3 cup stone dried apricots
- 1 tablespoon fresh or dried currants
- 1.5 tablespoons unsalted butter
- 1/4 yellow onion finely diced
- 5 ounces of shallots peeled and left whole
- 1/2 teaspoon salt
- 1.25 pounds boneless, skinless chicken thighs or breasts
- 1/2 teaspoon ground cinnamon
- 2 tablespoons lemon juice
- 1 teaspoon freshly ground black pepper
- 2.75 cups hot chicken stock
- 3/4 cup slivered almonds
- 1 cup barley noodle

Preparation:

1. Soak the apricots and currants in hot water for 10 minutes. Drain and slice each apricot into 3 pieces.
2. Melt the butter in a large pan with a lid over medium heat and add the chopped onion and whole shallots. Cook for 10 minutes, stirring. Allow to soften and slightly brown. Mix in the salt.
3. Cut the chicken into 2-inch pieces. Add to the pan. Once the chicken has taken on a golden color all over, add the cinnamon, lemon juice, and black pepper. Cook for 5 minutes, then add the hot stock and dried fruit. Bring to a boil, then cover and simmer for 45 minutes, stirring occasionally.
4. Check to see if the chicken is tender. If there is still a lot of liquid, reduce it with the lid off. Start cooking the rice separately according to the package instructions, but remove from heat 3 minutes before finished.

Continued on next page.

About:

This is an old Ottoman dish that incorporates the Middle Eastern and Turkish tradition of combining dried fruits with meats in savory dishes. The assortment of spices, dried fruit, and nuts creates an exquisite aroma and mouth-watering flavor.

The little bit of cinnamon makes this the perfect dish for a cool fall evening. Serve with a long grain basmati rice and a simple green salad with a sharp dressing.

5. Toast the almonds gently in a dry skillet until just golden.

6. Add the rice, without the water, to the chicken pot and cook for another 3 minutes or until the barley is fully cooked. Serve scattered with the toasted almonds.

Skål International Marmara, Türkiye

Istanbul is the largest city in Türkiye, constituting the country's economic, cultural, and historical heart. Its commercial and historical centre lies in the European part of Eurasia, while about a third of its population lives in the Asian part.

With a population of 14.1 million, the city forms the largest urban agglomeration in Europe as well as the largest in the Middle East, and the sixth-largest city proper in the world. Istanbul's vast area of 5,343 square kilometres is coterminous with Istanbul Province, of which the city is the administrative capital. Istanbul is a transcontinental city, straddling the Bosphorus Strait in northwestern Türkiye between the Sea of Marmara and the Black Sea.





Turkish keshkek

From:
Skål International Marmaris, Türkiye

Ingredients:

- 2 cups of wheat
- 0.6 pounds of lamb
- 1/2 tablespoon of butter
- 1 onion
- 1 teaspoon of salt
- 1 teaspoon of black pepper

Preparation:

1. Wash and drain wheat and put it in a deep pan. Add the lamb, finely chopped onion, and salt. Then, add 5 glasses of water. Cook over low heat.
2. Put the meat in a separate bowl after it has softened. Crush the meat. Add the wheat and mix them.
3. Add salt and pepper. Cover the pot and let it cook for about 2 hours.
4. After cooking, mix the ingredients with a spoon.
5. Melt the butter in the pan and add the chili flakes.
6. Pour the oil over the prepared keshkek and it is ready to serve.

About:

A traditional flavor from Turkish cuisine: keshkek. Try this recipe, which is basically split wheat and meat.

It is a meal given in ceremonies such as weddings, engagements, circumcision, and special days in Turkish cuisine. Keshkek is a traditional flavor made with lamb or chicken meat and wheat.

Preparations are started one night in advance for this dish, which is preferred as a wedding meal in its original recipe.

Skål International Marmaris, Türkiye

Marmaris is a port city and tourist resort on the Mediterranean coast, located in Muğla province, southwest Türkiye, along the shoreline of the Turkish Riviera. Although Marmaris is known for its honey, its main source of income is international tourism.

It is located between two intersecting sets of mountains by the sea, though following a construction boom in the 1980s, little is left of the sleepy fishing village that Marmaris was until the late 20th century. In 2010, the city's resident population was 30,957, although it peaks at around 300,000 to 400,000 people during the tourist season.

As an adjunct to the tourism industry, Marmaris is also a centre for sailing and diving, possessing two major and several smaller marinas. It is a popular wintering location for hundreds of cruising boaters.

Dalaman Airport is an hour's drive to the east. Ferries operate from Marmaris to Rhodes and Symi in Greece.





Lime soup

From:
Skål International Mérida, Mexico

Ingredients:

- Chicken broth
- Garlic
- White onion
- Celery
- Bay leaf
- Tomato
- Sweet bell pepper
- Vegetable oil
- Lime
- Juice of 1 lime
- Tortillas

Preparation:

1. Cook chicken broth with garlic, onion, celery, bay leaf, once the chicken is cooked, shred it (reserve the broth).
2. Cut white onion, tomato, sweet bell pepper, and garlic to make a sofrito with vegetable oil, then blend and strain, add the sofrito to the chicken broth along with a roasted lime, bay leaf, juice of 1 lime, let it boil, season and strain, cut the tortillas into small julienne then fry, reserve.
3. Add the shredded chicken to the lime, then the fried tortilla julienne and garnish with a slice of lime.

About:

"Sopa de Lima" (lime soup) is a comforting and aromatic soup, offering a delightful blend of savory, citrusy, and herbal notes. It's a beloved part of Yucatecan cuisine and a refreshing option, especially in warm climates.

Skål International Mérida, Mexico

Skål International Mérida has 20 members, and it is located in the Yucatan Peninsula, a place of many traditions and proud of the Mayan culture.

Mérida, the vibrant capital of Mexico's Yucatán state, entices tourists with its rich cultural tapestry and colonial charm. The city, often called the "White City" for its white limestone buildings, boasts a historic center filled with grand plazas, such as the iconic Plaza Grande, and architectural gems like the Cathedral of Mérida.

Renowned for its lively cultural scene, Mérida hosts traditional events like the Jarana dance and offers vibrant markets like Lucas de Galvez, where visitors can explore local crafts and flavors. The Paseo de Montejo, lined with elegant mansions, is perfect for leisurely strolls.

Mérida serves as a gateway to Yucatán's archaeological wonders, including Chichén Itzá and Uxmal. The city's gastronomy reflects its Mayan and Spanish heritage, with diverse dishes like cochinita pibil and sopa de lima.

With its warm hospitality, colorful festivals, and proximity to natural wonders, Mérida beckons travelers to immerse themselves in the heart of Yucatecan culture.





Ropa vieja

From:
Skål International Miami, USA

Ingredients:

- 2 pounds flank steak
- 1 onion, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 3 cloves garlic, minced
- 1 (14.5 oz) can crushed tomatoes
- 1 cup beef broth
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika
- Salt and pepper to taste
- 2 tablespoons olive oil
- 1 tablespoon white vinegar
- Cooked white rice, for serving
- Chopped fresh cilantro, for garnish

Preparation:

1. Season the flank steak generously with salt and pepper on both sides.
2. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Sear the flank steak on both sides until browned, about 3-4 minutes per side. Transfer the steak to a plate and set aside.
3. In the same skillet, add the remaining tablespoon of olive oil. Add the sliced onions and bell peppers and cook until softened, about 5 minutes. Add the minced garlic and cook for an additional minute.
4. Stir in the crushed tomatoes, beef broth, ground cumin, dried oregano, smoked paprika, and white vinegar. Bring the mixture to a simmer.
5. Return the seared flank steak to the skillet, nestling it into the sauce. Cover and simmer over low heat for 2-3 hours, or until the beef is tender and easily shreds with a fork.

Continued on next page.

About:

'Ropa Vieja', a traditional Cuban dish, translates to "old clothes" in Spanish, but its taste is anything but aged. This flavorful dish features tender, shredded beef simmered in a rich and savory tomato-based sauce, often infused with onions, peppers, garlic, and spices like cumin and oregano. The name derives from the shredded beef's resemblance to tattered clothing, but its vibrant flavors and aromatic spices make it a beloved staple in Cuban cuisine. Served alongside rice and black beans, Ropa Vieja embodies the heart and soul of Cuban home cooking, offering a taste of the island's culinary heritage in every bite.

6. Once the beef is tender, remove it from the skillet and shred it using two forks. Return the shredded beef to the skillet and stir to coat it in the sauce.
7. Taste and adjust the seasoning with salt and pepper if needed.
8. Serve the Ropa Vieja hot over cooked white rice, garnished with chopped fresh cilantro. Black beans make a great side dish. This dish is hearty, flavorful, and perfect for sharing with friends and family. Enjoy your Cuban feast!

Skål International Miami, USA

Skål International Miami provides a platform for networking, business development, and fostering relationships among industry leaders, including hoteliers, travel agents, tour operators, and other tourism-related businesses. Through regular meetings, events, and initiatives, Skål International Miami aims to promote sustainable tourism practices, exchange industry insights, and support the growth and development of the tourism sector in the Miami area.

Miami, a vibrant city nestled along the southeastern coast of Florida, stands as a beacon of diversity, culture, and entertainment, making it a premier tourism destination. Renowned for its stunning beaches, including the iconic South Beach, Miami beckons sun-seekers from around the globe to its shores year-round. Beyond its pristine coastline, Miami boasts a dynamic cultural scene, reflected in its eclectic neighborhoods like Little Havana and Wynwood, adorned with colorful street art and pulsating with Latin rhythms. Visitors can indulge in world-class cuisine at a plethora of restaurants, shop in upscale boutiques, and experience the vibrant nightlife that has earned Miami its reputation as a party paradise. With an array of attractions ranging from the historic Art Deco architecture of Ocean Drive to the lush landscapes of the Everglades National Park just a stone's throw away, Miami offers something for every traveler, ensuring an unforgettable experience in the Magic City.





About:

The story goes that this dish was born in Zacatecas in times of the revolution, when Pancho Villa arrived with his troops to Ejido de Morelos to celebrate the triumphs they were reaping, at his stop he asked his women to cook pork with chili; the dish he used to ask for to celebrate. As this dish reminded all the people of Zacatecas of triumph and celebration, they began to prepare it at weddings, as a symbol of the joy that this marital union represented for the families, so little by little it was called Asado de Boda (Wedding Roast).

Nuevo León style pork roast

From:
Skål International Monterrey, Mexico

Ingredients:

- 1 kilogram of pork shoulder
- 10 g of pork lard
- 15 milliliters vegetable oil
- 8 guajillo chili peppers
- 2 ancho chili peppers
- 2 of pasilla chili
- 1 g avocado pits
- 30 g garlic
- 100 g onion
- Salt/pepper (quantity needed)
- 1 g ground cumin
- 4 bay leaves
- 1 g oregano
- 1 pinch of cloves
- 5 g lard

Preparation:

1. Cut the pork shoulder into cubes. Season with salt and pepper. Seal with lard and oil.
2. Toast the chiles and soak them in hot water for 15 minutes. Cut the onion, and peel the garlic. Sauté in lard. Blend the chiles with the fried onion and garlic, adding the aromatics, spices, salt, and pepper to taste.
3. In the same pan in which the meat was seared, deglaze with the sauce.
4. Add the seared meat. Boil for 45 minutes, covered, over low heat. Serve with red rice and refried beans.

Skål International Monterrey, Mexico

Monterrey, in northeastern Mexico, is a dynamic city known for its industrial prowess and striking natural landscapes. The iconic Cerro de la Silla mountain overlooks the city, offering panoramic views. Fundidora Park, a former steel foundry turned urban park, is a cultural hub with museums, gardens, and event spaces.

The Macroplaza, one of the largest city squares globally, hosts landmarks like the historic Metropolitan Cathedral and the modern MARCO (Museum of Contemporary Art). Monterrey's rich culinary scene showcases northern Mexican flavors, and the Barrio Antiguo district is famous for its vibrant nightlife.

The nearby Grutas de García limestone caves and the scenic Cola de Caballo waterfall provide opportunities for outdoor adventures. Monterrey, with its blend of industrial progress, cultural attractions, and natural beauty, invites tourists to explore its diverse offerings.





Raclette

From:
Skål International Montreux Vevey, Switzerland

Ingredients:

- 200 g (7 ounces) raclette cheese per person.
Selection of different raclette cheese to keep the flavours interesting
- Vegetables
- Potatoes
- Sausages
- Beef fillet
- Salami
- Ham
- Dry-cured meat
- Cornichons
- Pickled onions

Preparation:

1. Cook each ingredient on the raclette grill.
2. If you don't want to cook the meat on the grill, it is also traditional to serve a plate of cold meats (salami, ham, jerky, etc.) as a garnish.
3. Melted raclette cheese is usually served over boiled potatoes, with cornichons and pickled onions on the side.
4. The best combination, with white wine "Fendant".

About:

Raclette, a delicious Swiss dish, has its origins in the Alpine regions of Switzerland. The name "raclette" is derived from the French word "racler," which means "to scrape" or "to scrape off."

The dish traditionally involves heating a wheel of raclette cheese, either in front of a fire or using a special apparatus, and then scraping off the melted or semi-melted cheese onto accompaniments such as boiled potatoes, pickles, and cured meats.

Skål International Montreux Vevey, Switzerland

Created on November 24, 1933, Skål International Montreux Vevey is the 5th club at the international level and the first launched in Switzerland. This club is located in a unique setting, a region known as the “Swiss Riviera”, which has always welcomed famous guests, among whom we find emblematic figures, such as Freddy Mercury and Charles Chaplin.

Nestled on the shores of Lake Geneva, Montreux-Vevey in Switzerland is a picturesque region celebrated for its stunning landscapes, cultural richness, and the world-famous Montreux Jazz Festival. The lakeside promenades offer breathtaking views of the Alps, and the region's mild climate adds to its allure. Montreux hosts the iconic Chillon Castle, a medieval fortress on a lakeside rock, and the Freddie Mercury statue in honor of the legendary Queen frontman who lived here.

Vevey, with its charming Old Town and the Alimentarium Food Museum, adds cultural depth to the experience. The Rochers-de-Naye cogwheel train provides panoramic vistas, while the vineyards surrounding the area offer wine enthusiasts a treat. The lakeside Montreux Jazz Festival attracts music aficionados globally. With a harmonious blend of natural beauty, cultural attractions, and musical vibrancy, Montreux-Vevey captivates tourists seeking an enriching and scenic escape in Switzerland.





Rajma gravy

From:
Skål International Mumbai South, India

Ingredients:

- 250 g rajma beans
- 1 small teaspoon of asafoetida
- Fine paste of 1 inch ginger
- 6 medium sized onions
- 3 green chilies
- 6 garlic cloves
- 6-9 medium sized tomatoes
- 3 tablespoons of pure ghee (clarified unsalted butter)
- 2-3 bay leaves
- Chilly garlic paste
- Basmati (long grain) rice
- Half a teaspoon of turmeric powder
- 2 teaspoons of coriander powder
- 3 teaspoons of red Kashmiri chilly powder
- 1 teaspoon of garam masala powder
- 1 teaspoon of salt
- 1 teaspoon of fennel powder

Preparation:

1. Take 250 g Rajma beans. Wash thoroughly and soak it in 1 litre of drinking water for 10-12 hours.
2. Put this soaked rajma along with the same water in a pressure cooker. Water should be about 1 inch above the rajma. Add 1 small teaspoon of asafoetida and a fine paste of 1 inch ginger.
3. Pressure cook for 6 whistles at least. You have to adjust the whistles as per your pressure cooker. Let it cool. Open and check the rajma. It should be soft and should easily be mashed between your 2 fingers.
4. Now, let's go with masala gravy. Cut finely about 6 medium sized onions. Make a fine paste of 3 green chilies and 6 garlic cloves. Make fine paste of 6-9 medium sized tomatoes.

Continued on next page.

About:

Red kidney beans are thought to have originated in Peru. When combined with rice, red beans make a complete protein source, and, therefore, are ideal as a substitute for meat. Red beans, like many kinds of legumes, must be fully boiled or otherwise cooked before being eaten as they contain natural toxins that are destroyed in the cooking process.

This is one of the most popular and loved dish of North India. The best rajma is sourced from a small town name Baderwah, in Kashmir. Rajma from Baderwah is famous around the globe for its authentic and delightful taste.

5. Add the cooked rajma with the water to this masala gravy. Mix well and cook for another 20-30 minutes.
6. Add warm water to adjust the consistency of the gravy and also add salt in accordance.
7. Add fresh milk cream to add richness and texture. This is purely optional.
8. Garnish with finely chopped fresh green coriander and add a pinch of the garam masala on the rajma before serving.
9. Serve with preferably basmati (long grain) rice.

Skål International Mumbai South, India

Mumbai, situated on the west coast of India, is a bustling metropolis that offers a fascinating blend of tradition and modernity. Known as the "City of Dreams," Mumbai is a dynamic hub for tourism, commerce, and entertainment.

The city's iconic landmarks include the Gateway of India, Marine Drive, and the Chhatrapati Shivaji Maharaj Terminus. Explore the historic Elephanta Caves, a UNESCO World Heritage site, or stroll through the vibrant markets of Colaba and Crawford.

Mumbai is also the heart of India's film industry, Bollywood, and visitors can experience the glamour at Bollywood-themed attractions. Enjoy the diverse culinary scene, from street food at Chowpatty Beach to fine dining in trendy neighborhoods like Bandra.

For a spiritual experience, visit the Siddhivinayak Temple or Haji Ali Dargah. With its cultural richness, architectural marvels, and the Arabian Sea as a backdrop, Mumbai South captivates tourists with its energy and diverse attractions.





Hitsumabushi

From:
Skål International Nagoya, Japan

Ingredients:

- Grilled eel
- White rice
- Soy sauce
- Mirin
- Sake
- Wasabi
- Green onions
- Nori seaweed

Preparation:

1. Hitsumabushi consists of grilled eel over a bed of steaming white rice. The eel is first grilled over charcoal and then slathered in a savory sauce made with soy sauce, mirin, and sake. The dish is then served in a large wooden bowl and accompanied by condiments such as wasabi, green onions, and nori seaweed.
2. What makes hitsumabushi unique is the way it is traditionally enjoyed. The dish is served in four different ways of eating: first, you eat one third of the eel and rice as it is, then second, you add some condiments to the remaining two thirds and savor it again. Third, you can pour some warm dashi broth over the remaining eel and rice and eat it as a soup, and finally, enjoy the rest as you like. This experience of enjoying hitsumabushi in different ways is called "shunsaibiki" and is said to enhance the flavors of the dish.

About:

Overall, hitsumabushi is a hearty and satisfying dish that captures the essence of Nagoya cuisine. It has become a popular dish in Japan and is a must-try for anyone visiting Nagoya.

Skål International Nagoya, Japan

Skål International Nagoya is a club in Nagoya City, which is located center of Japan.

Nagoya is a great city to visit for its mix of traditional and modern Japanese culture. One of the top attractions is Nagoya Castle, which has a beautiful garden and offers a glimpse into feudal Japan.

Another must-see is the Toyota Museum, which showcases the history and innovation of Japan's leading car manufacturer. In addition, Nagoya is famous for its delicious cuisine, such as miso katsu (pork cutlet with miso sauce) and hitsumabushi (grilled eel on rice). For shopping, visit the Sakae district, known for its department stores and trendy boutiques.





Chicken Koroga

From:
Skål International Nairobi, Kenya

Ingredients:

- 1.3 kilograms chicken cut into 4-inch pieces
- 1 tin coconut milk (or 4 ounces cream of coconut made up with 1 mug of warm water)
- 1 kilogram grated tomato
- 1 teaspoon salt
- ½ teaspoon turmeric powder
- ½ teaspoon curry powder
- 2 dessertspoons freshly chopped green coriander
- 1 teaspoon freshly ground ginger
- 1 teaspoon freshly ground garlic
- 2 finely crushed fresh green chilies
- ½ teaspoon ground black pepper
- 1 dessertspoon freshly squeezed lemon/lime juice or bottled lemon juice
- ½ teaspoon garam masala

Preparation:

1. Wash the chicken pieces and place in a pan, add half of the salt, half the green chilies, and half the grated fresh tomato and all of the ginger, garlic, turmeric and pepper.
2. Bring to the boil and cook covered on low heat until chicken is cooked, usually 10 - 15 minutes. Add half a cup of water if the chicken is sticking to the pan.
3. Dry off any excess liquids, half a cup of liquid should remain in the pan with the chicken.
4. Add the coconut milk into a separate pan, and add the rest of the green chilies, grated tomato, and salt. Keep on a rolling boil for 7 minutes or until the coconut mixture has thickened. Take off the heat and cool for a couple of minutes.

