

# SHRIMP CEVICHE

A Taste of Ecuador from the Hen House Taste Flight

## INGREDIENTS

- 1 lb. frozen Sea Best cooked shrimp, peeled & deveined, tail off
- 2 limes, juiced
- 1 orange, juiced
- 2 tomatoes
- 1 small red onion, diced
- 2 garlic cloves, minced
- ½ cup cilantro, roughly chopped
- ¼ tbsp sea salt
- ¼ tsp black pepper

## STEPS

1. Prep shrimp: Thaw 1 pound frozen shrimp, peeled and deveined, under cold running water. Drain, then chop into small pieces.
2. Prep veggies: Dice 1 tomato into 1-inch chunks. Slice the second tomato paper-thin. Dice 1 small red onion, mince 2 garlic cloves, and roughly chop ½ cups of fresh cilantro.
3. Prep the juice: Squeeze 2 limes and 1 orange into a small bowl. Remove any seeds.
4. Mix it all together: In a large bowl, combine shrimp, diced tomato, onion, garlic, cilantro, citrus juice, ¼ tbsp sea salt, and ¼ tsp black pepper. Gently toss — do not mash!
5. Finish and chill: Add thin tomato slices and toss gently once more. Cover and refrigerate overnight.

Notes:

Make this the night before for the best flavor!



Part of the Hen House Taste Flight,  
celebrating cuisines of the  
World Cup countries.



# SHRIMP CEVICHE

## BACKGROUND & CULTURAL NOTES:

Imagine a bowl packed with fresh shrimp, bright citrus juice, juicy tomatoes, and a little sweetness from the sea — that's Ecuadorian Ceviche! It's cold, zesty, and totally refreshing.

Ecuador sits right on the Pacific coast, so seafood is kind of a big deal there. Cities like Guayaquil are famous for their ceviche, and locals love sharing a bowl with friends and family in the afternoon sun. It's a social food — the kind you eat slowly and enjoy together.

What makes Ecuador's version special? It's a little sweeter and tangier than other Latin American ceviches, with fresh shrimp (or fish!) soaking in lime juice alongside simple, delicious ingredients. No fancy techniques, just fresh flavors done right.



SCAN HERE. BOARD YOUR TASTE FLIGHT. WIN BIG!!



# VEGETABLE COUS COUS

A Taste of Algeria from the Hen House Taste Flight

## INGREDIENTS

- 4 cups chicken stock
- 4 cups couscous
- 1/4 cup olive oil
- 2 cups white mushrooms, sliced thin
- 1 yellow onion, diced
- 2 cups shredded carrots
- 4 garlic cloves, chopped
- 1/2 tsp cumin
- 1/4 tsp ground coriander
- 1 lemon, zested and juiced
- 1 cups raisins

## STEPS

1. Soak the couscous: Boil 4 cups chicken stock and pour over 4 cups couscous in a large bowl. Stir, cover, and let sit until all the liquid is absorbed.
2. Cook the veggies: Heat 1/4 cup olive oil in a pan over medium heat. Add 2 cups white mushrooms, sliced thin, 1 yellow onion, diced, and 2 cups shredded carrots. Cook until soft.
3. Add the spices: Add 4 garlic cloves, chopped, 1/2 tsp cumin, and 1/4 tsp ground coriander to the pan. Cook 5 minutes until fragrant. Set aside to cool.
4. Fluff the couscous: Fluff the couscous with a fork until light with no clumps.
5. Add lemon and raisins: Add the juice and zest from 1 lemon, and 1 cups raisins. Gently mix — no mushing!
6. Bring it all together: Fold in the cooled veggie mixture. Gently toss one more time and serve!

Notes:

The raisins add a little sweetness that balances the lemon and spices perfectly — don't skip them!



Part of the Hen House Taste Flight,  
celebrating cuisines of the  
World Cup countries.



