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food

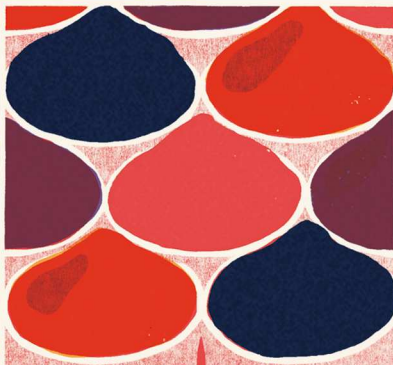


THE

WORLD'S

BEST

SPICY FOOD



Authentic
recipes from
around the world



THE WORLD'S BEST

SPICY FOOD

WHERE TO FIND IT
& HOW TO MAKE IT





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INTRODUCTION

BY TOM PARKER BOWLES

It started with a drop, beguilingly red and devilishly scented, poured from a small, elegant bottle onto the back of my hand.

'Go on, try it,' my sister implored, her eyes glittering with glee. 'All the grown ups drink the stuff. How dangerous can it be?' So I closed my eyes tight, and plunged my tongue into the unknown. The first taste was sharp but not unpleasant, like the vinegar that we splashed on our chips. I smiled, and sighed with relief. Much ado about nothing. And then it hit, a fierce, brutally burning sensation that started in my mouth

before spreading, like a raging forest fire, across my lips and down into my throat.

My eyes brimmed with tears. I tried to scream but to no avail. I'd never felt pain like this. It was worse than stinging nettles and grazed knees and the slap of a cold football on rain-drenched flesh. I fell to the floor, clutching my belly, convinced that this damned liquid was noxious poison, the killer of small boys.

Then, as suddenly as it had begun, the agony abated. I opened my eyes and looked about. The light seemed brighter, every colour more vivid. Sure, my tongue still throbbled and my lips smarted. But my whole body was enveloped in a warm glow. My sister was sheet-white and trembling, convinced she was the architect of her brother's demise. I, though, was in love. One drop of Tabasco sauce, and I've never looked back since.

Soon, I was splashing this beautiful Louisiana hot sauce over everything that was put before me, from toast and egg to steak and shepherd's pie. And this was just the start: Tabasco was the gateway drug of an addiction that would take over my life. Curries followed, each more potent than the next, madras first, then the great leap to vindaloo. I began to cook with chillies, moving quickly from dull long green things to the fruity insanity of the Scotch bonnet. Before long, I was a subscriber to Chile Pepper magazine, scouring the streets for my next spicy hit.

Visits to Thailand followed, som toms with enough bird's-eye punch to floor a rampaging bull elephant, let alone a rather pasty Brit. Tom yam gungs, fragrant with heat and fish sauce, nam phrik pla flowing like monsoon-bloated rivers. I just couldn't get enough: it was pain, sure, but exquisite pleasure too. There were dhals eaten in India at roadside shops, little more than ten pence a portion, but thick with great lengths of



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dried Kashmiri chilli. And Indonesian sambals, in every hue and pong.

I visited hot-sauce shows in Albuquerque, New Mexico: entire conference centres devoted to fiery foods. And fell in love with the chile con carne of Texas, plus the entire cuisine of Mexico, from birrias and ceviches to tortillas and tostadas. I huffed and puffed my way through incendiary, but impossibly crisp, hot chicken at Prince's in Nashville, Tennessee, breakfast burritos smothered with green chile in Santa Fe, New Mexico. And bought Caribbean hot sauces bottled in old Lucozade bottles from roadside stalls in Antigua. Then there's kimchi in Korea, harissa-spiked couscous, Sichuan chilli hotpots and everything in between.

I love the chilli more than any other fruit, pretty much more than any ingredient there is. It's not all about heat, rather, huge complexities of flavour and texture and joy. The smoky heft of a chipotle chilli, the verdant tang of a fresh jalapeno. But the reason why the chilli pepper is so damned addictive lies in its active ingredient, capsaicin, a nasty little irritant alkaloid. The hotter the chilli, the more of this chemical it contains, hitting the taste buds hard, sending them reeling in pain. So the body reacts, and sends in the Special Forces (better known as endorphins). That's why the agony is followed by that blissful state of dreamy joy. As these endorphins flood the system, putting out the fires, we experience a truly natural 'high'.

But this book is not about chillies alone, rather 'spicy' food in its every guise. The pungent, nose-clearing honk of wasabi, mustard and horseradish; pepper's pep (black, white, pink and Sichuan) and paprika's punch; the warming allure of cinnamon and mace, the bracing crunch of piccalilli. These are dishes to make the taste buds punch the air with elation, flavours that kickstart the palate and infuse every sense with joy.

As you'd expect, there are a huge number of dishes from Thailand, India and Mexico, the three great chilli cuisines, alongside Sichuan Chinese and Korean too. But we also feast upon herrings from Norway,



Turkish kebabs, Czech sausages and African chicken. Trinidadian souse sits alongside Hungarian goulash, katsu curry shares space with Spanish grilled peppers. This book is a celebration of spiciness in every form: ingredients that turn the bland to the brilliant, the dreary into the divine.

And, like all food, it's the finest way to experience any foreign culture. Forget the funereal silence and air-conditioned gloom of those insipid 'international' restaurants, with their second-rate approximations of dreary Western fare. This is real food, pulsing with vibrancy and delight, bringing a truly happy tear to one's eye. You need nothing more than a healthy appetite, an open mind and a handful of the local currency. Spice. One word, a million different thrills.



