

THE FRY GUYS



ORGANIC FRIES AND FOOD

Recipes from around the world



THE FRY GUYS

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THE FRY GUYS

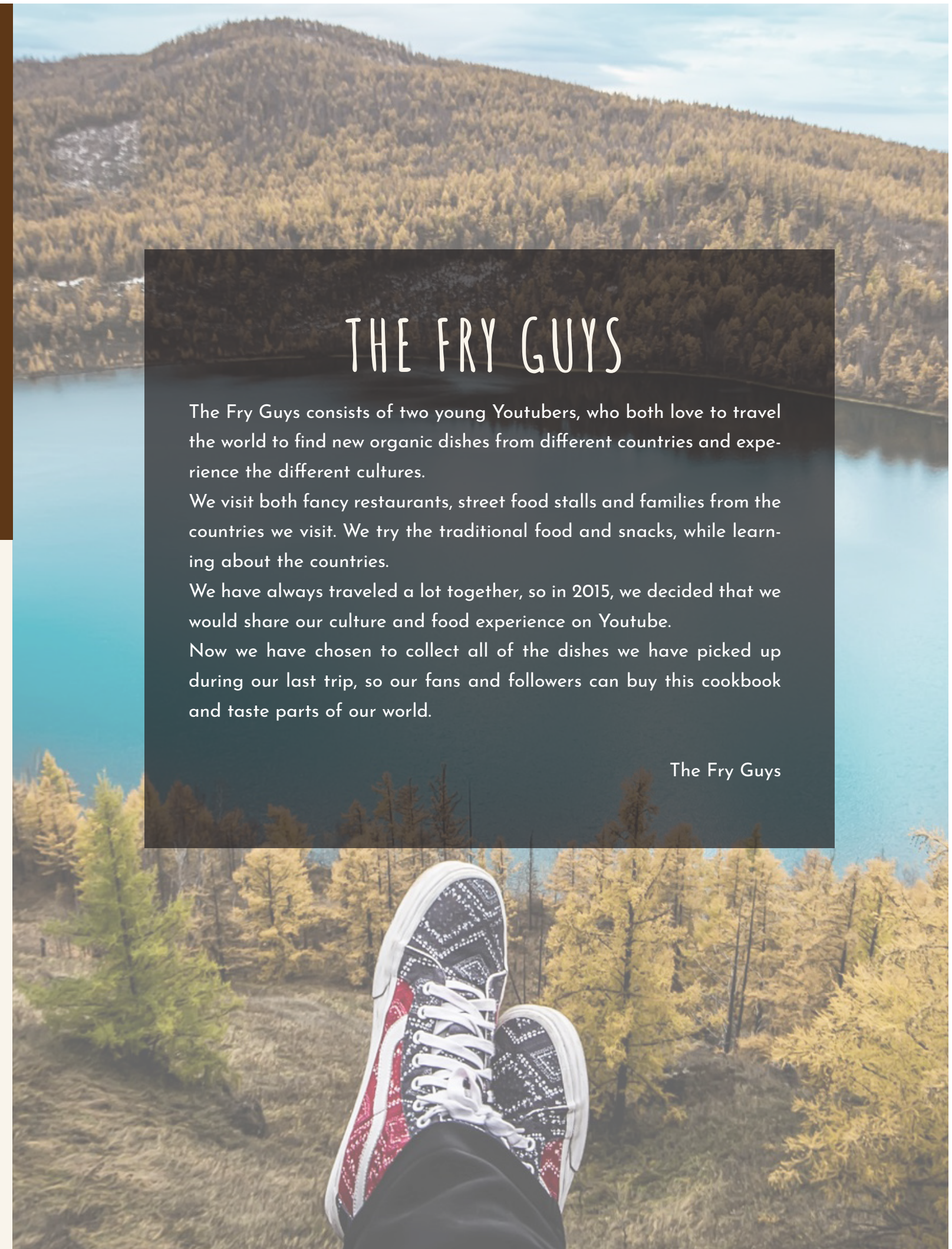
The Fry Guys consists of two young Youtubers, who both love to travel the world to find new organic dishes from different countries and experience the different cultures.