# VEGETABLE COUS COUS

## BACKGROUND & CULTURAL NOTES:

Picture a big, warm bowl of fluffy grains piled high with colorful veggies and soaked in a rich, savory broth — that's Algerian Couscous, and it's been feeding families for centuries!

Couscous is made from tiny granules of semolina, a special type of wheat, that get light and fluffy when cooked. The veggies are layered right on top and everything soaks together in a deep, delicious broth. Simple ingredients, serious flavor.

In Algeria, couscous isn't just food — it's a tradition. Families gather around a shared bowl every Friday after prayers and at celebrations big and small. It's the kind of dish that brings everyone to the table. In fact, couscous is so important across North Africa that UNESCO officially recognized it as a cultural treasure of humanity. Pretty cool for a bowl of grains and veggies!



SCAN HERE. BOARD YOUR TASTE FLIGHT. WIN BIG!!



---

---

---

# BEEF MILANESA

A Taste of Argentina from the Hen House Taste Flight

## INGREDIENTS

- 2 Top Sirloin Filets (8 oz each), cut in half
- 6 whole eggs
- 1/4 cups heavy cream
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 3 cups seasoned breading flour
- 2 cups golden toasted bread crumbs
- 1/2 cups fresh parsley, chopped

## STEPS

1. Prep the beef: Cut each sirloin in half to equal 4 filets. Cover each beef sirloin filet with plastic wrap and pound until thin and even.
2. Make the egg mixture: Whisk together 6 whole eggs, 1/4 cup heavy cream, 1/2 tsp onion powder, 1/2 tsp garlic powder, 1/2 tsp kosher salt, and 1/4 tsp black pepper in a large bowl until combined.
3. Set up your breading station: Set up three bowls: one with 3 cups seasoned breading flour, one with the egg mixture, and one with 2 cups golden toasted bread crumbs.
4. Bread the beef: Coat beef in flour, dip in egg mixture, then press into bread crumbs — cover every inch!
5. Cook and serve: Cook in a hot oiled pan until golden and crispy on both sides. Top with 1/2 cups fresh parsley, chopped and serve!

Notes:

The thinner you pound the beef, the crispier it gets! Press the bread crumbs firmly so they stick all the way around.



Part of the Hen House Taste Flight,  
celebrating cuisines of the  
World Cup countries.



# BEEF MILANESA

## BACKGROUND & CULTURAL NOTES:

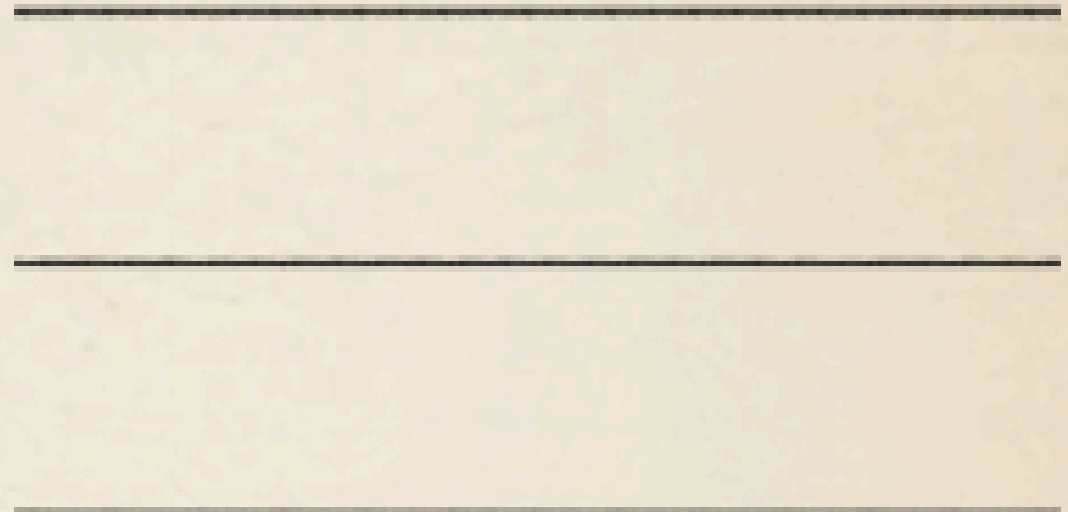
Imagine a thin, crispy, golden beef cutlet with a crunch so good you can hear it from across the table — that's Beef Milanese, and in Argentina, it's basically a national treasure!

