



AROUND THE WORLD
WITH THE WILLOWBEES



COOKBOOK





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BREAKFAST



Recipe Title Skirlie (Scotland)



Notes

A cousin to Italian risotto, skirlie starts with fragrant onions and toasted oats.

Ingredients

- 2 tablespoons butter
- $\frac{1}{2}$ large onion, diced (about $\frac{2}{3}$ cup diced onion)
- 3 cups old-fashioned rolled oats
- About 5 sprigs of thyme, leaves stripped
- 32 ounces chicken stock
- 2 big handfuls fresh spinach
- $\frac{2}{3}$ cup frozen peas
- salt and pepper, to taste
- $\frac{1}{3}$ cup chopped pistachios
- 1 fried egg for each portion (optional)

Preparation

1. In a large skillet with high sides and a lid, melt the butter over medium heat. Add the diced onion, and let it cook until it starts to get soft and translucent. Then, add the oats, stirring to combine them with the butter and onions. Allow the oats to toast – stirring frequently – for about five minutes.
2. When the oats begin to smell toasty and delicious, add the thyme leaves and the chicken stock. Turn up the heat to bring the skirlie to a bubble. Stirring frequently, let it cook there for about 3 minutes, or until you get a clear wake when you drag your spoon through the pan.
3. Return the heat to low, and add the spinach, stirring to combine. Put the lid on the pot, and allow it to simmer until the spinach wilts into the oats. Then take the whole pan off the heat, and stir in the frozen peas. Add salt and pepper, to taste.
4. Let the pan sit, covered, while you fry one egg for each person you intend to serve. Scoop the skirlie into bowls, sprinkle some chopped pistachios on each portion, and top with an egg. Enjoy!

Yield: makes 4 hearty portions



Recipe Title Risgrøt (Norway)



Notes

Risgrøt, a Norwegian rice porridge, is often served at breakfast on Christmas Eve.

Ingredients

- ½ cup arborio rice
- 2 cups coconut milk
- ½ teaspoon cinnamon, plus extra for dusting on top
- ¼ teaspoon ground clove
- 1 teaspoon vanilla
- 1 tablespoon butter
- honey (optional)

Preparation

1. Add the rice, coconut milk, cinnamon, clove, and vanilla to a medium sauce pan, and bring it to almost – but not quite – boiling, stirring constantly.
2. Turn the heat down to a simmer, and cook for 30-45 minutes, continuing to stir at least once every few minutes so that the bottom doesn't scorch.
3. When it's done, the rice pudding should still be a little loose, but most of the liquid should be absorbed. At that point, turn off the heat, and stir in a tablespoon of butter. Allow the mixture to cool for a few minutes, then add a swirl of honey, if you like, for sweetness. Dust with an extra pinch of cinnamon before serving.

Notes: While some recipes suggest using long grain rice, we found that Italian arborio rice (the kind you use to make risotto) was the creamiest. You can use cow's milk or almond milk, but coconut milk adds a lovely bit of sweetness. Fruit and jam are traditional toppings, but we like ours best with just a pinch of extra cinnamon sprinkled on top. Make it on a slow, chilly morning, when you can enjoy lingering by a warm stove as you stir.

Yield: serves 2



Recipe
Title Cloudberry Cream
(Newfoundland, Canada)



Notes

With a name that dreamy, cloudberry almost sound made up, don't they?

Ingredients

- 8 ounces (½ pint) heavy whipping cream
- ½ cup cloudberry jam
- additional sugar, to taste (optional)

Preparation

1. Pour the cream into the bowl of a stand mixer and whip until it's lovely and stiff – about 5 minutes. Then, add the jam and whip for about 30 seconds more. Now, taste the cream. If you like it, you're all done. If you want it sweeter, whip in extra sugar – a teaspoon at a time – until you're happy with it.
2. Eat your cloudberry cream by the spoonful, or use it anywhere you would normally use whipped cream.