Continued on next page.

About:

Chicken Koroga, a savory coastal dish from Mombasa, Kenya. Koroga is a Swahili word which translates to “mix”. If you love Kenyan food you have to try this recipe!

This chicken Koroga tastes just as good as what you’d get at a Kenyan coastal restaurant, and it’s easy to make. Chicken Koroga has an abundance of spices leaving it brimming with incredible taste and flavor. You will love that little bit of coconut cream that’s added at the end. It’s rich and creamy and it’s amazingly hearty when you finish it off with rice or naan bread.

5. Then pour the coconut mixture over the cooked chicken, mix well with a wooden spoon, bring to the boil and cook the mixture together on a low heat for 3 or 4 minutes.
6. Add the lemon juice and garnish with fresh green dhania before serving with plain boiled rice and naan bread.
7. Chicken Koroga is ready to serve, over rice or naan bread.

Skål International Nairobi, Kenya

The Nairobi chapter is a professional association under the umbrella of Skål International, that embraces all sectors from the travel industry in the region; bringing together and promoting tourism and friendship. Skål International Kenya, Nairobi (Skål International Club No. 63) was founded in 1950 as the first Skål International Club established in Kenya and for the last 73 years, the Nairobi Club has assisted and guided in the formation of Skål International Clubs in Africa.

Nairobi is the city of Kenya. The name Nairobi translates to 'place of cool waters', a reference to the Nairobi River which flows through the city. The city is commonly referred to as The Green City in the Sun, the only city in the world with a National Park, which is a major tourist attraction. The City of Nairobi has a subtropical highland climate. The city features a mix of cultures, business enterprises, modern infrastructure network such as highways and the recently constructed Expressway that connects between the Jomo Kenyatta International Airport and Westlands business hub), entertainment and music scene, night life, health facilities, places of worship, tourist attraction sites and vast economic activities. Nairobi is also home to several universities and colleges, high-end hotels, shopping malls and sports centers.

Nairobi is the hub of transport and communication between major cities and towns in Kenya. The Standard gauge railway connects to the coastal city of Mombasa and other destinations in the country. Through the Wilson Airport, travelers can also connect to other parts of the country. Nairobi's public transport industry plays a key role in the economy. The system is popularly referred "Matatu Culture" and through government policy, the transport players are segregated so as to operate specific routes, making it easier for City residents and visitors to move from one place to the next.




About:

When you think of pumpkin and spices, your mind likely jumps to pumpkin pie spices like ginger, cinnamon, cloves and nutmeg. But did you know that pumpkin and curry also pair perfectly? If you have never cooked with curry before, this is a great introduction, since it really combines the familiar flavors of pumpkin and corn with the slightly exotic taste of curry. You will wonder why it's taken you so long to combine these delicious flavors.

Bisque of curried pumpkin crawfish and corn

From:
Skål International New Orleans, USA

Ingredients (serves 12):

- 1 cup olive oil
- 2 cups chopped onions
- 1 cup chopped bell peppers
- 1 cup chopped celery
- ½ cup chopped garlic
- 1 cup flour
- 1 cup Steen's cane syrup
- ¼ cup curry powder
- 2 quarts crawfish stock
- 14 ounces can of unsweetened pumpkin
- 2 cups fresh corn kernels
- 1 pound peeled Louisiana crawfish tails
- 1 cup heavy whipping cream
- Salt to taste
- Pepper to taste

Preparation:

1. In a large pot heat olive oil over medium high heat, add onions, bell peppers, celery, and garlic. Cook until translucent or for 10 minutes.
2. Stir in flour and cook for 2 minutes. Then, stir in cane syrup, curry powder, crawfish stock, corn kernels, and Louisiana crawfish tails. Whisk in can pumpkin and bring soup to a boil, then simmer for 30 minutes.
3. Add heavy whipping cream and season soup with salt and pepper to taste.

Skål International New Orleans, USA

New Orleans, a vibrant city in the heart of Louisiana, USA, is a cultural melting pot celebrated for its music, cuisine, and festive atmosphere. Known for its iconic French Quarter, visitors can explore historic streets like Bourbon Street, vibrant markets, and the lively Jackson Square.

Jazz enthusiasts flock to the birthplace of this genre, enjoying performances in famous venues like Preservation Hall. The city hosts lively festivals, including the world-famous Mardi Gras, where parades, music, and colorful celebrations take over the streets.

Culinary delights are abundant, with Creole and Cajun influences seen in dishes like gumbo and beignets. The Garden District showcases stunning antebellum mansions and oak-lined streets. Riverboat cruises along the Mississippi River provide a scenic escape.

With its unique blend of history, music, and cuisine, New Orleans invites tourists to immerse themselves in the soulful spirit of the city, making it a captivating destination for cultural exploration and revelry.





Panamanian chicken rice

From:
Skål International Panamá, Panama

Ingredients:

- 2 cups of rice
- 4 cups of chicken broth
- 500 grams of chicken (preferably thighs or legs)
- 1 chopped onion
- 2 stalks of celery chopped
- 2 garlic cloves, minced
- 1 chopped red pepper
- 1 chopped carrot
- 1/2 cup of green olives
- 1/4 cup capers
- 2 tablespoons of vegetable oil
- 1 teaspoon of achiote oil
- 1/4 bunch of coriander
- Salt and pepper to taste

Preparation:

1. In a large pot, heat oil over medium heat. Add chicken and cook until browned on all sides. Remove the chicken from the pot and reserve.
2. In the same pot, add the onion, garlic, bell pepper, celery, and carrot. Cook until vegetables are tender. Add the rice to the pot and stir to coat it with the flavors of the vegetables. Add the achiote oil for color and cook for a couple of minutes.
3. Pour in chicken broth, salt, and pepper to taste. Bring to a boil. Reduce heat to low, cover pot, and allow rice to cook for about 15 minutes or until tender and liquid is absorbed. Meanwhile, shred previously cooked chicken.
4. Once the rice is cooked, add the shredded chicken, olives, and capers. Mix well. Cover the pot again and cook for another 5 minutes to heat the ingredients. Remove pot from heat and let stand a few minutes before serving.

About:

Panamanian chicken rice, known locally as "arroz con pollo," is a traditional and popular dish in Panama. It reflects the country's fusion of Spanish, Afro-Caribbean, and indigenous influences in its culinary traditions.

This hearty and comforting dish is not only a staple in Panamanian households but is also frequently enjoyed in social gatherings and celebrations. Its diverse ingredients and vibrant flavors make it a quintessential representation of Panama's culinary identity.

Skål International Panamá, Panama

Skål International Panamá was officially recognized as an organization with legal entity in the Republic of Panama on March 26, 1956. With approximately 50 active members, this club holds bi-monthly dinner meetings which include a speaker or entertainment. The Board of Directors meets monthly, and the agenda includes the planning of all events, meetings, recruitment and fundraising activities, as well as its annual summer outing. This club currently has formalized twinning agreements with the International Skål International Clubs of Barcelona, Bogota, Guadalajara, Guayaquil, Mexico, New Jersey, Paris, Puerto Vallarta, and Venice.

Panama finds itself not only at the crossroads between North and South America, but also between fast-paced cosmopolitan life and traditional Earth-centered cultures, modernity and history, sun-drenched terrain and mysterious rainforest, science and nature, and exhilaration and serenity. Panama rewards exploration, bringing together countless sights and sensations. Things to do in Panama offer the perfect immersive adventure. Experience a unique slice of big city life in Panama City where skyscrapers reign supreme and cut out a striking skyline right along the water. As the capital of the country, this bustling city has the modern infrastructure you would expect of any world-class city. Adding complexity to the modernity of Panama City is the juxtaposition of historic sites like Panama Viejo and the cobblestoned streets of Casco Antiguo.

Panama City's gastronomy scene offers five-star restaurants and cuisines from cultures around the world, making Panama City the place to find top-rated chefs preparing excellent dishes. In this UNESCO Creative City of Gastronomy, you can take your pick of rooftop bars in the Casco Antiguo neighborhood; sophisticated, open-air establishments downtown; and lively bars in the Amador Causeway area. You'll find culinary delights well beyond the capital city too. Panama has one of the most diverse ecosystems in the world and is home to the most researched rainforest in the world, along with miles of pristine beaches, cloud forests atop a rugged mountain range, and an offshore world full of marine life and coral reefs. Panama's off-the-beaten-path natural areas are an unexpected find for adventure seekers. Of course, the Panama Canal, the 8th wonder of the modern world, is Panama's most important modern contribution to the world and no trip to Panama is complete without a visit to this top attraction.





Fresh Fremantle Fish and Chips, Gluten Free

From:
Skål International Perth, Australia

Ingredients:

Fish and Batter:

- 8 fresh King George Whiting fillets
- 2 cups gluten-free flour (e.g., rice flour or a gluten-free flour blend)
- 2 cups Hahn Superdry beer
- 2 tsp baking powder (gluten-free)
- 2 tsp salt
- 1 tsp black pepper
- 1 tsp paprika
- Oil for frying (vegetable or canola)

Chips:

- 4 large locally grown Sebago potatoes
- Oil for frying (vegetable or canola)
- Salt to taste

Tartare Sauce:

- 1/2 cup whole egg mayonnaise
- 2 tbsp finely chopped gherkins
- 1 tbsp finely chopped capers
- 1 tbsp finely chopped fresh parsley
- 1 tsp lemon juice
- Salt and pepper to taste

Side Salad:

- Mixed greens (e.g., lettuce, rocket, spinach)
- Cherry tomatoes, halved
- Cucumber, sliced
- Red onion, thinly sliced
- Lemon vinaigrette (juice of 1 lemon, 3 tbsp olive oil, salt, and pepper)

About:

Celebrating local bounty, our offering features Fremantle's freshly caught King George Whiting, encased in a gluten-free batter and paired with twice-cooked Sebago chips, harvested from the fertile northern suburbs. This quintessential dish embodies the essence of Perth's vibrant food culture, where every bite tells a story of freshness and local pride.

Ideally accompanied by a crisp Reisling from our Great Southern Region!

Preparation:

1. Preparing the Fish: Pat the whiting fillets dry with paper towels. Season with salt and pepper on both sides.
2. Making the Batter: In a large bowl, mix the gluten-free flour, baking powder, salt, pepper, and paprika. Gradually whisk in the Hahn Superdry beer until the batter is smooth and has a thick, coating consistency. Adjust with more flour or beer as needed.

Continued on next page.

6. Preparing the Chips: Peel the Sebago potatoes and cut them into thick, hand-cut chips. Place the chips in a bowl of cold water for 30 minutes to remove excess starch. Drain and pat dry thoroughly. Heat oil in a deep fryer or large pot to 160°C (320°F). Fry the chips in batches for about 5-6 minutes until they are just cooked but not browned. Remove and drain on paper towels. Allow to cool. Increase the oil temperature to 190°C (375°F) for the second fry. Fry the chips again for 3-4 minutes until golden and crispy. Drain and season with salt.
7. Cooking the Fish: Heat oil in a deep fryer or large pot to 180°C (350°F). Dip each fillet into the batter, allowing any excess to drip off. Carefully lower the fillets into the hot oil. Fry in batches to avoid overcrowding. Fry for about 4-5 minutes until the batter is golden and crispy. Remove and drain on paper towels.
8. Making the Tartare Sauce: In a small bowl, combine mayonnaise, chopped gherkins, capers, parsley, and lemon juice. Season with salt and pepper to taste. Mix well.
9. Preparing the Side Salad: In a large bowl, toss the mixed greens, cherry tomatoes, cucumber, and red onion (or for those who prefer a sense of order, separate the salad ingredients and neatly arrange them on the plate before serving). Drizzle with lemon vinaigrette and toss gently.
10. Serving: Plate the crispy whiting fillets alongside the twice-cooked chips. Add a dollop of tartare sauce on the side. Serve with the fresh side salad. A little chopped parsley for garnish. Enjoy a glass of Howard Park Mount Barker Riesling on the side!

Skål International Perth, Australia

Skål International Perth, established on March 10, 1964, under the leadership of its first president, Ken Wetherall, has long been a cornerstone of the city's robust tourism and hospitality network.

Perth (Boorloo), the capital of Western Australia, is the fourth most populous city in Australia with over 2.3 million residents. Located on the Swan Coastal Plain between the Indian Ocean and the Darling Scarp along the banks of the Swan River (Derbal Yerigan), where its central business district and Fremantle port are situated. Founded in 1829 by Captain James Stirling as the administrative center of the Swan River Colony, Perth sits on the traditional lands of the Whadjuk Noongar people. Named after Perth in Scotland, it was proclaimed a city by Queen Victoria in 1856. Mining booms in the late 20th and early 21st centuries further boosted the city's development.





Moo Hong

From:
Skål International Phuket, Thailand

Ingredients (serves 2):

- 4 coriander root fresh
- 2 teaspoons coriander seed
- 15 g garlic cloves
- 2 teaspoons black peppercorn
- 1 teaspoon rice bran oil
- 70 g palm sugar
- 350 g pork belly (skin on): streaky 50 %, fat and 50 % meat, landrace breed is common
- 1 tablespoon soy sauce light
- 1 tablespoon soy sauce black sweet
- 1.5 tablespoons oyster sauce
- ½ teaspoon salt
- 400 – 600 milliliters chicken broth homemade (enough to cover the simmering process)
- 2 star anise
- 1-2 cinnamon stick (depending on size)
- 30 g coriander green fresh for garnish

Preparation:

1. Make a paste with mortar and pestle by pounding coriander root, garlic, shallot and black pepper. This can be done in a food processor as well.
2. Prepare your pork by cleaning the belly ensuring there is no hair and any unwanted skin particles.
3. Clean the meat quickly under running water and make it dry with a kitchen cloth. Now you can cut pork into cubes of 6 centimeters size.
4. Use an iron skillet or wok to sear the pork from all sides with some rice bran oil allowing the skin to cook thoroughly. Drain the meat from the excess oil and set aside.
5. Heat up your wok to medium heat add the rest of the rice bran oil and roast your pounded ingredient paste until fragrant allowing the full flavor to emerge. Add the palm sugar, let this melt down fully until you have a simmer.

Continued on next page.

About:

Moo Hong is a stewed pork dish originating in southern Thailand. It is made by braising chunks of pork belly in an herbaceous sweet paste.

Moo Hong is a popular home-cooked dish in Thailand and can be found in local eateries as well. It showcases the country's culinary emphasis on balancing sweet, salty, and savory flavors. The slow-cooking method used in preparing "Moo Hong" allows the ingredients to meld together, creating a dish that is both comforting and delicious.

6. Now we add the pork you had set aside earlier. Include the aromas by adding the soy, oyster and black soy sauces. Give this a quick toss regaining temperature and then add the cinnamon and star anis, top up with the chicken stock until the product is fully covered and bring everything to a boil.

7. After 3 minutes, reduce the heat to a lower heat of around 70°C for a 4 hours slow cooking process where you want to cover with a lid to ensure not too much water vapor is lost. Occasionally remove the oil on the top of the stew.

8. The meat should have a jelly like consistency at the fat layers and super soft for the meat area. Balance the sauce for taste and viscosity which should be thick and sticky like a honey syrup consistency.

9. Transfer into a nice bowl, serve hot and decorate with fresh washed coriander leaves. Best served with steamed premium Thai jasmine rice.

Tips:

- In order to reduce the cooking time, you can use a pressure cooker to speed up the softening process of the meat. It is recommended to double the recipe and cook between 30-45 minutes.
- Cooking this dish ahead of time and reheating will increase the flavor of the meat and can be served the next day.
- This can be easily portioned and kept for several servings if produced ahead.

Skål International Phuket, Thailand

Phuket, Thailand's largest island, is a tropical paradise renowned for its stunning beaches, vibrant nightlife, and cultural attractions. Patong Beach offers lively entertainment, while Kata and Karon provide a more relaxed atmosphere. Explore the historic Old Town, visit the Big Buddha, and indulge in Thai cuisine. With its diverse landscapes and water activities, Phuket is a premier destination for beach lovers and adventurers alike.





Svíčková

Beef Sirloin in a Creamy Sauce

From:
Skål International Prague, Czech Republic

Ingredients:

- 1.5 lbs beef sirloin
- 2-3 carrots
- 2 onions
- ½ medium-sized celery
- 1-2 sprigs of parsley
- 2 cups beef broth
- 2 tbsp lard
- 2 tbsp butter
- 2-3 tbsp vinegar
- 3 tbsp sugar
- 1 tbsp yellow mustard
- 1 teaspoon black pepper (whole)
- 1 teaspoon allspice
- 1 bay leaf
- ½ lemon
- ½ cup butter
- 2 tablespoons all-purpose flour
- 1 cup heavy cream
- salt, pepper

Preparation:

1. Set the oven to 180 degrees. Cut off all visible membranes and fat from the meat. Tie it with a string into a neat, even roll. Sprinkle with salt and pepper.
2. Scrape, peel, and clean the parsley, carrot, celery, and onion and cut them into little cubes.
3. Melt the butter with lard in a saucepan and fry the meat very quickly until golden brown on all sides. Then remove the meat and throw in all the root vegetables (so no onions). Fry until golden, stirring occasionally, then finally add the onion and continue to fry until the onion turns golden. Once all the vegetables are the right color, sprinkle them with sugar and let them caramelize for half a minute. Pour in the vinegar and wait until it boils, stir in the mustard and cover with stock or water. Heat to a boil.

Continued on next page.

About:

Svíčková is probably the number one dish people will tell you to try when you ask about traditional Czech food.

It's also emblematic of our cuisine in general: beef, sauce, dumplings – that's the holy trinity of every hearty Czech meal!

4. Put the meat into a roasting pan and pour the vegetables with stock over it. Add black pepper and allspice, cover with foil or a lid, and put it in the oven. Bake for 2-2.5 hours until the meat is tender, turning the meat every 30 minutes.
5. Remove the meat from the baking dish and let it rest in the cooling oven.
6. Remove all spices from the juice and strain the juice to separate the liquid and vegetables.
7. Let the butter foam in a saucepan, sprinkle with flour, and stir until the foam subsides and a light brown roux is formed. Pour some of the strained juice over it and mix well with a whisk, then add the remaining juice. Boil everything together for 20 minutes, until the roux is perfectly combined with the sauce. Stir occasionally.
8. Season the finished sauce with salt, lemon juice, or additional sugar, if needed. At the very end, add the cream and just heat it up, otherwise there is a risk that the cream will curdle.
9. Remove the string from the rested meat, cut it into slices with a sharp knife, and serve immediately.
10. Serve the svičková over freshly made bread dumplings.

Skål International Prague, Czech Republic

Skål International Prague was founded on October 18, 1995 and was the first club in the former communist countries of Central Europe. Members meet for lunch on the last Thursday of each month - each lunch hosted by a different GM hotel member. Members also enjoy a summer BBQ and spectacular Christmas Party.

Prague, the Czech Republic's vibrant capital, is a treasure trove of history and modernity. Its iconic skyline, marked by the Prague Castle and the centuries-old Charles Bridge, offers a glimpse into the city's storied past. The city's culinary scene mirrors its diverse heritage, with traditional Czech pubs sitting alongside contemporary eateries. The Old Town Square, home to the Astronomical Clock, is a focal point where history intersects with lively cultural festivities. Beyond its historical landmarks, Prague's charm unfolds in its cobbled lanes and hidden courtyards, inviting explorers to discover its rich tapestry of culture.





