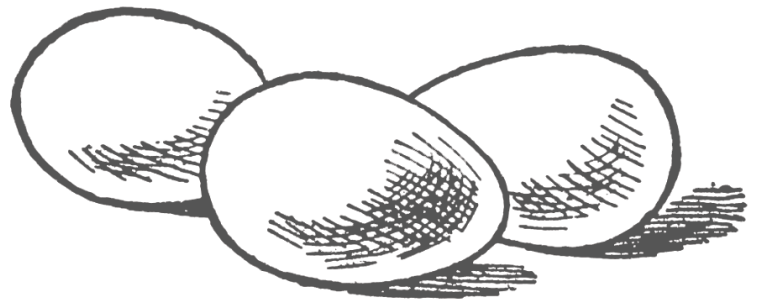


# LitWorld Eats

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*Stories & Recipes  
from Around the World*

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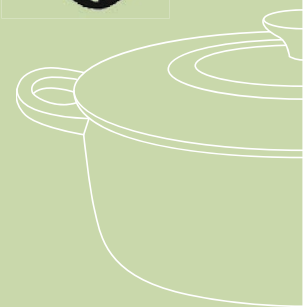
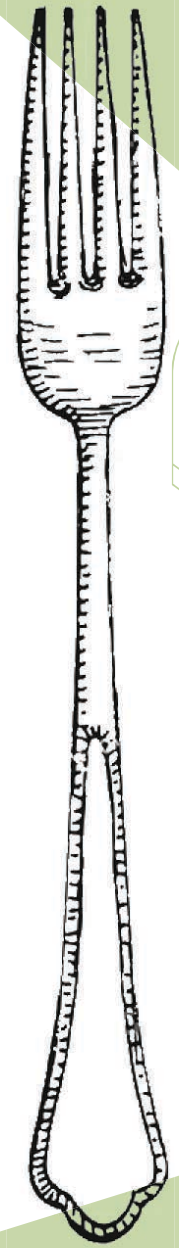


**LitWorld**

litworld.org

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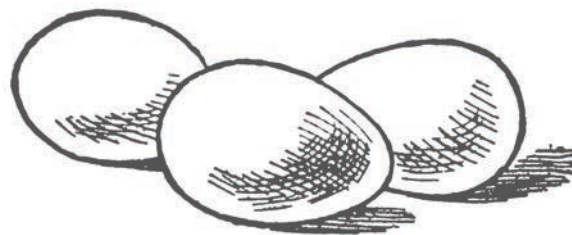


# Introduction

“Tell me what you eat,  
and I’ll tell you what you are.”



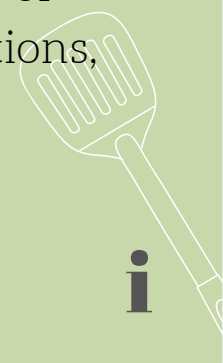
**T**his is what Brillat-Savarin famously wrote 200 years ago, for encoded in our recipes are stories about our countries, our cultures, our families - and about us. And nearly every family has a story that begins with **the egg**: a nutritious powerhouse and potent symbol of spring, rebirth, and life itself.



A spiced meatball stuffed with egg - *nargisi kofta* - prepared on a first wedding anniversary. A Colombian egg milkshake for memory and energy. A grandfather’s breakfast of scrambled eggs and tomatoes that evokes pure joy in his granddaughter. **These dishes are just some of the stories of our LitWorld partners.**

At LitWorld, we’ve **long recognized the power of food to bring people together**. In fact, we often jumpstart conversations among strangers at our events by suggesting they ask about each other’s favorite foods. It’s like unplugging a dam, with a flood of stories, memories, and laughter unleashed in no time.

We hope these egg-cellent recipes will be the first in a series of *LitWorld Eats*. And by sharing our foods and our culinary traditions, we hope to connect you more closely to our LitWorld story.