Notes: Cloudberry are a real but rare golden-colored arctic berry that is mostly wild and only grows a few months of the year. They taste like raspberries but less brazen, and with a hint of something wine-like. For everyone below Northern Maine or Scandinavia cloudberry are almost always only available in jam form. Luckily, jam works just as well for one of the most traditional uses for a cloudberry – cloudberry cream. The recipe below may need to be tweaked depending on what kind of cloudberry jam you can find. Just taste the cream after you've whipped in the jam, and add extra sugar a teaspoon at a time until you love what you're tasting. Once your cloudberry cream is finished, you can eat it plain, or use it anywhere you would use whipped cream – between layers of a cake, on ice cream, or – as we did – on top of waffles.



LUNCH



Recipe
Title

Smokey Mountain Chicken Sandwiches (Smokey Mountains, USA)



Notes

Tennessee BBQ chicken and ham sandwiches! Too good not to share!

Ingredients

- 4 chicken breasts
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon olive oil
- 1 cup barbecue sauce
- 1 cup water or chicken stock
- 4 slices deli ham
- 4 slices provolone cheese
- 4 sandwich rolls or buns
- 2-3 green onions, diced

Preparation

1. Preheat your oven to 375°F.
2. Heat the olive oil in an oven-proof skillet that's just big enough to hold the chicken breasts in a single layer. Sprinkle the chicken breasts with salt and pepper, then – when the oil is hot – brown them up, letting them cook for about 5 minutes per side.
3. Pull the chicken off the heat and very carefully pour the water or stock into the bottom of the skillet. Then, slather the barbecue sauce on top of the chicken breasts. Put the whole skillet in the oven and bake for about 20 minutes or until the chicken reaches an internal temperature of 160°F.
4. While the chicken is cooking, arrange the rolls – tops and bottoms separated – on a large baking sheet. When the chicken is done, top each roll with a chicken breast, a slice of ham, and a slice of cheese. Leaving the sandwiches open-faced, pop them under a broiler set to medium until the cheese is bubbly and starting to brown.
5. Sprinkle the diced green onions into the gooey cheese, match your bun tops with their bottoms, and tuck in!

Yield: makes 4 sandwiches



Recipe Title Sausage Rolls (Australia)



Notes

Sausage rolls are often served up as an appetizer or easy picnic food.

Ingredients

- 1 pound mild sausage
- 2 eggs
- ½ large onion, diced
- 1 tablespoon barbecue sauce
- 1 tablespoon Worcestershire sauce
- ⅔ cup seasoned breadcrumbs
- 2 sheets thawed puff pastry

Preparation

1. Preheat your oven to 425 degrees.
2. Using clean hands, mix together all of the ingredients – except the puff pastry and one of the eggs – in a large bowl. Spread one puff pastry sheet out on a cutting board, and cut it in half. Spread ¼ of the meat mixture onto each half.
3. Roll the puff pastry around the meat, as if you were making a big burrito. Slice the roll into thirds, and gently place it – seam side down – on a parchment covered bake sheet. Repeat this process with the remaining puff pastry and meat mixture.
4. Using a sharp knife, make three little slashes on the top of each roll. In a small bowl, whisk the second egg with a small splash of water, and brush the egg wash onto the tops of the rolls.
5. Bake for 10 minutes, then lower the oven heat to 350 and bake for an additional 20 minutes. Serve with extra barbecue sauce for dipping.

Notes: This simplified recipe uses store-bought puff pastry and easy-to-find mild sausage, but the addition of extra onion keeps it moist and flavorful.

Yield: makes 12 large rolls



Recipe
Title

Spider Monkey Fruit Salad (Amazon Rain Forest)



Notes

This fruit salad is made up of all the tropical fruit a spider monkey would love.

