

VOL. 1 · FREE DIGITAL EDITION

The Ultimate Viral Recipe Guide

30 scroll-stopping recipes with clear measurements and step-by-step methods — so you never have to pause a video again.

30

RECIPES

15

FULL METHODS

15

QUICK-FIRE BONUSES

Welcome

You know the feeling: you're watching a 60-second recipe video, the food looks incredible, and the measurements flash by so fast you can't write them down. This guide solves that. Every recipe inside has clear gram and cup measurements, simple steps, and pro tips to help it turn out well.

How to use this guide

- **Recipes 01–15** are full signature recipes with complete methods and pro tips.
- **Recipes 16–30** are quick-fire bonus recipes — short, viral, and easy to scale.
- Oven temperatures are given in both °C and °F. Frying temperatures in °C/°F.
- Use a kitchen scale for the most consistent results; cup measurements are included for convenience.

Before you start: read the whole recipe once, prep your ingredients (mise en place), and preheat the oven or oil before you begin. These three habits prevent many common kitchen mistakes.

Kitchen essentials

- Digital kitchen scale, measuring cups/spoons, mixing bowls, whisk, spatula
- Small and large saucepans, frying pan, baking tray, oven-safe skillet or ramekins
- Deep-fry thermometer (or a wooden spoon — bubbles around it = ~160°C/320°F)
- Blender, fine sieve, parchment paper, kitchen paper

Good to know

- **About these recipes:** this guide was written with the help of AI, based on popular viral recipes. Ovens, pans and ingredients vary, so read each recipe through and use your judgement while cooking.

Table of Contents

Part 1 — Signature Recipes (full methods)

01 Molten Chocolate Lava Cake

02 Korean Mozzarella Corn Dogs

03 Jalebi

04 Thick Strawberry Milkshake

05 Matcha Tiramisu

06 Warm Skillet Chocolate Chip Cookie

07 Glazed Donuts

08 Nutella-Stuffed French Toast

09 Mango Sticky Rice

10 Baked S'mores Dip

11 Tteokbokki (Spicy Rice Cakes)

12 Viral Baked Feta Pasta

13 Dalgona Whipped Coffee

14 3-Ingredient Peanut Butter Cookies

15 Salmon Rice Bowl (Viral Style)

Part 2 — Quick-Fire Bonus Recipes

16 Cloud Bread

17 Tortilla Wrap Hack

18 Pasta Chips

19 Green Goddess Salad

20 Frozen Yogurt Grapes

21 Cinnamon Roll Casserole

22 1-Minute Chocolate Mug Cake

23 Butter Board

24 Churro Bites

25 Pesto Eggs

26 Ultimate Grilled Cheese

27 Pancake Cereal

28 Feta Fried Eggs

29 Hot Honey Butter Corn

30 Lotus Biscoff Milkshake

Part 1 • Signature Recipes

Fifteen full recipes with clear measurements, step-by-step methods, and pro tips.

01 Molten Chocolate Lava Cake

MAKES 4 PREP 15 MIN BAKE 9–10 MIN

INGREDIENTS

- 115 g dark chocolate (70%), chopped
- 115 g unsalted butter, cubed
- 2 whole eggs + 2 egg yolks
- 50 g caster sugar
- Pinch of fine salt
- 30 g all-purpose flour
- Soft butter + cocoa, for ramekins
- Vanilla ice cream, to serve

METHOD

1. Preheat oven to 200°C / 400°F. Butter four 100 ml ramekins and dust with cocoa; tap out excess.
2. Melt chocolate and butter together in a bowl over simmering water (or in 20-second microwave bursts), stirring until glossy. Cool slightly.
3. Whisk eggs, yolks, sugar and salt until pale and thick (about 3 minutes). Fold in the chocolate mixture, then sift in flour and fold gently until just combined.
4. Divide between ramekins (fill to about $\frac{3}{4}$). Bake 9–10 minutes: edges should be set, centers still soft and jiggly.
5. Rest 1 minute, run a knife around the edge, invert onto plates. Dust with icing sugar and serve immediately with ice cream.

PRO TIP: Underbake by 1 minute for maximum lava. You can fill the ramekins ahead, refrigerate, and bake from cold — just add 2 minutes to the oven time.

