



# International Favorites

## 6 Menus From Around The World



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A Free eCookbook from the Mr. Food Test Kitchen  
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## **International Favorites: 6 Menus From Around The World**

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Dear Friend,

Looking to add a bit more culture to your cooking repertoire? Wish you could sample cuisine from around the world without leaving the comfort of home? Well, now you're in luck! We've teamed up with our friends from the National Frozen & Refrigerated Food Association to bring you a tour of all our favorite foods from around the globe with our latest free eCookbook, *International Favorites: 6 Menus From Around The World*.

Embrace those American classics we've come to know and love with such staples like **Easy Buffalo Chicken Dip** (page 3) and **Berry Cheesecake Ice Cream Squares** (page 6). Round up the gang this weekend, throw on the latest sports game, and relax with classic foods everyone is bound to enjoy.

Don't order takeout just yet. With our selection of Asian recipes, you can recreate popular dishes, such as **Creamy Crab Wontons** (page 7) and **Shrimp Fried Rice** (page 9), in your very own kitchen. (You may not want to leave your house again!)

German recipes have that vintage, old-fashioned feel that's perfect to come home to after a long and difficult day. Cook up a batch of our **German Pancakes** (page 12) or **German Potato Salad** (page 16), and you're guaranteed to leave the table with a smile on your face.

While we can't bring those white, sandy, Mediterranean beaches to your doorstep, we can help you recreate some of the most incredible Greek dishes. Check out our **Chicken and Feta Bread** (page 18) or **Easy Moussaka** (page 20), and you'll soon have the whole table yelling "Opa!"

Italy is well-known for its unbelievable restaurants, and now, you can conjure up some of the magic at home. Choose between recipes like our crowd-pleasing **Fresh Tomato Flatbread** (page 23) or elegant **Cassata Cake** (page 27), and you're guaranteed not to have any leftovers.

Finally, you'll be prepared to host a Mexican menu night at your house with our selection of fiesta-worthy dishes, like **Taco Ring** (Page 29) and **Chicken Fajita Casserole** (page 30). No matter what language you speak, we know your whole family's saying...

"OOH IT'S SO GOOD!!"<sup>®</sup>

Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 30 recipes from around the world. Remember, our *International Favorites* eCookbook is available FREE, with many others also available on [www.MrFood.com](http://www.MrFood.com). Go on, tell your friends to visit [MrFood.com](http://MrFood.com), so they too can get their very own FREE copies!



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## **A Message from the National Frozen & Refrigerated Foods Association**

In today's busy world, we all want tasty, wholesome AND convenient meal solutions. Surprise! The frozen food and dairy aisles offer it all! And they say variety is the spice of life—so skip the delivery and take-out and give your palate the worldly flavors it's been craving. With a few convenient frozen and refrigerated shortcuts, you can whip up delicious cuisines from across the globe without leaving your home.

We hope you'll enjoy these recipes for international staples in our free Mr. Food Test Kitchen International Favorites: 6 Menus from Around the World eCookbook, featuring the convenience, real ingredients and value of frozen and refrigerated dairy foods. As you know, Mr. Food Test Kitchen's philosophy has always been "quick & easy," and frozen and refrigerated products are a vital component to making easy meals at home; and global cuisines are no exception. In this eCookbook, we've provided a fantastic collection of international recipes, tips and meal pairings that showcase the culinary inspiration and versatility you'll find in the "cool aisles" of your local market.

Get ready to stamp your culinary passport and discover scrumptious cuisines from Germany, Mexico, Italy, Asia, Greece and America. If you still desire more recipes after you've tried all these flavorful global recipes, visit us at [www.EasyHomeMeals.com](http://www.EasyHomeMeals.com), and be sure to check out our new blog at [blog.EasyHomeMeals.com](http://blog.EasyHomeMeals.com), "Like" us on [Facebook](https://www.facebook.com) and follow us on [Pinterest](https://www.pinterest.com) and [Twitter](https://twitter.com)!

So, what are you waiting for? Let your taste buds take a journey and explore some of the hottest cuisines from around the world...no baggage fees required!

Happy Cooking!

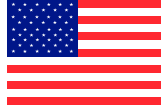
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# Table of Contents

## by Menu



All-American Menu  
Pages 1-6



Asian Menu  
Pages 7-11



German Menu  
Pages 12-17



Greek Menu  
Pages 18-22



Italian Menu  
Pages 23-27

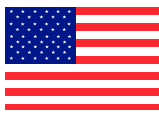


Mexican Menu  
Pages 28-32

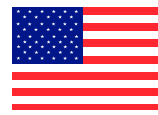
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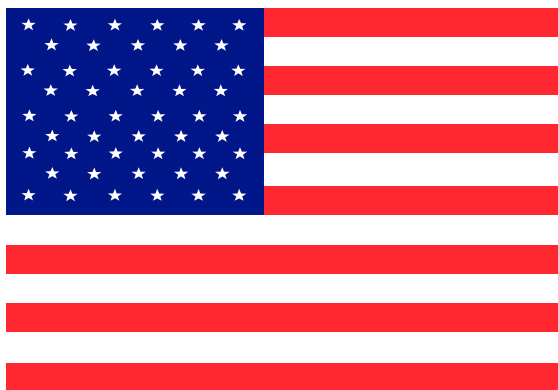


# All-American Menu



We've put together an All-American menu that highlights lots of market shortcuts. We used a few convenient shortcuts like frozen veggies and chicken to bring you some of your all-time classic faves like pizza and dip. And to top it all off, we've got a scrumptious frozen ice cream treat that'll satisfy any sweet tooth!

- Sunrise Breakfast Pizza..... 1
- Kickin' Popper Bites.....2
- Easy Buffalo Chicken Dip.....3
- BBQ Cheddar Meatloaf.....4
- Waffle Fry Chicken Bake..... 5
- Berry Cheesecake Ice Cream Squares..... 6



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# Sunrise Breakfast Pizza

Our Sunrise Breakfast Pizza is loaded with healthy egg whites, vegetables, and turkey sausage to help you get a healthier start on your day. Plus it uses prepared pizza crust and fresh frozen veggies so you can prepare it in no time!

