THE KAUFMANN WORLD COOKBOOK

A Culinary Journey Across 273 Countries & Territories



RADIM KAUFMANN

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A Culinary Journey Across 273 Countries & Territories

One World. One Kitchen.

RADIM KAUFMANN

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For every home cook
who believes the world fits
on a single plate.

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Introduction

Food is the most intimate way to know a place. Long before visas and jet bridges, people shared their world through the dishes they cooked — passed down from mothers to daughters, from village elders to young apprentices.

The Kaufmann World Cookbook captures that inheritance. Over 800 recipes from 273 countries and territories, organized by continent and presented with authenticity.

These are the real dishes that real families cook in real kitchens. Some are simple — a Chadian millet porridge, an Irish soda bread. Others demand patience — a Moroccan pastilla with dozens of paper-thin layers, a Japanese ramen broth simmered for hours.

Every recipe includes a chef's tip — a small secret that makes the difference between a dish that is merely correct and one that is genuinely alive.

One World. One Kitchen.

— Radim Kaufmann, Prague & Miami, 2026

CHAPTER 1

AFRICA

From the Sahara to the Cape

Algeria

Algerian cuisine is a rich tapestry of Berber, Arab, Turkish, and French influences, known for couscous, tagines, and aromatic spice blends.



Couscous Royal

National Dish

Fluffy semolina couscous with lamb, merguez, and vegetables in fragrant broth

Key Ingredients: 1 cup couscous, 200g lamb, cubed, 2 merguez sausages, 1 carrot, 1 zucchini, 1 turnip, 1 can chickpeas, 1 tbsp harissa

Method

Brown lamb, add spices and broth Add root vegetables, simmer 30 min Add zucchini and chickpeas Steam couscous, fluff with fork Grill merguez separately Serve couscous topped with meat, veg, broth

> *Steam couscous twice for lightest texture.*



Chorba

Ramadan Soup

Hearty tomato-based soup with lamb, chickpeas, and vermicelli

Key Ingredients: 150g lamb, diced, 1 onion, 2 tomatoes, grated, ¼ cup chickpeas, soaked, ¼ cup vermicelli, 1 tbsp tomato paste

Method

Brown lamb and onion Add tomatoes, paste, spices Add 4 cups water and chickpeas Simmer 45 min until tender Add vermicelli, cook 5 min Finish with fresh herbs

> *Traditionally served to break fast during Ramadan.*

Algeria (continued)



Makroud

Semolina Date Cookies

Diamond-shaped semolina cookies stuffed with spiced date paste

Key Ingredients: 1 cup semolina, ¼ cup butter, melted, ¼ cup oil, 1 tbsp orange blossom water, ½ cup date paste, ½ tsp cinnamon

Method

Mix semolina, butter, oil, orange blossom Rest dough 30 min Roll into log, flatten Spread date paste, roll up Cut into diamonds Fry until golden, dip in honey

> *Let makroud cool completely—they crisp as they dry.*

Angola

Angolan food reflects Portuguese colonial history and African traditions, featuring palm oil, cassava, and bold spice combinations.



Muamba de Galinha

Chicken Palm Oil Stew

Angola's beloved chicken stew in rich palm oil sauce with okra

Key Ingredients: 4 chicken pieces, 3 tbsp palm oil (or red oil), 1 onion, sliced, 3 cloves garlic, 2 tomatoes, 6 okras

Method

Brown chicken in palm oil Add onion, garlic, cook until soft Add tomatoes, chili, simmer Add squash, cook 15 min Add okra last 10 min Serve over rice

> *Palm oil gives authentic color and flavor—no substitute matches it.*



Calulu

Fish and Vegetable Stew

Dried fish stew with greens and palm oil—a beloved Angolan classic

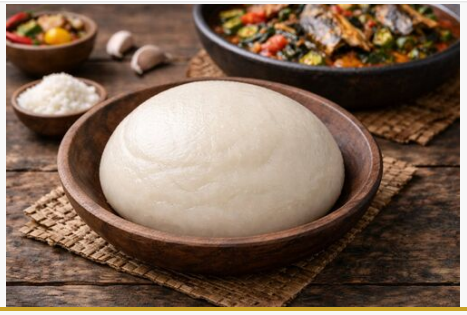
Key Ingredients: 200g dried fish, soaked, 1 bunch collard greens, 1 onion, 2 tomatoes, 2 tbsp palm oil, 1 sweet potato

