FriendsPantry

What do you want to *cook?*

The world’s dishes, explained clearly. Cook them at home, plan for the days that celebrate them, and soon, find them at restaurants near you.



Butter chicken · Photo: Alberta Studios / Pexels

A friendly pantry of the world's *dishes.*

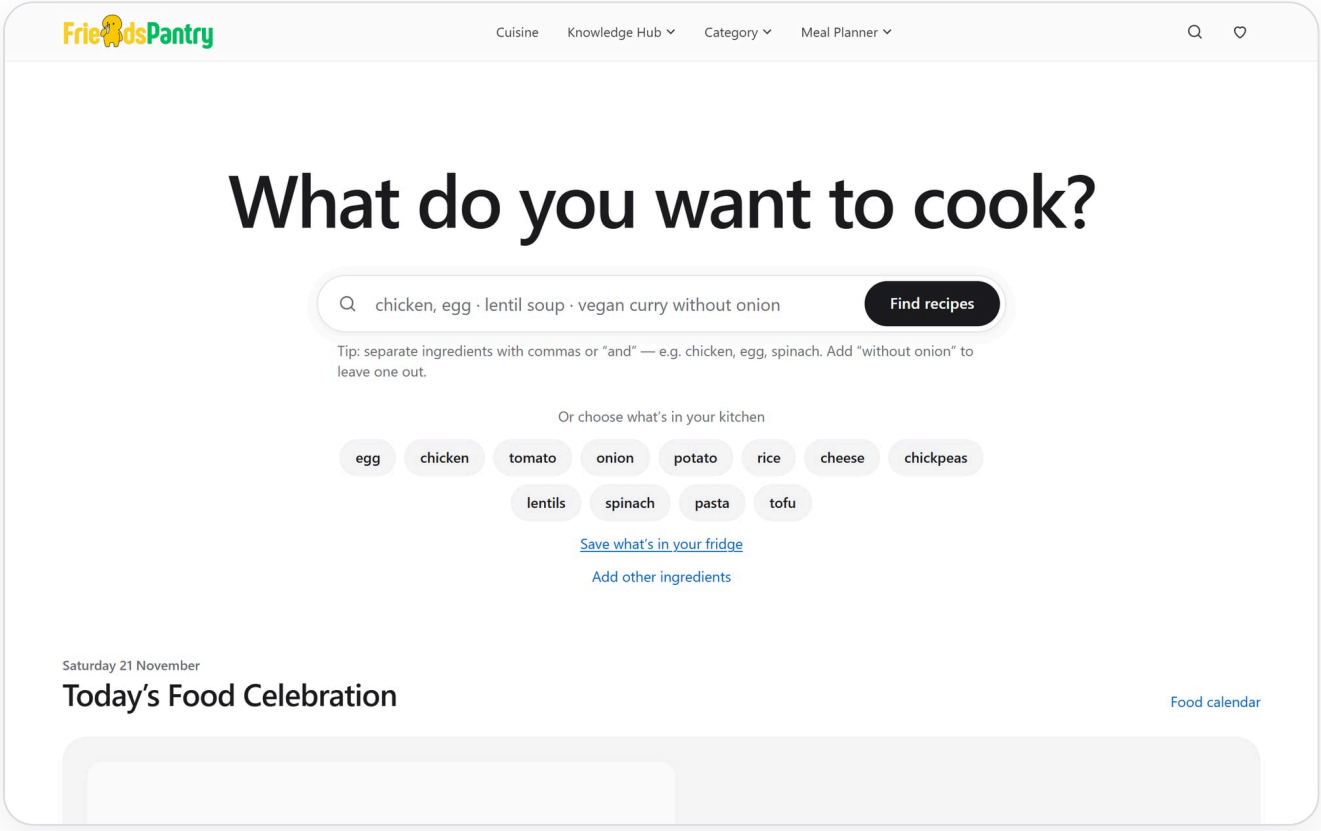
FriendsPantry is a free recipe website. Start from what's in your kitchen, a dish you've heard of, or a country you love. Every recipe is written to teach, with honest nutrition and allergen notes. No account needed. No ads.

3,300+
recipes

190+
cuisines

177
countries with recipes

80+
food days and festivals



The homepage: type what you have, or tap an ingredient.

Recipes that *teach.*

Long methods are split into stages you can see, every step has its timing, and the ingredient list tells you what to use if you're missing something.

Stages

One part at a time

Marinade, then sauce. 1,300+ recipes are grouped into named stages, each with its own time.