02 Crispy Korean Mozzarella Corn Dogs

MAKES 4 PREP 25 MIN FRY 3–4 MIN EACH

INGREDIENTS

- 4 halal sausages / hot dogs
- 4 mozzarella string-cheese sticks
- 4 wooden skewers
- 125 g all-purpose flour
- 60 g fine cornmeal
- 1 tbsp caster sugar
- 1 tsp baking powder, ½ tsp salt
- 180 ml milk + 1 egg
- Panko or diced raw potato, for coating
- Oil for frying; sugar, mustard, ketchup

METHOD

1. Skewer each stick: half mozzarella, half sausage. Pat dry.
2. Whisk flour, cornmeal, sugar, baking powder and salt. Whisk milk and egg separately, then combine into a thick, pourable batter.
3. Pour batter into a tall glass. Dip each skewer fully, let excess drip, then roll firmly in panko or potato cubes (press so they stick).
4. Freeze skewers 15 minutes (this keeps the cheese from bursting). Heat oil to 170°C / 340°F.
5. Fry 3–4 minutes, turning, until deep golden. Drain, sprinkle with caster sugar, drizzle with mustard and ketchup. Serve immediately for the longest cheese pull.

PRO TIP: The 15-minute freeze is non-negotiable — it lets the crust crisp while the cheese melts slowly inside.

03 Jalebi (Syrup-Soaked Spirals)

MAKES ~20 PREP + FERMENT 1 HR FRY 2 MIN EACH

INGREDIENTS

- 125 g all-purpose flour
- 2 tbsp cornstarch
- ¼ tsp turmeric (for colour)
- Pinch of baking soda
- 60 ml plain yogurt + ~80 ml water
- Syrup: 300 g sugar + 180 ml water
- 4–5 cardamom pods, crushed
- Saffron strands (optional)
- 1 tsp lemon juice
- Oil or ghee for deep frying

METHOD

1. Make syrup: boil sugar, water, cardamom, saffron and lemon juice until it reaches a one-string consistency (about 8–10 minutes). Keep warm.
2. Whisk flour, cornstarch, turmeric and baking soda with yogurt and enough water to make a thick, smooth, ribbon-like batter. Cover and rest 45–60 minutes.
3. Transfer batter to a squeeze bottle or piping bag with a small round nozzle.
4. Heat oil to 160°C / 320°F — medium-low. Pipe thin spirals directly into the oil, working from the outside in. Fry until crisp and orange, flipping once.
5. Lift and immediately dip into warm syrup for 1–2 minutes. Drain on a wire rack. Serve warm or at room temperature.

PRO TIP: If the oil is too hot the spiral will dissolve; too cool and it will soak up oil. A wooden spoon dipped in should produce slow, steady bubbles.

04 Thick Strawberry Milkshake

SERVES 2 PREP 5 MIN NO COOK

INGREDIENTS

- 250 g frozen strawberries
- 4 large scoops vanilla ice cream (~300 g)
- 120 ml cold whole milk
- 2 tbsp strawberry syrup or jam
- Whipped cream, to top
- Fresh strawberry slice, to garnish

METHOD

1. Chill two tall glasses in the freezer for 5 minutes.
2. Add frozen strawberries, ice cream, milk and strawberry syrup to a blender. Pulse — do not blend continuously — until thick and smooth. If too thick, add milk 1 tbsp at a time.
3. Pour into chilled glasses; the shake should be thick enough that a spoon stands up briefly.
4. Top with a swirl of whipped cream, drizzle with extra syrup, and garnish with a strawberry slice on the rim. Serve immediately.

PRO TIP: Frozen fruit plus barely-melted ice cream is the secret to thickness. Never use warm fruit, and resist adding too much milk.

05 Matcha Tiramisu

SERVES 6–8 PREP 25 MIN CHILL 4 HR+

INGREDIENTS

- 3 egg yolks
- 60 g caster sugar
- 250 g mascarpone, room temp
- 240 ml heavy cream, whipped
- 2 tbsp high-quality matcha + 1 tbsp sugar
- 250 ml hot water, for dipping
- ~200 g ladyfinger biscuits
- Extra matcha, for dusting

METHOD

1. Whisk egg yolks and sugar in a bowl over simmering water until pale, thick and tripled in volume (about 5 minutes). Remove from heat and cool slightly.
2. Fold mascarpone into the yolk mixture until smooth, then gently fold in the whipped cream.
3. Whisk matcha and sugar into hot water until frothy. Cool to lukewarm.
4. Dip each ladyfinger quickly (1–2 seconds per side) in the matcha tea and layer in a dish. Spread half the mascarpone cream over, repeat with a second layer of biscuits and cream.
5. Cover and chill at least 4 hours (ideally overnight). Dust generously with matcha through a fine sieve just before serving.