**Serves:** 12

**Cooking Time:** 15 min

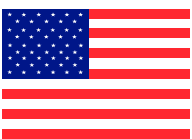
## What You'll Need:

- 1 (11-ounce) package refrigerated pizza crust
- 1 tablespoon butter
- 2 cups refrigerated liquid egg whites
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1-1/2 cups frozen vegetables (broccoli, spinach and red bell peppers, or a combination of your favorites), thawed
- 1 cup shredded Cheddar cheese
- 2 frozen turkey sausage patties, thawed and cut into bite-sized pieces (see Note)



## What To Do:

1. Preheat oven to 400 degrees F. Coat a 10" x 15" baking sheet with cooking spray.
2. Unroll dough onto coated baking sheet. Partially bake dough for 5 minutes then remove from oven and set aside.
3. Meanwhile, in a large skillet, melt butter over medium heat. Add egg whites, salt, and pepper; scramble and cook until eggs are firm.
4. Spoon scrambled eggs over prepared crust; top evenly with vegetables, cheese, and sausage pieces.
5. Bake 8 to 10 minutes, or until crust is golden and cheese is melted. Slice and serve.



### Note:

- If using refrigerated turkey sausage, brown it before cutting into bite-sized pieces.

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# Kickin' Popper Bites

Did you know: With just a few simple ingredients from the dairy and frozen aisles, you'll wow your game day crowd with this creamy and crunchy treat that packs a bit of a punch! And don't worry -- you won't miss the kickoff 'cause our Kickin' Popper Bites are quick and easy!

**Serves:** 15

**Cooking Time:** 15 min

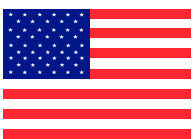
## What You'll Need:

4 ounces cream cheese, softened  
1/4 cup shredded Cheddar cheese  
2 tablespoons sour cream  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
20 jalapeno pepper slices, divided (from a jar)  
1 (1.9-ounce) package frozen mini fillo (phyllo) shells



## What To Do:

1. Preheat oven to 350 degrees F. Coat a rimmed baking sheet with cooking spray.
2. In a medium bowl, combine cream cheese, Cheddar cheese, sour cream, garlic powder, and onion powder; mix well.
3. Place 1 jalapeno pepper slice in each fillo shell and place on baking sheet. Finely chop remaining jalapeno pepper slices and stir into cheese mixture. Spoon about 1 tablespoon of mixture into each fillo shell.
4. Bake 15 minutes, or until heated through and shells are golden. Serve immediately.



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# Easy Buffalo Chicken Dip

Rich and creamy with a zesty kick, our Easy Buffalo Chicken Dip is always a crowd-pleaser. Better make a double batch 'cause it's guaranteed to go quick.

**Yields:** 3 cups

**Prep Time:** 5 min

**Cooking Time:** 25 min

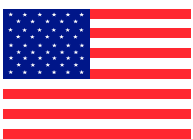
## What You'll Need:

- 1 (8-ounce) package cream cheese, softened
- 2 cups shredded mozzarella cheese
- 1/2 cup blue cheese crumbles
- 3/4 cup chopped celery
- 1/4 cup buffalo wing sauce
- 2 cups frozen cooked grilled chicken strips, cut into 1/2-inch chunks
- 1 (16-ounce) frozen garlic bread



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 1-1/2-quart shallow baking dish with cooking spray.
2. In a large bowl, combine all ingredients except the garlic bread; mix well. Spoon into prepared baking dish.
3. Bake 25 to 30 minutes, or until hot.
4. Meanwhile, prepare garlic bread according to package directions. Cut into 1/2-inch slices and serve with dip.



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# BBQ Cheddar Meatloaf

Dazzle your gang with this irresistible meatloaf that's oozing with cheddar and bathed in a classic BBQ sauce.

**Serves:** 6

**Cooking Time:** 1 hr 5 min

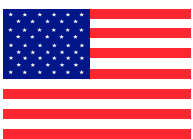
## What You'll Need:

2 pounds lean ground beef  
3 slices white bread, torn into small pieces  
2 eggs  
1/4 cup prepared yellow mustard  
1 teaspoon salt  
1/8 teaspoon black pepper  
2 cups (8 ounces) shredded sharp Cheddar cheese  
1/4 cup chopped fresh parsley  
1 cup barbecue sauce



## What To Do:

1. Preheat oven to 400 degrees F. Coat a 7- x 11-inch baking dish with cooking spray.
2. In a medium bowl, combine ground beef, bread, eggs, mustard, salt, and pepper. Mix with your hands until well blended. Place on a 12- x 16-inch piece of wax paper and pat firmly into a 10- x 12-inch rectangle.
3. In a small bowl, combine cheese and parsley; mix well. Sprinkle cheese mixture evenly over ground beef mixture. Roll up jelly-roll style, starting from the short end, by lifting with the wax paper and removing the paper as you roll. Seal the end well.
4. Place seam-side down in prepared baking dish. Pour barbecue sauce over the roll and bake 55 to 60 minutes, or until no pink remains in beef and juices run clear.
5. Remove from the oven and allow to stand for 10 minutes. Slice and serve.



## Note:

- Serve this family-favorite with refrigerated mashed potatoes for a complete meal everyone will love! This sure is a lot easier than making them from scratch!

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# Waffle Fry Chicken Bake

Our scrumptious Waffle Fry Chicken Bake takes advantage of the convenience of fresh tasting frozen foods we can keep on hand in our freezer. That way we can have a bubbling all-in-one hearty casserole anytime we want.

**Serves:** 6

**Prep Time:** 5 min

**Cooking Time:** 50 min

## What You'll Need:

1 (1-pound 8-ounce) bag frozen broccoli, carrots, cauliflower mix in cheese sauce

1 (22-ounce) bag frozen, fully cooked chicken breast strips

1 can (10-3/4-ounce) condensed cheddar cheese soup

1/2 teaspoon onion powder

1/2 teaspoon garlic powder

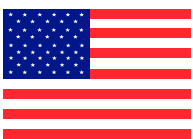
1/8 teaspoon black pepper

3 cups frozen waffle fries



## What To Do:

1. Preheat oven to 400 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. In a large bowl combine all ingredients except waffle fries, mix well. Pour mixture into prepared baking dish and cover with foil. Bake for 25 minutes.
3. Remove from oven; uncover foil and top mixture waffle fries. Return to oven to finish cooking 20 to 25 minutes, or until heated through and fries are crisp.



## Did You Know?

- Frozen foods offer some of the best values in the market, since they include everything from perfectly-portioned meals to ingredients that are all prepped and ready to use.

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# Berry Cheesecake Ice Cream Squares

There'll be lots of screaming for this scrumptious homemade frozen novelty! With a fresh-as-a-berry-patch strawberry garnish, our Berry Cheesecake Ice Cream Squares are simply irresistible.

