

Kheer

From
Pakistan



Kheer is a classic subcontinental dessert, a creamy rice pudding that's both comforting and indulgent. Made by slow-cooking rice in milk with sugar, cardamom, and other spices, Kheer's rich texture and aromatic flavor evoke warmth and nostalgia.

Tiropitakia

From
Greece



Στριφτά τυροπιτάκια are a popular savory pastry in Southeast Europe and the Eastern Mediterranean. Made with thin, flaky dough twisted around a creamy cheese filling, they are baked until golden and crisp. Widely enjoyed in Greece as a comfort food, they are also found in the Balkans and Turkey, where they're called byrek or börek, with various regional fillings and flavors.

Currywurst

From
Germany



Currywurst was invented in 1949 in Berlin by Herta Heuwer, who poured a sauce made from ketchup, curry powder, and spices. While Berlin is widely recognized as the birthplace, Hamburg and the Ruhr region (e.g., Duisburg in 1936) also claim credit, and Heuwer later patented her "Chillup" sauce. Currywurst is an iconic German fast-food dish: a sliced, fried bratwurst topped with a spicy, tomato-based curry sauce.

Rava-Sheero

From
India



Rava-Sheero (also known as Sooji Halwa) is a classic Gujarati sweet dish made from semolina, ghee, sugar, and milk, often flavored with cardamom and garnished with nuts and raisins. Originating from the Indian subcontinent, Sheero has many regional variations - in South India it's called Kesari Bath, and in Maharashtra Sanja or Ravyacha Sheera. The Gujarati version tends to be richer and softer, sometimes infused with saffron or banana.

Aubergines in peanut sauce

From
Sudan



Aubergines in peanut sauce is a flavorful dish that combines tender, roasted aubergines with a rich, creamy peanut sauce. The aubergines, cooked to perfection, absorb the savory and slightly sweet notes of the peanut sauce, creating a satisfying contrast in texture and flavor. The sauce, made from peanuts, garlic, ginger, and a touch of spice, enhances the natural earthiness of the aubergines.

Koshary

From
Egypt



Koshary is a classic Egyptian dish made of fluffy rice, tender lentils, and small pasta, topped with buttery chickpeas and crispy fried onions. It's all drenched in a tangy, garlicky tomato sauce with cumin and coriander, adding a smoky, mildly spicy kick. The result is a flavorful mix of crunchy, creamy, and tangy textures, offering a satisfying and hearty meal that's both comforting and indulgent.

Korma Challow

From
Afghanistan



Korma Challow is a classic, savory Afghan dish featuring a rich meat curry (Korma) served with plain, spiced white rice (Challow), where the tender meat and its gravy, often tomato-based with onions, garlic, and spices, are spooned over the fluffy, often baked or parboiled rice. It's a comforting meal where the mild, aromatic flavors of the meat dish complement the simple rice.

Sholeh Zard

From
Iran



Sholeh Zard is a traditional Iranian dessert made from rice, sugar, saffron, rose water, cardamom, butter, and sliced almonds. It has a smooth, pudding-like texture and a bright golden color that comes from saffron, one of the most valued spices in Persian cuisine. It is sweet, fragrant, and comforting, and is often decorated with cinnamon, nuts, and dried rose petals on top.

Chana Chaat

From
Pakistan



Chana Chaat with Yogurt is a popular snack known for its balance of flavors and textures. Tender chickpeas are mixed with fresh vegetables, aromatic spices, and tangy chutneys. Creamy yogurt adds a cooling contrast to the spices. The result is a vibrant mix of spicy, tangy, slightly sweet, and creamy notes, topped with fresh herbs. Light, nutritious, and bold in flavor.

Falafel with Hummus

From
Syria



Falafel with Hummus is a classic Middle Eastern dish loved for its rich, savory flavors and satisfying textures. The crispy falafel is made from ground chickpeas, fresh herbs, and spices, offering a crunchy exterior and a tender interior. Paired with creamy hummus, made from smooth blended chickpeas, tahini, and garlic. The combination is both hearty and refreshing, making it a popular choice for a light meal or as part of a vibrant mezze spread.

Jeera bhaat

From
India



Jeera bhaat or zeera chawal is an Indian dish consisting of rice and cumin seeds. It is a very popular dish in the Indian subcontinent and most commonly used as an everyday rice dish. The Hindi term for cumin seeds is jeera or zeera, with the latter also being used in Urdu, thus owing to the name of the dish. The ingredients used are rice, cumin seeds, vegetable oil, onions, salt and coriander leaves.

Gulab Jamun

From
India



Gulab Jamun originated in India is a popular sweet dessert made from soft dough balls, usually prepared with milk solids, that are deep-fried until golden and then soaked in fragrant sugar syrup flavored with cardamom or rose water. It is known for its rich taste, melt-in-the-mouth texture, and is often served warm during festivals and celebrations.