We visit both fancy restaurants, street food stalls and families from the countries we visit. We try the traditional food and snacks, while learning about the countries.

We have always traveled a lot together, so in 2015, we decided that we would share our culture and food experience on Youtube.

Now we have chosen to collect all of the dishes we have picked up during our last trip, so our fans and followers can buy this cookbook and taste parts of our world.

The Fry Guys





In Korea, meals and eating is a big part of their culture and many people hang out over dinner or lunch. Eating a meal with someone in Korea is the most social thing you can do.

SEOUL

In May 2019, we went to Seoul in South Korea. While we were in Seoul, we visited a Korean family who lived in a traditional village just a few minutes from the city. We helped them make kimchi and later that day we also helped make dinner, which consisted of Bibimbap with homemade kimchi.



BIBIMBAP



Bibimbap is a Korean rice bowl topped with an array of vegetables, egg and meat. It's served with a gochujang sauce and kimchi.

Time:

1 hour and 30 minutes

Ingredients:

Meat:

- 500 g steak
- 1 tbsp soya
- 1 tbsp roasted sesame oil
- 1 tsp sugar
- 1/4 tsp crushed garlic

Vegetables:

- 250 g spinach
- 350 g bean sprouts
- 200 g mushrooms
- 200 g carrots
- 1 cucumber
- 1 squash
- 250 g rice
- 4 eggs
- 1 chopped spring onion
- 4 cloves of garlic
- 4 tbsp sesame seeds

Sauce:

- 2 tbsp gochujang
- 1 tbsp roasted sesame oil
- 1 tbsp water
- 1 tbsp vinegar
- 1 minced garlic.

Instructions:

Meat:

Mix the soya, sesame oil, sugar and crushed garlic in a bowl. Cut the beef into thin strips and add it into the bowl. Make sure to mix the beef well with the marinade. Put a lid on the bowl and refrigerate for 30 minutes.

Vegetables:

Chop the spring onion and pour it into a small bowl. Peel the 4 garlic cloves and crush them into a small bowl. Roast the sesame seeds on a dry pan until they are lightly browned and smell nutty.

Wash all the vegetables. Cut the squash, carrots, mushrooms and cucumbers into small slices. Season the squash and cucumber with salt.

Heat up a small pot of water. When the water is boiling, put in the spinach for 30-40 seconds. When done squeeze the excess moisture out of them. Now put the bean sprouts in the water and let them cook for about 1-2 minutes.

Mix the squash with 1 tsp finely chopped spring onions, 1 tsp crushed garlic, 1 tsp sesame oil and 1 tsp roasted sesame seeds. Do the same with the cucumber, spinach and bean sprouts.

Fry the carrots on a hot pan with a small amount of oil for about 2-3 minutes. Season with salt and put them in a bowl. Do the same with the mushrooms and the squash. The squash however only needs 1-2 minutes on the pan.

Sauce:

Put gochujang, sesame oil, water, sugar, rice vinegar, garlic and 1 tsp roasted sesame seeds in a bowl and stir.

Fry the meat in a hot pan in the marinade. Boil the rice and fry the eggs, so you have 1 fried egg for each dish.

Put it all in a deep plate. You can add kimchi, if you want to.



Santorini was named by the Latin Empire in the 13th century, and is a reference to Saint Irene, from the name of the old cathedral in the village of Perissa - the name Santorini is a contraction of the name Santa Irini.



SANTORINI

In July 2019, we went to Greece and we decided to visit Santorini while we were there. We spent a couple of days in Santorini, exploring the island. While we were exploring we visited the restaurant Tranquilo. We both got an original greek salad, because you need to ask yourself the question: "Have you even been to Greece, if you haven't tasted a greek salad?"

GREEK SALAD



A traditional Greek salad consists of sliced cucumbers, tomatoes, green bell pepper, red onion, olives, and feta cheese. This classic combination is delicious

Time:

15 minutes

Ingredients:

- 300 g tomatoes, cut into quarters
- 1 diced cucumber
- 1 red onion, cut into rings
- 100 g feta
- 80 g black olives
- 2 tbsp olive oil
- 1 tsp cane sugar
- 3 tbsp chopped oregano
- 1 lemon, finely grated peel
- 1 tsp fresh lemon juice
- Salt
- Pepper

Instructions:

Salad:

Turn all the vegetables together in a large bowl. Crumble the feta over and add the black olives.