PRO TIP: Dust matcha at the last minute — it turns dull and bitter if it sits on the cream for more than a couple of hours.

06 Warm Skillet Chocolate Chip Cookie

SERVES 4–6 PREP 10 MIN BAKE 18–22 MIN

INGREDIENTS

- 115 g unsalted butter, melted
- 100 g light brown sugar
- 50 g caster sugar
- 1 large egg, cold
- 1 tsp vanilla extract
- 150 g all-purpose flour
- ½ tsp baking soda, pinch salt
- 150 g dark chocolate chunks
- Vanilla ice cream, to serve

METHOD

1. Preheat oven to 180°C / 350°F. Butter a 20 cm cast-iron skillet or round ovenproof dish.
2. Whisk melted butter with both sugars until smooth. Whisk in egg and vanilla until glossy.
3. Fold in flour, baking soda and salt until just combined, then fold in chocolate chunks (reserve a few for the top).
4. Press dough evenly into the skillet. Top with reserved chocolate. Bake 18–22 minutes: edges golden and set, center still soft and slightly underdone.
5. Cool 5 minutes — the center will continue to set. Top with ice cream and serve straight from the skillet with spoons.

PRO TIP: Take it out when the middle still looks raw. Residual heat finishes it; if you bake until the center looks set, it will be cakey, not gooey.

07 Glazed Donuts

MAKES ~10 PREP + RISE 2 HR FRY 2 MIN

INGREDIENTS

- 250 g bread flour
- 30 g caster sugar
- 1 tsp instant yeast
- ½ tsp fine salt
- 125 ml warm milk
- 1 large egg
- 30 g unsalted butter, softened
- Oil for deep frying
- Glaze: 120 g icing sugar + 2 tbsp milk + ½ tsp vanilla
- Sprinkles / chocolate drizzle (optional)

METHOD

1. Knead flour, sugar, yeast, salt, warm milk, egg and butter until smooth and elastic (8 minutes by hand, 5 in a mixer). The dough should be soft and slightly tacky. Cover and rise 1 hour until doubled.
2. Roll out to 1 cm thick. Cut donuts with a ring cutter (or two round cutters). Re-roll scraps once. Place on floured trays, cover, rise 30 minutes.
3. Heat oil to 170°C / 340°F. Fry donuts 1 minute per side until deep golden. Drain on kitchen paper.
4. Whisk glaze ingredients until smooth. Dip warm donuts top-down into glaze, let excess drip, and set on a rack. Add sprinkles while glaze is still wet.

PRO TIP: Glaze while the donuts are still warm — the heat melts the glaze slightly so it sets into a shiny, crackly shell.

08 Nutella-Stuffed French Toast

SERVES 2 PREP 10 MIN COOK 6 MIN

INGREDIENTS

- 4 thick slices brioche (day-old ideal)
- ~120 g Nutella / chocolate-hazelnut spread
- 2 large eggs
- 120 ml whole milk
- 1 tsp vanilla extract
- Pinch of ground cinnamon
- 2 tbsp unsalted butter
- Icing sugar, maple syrup, extra Nutella

METHOD

1. Spread a thick layer of Nutella on two slices of brioche. Top with the remaining slices and press the edges firmly to seal.
2. Whisk eggs, milk, vanilla and cinnamon in a shallow dish. Heat butter in a non-stick pan over medium-low heat.
3. Dip each sandwich in the custard, 20 seconds per side, letting it soak up the liquid.
4. Fry 2–3 minutes per side until golden and crisp, and the Nutella inside is melted.
5. Dust with icing sugar, drizzle with warm Nutella and maple syrup, and cut in half to reveal the oozing center. Serve immediately.

PRO TIP: Day-old brioche soaks up custard without falling apart. Press the edges with a fork after dipping to stop Nutella leaking into the pan.