Ingredients

- 2 cups mango
- 2 cups pineapple
- 2 kiwi fruits
- 3 tablespoons lime juice, divided
- Fresh ginger (a piece about as big as the tip of your thumb)
- 1 tablespoon honey
- 1 banana
- $\frac{1}{4}$ cup sweetened coconut chips and/or
- $\frac{1}{4}$ cup chopped cashews and/or
- $\frac{1}{4}$ cup chocolate chips

Preparation

1. Cut the mango and pineapple into about 1-inch chunks and combine in a large bowl.
2. Use a knife to remove the skin from the kiwi fruits, cut the kiwi into similarly-sized chunks, and add them to the bowl, as well.
3. Next, mince or grate the ginger. Put the ginger, lime juice, and honey in a small jar with a tight fitting lid, and shake it hard to combine. Pour the mixture over the fruit and toss it all gently together.
4. Right before you're ready to eat, slice the banana into chunks, too, and quickly sprinkle it with about a tablespoon of lime juice. Add it to the fruit mixture in the bowl, and gently toss the whole salad one more time to get the banana well incorporated.
5. Last, sprinkle on your chosen toppings.

While I recommend you eat this salad immediately, I do not recommend that you take things so far as to eat it upside down. I promise that it's just as refreshing and vibrant when eaten sitting at a table!

Yield: makes 2-3 portions



Recipe Title Chapati Bread (Tanzania)



Notes

Serve either with your favorite curry or with a sprinkle of cinnamon and sugar for a sweet snack.

Ingredients

- 1 cup flour (all-purpose or buckwheat)
- 2 teaspoons salt
- 1 tablespoon olive oil
- $\frac{1}{2}$ to $\frac{3}{4}$ cup warm water
- extra flour and oil, for rolling out the bread and frying it

Preparation

Inspired by the Willowbee's trip to East Africa, this week's recipe – for an East African flatbread called chapati – has two options: one for when you feel like playing it safe and the other for when you're feeling up for an adventure.

The white flour version is soft and comforting; the buckwheat version is nutty and exotic. The white flour version requires a few extra steps; the buckwheat version is gluten-free.

1. Begin by mounding the flour on a plate and sprinkling the salt over the top. Make a well in the center of the flour and pour in the oil and $\frac{1}{4}$ cup of water.
2. Use a fork or spoon to slowly mix the flour into the water until the flour starts to break off into small, sticky clumps. You may need to add more water.
3. Once you've combined the mixture well on the plate, dump it onto a floured cutting board and continue mixing and kneading with your hands until you have one large lump of dough.

(Continued on the next page.)

Yield: makes 4 small flatbreads



Preparation

For the buckwheat version:

1. Once your dough is sticking together in a good lump, dust the outside very lightly with more buckwheat flour to make it easier to handle. Then wrap it in plastic wrap and let it rest for about 10 minutes.
2. When you're ready to cook, heat a few tablespoons of olive oil in a large skillet. Break the dough into 4 equal pieces, and – on a well-floured cutting board – roll each piece into a round shape. Don't worry about getting these too thin.
3. Use a spatula to transfer the chapati to the oil and cook for a few minutes per side, or until brown char marks just start to appear. If you like and you have a gas stove, then right at the end you can use a pair of tongs to hold the chapati over an open flame for a few seconds to help it brown a bit more.
4. Coat the cooked chapati with a little melted butter and keep warm until ready to serve.

(Continued on the next page.)



Preparation

For the white flour version

1. Once your dough is sticking together well, continue to knead it for about 5 minutes or until it's soft and just slightly sticky. Break the dough into four pieces, cover with plastic wrap, and allow to rest for at least 15 minutes.
2. At the end of that time, rub just a few drops of olive oil onto the first dough ball, and – on a floured surface – roll it out into a round shape.
3. Starting at one edge, fold the chapati like an accordion or a fan, then wrap it in a spiral to make something that looks a little like a cinnamon bun.
4. Repeat with the remaining dough balls, then cover them with plastic wrap and let them rest for another 15 minutes.
5. When you're ready to cook, heat a few tablespoons of olive oil in a large skillet. On a floured surface, roll each chapati out into a round. All those little folds you're smashing down will help the chapati fluff up and create yummy, flaky layers.
6. As with the buckwheat version, cook each chapati for a few minutes per side, or until brown char marks just start to appear. If you like and you have a gas stove, then right at the end you can use a pair of tongs to hold the chapati over an open flame for a few seconds to help it brown a bit more.
7. Coat the cooked chapati with a little melted butter and keep warm until ready to serve.