# Nargisi Kofta

## Seeds of Hope Foundation

### Pakistan



*Submitted by Saima Dilawar*

*"I am fond of cooking and often search and try to learn different foods from YouTube. One day I came across the dish Nargisi Kofta. I made this dish for the first time on my wedding anniversary and enjoyed it with all my family members. I received much praise and appreciation from my family members and ever since then Nargisi Kofta has become a traditional family food. I served this dish mostly for special family guests. Many guests are curious and ask me to share this delicious dish recipe. My husband says the use of eggs in this dish really adds more taste and makes this dish very delicious."*

- Saima Dilawar

## Ingredients

*(continues onto next page)*

### *For Kofta*

- 4 eggs, boiled and peeled
- 1 tsp cumin powder
- ½ kg (1.1 lbs) ground beef
- 1 tsp salt
- 1 tsp red chili powder
- 4 green chilies
- 1 tsp garam masala
- ½ onion, chopped
- 1 tbsp coriander powder
- 1 tbsp coriander (cilantro) leaves, chopped
- 1 tsp ginger garlic paste
- 2 tbsp chickpea flour
- ¼ tsp turmeric powder

## Preparation

1. Set eggs aside.
2. Blend all other Kofta ingredients (beef, green chili, ginger garlic paste, coriander leaves, chickpea flour, turmeric powder, coriander powder, garam masala powder, cumin powder, red chili powder, and salt) in food processor until well blended.
3. Spread water on hands and make big ball of roughly ¼ of the ground beef mixture. Place a boiled egg inside and bind properly.
4. Repeat this method and make 4 Nargisi Kofta.

## Ingredients

### *For Gravy*

- 2 tomatoes, chopped
- 2 onions, chopped
- ½ cup yogurt
- 1 tsp salt
- 2 tbsp coriander (cilantro), chopped
- ¼ tsp turmeric powder
- 1 tsp red chili powder
- ½ cup oil
- 1 tsp ginger garlic paste
- ½ tsp garam masala
- 4 green chili peppers
- 3 ½ cups water

### **Pairs well with:**

*Kheer* (Rice Pudding)

**For recipe video (in Urdu),  
use link below:**

<https://tinyurl.com/yy2x523o>

**Read more about Pakistan's  
love for Kofta Curry!**

[tinyurl.com/y2sntjnt](https://tinyurl.com/y2sntjnt)



## Directions

1. Preheat oil in a large lidded pot.
2. Add onion and fry until lightly browned.
3. Add ginger garlic paste and stir. Then, add tomatoes and stir for 1 minute on medium heat.
4. Add salt, red chili powder, and turmeric powder. Stir.
5. Add 1 cup water, stir, then let cook for 5 minutes on medium heat with lid on.
6. Remove lid. Stir and mash the gravy, add yogurt, then stir.
7. Carefully add all Nargisi Koftas and cook on high heat for 1 minute without flipping.
8. Gently flip the Nargisi Koftas to the opposite side and cook for 1 minute on high heat.
9. Add 2 cups of water and cook for 15 minutes on medium to low heat with lid on.
10. Remove lid and continue cooking for 2 minutes on high heat, stirring frequently.
11. Add ½ cup more water, chopped green chili, cilantro leaves, and garam masala powder.
12. Cover with lid and cook for 5 minutes on medium to low flame.
13. Remove lid, stir, and turn off burner.
14. The Nargisi Koftas are ready to plate!

# Egg Bajji

## Centre for Development India

*Submitted by Partnership  
Coordinator Prasad Chacko*



### Ingredients

2 eggs	2 tbsp grated fresh coconut	Mint leaves
5 small potatoes	3 green chilies	2 cloves garlic
2 cups cooking oil	2 slices raw mango	1 tsp cumin seeds
	Coriander (cilantro) leaves	Salt

### Directions

1. Boil potatoes and eggs together. Once potatoes are done, remove skin and mash until smooth. Shell and halve the eggs.
2. Put all the other ingredients into a mixer-blender and make a paste (chutney).
3. Take a handful of mashed potatoes and make a thick layer on the palm of the hand. Place 1 tsp of chutney in the center of the mash potato layer, then place half of the boiled egg over the chutney and slowly cover the egg with the mash paste until it becomes a closed ball with the egg and chutney inside. Prepare the remaining 3 balls in the same way.
4. Shallow fry the 4 balls till they turn golden brown.
5. The Egg Bajjis are ready to serve!