Chile en nogada

From:
Skål International Puebla, Mexico

Ingredients:

- 6 large Poblano peppers
- 500 grams of ground beef or pork
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup raisins
- 1/2 cup almonds, blanched and chopped
- 1/2 cup candied cactus (nopalitas), diced
- 2 ripe peaches or pears, peeled and diced
- 1 plantain, diced
- 1/2 teaspoon, ground cinnamon
- Salt and pepper to taste
- 2 tablespoons, lard or vegetable oil
- 1 cup, walnuts, shelled
- 1 cup queso fresco (fresh cheese), crumbled
- 1 cup, crema or sour cream
- 1 cup, milk
- Pomegranate seeds
- Fresh parsley, chopped

Preparation:

1. Roast the Poblano peppers over an open flame or broil in the oven until the skin is charred. Place them in a plastic bag for about 15 minutes to sweat, then peel off the skin, make a slit, and remove the seeds.
2. In a large skillet, heat lard or oil. Sauté onions and garlic until translucent.
3. Add ground meat and cook until browned.
4. Add cinnamon, salt, and pepper. Stir in raisins, almonds, cactus, peaches or pears, and plantain. Cook until fruits are soft.
5. Stuff each Poblano pepper with the meat and fruit mixture.
6. Blend walnuts, queso fresco, crema, and milk until smooth. Season with salt.
7. Place the stuffed peppers on a serving platter.
8. Pour the cold nogada sauce over the peppers.
9. Garnish with pomegranate seeds and chopped parsley.

About:

It can be said that chiles en nogada are one of the most representative, beautiful baroque dishes of Puebla and Mexican gastronomy.

From the end of July until mid-September, the gastronomy receives the emperor of dishes, the "Chile en Nogada".

The chiles, fruits, walnuts and pomegranates are only available fresh in the months indicated by the local Poblano producers.

Skål International Puebla, Mexico

Skål International Puebla 559 was founded on September 23, 1986. At that time, twelve friends who met all the requirements decided to join Skål International. The first President of this club was Jorge Arturo Velázquez, who is still participating today and is one of its active founding members.

The city of Puebla was founded on April 16, 1531, being the first city in America built by Spaniards for Spaniards, following the idea of a perfect city. The city has also been declared a Memory of the World UNESCO-Latin America and the Caribbean since 2015, for the unique archives and documents preserved in the city.

The Municipal Archive keeps the original Royal Charter. Historical events have taken place in the city, such as the Battle of May 5, 1862, and the beginning of the Mexican Revolution on November 18, 1910. It is the most baroque Mexican city with the three jewels of Puebla.

The Cathedral of Puebla, with the tallest towers of the ancient cathedrals in the continent. The Chapel of the Rosary, considered the eighth wonder of the world, maximum jewel of the baroque of the XVII century of Puebla and Mexico. Also, the Palafoxiana Library, the only ancient library of the American continent that conserves original collections. Puebla de los Angeles was declared a World Heritage Site in 1987 by UNESCO and preserves 2619 monuments in the historic center and is considered the essence of Mexico.





About:

Fish plays a significant and central role in the cuisine of Puerto Vallarta and the Riviera Nayarit, Mexico.

Given their coastal location along the Pacific Ocean, these regions benefit from an abundance of fresh seafood, contributing to the rich and diverse culinary landscape.

Zarandeado-style fish with quinoa salad

From:

Skål International Puerto Vallarta-Riviera Nayarit, Mexico

Ingredients:

- 1 cup quinoa
- 2 cups water
- 1 pinch of Knorr Swiss powder
- 1 clove, garlic
- 1/4 cup white onion
- 1 poached tomato ball
- 1 small cucumber, peeled
- A few sprigs of parsley, basil, and fresh mint
- Extra virgin olive oil
- 1 lime
- Salt and pepper
- 8 guajillo chiles
- 1 chile de árbol
- 1/4 onion
- 2 cloves garlic
- Powder of 5 spices
- 1 tablespoon commercial mayonnaise
- 1 avocado
- 1/2 cup coconut milk
- Little water
- Cilantro
- 1 green lemon
- Salt and pepper
- 4 fish fillets of 150 grams each

Preparation:

1. Dice the onion, leek and garlic. Put a saucepan with olive oil on low heat, add the garlic, leek and onion until it becomes translucent always on low heat. Once they are translucent, add the cup of quinoa (for one cup of quinoa is double the amount of water). Then add 2 cups of water and let it simmer. Season with a little salt to give it seasoning during cooking, which lasts about 20 minutes. approximately 20 minutes.
2. Dice the cucumber (without the seed), cut the poached tomato in the same way and use the seedless base. Finely julienne the sprigs of parsley, basil and fresh mint. Reserve in the refrigerator while waiting for the quinoa to cook.
3. Once the quinoa is cooked, set it aside so that it is warm and add all the vegetables that we have cut later. Add the lemon juice, olive oil, salt and pepper.

Continued on next page.

4. Peel the avocados and add them to the blender with the coconut milk, white pepper, salt, and lemon. Blend everything together and check the seasoning.
5. Preheat the oven in broiler or grill to 280°F. Clean the chiles. Bring 1/2 cup boiling water to boil and cook the chiles, garlic, onion, salt, pepper and 5 spices.
6. Once cooked, blend. In a very hot pan with olive oil add the marinade and fry it for 5 minutes. Let it cool in the refrigerator. Once cooled add the mayonnaise to the marinade. Place the fresh fish in a baking tray. Put the marinade on top and season with salt. Bake in the oven for 3 minutes at 180°C (350°F) until golden brown.
7. Presentation: Place the prepared quinoa in the middle of the plate, the fish and make dots of avocado cream (you can add passion fruit if desired).

Skål International Puerto Vallarta-Riviera Nayarit, Mexico

In 1974, a group of tourism professionals headed by Mr. Enrique Rangel, Luis Figueroa and Ruben Miller founded the Skål International Club 398 in this destination: Puerto Vallarta-Riviera Nayarit. Today, more than 50 tourism professionals and an enthusiastic group of Young Skål members make up the Skål International Club Puerto Vallarta-Riviera Nayarit, made up of hoteliers, restaurateurs, activity parks, tourism developers, travel agencies, etc.

Puerto Vallarta and Riviera Nayarit, nestled along Mexico's Pacific coast, collectively form a tropical haven celebrated for its diverse touristic offerings. Puerto Vallarta charms visitors with its historic Old Town, vibrant Malecón boardwalk, and the iconic Los Muertos Beach. The nearby lush Sierra Madre Mountains provide opportunities for adventurous excursions. Riviera Nayarit boasts pristine beaches, luxury resorts, and the charming coastal town of Sayulita, known for its surf culture. The region offers diverse outdoor activities, from whale watching in Banderas Bay to exploring the Marietas Islands.

Both destinations share a culinary scene showcasing traditional Mexican flavors, with seafood playing a prominent role. The annual Gourmet Festival attracts food enthusiasts globally. Puerto Vallarta-Riviera Nayarit, with its cultural richness, natural beauty, and warm hospitality, stands as an alluring destination for tourists seeking a blend of relaxation, adventure, and authentic Mexican experiences.





About:

Mambazha puliseeri (kerala style ripe mango curry) is a unique, classical kerala preparation made with ripe mangoes, yoghurt, and coconut milk. It is a sweet, sour, and creamy curry often served as an accompaniment with rice and laccha paratha. The dish is very popular in kerala and is often made during the summer season for everyday meals.

Mangoes give this dish a unique sweetness and enrich it with vitamin C so that it helps to fight the heat also the unique combination of coconut milk and yoghurt helps to cool down the body.

Mambazah puliseeri curry

From:

Skål International Pune, India

Ingredients:

- Ripe mangoes: 1300 g
- Red chilli powder: 35 g
- Turmeric powder: 35 g
- Jaggery: 60 g
- Grated coconut: 350 g
- Buttermilk: 1000 milliliters
- Cumin seeds: 35 g
- Green chilli: 15 g
- Fenugreek seeds: 15 g
- Curry leaves: 5 g
- Mustard seeds: 15 g
- Whole red chilli: 35 g
- Salt

Preparation:

1. Peel the ripe mangoes and collect the peels in a bowl. Add some water and crush them coarsely with hands to extract the pulpy liquid.
2. Heat oil in a saucepan add the jaggery, red chili powder, turmeric powder, salt and the pulpy water you have extracted by crushing peels, bring to boil on medium heat, keep cooking till the water has almost evaporated and you get a sticky consistency.
3. Beat the curds well and keep aside, also grind the coconut, green chilies and cumin/jeera to a smooth and fine paste.
4. Once the water has evaporated from the mango mixture, pour the curd and cook.
5. Put the peeled mangoes in a curry, after it starts boiling add the coconut paste and cook it till it's creamy and adjust the salt.
6. When the curry is ready tempered it with coconut oil, mustard seeds, fenugreek seeds, curry leaves, red chili.

Skål International Pune, India

Pune, a vibrant city in the Indian state of Maharashtra, is a harmonious blend of historical charm and modern dynamism. Known as the "Oxford of the East" for its educational institutions, Pune attracts students and scholars alike. The imposing Aga Khan Palace, with its historical significance, and the serene Osho Ashram, a spiritual retreat, contribute to Pune's diverse attractions.

The Shaniwar Wada Palace, with its intricate architecture, narrates tales of Maratha history. Pune is surrounded by picturesque hills, and the nearby hill stations like Lonavala offer respite from city life. The vibrant street food scene and bustling markets add a lively touch to Pune's cultural landscape. With a thriving music and arts community, Pune hosts numerous festivals and events throughout the year. Whether exploring historical landmarks or embracing the contemporary energy, Pune offers a multifaceted experience for tourists seeking a taste of Maharashtra's rich heritage and modern vitality.





Chivito

From:
Skål International Punta del Este, Uruguay

Ingredients:

- 1 pound beef steak (flank steak or sirloin)
- Salt and pepper to taste
- Olive oil for grilling
- Baguette or crusty bread
- 4 slices of cooked ham
- 4 slices of cooked bacon
- 4 slices of mozzarella or provolone cheese
- Lettuce leaves
- Sliced tomatoes
- Sliced red bell pepper
- Sliced hard-boiled eggs
- Olives (optional)
- Mayonnaise
- Mustard

Preparation:

1. Season the beef steak with salt and pepper.
2. Heat the grill or a skillet over medium-high heat.
3. Cook the steak to your desired doneness, usually a few minutes per side. Let it rest before slicing.
4. Cut the baguette or crusty bread into individual sandwich-sized portions.
5. Spread mayonnaise and mustard on one or both sides of the bread.
6. Layer the sandwich with cooked ham, bacon, mozzarella or provolone cheese, slices of grilled steak, lettuce, tomatoes, red bell pepper, sliced hard-boiled eggs, and olives if using.
7. Close the sandwich with the other half of the bread.
8. Optionally, you can heat the sandwich briefly in a panini press or on the grill to melt the cheese and warm the ingredients.

About:

The best known version of its origin dates back to the 40's, which indicates that it was invented by chef Antonio Carbonaro. It happened in his restaurant "El Mejillón" in front of the promenade of Playa Mansa. Carbonaro himself tells that one night on December 31, when the restaurant was full of diners, an Argentinean lady asked for a goat steak, a common meat in her region. In Uruguay this type of meat is not consumed or produced. Carbonaro got out of the way by toasting a piece of bread with butter, adding ham and a very juicy beef churrasqueo. The lady was delighted with his sandwich and repeated it several times during her stay. Carbonaro included it in his menu. Chivito is a very versatile food and each restaurant has its own formula.

Skål International Punta del Este, Uruguay

Skål International Punta del Este Club was founded 47 years ago and gathers more than 30 members from all tourist areas. The club's birthday is celebrated on August 19.

Punta del Este, nestled on Uruguay's southern coast, is a glamorous resort town renowned for its pristine beaches, vibrant nightlife, and upscale atmosphere. The iconic Playa Brava and Playa Mansa flank the city, with the iconic sculpture "La Mano" rising from the sands of Brava. Punta del Este is a magnet for international jet-setters, offering luxurious resorts, high-end shopping, and gourmet dining.

The Punta del Este Harbor buzzes with yachts, while the nearby Gorriti Island provides a natural retreat. La Barra, a trendy neighborhood, exudes bohemian charm with its art galleries and unique boutiques. The city hosts international events, including the Punta del Este International Film Festival. Punta del Este is a haven for water sports enthusiasts, golfers, and those seeking a sophisticated escape, making it a premier destination for those in search of sun, style, and South American elegance.





Yellow chickpea

From:
Skål International Querétaro, Mexico

Ingredients:

- 500 g fresh chickpeas
- 5 tablespoons of lard
- 1 onion, sliced
- 2 cloves of garlic, finely chopped
- 6 cascabelillo or green trompo chilies
- 2 roasted and sliced tomatoes
- 1 small piece of turmeric or saffron
- 1 pinch of cumin
- 100 g corn dough
- 2 sprigs of parsley
- Salt to taste

Preparation:

1. Soak the chickpeas in water overnight.
2. Heat a casserole with the lard until it is smoking abundantly. Sauté the onion, garlic and whole chiles. Then add the tomato slices and let them cook.
3. Peel the piece of turmeric or saffron and grind it in a blender with the cumin and a little water; strain and add this mixture to the casserole along with salt to taste.
4. Dilute the corn masa in 1 cup of water and add it to the casserole along with the chickpeas and the parsley sprigs. Mix and leave the preparation on the fire for 40 minutes or until the chickpeas are soft.

About:

The yellow chickpea (garbanzo amarillo) is a dish originating in the municipality of Tolimán, one of the 18 municipalities of the state of Querétaro, located in the heart of the semi-desert.

This dish is usually prepared in the month of September during the celebration of the patron saint festivities of San Miguel Arcángel.

Skål International Querétaro, Mexico

Queretaro is a place where history, modernity and tradition come together in the hearts of the people of Queretaro, where legends come to life and knowledge is passed from generation to generation, managing to show the beautiful intangible treasures through its people and the creative hands of its artisans.

Visitors are amazed by the majesty of its natural landscapes, its colonial architecture, its vivid colors, its smells that transport you to some moment and its iconic textures. In Queretaro you will find professionals and friends who will take you by the hand through its roads, terroirs, skies, heritage and towns full of magic. Travel to Querétaro and let your heart take a beautiful imprint of the treasures it holds in its land.





Gober style lobster

From:

Skål International Riviera Maya, Mexico

Ingredients:

- 10 g butter
- 10 g white onion in brunoise
- 10 g garlic oil
- 40 g bacon
- 20 g gouda cheese
- 20 g mozzarella cheese
- 20 g Parmesan cheese
- 5 g parsley chiffonade
- 1 whole lobster
- 3 g salt
- 1 g white pepper
- 40 milliliters white wine
- 50 milliliters whipping cream
- 30 g yellow lemon

Preparation:

1. Open the lobster and clean it, add oil, salt and pepper and cook on the grill.
2. Once the onion is browned, add the bacon, once the bacon is browned, deglaze with white wine, wait for the alcohol to evaporate, add the cream, mozzarella and gouda cheese, add half of the chopped parsley, rectify the flavor and season.
3. In a tray, put the lobster before it is finished cooking, add the prepared sauce, put grated Parmesan cheese and gratin or use a blowtorch.
4. On a plate, mount the lobster, garnish with half of a roasted yellow lemon and sprinkle the remaining parsley on top.

About:

Lobster is a significant and cherished seafood delicacy in the Riviera Maya region of Mexico, known for its pristine beaches along the Caribbean coastline.

The Caribbean spiny lobster (*Panulirus argus*) is commonly found in the warm waters of the region, making it a local culinary highlight.

Skål International Riviera Maya, Mexico

Club Skål International Riviera Maya is located on the Mexican Caribbean coast, integrating Puerto Morelos, Playa del Carmen to Tulum, in front of the second largest coral reef in the world, one of the most visited international destinations in Mexico, cradle of the Mayan civilization. This location is famous for its beaches and great gastronomic variety, in addition, to its cultural and natural wealth.

In the fishing village of Punta Allen, Tulum, located within the Sian Ka'an Biosphere (declared World Heritage by UNESCO, 1987), received recognition from slow food giving the insignia of Gastronomic Presidium to the "spiny lobster, Mexican Caribbean" (in Mayan chacay-red fish) endemic species of this area. It was selected as the inspiration for this recipe.





Carbonara

From:
Skål International Roma, Italy

Ingredients:

- 200 grams of rigatoni, spaghetti, or mezze maniche
- 130 grams of Pecorino Romano cheese, grated
- 5 grams of black pepper, freshly ground
- 150 grams of Guanciale, diced
- 2 eggs plus 1 yolk, beaten

Preparation:

1. Boil the pasta in a large pot of salted water until al dente. Follow the package instructions for cooking time.
2. In a skillet over medium heat, cook the diced guanciale until it becomes crispy and golden brown. Remove from heat and set aside.
3. In a bowl, whisk together the grated Pecorino Romano cheese, beaten eggs, and egg yolk. Add freshly ground black pepper to the mixture and combine well.
4. Once the pasta is cooked, reserve about a cup of pasta cooking water, and then drain the pasta. Immediately add the hot, drained pasta to the bowl with the egg and cheese mixture. Toss quickly to coat the pasta evenly.

Continued on next page.

About:

Carbonara is a classic Roman pasta dish with a debated origin. One theory links it to Italian charcoal workers ("carbonai") during World War II. They are said to have created the dish with readily available ingredients: eggs, guanciale (cured pork cheek), Pecorino Romano cheese, and black pepper. Another theory suggests it's a Roman evolution of an Italian dish created by American soldiers during the liberation of Rome.

Regardless of its origin, carbonara has become a beloved symbol of Italian cuisine, celebrated for its simplicity and rich, creamy flavor.

5. Add the crispy guanciale to the pasta, tossing once more to distribute the flavors. If the sauce is too thick, you can gradually add a bit of the reserved pasta cooking water until you achieve a creamy consistency.
6. Plate the carbonara immediately, ensuring the heat from the pasta creates a creamy sauce. Garnish with additional Pecorino Romano and black pepper if desired.

Skål International Roma, Italy

Skål International Roma, founded in 1949, is the "oldest" club in Italy, and it is the one with more members. Through our leadership, professionalism and friendship we maximize networking opportunities and support a responsible tourism industry.

Rome, the eternal city, is a captivating destination renowned for its rich history, ancient architecture, and vibrant culture. The iconic Colosseum stands as a testament to the grandeur of the Roman Empire, while the Roman Forum and Pantheon showcase ancient marvels. Vatican City, an independent enclave within Rome, houses St. Peter's Basilica and the Sistine Chapel, adorned with Michelangelo's masterpieces.

Visitors can toss coins into the Trevi Fountain for good luck or climb the Spanish Steps for panoramic views. Rome's charming streets offer a mix of trattorias, gelaterias, and boutique shops. The Vatican Museums, housing an extensive collection of art and artifacts, draw art enthusiasts worldwide. Culinary delights abound, with traditional Roman dishes like pasta carbonara and cacio e pepe tantalizing taste buds. Rome's timeless allure, historical treasures, and delectable cuisine make it an enchanting destination for tourists seeking a cultural and gastronomic immersion in the heart of Italy.





Cioppino

From:
Skål International San Francisco, USA

Ingredients:

- ¾ cup extra-virgin olive oil
- 6 garlic cloves, minced
- ¾ teaspoon red pepper flakes
- 2 red bell peppers, finely chopped
- 1 onion, minced
- One shallot, minced
- 1 bay leaf
- 2 tablespoons tomato paste
- One 28-ounce can of peeled tomatoes, chopped, juices reserved
- 8-ounce bottle of clam juice, or fish stock
- 1.5 cups dry white wine
- 1.5 cups water
- Salt and ground pepper
- 4 steamed Dungeness crabs, broken into large pieces
- 12 littleneck clams
- 1 pound mussels
- 1 pound uncooked, deveined, shelled large shrimp
- ½ pound calamari, cut into rings
- 1.5 pounds of fresh, boneless firm-fleshed fish fillets such as halibut or cod
- Bay scallops
- 2-4 tablespoons of chopped fresh herbs, Italian parsley, basil, oregano or thyme

Continued on next page.