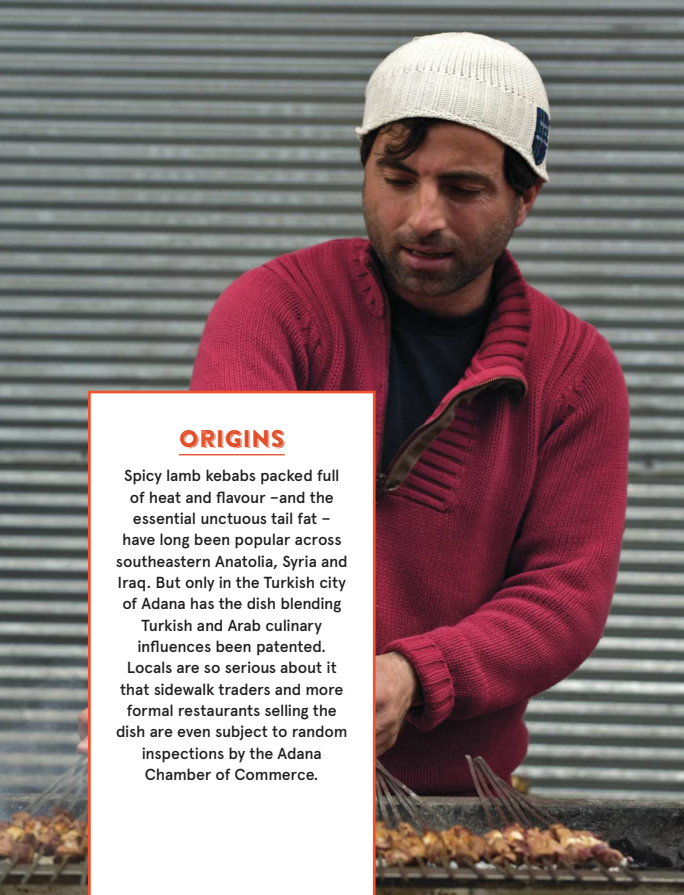
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DISHES

SPICINESS RATING 🌶️ Mild 🌶️🌶️ Medium 🌶️🌶️🌶️ Hot!



SERVES 4-6



ORIGINS

Spicy lamb kebabs packed full of heat and flavour – and the essential unctuous tail fat – have long been popular across southeastern Anatolia, Syria and Iraq. But only in the Turkish city of Adana has the dish blending Turkish and Arab culinary influences been patented. Locals are so serious about it that sidewalk traders and more formal restaurants selling the dish are even subject to random inspections by the Adana Chamber of Commerce.

YOU'LL NEED

- 500g (1lb) ground lamb
- 500g (1lb) ground veal
- 1 red pepper, seeded and chopped
- 1 yellow onion, peeled and chopped
- 2 cloves of garlic, peeled and crushed
- 2 tsp red chilli flakes
- 2 tsp ground coriander
- 2 tsp ground cumin
- 2 tsp black pepper
- 3 tsp salt
- 2 red onions, peeled
- 1 tsp sumac
- 2 tsp lemon juice
- 1 cup (250mL) yoghurt
- 8 pieces of pita bread
- 4 tsp olive oil
- Handful of parsley leaves

METHOD

- 1** Mix the lamb and veal together in a large bowl, then stir in the red pepper, yellow onion and one clove of garlic.
- 2** Stir in the chilli flakes, coriander, cumin, pepper and two teaspoons of the salt, then cover and leave in the refrigerator, ideally overnight, but at least for a few hours.
- 3** Slice the red onions thinly, mix in the sumac and half the lemon juice; refrigerate overnight.
- 4** Mix the yoghurt with the remaining lemon juice, garlic and a teaspoon of salt, to create a sauce.
- 5** When it's time to cook, shape the meat mixture into cylinders around kebab skewers.

Your cylinders should measure about 15cm x 6cm (6in x 2in).

- 6** Place on a hot grill and cook for 3–4 minutes on each side. When the kebabs are ready, they should be slightly spongy to the touch.
- 7** Baste the pita bread with olive oil and place on the grill to warm through.
- 8** Place the kebab in the warm pita bread, add the sliced onions with sumac to the parsley, and garnish with the yoghurt sauce. If you like, serve with chargrilled tomatoes and red peppers.

TURKEY

ADANA KEBAB

Smoky, spicy and supremely satisfying, it's worth a special trip to the somewhat off-the-beaten-track city of Adana just to taste Turkey's fieriest lamb kebab on its home turf.

TASTING NOTES

All your senses are aroused as you wend through the busy labyrinth of Adana's old town to dine on the city's signature dish. The call to prayer drifts from mosques and fragrant aromas waft from simple eateries concealed deep within the city's bazaar. Take a window seat with views of the compelling chaos outside and request *bir porsiyon* (one portion). Adana kebab is not a dish to be rushed and don't go making plans for dinner. Tear off some gossamer-thin bread, place some of the smoky, chargrilled lamb inside, and then stuff full of the zesty salad of parsley, onion and sumac. Repeat leisurely until you're satisfied; request a side order of grilled red peppers for an additional fiery hit. ● by Brett Atkinson

SOUTH KOREA

ANDONG JJIMDAK

Chicken braised in a fiery sweet sauce: it's definitely not granny's Sunday casserole, but Andong *jjimdak* just might become your family's favourite weekend comfort food.