Dressing:

Stir olives, sugar, lemon peel, lemon juice, salt, pepper and the chopped oregano together until the sugar dissolves.

Mix the dressing with the salad and add a little extra fresh oregano before serving.



Brisbane, the state of Queensland's capital, is known for its youthful zeal, charming vibe and 280 days of sun a year. Australia's third most populated city after more well-known Sydney and Melbourne.

BRISBANE

In September 2019, we went to Australia. While touring the continent we visited Brisbane in Queensland. During our stay in Brisbane we met an Australian family who invited us home for dinner. We got to taste Queensland's famous clam chowder, made with clams that the family dug up themselves. After dinner we were served homemade Pavlova, which is a meringue-based dessert topped with fruit and whipped cream.



CLAM CHOWDER



Clam chowder is easier to make than you think - and the homemade version is unbelievably creamy, flavorful and chockfull of clams!

Time:

45 minutes

Ingredients:

- 1 kg clams
- 100 g bacon
- 50 g butter
- 1 chopped fennel
- 2 diced carrots
- 500 g diced potatoes
- 3 chopped onions
- 3 cloves of garlic
- 4 chopped stems of thyme
- 2 chopped stems of rosemary
- 1 fresh sage, 5 leaves
- 2 bay leave
- 1 dl white wine
- 1,50 dl heavy cream
- 6 d whole milk
- Salt
- Pepper
- Parsley
- Chives

Instructions:

Clean the clams by rubbing them under lightly running water. Be careful not to soak them.

Tap the open clams lightly against the table top, this should make them close up, if they don't close, they need to be discarded.

Steam the clams for 5-6 minutes in white wine in a pot with a lit.

Once the clams have opened again, take them off the heat and pour them into a sieve. Let the liquid from the clams drip into a bowl. Save both the liquid and the clams.

Fry the bacon in butter, until it's slightly crispy. Add the onion and let it fry until the onions are soft.

Put chopped garlic, bay leaves, potatoes, carrots, fennel and the chopped herbs onto the pan with the liquid from the clams. Add the milk and cream and let it simmer until the potatoes are tender.

Now it's time to blend it, to get a creamy soup. Add the clams, while heating it up. Season with salt and pepper.

Serve the soup in deep plates and sprinkle with finely chopped parsley.



Giraffe Manor is an exclusive boutique hotel, owned by The Safari Collection. Giraffe Manor is set in 12 acres of private land within 140 acres of indigenous forest in the Langata suburb of Nairobi.



KENYA

In November 2019, we had the pleasure to visit Kenya. We stayed at the Giraffe Manor, not that far from Nairobi city. One morning during breakfast, we dined with the giraffes. The giraffes walked by the open windows and stuck in their heads to say hello. Later in the evening, we got African root vegetable fries as a part of our dinner. The root vegetables were from their own garden. It was served with avocado dip.

ROOT VEGETABLE FRIES



Roasted potatoes are good and all, but a roasted root vegetable medley is just as easy to make and a littlebit fancy too.

Time:

1 hour

Ingredients:

- 750 g root vegetables
- 1 kg potatoes
- 2 tbsp olive oil
- 1 stem of rosemary
- 5-10 basil leaves
- 2 avocados
- 1 garlic clove
- 2-3 tbsp lemon juice
- 3-5 tbsp water
- Salt
- Pepper

Instructions:

Preheat the oven to 210°C.

Wash and scrub the root vegetables. When the root vegetables are clean, cut them into fry shapes.

Put the root vegetables on an oven tray. Add oil, salt, pepper, rosemary and basil.

Bake them for about 45 minutes.

While the root vegetables are baking, make the dip.

Mash the two avocados with a fork and mix in crushed garlic and lemon juice. Add a little water, so that the dip isn't too thick. Season with salt and pepper.

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