About:

A traditional and delicious San Francisco seafood stew. It is an Italian-American dish and is related to various regional fish soups and stews of Italian cuisine.

Cioppino is traditionally made from the catch of the day, which in San Francisco is typically a combination of Dungeness crab, clams, shrimp, scallops, squid, mussels and fish, all sourced from the ocean, in this case the Pacific. The seafood is then combined with fresh tomatoes in a wine sauce.

Preparation:

1. In a large pot, heat ¼ cup of olive oil. Add chopped onion, shallots, red pepper flakes, bell peppers, garlic, bay leaf and cook, stirring occasionally, over moderate heat until softened and beginning to brown, about 10 minutes. Add the tomato paste and cook, stirring for one minute. Add the chopped tomatoes, and their juices and cook over moderately high heat until slightly thickened, about five minutes. Add the clam juice, and stock, white wine, and water.
2. Season lightly with salt and generously with pepper and bring to a boil. Simmer over moderate heat until the broth is reduced to about eight cups, about 20 minutes.
3. Add the crabs, clams, and mussels to the pot. Cover and cook over high heat, stirring occasionally, until the clams and mussels begin to open, about five minutes. Add the shrimp, calamari, and fish pieces and simmer gently until the clams and mussels are fully open. Discard any that do not open.
4. Season the soup with the herbs. Serve in bowls with warm sourdough bread.

Skål International San Francisco, USA

San Francisco is the 3rd oldest Skål International Club in the United States, being founded in September 1948, this club is celebrating its 75th Anniversary year in 2023.

San Francisco, nestled along California's northern coast, is a city celebrated for its iconic landmarks, diverse culture, and scenic beauty. The Golden Gate Bridge, an international symbol, welcomes visitors to the city. Alcatraz Island, with its notorious former prison, offers a captivating historical experience. The hilly streets, adorned with Victorian houses, create a unique urban landscape.

Fisherman's Wharf beckons with seafood delights, while Chinatown immerses visitors in vibrant cultural experiences. San Francisco's cable cars provide not only a mode of transportation but also a thrilling ride with panoramic views. The city's numerous parks, including Golden Gate Park and Presidio, offer green spaces and recreational activities. The tech-centric Silicon Valley is within reach, highlighting San Francisco's role in innovation. With a dynamic arts scene, diverse neighborhoods, and culinary excellence, San Francisco stands as a multifaceted destination for those seeking a rich tapestry of experiences in a city that seamlessly blends tradition with modernity.





Australian crumbed lamb cutlets with fresh rosemary

From:
Skål International Sydney North, Australia

Ingredients:

- 12 Fresh Australian Lamb Cutlets (Serves 4 pax.)
- 1 teaspoon fresh diced rosemary leaves
- 1 ½ cup fresh breadcrumbs
- Salt to taste
- Generous amount of freshly cracked pepper
- 20 ml pure virgin olive oil
- Fresh sprigs of rosemary – for garnish

Preparation:

1. Mix all the dry ingredients well – rosemary, breadcrumbs, salt and pepper.
2. Add olive oil to this mixture and mix it well.
3. Using the flat side of a meat mallet, flatten the lamb cutlets gently to approximately 1 cm thickness. Remove excess fat if required.
4. We do not French cut the flesh of the ribs, as that is the best part of the cutlet, to enjoy later.
5. Preheat the oven to 180 degrees Celsius.
6. Coat the freshly pound lamb cutlets well, with the mixture by hand, ensuring to firmly press the mixture all around the cutlet.
7. Line an oven proof tray, with baking paper and place the crumbed cutlets on the lined tray and put the tray in the middle of the oven.

Continued on next page.

About:

This dish has been a family favourite for the past 30 years. Enjoy these cutlets, specially the bits of meat on the rib, to enjoy as a final kiss to a great meal!

8. Allow the cutlets to roast for 35 – 40 minutes, turning them over after 20 minutes.
9. Cooking time will depend on how well do you like your lamb cooked. If you like them pink, reduce the time to 30 minutes. We like them cooked medium well. However, ensure that the crumbed coating is well roasted and crispy.
10. Enjoy these cutlets with a glass of Penfolds Shiraz Bin 28.
11. Garnish: Fresh sprig of rosemary.
12. Condiment: Fresh mint jelly.
13. Side dishes: Mashed potatoes and broccolini sauteed in olive oil and roasted fresh mustard seeds.

Skål International Sydney North, Australia

Skål International Sydney North has been connecting the local tourism industry for 28 years. Chartered in 1993, the club has a thriving membership base of local tourism professionals supporting industry and promoting the Sydney North region. Our club meets every 4th Wednesday each month. All tourism members are welcome to join us at our regular meetings.

Sydney North is a region North of the Sydney Harbour Bridge. North Sydney is a major commercial district on the Lower North Shore of Sydney, New South Wales, Australia. It is located three kilometers north of the Sydney central business district. North Sydney is directly linked to the Sydney Central Business District (CBD) by road and rail across the Sydney Harbour Bridge. Bus services by Sydney Buses are heavily present in Blue Street, connecting services towards North Sydney and neighbouring suburbs. It is possible to walk from parts of North Sydney to the city center in less than 30 minutes, by way of the Sydney Harbour Bridge.

The commercial district of North Sydney now includes the second largest concentration of office buildings in New South Wales, with a large representation from the advertising and information technology industries. Advertising, marketing businesses and associated trades such as printing have traditionally dominated the business life of the area though these have been supplanted to a certain extent by information technology businesses. The North Shore is known for its nature and trees. They don't call the North Shore (and the Upper North Shore in particular) Sydney's lungs or green heart for no reason. The North Shore has a very vibrant multi-national population and offers a superb collection of cuisines from the world over. One very multi-cultural protein which Australia is famous for and is welcomed in every home is Australian Lamb.





Scallion pancake

From:
Skål International Taichung, Taiwan

Ingredients:

Dough:

- All purpose flour: 80 g
- Salt: 3 g
- Hot water 20: cubic centimeters
- Iced water 20: cubic centimeters
- Shallot oil: 5 cubic centimeters

Filling:

- Chopped scallion (very small pieces): 50 g
- Salt: 0.5 g

Cooking:

- Vegetable oil for pan frying

About:

This dish is known for its crispy and flaky texture with layers of scallions (green onions) embedded in the pancake.

Scallion pancakes can be found as a popular street food item or served in restaurants, offering a tasty and versatile dish that is enjoyed for breakfast, as a snack, or as a side dish in various meals.

Preparation:

1. Prepare the dough: Add in the salt to the flour then slowly add the hot water and mix it. Slowly add the iced water and continue mixing. Add in the shallot oil, then mix until the dough forms. Take the dough out of the mixer, then start to knead. Let rest for 10 minutes
2. Prepare the filling: To make the filling, simply mix the chopped scallion, salt with some oil.
3. Forming the scallion pancake: Roll the dough to form a thin rectangle. Add in the filling and spread evenly. Gently roll up the dough to a strip. Roll up the long dough strip, then tuck the end on the bottom. Gently press the tall pancake and let it rest for 5 minutes.
4. Roll and cook the scallion pancake: Roll out the pancake. Heat up a pan with a layer of oil on the bottom, put in the pancake, and fry it until both sides are crispy brown.

Skål International Taichung, Taiwan

Taichung City is located in central Taiwan. The city is home to the National Museum of Natural Science, the National Taiwan Museum of Fine Arts, the National Taichung Theater, the National Library of Public Information, and the National Taiwan Symphony Orchestra, as well as many cultural sites, including the historic Taichung Park, the Lin Family Gardens, temples, and many tourist attractions.

Skål International Taichung was established in 1991. It is a young club with 26 members in the beginning, but steadily growing in recent years. Its members, mainly comprised of hoteliers, travel agencies, and universities.

Throughout the years, Skål International Taichung proactively participated in the Asian Regional Annual Conference in Bahrain in 1991, Taipei in 1992, and Bali, Indonesia in 1993, and it has been enthusiastic about promoting the tourism industry and friendship in Taichung, with confidence to attract more professionals and talents in the near future to join its network, working together to achieve its vision.





About:

A delicate and flavorful dish from Taipei, featuring tender Savoy cabbage leaves wrapped around a savory filling of black truffle and tofu.

Savoy Cabbage roll with black truffle and tofu

From:

Skål International Taipei, Taiwan

Ingredients:

- Savoy Cabbage 6 pcs of leaves
- Hard Tofu 500 gm.
- Deep dry cabbage small cuts 1 sp.
- Fennel 1/4 pc.
- Wolfberry 1 sp.
- Walnut 8 pcs.
- Red Bell Pepper 1/2 pc.
- Black Truffle Sauce 1 sp.
- White Pepper power 2 tsp.
- Light Soy sauce 2 tsp.

Preparation:

1. After cleaning the savoy cabbage leaves, put them in boiled water for 15 seconds, and take out. Put them in ice water until they cool down, then dry them.
2. Place something heavy on top of the tofu for an hour to release excess water.
3. Put the dried cabbage in water at room temperature for 10 minutes. Dry and cut into small pieces. Also cut the fennel into small pieces.
4. Mix all the ingredients except the red bell pepper.
5. Place the cabbage leaves on the table. Put 2 sp. of the mixture of ingredients of the previous point. Roll up and close both sides all the way.
6. Put all the rolls in a steamed dish for 15 minutes. Take out the dish.

Continued on next page.

7. Mix the corn powder and water at room temperature (powder:water=1:3).
8. Pull out the soup from the plate to a fry pan. Put the red bell pepper pcs. in fried and follow the corn power water mixed.
9. Pull the sticky sauce evenly on rolls and red bell pepper, and then spread the Walnuts pcs. and Wolfberries.

Skål International Taipei, Taiwan

Welcome to Taipei, the vibrant capital of Taiwan, where ancient traditions meet cutting-edge modernity. Nestled in the heart of Asia, Taipei offers a unique blend of cultural heritage, stunning natural landscapes, and bustling urban life.

Explore the majestic National Palace Museum, home to one of the world's largest collections of Chinese art and artifacts. Wander through the historic Longshan Temple, a spiritual haven that has stood the test of time. Experience the dynamic energy of Ximending, Taipei's trendy shopping and entertainment district. Don't miss the iconic Taipei 101, once the world's tallest building, offering breathtaking views from its observation deck.

Experience the magic of Chinese New Year in Taipei, where the city comes alive with colorful parades, traditional lion dances, and spectacular fireworks. Don't miss the enchanting Lantern Festival, where thousands of lanterns illuminate the night sky, creating a mesmerizing spectacle.





Orsotto

From:
Skål International Tallinn, Estonia

Ingredients:

- 500 g barley groats (or replace with bulgur if necessary)
- 400 g fresh wild mushrooms
- 100 g onions
- 200 g carrots
- 100 g cauliflower
- 1 clove of garlic
- 150 g butter
- 20 g dried crushed boletus mushrooms (or another strongly flavored forest mushroom)
- 50 g Forte or Parmesan cheese
- Fresh greens like dill, spring onion, and parsley
- Salt and pepper to taste

Preparation:

1. Start by melting 20 g of butter in a pot and lightly toasting the barley groats. Add 800 g of water and let them simmer, seasoning with salt. Chop the onions, carrots, and garlic into small 2 millimeters pieces and sauté them in 30 g of butter until golden brown.
2. Incorporate the chopped mushrooms and cauliflower, sautéing until they turn golden and crispy. Season with salt and pepper.
3. When the groats are almost tender, gradually add the remaining butter while stirring. Mix in the sautéed vegetables and add the crushed, dried boletus mushrooms towards the end. Season with salt and pepper.
4. To serve, grate Forte or Parmesan cheese on top and garnish generously with fresh greens.

About:

Barley, cultivated in Estonia for over 4,000 years, holds a special place in its culinary heritage. Barley groats have been a staple in Estonian diets throughout history. Mushrooms, integral to its food culture for centuries, gained widespread popularity in the 20th century. Estonians deeply value their natural surroundings and locally grown produce. With more than 60% of Estonia covered in forest, it's no surprise that mushrooming has become a national pastime.

Skål International Tallinn, Estonia

Skål International Tallinn is one of the youngest clubs in the Skål International world, founded 23 years ago, in 2000. Although the club unites people from all different tourism sectors all over Estonia, it bears the name of the capital. Tallinn, located on the shores of the Baltic Sea in Northern Europe, is world famous for its picture-perfect Old Town which is listed as a UNESCO World Heritage site for being one of the best-preserved medieval city centres in Europe.

But not only Old Town - here is also a diverse list of other not-to-be-missed areas in the city, including historical, wooden-house districts and refurbished factory areas that have been transformed into trendy hubs of culture and nightlife for Tallinn's hipsters, artists and fashionistas.

Estonians highly value their ecology and offer great options for sustainable living and activities. This is also the case for Skål International Tallinn: corporate sustainability at all levels is very important to all its members. They like to keep their country as clean and green as possible, giving Estonians and their guests the opportunity to enjoy some of the purest water and freshest air for hundreds of years to come. At the same time, Estonia is internationally known as one of the most digitally advanced societies in the world, where its inhabitants are used to doing almost everything online and paperless, taking advantage of the free Wi-Fi connection available almost everywhere.





Santa Prisca pink mole

From:
Skål International Taxco, Mexico

Ingredients:

For the base:

- 500 milliliters water
- 60 g butter
- 300 g white onion
- 1 head of garlic
- 1 kilogram of chicken scraps
- 5 liters of water
- 1 liter of pulque
- 800 g of beet
- 3 leaves of hoja santa
- 1 cinnamon stick of 5 cm
- ¼ teaspoon of anise seeds & 1 bunch of: bay leaf, thyme and marjoram

For the mole:

- 60 g of butter for the mezcal reduction
- 150 g white onion, chopped
- 30 g chopped garlic
- 1 liter of mezcal
- 60 g butter for frying the seeds
- 400 g of peeled almonds
- 400 g pink pine nuts
- 800 g toasted sesame seeds
- 1 liter of beet broth from the previous step
- 8 cloves
- 2 teaspoons cumin
- 8 chipotle chiles, marinated, seeded and deveined
- 400 g white chocolate, in small pieces
- 1.5 liters of beet broth from the previous step, to grind it all up
- The cooked beets from the previous step
- 1 tablespoon of salt

For assembly:

- 2 chicken breasts cooked in beet stock
- Beet sprouts
- 2 tablespoons roasted black sesame seeds

Continued on next page.

About:

Mole holds great significance in Mexican cuisine and is considered one of the country's most iconic and traditional dishes. It is a rich and complex sauce that comes in various regional variations, each with its unique combination of ingredients and flavors. The word "mole" itself comes from the Nahuatl word "molli", meaning "sauce" or "mixture".

Preparation:

1. In a skillet over high heat place the first 4 ingredients, reduce for 20 minutes, lower the heat so that the ingredients brown slightly with the butter, remove from heat and set aside. In another skillet over high heat, add the chicken slices and brown for 10 minutes. Remove from heat and set aside.
2. In a saucepan place the browned onion and garlic from the first step, the browned chicken and the rest of the ingredients, cook for one hour after it starts to boil, skimming from time to time to remove impurities. Remove from heat, strain, reserve the resulting broth and beets separately, discard the rest.
3. In a skillet over medium heat, heat the butter, sauté the onion with the garlic, remove from heat, pour the mezcal and return to heat, flambé and let reduce so that all the liquid is reduced and set aside.
4. In another skillet over medium heat, heat the butter, fry the almonds for 5 minutes, add pine nuts, mix, after 2 minutes add sesame seeds, cloves, cumin and black pepper, fry the seeds and spices for another minute, add the mezcal reduction from the previous step, mix and pour the liter of beet broth. Boil for 20 minutes, remove from heat and set aside.
5. Blend all the ingredients from the previous step with the chocolate and beet broth (see note at the end of this step) until you obtain a fine and smooth grind. Pour the ground mixture into a saucepan over medium heat and cook for 10 minutes. Remove from heat, keep warm.
6. On a plate, put some mole de espejo followed by the chicken breast, previously cut and portioned, cover with more mole, crown with beet chips and sprouts.
7. Finish with toasted black sesame seeds and plantain croquettes.

Skål International Taxco, Mexico

Skål International Taxco 716, a club that started on August 18, 2013, always highlighting good service, has been nominated 2 times to be the best club in the world. About the destination, Taxco (Mexico) is a picturesque town renowned for its colonial charm and silver craftsmanship. Nestled in the mountains of Guerrero, its cobblestone streets wind through white-washed buildings and historic churches. The town's vibrant zócalo (central square) hosts lively markets, showcasing intricate silver jewelry and crafts. Taxco's Santa Prisca Church, an architectural gem, adds to its allure. Visitors revel in the town's artistic ambiance, exploring silver workshops, enjoying traditional cuisine, and experiencing the warmth of Mexican hospitality in this captivating destination.





Taco Ensenada

From:
Skål International Tijuana-Ensenada, Mexico

Ingredients:

- 1 pound white fish fillets (such as cod or tilapia), cut into strips
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper (adjust to taste)
- Salt and black pepper to taste
- 1 cup cold club soda or beer (for the batter)
- Vegetable oil for frying
- Corn tortillas
- Shredded cabbage or lettuce
- Sliced radishes
- Chopped fresh cilantro
- Lime wedges
- 1/2 cup mayonnaise
- 2 tablespoons plain Greek yogurt or sour cream
- 1 tablespoon lime juice
- 1 teaspoon lime zest
- 1 teaspoon minced garlic
- Salt and black pepper to taste
- 1 cup all-purpose flour

Preparation:

1. Prepare the sauce: In a bowl, whisk together mayonnaise, Greek yogurt (or sour cream), lime juice, lime zest, minced garlic, salt, and black pepper. Set aside.
2. Prepare the fish batter: In a large bowl, whisk together flour, garlic powder, onion powder, paprika, cayenne pepper, salt, and black pepper. Gradually add cold club soda or beer to the dry ingredients, whisking until you have a smooth batter.
3. Fry the fish: Heat vegetable oil in a deep pan or fryer to 350°F (175°C).
4. Dip each fish strip into the batter, allowing excess to drip off, and carefully place it in the hot oil. Fry the fish until golden brown and crispy, turning occasionally to ensure even cooking.

Continued on next page.

About:

The Ensenada taco, also known as the Baja fish taco, is a type of taco that originated in the coastal city of Ensenada in Baja California, Mexico.

It has gained popularity both within Mexico and internationally, especially in Southern California. The Ensenada taco is known for its fresh and flavorful combination of crispy battered fish, cabbage slaw, and various toppings, all wrapped in a tortilla.

5. Once cooked, transfer the fish to a paper towel-lined plate to absorb excess oil.
6. Assemble the tacos: Warm the corn tortillas in a dry skillet or microwave. Place a few pieces of fried fish on each tortilla.
7. Top with shredded cabbage or lettuce, sliced radishes, chopped cilantro, and a drizzle of the prepared sauce. Serve with lime wedges on the side.

Skål International Tijuana-Ensenada, Mexico

Tijuana and Ensenada, both located in Baja California, Mexico, offer a diverse and vibrant tourism experience. Tijuana, known for its lively atmosphere, is a border city with a unique blend of Mexican and American influences. Visitors can explore Avenida Revolución, famous for its shops, restaurants, and street art. The city boasts a burgeoning culinary scene, with street tacos and innovative cuisine drawing food enthusiasts.

Ensenada, situated along the Pacific Coast, is a picturesque coastal town known for its scenic beauty and rich marine life. The waterfront Malecón provides stunning views of the ocean, while the nearby La Bufadora, a natural blowhole, is a popular attraction. Ensenada's wine country, Valle de Guadalupe, is renowned for its vineyards and wineries, offering wine tasting experiences against a backdrop of rolling hills.

The Tijuana-Ensenada scenic highway, a spectacular coastal drive, connects these two destinations. Travelers can enjoy breathtaking ocean views and explore charming towns along the way. Ensenada, with its seafood market and fresh catches, is a haven for seafood lovers. Visitors can indulge in fish tacos, a local specialty.