Timings

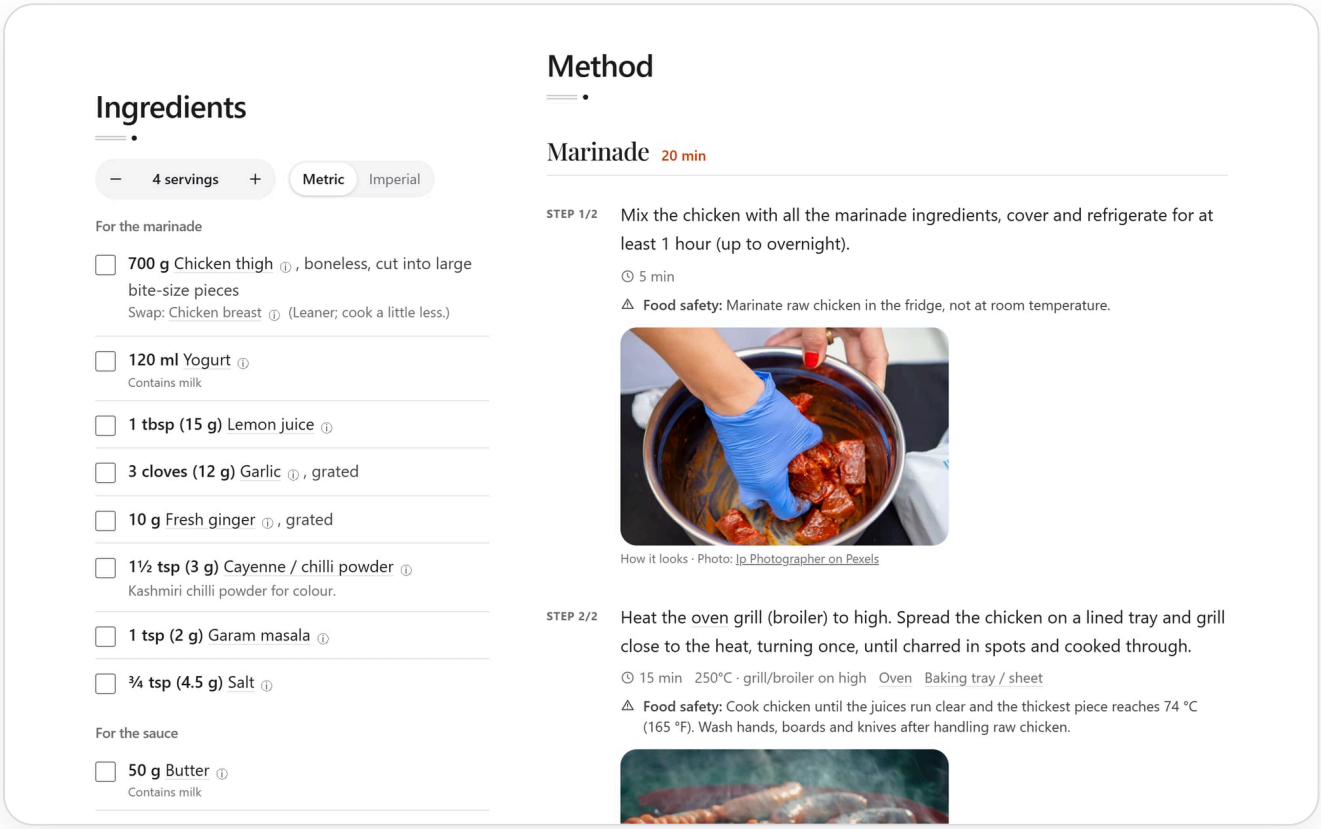
Minutes, heat, kit

Steps show how long, how hot and what you need, with food-safety notes where they matter.

Swaps

Missing something?