09 Mango Sticky Rice

SERVES 2–3 SOAK 1 HR STEAM 25 MIN

INGREDIENTS

- 200 g glutinous (sweet) rice
- 1 can (400 ml) coconut milk
- 80 g caster sugar
- ½ tsp fine salt
- 2 ripe mangoes (Ataulfo/nam dok mai best)
- Toasted sesame seeds, to garnish

METHOD

1. Rinse glutinous rice until water runs clear. Soak in cold water 1 hour, then drain. Steam in a lined steamer basket 20–25 minutes until translucent and tender.
2. Warm 250 ml of the coconut milk with sugar and salt until sugar dissolves. Pour over the hot rice, stir gently, and let rest 15 minutes so the rice absorbs the liquid.
3. Peel and slice mangoes. Mound rice on plates, fan mango slices beside it.
4. Warm the remaining coconut milk (thicken with 1 tsp cornstarch slurry if you like) and drizzle over the rice. Garnish with toasted sesame seeds. Serve warm or at room temperature.

PRO TIP: Use very ripe, fragrant mangoes — the dish is only as good as the fruit. Warm rice melts the coconut cream into a silky sauce.

10 Baked S'mores Dip

SERVES 4–6 PREP 5 MIN BAKE 8–10 MIN

INGREDIENTS

- 150 g dark chocolate chips
- 150 g milk chocolate chips
- 115 g cream cheese, softened (optional)
- 200 g halal marshmallows, large or mini
- Graham crackers / digestive biscuits, to dip
- Flaky sea salt (optional)

METHOD

1. Preheat oven to 200°C / 400°F (or use a small cast-iron skillet under the broiler).
2. If using cream cheese, spread it in the bottom of a small ovenproof skillet. Scatter chocolate chips evenly over the top.
3. Cover the surface completely with marshmallows — cut large ones in half and place cut-side down so they don't roll.
4. Bake 8–10 minutes until marshmallows are golden and toasty, and chocolate is bubbling at the edges. For deeper char, broil the final 60 seconds, watching closely.
5. Sprinkle with flaky salt. Serve immediately with graham crackers for dipping.

PRO TIP: A layer of cream cheese cuts the sweetness and adds tang — it's the difference between “good” and “unforgettable.”

11 Tteokbokki (Spicy Korean Rice Cakes)

SERVES 2 PREP 10 MIN COOK 15 MIN

INGREDIENTS

- 200 g garaetteok (cylinder rice cakes)
- 500 ml water or anchovy stock
- 2 tbsp gochujang (chili paste)
- 1 tbsp gochugaru (chili flakes)
- 1 tbsp caster sugar
- 1 tbsp soy sauce
- 2 fish cake sheets, sliced
- 2 hard-boiled eggs (optional)
- Scallions, sesame seeds, sesame oil

METHOD

1. If rice cakes are hard, soak in warm water 10–15 minutes. Bring stock to a simmer in a wide pan.
2. Stir in gochujang, gochugaru, sugar and soy sauce until smooth. Add rice cakes and fish cakes.
3. Simmer 5–8 minutes, stirring often, until rice cakes are soft and chewy and the sauce has reduced to a glossy glaze. Add a splash of water if it gets too thick.
4. Off heat, stir in a few drops of sesame oil. Top with sliced scallions, sesame seeds, and halved hard-boiled eggs. Serve immediately — the sauce thickens as it cools.

PRO TIP: Keep the heat medium and stir frequently — rice cakes stick to the pan and burn easily once the sauce reduces.

12 Viral Baked Feta Pasta

SERVES 4 PREP 5 MIN BAKE 35 MIN

INGREDIENTS

- 500 g cherry tomatoes
- 1 block (200 g) feta cheese
- 120 ml extra-virgin olive oil
- 3 garlic cloves, unpeeled (or peeled)
- Salt, black pepper, chili flakes
- 350 g pasta (penne/orecchiette)
- Fresh basil, to finish

METHOD

1. Preheat oven to 200°C / 400°F. Toss cherry tomatoes with olive oil, salt and pepper in a baking dish. Place the feta block in the center and drizzle with a little more oil. Add garlic cloves.
2. Roast 30–35 minutes until tomatoes are burst and soft, and feta is golden on top.
3. Meanwhile, cook pasta in well-salted water until al dente. Reserve 120 ml pasta water.
4. Squeeze garlic from skins (if unpeeled) and mash everything in the dish — feta and tomatoes will blend into a creamy sauce. Add pasta and toss, loosening with pasta water until silky.
5. Finish with torn basil and chili flakes. Serve immediately.

PRO TIP: A splash of starchy pasta water is what turns this from chunky to glossy-saucy — don't skip it.