Eggs are a super common food around the globe, but how much do you *really* know about them? Check out this podcast to learn more!

[tinyurl.com/yxaoeg6j](https://tinyurl.com/yxaoeg6j)

# Egg Malpua

## Centre for Development India

*Submitted by Partnership  
Coordinator Prasad Chacko*

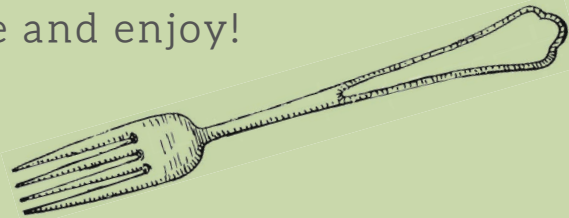


### Ingredients

- 1 cup wheat flour
- 1 cup sugar
- 2 pinches baking soda
- 2 eggs
- 1 cup oil (or ghee)
- Water as needed

### Directions

1. Mix flour and sugar with water to make a paste.
2. Beat eggs well using an egg-beater or a hand-mixer and add it to the paste. Add baking soda and mix the dough well with your hand or a spatula.
3. Heat the oil in a pan.
4. Slowly spread the dough to the
5. outsides of the pan to make a big pancake.
6. Let simmer for 3-4 minutes. Then, turn it over and simmer for 2-3 minutes.
7. Serve and enjoy!



### Did you know?

This dish has history and has been loved in India for over 3000 years!

### Read more here:

[tinyurl.com/y5djshy6](https://tinyurl.com/y5djshy6)

# Banana Blossom Omelette

## Project PEARLS

### The Philippines

*Submitted by LitClub Mentor Jen Cardente  
& Partnership Coordinator Peachy Abellon*



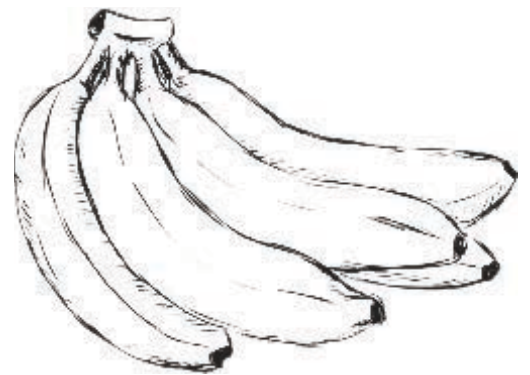
## Directions

1. Peel off the outer layer of the banana blossom until the inner part is revealed.
2. Wash the inner part of the blossom thoroughly.
3. In a pot, add water and the peeled banana blossom and let boil.
4. Boil until tender, then chop the blossom into small, bite-sized pieces.
5. In a small bowl, combine eggs and chopped banana blossoms.
6. Fry mixture in cooking oil in small batches, as you do with omelettes.
7. Season with salt and vinegar to taste.
8. Serve hot with rice on the side.

## Ingredients

2 banana blossoms  
2 to 3 eggs, scrambled  
Cooking oil  
Salt and vinegar

*The Filipino word for banana blossom is "puso ng saging". Omelette translates to "tortang", thus banana blossom omelettes are "tortang puso ng saging".*



The banana blossom, which grows at the end of a banana fruit cluster, is commonly used in dishes throughout Southeast Asia and India. It can be eaten raw, cooked into a soup or a patty, or used as a vegan fish substitute.



# Bitter Gourd with Eggs

BATA Foundation

The Philippines

*Submitted by Partnership Coordinator Edith Caingles*



## Ingredients

2 large bitter gourds  
2 eggs, beaten  
200 g (~7 oz) pork with fat  
500 g (1.1 lbs) small  
shrimp, halved  
2 small tomatoes  
1 onion  
2 garlic cloves  
Salt to taste

## Directions

1. Soak gourd in hot water for 20 minutes. Add 1 tbsp salt to the gourd.
2. Squeeze the water out of the gourd, and set aside.
3. Cut pork fat into 1-inch cubes. In saucepan, boil pork fat in  $\frac{1}{2}$  cup of water, then simmer until pork is golden brown and lard comes out.
4. Remove the pork, set aside.
5. In the pork fat, sauté garlic, onions, and tomatoes.
6. Add the shrimp and a little water. Boil until shrimp is white (half-cooked).
7. Halve the gourds. Scoop out the seeds and thinly slice all the halves.
8. Add the gourd and a little water, (around  $\frac{1}{2}$  cup - just enough to cook gourd). Add salt to taste.
9. Simmer until gourd is done. Don't stir too much (gourd will be too bitter).
10. Beat the eggs and add a bit of salt.
11. Pour into the gourd mixture and stir.
12. Add pork to garnish and serve.