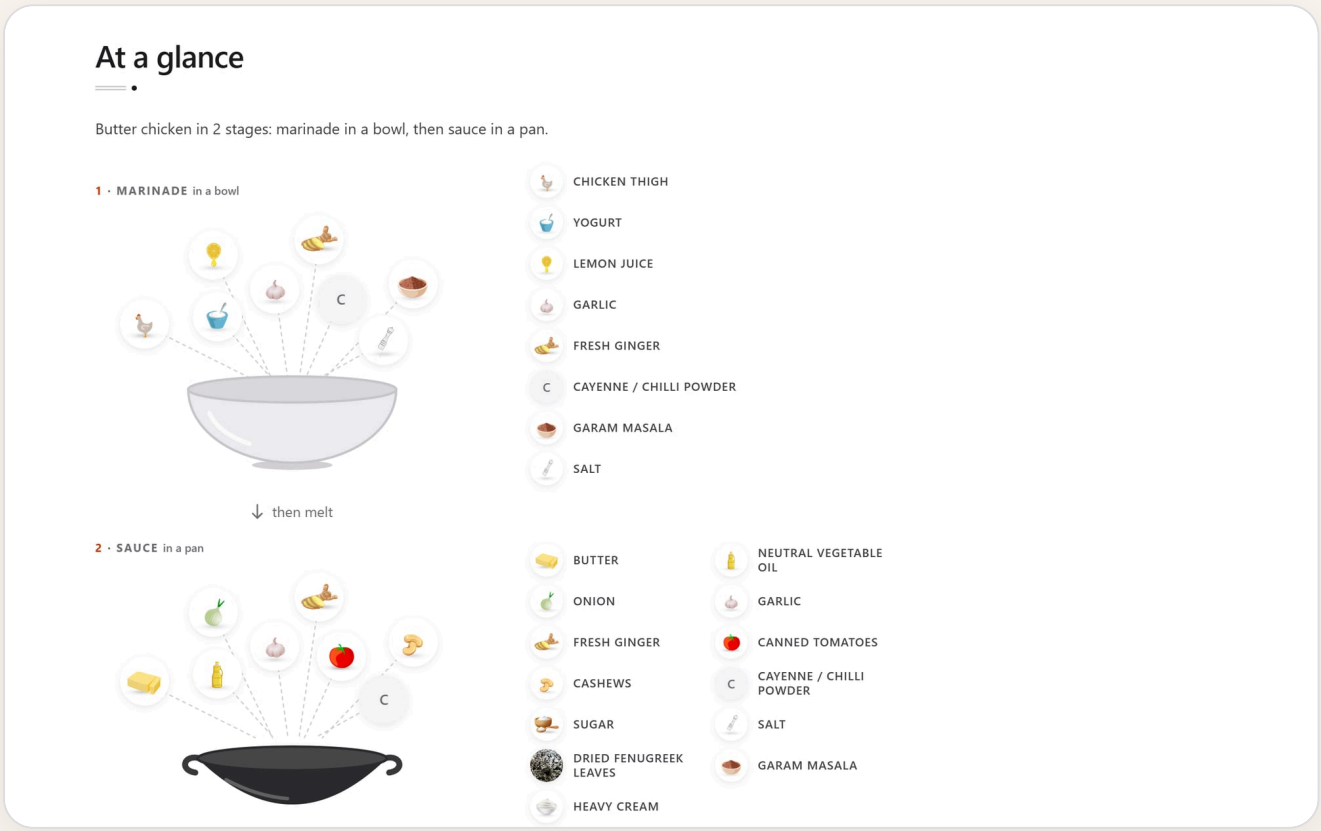
2,100+ recipes list swaps on the ingredient line itself, like almonds for cashews.



Butter chicken: ingredients on the left, the Marinade stage on the right.

See the whole dish before you *start.*

“At a glance” draws the recipe as stages: what goes into the bowl, what goes into the pan, and in which order.



Butter chicken in two stages: marinade in a bowl, then sauce in a pan.

Done *honestly.*

Nutrition is calculated from USDA FoodData Central and labelled “Estimated”. Allergens say where they come from, and we never claim a dish is allergen-free.

Allergens

Contains: Milk	from yogurt, butter, heavy cream
Contains: Tree nuts	from cashews

Based on typical versions of these ingredients and **not verified** allergen-free. Brands differ and cross-contact happens, so always check labels. For severe allergies, follow your clinician’s advice.

Nutrition

559 kcal per serving — Estimated

1 serving ≈ 459 g · recipe makes 4

Where the energy comes from

Protein **28%** · Carbohydrate **12%** · Fat **60%**

NUTRIENT	PER SERVING	PER 100 G*
Energy	559 kcal	122 kcal
Protein	40.1 g	8.7 g
Carbohydrate	16.7 g	3.6 g
Net carbohydrate	13 g	2.8 g
Sugars	8.1 g	1.8 g
Added sugars	1 g	0.2 g
Fibre	3.7 g	0.8 g
Fat	37.6 g	8.2 g
Saturated fat	17 g	3.7 g
Trans fat	—	—
Cholesterol	229 mg	50 mg
Sodium	1118 mg	243 mg
Salt equivalent	2.8 g	0.6 g

▼ Vitamins & minerals per serving

Potassium	883 mg	Calcium	139 mg
Iron	3.2 mg	Magnesium	97 mg
Vitamin A (RAE)	274 µg	Vitamin C	20 mg
Vitamin D	0.5 µg	Vitamin B12	1.3 µg
Folate (DFE)	30 µg		

How these numbers were made

- Calculated from USDA FoodData Central (SR Legacy) per-100 g values and the listed quantities.
- *Per 100 g of combined raw ingredients; the cooked dish may weigh more or less.
- Garam masala: Curry powder (FDC 170924) used as a stand-in; both are ground blends of similar dried spices used in teaspoon amounts.
- Dried fenugreek leaves: Fenugreek seed (FDC 171324) used as a stand-in for dried leaves; used in pinches.
- “—” means the value isn’t known for enough of the ingredients; it is never zero by default.
- Values are estimates for guidance, not for medical dosing. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.