**Serves:** 20

**Chilling Time:** 6 hr

## What You'll Need:

2 cups finely crushed butter crackers (See Note)

1 stick butter, melted

1 (3.4-ounce) package instant cheesecake pudding and pie filling

2 cups milk

1-1/2 quarts strawberry ice cream, softened

1 (8-ounce) container frozen whipped topping, thawed

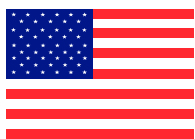
20 strawberries for garnish



## What To Do:

1. In a medium bowl, combine cracker crumbs and butter; mix well. Press crumbs into bottom of a 9- x 13- inch baking dish; refrigerate until ready to fill.
2. In a large bowl, whisk together pudding and milk until slightly thickened. Stir in ice cream until well mixed. Evenly spoon into crust. Spread whipped topping evenly over ice cream; cover.
3. Freeze 6 hours or overnight. Cut into squares, top each with a strawberry, and serve immediately.

## Notes:



- Our Test Kitchen tested these with both Ritz and Sunshine crackers and both worked just as well.
- If you're not a fan of strawberry ice cream, choose an ice cream or frozen yogurt flavor you love from the wide variety that's available in the freezer case! Yum!

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# Asian Menu



Would you believe that you can make all these traditional Asian recipes with ingredients from the frozen and refrigerated aisles? It's true and they're just as good as takeout!

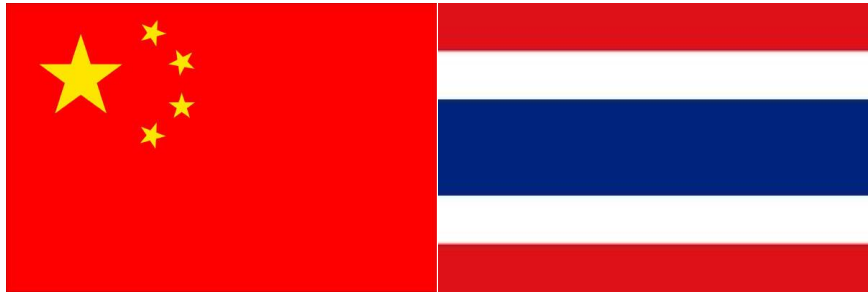
Creamy Crab Wontons.....7

Chinatown Meatballs.....8

Shrimp Fried Rice.....9

Thai Chicken Pasta.....10

Good Luck Sherbet.....11



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# Creamy Crab Wontons

Creamy Crab Wontons are crowd-pleasing easy appetizers that are crispy outside and creamy inside. Made with versatile wonton wrappers, every bite is pure heaven, and no one will believe you made homemade wontons yourself!

**Serves:** 30

**Cooking Time:** 25 min

## What You'll Need:

- 1 (8-ounce) package cream cheese, softened
- 1/4 cup plain bread crumbs
- 1/2 teaspoon garlic powder
- 2 cups chopped imitation crabmeat (about 3/4 pound)
- 30 refrigerated wonton wrappers (1/2 pound)



## What To Do:

1. Preheat oven to 350 degree F. Coat a baking sheet with cooking spray.
2. In a medium bowl, combine cream cheese, bread crumbs, and garlic powder; mix well with an electric beater. Add crabmeat, stirring until thoroughly mixed.
3. Place 1 teaspoon crab mixture in center of each wonton. Brush edges lightly with water then fold in half (one point to an opposite point, like a turnover) over crab mixture, and press to seal. Place on baking sheet.
4. Bake 20 to 25 minutes, until crisp and golden, turning once halfway through baking.



## Note:

- Wonton skins can usually be found in your supermarket produce department and also in Asian food stores.

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# Chinatown Meatballs

This Asian spin on classic meatballs is the perfect dish for you and your gang to wake up those taste buds. They're a little sweet, a little sour, and a lot guaranteed to be your family's new favorite Chinese-inspired dish!

**Serves:** 6

**Cooking Time:** 20 min

## What You'll Need:

- 1 (10-ounce) jar sweet and sour sauce
- 1/4 cup light brown sugar
- 1/4 cup soy sauce
- 1/2 teaspoon ground ginger
- 1 (35-ounce) package frozen meatballs
- 1-1/2 cups frozen mango chunks
- 1-1/2 cups frozen pineapple chunks
- 3/4 cup frozen diced bell peppers and onions
- 1-1/2 cups uncooked Jasmine rice, prepared according to package directions



## What To Do:

1. In a large skillet, combine sweet and sour sauce, brown sugar, soy sauce, and ginger. Add remaining ingredients except the rice, and stir until well mixed.
2. Turn heat to medium-high, cover, and cook 20 to 25 minutes, or until meatballs are heated through, stirring occasionally. Serve over rice.



## Did You Know?

- Using frozen fruits and vegetables helps you save time on prep work, without giving up any of the nutritional value. This leaves more time for you to enjoy with your family!

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# Shrimp Fried Rice

Now you can make Shrimp Fried Rice, a famous -- and famously delectable -- Chinese take-out dish, right at home. And when your friends and family try it, they'll think you ordered from the most authentic Chinese restaurant in town!

**Serves:** 3

**Cooking Time:** 15 min

## What You'll Need:

2 tablespoons vegetable oil  
2 cups uncooked instant rice  
1-3/4 cups chicken broth  
1 (10-ounce) package frozen cooked salad shrimp, thawed  
1 cup frozen peas, thawed  
4 scallions (green onions), thinly sliced  
2 tablespoons soy sauce  
1/4 teaspoon black pepper



## What To Do:

1. In a large skillet, heat oil over high heat. Add rice, and sauté 5 to 7 minutes, or until browned, stirring occasionally.
2. Add broth; bring to a boil over high heat. Turn off heat, cover, and let sit 5 to 7 minutes, or until broth has been absorbed.
3. Stir in remaining ingredients, and cook over medium heat 4 to 6 minutes, or until heated through and liquid is absorbed. Serve immediately.

## Notes:



- We used frozen peas in this salad, but you can use any of your favorite frozen veggies to create your own unique take on this restaurant-favorite.
- Want to add another Chinese restaurant-favorite to the menu? Serve our Shrimp Fried Rice with conveniently frozen egg rolls!

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# Thai Chicken Pasta

Get ready for an all-in-one dinner with our Thai Chicken Pasta. From veggies to chicken to pasta and more, you don't have to trek out to your favorite Thai restaurant to get an Asian restaurant recipe to remember!