YOU'LL NEED

- 1.5kg (3lbs) chicken meat (thighs, wings and legs work well)
- 100g (3½oz) glass noodles (vermicelli)
- ¼ cup soy sauce
- ¼ cup oyster sauce (use more soy sauce if not available)
- 4 tbs rice syrup (corn syrup or honey)
- 1 tbs dark brown sugar
- 1–2 tbs minced garlic
- 1–2 tsp ginger, finely chopped
- ¼ tsp ground black pepper
- 2 cups water
- 4 medium potatoes, peeled and cut into chunks
- 1 medium carrot, sliced lengthways
- 1 medium onion, chopped
- 1 whole dried red chilli pepper, sliced
- 1–2 whole green chilli peppers, sliced
- 5–7 green onions, chopped
- 2 tsp sesame oil
- 1 tsp sesame seeds, to garnish

METHOD

- 1 Cook the chicken in boiling water for 1 minute to remove excess fat, then drain and set aside.
- 2 Soak the noodles in a bowl of warm water for 20 minutes, then drain.
- 3 Combine the soy sauce, oyster sauce, rice syrup, sugar, garlic, ginger and pepper in a bowl.
- 4 Place the chicken, sauce mixture and water in a wide pot and bring to the boil, then turn down to a medium heat, cover and cook for 10 minutes.
- 5 Add the potatoes, carrot and onion and simmer 10 minutes, keeping the lid on.
- 6 Add the drained noodles and chilli peppers and simmer for 7–10 minutes over a medium-high heat, until the sauce reduces by a third.
- 7 Remove from the heat and pour into a wide serving dish.
- 8 Stir in the sesame oil and sprinkle with sesame seeds. Serve.

TASTING NOTES

On a warm Saturday afternoon, the staff in the *jjimdak* restaurant near Busan's baseball stadium aren't in a hurry. There's a ball game on TV and the place will soon enough be packed with raucous fans looking for post-game drinks and a hearty meal. Graciously, the server takes the order and, thankfully, the owner points out the menu's hot pepper options. Minutes later, a wide serving dish arrives. It's brimming with chicken pieces, potatoes and carrots swimming in a garlicky sauce. Sure, it's a simple casserole, but the *mélange* of earthy flavours and the whiff of chilli pepper heat come together in a presentation that tickles the senses and inspires dinner guests to eagerly dig in. ● *by Rob Whyte*



ORIGINS

Legend suggests this soy sauce-based fricassee was created in the 1980s in response to the surging popularity of fried chicken. The traditional way of serving chicken in market restaurants, boiled in a bland broth, was losing appeal. Creative minds in Andong had a Eureka moment: add some potatoes. Other suggestions followed and the idea for a new regional fare hatched: seasoned chicken casserole with veggies, glass noodles and a dollop of chilli peppers.

SINGAPORE

BLACK-PEPPER CRAB

Everyone knows about Singapore's chilli crab but the other – arguably tastier – crab dish worth seeking in the Lion City is the version cooked in a spicy, black-pepper sauce.



YOU'LL NEED

- 5 tbs coarsely ground black peppercorns
- 2 large crabs, quartered (Dungeness, Sri Lankan or mud varieties)
- 6 tbs unsalted butter
- 6 cloves of garlic, peeled and chopped
- ½ tsp ground white pepper
- Pinch of Chinese five-spice powder
- 1 tbs oyster sauce
- 3 tbs Chinese rice wine
- 3 tbs water
- Peanut oil

METHOD

- 1** In a wok, dry-fry the ground peppercorns on low heat to bring out the fragrance. Set aside.
- 2** Heat oil in a large wok over high heat until it starts shimmering.
- 3** Add the crab, ensuring that the heat remains high. Cook for 4–5 minutes and set aside. Drain the oil from the wok.
- 4** Reduce the heat to medium. Add the butter and fry the garlic, being careful not to burn them both.
- 5** Quickly add the black peppercorns, white pepper, five spice powder, oyster sauce, rice wine and water and mix.
- 6** Return the crab to the wok and stir to completely coat the crab in sauce. Remove and serve.

TASTING NOTES

While there's a certain romance in having seafood on a beach, good food can always trump the setting it's served in. And good food is just what this dish is: fresh crab, inherently sweet, tender and juicy, coated with a sticky, buttery pepper sauce – a hot wok is the key to combining the two elements. Of course, eating black-pepper crab is a messy affair: it's all fingers on deck when you crack the shell to slurp out the succulent flesh. While doing that, the peppery sauce tantalises your lips and tongue. Leave your white shirt at home and don't forget to wear a bib – it *will* get messy! ● *by Shawn Low*

ORIGINS

The dish's more famous cousin, chilli crab, emerged in the 1950s when Madam Cher's husband asked her to cook crabs differently. Instead of steaming, she stir-fried them in tomato sauce and chilli. The result was so good that she started serving seafood by the beach, before setting up Palm Beach seafood restaurant. A rival restaurant, Long Beach, started the black-pepper version in 1959. Today they are both possibly Singapore's most famed dishes.



AMEL-LEAN-CLAUDE PHATHAVUT © GETTY IMAGES. MATT MUNRO © LONELY PLANET IMAGES



GULF COAST, USA

BOILED CRAWFISH

'Mudbug' may not immediately stir your appetite, but don't be put off by this nickname for crawfish. When they're boiled right, these little crustaceans are like crimson fireworks of flavour.