13 Dalgona Whipped Coffee

SERVES 2 PREP 7 MIN NO COOK

INGREDIENTS

- 2 tbsp instant coffee powder
- 2 tbsp caster sugar
- 2 tbsp hot (not boiling) water
- Cold milk and ice, to serve
- Cocoa powder / cinnamon (optional)

METHOD

1. Combine instant coffee, sugar and hot water in a deep bowl. The equal 1:1:1 ratio is essential.
2. Whip with an electric mixer (or hand whisk) for 5–7 minutes until the mixture turns pale caramel, thick, and holds stiff peaks.
3. Fill two glasses with ice and cold milk. Dollop the whipped coffee generously on top.
4. Dust with cocoa or cinnamon if desired. Stir before drinking — the coffee layer is intense.

PRO TIP: Use instant coffee — espresso or brewed coffee won't whip to stiff peaks. If it won't thicken, your bowl or beaters may have had a trace of grease.

14 3-Ingredient Peanut Butter Cookies

MAKES 12 PREP 8 MIN BAKE 10–12 MIN

INGREDIENTS

- 250 g (1 cup) smooth peanut butter
- 200 g (1 cup) light brown or caster sugar
- 1 large egg
- Pinch of baking soda (optional, for lift)
- Flaky sea salt, to finish

METHOD

1. Preheat oven to 175°C / 350°F. Line two baking trays with parchment.
2. Mix peanut butter, sugar, egg and baking soda (if using) until a thick dough forms. Chill 20 minutes for easier handling.
3. Roll into 12 balls and place on trays, spaced apart. Press with a fork in a crisscross pattern, flattening to about 1 cm thick.
4. Bake 10–12 minutes until edges are set and lightly golden; centers will still look soft. Sprinkle with flaky salt.
5. Cool on the tray 10 minutes before transferring — they firm up as they cool.

PRO TIP: Underbake by a minute for chewy centers. Regular no-stir peanut butter works best; natural peanut butter (the kind that separates) is oilier and makes the cookies spread and crumble.

15 Viral Salmon Rice Bowl

SERVES 1 PREP 5 MIN MICROWAVE 1 MIN

INGREDIENTS

- 1 bowl cooked rice (day-old ideal)
- 1 ice cube
- 100 g cooked salmon, flaked (baked or pan-seared)
- ½ avocado, sliced
- Soy sauce, to taste
- Kewpie (Japanese) mayo
- Sriracha or chili oil
- Furikake seasoning
- Scallions, sesame seeds (optional)

METHOD

1. Place cold rice in a microwave-safe bowl. Nestle one ice cube into the center and cover with a damp paper towel or lid.
2. Microwave on high 60–90 seconds. The melting ice cube steams the rice, restoring its fresh texture. Discard any leftover water.
3. Flake the salmon over the hot rice and add avocado slices.
4. Drizzle with soy sauce, Kewpie mayo and sriracha. Sprinkle generously with furikake, plus scallions and sesame seeds if you have them. Stir and eat while warm.

PRO TIP: The ice-cube trick works for any leftover rice. For extra flavor, toss the warm rice with a little toasted sesame oil before adding toppings.

Part 2 • Quick-Fire Bonus Recipes

Fifteen more viral recipes in short form — simple, quick, and easy to make.

16 Cloud Bread

Whip 3 egg whites with 30 g caster sugar and 10 g cornstarch to stiff, glossy peaks (a drop of food colouring is optional). Shape into one tall dome on parchment. Bake 150°C / 300°F for 20–25 minutes until golden. Light, fluffy and pillowy — save the yolks for another recipe.

18 Pasta Chips

Cook pasta 1 minute under package time. Drain and toss with olive oil, grated parmesan, garlic powder, salt and oregano. Air-fry at 200°C / 400°F for 10 minutes, shaking halfway, until crisp. Serve with warm marinara for dipping.

20 Frozen Yogurt Grapes

Wash and dry 500 g seedless grapes. Dip each in Greek yogurt (sweeten with a little honey if desired), roll in crushed nuts or sprinkles, place on parchment. Freeze 2 hours. A cool, viral one-bite snack.

22 1-Minute Chocolate Mug Cake

In a mug: 4 tbsp flour, 4 tbsp sugar, 2 tbsp cocoa, ¼ tsp baking powder. Mix in 3 tbsp milk, 3 tbsp oil, ½ tsp vanilla. Add a few chocolate chips in the center. Microwave 60–90 seconds until set on top but fudgy inside.