**Serves:** 4

**Cooking Time:** 20 min

## What You'll Need:

1 pound linguine  
1/3 cup plus 2 tablespoons sesame oil, divided  
1 (22-ounce) package frozen, grilled and ready chicken breast chunks  
1 cup crunchy peanut butter  
2/3 cup heavy cream  
1/4 cup soy sauce  
2 cloves garlic, minced  
2 tablespoons white vinegar  
1 tablespoon sugar  
1 tablespoon ground ginger  
1 tablespoon crushed red pepper  
1 (16-ounce) package frozen broccoli, cauliflower, and carrot mixture, thawed



## What To Do:

1. In a soup pot, cook pasta according to package directions; drain, rinse, drain again, and set aside in the colander.
2. In a medium bowl, combine peanut butter, cream, soy sauce, garlic, vinegar, 1/3 cup sesame oil, the sugar, ginger, and red pepper; mix well.
3. In the same pot over medium-high heat, heat the 2 tablespoons sesame oil. Add chicken and vegetables and cook 4-5 minutes, or until heated through.
4. Return linguine to pot and add peanut butter mixture; toss to coat. Reduce heat to low and cook 3 to 5 minutes, or until mixture is heated through. (Do not boil.)



### Note:

- You can add some variety to this dish by switching up the frozen veggies used!

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# Good Luck Sherbet

Our Good Luck Sherbet is a restaurant-inspired dessert that'll make you feel lucky you saved enough room! It comes topped off with tasty toasted coconut and a fortune cookie for an authentic touch you'll love devouring!

**Serves:** 6

**Prep Time:** 5 min

## What You'll Need:

- 1 quart orange sherbet
- 1 quart lime sherbet
- 1/2 cup frozen shredded coconut, divided
- 6 Chinese fortune cookies



## What To Do:

1. In a bowl, add 1 scoop of lime sherbet and then top with 1 scoop of orange sherbet.
2. Top each evenly with shredded coconut and a fortune cookie.



## Get Inspired!

- The freezer case is full of great sherbet and ice cream flavors. Choose ones your family will love for a truly special dessert experience. For extra fun and color, you can even try rainbow sherbet!

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# German Menu



You won't need a passport to get a taste of Germany, you just need a shopping cart and perhaps a sweater because we're taking you to the cooler side of your grocery store where you can find most of the ingredients for these authentic German recipes.

German Pancakes.....12

German Pretzels.....13

Sauerbraten with Ginger Gravy.....14

Special Spaetzle..... 15

German Potato Salad.....16

Apple Strudel.....17



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# German Pancakes

Not your traditional pancakes, our German Pancakes are sure to wake everybody up to a sweet aroma that'll bring 'em running!

**Makes:** about 2 dozen pancakes

**Cooking Time:** 45 min

## What You'll Need:

2 cups all-purpose flour  
2 tablespoons granulated sugar  
2 teaspoons baking powder  
1/4 teaspoon salt  
2 cups milk  
4 eggs  
Vegetable oil for cooking  
2 tablespoons confectioners' sugar



## What To Do:

1. In a large bowl, combine the flour, granulated sugar, baking powder, and salt; mix well. Whisk the milk and eggs into the flour mixture for 3 to 4 minutes, or until smooth. Lightly brush a small skillet with oil then heat over medium heat until hot but not smoking.
2. Pour 1/4 cup of the batter into the skillet, tilting the skillet to evenly coat the bottom with the batter; cook for 2 to 3 minutes, or until firm on top. Turn the pancake, brushing the skillet with additional oil, if necessary; cook for about 1 more minute, or until the pancake is light brown on both sides. Fold the pancake in half, then in half again.
3. Remove to a baking sheet and keep warm in a 200-degree F. oven until ready to serve. Continue with the remaining batter, brushing the skillet with oil as needed. Before serving, sprinkle the pancakes with confectioners' sugar (see Note).



## Note:

- For an even fancier look, top these with frozen strawberries and whipped cream or whipped topping before sprinkling with confectioners' sugar.

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# German Pretzels

You don't have to travel all the way to Germany to get a taste of their soft and doughy pretzels. Our German Pretzels are delicious, easy, and ready for eatin' in just about 15 minutes!

**Serves:** 4

**Cooking Time:** 15 min

## What You'll Need:

- 1 pound frozen bread dough, thawed
- 2 tablespoons butter, melted
- 1 tablespoon water
- 1 teaspoon (coarse) salt (see Note)



## What To Do:

1. Coat 2 large rimmed baking sheets with nonstick cooking spray.
2. Cut dough into four equal pieces. On a lightly floured surface, roll each piece into a 24-inch rope; form into a pretzel shape and place on baking sheets.
3. Brush top of each pretzel with melted butter. Sprinkle evenly with kosher salt. Loosely cover with plastic wrap and set aside in a warm place to rise for 15 minutes. Preheat oven to 350 degrees F.
4. Remove plastic wrap and bake pretzels 15 to 17 minutes, or until golden. Serve warm.



## Notes:

- For a more traditional German flavor, try topping these with Caraway seeds ...Yummy!
- To serve these in the true German fashion serve with a butter or cheese dip.

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# Sauerbraten with Ginger Gravy

Our take on this traditional German pot roast uses tender cubed steak that's covered in a flavorful ginger gravy. It's a tasty comfort food you'll want to eat over and over again.

**Serves:** 4

**Cooking Time:** 45 min

## What You'll Need:

3 tablespoons butter  
4 (1 to 1½ pounds total) beef cubed steaks  
1 small onion, finely chopped  
½ teaspoon salt  
½ teaspoon black pepper  
1 (12-ounce) jar brown gravy  
1 tablespoon white vinegar  
¼ cup water  
½ cup coarsely crushed gingersnap cookies  
1 tablespoon light brown sugar  
½ cup sour cream



## What To Do:

1. In a large skillet, melt the butter over medium-high heat. Add the cubed steaks, onion, salt, and pepper and cook for 6 to 8 minutes, or until the steaks are browned on both sides.
2. Stir in the gravy, vinegar, water, cookie crumbs, and brown sugar and bring to a boil. Reduce the heat to low, cover, and simmer for 25 to 30 minutes, or until the steak is tender.
3. Stir in the sour cream and cook for 3 to 4 minutes, or until well blended and heated through. Serve immediately.



## Note:

- It's easy to make this a complete meal your whole family will love! Just serve with everyone's favorite frozen veggies and refrigerated potatoes.

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# Special Spaetzle

The tiny, delicate German noodle known as spaetzle is more popular than ever! Our easy recipe for Special Spaetzle will make your gang feel special because you made it from scratch.