YOU'LL NEED

- 15L (4 gallons) water
- 3-6 packages crab or crawfish boil
- ½ cup salt
- ½ cup hot sauce
- 6 tbsp cayenne pepper
- 450g (1½lbs) small red potatoes
- 10 small onions, peeled
- 8 ears corn, halved
- 12 asparagus spears
- 2 heads garlic, halved
- 1lb andouille sausage, chopped into 2.5cm (1in) chunks
- 6 large lemons, halved
- 4.5kg (10lbs) live crawfish

METHOD

- 1 Fill a large pot with the water and add the spices, salt, hot sauce and cayenne pepper. potatoes, onions, corn, asparagus, garlic and sausage. Cover and cook for 10 minutes, or until the vegetables are tender.
- 2 Cover and bring to a boil.
- 3 Place crawfish in a large container and fill with cool water. Stir to remove dirt from the crawfish, then transfer to a colander in small batches, and rinse under running water. Remove any dead crawfish or debris.
- 4 Once the water comes to a boil, add the
- 5 Squeeze the lemons over the boil.
- 6 Add the crawfish, cover and cook for 3-5 minutes, until the shells are bright red. Remove from the heat and leave in the water for about 10 minutes.
- 7 Serve on newspaper.

TASTING NOTES

A 'boil' (or in local dialect, a 'berl') is both a method of cooking crawfish and the name for a social gathering that features boiled crawfish. Friends and family gather around enormous pots; sacks of crawfish are lowered into boiling water that is laced with corn, potatoes and whatever else is about, plus a load of spices. To be fair, the final product is not always hot - but it's certainly no surprise when a crawfish sears the tongue, and no boil is complete without plenty of beer, which both adds to the atmosphere and keeps mouths cooled off. Music is another inevitable accompaniment, and to this end, a good boil is the distillation of an outdoor Southern culinary gathering. ● by Adam Karlin

ORIGINS

The apocryphal story sees lobsters slimming down when following the French Canadians, ancestors of modern Cajuns, after they fled to Louisiana. The reality? Native Americans likely introduced crawfish to white settlers. Well into the 1900s, crawfish were fish bait and food for the poor, but come 1960 with the Breaux Bridge Crawfish Festival, and with the embrace of Cajun culture in the 1970s and 1980s, crawfish became a well-loved icon of Gulf Coast cuisine.



KRIS DAVIDSON © LONELY PLANET IMAGES

SERVES 4
(5 PIECES PER PERSON)

USA

BUFFALO WINGS

No bar menu, Super Bowl party or backyard barbecue is complete without these fiery chicken snacks in hot-butter sauce served with a blue-cheese dip and crunchy celery sticks.

YOU'LL NEED

10 chicken wings, wing tips removed, jointed to give 20 pieces in total
 ½ cup (125mL) hot sauce
 50g butter, melted
 1 tbs Worcestershire sauce
 1 tbs Tabasco sauce
 1 tsp cayenne pepper
 1 cup (250mL) sour cream
 ½ cup (125mL) mayonnaise
 150g (5oz) blue cheese, crumbled
 1 tbs white vinegar
 Juice of 1 lemon
 Seasoning to taste
 Celery sticks to serve

METHOD

- 1 Marinate the chicken wings in a mixture of the hot sauce, butter, Worcestershire sauce, Tabasco sauce and cayenne pepper, preferably overnight.
- 2 Deep-fry or grill the wings until cooked and golden brown on both sides.
- 3 Make the blue-cheese dip by combining the sour cream, mayonnaise, blue cheese, white vinegar and lemon juice. Season to taste.
- 4 Lay out the wings on a platter and serve with the dip and the celery sticks.

TIP *This grilled version is less fiddly than the deep-fried original but no less tasty. Anchor Bar publishes the recipe for the original blue-cheese dip on its website, so check it out.*

TASTING NOTES

Like spaghetti and tacos, Buffalo wings are a no-no for important dining occasions, such as a first date. There is simply no way to savour them other than using your fingers to coat hot and sticky chicken with the unctuous blue-cheese dip. Cooling celery sticks provide the perfect foil to the fiery sauce. Typically served on platters, the addictive combination of hot chilli and soothing blue cheese means it is virtually impossible to stop at one. Serious Buffalo-wing aficionados enter eating and cooking competitions across the country and debate the merits or otherwise of deep-frying versus grilling; how hot the butter sauce should be; and whether to use bottled blue-cheese dressing or a home-made version. ● *by Johanna Ashby*



ORIGINS

Buffalo wings are said to be the invention of Teresa Bellissimo, part-owner of her family's Italian-American restaurant, Anchor Bar, in Buffalo, New York, which exists to this day. Family legend has it that Teresa whipped up the recipe from an oversupply of chicken wings as a late-night snack for her son's friends 50 years ago. The sauce has since evolved into a number of blends with different degrees of fieriness, but the original recipe remains a family secret.



DANIEL LORELE: THOMAS BARWICK © GETTY IMAGES

DURBAN, SOUTH AFRICA

BUNNY CHOW

Durban's home-grown dish has its roots in the subcontinent, but this fragrant, flavoursome curry comes served not with rice, roti or naan, but ladled into a hollowed-out loaf of bread.