Method

Soak dried fish overnight, shred Sauté onion in palm oil Add tomatoes, sweet potato, fish Add water, simmer 20 min Add greens and okra Cook until tender

> *The dried fish should be flaked, not whole pieces.*

Angola (continued)



Funge

Cassava Porridge

Smooth cassava flour porridge—the essential Angolan starch

Key Ingredients: 1 cup cassava flour (fuba), 2 cups water, Salt

Method

Boil salted water Gradually add cassava flour, stirring constantly Reduce heat, keep stirring vigorously Cook until very thick and smooth Shape into mound with wet spoon Serve with stews

> *Stir in one direction only for smoothest texture.*

Benin

Beninese cuisine features hearty stews, tropical produce, and influences from both West African and French traditions.



Kuli Kuli

Peanut Snacks

Crispy fried peanut cakes—popular street snack throughout West Africa

Key Ingredients: 2 cups roasted peanuts, ½ tsp salt, ¼ tsp cayenne, 2 tbsp peanut oil, Oil for frying

Method

Grind peanuts to paste Squeeze out excess oil Mix with salt, cayenne Shape into small cakes or sticks Deep fry until golden Drain and cool

> *Squeezing out oil is crucial for crispy texture.*



Atassi

Rice and Beans

Cowpeas and rice cooked together—Benin's comfort food staple

Key Ingredients: 1 cup rice, ½ cup black-eyed peas, Palm oil, 1 onion, Tomatoes, Chili, salt

Method

Cook peas until almost tender Add rice and palm oil Add water, cook until done Make tomato-onion sauce Serve rice topped with sauce

> *Palm oil gives authentic color and flavor.*



Pâté

Fermented Corn Porridge

Smooth fermented corn dough served with sauces—staple starch

Key Ingredients: 2 cups fermented corn dough, Water, Salt, Peanut or palm sauce for serving

Method

Mix corn dough with water Cook stirring until very thick Continue stirring until smooth Shape into mounds Serve with soup or sauce

> *Constant stirring prevents lumps.*

Botswana

Botswana's cuisine is simple and nourishing, centered on sorghum, beef, and wild game from the Kalahari.



Seswaa

Pounded Beef

Slow-cooked beef pounded to shreds—Botswana's national dish

Key Ingredients: 500g beef (with bone), 1 onion, Salt, Water

Method

Boil beef with onion until very tender Remove meat, shred finely Pound with wooden spoon Season with salt Add some cooking liquid Serve with pap

> *The pounding is essential—shreds should be very fine.*



Bogobe

Sorghum Porridge

Thick sorghum porridge—the daily staple of Botswana

Key Ingredients: 1 cup sorghum flour, 2 cups water, Sour milk or buttermilk, Salt

Method

Mix flour with cold water Pour into boiling water, stirring Cook until very thick Traditionally fermented overnight Serve with milk and sugar Or alongside seswaa

> *For authentic taste, let porridge ferment slightly overnight.*

Botswana (continued)



Morogo

Wild Spinach

Foraged leafy greens cooked with tomato and onion

Key Ingredients: Large bunch wild spinach or regular spinach, 1 tomato, diced, 1 onion, sliced, Oil, Salt

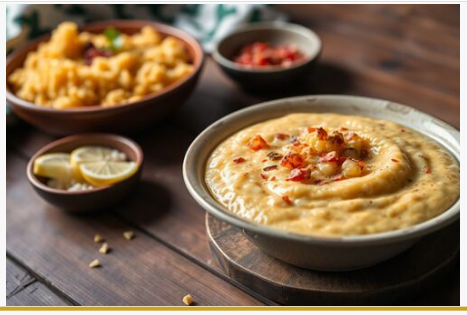
Method

Wash greens thoroughly Sauté onion until soft Add tomato, cook down Add greens, cover Cook until wilted and tender Season and serve

> *Wild morogo has more flavor—regular spinach works too.*

Burkina Faso

Burkinabè cuisine features millet, sorghum, and flavorful sauces, reflecting West African culinary traditions.