**Serves:** 4

**Cooking Time:** 20 min

## What You'll Need:

3 cups all-purpose flour  
1/2 teaspoon baking powder  
2 teaspoons salt, divided  
1/4 teaspoon black pepper  
4 eggs, beaten  
1-3/4 cups water  
4 tablespoons butter, melted  
1 tablespoon chopped parsley



## What To Do:

1. In a large bowl, combine flour, baking powder, 1 teaspoon salt, and the pepper; mix well. Add the eggs and water; mix with a wooden spoon until smooth.
2. Bring a large pot of water to a hard, rolling boil over high heat; add remaining salt. In batches, drizzle the batter from a wide slotted spoon into the boiling water. When the spaetzle (noodles) float to the top of the water, remove them with a slotted spoon and drain in a colander. Place in a bowl, add butter and parsley, and stir gently just until mixed.



## Notes:

- If you're looking to add more color and nutrition to this tasty dish, just add some frozen peas and carrots!

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# German Potato Salad

Who says potato salad can't be made without mayonnaise? German Potato Salad has been made that way for years. Try our recipe for a true classic.

**Serves:** 8

**Cooking Time:** 20 min

## What You'll Need:

3 (20-ounce) bag refrigerated slices of potatoes  
8 slices bacon  
1/4 cup vegetable oil  
1/2 cup finely chopped onion  
1/2 cup white vinegar  
1/4 cup water  
1/3 cup sugar  
1 teaspoon salt  
3 tablespoons finely chopped fresh parsley



## What To Do:

1. In a large skillet, cook bacon over medium heat until browned and crisp, turning as needed. Remove from pan and set aside.
2. Add oil and onion to bacon grease and cook 4 to 5 minutes or until onion is soft. Stir in vinegar, water, sugar and salt; bring to a boil. Gently stir in potatoes and parsley.
3. Crumble in half of bacon, stir and heat until warmed through. Remove to a serving dish, crumble remaining bacon over top, and serve warm.



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# Apple Strudel

This Old World classic will make us feel like we took a cruise along a winding European river! We can enjoy the classic tastes of German-style strudel with the shortcut of store-bought puff pastry, sliced apples, raisins and a few baking basics.

**Serves:** 6

**Cooking Time:** 20 min

## What You'll Need:

1 sheet (from a 1.25-ounce package) frozen puff pastry, thawed  
1/3 cup sugar  
2 teaspoons ground cinnamon  
1 (20-ounce) can sliced apples, drained  
1/3 cup raisins  
1 egg, beaten



## What To Do:

1. Preheat oven to 400 degrees F. Place pastry on a baking sheet and unfold. In a medium bowl, combine sugar and cinnamon; mix well.
2. Reserve 2 teaspoons sugar mixture. Add apples and raisins to remaining mixture; mix well. Let sit about 2 minutes; drain off any excess liquid.
3. Spoon mixture down center of dough. Cut slits in dough 1 inch apart lengthwise down each side of filling. Brush each 1-inch dough strip with beaten egg and fold over dough. Brush top of pastry with remaining egg and sprinkle with reserved sugar mixture.
4. Bake 20 to 25 minutes, or until golden. Serve warm, or allow to cool before serving.

## Notes:



- Frozen apple slices can be used in place of canned apples for an even fresher taste with a lot less work. Now that's what we like!
- We like serving a warm slice of Apple Strudel with a glass of milk or milk alternative. It's the perfect complement to a freshly baked treat!

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# Greek Menu



When delicious and convenient ingredients come together, you'll give your taste buds a true Greek-inspired experience without even leaving home!

Chicken and Feta Braid.....18

Chicken Gyros..... 19

Easy Moussaka..... 20

Greek Potatoes.....21

Not Traditional Baklava..... 22



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# Chicken and Feta Braid

When delicious and convenient ingredients are combined in one tasty dish, you've got a surefire hit on your hands. Greek-inspired Chicken and Feta Braid is sure to become a brunch, lunch or dinner favorite!

**Serves:** 8

**Cooking Time:** 25 min

## What You'll Need:

- 1 (9-ounce) package refrigerated cooked chicken chunks
- 1 (9-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry
- 1 cup crumbled feta cheese
- 1 (4-ounce) jar diced red bell pepper, drained
- 1 tablespoon grated Parmesan cheese
- 1 teaspoon onion powder
- 1/4 teaspoon ground nutmeg
- 1 (17.3-ounce) package frozen puff pastry, thawed
- Cooking spray



## What To Do:

1. Preheat the oven to 400 degree F.
2. In a large bowl, combine chicken, spinach, feta cheese, red peppers, Parmesan cheese, onion powder, and nutmeg until thoroughly combined.
3. Unfold each puff pastry onto a large baking sheet. Spoon half the chicken mixture lengthwise down center of each pastry sheet.
4. Cut slits one inch apart lengthwise down each side of filling on both sheets of pastry. Braid dough over filling, overlapping to form "X" shapes. Spray tops with cooking spray.
5. Bake 25 to 30 minutes, or until golden. Slice and serve.



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# Chicken Gyros

You won't believe how easy it is to turn out this Greek restaurant and festival favorite at home. Our delicious Chicken Gyros topped with traditional cucumber-yogurt sauce can be on your table in no time.

**Yields:** 6 halves

**Cooking Time:** 10 min

## What You'll Need:

1 cup plain yogurt  
1/2 cup sour cream  
1 large cucumber, peeled, seeded, and chunked  
1 tablespoon fresh dill  
1/2 teaspoon chopped garlic  
2 tablespoons plus 1/2 teaspoon lemon juice, divided  
1/2 teaspoon salt, divided  
1/4 teaspoon black pepper, divided  
1 tablespoon olive oil  
1-1/2 pounds boneless, skinless chicken breasts  
1 teaspoon dried oregano  
3 (6-inch) pitas, cut in half  
2 cups sliced romaine lettuce  
1 large tomato, chopped



## What To Do:

1. In a food processor or blender, lightly pulse yogurt, sour cream, cucumber, dill, garlic, 1/2 teaspoon lemon juice, 1/4 teaspoon salt, and 1/8 teaspoon pepper, leaving mixture chunky. Refrigerate until ready to use.
2. Meanwhile, in a large skillet, heat olive oil over medium heat. Sprinkle chicken with remaining salt, pepper, and the oregano. Add chicken to skillet, and cook 4 to 5 minutes per side, or until no pink remains and juices run clear. Pour remaining lemon juice over chicken about 2 minutes before the end of the cooking time; remove from pan and let cool slightly.
3. Cut chicken into strips. Open each pita pocket and, distributing evenly, fill with lettuce, tomato, and chicken. Top with cucumber sauce, and serve.



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# Easy Moussaka

This shortcut version of the classic Greek favorite moussaka can be on your table in no time! With tender layers of eggplant, ground beef and a creamy custard topping, they'll be shouting "Opa!" when you serve it!