Both cities host cultural events and festivals, showcasing traditional music, dance, and art. Tijuana and Ensenada collectively provide a dynamic experience, offering a taste of Mexico's diverse culture, culinary delights, coastal beauty, and warm hospitality. Whether seeking adventure, relaxation, or cultural immersion, the Tijuana-Ensenada region caters to a wide range of tourist interests.





About:

Punjabi Dhabe di Mutton Curry reflects the essence of Punjabi cuisine with its bold spices and slow-cooking technique. It is a hearty and comforting dish that embodies the warmth and richness of northern Indian culinary traditions.

Punjabi Dhabe di Mutton Curry

From:
Skål International Trivandrum, India

Ingredients:

- 500 g tender mutton cuts
 - 2 medium onions finely chopped
 - 3 medium tomato puree
 - 1 teaspoon Kashmiri red chilly
 - 1 teaspoon red chilly
 - 1 teaspoon turmeric powder
 - 1.5 teaspoons coriander powder
 - 2 – 3 teaspoons any masala brand or MDH meat masala (mustard oil or ghee, 3 tablespoons)
 - 1 tablespoon ginger garlic paste
 - ½ cup curd thick
 - 2-3 green chilies slit lengthwise
- Dry khada masala:**
- 1 bay leaf
 - 3 – 4 cloves
 - 3 – 4 peppercorns
 - 1 cinnamon stick
 - 1 star anise
 - 1 – 2 moti elaichi (black cardamom)

Preparation:

1. Wash the mutton and keep aside. Smoke the mustard oil in a kadhai and then let it cool for a while.
2. Then, add dry khada masala and immediately add onions and ginger garlic paste and fry on a slow flame till dark brown. This will take some time. But do not fry on high flame. The real trick of this recipe lies in the slow cooking. Patience is needed.
3. Then, add mutton and bhuno for approx 15 minutes, keep stirring occasionally. Add the dry masalas (turmeric, coriander powder, any brand you can add, even MDH meat masala) and then add the curd and again bhuno till the mutton is medium brown, at this stage you can add the tomato puree and green chilies.

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4. Let the mutton fry for another 15 – 20 minutes or till the masala leaves the oil. This will give a nice brown color to the mutton. Till now the mutton should be half done. Now transfer the mutton along with the masala to the pressure cooker.
5. Add 3 – 4 cups of water or more water depending on the amount of curry you want and give 2 – 3 whistles then check if done or not else give a couple of whistles more. Garnish with fresh coriander and green chilies.

Skål International Trivandrum, India

Skål International Trivandrum is a 16-member club which works towards a common goal: to make Skål International more popular in the vicinity, organizing lots of activities related to communal and environmental bases.

Trivandrum, the capital of the Indian state of Kerala, is a captivating blend of cultural richness and natural beauty. Renowned for its historic landmarks, the city boasts the opulent Padmanabhaswamy Temple, an architectural marvel and spiritual center. The Napier Museum and Thiruvananthapuram Zoo showcase the region's cultural and natural heritage.

Trivandrum's pristine beaches, including Kovalam and Shanghumukham, are popular among tourists for their golden sands and scenic sunsets. The city is a gateway to the backwaters of Kerala, offering tranquil boat rides through lush, palm-fringed waterways. The rich cultural scene is complemented by the annual Swathi Sangeethotsavam music festival and the vibrant Onam celebrations.

Known for its Ayurvedic traditions, Trivandrum invites visitors to indulge in rejuvenating wellness experiences. The city's delectable cuisine, featuring spicy curries and seafood delicacies, adds a flavorful dimension to the tourist experience. With its mix of spirituality, natural wonders, and cultural treasures, Trivandrum offers a diverse and enriching destination for travelers.





About:

Grilled or charcoal-grilled star octopus, bathed in an exquisite zarandeado chiltepín dressing covered with onion and slices of tanned habanero chile, accompanied with guacamole, pico de gallo and grilled scallions.

Pulpo zarandeado al chiltepín

From:
Skål International Veracruz, Mexico

Ingredients:

- 300 g, star octopus
- 10 g, octopus marinade
- 2 g, salt
- 40 milliliters, polishing agent
- 2 zarandeado chiltepín dressing
- 2 roasted chives cut in halves
- 50 g, guacamole ramiki
- 50 g, ramiki of pico de gallo
- 30 g, pickled purple onion
- 1 oval banana leaf
- 3 slices of sliced tanned habanero peppers

Polishing*:

- 40 milliliters, prepared soy sauce
- 700 milliliters, dark beer
- 30 g, ajinomoto
- 30 g, dashimoto
- 500 milliliters, olive oil
- 30 milliliters, smoking oil

*Stir all these ingredients until blended and leave refrigerated.

Preparation:

1. The star octopus is marinated with salt and octopus marinade.
2. It is grilled on a griddle or charcoal grill.
3. It is moistened with brightener with a spoon.
4. Add the zarandeado chiltepín dressing on top of the octopus on the same griddle and flambé it. And flame it.
5. Put the banana leaf on a parota plank and place the shaken octopus on top of it.
6. Place the sprigs of guacamole and pico de gallo on one side and the roasted scallions on the other side.
7. Place the cured onion on top of the octopus followed by a few slices of cured habanero chile.

Skål International Veracruz, Mexico

Veracruz, Mexico, beckons tourists with its rich cultural tapestry and scenic beauty. Nestled along the Gulf of Mexico, this port city boasts a lively atmosphere and a deep-rooted musical and dance heritage, notably the Afro-Caribbean-influenced son jarocho. The Malecón, a bustling waterfront promenade, offers stunning views of the ocean and serves as a hub for local festivities.

Veracruz's historic center features colonial architecture, including the 16th-century San Juan de Ulúa fortress, offering a glimpse into the city's maritime past. Zócalo, the main square, is surrounded by vibrant cafes and serves as a gathering place for locals and visitors alike. The city is a gateway to exploring nearby attractions like the ancient Totonac city of El Tajín and the lush Cofre de Perote National Park.

Veracruz is renowned for its seafood, with the central market showcasing a variety of fresh catches. The city's Carnaval, one of Mexico's oldest and most vibrant, fills the streets with music, dance, and colorful parades, making Veracruz a captivating destination for those seeking a blend of history, culture, and coastal charm.





Pejelagarto asado & minilla con tortilla gruesa

From:
Skål International Villahermosa, Mexico

Ingredients:

- Good sized pejelagarto
- Chile amashito
- Salt to taste
- 1 kilogram corn
- ½ yucca
- Achiote
- Tomato
- Onion
- Garlic
- Sweet chili
- Olives
- Raisins
- Epazote

Preparation:

1. Clean and salt a good sized pejelagarto, grill it and enjoy it with chile amashito, ground with salt, and then add lemon.
2. To prepare the thick tortilla, finely grind a kilo of corn and half a kilo of yucca, add salt to taste, and prepare large and thick tortillas.
3. The leftover pejelagarto, crumble well and separate it, sauté tomato, onion, garlic, sweet chili, olives, raisins, and epazote, all finely chopped, dilute a little achiote and add it to the previous mixture. Then add the fish that had been reserved. Wait until it comes to a boil and remove from heat. You can eat it like this or prepare (with the same dough of the tortillas) some empanadas. It can be served with fresh chaya water and pineapple (blend a couple of chaya leaves, two or three slices of sweet pineapple, then add sugar and ice to taste).

About:

"Pejelagarto" holds cultural and culinary significance, particularly in the cuisine of the Tabasco and Chiapas regions in Mexico. The term "pejelagarto" refers to a distinctive freshwater fish, scientifically known as *Atractosteus tropicus*.

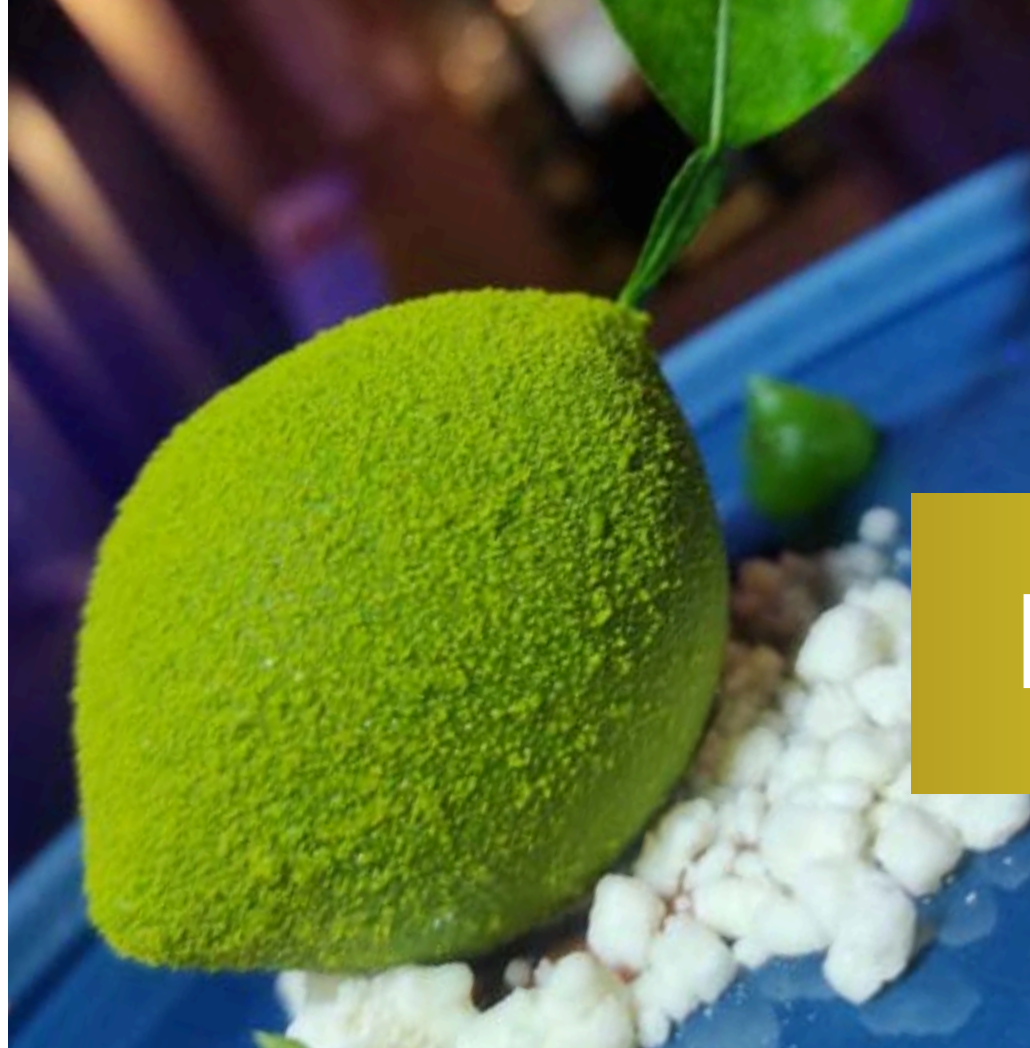
Skål International Villahermosa, Mexico

Skål International Villahermosa 728 is a relatively young club, with less than 5 years of formation, but enthusiastic and hard working, with members in love with tourism and these beautiful landscapes. Villahermosa, the capital of the Mexican state of Tabasco, entices visitors with a blend of cultural charm and natural beauty. The La Venta Museum Park is a major attraction, housing ancient Olmec artifacts and colossal stone heads. The city's vibrant Zona Luz district offers a lively atmosphere with its shops, restaurants, and entertainment venues. Nature enthusiasts can explore the Yumká Ecological Reserve, known for its diverse flora and fauna, including howler monkeys and exotic birds. Paseo Tabasco, a scenic riverside promenade, provides a picturesque setting for leisurely strolls.

Villahermosa's culinary scene showcases Tabasco's famous hot peppers, adding a spicy kick to traditional Mexican dishes. The city's lively markets, such as the Mercado José María Pino Suárez, offer a taste of local culture and crafts. With its archaeological wonders, natural reserves, and flavorful cuisine, Villahermosa provides a captivating experience for tourists seeking a diverse and immersive exploration of Tabasco's cultural and natural heritage.

Tabasco is 5 meters below sea level so it receives water from Guatemala and Chiapas, which causes an extremely fertile soil, where the best cocoa in Mexico is produced, which is of export quality. Tabasco has more than 50% of the country's fresh water and also more than 60% of the flora and fauna, it is the cradle of the Olmec culture, and is crossed by the most important rivers of the country, the Grijalva and the Usumacinta. Come to Tabasco and get to know its wonders.





DESSERT





About:

"Printenquark mit kirschen" is a German delight that combines spiced Kräuterprinten and creamy quark. Raisins soaked in wine brandy add depth. Layered with Morello cherries, quark mixed with sugar, vanilla, and milk creates a luscious texture. Whipped cream enhances it. Topped with chocolate shavings, it's a harmonious blend of flavors and textures, celebrating tradition and indulgence.

Printenquark mit kirschen

From:

Skål International Aachen, Germany

Ingredients:

- 200 g quark (can be substituted with Greek yogurt or strained yogurt)
- 2 tablespoons honey or maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 150 g printen (German spiced gingerbread), crushed into small pieces
- 200 g cherries, pitted (fresh or canned)

Preparation:

1. In a mixing bowl, combine the quark, honey or maple syrup, vanilla extract, ground cinnamon, and ground ginger. Mix well until smooth and well combined.
2. Crush the printen into small pieces. You can use a food processor or place them in a zip-top bag and crush them with a rolling pin.
3. Add the crushed printen to the quark mixture and stir until the gingerbread is evenly distributed.
4. If using fresh cherries, pit them and cut them in half. If using canned cherries, make sure to drain them.
5. Gently fold the cherries into the quark and printen mixture, being careful not to crush the cherries.

Continued on next page.

6. Chill the printen quark with cherries in the refrigerator for at least 30 minutes to allow the flavors to meld.
7. Serve the dessert chilled and optionally garnish with additional crushed Printen or a sprinkle of cinnamon.

Skål International Aachen, Germany

Aachen, a treasure in Europe, entices with its rich heritage and contemporary charm. Here, Emperor Charlemagne once roamed, and his legacy resonates in every corner. The Aachen Cathedral, a masterpiece of architecture, holds centuries-old history. Not to forget the prestigious Charlemagne Prize, awarded here annually for merits towards Europe.

The city breathes history, especially in the historic Town Hall. But it's not just history that captivates: the printen, sweet delicacies, tantalize the senses. The vibrant old town offers cozy alleyways, inviting cafes, and thermal springs cherished since Roman times.

Aachen's university and high-tech industry bring modern dynamism. Markets and museums invigorate the cultural scene. Its location in the tri-border area opens doors to further adventures.





Easy berry cobbler

From:
Skål International Atlanta, USA

Ingredients:

- 4 cups fresh blackberries
- 1 tablespoon lemon juice
- 1 large egg
- 1 cup sugar
- 1 cup all-purpose flour
- 6 tablespoons butter, melted

Preparation:

1. Preheat oven to 375°F.
2. Grease the pan (8"x8") or 9" pie plate with butter or cooking spray, then add the blackberries. Add a tablespoon of fresh lemon juice to bring out the sweet-tart flavor of the berries. Gently stir.
3. To create the topping, crack an egg into a medium bowl. Use a fork to break up the yolk, stirring until the yolk and white are combined. Next, add the sugar and flour, and continue stirring until the topping mixture is combined and crumbly.
4. Sprinkle the topping mixture evenly over the blackberry–lemon juice mixture in the pan. To finish, drizzle 6 tablespoons of melted butter evenly over the topping and berries.

Continued on next page.

5. Place the dish into the oven, and set the timer for 30 minutes. Bake until golden and bubbly. When the timer goes off, you may choose to bake for another 5 minutes or so until the topping is golden brown. Let the cobbler cool for about 10 minutes before serving it with your favorite ice cream or a dollop of fresh whipped cream.

6. For variation, substitute raspberries, blueberries, pitted cherries, nectarines, or peaches. You can even try a mix of fruit, such as peaches and blackberries, raspberries and nectarines, or blackberries and blueberries.

Skål International Atlanta, USA

Skål International Atlanta will celebrate its 69th Anniversary in April 2024. Its member Ms. Burcin Turkkan is a Skål International past president. The Atlanta club has a proud heritage of Southern hospitality, industry leadership and a long history with Skål International. The club welcomes all to experience the beauty and charm of Atlanta, a historic and cosmopolitan city in the southern United States.

Atlanta, a dynamic city in the southern United States, combines history, culture, and modern attractions to create a compelling tourist destination. The Martin Luther King Jr. National Historic Site pays homage to the civil rights leader, featuring his childhood home and the Ebenezer Baptist Church. The Atlanta History Center provides a comprehensive look at the region's past, and the Georgia Aquarium, one of the world's largest, showcases marine life in impressive exhibits.

Downtown Atlanta boasts the iconic Centennial Olympic Park, a legacy of the 1996 Olympic Games, surrounded by attractions like the World of Coca-Cola and the CNN Center. The High Museum of Art offers an extensive collection, while the Atlanta Botanical Garden provides a tranquil escape. For sports enthusiasts, the city is home to the Atlanta Braves and the Atlanta Falcons, offering thrilling live experiences. With a diverse culinary scene and vibrant neighborhoods like Midtown and Buckhead, Atlanta ensures a lively and culturally rich visit for tourists exploring the heart of the American South.





Mini Pavlova with passionfruit custard crème

From:
Skål International Auckland, Australia

Ingredients:

Mini Pavlovas:

- 3 egg whites – cold
- 1 teaspoon vanilla essence
- ¼ teaspoon tartaric acid (cream of tartar)
- 175g/6 oz caster sugar

Passionfruit custard creme:

- 125g/4.4 oz caster sugar
- 3 tablespoons cornflour
- 300ml full cream milk – room temperature
- 3 egg yolks – beaten, room temperature
- 125ml/4 fl. oz sour cream
- 60ml/2 fl oz fresh passionfruit juice
- 2 teaspoons fresh shredded lemon peel

To serve:

- Whipping cream and other fruit if desired

About:

Pavlova's (or Pav's) are the most popular celebratory desserts you'll see served up in homes across New Zealand at Christmas, on birthdays and other social occasions. Lots of families have their own recipe and preferences around how crunchy or soft a Pavlova should be. But most agree, a good Pavlova should be fluffy on the inside, with a crisp crunch on the outside. Traditionally, these desserts are made large for sharing. This recipe for mini Pavlova's is a modern take on a traditional kiwi classic. You can swap Passionfruit for any tart fruit and consider topping with fresh berries in season and whipping cream.

Preparation:

Mini pavlovas:

1. Heat an oven to 110C/225F. Whip the egg whites in a mixer on high speed with the vanilla essence and tartaric acid until soft peaks form.
2. Add the caster sugar one tablespoon at a time while the mixer remains on high speed, allowing time between each addition. Continue beating the egg whites on high speed until very stiff peaks form. The mixture should look very glossy and bright white. The entire process should take around 6-8 minutes.
3. Lay a baking sheet with baking paper. For a piped meringue look, fill a piping bag with the mixture and pipe small mounds onto the baking sheet.

Continued on next page.

5. Bake in the oven for around 1 ½ hours. The Pavlova's are done when the outside is still white and hard to the touch. It's important not to overbake the mixture, as otherwise the Pavlova will become more meringue like (rather than the famous fluffy marshmallow texture inside). If the mixture turns a caramel colour, it is also overbaked. When baked, turn off the oven and allow the Mini Pavlova's to cool inside the oven. This will take at least 4 hours. Some people choose to leave inside the oven overnight.