Tô

Millet Porridge

Thick millet porridge—the essential Burkinabè staple eaten with sauce

Key Ingredients: 1 cup millet flour, 3 cups water, Salt, Peanut or okra sauce for serving

Method

Bring water to boil Make slurry with some flour and cold water Pour into boiling water, stirring Add remaining flour gradually Stir vigorously until very thick Serve with sauce

> *The consistency should be thick enough to mold into balls.*



Sauce Arachide

Peanut Sauce

Rich peanut sauce with meat or fish—poured over tô or rice

Key Ingredients: ½ cup peanut butter, 200g beef or fish, 2 tomatoes, 1 onion, Chili, stock cube, Okra (optional)

Method

Brown meat, set aside Sauté onion and tomatoes Add peanut butter, thin with water Return meat, simmer until tender Sauce should coat a spoon Serve over tô or rice

> *Natural peanut butter makes the best sauce.*

Burkina Faso (continued)



Riz Gras

Fatty Rice

One-pot rice cooked with tomatoes, meat, and vegetables

Key Ingredients: 1 cup rice, 200g beef or chicken, 2 tomatoes, 1 onion, 1 carrot, Cabbage

Method

Brown meat with onion Add tomatoes, cook down Add vegetables and water When half cooked, add rice Simmer until rice is done All liquid should absorb

> *Called 'fatty' because it's cooked with plenty of oil.*

Burundi

Burundian cuisine is simple and hearty, featuring beans, bananas, and vegetables from the fertile highlands.



Beans with Plantains

National Comfort Food

Red beans cooked with green plantains—eaten daily across Burundi

Key Ingredients: 1 cup red kidney beans, 2 green plantains, Palm oil, 1 onion, Salt, Chili (optional)

Method

Cook beans until almost tender Peel and cube plantains Add plantains to beans Cook until both are soft Add palm oil and onion Season and serve

> *Green plantains are starchy like potatoes, not sweet.*



Banana Beer

Urwarwa

Traditional fermented banana beverage—served at celebrations

Key Ingredients: 10 ripe bananas, Sorghum flour, Water

Method

Mash ripe bananas thoroughly Mix with sorghum flour Add water to desired consistency Let ferment 1-3 days Strain through grass filter Serve chilled or room temp

> *Fermentation time affects strength—longer is stronger.*

Burundi (continued)



Isombe

Cassava Leaves

Pounded cassava leaves cooked with palm oil and eggplant

Key Ingredients: 2 cups cassava leaves, pounded, 1 eggplant, diced, ¼ cup palm oil, 1 onion, Peanut butter, Salt, chili

Method

Boil cassava leaves until very tender Drain and mash Sauté onion, add eggplant Add leaves and palm oil Stir in peanut butter Simmer until thick

> *Fresh cassava leaves must be cooked thoroughly—never raw.*

Cameroon

Cameroonian cuisine is Africa in miniature, with diverse dishes reflecting over 200 ethnic groups from forest to savanna.