**Serves:** 6

**Cooking Time:** 1 hr 10 min

## What You'll Need:

2 pounds ground beef  
1 small eggplant, peeled and diced (about 4 cups)  
3 garlic cloves, minced  
1/8 teaspoon ground cinnamon  
1-1/2 teaspoons salt, divided  
1/4 teaspoon black pepper  
2 cups spaghetti sauce  
5 tablespoons butter  
4 tablespoons all-purpose flour  
3 cups milk, warmed



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 3-quart baking dish with cooking spray.
2. In a large skillet, sauté the ground beef over medium-high heat 7 to 8 minutes, or until crumbly and only slightly pink; drain off any excess liquid.
3. Add the eggplant to the skillet and sauté 5 to 6 minutes, until the eggplant begins to soften. Add the garlic, cinnamon, 1 teaspoon salt, and the pepper; mix well. Add the spaghetti sauce and cook 4 to 5 more minutes, until hot; place mixture in the baking dish.
4. In a medium sauce pan, melt the butter over medium heat. Add the flour and stir until smooth, 3-4 minutes. Add the warm milk to the flour mixture, 1 cup at a time whisking continuously until smooth. Bring to a boil, stir in remaining salt and cook for 2-4 minutes or until thickened. Pour over meat mixture.
5. Bake 40 to 45 minutes, or until the custard-like top is set.



## Notes:

- If you want to make this a day or two before serving, go ahead. Just put it together through Step 3. Cover and refrigerate the meat mixture in the baking dish until ready to finish as directed in Steps 4 and 5.

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# Greek Potatoes

A lot of Greek food has a heavy Middle Eastern influence, and this recipe is no exception.

**Serves:** 5

**Cooking Time:** 45 min

## What You'll Need:

1/3 cup virgin olive oil  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1 teaspoon garlic powder  
1 teaspoon salt  
1 (20-ounce) bag refrigerated slices of potatoes  
1 tablespoon lemon juice  
1/4 cup crumbled feta cheese



## What To Do:

1. Preheat the oven to 400 degree F. Coat a 2-QT baking dish with cooking spray.
2. In a large bowl, combine the oil, basil, oregano, garlic powder, and salt, mix well. Add the potatoes and gently toss until evenly coated. Place in prepared baking dish.
3. Bake for 35-40 minutes, or until the potatoes are crisp on the outside.
4. Drizzle with the lemon juice and sprinkle with feta cheese. Serve immediately.



## Did You Know?

- Refrigerated potato slices are a great timesaver and are just as fresh and tasty as you expect them to be!

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# Not Traditional Baklava

We've shortened the work, shortened the time, and shortened the cleanup of this traditional Greek dessert. One thing we didn't shorten is the taste!

**Serves:** 14

**Cooking Time:** 30 min

## What You'll Need:

1 frozen puff pastry sheet (from a 17 -ounce package), slightly thawed

1 egg, beaten

1 cup chopped walnuts

1/2 cup honey

2 tablespoons (1/4 stick) butter, melted



## What To Do:

1. Preheat oven to 400 degree F. Coat a baking sheet with cooking spray.
2. On a lightly floured surface, with a rolling pin, roll out puff pastry sheet into a 12" x 14" rectangle. Cut in half lengthwise and place on prepared baking sheet.
3. In a small bowl, combine the walnuts and honey. Spread half the mixture lengthwise along center of each dough half.
4. Using a pastry brush or paper towel, moisten edges of pastry dough with some of the beaten egg. Evenly fold dough lengthwise over filling. Seal edges of dough tightly by pressing seams together with the tines of a fork.
5. Brush tops of both rolls with beaten egg then bake 20 minutes. Remove from oven and lightly brush tops with melted butter. Cool 10 minutes before cutting diagonally into 2-inch pieces.

## Notes:

- After brushing baklava with butter, you can spoon the hot honey and butter drippings from the baking sheet over the tops (before they cool).



## Did You Know?

- Frozen puff pastry isn't just convenient; it's easy and versatile, too!

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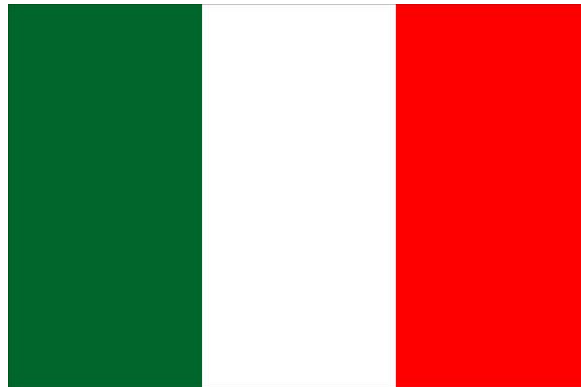


# Italian Menu



How about treating your gang to an Italian feast? Don't worry; you won't spend all day in the kitchen because even though we use a few shortcuts, these recipes still have that made-from-scratch taste!

Fresh Tomato Flatbread.....	23
Mama Mia's Meatball Bake.....	24
Italian Club Bake.....	25
Better Baked Ziti.....	26
Cassata Cake.....	27



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# Fresh Tomato Flatbread

Tomato flatbread is popular on restaurant menus, and now you can make it at home...easily. The key is to start with really good tomatoes. And we recommend topping it with fresh slivered basil, too.

**Serves:** 6

**Cooking Time:** 20 min

## What You'll Need:

- 1 (8-ounce) package refrigerated crescent rolls
- 1 large tomato, thinly sliced
- 1/2 onion, thinly sliced
- 2 tablespoons olive oil
- 1 teaspoon dried Italian seasoning
- 1 teaspoon chopped garlic
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper



## What To Do:

1. Preheat oven to 375 degrees F. Coat a large rimmed baking sheet with cooking spray.
2. Unroll crescent roll dough and press seams together to form a complete crust. Place tomato and onion slices over crust.
3. In a small bowl, combine remaining ingredients; mix well. Brush over sliced tomato, onion, and crust.
4. Bake 17 to 20 minutes, or until golden. Cut into squares and serve.



## Get Inspired!

- If you love cheese, then you'll want to consider topping this tasty flatbread with one of the many varieties of cheese you can find in the refrigerated section of your grocery store. It adds that extra dose of delicious!

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# Mama Mia's Meatball Bake

Thanks to a few shortcuts, you can have Mama Mia's Meatball Bake on the table in no time. This is an easy dinner recipe that the whole family will love!