*In the cuisine of the Philippines, bitter gourd, or ampalaya, is often eaten in this dish or stir-fried with ground beef and oyster sauce.*



Bitter gourd contains high amounts of Vitamin A and C, and minerals such as iron, zinc, potassium, manganese and magnesium. It can also help reduce blood sugar!

# Huevos Revueltos con Tomate

**(Español)**

**Un Mundo**

**Honduras**

*Enviado por Coordinadora de alianzas, Gerson Gonzales*



"Una receta que me fascina, muy popular en el campo chileno, yo la preparo en tardes de verano con tomates bien maduros de mi huerta. Mi abuelo se la comía de desayuno. Abundan las opciones. Cuando estuve en Chile trabajando en nuestro libro *Del blog a la mesa*, nos comimos una paila con tomates y huevos de campo y pan amasado, pura felicidad."

- Gerson Gonzales

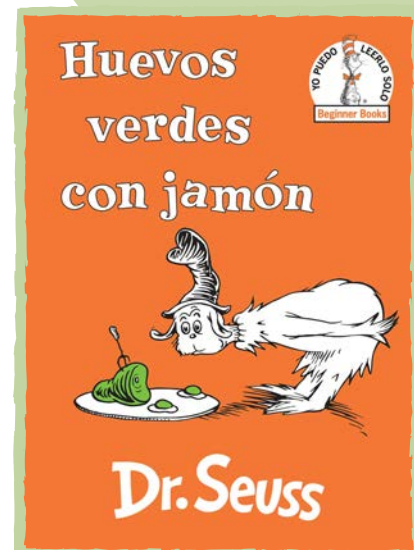
## Pasos

1. En una sartén mediana, calentar 1 cucharada de aceite a fuego medio. Cocinar el ajo por un minuto.
2. Agregar los tomates picados con su jugo y cocinar por 10 minutos
3. Agregar los huevos y revolver.
4. Cocinar hasta que los huevos estén casi cocidos. Retirar del fuego.
5. Con el calor de la sartén se van a terminar de cocinar.
6. Servir con pan amasado.

## Ingredientes

2-3 tomates grandes, picados en cubos (sin pepas si desean)  
5 huevos  
1 diente de ajo picado fino  
Aceite  
Sal

**Lectura Recomendado:**  
*Huevos verdes con jamón*  
por Dr. Suess



# Scrambled Eggs with Tomato

*(English)*

**Un Mundo**

**Honduras**

*Submitted by Partnership  
Coordinator Gerson Gonzales*



"A recipe that fascinates me, very popular in the Chilean and Honduran countryside, I prepare it on summer evenings with ripe tomatoes from my garden. My grandfather ate it for breakfast. Options abound. When I was in Chile working on our book *From the Blog to the Table*, we ate the dish with tomatoes, field eggs and bread, it was pure happiness."

- Gerson Gonzales

## Directions

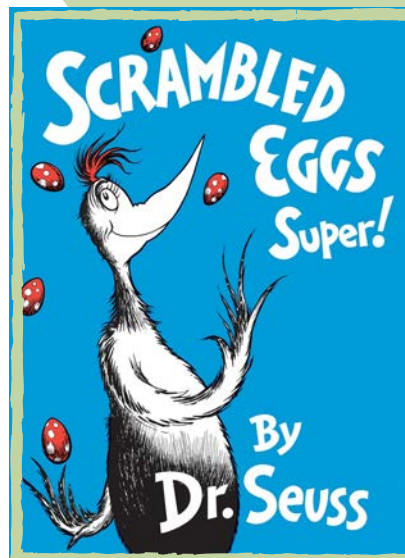
1. In a medium skillet, heat 1 tbsp of oil over medium heat. Cook the garlic for a minute.
2. Add chopped tomatoes with their juice and cook for 10 minutes.
3. Add eggs and stir, cooking until the eggs are almost cooked. Then, remove from heat. The eggs will finish cooking in the heat of the pan.
4. Serve with fresh bread.