METHOD

- 1 Add a generous glug of oil to a deep pan and fry the onions for 4–5 minutes on a medium heat.
- 2 Add the cardamom pods, cinnamon stick and curry leaves and fry until the onion begins to brown.
- 3 Add the turmeric, garam masala, leaf masala, ground coriander and cumin, then the ginger and garlic. Stir to coat the onion.
- 4 Cook for another couple of minutes, stirring constantly, then add the meat. If the oil has been soaked up by the spices, you can add a little extra oil.
- 5 Once the meat is starting to brown, add the tomatoes, potatoes and about ¼ cup (60mL)

of hot water to start with, making sure that the potatoes are just covered with liquid. Stir in the salt.

6 Simmer for 30–40 minutes, until the meat and potatoes are tender. Add more liquid as required.

7 Prepare the bread, taking care to leave the crust intact and keeping a narrow lining of fluffy bread.

8 Add the tinned peas to the curry and heat for 5 minutes.

9 To serve, ladle the curry into each bread container and serve with a sprinkle of fresh coriander and the 'virgin' on the side.

TASTING NOTES

At first glance Bunny Chow seems an odd dish and you can't help wondering how to attack it without cutlery. But this fusion of Indian flavours with European bread is a culinary symbol of South Africa's melange of cultures. Eating it like a local presents a way to quickly assimilate into Durban life. As you munch through your Bunny, subdue the heat with the traditional can of cream soda, or spice it up with *atchar* (spicy pickles) or *sambal* (a salsa-like condiment). As you finish, use your 'virgin', the fluffy chunk of bread originally scooped out of the loaf, to mop up spilt juices – as a first-time Bunny eater, expect a little spillage. ● by Lucy Corne

YOU'LL NEED

- Sunflower oil
- 2 onions, peeled and coarsely chopped
- 4 cardamom pods
- 1 stick cinnamon
- 4 curry leaves
- 2 tsp turmeric
- 4 tsp garam masala
- 2 tsp leaf masala
- 1 tsp ground coriander
- 2 tsp ground cumin
- 2 tsp grated fresh ginger
- 4 cloves of garlic, peeled and grated
- 800g (1lb 10oz) stewing lamb, preferably boneless, cut into bite-sized pieces
- 2 large tomatoes, coarsely chopped
- 2 potatoes, peeled and cubed
- ½ cup (125mL) water
- 1 tsp salt
- Loaf of fresh white bread, unsliced
- 1 tin garden peas
- Fresh coriander (cilantro) leaves to garnish

CLIFF PARNELL/GO/SAW REIDERS © GETTY IMAGES



ORIGINS

Myth surrounds the origin of Bunny Chow. Its geographical roots are clear, influenced by Durban's sizeable Indian population. But why did someone decide to scoop curry into a loaf of bread? Was it devised by Indian golf caddies in need of lunch in pre-Tupperware times? Or was it a restaurateur catering to people barred from certain eateries during apartheid? Whatever the answer, it is undeniably born of ingenuity.





SERVES 6



MEXICO

CAMARONES A LA DIABLA

This frisky dish of shrimp (*camarones*) cooked in a lava-like tomato sauce gets its name, ‘*a la diabla*’ – devil-style! – from the punch packed by the many, many chillies it contains.

YOU’LL NEED

- 4 cups (1L) water
- 5 medium tomatoes, chopped
- 2 medium red onions, peeled and sliced
- 6 cloves of garlic, peeled
- 400g (14oz) canned chipotle chillies
- 2¾ cups (700mL) ketchup
- 1 tsp salt
- 2 tbs vegetable oil
- 1kg (2lb) peeled shrimp

METHOD

- 1** Put the water, tomatoes, half an onion and the garlic cloves in a large pot.
- 2** Bring to the boil over a high heat, then reduce to a simmer and cook until the tomatoes are soft.
- 3** Remove from heat and allow to cool for 2 minutes.
- 4** Pour the tomato mixture into a blender, adding the chillies, ketchup and salt. Blend until smooth.
- 5** Sauté the remaining onion in a pan with the vegetable oil over medium-high heat until golden brown. Add the shrimp and cook for 2 minutes.
- 6** Pour the tomato sauce over the shrimp and simmer for 8 minutes.
- 7** Serve over rice.

TASTING NOTES

Imagine sitting at a beach cantina in, oh, say, the Yucatan town of Tulum or the Oaxacan coastal hamlet of Mazunte, your bare feet skimming the warm, white sand. You’re a few margaritas in when the waiter brings you a plate of *camarones a la diabla* – fat pink shrimp swimming in a brilliant-red sauce, its surface gleaming with butter. You tear off a piece of hot corn tortilla and scoop up a bite. The fiery kick of the chilli contrasts with the firmness of the shrimp, making your mouth water. You cool everything down with a bite of rice or *frijoles refritos* (refried beans) flecked with white queso fresco (fresh cheese), then go in for more fire. Devillishly good. ● *by Emily Matchar*

ORIGINS

Chillies, native to the New World, have been cultivated in Latin America for some 6000 years, and tomatoes are also native. Garlic and onions, however, were brought to Mexico by the Spaniards in the 16th century, so the dish must have been created after this time. Though the precise origins of the *a la diabla* preparation are unknown, it is especially popular in the coastal regions of the Yucatan peninsula and the West Coast.



ANDRE BARANOWSKI/ACAPLUMMER © GETTY IMAGES, JUSTIN FOULLES © LONELY PLANET IMAGES

SERVES 4



ORIGINS

The ubiquity of curry in the Caribbean is thanks to a large population of Indo-Caribbeans, mostly descendants of indentured sugarcane workers brought to the region in colonial days. Common Indian curry spices – turmeric, coriander, cumin – were supplemented with native Caribbean allspice, which gives the dish a unique, warm flavour. The heat comes from the Scotch bonnet chilli, known in Guyana as the Ball of Fire – about three times hotter than tongue-scorching cayenne.