**Serves:** 6

**Cooking Time:** 30 min

## What You'll Need:

- 1 (12- to 16-ounce) frozen garlic bread
- 1 cup ricotta cheese
- 2 tablespoons Parmesan cheese
- 1 (32-ounce) bag frozen meatballs, thawed, cut in half
- 1 cup spaghetti sauce
- 10 slices mozzarella cheese



## What To Do:

1. Preheat oven to 450 degrees F.
2. Place garlic bread open face on baking sheet and bake 10 minutes. Remove from oven and reduce heat to 350 degrees.
3. In a small bowl, combine ricotta cheese and Parmesan cheese and evenly spread on garlic bread. Place meatballs on top of cheese and evenly spoon spaghetti sauce over meatballs.
4. Bake 15 to 20 minutes, or until meatballs are heated through. Top with mozzarella cheese and continue baking 3 to 5 more minutes, or until cheese melts.



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# Italian Club Bake

Our Italian Club Bake is a twist on a good ol' classic sandwich that is on every menu in a sub shop. Just wait until you bite into the warm flaky crust and gooey melted cheese -- you'll immediately fall in love like we did!

**Serves:** 6

**Cooking Time:** 30 min

## What You'll Need:

- 1 (8-ounce) container refrigerated crescent rolls
- 8 slices deli turkey
- 8 slices deli ham
- 8 slices cooked bacon
- 8 slices provolone cheese
- 1 (12-ounce) jar roasted peppers, drained and sliced
- 1 teaspoon Italian seasoning, divided
- 1 egg, lightly beaten



## What To Do:

1. Preheat oven to 350 degrees F.
2. Unroll crescent roll dough without separating triangles. Separate dough into 2 squares along center cut line. Place 1 square of dough into an 8-inch square baking dish; using your fingertips, press dough to fit bottom of baking dish.
3. Layer with half the turkey, half the ham, and all the bacon. Continue layering with half the provolone cheese, half the roasted peppers, and 1/2 teaspoon Italian seasoning. Repeat with remaining meats, cheese, peppers, and Italian seasoning. Place remaining square of dough on top. Brush with beaten egg.
4. Bake 30 to 35 minutes, or until golden and heated through. Let cool 5 minutes, then cut and serve.



## Notes:

- Serve this with your choice of conveniently frozen fries or onion rings, and you've got a delicious, complete meal!

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# Better Baked Ziti

If you're wondering what makes this baked ziti "better" than the regular stuff, you just need to take one bite and you'll see why.

**Serves:** 6

**Cooking Time:** 30 min

## What You'll Need:

1 pound ziti  
1 (15-ounce) container ricotta cheese  
3 cups (12 ounces) shredded mozzarella cheese, divided  
1 teaspoon garlic powder  
1/2 teaspoon salt  
1 tablespoon chopped fresh parsley  
1 (28-ounce) jar spaghetti sauce  
1/2 cup grated Parmesan cheese



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish or 3-quart casserole with cooking spray.
2. In a large pot of boiling, salted water, cook ziti until just barely tender; drain and place in a large bowl.
3. Add ricotta cheese, 1-1/2 cups mozzarella cheese, garlic, salt, and parsley to the ziti; mix well. Spread half the spaghetti sauce over bottom of prepared baking dish. Spoon ziti mixture into baking dish; cover with remaining spaghetti sauce, then sprinkle with Parmesan cheese.
4. Bake 25 minutes, then top with remaining mozzarella cheese and bake 10 additional minutes, or until heated through.

## Notes:

- Use your favorite type of flavored spaghetti sauce to add additional flavor to this ziti. And don't worry if you don't have ziti on hand -- just substitute any other equal-sized shape.
- This is a great dish to serve with everyone's favorite; frozen garlic bread or breadsticks!



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# Cassata Cake

How 'bout having an Italian feast? A little antipasto, some pasta with sauce, and, of course, this classic Italian dessert? Well, what are you waiting for?! This Italian Cassata Cake recipe is wonderful because it uses a convenient shortcut while still making part of it from scratch.

**Serves:** 12

**Cooking Time:** 40 min

## What You'll Need:

- 1 (18.25 ounce) package yellow cake mix, batter prepared according to the package directions
- 1 (15 ounce) container ricotta cheese
- 1 cup (6 ounces) miniature semisweet chocolate chips
- 1/4 cup plus 2 tablespoons granulated sugar, divided
- 1 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 2 tablespoons dark rum
- 1/4 cup water
- 1 cup (1/2 pint) heavy cream
- 2 tablespoons confectioners' sugar
- 1 cup sliced almonds, toasted (see Note)



## What To Do:

1. Bake cake batter according to package directions for two 9-inch round layers; let cool then remove from pans.
2. Meanwhile, in a medium-sized bowl, combine ricotta cheese, chocolate chips, 1/4 cup granulated sugar, vanilla, and cinnamon; mix well, then cover and chill.
3. In a small bowl, combine rum, water, and remaining 2 tablespoons granulated sugar; mix then set aside. Place one cake layer on a serving platter and drizzle with rum mixture until liquid is completely absorbed. Cover with ricotta cheese mixture and top with second cake layer.
4. In a medium-sized bowl, with an electric beater on high speed, beat heavy cream and confectioners' sugar 5 to 6 minutes, until stiff peaks form.
5. Frost top and sides of cake with whipped cream and sprinkle top and sides with toasted almonds. Cover loosely and chill at least 2 hours before serving.

## Notes:



- To toast the almonds, place them on a rimmed cookie sheet and bake in a preheated 350 degrees F. oven for 1 to 2 minutes, just until golden.
- Want to save even more time? Frost your finished cake with already prepared frozen whipped cream!

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# Mexican Menu



We put a spin on some old-fashioned Mexican favorites that still have all those flavors you're looking for in order to get the true feel of a Mexican fiesta!

Mexican Corn Bread Salad.....	28
Taco Ring.....	29
Chicken Fajita Casserole.....	30
Creamy Flan.....	31
Mexican Ice Cream Balls.....	32



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# Mexican Corn Bread Salad

Mexican Corn Bread Salad is a colorful layered salad that tastes like a fiesta in a bowl. This novel summer salad looks as awesome as it tastes. Whether for company or to add tasty excitement to your mealtime routine, raves will be coming your way!