Estimates for guidance, not medical advice. If you have an allergy, always check labels.

Every dish, by its own *name.*

2,600+ recipes carry the dish’s name as it is written at home. We take names from our sources and never machine-translate them.

मुर्ग़ मखनी
Butter chicken · Hindi

ผัดไทย
Pad thai · Thai

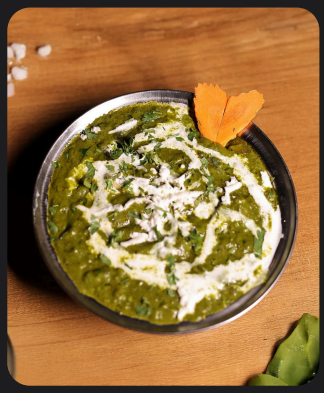
شكشوكة
Shakshuka · Arabic

Μουσακάς
Moussaka · Greek

豚骨ラーメン
Tonkotsu ramen · Japanese

पालक पनीर
Palak paneer · Hindi



Photos via Pexels: Jahra Tasfia Reza (shakshuka), Scott McNiel (pad thai), Rachel Claire (moussaka), Kiran More (palak paneer).

06 · EXPLORE

Many ways *in.*

Browse by the kind of dish, by family, by region, or with a guide to a whole country’s food.

47

Dish types

Curries, soups, flatbreads, desserts and more, each with its own page.

/dishes/

29

Dish families

Related dishes across borders, side by side.

/dish-families/

84

Regions

Regional cooking in 19 countries, with each region’s signature dishes.