The dish actually has Italian roots, brought over by immigrants in the 1800s who settled in Argentina and made it their own. Instead of veal (which is traditional in Italy), Argentinians use their world-famous beef — and honestly, it's hard to argue with that upgrade.

You'll find Milanese in homes, corner restaurants, and school lunch boxes all across Argentina. It's the kind of meal every family has their own version of, passed down from grandmothers who knew that crispy breaded beef makes everything better. Serve it with a squeeze of lemon and a sprinkle of fresh parsley, and you've got a little taste of Buenos Aires right in your kitchen!



SCAN HERE. BOARD YOUR TASTE FLIGHT. WIN BIG!!



# MECHOUIA SALAD

A Taste of Tunisia from the Hen House Taste Flight

## INGREDIENTS

- 3 red peppers
- 2 tomatoes
- 2 garlic cloves, minced
- 2 cups olive medley
- ¼ cup apple cider vinegar
- ¼ cup olive oil
- ½ tsp cumin
- 8 oz capers, drained

## STEPS

1. Prep the veggies: Cut 3 red peppers into thin strips. Core, deseed, and dice 2 tomatoes into 2-inch pieces.
2. Sauté the veggies: In a sauté pan over medium heat, cook the peppers, tomatoes, and 2 garlic cloves for about 5 minutes until soft and tender. Set aside to cool.
3. Mix the base: In a large bowl, combine 2 cups olive medley, ¼ cup apple cider vinegar, ¼ cup olive oil, ½ tsp cumin, and 8 oz drained capers. Stir to mix.
4. Bring it all together: Add the cooled pepper and tomato mixture to the bowl. Gently toss everything together until well coated and serve!

Notes:  
The longer this salad sits, the better it tastes! Make it a few hours ahead and let all those bold flavors soak together.



Part of the Hen House Taste Flight,  
celebrating cuisines of the  
World Cup countries.



# MECHOUIA SALAD

## BACKGROUND & CULTURAL NOTES:

Picture a colorful bowl of smoky roasted peppers, juicy tomatoes, briny olives, and tangy capers all tossed together in a bright lemony dressing — that's Mechouia, and one bite will transport you straight to the Mediterranean coast!

Mechouia (say it: meh-SHWEE-ah) means "grilled" in Arabic, and this salad is all about coaxing big, bold flavor out of simple vegetables. It's a staple of Tunisian cooking, where fresh produce, good olive oil, and spices like cumin do all the heavy lifting.

In Tunisia, Mechouia is served as a starter, a side dish, or even scooped up with crusty bread as a snack. It's the kind of dish that shows up at family gatherings, street food stalls, and celebratory feasts alike. Cool, bright, and a little smoky — it's Mediterranean sunshine in a bowl!



SCAN HERE. BOARD YOUR TASTE FLIGHT. WIN BIG!!



---

---

---

# STAMPPOT

A Taste of Netherlands from the Hen House Taste Flight

## INGREDIENTS

- 1 bag premade Hen House mashed potatoes
- ¼ cup olive oil
- 2 onions, diced
- 2 tbsp garlic
- ½ cup water
- ¼ cup white wine vinegar
- 1 tbsp kosher salt
- ¼ tbsp pepper
- 1 bag chopped kale
- ½ bag smoked sausage
- ½ cup green onion, chopped