YOU'LL NEED

- 2 tsp curry powder
- ½ tsp allspice
- 2 onions, peeled and diced
- 2 spring onions (scallions), roughly chopped
- ½ tsp salt
- ½ tsp pepper
- 2 Scotch bonnet chillies (or 4 jalapeño chillies), thinly sliced
- 1 tbs grated fresh ginger
- Water
- 1kg (2lb) goat stewing meat, cubed
- 1 tbs butter
- 2 medium potatoes, diced
- 2 medium carrots, sliced
- Steamed rice to serve

CARIBBEAN CURRY GOAT

A party in Jamaica or Trinidad is not considered complete without a steaming pot of curry goat, a highly spiced stew of goat meat spiked with flaming-hot Scotch bonnet chillies.

METHOD

- 1 Combine curry powder, allspice, onions, spring onions, salt, pepper, chillies, ginger and cup (125mL) of water in a blender and blend for approximately 30 seconds.
- 2 Rub the mixture over the meat and refrigerate in a plastic bag or sealed container overnight.
- 3 Drain the meat, reserving the remaining marinade.
- 4 Melt the butter in a large pan over medium-high heat then brown the goat pieces.
- 5 Add the potatoes, carrots, marinade and enough water to cover the meat.
- 6 Bring to the boil, then simmer until tender (1–2 hours).
- 7 Serve with steamed rice.

TASTING NOTES

While curry goat is on the menu of many home-style Caribbean restaurants, it's best known as a party dish. Any large gathering – a birthday celebration, a village dance, a Christmas party – necessitates the presence of a curry goat 'specialist' to prepare and stir the stew as the festivities begin. Partygoers, tired from dancing and rum-guzzling, grab paper plates piled with rice and curry to revive them as steel drums pound in the background. The slow-stewed meat is pleasantly chewy, the sauce deep and complex. The heat comes on slowly, rolling from the back of your tongue to the front, building to a crescendo. Revellers muffle the heat with rice, or, in Trinidad, Indian-style roti bread. ● *by Emily Matchar*

SERVES 6 AS
A STARTER

PACIFIC COAST, PERU

CEVICHE

Combining a Spanish-influenced citrus and coriander (cilantro) punch with marinated raw fish and chillies used in Incan times, Peru's national dish has now been adopted and adapted across Latin America.



YOU'LL NEED

- 1 red onion, peeled and thinly sliced
- 1kg (2lb) fillets of firm white fish (eg sea bass) cut into large bite-sized chunks
- 1 pinch red chilli flakes
- 3 cloves of garlic, peeled and finely chopped
- ½ cup (125mL) fresh lime juice
- 3 tbs olive oil
- 2 tsp rice vinegar
- ¼ tsp caster sugar
- 1 Peruvian *aji limo* chilli, seeded and chopped (substitute a small red chilli if not available)
- 2 sweetcorn cobs cut in half
- 2 sweet potatoes, peeled and sliced thinly
- 3 tbs chopped fresh coriander (cilantro) leaves
- Salt
- Ground black pepper

PHILIP LEE HARVEY © LONELY PLANET IMAGES, CHARLANICHAYA © GETTY IMAGES

ORIGINS

The roots of *ceviche* go back to Incan times when *chicha*, a marinated corn drink, was used to flavour fish prior to cooking.

The lime was introduced to Latin America by Spanish conquistadores, proving a sublime match for the white fish of South America's Pacific coast. Some also believe that ocean-going navigators from Polynesian islands introduced a version of the dish to Easter Island and continental South America. Dishes such as Rarotonga's *ika mata* are very similar.

METHOD

- 1 Layer half of the sliced onions in a glass bowl and lay the fish on top. Sprinkle on the chilli flakes and chopped garlic and cover with lime juice.
- 2 Cover the bowl and place in a refrigerator to marinate for 2 hours. During this time spoon the lime juice over the fish two more times.
- 3 Whisk together 2 tbs of the oil, rice vinegar and caster sugar until smooth, then add the chopped fresh chilli.
- 4 After the fish has been marinated, drain and discard the lime juice and stir in the mixture of chilli/oil/rice vinegar/caster sugar, blending well.
- 5 Preheat a grill to medium.
- 6 Brush the sweetcorn and sweet potato with the remaining oil and place under the grill for 10–15 minutes, turning frequently until cooked and lightly charred.
- 7 Divide the *ceviche* into six servings. Top with chopped coriander and the remaining sliced red onion, and season to taste with salt and ground black pepper.
- 8 Serve with the grilled sweetcorn and sweet potato.

TASTING NOTES

On a continent where food can be heavy with carbs – rice, beans and potatoes anyone? – the lightness of flavour of *ceviche* is a revelation. Visually, it's also a diverse treat with red and green accents of chilli and coriander standing out on the neutral canvas of white fish punctuated by the pink of finely chopped red onion. Your first mouthful will boldly announce the super-fresh crunch of the onions and the sharp punch of lime juice. Then the chilli fire hits, but it's balanced with the freshness of the fish and a subtle sweetness from a touch of sugar, creating an exciting epicurean experience like no other. ● by Brett Atkinson



ORIGINS

When A. M. Buhari, the proprietor of Chennai's Buhari Hotel, invented Chicken 65 in 1965, he had no idea what he was starting. The civic-minded hotelier decided not to patent the recipe for his phenomenally popular chicken snack and hawkers took it to the streets in droves. Buhari didn't stop there – Chicken 65 was followed by Chicken 78 in 1978, Chicken 82 in 1982 and Chicken 90 in 1990.