## Ingredients

2-3 large tomatoes, diced  
(peeled if desired)  
5 eggs  
1 garlic clove, finely chopped  
Oil  
Salt

## Recommended Reading:

*Scrambled Eggs Super!*  
by Dr. Seuss



# Torta (Español)

Museo Rayo

Columbia

*Enviado por la coordinadora de alianzas Jhoanna Gomez y los LitKids de Museo Rayo*



## Ingredientes

- 2 huevos
- 4 cucharadas de azucar
- 4 cucharadas de harina
- 1 ½ cucharaditas de polvo para hornear
- 1 cucharadita de sal
- ¼ taza de leche
- ¾ de taza de queso fresco rallado

## Pasos

1. Mezclar el huevo y la harina con un tenedor y se va agregando azúcar, sal, queso rallado y leche hasta que esté suave la masa.
2. Pasa por aceite caliente y freír por unos minutos.
3. Sirve con pan fresco.

## Sabías?

*La preparación de una torta negra es un verdadero ritual, ya que debes comenzar macerar las frutas en ron con 2 a 3 semanas de anticipación. En Colombia, la tradición consiste en comer la torta con sus seres queridos.*



Mira esto receta de torta negra:  
[tinyurl.com/y4ssfgvv](https://tinyurl.com/y4ssfgvv)

# Torta (*English*)

Museo Rayo

Columbia

*Submitted by Partnership  
Coordinator Jhoanna Gomez  
and the LitKids of Museo Rayo*



## Ingredients

- 2 eggs
- 4 tbsp sugar
- 4 tbsp flour
- 1 ½ tsp baking powder
- 1 tsp salt
- 2 tbsp sugar
- ¼ cup milk
- ¾ cup grated "queso fresco"  
(fresh cheese, usually white)

## Directions

1. Mix the egg and flour with a fork. Continue to mix while adding sugar, salt, grated cheese, and milk until the mixture is smooth.
2. Fry in hot oil for a few minutes.
3. Serve with fresh bread

## Did You Know?

*The preparation of torta negra (Black Cake) is a real ritual, as you have to start macerating the fruits in rum 2 to 3 weeks in advance. In Colombia, the tradition involves eating the cake with loved ones.*



Check out this torta negra recipe:  
[tinyurl.com/y4ssfgvv](https://tinyurl.com/y4ssfgvv)

# Pony Malta (Energy Drink)

Museo Rayo, Columbia

*Submitted by Partnership  
Coordinator Jhoanna Gomez and  
the LitKids of Museo Rayo*

*"This milkshake is a great food for  
memory, for energy and is tasty."*

## Ingredients

Eggs  
PonyMalta (a popular  
Colombian barley soda)  
Condensed milk  
Milk



## Directions

1. Mash the eggs well.
2. Combine with the PonyMalta.
3. Add the milk and condensed milk.
4. Blend and serve.

*Check out  
these  
LitClub  
members  
with a  
recipe they  
submitted!*



# Bebida Energetica

*Enviado por la coordinadora de  
alianzas Jhoanna Gomez y los  
LitKids de Museo Rayo*

*"Este batido es de gran alimento para la  
memoria, para estar con ánimo y es rico."*

## Ingredientes

Huevos  
PonyMalta (una bebida  
colombiana)  
Leche condensada  
Leche

## Pasos

1. Se lava bien los huevos.
2. Se combina con la ponymalta.
3. Se agrega leche y leche condensada.
4. Se licua y se sirve.