SNACKS



Recipe Title Hibiscus Tea (Egypt)



Notes

Hibiscus tea is a popular Egyptian drink, made by steeping dried hibiscus blossoms in hot water.

Ingredients

- 10 Berry Hibiscus flavor tea bags
- 5 cups hot water
- 1 tablespoon vanilla
- 1 tablespoon orange blossom water
- ½ teaspoon ground nutmeg
- 10 mint leaves
- sugar (optional)

Preparation

1. In a large pitcher or mason jar, pour 5 cups of almost-boiling water over the tea bags. Allow the tea to steep for about 10 minutes, then strain off or fish out the tea bags. Add the vanilla, orange blossom water, and nutmeg.
2. Then, tear the mint leaves and add those, too. Stir the mixture well, then chill it in the refrigerator for at least a half hour.
3. Once the tea is chilled, serve over ice. Add sugar, to taste, to each individual glass.

Notes: Hibiscus tea (which goes by many other names in Northern Africa, including "karkady" and "bissap juice") is a popular Egyptian drink, made by steeping dried hibiscus blossoms in hot water. It can be drunk hot or cold, and its rosy red hue makes it feel incredibly festive.

Of course, you can add sweetener to this tea if you like, but we recommend waiting to add it to individual glasses right as you're pouring.

Yield: makes 5 cups of tea



Recipe Title Corn Dip (Mexico)



Notes

Serve it up as a snack with crispy tortilla chips, or spoon it over the top of tacos.

Preparation

1. On a rimmed baking sheet, toss the corn kernels with the olive oil and a pinch of salt and pepper. Roast the corn under a broiler set to "medium" for about 6 minutes.
2. Allow the corn to cool slightly, then – in a large bowl – mix it with the chiles, tomatoes, garlic, yogurt, and cheese. Once the ingredients are well incorporated, dice the green onions and sprinkle them on top.
3. This dip is good warm, but I like it better cold or at room temperature.

Ingredients

- 1 pound of corn kernels
- 1 tablespoon olive oil
- salt and pepper, to taste
- 2 tablespoons diced green chiles
- 1 10-ounce can mild "Rotel" tomatoes (if you want to use home canned tomatoes instead, add an extra tablespoon of the diced green chiles)
- 2 cloves diced garlic
- ½ cup Greek yogurt
- 1 cup shredded cheese
- 4 green onions

Notes: If you still have fresh corn in your neck of the woods, by all means use it. If not, though, you can easily substitute frozen or canned in this recipe. The texture will be a tiny bit different, but it's still very good.



Yield: serves 3-4



Recipe
Title _____

Labneh (North Africa/Sahara Desert)



Notes

Serve up a batch with some crackers or warm pitas.

Ingredients

- 1 500 gram container of Greek yogurt (about 2 cups)
- a pinch of salt
- flavoring of your choice (fresh herbs, honey, or even cinnamon will all work well)
- pita bread or crackers (for serving)

Preparation

1. Position a strainer so that it rests inside a larger bowl without touching the bottom.
2. Lay a clean, white tea towel in the strainer and pour the yogurt into the towel.
3. Gather the ends of the towel up into a gentle twist and pop the whole thing – bowl and all – in the fridge for at least 24 hours, but more like 48 if you can manage it.
4. After that time has passed, release the yogurt – which should now be the consistency of cream cheese – out onto a cutting board and use a fork to work in a pinch of salt and any other seasonings you'd like to add.
5. Serve with crackers or warm pita bread.