YOU'LL NEED

- 500g boneless chicken, cut into chunks
- 1 tsp ginger, grated
- 1 tsp garlic, crushed
- 10 curry leaves
- 5–6 whole green chillies
- 1 cup vegetable oil
- 1 tbs coriander, chopped

For the marinade

- 2 tsp of red Kashmiri chilli powder
- 1 tsp grated ginger
- 1 tsp crushed garlic
- ½ tsp turmeric powder
- ½ tsp ground black pepper
- 1 tbs lemon juice
- Pinch of salt

For the sauce

- 1 cup natural yoghurt
- 1 tsp of red Kashmiri chilli powder
- ½ tsp of red food colouring
- ½ tsp turmeric powder
- ½ tsp coriander powder
- Pinch of salt

For the batter

- 1 egg
- 2 tbs of cornflour
- 1 tbs of rice flour
- 1 tbs water

CHENNAI, INDIA

CHICKEN 65

Chennai's favourite non-veg snack is devil red, and devilishly spicy – the perfect accompaniment to a cold Kingfisher on a steamy South Indian afternoon.

METHOD

1 Mix all the marinade ingredients together in a stain-proof bowl and combine with the chicken until thoroughly coated. Allow to marinate for at least an hour.

2 Combine all the sauce ingredients in a bowl, and set aside.

3 For the batter, beat the egg and combine with the other batter ingredients until they form a smooth paste; stir together with the marinated chicken.

4 In a wok, heat a cup of vegetable oil and deep-fry the chicken on a medium flame till

golden. Set aside on a piece of kitchen towel to absorb the excess oil.

5 Discard the frying oil and add 2 tbs of fresh vegetable oil to your pan. Saute the ginger and garlic for a few seconds until aromatic then add the curry leaves and green chillies and the battered chicken pieces.

6 Add the yoghurt mixture and cook on a medium flame until it is almost absorbed and the chicken pieces are almost dry.

7 Garnish your devil-red chicken pieces with chopped coriander and serve.

TASTING NOTES

You can still find the original Chicken 65 at the restaurant where it was invented, but the street-side offering is just as delicious. And even in its streetwise incarnation, this is one snack that looks great on a plate – candy apple-red chicken pieces tossed together with whole green chillies, curry leaves and chopped coriander. Perfect Chicken 65 should be served straight from the pan, still sizzling but moist and tender inside its chilli and spice jacket. The flavours should hit you in waves – chilli, garlic, ginger, pepper, coriander. It's lip-smackingly good and will leave a tingle on your lips that is best quenched with an ice-cold bottle of Kingfisher. ● by Joe Bindloss

MAKES 20 CHILLI DOGS



USA

CHILLI DOGS

Take an old-world food (the hot dog), slap it in a bun, ladle on smokin'-hot chilli made with spices indigenous to the American Southwest, and – *voilà!* – quintessential Americana.

YOU'LL NEED

- 6 cloves of garlic, peeled and chopped
- 1 large yellow onion, peeled and chopped
- Olive oil
- 500g (1lb) ground beef
- 2 tbs cayenne pepper
- 2 tbs chilli powder
- 2 tbs smoked paprika
- 1 tbs cumin
- 1 tsp salt
- 225g (8oz) can of tomato sauce
- 2 tbs honey
- 20 hot dogs and buns
- 1 large red onion (to garnish), peeled and finely chopped
- 110g (¼lb) shredded extra-mature (extra-sharp) cheese

METHOD

- 1** Sauté the chopped garlic and yellow onion in a little olive oil over a medium heat for about 10–15 minutes, until soft and translucent. reduce the heat to low and simmer, covered, for an hour, stirring occasionally.
- 2** Stir in the ground beef along with the cayenne pepper, chilli powder, smoked paprika and cumin and stir-fry for about 10 minutes, until the meat is browned.
- 3** Add the salt, tomato sauce and honey,
- 4** Once the chilli is ready, grill or boil the hot dogs and grill or toast the buns.
- 5** Place a hot dog in each of the buns, ladle over some chilli and garnish with chopped red onion and cheese.

TASTING NOTES

Traditional Tex-Mex chilli is an explosion of meat and spice that works brilliantly slathered on top of a beef dog, tempered slightly by extra-sharp cheese and topped with the additional crispy tang of raw red onion. Though easy to find (in America, at least) making your own chilli dogs allows you to indulge in variation. Not a fan of processed meats? Use sausages prepared by a local butcher. Red meat not your thing? The entire dish can be made with turkey. Vegetarians can even use soy-dogs and chilli made with texturized vegetable protein (TVP). Some folks split the dog down the middle, but keeping them intact gives a more satisfying juicy meat-bomb mouth-feel. ● by *Joshua Samuel Brown*

ORIGINS

Frankfurters hail from Frankfurt, but the resemblance between these and the American hot dog, may only be skin deep. Chilli has existed since prehistoric man (or woman) discovered that mixing spicy chilli peppers into past-its-best meat made it taste better. Where the marriage between sausage and spicy-as-hell beef chilli first occurred is debated: California, Michigan and Brooklyn's Coney Island all claim the honour. Whatever, the result is darn delicious.