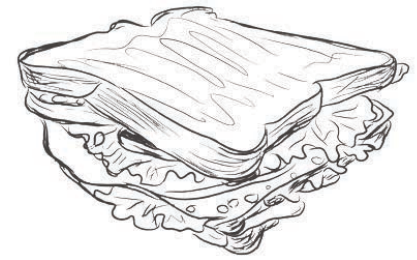
*Fíjase en  
estos  
miembros de  
LitClub con  
una receta  
que  
enviaron.*

# Chopped Eggs and Onions

NY, United States

Submitted by Jayne Cohen, Cookbook

Author and LitWorld Friend



"Grandma Rebecca, my mom's mom, loved to spoil my father, her tall son-in-law whose blue-black hair led strangers to mistake him for her own son. So she often made this dish, a childhood favorite of his, as an appetizers on our holiday table. It looks fancy when served in a soft lettuce or endive leaf, but it's easy enough to make a delicious filling for sandwiches, too."

- Jayne Cohen

## Ingredients

3 to 5 tbsp olive or avocado oil

½ cup onion, thinly sliced

½ cup onion, finely chopped

Salt

Freshly ground black pepper

6 hard-boiled large eggs, peeled and cut into eighths

Optional: Chicken fat (schmaltz) and chicken cracklings (griebenes)

## Directions

1. Heat 3 tbsp oil in medium skillet. Add sliced onions and sauté over medium heat, stirring occasionally until golden-brown.
2. Salt and pepper lightly, then remove from heat to cool.
3. Scrape sautéed onion and remaining oil from skillet into a wooden bowl, then chop coarsely.
4. Add eggs and raw onion, chopping until mixture is well-blended but not pasty. Mix in salt and pepper as you chop, or blend in afterwards with a fork.
5. The mixture should hold together loosely; you will probably need to add a bit more oil or the schmaltz, if using.
6. Chill and remove from fridge at least 15 minutes before serving.
7. Season to taste. Fold in griebenes, if using.
8. Serve in soft lettuce, radicchio or endive leaves, or on thin-sliced pumpnickel or rye bread.

# Dutch Baby Pancake

LitWorld

NY, United States

Submitted by LitWorld Executive Director  
Dorothy Lee

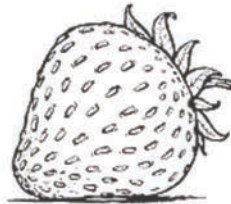


"This recipe is for a very simple giant pancake that puffs up while baking, is sliced into wedges, then served. The tradition I learned is to eat it with powdered sugar, lemon juice, and berries. We also often add jam into the mix, though I have heard of other people adding apples, maple syrup, and other toppings. I grew up eating this for breakfast after sleepovers with the Orlyks, my family friends. They brought the recipe from Eastern Europe, and then we carried this delicious tradition over into my family.

- Dorothy Lee

## Directions

1. Preheat oven to 400 °F.
2. Place butter in a size 6 cast iron pan (or a 9" or 9.5" pie plate, if needed) and melt in oven.
3. In a large bowl, beat eggs, milk, and flour with an egg beater until slightly fluffy and bubbly.
4. When oven is fully preheated, pour batter into the melted butter in the hot pan.
5. Bake on a center rack for approximately 20 minutes, until it is all puffed up. Don't open the oven while it is baking, or it may not puff!
6. Serve and enjoy!



## Ingredients

- 2 eggs
- 2 tbsp butter
- ½ cup milk
- ½ cup flour
- Toppings of your choice

## Cooking Tips!

*Multiply the butter, eggs, milk, and flour in the same ratio (¼ cup milk and flour, and 1 tbsp butter per egg) for a larger batch. Make sure to use a big enough pan or it will not puff up. If multiplying, use 3 eggs in a size 8 cast iron pan, or 4 eggs in a size 10 cast iron pan.*



The logo for LitWorld, with 'Lit' in a dark grey serif font and 'World' in an orange sans-serif font. The background of the top right corner is a light green triangle containing white line-art illustrations of kitchen items: a pot with a lid, a frying pan, a spatula, a whisk, a grater, and a clock.

LitWorld®

# About LitWorld

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LitWorld strengthens kids and communities through the power of stories. We work to create a global movement of equity, opportunity, and joy.

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*Visit us online at [litworld.org](https://litworld.org) to learn more, and follow us on social for more fun content!*



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