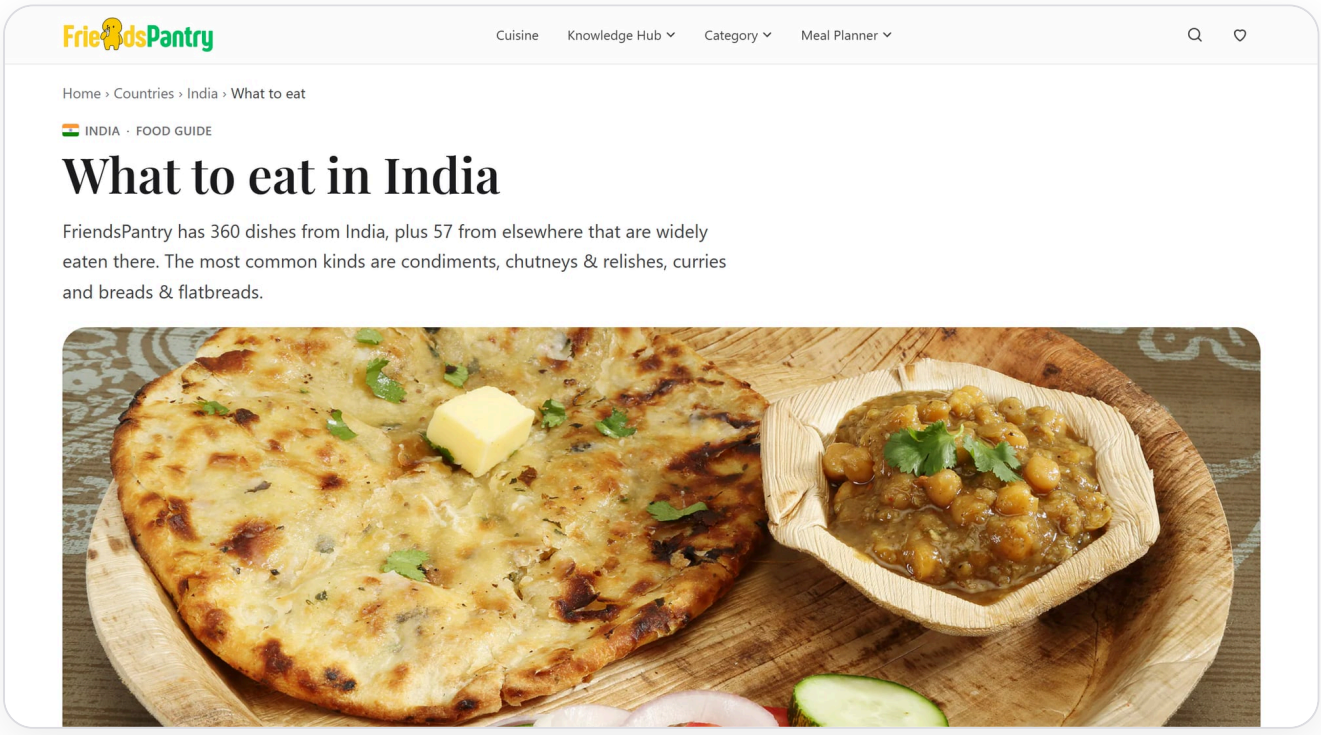
/regions/

89

“What to eat in” guides

Country food guides built from our data: top dishes, festivals and local products.

/countries/india/what-to-eat/



07 · FOOD CALENDAR

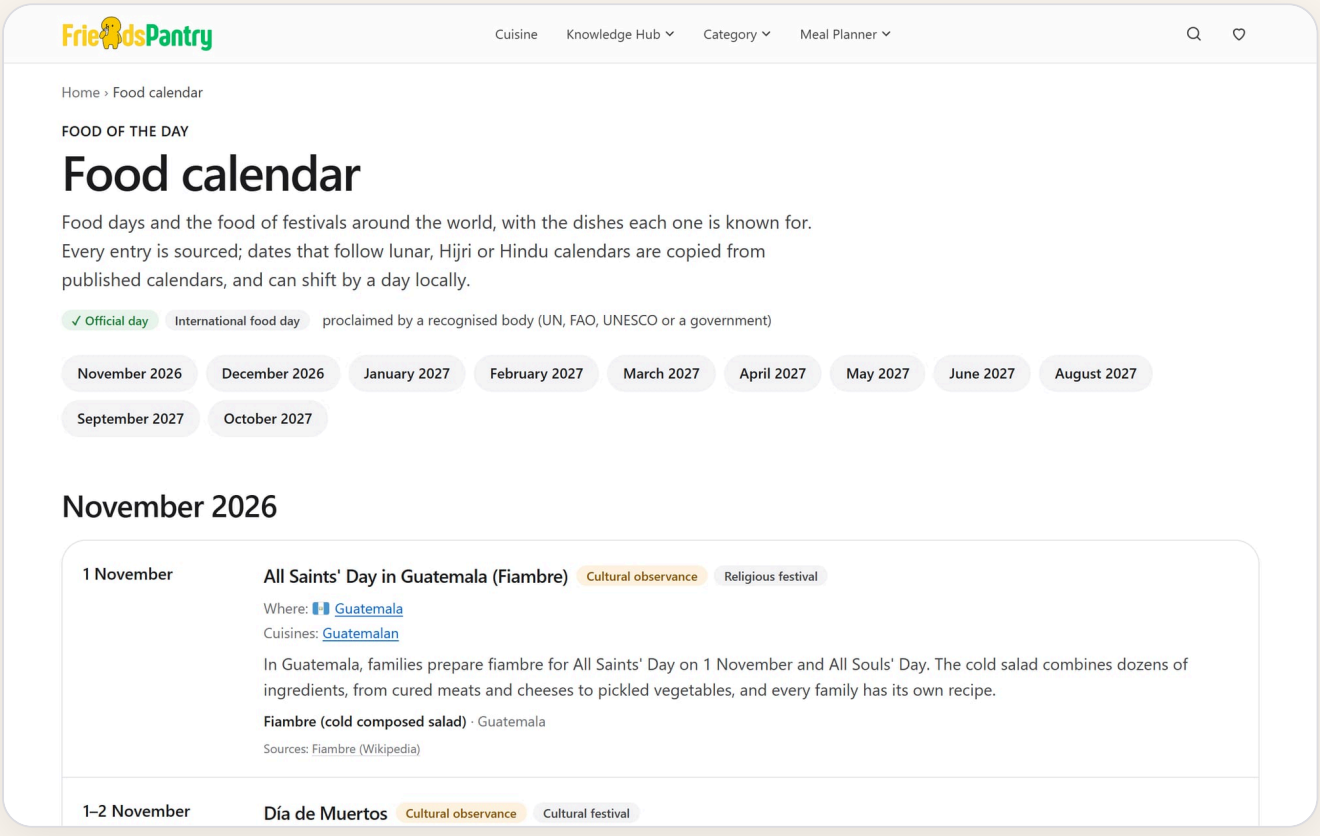
Cook for *the day.*

Food days and festivals around the world, with the dishes each one is known for. Every entry is sourced, and lunar or Hijri dates are copied from published calendars, never guessed.