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ORIGINS

The chorizo is a post-Columbian snag, appearing sometime in the 1600s. This is because the main flavouring, paprika, is a New World spice. Still, it's changed little since its inception: paprika-spiced pork and fat stuffed into a large or small intestine. It's now devoured all over Spain and Portugal, as well as the various Central and South American countries that were conquered by these empires.



SPAIN/PORTUGAL CHORIZO

Gloriously fatty cured pork, garlic and paprika sausage, available cooked, raw, sweet or hot. Slice into sandwiches, fry with eggs, or simply grill... it's one of the world's great bangers.

FABADA

This is a rich, Spanish bean stew featuring chorizo, traditionally from the Asturias region. Enjoy with traditional accompaniments of crusty bread and apple cider.

YOU'LL NEED

- 1 cup dry haricot (navy) beans, soaked overnight
- 6 cloves of garlic, peeled
- 2 medium onions, peeled and quartered
- 1 bay leaf
- 4 tbs extra virgin olive oil
- 450g (1lb) streaky bacon
- 160g (6oz) black pudding
- 3 chorizo sausages
- 1 small rump roast or several small pork ribs
- Pinch of saffron threads
- 1 tbs sweet paprika
- Salt (optional)

METHOD

- 1** Drain the beans and place them in a large pot of cold water (cover the beans by about 5cm/2in) with the garlic, onions and bay leaf and bring to the boil.
- 2** Add the olive oil, bacon, black pudding, chorizo, rump roast/pork ribs. Half-cover the pot with a lid and simmer for 1½ hours.
- 3** Add the saffron threads and paprika and simmer for another 1–1½ hours.
- 4** Taste and add salt if necessary, but it may be okay without more, given the saltiness of the sausage and bacon.
- 5** Remove the sausage, black pudding and roast from the pot, cut them into serving-size pieces then return them to the pot.
- 6** Ladle into soup bowls and eat steaming hot.

TASTING NOTES

Ah, the charred snap of a perfectly grilled chorizo. The meat should be charred and glistening with scarlet juice, the flesh suitably piggy and the paprika strong, but never overwhelming. Some like theirs *picante* (or hot), while others prefer *dolce* (sweet), where the flavours are a little more muted. If you can find outlets that specialise in their own recipe, so much the better; the difference between a cheap, mass-produced version and a handmade beauty is huge. The cooked version is thinly sliced and crammed into *bocadillos* (small sandwiches). It, too, can vary in taste and pungency. But for the true experience of chorizo, they're best eaten burning hot, straight from the grill. ● *by Tom Parker Bowles*



YOU'LL NEED

- 300g (11oz) bulgur
- 1¼ cups (300mL) water
- 1 large onion, peeled and chopped
- 300g (11oz) beef (or lamb), finely ground and as lean as possible
- 2 tbs tomato paste
- Bunch of parsley, chopped
- 1 tbs cinnamon
- 1 tbs cumin
- Juice of 1 lemon
- 100g (3oz) *isot* pepper, or ground chilli flakes
- 1 lettuce to serve (cos lettuce works well)
- Lemon segments, to serve

ORIGINS

Çiğ köfte is said to originate from Urfa, on the edge of the Mesopotamian plain, during Biblical times when King Nimrod piled all of the area's firewood into an execution pyre for his nemesis, the prophet Abraham. Left with no fuel for cooking, a local woman ground together a mixture of raw meat, bulgur and spices. According to the story, Abraham walked from the flames unharmed, and the dish gained lasting fame from its walk-on role in the legendary tale.



MATT MUNRO © LONELY PLANET IMAGES, ASHOK SINHA, GÖRKEM DEMİR © GETTY IMAGES

TURKEY

ÇIĞ KÖFTE

Çiğ köfte is a gritty, raw-meat and cracked-wheat experience, buzzing with the scorching *isot* pepper of the Mesopotamian plains that 'cooks' the raw ingredients, all served in a lettuce leaf.

METHOD

- 1** Place the bulgur, water and chopped onion in a large bowl. Mix together with your hands for up to 15 minutes until the bulgur softens.
- 2** Add the ground meat, tomato paste and chopped parsley, mixing to ensure all ingredients are evenly dispersed.
- 3** While continuing to roll and knead for up to 30 minutes, progressively add cinnamon,

cumin, lemon juice and *isot* (or ground chilli flakes). Experienced *çiğ köfte*-makers will turn and fold their mixture constantly, periodically adding more *isot*, chopped parsley or lemon juice, and working to get as smooth a consistency as possible.

4 Serve by placing a dollop of the mixture on lettuce leaves and dressing with a squeeze of lemon (and more *isot* if you are bold).

TASTING NOTES

Generally served as a make-your-own communal appetiser, *çiğ köfte* requires its own eating technique. Taking a lettuce leaf, spread it with the spicy-meaty mixture, drizzle with lemon juice, then – if you dare – add more *isot* pepper, and eat. The crisp lettuce is your first encounter, before you experience the creamy, meaty essence of the ground beef that is the core of the dish, also noticing the slight grittiness of the bulgur. Soon the peppery fire of *isot* will dawn on you, a slow smouldering that builds to a furnace-like intensity. This is your cue to reach for more cooling lettuce, or extra drizzles of lemon. Or to embrace the fire and wolf down more. ● by Will Gourlay