

# COLOMBIAN AREPAS WITH CHEESE FILLING

Arepas are mostly known as corn cakes made out of corn dough or precooked corn flour in a flat circular shape, similar to a pancake.

The history of corn cakes, or arepas, dates back to the Spanish conquest in the pre-Columbian era when the different indigenous groups harvested corn and made several preparations out of it as they considered it a gift from the gods.



Arepas are notable primarily in the cuisine of Venezuela and Colombia, but also present in the cuisines of Bolivia and other countries.

In 2006, the arepa was named the cultural symbol of Colombia in a competition organized by *Semana* magazine.

The Colombian Arepa Festival is celebrated in the following 5 major cities: Bogotá, Medellín, Cali, Barranquilla, and Bucaramanga.

**Gluten Free**



# BEEF RENDANG

Rendang originated from the Minangkabau Highlands of Indonesia and spread to cuisine of neighboring Southeast Asian countries such as Malaysia, Singapore, Brunei and the Philippines.

Rendang is a rich dish of meat, commonly beef, that has been slow cooked and braised in a coconut milk seasoned with a herb and spice mixture.



Flag of Indonesia



There are many types of Rendang such as Beef Rendang, Chicken Rendang, and Lamb Rendang

Rendang is one of **6** National Dishes of Indonesia.

Rendang is often served at ceremonial occasions and to honor guests

Beef  
Gluten Free



# CORNBREAD MUFFINS

Cornbread is an American soul food dish that originated from Native American cuisine of the southern United States. Cornbread became a staple food for enslaved people in the United States due to the limited rations that they were given.

Because it was illegal in many states for enslaved people to learn to read or write, soul food recipes and cooking techniques tended to be passed along orally, until after emancipation.



Traditional soul food cooking is seen as one of the ways enslaved Africans passed their traditions to their descendants once they were brought to the US, and is a cultural creation stemming from slavery and Native American and European influences.



# ARGENTINIAN EMPANADAS

An empanada is a dish of Spanish cuisine, a type of baked or fried turnover consisting of pastry and filling, common in Spanish, other Southern European, Latin American, and Filipino cultures.

Argentinian empanadas are often served during parties and festivals as either the starter or the main course



In Buenos Aires, the Creole empanada is so important that it has been declared a Cultural Heritage of Food and Gastronomy by the Argentine Ministry of Culture.

Every region of Argentina has its own characteristic variant of empanada.

An annual "National Empanada" festival is held in Famailá.

**Beef**

**OR**

**Vegan**



# JAMBALAYA

Jambalaya is an American Creole and Cajun rice dish of French, African, and Spanish influence. Traditionally, the meat includes sausage of some sort along with pork or chicken and seafood, such as crawfish or shrimp.

The vegetables that are used are usually a sofrito-like mixture known as the "trinity" in Cajun cooking, consisting of onion, celery, and green bell pepper. Okra, carrots, tomatoes, chilis and garlic are also used.



Jambalaya is a Louisiana-born dish that has its origins in historical influences from France and Spain, as well as a West African influence due to the trans-Atlantic slave trade.

Jambalaya is similar to Gumbo, another rice-and-meat dish known in Louisiana cuisine.

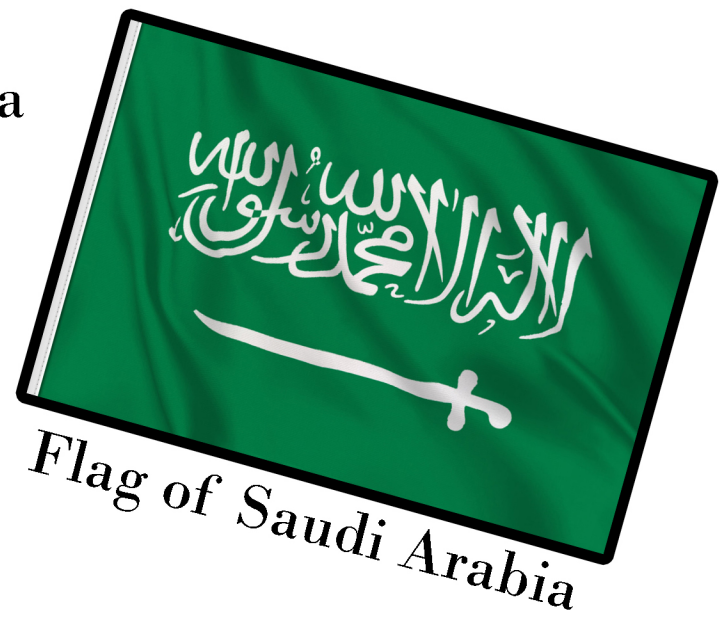
**Andouille (Pork)**  
**Gluten Free**



# CHICKEN KABSA

Kabsa is a mixed rice dish that originates from Yemen but is commonly regarded as a national dish in all the countries of the Arabian Peninsula (Saudi Arabia, Kuwait, Bahrain, Qatar, the United Arab Emirates, Oman, and Yemen).

Kabsa is usually made with basmati rice, meat, vegetables, and a mixture of spices. The meats used are usually chicken, goat, lamb, camel, beef, fish, or shrimp.



**Kabsa is the national dish of Saudi Arabia**

A popular way of preparing meat, often used for kabsa, is called mandi. This is an ancient technique that originates in Yemen, whereby meat is barbecued in a deep hole in the ground that is covered while the meat cooks.

**CHICKEN**



# NAAN BREAD

Naan is a leavened, oven-baked or tawa-fried flatbread which is found in the cuisines mainly of Western Asia, Central Asia, Indian subcontinent, Indonesia, Myanmar, and the Caribbean.

Naan as known today originates from Mesopotamia, ancient Egypt, and South Asia.



Flag of India



The first recorded history of the Naan can be found in the notes of the Indo-Persian poet Amir Kusrau in 1300 AD.

The flavor of naan is traditionally on the mild side, making it a versatile addition to the spicy and flavorful traditional Indian dishes.

**VEGAN**



# TABBOULEH

Tabbouleh is a Levantine salad made mostly of finely chopped parsley, with tomatoes, mint, onion, and soaked bulgur. It is commonly seasoned with olive oil, lemon juice, salt and sweet pepper.

Tabbouleh originated in the mountains of Lebanon and Syria during the Middle Ages.



In the Middle East, particularly Syria, Lebanon, Palestine, Jordan, Egypt, and Iraq, it is usually served as part of a meze, which is a selection of small dishes served as appetizer.

In Lebanon, the Lebanese National Tabbouleh Day is a yearly festivity day dedicated to Tabbouleh celebrated the first Saturday of the month of July.

**Gluten Free**  
**Vegan**