81
food days and festivals

28
officially proclaimed days

10
seasonal highlights

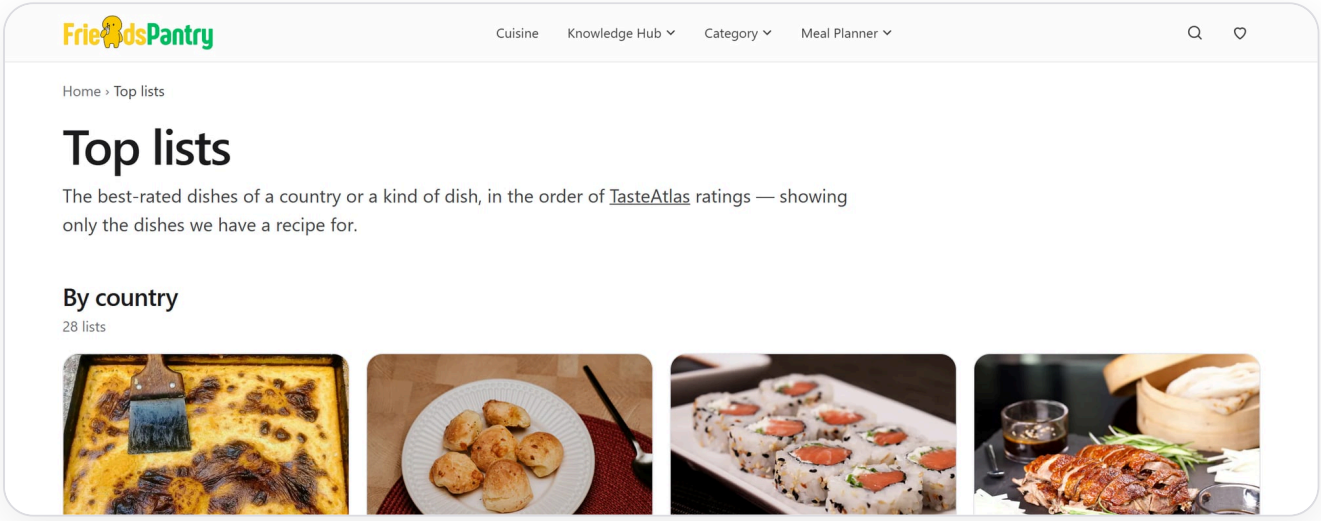


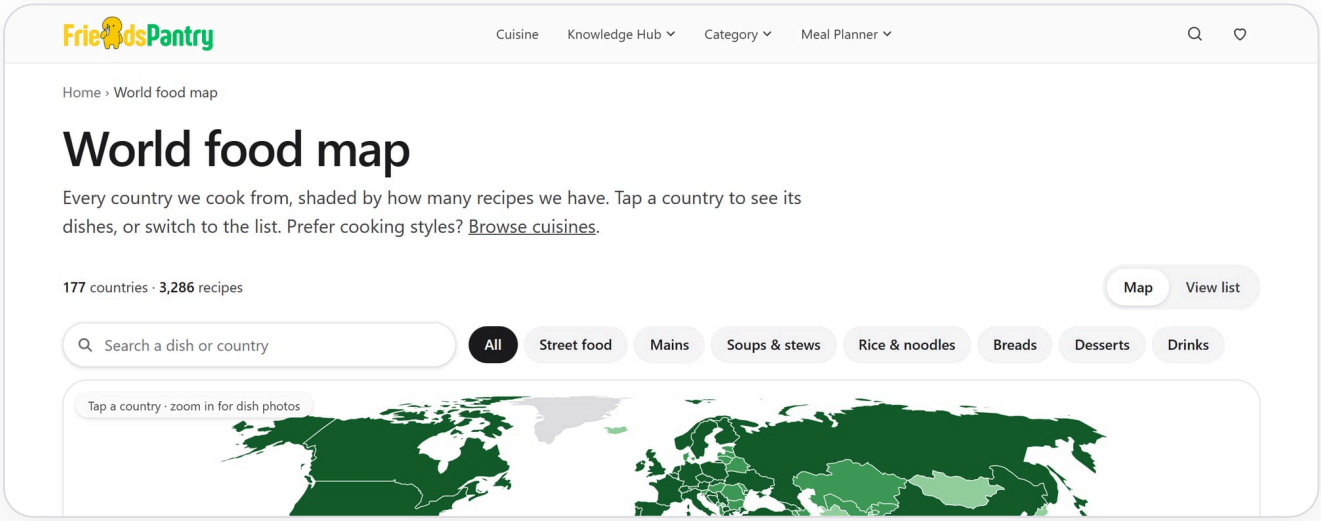
Where great food *comes from.*

Each country’s best-rated dishes in the order of TasteAtlas ratings, and a world food map that shows what each country cooks.