Notes: Made by straining the whey from Greek yogurt, Labneh is a tangy cheese that can be made with no special equipment. It takes a few days and a little space in the fridge, but that's it.

Served plain, it's mild enough to please even picky eaters, but you can also dress it up with almost any seasoning you like. We love ours with fresh herbs or a drizzle of honey.

Yield: _____ serves 2-3



DINNER



Recipe
Title Shrimp and Grits
(Louisiana, USA)



Notes

Whether spicy or mild, this is an easy, hearty dish to share at the table with friends.

Preparation

Ingredients

- 1 cup quick cooking grits (not instant)
- 3 cups water
- ½ cup milk
- 1 tablespoon butter
- ½ tablespoon salt
- 1 tablespoon lemon juice
- ½ cup shredded cheese
- 1 tablespoon olive oil
- 1 clove garlic
- 1 pound large shrimp (thawed, peeled, and deveined)

1. Combine the grits and water in a medium saucepan. Stirring frequently, bring the mixture to a boil. Then, let it simmer for about five minutes. Be very careful as you stir, as the grits can pop up unexpectedly and burn your hands.
2. Once the mixture is starting to thicken, add the milk and butter. Simmer the mixture together for about two more minutes, continuing to stir.
3. Lastly, add the salt, lemon juice and cheese. Fold them in well, then move the grits to a back burner, set as low as you can, to keep the grits warm while you make the shrimp.
4. For the shrimp, heat the olive oil in a large skillet over medium heat. As the oil warms, peel a clove of garlic and give it one good whack with the back of a knife. Don't worry about cutting it up properly, just break it up a little.
5. Using a fork or tongs, rub the garlic clove all over the pan in the hot oil. You're just using it to flavor the pan. Then, toss in the shrimp and let them cook until they're bright pink with just a little browning.
6. Spoon the warm grits into big bowls, then sprinkle the shrimp on top. Drizzle on hot sauce if that's your thing. Enjoy!

Yield: makes 4 portions



Recipe
Title Grilled Salmon with
Pickled Blueberries
(Tlingit Tribe*)



Notes

Enjoy with extra greens or over a scoop of your favorite cooked grain.

Ingredients

- 4.4-ounce container blueberries (or a scant cup)
- ½ cup sugar
- ½ cup apple cider vinegar
- 1 tablespoon pickling spice
- half of a small, yellow onion, sliced
- 2 pound salmon fillet, with skin on
- 1 tablespoon olive oil
- salt and pepper
- several sprigs of fresh thyme
- 1 lemon (juice and zest)
- a few big handfuls of arugula, or a similar green

Preparation

1. First, get your grill fired up and warming to medium high heat.
2. Then, make the pickled blueberries. Rinse the berries and set them aside in a bowl with some extra room. In a small saucepan, combine the sugar, vinegar, and pickling spice, and bring to a boil, stirring until the sugar dissolves.
3. Add the onion, and turn down the heat to a simmer for about 3 minutes.
4. Pour the mixture over the blueberries, and stir to combine.
5. Next, prepare the salmon. Brush both sides of the fillet with olive oil, and generously season it with salt and pepper.
6. Laying the fillet skin side down, strip several sprigs worth of thyme leaves from their stems, and sprinkle them over the top. Last, zest the lemon over the top, as well.
7. When your grill is ready, carefully oil the grate, then put the salmon on the grill, skin side down. Put on the lid and let the salmon cook for about 5 minutes. When it's done, the salmon should be less vibrantly pink and just starting to flake with a fork.
8. Arrange the salmon on a platter over the top of a few handfuls of arugula. Spoon the pickled blueberries – and a generous portion of their liquid – on top, then squeeze the whole platter with lemon juice.

Yield: serves 3-4

* Tlingit tribes lives in the Pacific Northwest in a territory stretching from Alaska down the western coast of Canada.