## STEPS

1. Loosen the potatoes: Open the bag of mashed potatoes into a large bowl and stir to loosen them up.
2. Cook the onions: Heat ¼ cup olive oil in a large pot. Add the diced onions and garlic and cook until soft and translucent.
3. Cook the kale: Add the bag of chopped kale, ½ cup water, and ¼ cup white wine vinegar. Stir, cover, and cook until the kale is wilted but still bright green. Stir occasionally for even cooking.
4. Combine: Pour the kale mixture into the bowl with the mashed potatoes. Mix until evenly combined.
5. Cook the sausage: In the same pot, cook the smoked sausage until browned, stirring constantly.
6. Plate and serve: Spread the potato mixture on the bottom of a dish, top with sliced sausage, and garnish with chopped green onion.



Part of the Hen House Taste Flight,  
celebrating cuisines of the  
World Cup countries.



# STAMPPOT

## BACKGROUND & CULTURAL NOTES:

Imagine a big, hearty bowl of creamy mashed potatoes mixed with tender wilted greens, topped with slices of smoky sausage — that's Stammpot, and in the Netherlands, it's the ultimate comfort food!

Stammpot (say it: STAHM-pot) literally means "mashed pot," and that's exactly what it is — a beloved Dutch tradition of mashing vegetables right into potatoes to create one warm, cozy dish. It's been a staple of Dutch home cooking for hundreds of years, and every family has their own favorite version.

In the Netherlands, Stammpot is the dish people crave when the weather turns cold. It's simple, filling, and made from ingredients that are easy to find anywhere. Whether it's served at a cozy weeknight dinner or a big family gathering, Stammpot is proof that the most comforting food doesn't have to be complicated.



SCAN HERE. BOARD YOUR TASTE FLIGHT. WIN BIG!!



---

---

---

---

# WEINER SCHNITZEL

A Taste of Austria from the Hen House Taste Flight

## INGREDIENTS

- Hen House Veal cutlets (4 pieces)
- ¼ cup heavy cream
- 6 whole eggs
- ¼ tsp garlic powder
- ¼ tsp black pepper
- ½ tsp kosher salt
- 3 cups seasoned breading flour
- 3 cups panko bread crumbs
- ½ cup fresh parsley, chopped
- Lemon wedges for serving

## STEPS

1. Pound the veal: Cover each piece of veal with plastic wrap and pound until thin and even. The wrap protects the meat while you pound.
2. Make the egg mixture: In a large bowl, whisk together 6 eggs, ¼ cup heavy cream, ¼ tsp garlic powder, ¼ tsp black pepper, and ½ tsp kosher salt until fully combined.
3. Set up your breading station: Set up three bowls — one with 3 cups seasoned breading flour, one with the egg mixture, and one with 3 cups panko bread crumbs.
4. Bread the veal: Coat the veal in flour, then dip in the egg mixture. Repeat both steps again for a double coat. Finally, press into the panko bread crumbs — cover every inch!
5. Fry: Cook in a hot oiled pan until golden and crispy on both sides.
6. Plate and serve: Garnish with fresh chopped parsley and lemon wedges. Serve hot!



Part of the Hen House Taste Flight,  
celebrating cuisines of the  
World Cup countries.



# WEINER SCHNITZEL

## BACKGROUND & CULTURAL NOTES:

Imagine a perfectly crispy, golden cutlet so thin and light it practically melts in your mouth — that's Wiener Schnitzel, and in Austria, it's nothing short of a national treasure!

Wiener Schnitzel (say it: VEE-ner SHNIT-zel) means "Viennese cutlet," named after Vienna, Austria's gorgeous capital city. It's made from thinly pounded veal coated in a double layer of breadcrumbs and fried to crispy perfection. That double coating is the secret — it creates a light, crunchy crust that puffs away from the meat as it fries.

In Austria, Schnitzel is serious business. It's served in everything from cozy family kitchens to fancy restaurants, always with a squeeze of fresh lemon on top. Simple, iconic, and absolutely delicious!



SCAN HERE. BOARD YOUR TASTE FLIGHT. WIN BIG!!