Passionfruit custard creme:

1. In a small saucepan, carefully mix the cornflour with around 100ml of the fresh milk. Stir to dissolve. Mix in the sugar, then remaining milk. Heat over a low heat, stirring constantly to avoid lumps forming. Continue heating and stirring until the mixture thickens. This process takes patience and time; don't rush it! When the mixture has thickened, continue to cook and stir for 2 minutes.
2. Remove from the heat and add around one half of the mixture to the beaten egg yolks. Stir thoroughly and quickly, then add back to the saucepan and continue cooking over a medium heat until the mixture comes to a boil. Cook and stir for another 2-3 minutes.
3. Remove from the heat and add the passionfruit juice, sour cream and lemon peel. The mixture should taste creamy. The passionfruit flavour develops and will taste more intense the following day.
4. Pour filling into a bowl, cover and cool without stirring. Place in the refrigerator overnight if you intend serving the following day.

To serve:

1. Place the mini Pavlova's on plates, and top with a generous serving of the Passionfruit custard crème. Decorate with the leftover passionfruit seeds and other fruit. Serve with a side of whipping cream if desired.

Skål International Auckland, Australia

Skål International Auckland is a long-established club and has a growing membership of 58 members with attendance at meetings around 25 to 30. Fellowship is a strength of the club, as is support of members and their businesses.

Tamaki Makaurau Auckland is New Zealand's largest city, situated on the beautiful Waitemata Harbour (a Maori name which means 'sparkling waters') and surrounded by lush rainforest. The Sky Tower is the city's man-made icon, while Rangitoto Island (a perfectly shaped dormant volcano) remains the city's natural icon, both visible from most parts of the city. The diversity of the city's population has led to an interesting food scene, with an array of dining options to suit all tastes. From local bakeries to tasty Asian and Pacific inspired cuisine, through to high end fine dining, Auckland is fast becoming known as a culinary destination.



**About:**

Plum cake, often associated with the holiday season, offers several potential health benefits due to its key ingredients.

Plums, whether fresh or dried, are rich in antioxidants, including phenolic compounds. Antioxidants help neutralize harmful free radicals in the body, contributing to overall health and potentially reducing the risk of chronic diseases.

Augsburg's famous plum cake recipe

From:

Skål International Augsburg, Germany

Ingredients:

- 500 g flour
- 30 g yeast
- ¼ liter milk, lukewarm
- 80 g butter
- 2 eggs
- 50 g sugar
- 1 pinch of salt
- ½ kilogram plums, up to 2 kilograms to taste
- 50 g hail sugar
- ½ teaspoon cinnamon
- Butter for the baking tray

Preparation:

1. Sift the flour into a bowl, press a well in it, crumble the yeast into it and mix it in the well with 1/2 cup of the lukewarm milk and some flour to make a pre-dough, sprinkle with some flour and let it rise covered.
2. Melt the butter, but do not heat it. Mix the yeast pre-dough with some of the remaining flour, spread the melted butter, eggs, sugar, salt and the remaining lukewarm milk on top of the flour and beat everything with all the flour and yeast pre-dough to form a dry yeast dough. Cover the dough again and let it rise for 15 minutes.

Continued on next page.

3. Butter a baking sheet. Wash and pit the plums and cut them twice lengthwise so that the 4 quarters still hang together at one end. Roll out the yeast dough to the size of the baking sheet, place it on the sheet and prick it several times with a fork. Place the plums with the inner surface facing up in rows close to each other, in the shape of a roof tile on the yeast dough and let the cake rise for another 15 - 20 minutes.
4. Preheat the oven to 220°C (fan oven 200°C). Bake the cake on the middle rack for 20 - 30 minutes, remove from the oven and immediately sprinkle with the sugar and cinnamon.

Skål International Augsburg, Germany

Skål International Augsburg was founded in 1958. Sponsors for the 15th Skål International Club in Germany were the clubs Bodensee and Stuttgart. The main focus of the programs of the Skål International Club Augsburg is to know the tourist facilities and events in Augsburg and the region in order to be always well informed about the tourist structures. But also current exhibition visits are always on the program. Not only in Augsburg but in the whole region the Skål International-Club Augsburg maintains contacts. Also, projects were supported and promoted by the Skål International-Club Augsburg again and again. For example, the Augsburg Water Management System, which became a UNESCO World Heritage Site in 2019.

Augsburg - one of the most fascinating cities in Germany! "Augusta Vindelicum" was the name the Romans gave to their civil settlement between the Lech and Wertach rivers. This later became Augsburg, which as a free imperial city in the 15th and 16th centuries was one of the world cities of the Renaissance due to the long-distance trade and banking activities of merchant families based here, especially the Fuggers and Welsers.

Even today, many beautiful buildings tell of the historical importance of Augsburg, one of the oldest cities in Germany. First and foremost the Renaissance City Hall with its Golden Hall and the Perlach Tower. Jakob Fugger was the financial genius of the Renaissance and created a worldwide trading, banking and industrial empire. But Augsburg's historic city center offers a lot more worth seeing. The Maximilian Museum presents the precious bronze figures of Augsburg's magnificent fountains in the Viermetzhof with its spectacular glass roof construction. The Schaezlerpalais houses the famous Rococo Festival Hall and the Graphic Collection.





About:

The ice cream potato is a unique dessert of ice cream resembling a loaded baked potato. The dish does not contain any potato. Lou Aaron, of Westside Drive In in Boise, Idaho, created the dish. It can be found there year-round and various fairs and outdoor events seasonally. It is difficult to acquire outside of Idaho. The dish is an acknowledgement of the importance of the potato in Idaho's culture, as it is also the state vegetable.

Idaho potato ice cream

From:
Skål International Boise, USA

Ingredients:

- 3 small Idaho Yukon potatoes
- 2 teaspoons olive oil
- Pinch of salt and black pepper
- 2 cups whole milk
- 3/4 cup heavy cream
- 3/4 cup sugar
- 2 tablespoons light corn syrup
- 4 ounces cream cheese, room temp
- 1/2 cup sour cream, room temp
- 1/4 teaspoon salt

Preparation:

1. Preheat oven to 375°F. Wash potatoes. Leave the peel on and cut into 1/2" cubes. Toss with olive oil, salt and pepper. Spread onto a baking sheet and roast until cooked throughout, about 20 minutes. Set aside.
2. In a saucepan, bring milk, cream, sugar and corn syrup to boil. Reduce heat and simmer for 5 minutes. Remove from heat and whisk in cream cheese and salt, then sour cream. Chill.
3. In a blender, mix the ice cream base with potatoes until completely smooth. Strain through a fine mesh strainer, preferably a chinois. Freeze in ice cream maker. Put in freezer for 6 hours or overnight. Makes a generous quart.

Skål International Boise, USA

Boise, the capital of Idaho, offers a charming blend of urban amenities and outdoor recreation. Nestled against the backdrop of the Rocky Mountains, Boise attracts tourists with its vibrant cultural scene, historical sites, and natural beauty. The Boise River Greenbelt, a scenic pathway along the river, is perfect for biking, jogging, or a leisurely stroll.

Downtown Boise boasts a thriving arts and dining scene, with the Basque Block offering a taste of the city's Basque heritage. The Old Idaho Penitentiary provides a fascinating glimpse into the state's history. Boise's numerous parks, like Julia Davis Park and Kathryn Albertson Park, offer serene escapes within the city.

Outdoor enthusiasts can explore the nearby Boise National Forest for hiking and camping. The Bogus Basin Mountain Recreation Area provides winter sports opportunities just a short drive from the city. With a welcoming community and a variety of attractions, Boise stands as an appealing destination for those seeking a balance of urban and outdoor experiences in the heart of Idaho.





Tabarca

From:
Skål International Bucharest, Romania

Ingredients:

For the pumpkin:

- 600 g pumpkin pie
- 200 g of sugar
- 500 milliliters of water

For the cream:

- 700 milliliters whole milk
- 3 tablespoons of food starch
- 4 spoons of sugar
- 100 g of ripe walnut
- 1 teaspoon cinnamon
- 4 teaspoons of honey

About:

Tabarca is a traditional Romanian desert at the base of the pumpkin named "Plăcintă cu Dovleac" or "Plăcintă Tăbârca cu dovleac".

It is a popular dessert, especially in the autumn period, when the pumpkin is in season.

Preparation:

1. Clean the pumpkin from the skin and seeds, cut it into cubes, put the sugar over the pumpkin, leave it for at least 5 hours so that the pumpkin leaves its liquid. Add 500 milliliters of water over the pumpkin with sugar and put in the oven for 1 hour and 30 minutes, until the liquid reduces and it becomes like a thick sauce.
2. Mix cold milk with starch and sugar and put on low heat until it thickens, stirring continuously. The milk cream is ready when it reaches the consistency of a sour cream.
3. Decorate the plates with the pumpkin cubes taken out of the oven, pour the milk cream over them and put them in the refrigerator to set the cream, for at least 3 hours. Garnish with ripe and chopped walnuts, cinnamon and honey. Good to know: let the cream set before serving the dessert. Nuts can be replaced with pistachios, almonds, pecans.

Skål International Bucharest, Romania

Skål International Bucharest is one of the most active clubs in Central Europe, established 25 years ago, covering the capital of Romania. Its members are from various hospitality zones, travel agencies, hotels, airlines, and suppliers.

Bucharest, the capital of Romania, is a captivating blend of history, culture, and modern vibrancy. The city's architectural diversity ranges from the grandeur of the Palace of the Parliament, one of the largest administrative buildings in the world, to the charm of the Old Town with its lively cafes, restaurants, and historical buildings.

Bucharest is dotted with parks and gardens, including Herastrau Park surrounding the vast Herastrau Lake, offering a tranquil escape. The Village Museum showcases traditional Romanian village life through its open-air exhibits. The city is known for its dynamic arts and nightlife scenes, with theaters, galleries, and trendy clubs. Visitors can explore the Revolution Square, a significant site in Romania's history, and the impressive Romanian Athenaeum, a symbol of cultural identity.

Bucharest's culinary landscape features both traditional Romanian dishes and international cuisine, making it a delight for food enthusiasts. With its rich history, cultural attractions, and modern amenities, Bucharest stands as an intriguing destination for those seeking a European capital with a unique flair.





Milk helva

From:
Skål International Bursa, Türkiye

Ingredients:

- 3 cups of milk
- 1/2 cup flour
- 1/2 cup sugar
- 2 spoonful butter
- 1 piece of orange peel
- 1 cinnamon stick
- Ground hazelnuts for serving

Preparation:

1. Melt the butter in a saucepan.
2. Add flour and stir fry until it smells roasted.
3. Slowly add a cup of milk and whip it very quickly.
4. Beat well until you get a homogeneous mixture.
5. Add the remaining milk, orange peel and cinnamon and cook until it thickens, stirring constantly.
6. Take the orange peel and cinnamon out.
7. If there are lumps, smooth it with an immersion blender.
8. Share the mixture with 4 small ramekins.
9. Place them on the upper shelf of the preheated oven at 200°C at grill setting and bake until the tops burn in the desired amount.
10. Sprinkle hazelnuts over while serving.

About:

This is a delicious dessert from Bursa cuisine, also known as “süt helvası”, and “milk halva”. Bursa is mostly known for its Iskender döner and kofte with pide, but milk halva is another famous dish from Bursa.

Skål International Bursa, Türkiye

Bursa is a city in northwestern Türkiye and the administrative center of Bursa Province. The fourth-most populous city in Türkiye and second-most populous in the Marmara Region, Bursa is one of the industrial centers of the country. Most of Türkiye's automotive production takes place in Bursa.

Bursa is quite rich in historical buildings from the Ottoman period, and the most important of these are the following; The Ulu (Great) Mosque was built by Bayezid I between 1398-1440. It later had many repairs done to it.

It has two minarets and is famous for its ornamentation. Its pulpit is a masterpiece of the craft of woodwork, and it is decorated with rose sculptures and reliefs as well as geometrical and star-shaped ornamentation. On its wall are wooden layers, on which are the works of famous calligraphers of the following period; these are considered important examples of this art.

The Yesil (Green) Mosque, which was built during the reign of Sultan Mehmed in 1419, is one of the foremost works of Ottoman architecture. The front is made of marble. The tiles on the inner walls are the finest examples of this art. The window shutters are ornamented with Rumi-sculptured, star, geometric and flower-shaped patterns.

Again built under Sultan Mehmed in 1421, the Yesil Turbe (Green Mausoleum) is also famous for its tiles. Here are the tombs of Sultan Mehmed, his three sons, three daughters and their governess.





About:

Malva pudding remains an integral part of the broader South African culinary identity. Its warm and sweet nature, often served with a decadent sauce or custard, contributes to its enduring popularity and importance in South African gastronomy.

Classic malva pudding

From:
Skål International Cape Town, South Africa

Ingredients:

- 1 cup sugar
- 1 egg
- 1 tablespoon smooth apricot jam
- 1 cup flour
- 1 teaspoon bicarbonate of soda
- Generous pinch of salt
- 1 tablespoon butter
- 1 teaspoon vinegar
- ½ cup milk
- ½ cup cream

Sauce:

- ½ cup cream
- ½ cup milk
- 6 ounces butter
- 1 cup sugar
- 1/2 cup hot water

Preparation:

1. Beat egg, sugar and jam together on high for 15 minutes.
2. Sift flour, bicarbonate and salt into a bowl.
3. Melt butter and add vinegar.
4. Add milk and cream to the egg mixture alternately with the flour.
5. Add vinegar and butter. Mix well.
6. Pour into a dish, approx. 20 centimeters in diameter. Preferably Pyrex or CorningWare, cover with foil and bake for 45 minutes - 1 hour at 350°F.
7. The pudding is cooked when it is a consistent rich brown in colour. If it is still pale in the centre on top, it will need a little longer.
8. Melt together the ingredients for the sauce and pour over the pudding as it comes out of the oven.

Skål International Cape Town, South Africa

Cape Town is one of the most magnificent parts of the world, a paradise full of exquisite scenery, beautiful beaches, two oceans – the icy Atlantic and the warmer Indian Ocean – and a wide variety of attractions to make any holiday-maker happy. Called ‘the Fairest Cape’, and there’s a reason for this. It really is a magical city with the iconic Table Mountain looming over it. World class restaurants, accommodation and attractions are but a few reasons to make Cape Town the destination of choice.

The V&A Waterfront, a bustling harbor area, combines shopping, dining, and entertainment against the backdrop of Table Mountain. Cape Town's diverse beaches, including the famous Clifton and Camps Bay, attract sun-seekers and water enthusiasts.

The Cape of Good Hope, a scenic drive away, boasts breathtaking coastal landscapes and the iconic Cape Point. The city's multicultural heritage is reflected in neighborhoods like Bo-Kaap, known for its colorful houses and rich history. Cape Town's wine region, Stellenbosch and Franschhoek, beckon with picturesque vineyards and wine tastings. With a blend of natural beauty, cultural richness, and outdoor adventures, Cape Town offers a diverse and enchanting experience for tourists exploring the southern tip of Africa.





Mango bread

From:
Skål International Hawaii, USA

Ingredients:

- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- ½ teaspoon ground ginger
- 1 tablespoon fresh ginger, finely chopped (if available)
- ½ teaspoon salt
- 3 eggs
- ¾ cup canola oil
- ¾ cup white sugar
- ½ cup brown sugar
- 1 teaspoon vanilla extract
- 2 cups diced mango (about 3 mangoes - be sure to scrape inside the mango skin for all those juices)
- ½ cup walnuts or macadamia nuts if desired

Preparation:

1. Preheat oven to 350°F. Grease a 9x5" loaf pan.
2. Combine flour, baking soda, spices, and salt in a large bowl. Whisk to combine and make a well in the center of the dry ingredients.
3. Add the eggs, oil, sugars, vanilla, and mango to the well. Stir to combine, until just mixed. Pour into the loaf pan.
4. Bake for 1 hour, or until a toothpick inserted in the center comes out clean. Let bread cool for 10 minutes in the pan, then remove and cool completely on a wire rack before slicing. Ingredients can also be used to make 4 mini loaves. Adjust the timing to around 50 minutes if using smaller loaf pans.

About:

The Hawaiian Islands are filled with fresh fruits and vegetables, and every fruit has its season.

Mango season is a favorite there, and so is mango bread. The recipe is quite versatile, allowing you to adjust for personal taste.

Skål International Hawaii, USA

Hawaii, a tropical paradise in the Pacific, is a dream destination for travelers. The archipelago's diverse islands, including Oahu, Maui, and the Big Island, offer a stunning array of natural wonders and cultural experiences. Waikiki Beach on Oahu is renowned for its golden sands and surf-ready waves, while the volcanic landscapes of the Big Island, including Hawaii Volcanoes National Park, showcase the earth's dynamic forces.

Haleakalā National Park on Maui boasts a volcanic crater and unparalleled stargazing opportunities. Snorkeling at Molokini Crater and exploring the lush Hana Highway are must-do experiences. The North Shore of Oahu is a mecca for surf enthusiasts, hosting the famous Banzai Pipeline.

Hawaiian culture is celebrated through traditional luaus, hula performances, and visits to historic sites like Pearl Harbor. The Aloha spirit permeates the islands, welcoming visitors to indulge in vibrant marine life, breathtaking landscapes, and a unique blend of Polynesian and American cultures.





Huon Valley Apple Pie

From:
Skål International Hobart, Australia

Ingredients:

Crust Ingredients

- 1 3/4 cups (260g) plain flour, plus extra for dusting
- 1/2 cup (75g) self-raising flour
- 185g unsalted butter, chilled, cut into small pieces
- 1/3 cup (75g) caster sugar
- 2 eggs
- 1 tbsp chilled water
- 1 tbsp milk
- Demerara sugar or caster sugar, to sprinkle
- Ice-cream, to serve

Filling Ingredients

- 8 large Granny Smith apples
- Juice of 1 lemon
- 45g unsalted butter
- 1/2 cup (110g) caster sugar
- 1/4 tsp ground cloves
- 1 tsp Cinnamon Ground
- 1/2 tsp Nutmeg Ground

Preparation:

1. Sift the plain flour, self-raising flour and a pinch of salt into a large mixing bowl. Add butter and rub lightly into flour with your fingertips. Lift mixture high above the bowl as you rub, to incorporate air into the pastry and make it lighter. Continue until mixture resembles fine breadcrumbs, then stir through sugar.
2. Lightly beat 1 egg with 1 tablespoon chilled water, then drizzle over flour mixture. Start to bring the dough together by cutting the liquid into the dough with a blunt knife, then form into a smooth ball with your hands, adding a little more water if necessary.
3. Divide dough into two pieces, one slightly larger than the other. Wrap in plastic wrap, and chill for 30 minutes.

Continued on next page.

About:

Apple pie holds a special place in Tasmanian culture due to the island's rich history and ideal conditions for apple cultivation. Tasmania, often referred to as the "Apple Isle," has a climate and soil perfect for growing a wide variety of apples, making the fruit a significant part of its agricultural heritage.

The abundance of apples naturally led to the creation and popularization of apple-based dishes, with apple pie becoming a beloved favourite.

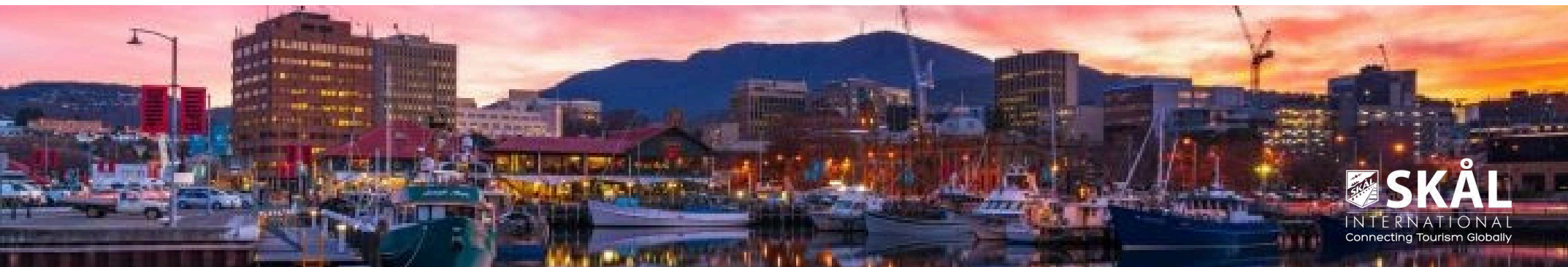
4. To make the filling, peel and core the apples, and cut each into 8 pieces. Toss immediately with lemon juice in a large bowl, to prevent apples from discolouring. Place the butter and sugar in a large frypan over medium-low heat. When butter has melted, add apples, cloves and cinnamon, then stir to coat. Cook, stirring occasionally, for 10 minutes or until apples have softened. Set aside to cool.
5. Roll out the larger pastry ball on a floured workbench to a 30cm circle (about 2mm thick). Roll pastry around rolling pin, then unroll over a 22cm metal pie dish. Gently press into corners and allow excess to overhang.
6. Place filling in base with a slotted spoon. Roll the small pastry piece to a 25cm circle. Beat remaining egg with milk, brushing some on rim of the base. Top with small pastry, don't be afraid to get creative with your pie lid - we eat with our eyes first.
7. Chill pie for 30 minutes. Preheat oven to 180C, place pie dish on a baking tray and cut air vents in the centre of the pie. Brush top of pie with more beaten egg, sprinkle with caster sugar and bake for 45 minutes or until golden brown.
8. Serve warm or cold with a generous scoop of vanilla ice cream.