43
top lists, each dish linked to its recipe

177
countries on the world food map





09 · FOOD PRODUCTS

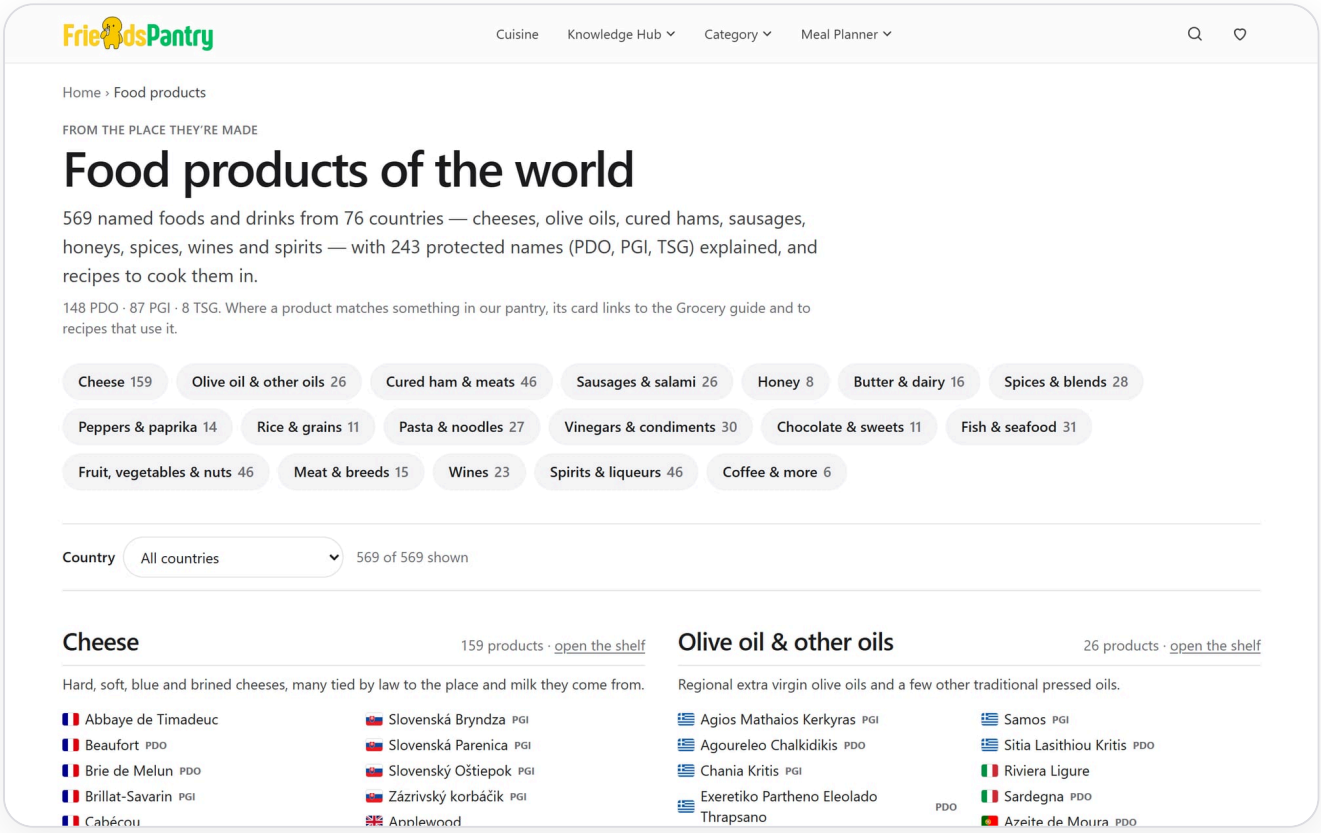
The foods behind the *dishes.*

Cheeses, breads, sausages, oils and more: the traditional products that give dishes their character, with the recipes that use them.

560+
food products

18
categories

76
countries of origin



Product facts based on TasteAtlas (tasteatlas.com).

From the recipe to *your table.*

Not every night is a cooking night. Two things we're building with restaurants on FoodPilot.