24 Churro Bites

Cut refrigerated biscuit dough into 2 cm pieces. Deep-fry or air-fry until golden. Toss while hot in melted butter, then in cinnamon sugar. Serve with a warm chocolate dipping sauce (chocolate + cream, 2:1). Crispy outside, fluffy inside.

17 Tortilla Wrap Hack

Make one cut from the center of a large tortilla straight out to the edge. Put a different filling in each quarter — e.g., cheese, turkey, avocado, pesto. Starting at the cut, fold each quarter over the next until you have a layered triangle, then toast in a pan until crisp and melty.

19 Green Goddess Salad

Finely chop ½ small green cabbage, 2 cucumbers, a handful of chives and 3 green onions. Blend a handful each of spinach and basil, juice of 1 lemon, 1 garlic clove, 3 tbsp olive oil, 1 tbsp rice vinegar, 30 g cashews or walnuts, salt and pepper with a splash of water into a thick dressing. Toss and scoop up with tortilla chips.

21 Cinnamon Roll Casserole

Cut a tube of refrigerated cinnamon rolls into bite-sized pieces. Whisk 2 eggs, 120 ml milk and 1 tsp vanilla. Toss with the roll pieces in a baking dish. Bake 180°C / 350°F for 25–30 minutes. Drizzle with the included icing. Warm, gooey breakfast.

23 Butter Board

Soften 150 g good butter and spread it thickly on a wooden board. Top with flaky sea salt, cracked black pepper, a drizzle of honey, fresh thyme, lemon zest and chili flakes. Serve with sliced crusty bread for scraping. The viral shareable starter.

25 Pesto Eggs

Heat 1 tbsp green pesto in a non-stick pan over medium heat until it sizzles. Crack 2 eggs into it. Fry until whites are set and edges are crisp and herby. Serve on toasted sourdough with a pinch of chili flakes. Fast, flavorful, viral.

26 Ultimate Grilled Cheese

Spread the outside of two bread slices with mayonnaise (not butter — it crisps better and won't burn). Inside layer cheddar, gruyère and a slice of American cheese. Cook in a cold pan over medium-low heat, covered, 3 minutes per side, until golden and the cheese is fully melted.

28 Feta Fried Eggs

Crumble 50 g feta into a pan with olive oil over medium heat. Let it crisp and brown slightly, then crack in 2 eggs. Season with dried oregano and chili flakes. Fry until whites are set. Serve with crusty bread for swiping the crispy feta oil.

30 Lotus Biscoff Milkshake

Blend 4 crushed Biscoff cookies, 3 scoops vanilla ice cream, 2 tbsp Biscoff spread and 150 ml cold milk until thick. Drizzle Biscoff spread inside a chilled glass, pour in the shake, top with whipped cream and crushed cookie. Rich, caramelized, addictive.

27 Pancake Cereal

Mix your favorite pancake batter and pipe tiny coin-sized dots onto a hot non-stick pan using a squeeze bottle. Cook 30 seconds per side. Serve in a bowl with cold milk and a drizzle of maple syrup — cereal you can eat with a spoon.

29 Hot Honey Butter Corn

Boil or grill 4 corn cobs until tender. Mix 60 g softened butter with 2 tbsp hot honey, 1 tsp chili powder, juice of ½ lime and a pinch of salt. Slather over hot corn. Sprinkle with flaky salt and fresh cilantro. Sweet, spicy, buttery.

Thanks for Reading

You now have 30 viral recipes with clear measurements — from molten lava cakes and stretchy corn dogs to two-minute mug cakes. Pick one this week and enjoy it without pausing a single video.

Share your bake: if one of these becomes a favourite, send a photo to The Heritage Focus — seeing your versions is the best part of making this guide.

This guide is free — please share it! Send it to a friend who loves cooking, or post it in your group chat. The more people cook with it, the better.

More from The Heritage Focus

Subscribe to **The Heritage Focus** for new viral recipes every week — and the Gambian and West African dishes coming soon. Future volumes will include savory mains, one-pan dinners and holiday treats.

© 2026 The Heritage Focus · The Ultimate Viral Recipe Guide · Vol. 1 · Free to share — please don't sell this file. Recipes written with AI assistance. Measurements are approximate and results vary; read each recipe fully before cooking.