Ndolé

Bitter Leaf Stew

Cameroon's national dish—bitter leaves with peanuts and meat or fish

Key Ingredients: 200g bitter leaves (or spinach), ½ cup peanuts, ground, 200g beef or shrimp, 1 onion, Crayfish powder, Palm oil

Method

Boil and wash bitter leaves to reduce bitterness Brown meat with onion Add ground peanuts, water, cook down Add leaves and crayfish powder Stir in palm oil Serve with plantains

> *Bitter leaves need multiple washes—spinach is milder substitute.*



Achu

Pounded Cocoyam

Smooth pounded cocoyam with yellow palm oil soup

Key Ingredients: 4 cocoyams (or taro), For soup: palm oil, limestone (kanwa), meat, crayfish, Smoked fish

Method

Boil cocoyams until very soft Pound until smooth and stretchy For soup: heat palm oil with limestone Add meat stock, crayfish Simmer until thick Serve achu with yellow soup

> *The soup must be bright yellow from properly mixed palm oil.*

Cameroon (continued)



Suya

Spiced Grilled Meat

Skewered meat with fiery peanut spice—street food perfection

Key Ingredients: 300g beef, sliced thin, Suya spice (ground peanuts, ginger, cayenne, onion powder), Oil, Raw onion, tomato

Method

Coat meat in suya spice Thread onto skewers Grill over charcoal Baste with oil while cooking Serve with extra spice Garnish with onion, tomato

> *The spice should form a crust—use plenty.*

Cape Verde

Cape Verdean cuisine blends African, Portuguese, and Brazilian influences, with cachupa as the beloved national dish.



Cachupa

National Stew

Hearty stew of corn, beans, and meat—Cabo Verde's soul food

Key Ingredients: 1 cup hominy corn, ½ cup beans, mixed varieties, 200g pork or sausage, 1 sweet potato, 1 banana, Cabbage

Method

Soak corn and beans overnight Simmer with meat until almost tender Add sweet potato and banana Cook until everything is soft Mash slightly for thick texture Serve topped with fried egg

> *Rich cachupa uses meat; poor cachupa is vegetarian.*



Caldo de Peixe

Fish Stew

Fresh fish stew with tomatoes and banana—island home cooking

Key Ingredients: 300g firm white fish, 2 tomatoes, 1 green banana, 1 potato, 1 onion, Cilantro

Method

Sauté onion and garlic Add tomatoes, cook down Add potatoes, banana, water Simmer until almost tender Add fish, cook 10 min Finish with cilantro

> *The green banana adds starch to thicken the broth.*

Cape Verde (continued)



Pastéis de Atum

Tuna Turnovers

Crispy pastries filled with spiced tuna—popular snack

Key Ingredients: For dough: 2 cups flour, butter, water, For filling: 1 can tuna, onion, tomato, olives, egg, Oil for frying

Method

Make pastry dough, rest Sauté filling ingredients Roll dough, cut circles Fill and fold into half-moons Deep fry until golden Drain and serve hot

> *Seal edges well or they'll open during frying.*

Central African Rep.



Traditional Central African Republic Stew

Hearty Local Comfort Food

A warming stew featuring local ingredients and traditional Central African Republic spices

Key Ingredients: 500g meat or protein of choice, Assorted local vegetables, Traditional spices and herbs, Onions, garlic, Stock or water, Salt and pepper

Method

Brown the meat in oil Sauté onions and garlic Add vegetables and spices Cover with stock, simmer until tender Adjust seasoning to taste Serve with local bread or rice

> *This dish tastes even better the next day after the flavors have melded together.*



Central African Republic Flatbread

Traditional Bread

Simple flatbread made the traditional way — perfect for scooping up stews and dips

Key Ingredients: 500g flour, 1 tsp salt, Water as needed, Oil or butter, Optional: herbs or seeds

Method

Mix flour and salt Add water gradually to form dough Knead until smooth Rest for 30 minutes Divide and roll thin Cook on hot pan until spotted

> *Best served warm, straight from the pan. Wrap in a towel to keep soft.*

Central African Rep. (continued)



Central African Republic Sweet Treat

Traditional Dessert

A beloved local dessert enjoyed at celebrations and family gatherings

Key Ingredients: Basic ingredients vary by region, Sugar or honey, Local nuts or dried fruits, Butter or oil, Flour or semolina

Method

Combine dry ingredients Add wet ingredients gradually Cook or bake according to tradition Let cool if needed Garnish with nuts Serve with tea or coffee

> *Traditional recipes vary by family — feel free to adjust sweetness to your taste.*

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