**Serves:** 8

## What You'll Need:

- 1 (1-ounce) package dry ranch-style dressing mix
- 1 cup sour cream
- 1 cup mayonnaise
- 6 corn bread muffins
- 2 (16-ounce) cans pinto beans, rinsed and drained
- 1 green bell pepper, chopped
- 1 (16-ounce) package frozen corn, thawed
- 3 large tomatoes, chopped
- 10 slices bacon, cooked and crumbled
- 2 cups (8 ounces) shredded Mexican cheese blend
- 6 scallions, sliced



## What To Do:

1. In a small bowl, combine dressing mix, sour cream, and mayonnaise; set aside.
2. Crumble half the corn muffins into a large glass bowl or trifle dish. place layer of beans over corn muffins, then bell pepper, dressing mixture, corn, tomatoes, bacon, remaining corn muffins, cheese, and scallions.
3. Cover and chill at least 2 hours before serving.



## Note:

- Spice up your fiesta by serving this great salad with your favorite frozen taquitos!

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# Taco Ring

What's the twist to making a family favorite like tacos become a new meal idea? Instead of traditional taco shells, we use refrigerated crescent rolls to create a Taco Ring that's as at home as a main dish as it is a fiesta-style party appetizer.

**Serves:** 6

**Cooking Time:** 40 min

## What You'll Need:

- 1 pound ground beef
- 1 onion, chopped
- 1 (1-1/4-ounce) package taco seasoning mix
- 1 cup (4 ounces) shredded sharp Cheddar cheese
- 2 (8-ounce) cans refrigerated crescent rolls



## What To Do:

1. Preheat oven to 350 degrees F. Lightly grease a 12-inch pizza pan.
2. In a large skillet, cook beef and onion over medium-high heat, stirring until beef crumbles and is no longer pink; drain.
3. Stir in taco seasoning; add water according to package directions. Cook over medium-high heat for 3 minutes, or until liquid is absorbed. Add cheese, stirring until it melts. Remove from heat and set aside.
4. Unroll crescent rolls. Place wide end of triangles in center of pizza pan, forming a ring, overlapping dough as necessary. Spoon meat mixture into center of each triangle. Bring smaller ends of triangles over meat, tucking ends under.
5. Bake 20 minutes, or until rolls are golden. Serve warm.



## Note:

- Add whatever traditional taco toppings you like, such as shredded lettuce, salsa, and sour cream.

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# Chicken Fajita Casserole

Soft flour tortillas take the place of noodles in this deliciously hearty south of the border casserole. We're sure this will be a new dinnertime favorite!

**Serves:** 6

**Cooking Time:** 45 min

## What You'll Need:

- 1 (8.2-ounce) package 6-inch flour tortillas for soft tacos and fajitas
- 1 (16-ounce) can refried beans
- 1 (15-ounce) can tomato sauce
- 1 (9-ounce) package refrigerated cooked Southwest-seasoned chicken breast strips
- 1 (16-ounce) package frozen stir-fry bell peppers and onions, thawed and drained
- 1 (1-ounce) package fajita seasoning mix
- 2 cups shredded Colby-Monterey Jack cheese blend



## What To Do:

1. Preheat oven to 375 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. Arrange half the tortillas in baking dish, overlapping if necessary.
3. In a medium bowl, combine refried beans and tomato sauce; mix well. Spread half the mixture over tortillas.
4. In a large bowl, combine chicken, vegetables, and fajita seasoning mix. Spoon half the chicken mixture over beans, and sprinkle with half the cheese. Repeat layers, then cover with foil.
5. Bake 35 minutes. Uncover and bake 10 additional minutes, or until hot and bubbly.

## Note:



- A dollop of sour cream adds a burst of cool, creamy flavor to your fajita casserole! Yum!

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# Creamy Flan

The recipe for Creamy Flan may have originated in Latin cooking but, these days, everybody seems to love this creamy, custard dessert.

**Serves:** 12

**Cooking Time:** 1 hr 10 min

## What You'll Need:

1-1/2 cups sugar, divided  
8 eggs  
2 teaspoons vanilla extract  
4 cups whole milk



## What To Do:

1. Preheat oven to 350 degrees F.
2. In a small saucepan, cook 1/2 cup sugar over medium heat until completely melted and caramelized, stirring occasionally. Immediately pour into a 6-cup tube pan, coating bottom of pan. Be careful when working with caramelized sugar: it is very hot!
3. In a large bowl, with an electric beater on medium speed, beat eggs and vanilla 1 minute. Add remaining 1 cup sugar and beat until well combined. Add milk and beat until completely mixed. Pour over caramelized sugar in tube pan.
4. Place tube pan in a large pan of hot water, with just enough water to go halfway up sides of tube pan. Bake 65 to 70 minutes, or until a knife inserted in center comes out clean. Carefully remove from hot water bath and allow to cool 20 minutes. Cover and chill overnight or at least 3 hours.
5. Just before serving, run a knife around inside edge of pan to loosen flan from pan. Carefully invert flan onto a 12-inch rimmed serving plate, so that caramel sauce doesn't run off plate. Serve each wedge with caramel sauce.

## Notes:



- This is one recipe that's definitely better when made the night before, so that the flan is thoroughly chilled before serving.
- Pair your flan with a cup of coffee and your favorite flavor of liquid coffee creamer for an even sweeter twist.

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# Mexican Ice Cream Balls

This popular Tex-Mex style ice cream is usually deep fried. Our easier version of Mexican Ice Cream Balls eliminates that messy task, and leaves you with that same delicious creamy, crunchy result.

**Serves:** 8

**Cooking Time:** 5 min

## What You'll Need:

1 quart vanilla ice cream  
2-1/2 cups frosted corn flakes cereal, coarsely crushed  
1 tablespoon butter, melted  
1 teaspoon ground cinnamon  
1/4 cup honey



## What To Do:

1. Line a rimmed baking sheet with wax paper. With a large spoon or an ice cream scoop, form eight ice cream balls, each about 2-1/2 inches in diameter. Place on baking sheet then place in freezer for about 1 hour. Preheat oven to 350 degrees F.
2. Meanwhile, coat another rimmed baking sheet with cooking spray. In a medium bowl, combine remaining ingredients except the honey; mix well and spread on baking sheet. Bake 5 to 7 minutes, or until lightly browned and crisp. Remove to a shallow dish and allow to cool completely.
3. Line another rimmed baking sheet with wax paper. Remove ice cream balls from freezer and roll in cereal mixture, coating on all sides. Place on baking sheet and freeze 2 to 3 hours, or until ice cream is firm. Drizzle with honey before serving.

## Notes:

- For an extra special touch, serve the ice cream balls in sundae glasses, each topped with caramel sauce, whipped cream, and a cherry.
- To make these lighter, reduced-fat ice cream or frozen yogurt will work just as well and, the way the coating is done, it'll still taste like it's been deep fried. Mmm mmm!



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