Skål International Hobart, Australia

Skål International Hobart has been connecting the local tourism industry for 58 years. Chartered in 1966, Skål International Hobart is one of the largest clubs in Australia with a thriving membership base of over 90 local tourism professionals supporting industry and promoting the Hobart region. Skål International Hobart aims to enhance the tourism experience in Tasmania, advocate for sustainable tourism practices, and support the professional development of its members.

Hobart, the vibrant capital city of Tasmania, Australia, is a captivating blend of old-world charm and contemporary flair. Established in 1804, Hobart is one of Australia's oldest cities, and its rich history is reflected in the well-preserved Georgian and Victorian architecture that adorns its streets. Dominating the skyline is Mount Wellington, a natural sentinel offering breathtaking panoramic views of the city, the River Derwent, and beyond.

Hobart's cultural scene is equally dynamic, with institutions like MONA pushing the boundaries of contemporary art and thought. The city's calendar is packed with festivals and events that celebrate its unique identity, including Taste of Summer, Gin-uary Festival and Dark Mofo. In Hobart, the fusion of natural beauty, historic charm, and modern vibrancy creates a city that is both deeply connected to its past and eagerly embracing its future, offering residents and visitors a truly unique and enriching experience.





About:

"Sugee fruit cake," also known simply as "sugee cake," is a popular dessert in certain Asian and Middle Eastern cuisines.

"Sugee" refers to semolina or suji, a type of coarse wheat flour used in the cake's preparation. The cake is often associated with festive occasions and celebrations, especially during Christmas in some cultures.

Celebration sugree fruit cake

From:
Skål International Hong Kong, Hong Kong

Ingredients:

- 4 cups candied mixed fruit & nuts
- Raisins
- Sultanas
- Red & green glace cherries
- Candied peel
- Preserved melon strips
- Cranberries
- Dates (seeded)
- Roasted cashew nuts chopped
- Roasted almonds chopped
- Lemon and orange rinds from 1 fruit each
- 1 cup soft brown sugar
- 1 cup dark molasses
- 1 wineglass honey
- 1 wineglass rose water
- 1 wineglass of rum or brandy or sherry. For a non-alcoholic cake, substitute with Sunkist orange juice
- 250 g softened butter
- 3 eggs, beaten
- 2.5 cups sugree (semolina) lightly toasted
- 1 tablespoon of plain flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon powder
- 1 teaspoon ground cloves
- 1 teaspoon ground cardamon
- 1 teaspoon ground nutmeg

For the decoration:

- Apricot jam boiled with two tablespoons of water
- Ready to roll marzipan
- Ready to roll fondant

Continued on next page.

Preparation:

1. Set a conventional oven to 160°C. Grease and line with 4-fold parchment an 8" spring form baking tin. Set aside.
2. Chop all the mixed fruit into small pieces. Separate the chopped nuts in a bowl. Add the plain flour and mix well. Set aside.
3. In a saucepan, heat the butter and add all the mixed fruits, brown sugar and molasses. Stir the mixture frequently until the mixture bubbles, then lower the heat. Cook for a further 8 minutes. Set aside the fruit mixture to cool completely.
4. Sift the semolina, salt and baking powder into a separate bowl. When the fruit mixture is quite cold, stir in the beaten eggs. Add the ground spices. Add the honey, rose water and alcohol used and stir well. Add the floured chopped nuts and the semolina and fold into the mixture.
5. Pour into the prepared spring form baking tin and bake on the centre shelf for 90 minutes or until a toothpick comes clean when inserted in the middle of the cake.
6. Leave the cake in the tin for at least an hour away from any draught before turning it out on a wire cooling rack.
7. Wrap the cake in parchment and aluminium foil, and store the wrapped cake in an airtight cake tin for at least 1 week before decorating. "Feed" the cake periodically with brandy/sherry/rum.
8. To Decorate: After one week, remove the cake from the airtight tin and pat dry all over with a kitchen towel. Using a pastry brush, spread the prepared apricot jam all over the cake. Roll out the marzipan and cover the entire cake, making sure to plug any small holes. Let the marzipan set for a few hours and then cover the marzipan with the fondant icing and decorate as desired.

Skål International Hong Kong, Hong Kong

Skål International Hong Kong has been bringing together people at all levels of Hong Kong's hotel, travel, and tourism industries since 1949. It is an active club that hosts monthly luncheon meetings at one of its participating hotels, all of which outdo themselves to provide a gastronomic feast to members and guests during its luncheon and special events.

Hong Kong is a captivating tourist destination blending modernity with tradition. The iconic skyline, dominated by architectural marvels like Victoria Peak, is a testament to the city's dynamism. Hong Kong Disneyland and Ocean Park offer family-friendly attractions, while the bustling street markets of Mong Kok and Temple Street showcase the city's vibrant local culture.





Haside

From:
Skål International Kapadokya, Türkiye

Ingredients:

- 1 cup of molasses (no matter the type)
- 1 cup of water
- 2 heaping tablespoons of flour
- 2 heaping tablespoons of cornstarch
- 1/2 cup of coarsely ground walnuts

Preparation:

1. Take the molasses, water, flour and cornstarch in a saucepan and beat until no lumps.
2. Cook over low-medium heat until thickens.
3. Pour the mixture into a 16x26 centimeters baking dish.
4. Sprinkle with walnuts.
5. When cooled and thickened, cut into slices and serve.

About:

Haside is one of the traditional and somewhat about to be forgotten desserts of Turkish cuisine. Molasses is the main ingredient of the recipe. Molasses is also one of the main elements of Turkish cuisine. It is one the basic ingredients of Turkish cuisine, mostly together with tahini. But also it's a kind of alternative medicine. It's recommended for iron deficiency and for strengthening the immune system. So it's not surprising to have desserts made with molasses. Haside is called "aside" or "köfterlik" in different regions of Türkiye.

Skål International Kapadokya, Türkiye

Cappadocia, the Persian name "Kappa Tuchia" which means "The land of beautiful horses".

Cappadocia offers outstanding landscape, natural beauties, fairy chimneys and rock-cut houses, the picturesque valleys, scenic lunar hills, incredible monuments from the Goreme Open Air Museum to Kaymakli Underground City, Uchisar Castle, Devrent Imagination Valley and Pasabag Monks Valley and much more.

Cappadocia is situated in the middle of Türkiye, in central Anatolia. The region is mostly known by the three popular towns of Goreme, Urgup and Uchisar but actually it is the name of the very big region spread through the cities of Nevsehir, Kirsehir, Nigde, Aksaray and Kayseri. The narrowed rocky region of Cappadocia includes; Uchisar, Urgup, Avanos, Goreme, Derinkuyu, Kaymakli, Ihlara and surrounding areas.





About:

In coastal regions of Kenya, such as Mombasa, coconut plays a prominent role in the local cuisine. Coastal dishes often feature coconut in both savory and sweet preparations, showcasing its importance in the regional culinary landscape.

Chocolate truffle coconut & mint mousse

From:

Skål International Kenya Coast, Kenya

Ingredients:

- Butter unsalted: 200 g
- Dark chocolate: 750 g
- Cream: 500 g
- Semi whipped cream: 500 g
- Hennessy Brandy (optional): 100 milliliters
- Fresh grated coconut: 30 g
- Chopped mint leaves: 5 g

Preparation:

1. Start by finely chopping your chocolate so that it will melt more quickly.
2. Heat the whipped cream and add coconut grated or milk, either on the stove or in the microwave, just until it starts to boil. Slowly pour over the chocolate.
3. Add brandy (optional), mint, and fresh grated coconut. If desired, stir in a pinch of salt and pure vanilla extract. Stir until the chocolate mixture is shiny, thick, and completely smooth.
4. Refrigerate the bowl of chocolate until it's firm enough to scoop. Or pipe the mixture into a silicon mold and keep it in the freezer. This usually takes somewhere between thirty minutes and an hour.
5. Then, roll out chocolate balls, or de-mould, either using your hands (with gloves if you wish, for less mess) or a mini cookie scoop.
6. Decoration according to choose cover with ganash or sprinkle coco powder and cookie crumbs.

Skål International Kenya Coast, Kenya

Skål International Kenya Coast is the only professional organization promoting global Tourism in and around the coastal region of Kenya and friendship between hotels, restaurants and uniting all sectors of the tourism industry.

Kenya's Coast, including popular destinations like Mombasa and Diani Beach, is a tropical paradise along the Indian Ocean. Renowned for its pristine white-sand beaches, vibrant coral reefs, and historical sites like Fort Jesus.

Visitors indulge in water sports, wildlife excursions, and cultural experiences. Swahili architecture and diverse marine life enhance the region's allure, making the Kenya Coast a sought-after destination for sun-seekers, nature enthusiasts, and those captivated by the rich blend of history and natural beauty.





Gandharaj lemon petit

From:
Skål International Kolkata, India

Ingredients:

- 100 g whole milk
- 85 g heavy cream (A)
- 8 g lemon essence
- 80 g sugar
- 115 g egg yolk
- 8 g gelatine
- 280 g heavy cream (B)
- 10 g lemon juice
- 5 g Gandharaj lemon zest
- Lemon cream
- 150 g sugar
- 162 g whole eggs
- 140 g egg yolks
- 245 g lemon juice
- 70 g butter unsalted

Preparation:

1. Hydrate the gelatine in cold water for a minimum of 5 minutes. and reserve to use later. Whip the heavy cream B to soft peaks in a stand mixer with a whip attachment and reserve to use later in the refrigerator.
2. Combine the whole milk and heavy cream (A) and bring it to a simmer. Combine the egg yolks and sugar and temper them into the hot milk mixture. Create a creme anglaise by cooking the mixture over medium-low to medium heat (depending on how quickly and efficiently you whisk), whisking continuously, to 185°F/85°C.
3. Squeeze out the excess water from the gelatine and add it to the anglaise, whisking it well to fully melt the gelatine and homogenize the mixture. Transfer the mixture to a mixing bowl over an ice bath, whisking to cool the mixture to 86°F/30°C.

Continued on next page.

About:

The dessert depicts the true flavors of Bengal. It is an adapt of the local specialty lemon 'Gandharaj'. The main ingredient is the Gandharaj lemon plant, also known as the "King of Fragrance", is a delightful addition to any garden or backyard. This evergreen citrus tree is prized for its heavenly aroma and versatile uses. The Gandharaj lemon's unique fragrance and flavor make it a sought-after ingredient in the culinary world. The zest and juice of these lemons are cherished additions to various dishes, desserts, and beverages, adding a refreshing twist to your recipes.

4. Fold in the 1/2 of the whipped cream, lemon juice, lemon zest and lemon oil. To ensure thorough mixing of all of the mousse ingredients, transfer the contents back into the mixing bowl with the whipped cream and fold everything together.
5. Transfer the mousse to a piping bag and fill the 55 millimeters 1/2 full. Reserve the mold in the freezer.
6. Bring the lemon juice to a simmer in a sauce pot over medium heat.
7. While the lemon juice is heating, combine the sugar, whole eggs and egg yolks, whisking until homogenized.
8. Temper the hot lemon juice and egg mixture and cook over medium heat, while whisking, to 185°F/82°C.
9. Freeze the domes completely, then unmold, consolidate and reserve in the freezer to use later.

Skål International Kolkata, India

Kolkata, formerly known as Calcutta, is a city in eastern India renowned for its rich cultural heritage and historical significance. The Howrah Bridge, an iconic cantilever bridge over the Hooghly River, is a symbol of the city. Visitors can explore the Victoria Memorial, a majestic marble structure honoring Queen Victoria, surrounded by lush gardens.

Kolkata's literary legacy is celebrated at the Indian Museum and the Marble Palace, housing extensive collections. The city's colonial architecture, evident in places like Dalhousie Square, adds to its unique charm. Mother Teresa's Missionaries of Charity, headquartered in Kolkata, invites visitors to understand her humanitarian work.

Kolkata is a hub for arts and culture, hosting the annual Durga Puja festival, a grand celebration of Hindu goddess Durga. The city's diverse street food scene, from sweets like rasgulla to savory kathi rolls, is a culinary delight. Known for its warm hospitality, Kolkata offers a genuine and immersive experience for those seeking a mix of history, culture, and culinary adventures in the heart of West Bengal.





About:

In celebration of Skål International's 90th Anniversary, our General Secretariat is delighted to share the recipe of the renowned Torta Loca Malagueña.

This traditional cake consists of two puff pastry circles filled with pastry cream and covered with egg yolk icing and a cherry — a fitting tribute to nine decades of global friendship and hospitality.

Torta Loca Malagueña

From:
General Secretariat, Skål International

Ingredients:

- 2 sheets of puff pastry
- Candied cherries

Pastry cream:

- 50 g butter
- 500 ml milk
- 3 egg yolks
- 125 g sugar
- 50 g corn flour
- Vanilla essence

Egg yolk topping:

- 4 egg yolks
- 200 ml water
- 250 g sugar
- 50 g corn flour
- Orange food colouring

Syrup:

- 150ml water
- 225g sugar

Preparation:

1. Preheat the oven to 200°C. Roll out the puff pastry and craft circles using a round mould. Bake until golden brown, then let cool on a wire rack.
2. For the pastry cream, bring the butter and milk to the boil. Whisk the egg yolks together with the sugar, corn flour and vanilla and gradually add to the milk, stirring constantly. Cook in a bain-marie over a low heat until it thickens, without boiling.
3. To prepare the egg yolk topping, beat the egg yolks with the sugar and corn flour until well blended. Bring the water and sugar to the boil and gradually whisk in the yolks over a low heat until thickened. Add a few drops of orange food colouring. Let cool.

Continued on next page.

4. To make the syrup, place the water and sugar over a medium heat until the syrup dissolves and remove from the heat.
5. To assemble the cake, take a circle of puff pastry, fill with cream, close with another circle, place the topping, add half a cherry and paint with the syrup. Serve cold to delight the senses.

Skål International Málaga-Costa del Sol, Spain

Málaga, situated on Spain's Costa del Sol, is a captivating destination blending historic charm with vibrant modernity. The city boasts a rich cultural heritage, evident in landmarks such as the Alcazaba, a Moorish fortress, and the Gibralfaro Castle, offering panoramic views of the Mediterranean. Málaga's Renaissance cathedral and the Picasso Museum celebrate art and history.

The Paseo del Parque, a picturesque promenade, leads to the vibrant harbor, while the Larios Street, lined with shops and cafes, is perfect for leisurely strolls. Málaga's beaches, like La Malagueta, provide a sun-soaked escape.

The birthplace of Pablo Picasso, Málaga embraces its artistic legacy with museums, galleries, and street art. The Atarazanas Market showcases local flavors and culinary delights. Festivals, such as Semana Santa and Feria de Málaga, offer immersive cultural experiences. With its warm climate, cultural attractions, and coastal allure, Málaga beckons travelers seeking a dynamic Spanish escape.





About:

Although it can be consumed throughout the year, it is during Lent when it is most popular due to its religious background. Although the Church has not officially recognized the spiritual meaning of this dessert, the tradition and ideology that has endured from generation to generation dictates that the bread represents the body of Christ, the syrup his blood, the cinnamon the cross where Christ was crucified, the cloves the nails of the cross, the cheese represents the shroud and the fruits and nuts, the joy of the resurrection.

Capirotada de bolillo frito

From:
Skål International Mazatlán, Mexico

Ingredients:

- 8 bolillos (small French bread rolls), sliced and toasted or fried until golden
- 1 cup peanuts or almonds, chopped
- 1 cup raisins
- 1 cup shredded coconut (optional)
- 2 cups grated cheese (typically Mexican queso fresco or Monterey Jack)
- 1 cinnamon stick
- 4 cups water
- 2 cups brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- Butter for greasing the baking dish

Preparation:

1. Slice the bolillos and either toast or fry them until they are golden brown. Set aside.
2. In a saucepan, combine the water, brown sugar, cinnamon stick, ground cinnamon, and ground cloves. Bring the mixture to a boil, then reduce the heat and simmer for about 10-15 minutes, allowing the flavors to meld. Remove the cinnamon stick.
3. Preheat the oven to 350°F (175°C). Grease a baking dish with butter. Layer half of the toasted or fried bolillos in the baking dish. Sprinkle half of the chopped nuts, raisins, shredded coconut, and grated cheese over the bread. Repeat the layering with the remaining bolillos and toppings. Pour the prepared syrup evenly over the layers.

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4. Cover the baking dish with aluminum foil and bake in the preheated oven for about 30-40 minutes or until the capirotada is heated through and the flavors meld.
5. Allow the capirotada to cool slightly before serving. It can be served warm or at room temperature.

Skål International Mazatlán, Mexico

Also called the pearl of the Pacific, it is located in the state of Sinaloa, its beautiful sandy beaches border its 21 km long boardwalk considered one of the longest in the world, its new marine aquarium of cuts largest in Latin America, is place famous for deep sea fishing, its iconic sites such as the historic center, the Angela Peralta theater among others, as well as the modern district called Zona Dorada best known for its nightlife and hotels and restaurants of great business level.

Club Skål International Mazatlán has 50 years of tradition in the beautiful port of Mazatlan, which is composed of large companies that detonate in tourism such as travel agencies, restaurants, and car rental, as well as encompasses the most important and outstanding hotels in Mazatlan.





Not-Your-Ordinary-Cheesecake

From:
Skål International Melbourne, Australia

Ingredients:

Base:

- 2.5 cups almond flour
- 1/2 cup unsalted butter (melted)
- 2 tbsp monk fruit sweetener
- 1 tsp vanilla extract
- 1 tbsp cinnamon
- 1 tsp ground cloves
- 1 tsp ground cardamom
- Pinch of salt

ECheesecake Filling:

- 2 cups of cream cheese
- 1 1/4 cups of sour cream
- 3 large eggs
- 3/4 cup of monk fruit sweetener
- 1 tbsp of vanilla extract
- 2 shots of espresso

Toppings:

- Your choice! We love layering berries to add a juicy sweetness to the coffee flavour cake.

Preparation:

1. Preheat your oven to 163°C (325°F).
2. Mix all the base ingredients together until well combined.
3. Press the mixture into the bottom and sides of a greased springform pan.
4. Bake the base for 10 minutes, then remove it from the oven and let it cool.
5. In a food processor, combine the cheesecake filling ingredients. Process the mixture until smooth and well blended.
6. Pour the filling over the pre-baked base in the springform pan.
7. Bake the cheesecake for 50-55 minutes, or until the centre is lightly browned and set.
8. Remove the cheesecake from the oven and let it cool for at least 4 hours.

About:

Infused with the true spirit of Melbourne (coffee, of course!), this dessert delivers a caffeine hit and tastes amazing. And that's not all...it's also sugar-free!

Our keto-friendly cheesecake is the perfect blend of decadence and health-conscious delight!

9. Refrigerate overnight to allow it to set.
10. To serve: The next day – remove your cheesecake out of the fridge and get ready to enjoy. Add a thick layer of smashed berries and a few coffee beans to decorate. Or even better, top your healthy cheesecake with a good dose of whipped cream and melted chocolate (we won't judge you for it)!