Roasted Chickpeas (India)

Recipe
Title _____



Notes

With a curry smell and a little heat from a red pepper, it makes a delicious dinner side.

Ingredients

- 25-ounce can chickpeas
- 3 tablespoons frying oil (such as coconut or vegetable)
- 2 teaspoons whole mustard seeds
- 2 teaspoons curry powder
- 1 chili pepper, diced
- 3 teaspoons dried, unsweetened coconut

Preparation

1. Drain and rinse the chickpeas, and set them on a clean towel to dry.
2. In a large skillet, heat the oil until it starts to get shimmery.
3. Carefully add the mustard seeds and the curry powder, stirring quickly to mix them into the oil.
4. Then – making sure they're nice and dry so they don't sputter – add the chickpeas and, again, stir quickly.
5. Lastly, add the pepper.
6. Fry the chickpeas in the seasoned oil until they're taking on color and getting crispy.
7. Turn off the heat and stir in the dried coconut. Enjoy the chickpeas and the wonderful curry smell that will linger in your kitchen!

Note: The order is important. If you add the diced pepper to the hot oil by itself you will, essentially, fill your house with pepper spray. And then you'll be eating out for dinner.



Recipe "Quick" Pho (Vietnam)

Title _____



Notes

Serve with lime wedges, bean sprouts, jalapenos soy sauce, and hot sauce

Ingredients

- 3 chicken thighs, with bone and skin
- a thumb sized piece of fresh ginger, chopped into large chunks
- 2 tablespoons oyster sauce
- 5 star anise
- a cinnamon stick
- 1 package rice noodles
- 1 bunch bok choy
- ½ cup shredded carrots
- salt, to taste
- lime wedges, bean sprouts, jalapeno peppers, soy sauce, and hot sauce, for serving

Preparation

1. Put the chicken, ginger, oyster sauce, star anise, and cinnamon into a large stock pot and cover it with about 12 cups of water. Bring the pot to a boil, then let the mixture simmer for about an hour. At the end of that time, skim out the chicken and spices, but reserve the water, which will have transformed into a magically scented broth. Keep the broth hot as you complete these next steps.
2. Separate the chicken from the spices as best you can, and use a pair of forks to shred it and remove the bones and skin. (You can discard the spices.) Add the chicken meat back to the simmering broth.
3. Next, get a separate pot of water boiling to cook the noodles. While the water is heating, rinse and roughly chop the bok choy. Cook the rice noodles according to the package directions.
4. When the noodles are almost done, add the bok choy and shredded carrots to the broth, and turn down the heat until it's just enough to keep the soup warm. Taste the broth and add a pinch of salt if you think it's needed.
5. When the noodles are finished, rinse them well. Put a pile of noodles into each serving bowl, and ladle warm broth over the top. Serve with lime wedges, bean sprouts, jalapenos, soy sauce, and/or hot sauce.

Yield: makes 4 portions



DESSERT



Recipe Title Cranachan (Scotland)



Notes

Cranachan is a Scottish dessert, through and through.

Ingredients

For the whipped cream mixture:

- $\frac{1}{3}$ cup steel cut oats
- $\frac{1}{2}$ cup + 2 tablespoons orange juice
- 1 cup ($\frac{1}{2}$ pint) whipping cream
- 2 tablespoons honey

For the raspberries:

- 12 ounces raspberries
- 1 tablespoon honey
- 1 tablespoon orange juice

For the oat topping:

- $\frac{1}{4}$ cup steel cut oats

Preparation

1. Toast $\frac{1}{3}$ cup steel cut oats in a small skillet. It will only take a few minutes, so stay close by. The oats are toasted when they start to smell deliciously nutty. Pour the oats into a small bowl with $\frac{1}{2}$ cup of orange juice. Cover, and let the oats soak in the orange juice for at least three hours, and up to overnight.
2. When the oats are ready, go through the raspberries and pick out four really beautiful berries. Set those aside to use as garnish, then mash the rest of the berries with a tablespoon each of honey and orange juice. Set aside.
3. Next, toast the remaining $\frac{1}{4}$ cup steel cut oats, just as you did the first batch. Set those aside, too.
4. Then, using a stand or hand mixer, whip the cream until stiff peaks start to form. Add two tablespoons each of honey and orange juice, and whip the mixture about thirty seconds more to combine.
5. Drain any extra liquid off the oats that have been soaking in the orange juice, then gently fold them into the whipped cream.
6. To put this dessert together, gather the whipped cream mixture, raspberries, and toasted oats, along with four serving glasses. (Half-pint mason jars are just the right size.)
7. Then, begin layering the ingredients – berries, cream, toasted oats, berries, cream, toasted oats – until the glasses are full. End with one last sprinkle of toasted oats and pop one of your pretty reserved raspberries on top.
8. These will keep in the fridge for a few hours, but the whipped cream will eventually begin to deflate, so they're best eaten on the day they're made.

Yield: serves 4



Recipe Title Mangos with Vanilla Bean (Madagascar)



Notes

Mixed with summer fruit, Madagascar vanilla beans make a simple, sunshine-y dessert.

Ingredients

- 1-2 ripe mangos (feel free to experiment with your favorite summer fruit)
- 1 vanilla bean

Preparation

1. Peel the mangos and cut the into bite-sized chunks.
2. Carefully use the point of a sharp knife to split the vanilla bean in half, then use the flat side of the blade to scrape the gooey vanilla seeds out.
3. Mix the vanilla seeds with the mango bites, tossing them together well with clean hands.
4. Allow the fruit to chill in the fridge for a few hours to let the flavors meld, if you can stand to wait that long!

Notes: The fruit of a species of native orchid, Madagascar vanilla beans are famous the world over for their heady fragrance and sweet taste. While the beans can be expensive, their tiny, gooey seeds will lend a unique, luxurious flavor to anything you want to add them to.

And don't throw away the vanilla pod when you're done. Instead, add it to a small bottle of bourbon or vodka and leave it to steep. In a month or two, you'll have made your own vanilla extract.



Recipe Title Apple Strudel (Germany)



Notes

Traditional strudel is rolled out to be "skin thin" or thin enough that you can read through it.

Ingredients

- 2 large apples
- 1 tablespoon lemon juice
- 2 tablespoons brown sugar
- 3 tablespoons flour (plus extra for dusting)
- 1 teaspoon pumpkin pie spice
- 1 package puff pastry dough (2 sheets)
- 1 egg

Preparation

1. Peel, core, and thinly slice the apples, then quickly toss them together with the lemon juice, brown sugar, flour, and pumpkin pie spice. Set aside.
2. On a large work surface, spread out a clean, non-fuzzy kitchen towel. Dust the towel liberally with flour, then roll out 1 sheet of the puff pastry dough, about as thin as you can possibly make it. Lay the apple mixture on one edge of the dough, then use the towel to help roll the strudel up with the filling inside. Again using the towel to help, transfer the strudel to a parchment-lined bake sheet. Use a sharp knife to slice four vents in the top.
3. In a small bowl, whisk the egg together with a few tablespoons of water.
4. Roll the second sheet of puff pastry out onto a floured surface, but don't worry about getting it nearly as thin. Use cookie cutters—or whatever else you can imagine—to make shapes in the dough, then use the egg wash to attach them to the strudel. Try not to cover the vents as much as you can, and finish the whole pastry off with one last, good coating of egg wash. (You'll probably have extra puff pastry dough. If you don't have another use for it, brush it with egg wash, dust it with cinnamon and sugar, and cut it into long strips. Baked for about 15 minutes, these make yummy cookies.)
5. Bake the strudel for about 35 minutes, or until the top is golden. While apple strudel is delicious on its own, feel free to top it off with some whipped cream or ice cream.