Skål International Melbourne, Australia

Since 1961, Skål International Melbourne has been a spirited part of Skål International, and one of 19 clubs in Australia. To put it in 'recipe' terms, our key ingredient is absolutely the people we surround ourselves with. Then, we add a few spoonfuls of energy, a cup of passion, a sprinkle of love and a big old dollop of fun!

Melbourne is the vibrant capital of Victoria, located on the East Coast of Australia. We are a bustling metropolis renowned for our diverse community, quirky architecture, street art, foodie culture and lively arts and sporting scenes. Melbourne is frequently ranked amongst the world's most liveable cities, a testament to our marvellous way of life.

During the pandemic, we earned the infamous title of the 'most locked-down city in the world.' But did you know that we also hold the record for the most cafes per capita? And, that here in Melbourne, coffee is not just a drink, it is a way of life. If you are wondering how we managed to bounce back after our marathon lock down, well, it's fair to say our high caffeine consumption probably kept us smiling and fueled up through the hard times!





Mysore pak

From:
Skål International Mysuru, India

Ingredients:

- 1 cup (250 milliliters) of gram flour (besan - chickpea flour)
- 1 cup of ghee (clarified butter)
- 2 cups of sugar
- 1/3 cup of water to make sugar syrup

Garnish (Optional):

- 3-4 skinned almond shavings

About:

Mysore Pak is a very popular sweet in South India usually prepared for festivals and special occasions. This soft and tasty Mysore pak is made using besan/gram flour, sugar, and ghee. This sweet was invented in the royal palace of Mysore hence it's called 'Mysore' Pak.

Preparation:

1. Take a tray and grease it with ghee. Heat a pan, add ghee and allow it to melt. Add besan flour little by little and stir well so that there are no lumps. When the besan is nicely mixed with ghee the mixture starts to rise up like milk. When we boil milk, it starts to bubble up and rise up, in the same way, the besan and ghee mixture starts to rise up, this is the time, you need to switch off the flame and remove the pan and keep the mixture aside. If you overcook the mixture, you will have the burning smell of ghee.
2. In another pan, add 2 cups of sugar and add water to soak the sugar. When the sugar gets dissolved nicely, stir nicely till you get a one string consistency. When you take a drop of syrup and rub it between your thumb and pointer, one string should be formed. You can refer to the video for this consistency.

Continued on next page.

3. Once the one string consistency is reached, slowly add the besan and ghee mixture and stir continuously till the besan, ghee and sugar are nicely mixed up and incorporated well.
4. Slowly the mixture starts to thicken up and starts to roll up and doesn't stick to the sides of the pan. A frothy or foamy layer starts to form on top of the mixture, the whole mixture starts to rise up like boiling milk. Immediately switch off the flame and pour the mixture onto the tray and pat it with the backside of the ladle.
5. You can sprinkle a teaspoon of sugar on the patted mixture. Allow it to cool for a minute and then cut it into squares of diamond shaped pieces. Plate the Mysore Pak pieces on a plate/platter & sprinkle some Almond shavings (optional) on it and serve.

Skål International Mysuru, India

Skål International Mysuru was founded on 1st November 2019 and presently has 27 members. This club works in close association with the governing authorities in activities related to tourism & hospitality, especially since tourism is a lifeline industry for the city alongside the traditional industries.

Mysuru is a metropolitan city in the southern Indian state of Karnataka and is situated at the foothills of the Chamundi Hills. The temple for the much revered Goddess Chamundeshwari is located on the top of Chamundi Hill. Mysuru is the third-most populous, third-largest and one of the cleanest cities in India. It is the seat of the Wadiyar dynasty and was the capital of the Kingdom of Mysore for almost six centuries, from 1399 until 1947. It is known for its heritage structures and palaces, including the famous Mysore Palace, and is noted for its culture, Mysore is popularly known as the "City of Palaces", the "Heritage City", and the "Cultural Capital of Karnataka". It is known for its pristine and calm ambiance. Mysuru is famous in the world for its sandalwood and rosewood artifacts, stone sculptures, incense sticks, inlay work with ivory and its exquisite silk sarees.





About:

Neapolitan pastiera, or "Pastiera Napoletana," is a traditional Italian dessert associated with the Easter season, particularly in the region of Campania, and more specifically, Naples. It is a sweet, aromatic pie that has become a symbol of the holiday.

The ingredients of Neapolitan pastiera are said to symbolize various elements, with the wheat representing renewal, the ricotta symbolizing richness, and the candied peel representing the sweetness of life.

Neapolitan pastiera

From:
Skål International Napoli, Italy

Ingredients:

Shortcrust pastry:

- 00 Flour: 250 g
- Lard: 50 g
- Butter: 50 g
- Sugar: 80 g
- Wildflower honey: 20 g
- Eggs: 60 g (about 1 medium)
- Whole milk: 40 g
- Orange, lemon peel: 1/2
- Fine salt: 1 pinch

Wheat cream:

- Cooked wheat: 200 g
- Whole milk: 80 g
- Butter: 25 g
- Lemon and orange peel: 1/2
- Fine salt: 1 pinch

Garnish:

- Powdered sugar to taste

Filling:

- Sheep's milk ricotta cheese: 200 g
- Sugar: 180 g
- Candied citron: 50 g
- Wildflower honey: 20 g
- Eggs: 2
- Egg yolks: 1
- Orange blossom water to taste
- Whole milk: 20 g
- Orange and lemon peel to taste

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Preparation:

1. Start with the shortcrust pastry beginning with flour. Add a pinch of salt. Use a sieve to sift to flour. Once all the flour and salt has been sifted make a well and add the butter, lard and sugar. Combine the egg into and add the milk. Add orange and lemon. Combine the flour with the other ingredients. The shortcrust pastry is ready. Leave it one hour in the fridge.
2. Filling: start by cooking the wheat grain. Add a pinch of salt and break up the wheat grain to make it a little more uniform. Add the milk, butter, orange and lemon peel. Bring it all to a simmer using a fork mash the wheat grain. Keep stirring the mixture and once it's boiling take it off the heat. Leave it to cool. Strain the ricotta using the sieve take the sugar and pour it into the bowl, mix the sugar into the ricotta and leave it to the rest in the fridge for one hour.
3. Take the cooled wheat grain, remove orange and lemon peel and pour the wheat into a bowl. Take the ricotta in the fridge, the ricotta and the sugar, adding some honey. Mix the honey into the sugar and ricotta, add the wheat grain. Combine them together until a cream begins to form. Leave this to one side and take the 2 whole eggs and one yolk and beat them together. Pour in the orange flower water, milk and add some orange and lemon zest. Take the wheat grain and ricotta mixture, add the eggs in two steps to make a cream.
4. Take the shortcrust pastry from the fridge. Remove one-quarter, use this later to cut into strips or ribbons, dust the work surface with flour press down a little more. Sprinkle some more flour and roll out the pastry with the rolling pin. Make sure it's about 3-4 millimeters in thickness. Add a little more flour and roll it up around the rolling pin. Use a pan with a 20 centimeters diameter; place the pastry over the top and push some of the excess dough into the tin to help shape it. Press down lightly, remove the excess shortcrust pastry, press down again with your fingers and remove the excess pastry and get it to stick to the edge. Prick some holes into the bottom. Add the filling and remove the excess air. Let's move on to the strips, ribbons; start from one edge four underneath, three on top; time for it to go in to oven. Bake at 180°C for 50-55 minutes. Our pastiera has now cooled down sprinkle some powdered sugar on the top.

Skål International Napoli, Italy

Skål International Napoli, a young, and dynamic club united by the passion for the tourism sector and for Naples. Mysterious and fascinating, intriguing and passionate, chaotic and contradictory: this is Naples, the "great capital" of the Mediterranean. Moonlit nights, the sparkling atmosphere of popular festivals and the smell of the sea, all these have contributed to its fame. While being a modern city it is still solidly linked to the traditions of the past. The city offers itself as a universe to be explored: its artistic heritage is immense.




About:

Dark chocolate, when consumed in moderation, can offer several health benefits due to its rich content of cocoa solids. It's crucial to choose high-quality dark chocolate with at least 70% cocoa content and consume it in moderation, as it is still calorie-dense.

Citrus-infused dark chocolate cheesecake

From:

Skål International Nelson Mandela Bay, South Africa

Ingredients:

- 1 packet of Tennis biscuits (crumbs)
- 1/2 cup unsalted butter, melted
- 2 x 250 grams full fat or medium cream cheese, softened
- 1 cup granulated sugar
- 4 large eggs
- 75 milliliters of orange liqueur (triple sec or Cointreau)
- Zest of 1/2 Eastern Cape orange
- Juice of 1/2 Eastern Cape orange
- 100 grams of dark chocolate, chopped
- 250 milliliters heavy cream
- Slices of Eastern Cape orange, for garnish with grated chocolate

Preparation:

1. Preheat your oven to 160°C. In a bowl, combine the tennis biscuits crumbs and melted butter. Press the mixture firmly into the bottom of a 9-inch (23 centimeters) springform pan, creating an even layer.
2. In a large mixing bowl, beat the softened cream cheese until smooth and creamy. Add the granulated sugar and continue to beat until well combined. Beat in the eggs, one at a time, ensuring each egg is fully incorporated before adding the next. Mix in the orange liqueur, orange zest, and orange juice until the filling is smooth.
3. Assemble and bake: Pour the cheesecake filling over the prepared crust in the springform pan. Tap the pan on the counter a few times to remove any air bubbles. Place the pan on a baking sheet to catch any potential drips. Bake in the preheated oven for about 45-50 minutes, or until the edges are set and the centre is slightly jiggly.

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4. Cooling and chilling: Turn off the oven and crack the oven door open. Let the cheesecake cool in the oven for about an hour. Afterwards, remove the cheesecake from the oven and let it cool to room temperature.
5. Once cooled, refrigerate the cheesecake for at least 4 hours, preferably overnight, to allow it to set completely.
6. Prepare the chocolate ganache: In a small saucepan, heat the heavy cream until it just starts to simmer. Remove from heat. Add the 50 milliliters of orange liqueur, and chopped dark chocolate to the hot cream and let it sit for a minute. Stir the mixture until the chocolate is completely melted and the ganache is smooth.
7. Final touches: Carefully, remove the cheesecake from the springform pan and place it on a serving platter. Pour the chocolate ganache over the top of the cheesecake, allowing it to drip down the sides.
8. Garnish the cheesecake with slices of Eastern Cape orange and grated chocolate.
9. Serve and enjoy: Slice the cheesecake and serve it chilled.

Skål International Nelson Mandela Bay, South Africa

Skål International Nelson Mandela Bay is in the heart of the Eastern Cape - embraced by the cool waters of the Indian Ocean and the Sundays River Valley, South Africa's single biggest citrus producers.

Nelson Mandela Bay, located in South Africa's Eastern Cape, entices tourists with its diverse attractions. The city of Port Elizabeth offers golden beaches, a historic Donkin Heritage Trail, and the iconic Red Location Museum. The Addo Elephant National Park, nearby, provides thrilling wildlife encounters. With a rich cultural scene, vibrant markets, and a range of outdoor activities, Nelson Mandela Bay is a multifaceted destination for those seeking a blend of history, nature, and adventure on South Africa's picturesque coastline.





About:

New York City is known for its diverse culinary scene, and there are numerous bakeries and restaurants that offer a wide range of delicious bread and pastry options.

Club Med famous white chocolate bread

From:
Skål International New York, USA

Ingredients:

- 1.5 cups flour
- 14 grams yeast (2 packets)
- 1/4 teaspoon salt
- 2/3 cup water
- 6 ounces white chocolate chips

Preparation:

1. Place the flour, salt, & yeast in the bowl of an electric mixer. Mix on medium-low or first speed for 1 minute.
2. Add 2/3 of the water at first, then add the rest as needed and mix for 10 minutes. If the dough needs more water, add as needed. The dough should be smooth, homogenous, and should not stick to your fingers when you touch it. It should pull away from the sides of the bowl.
3. Add the chips and mix for an additional 2-3 minutes or until the chips are well distributed throughout the dough.
4. Take the dough out of the bowl and lightly knead it into a ball. Let rest for 5 minutes. Preheat the oven to 400°F.

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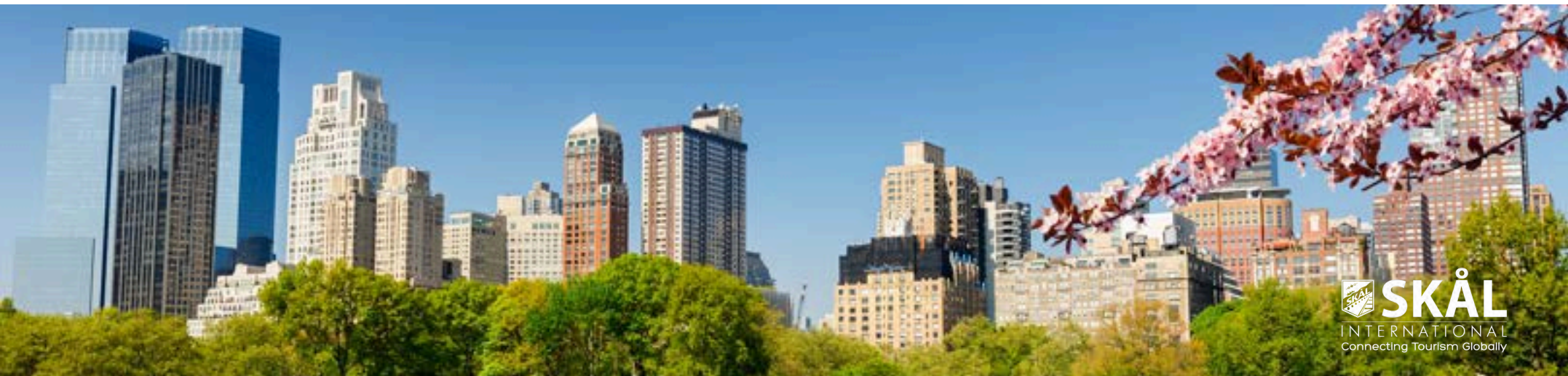
5. After the 5 minutes of resting, pound the dough flat and then form the dough into the desired shape of the loaf you want. This can be done by folding the dough into the middle and sealing it with your palm. Repeat this procedure until you have formed a loaf shape. Place the loaf on a lined sheet pan with silpat or parchment paper and let rest for approximately 45 minutes or until it has doubled in size. If you are in a dry environment, place a damp cloth over the loaf.
6. Once the dough has doubled, place it in the oven (make sure to place 1/2 cup of water in a pan or directly on the oven bottom to create vapor) and bake for approximately 20 minutes at 400°F or until nicely browned on top. Don't be alarmed if the white chocolate chips exposed are burned, this is normal.
7. Once the bread is baked, remove it from the oven and let rest on a cooling rack for 10 minutes. Serve warm.

Skål International New York, USA

New York City, the iconic metropolis on the east coast of the United States, is a global cultural and economic hub. The city's skyline, dominated by landmarks like the Statue of Liberty, Times Square, and Central Park, showcases its architectural splendor. Broadway theaters offer world-class performances, while museums such as the Metropolitan Museum of Art and the Museum of Modern Art attract art enthusiasts.

The diverse neighborhoods, from the bustling streets of Manhattan to the cultural enclaves of Harlem and Chinatown, provide a rich tapestry of experiences. Visitors can ascend the Empire State Building for panoramic views, explore the historic Ellis Island, and wander through the vibrant boroughs of Brooklyn and Queens.

Culinary delights abound with the city's diverse food scene, from iconic New York-style pizza to upscale dining experiences. Whether strolling through the trendy shops of Fifth Avenue or taking a ferry to Staten Island, New York City offers an endless array of attractions, making it a must-visit destination for tourists worldwide.





About:

For this cake, use natural dyes extracted from fruits, vegetables and coconuts, for example. Inject the colors into a konjac jelly cake, creating a dessert that can replace birthday cakes. The ingredients are natural and the taste is delicious and refreshing.

Floral konjac jelly cake

From:
Skål International Taipei, Taiwan

Ingredients:

For the Konjac Jelly:

- 1 packet (about 10 g) of konjac jelly powder
- 500 milliliters water
- 100 g sugar
- Edible flowers (such as pansies, violets or rose petals)

For the flower layer:

- Edible flowers (thoroughly cleaned and pesticide-free)

For the floral syrup:

- 1 cup water
- 1 cup sugar
- Edible flowers for flavor (e.g., lavender, chamomile)

Preparation:

1. Dissolve the konjac jelly powder in water according to the package instructions. In a saucepan, combine the dissolved konjac jelly, sugar, and edible flowers. Bring the mixture to a boil, stirring continuously until the sugar is completely dissolved. Remove from heat and let it cool slightly.
2. Place a layer of edible flowers at the bottom of your mold or container.
3. Pour the slightly cooled konjac jelly mixture over the flower layer in the mold and allow the jelly to cool to room temperature and then refrigerate until fully set.
4. In a saucepan, combine water, sugar, and a handful of edible flowers for flavor. Bring to a boil, stirring until the sugar is dissolved. Let the syrup cool.
5. Once the konjac jelly is fully set, remove it from the mold. Pour the floral syrup over the jelly cake, allowing it to seep into the edges.
6. Slice the floral konjac jelly cake into portions and serve chilled.

Skål International Taipei, Taiwan

Taipei, the vibrant capital of Taiwan, is a captivating destination blending modernity with rich cultural heritage. The iconic Taipei 101, a towering skyscraper, dominates the skyline and offers panoramic views. The city's night markets, such as Shilin and Raohe, are renowned for delectable street food and a lively atmosphere. The National Palace Museum houses a vast collection of art and artifacts.

Cultural landmarks like Longshan Temple and Chiang Kai-shek Memorial Hall showcase Taipei's diverse history. The hip district of Ximending is a hub for shopping and entertainment, while the tranquil surroundings of Daan Forest Park offer a serene escape.

Taipei's efficient public transportation makes exploring the vibrant districts, each with its unique charm, accessible for tourists seeking a blend of tradition, modernity, and culinary delights in the heart of Taiwan.





Apple pie viennies

From:
Skål International Wien, Austria

Ingredients:

- 1 kilogram of apple slices in small pieces
- 125 g of butter
- 3 eggs
- 250 g of flour
- Baking powder

Preparation:

1. Eggs, butter, baking powder, and flour stir until fluffy.
2. Then mix it with the apples and fill it into a baking pan.
3. Bake it for 45 minutes in the oven (190°C).
4. Spread with butter and cinnamon and put it back in the oven for 10 minutes, ready!

About:

Strudel is most often associated with the Austrian cuisine but is also a traditional pastry in the whole area formerly belonging to the Austro-Hungarian empire.

In these countries, apple strudel is the most widely known kind of strudel. Apple strudel is considered to be the national dish of Austria. The oldest known strudel recipe is from 1697, a handwritten recipe housed at the Wienbibliothek im Rathaus.

Skål International Wien, Austria

Vienna (Wien), the capital of Austria, is a city steeped in imperial history and cultural grandeur. The opulent Schönbrunn Palace, a UNESCO World Heritage site, and the historic Hofburg Palace immerse visitors in the imperial legacy. The Belvedere Palace showcases an impressive art collection, including works by Gustav Klimt.

Vienna's classical music heritage is celebrated in venues like the State Opera House and the Musikverein, home to the Vienna Philharmonic Orchestra. St. Stephen's Cathedral, with its iconic spire, stands as a symbol of the city.

The Naschmarkt, a bustling market, offers culinary delights, while coffeehouses like Café Central provide a taste of Viennese café culture. The Prater Park, home to the iconic Giant Ferris Wheel, provides recreational spaces.

Vienna's efficient public transportation system makes exploring its historic districts, including Innere Stadt, a delight. The city's cultural richness, from its grand palaces to its thriving arts scene, ensures a memorable experience for tourists seeking a blend of tradition and sophistication in the heart of Europe.



WORLD RECIPE BOOK



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