COMING SOON

Meal kits near you

When a restaurant on FoodPilot sells a ready-to-cook kit for a dish, its recipe page will show it. Pick your city, see the kits, order from the restaurant.

COMING SOON

Eat it near you

Found a dish you love? Soon you'll be able to find a restaurant that serves it.



Paneer tikka · Photo: Aayush Rawat / Pexels

FriendsPantry × foodpilot

In partnership with *FoodPilot.*

FoodPilot is restaurant billing and management software made in India: GST billing, kitchen orders, table QR ordering, stock and reports, online or offline.

LIVE

Add this dish to your FoodPilot menu

Every recipe page has a link for restaurants. It opens FoodPilot's dish editor pre-filled from our data, with our credit.

LIVE

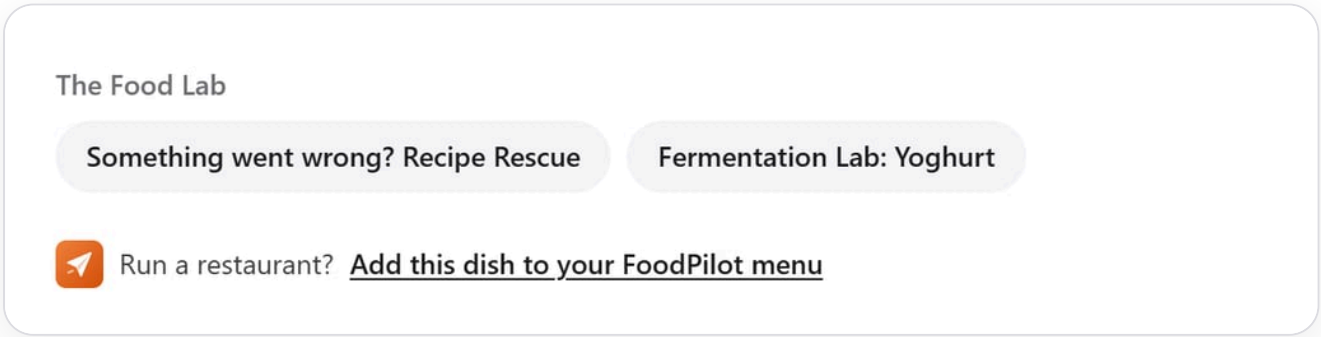
A dish data feed for menus

Descriptions, veg, vegan, Jain and egg-free flags, allergens and estimated calories. The restaurant checks and confirms every label before it appears on a menu.

COMING SOON

Meal kits

Ready-to-cook kits from FoodPilot restaurants, shown on the recipe they belong to.



At the end of every recipe page. FriendsPantry and FoodPilot don't share your account or personal data with each other.

Open data, for *partners.*

Our dish, ingredient and recipe data is published as static JSON under Creative Commons Attribution 4.0 (CC BY 4.0). FoodPilot uses it today.

`foodpilot-manifest.json`	Start here: version, licence, counts and checksums
`foodpilot-dishes.v1.json`	Names, diet flags, allergens, estimated nutrition, pairings
`foodpilot-ingredients.v1.json`	Ingredients, allergen keys, nutrition per 100 g
`foodpilot-recipes/{id}.json`	Quantities in grams, times, stages, swaps, 1/10/50-portion batches
`foodpilot-calendar.v1.json`	Upcoming food days and the dishes they feature

Stable

Within version 1 we only add fields. Breaking changes ship as v2 beside v1, kept for at least 3 months.

Owner first

A value the restaurant has confirmed or edited is never overwritten by a feed update.

Honest

Nutrition is labelled estimated. Regional names are never machine-translated.

CREDIT LINE

Recipe data © FriendsPantry (friendspantry.com), CC BY 4.0

Photos follow their own licences and are credited per dish. Full contract: friendspantry.com/partners/foodpilot/

Built on *trust.*

A recipe site should feed you, not follow you.

01

No account needed

Browsing, searching, recipes, cooking mode and the meal planner work without signing in.

02

No ads

No ads, no selling data, no tracking for advertising.

03

Statistics only with “Allow”

Usage statistics are optional. Nothing is loaded or sent until you say yes, and you can change your mind any time.

04

Your data stays yours

Without an account, most of what you do never leaves your device. Signed in, you can download or delete your data at any time.

05

Honest labels

Nutrition and allergens are estimates from ingredients, clearly marked, with sources shown.

06

Partners get data, not people

FriendsPantry and FoodPilot don’t share your account or personal data with each other.



FriendsPantry

What do you want to *cook?*

friendspantry.com

friendspantryorg@gmail.com

Figures from the FriendsPantry catalogue on 21 November 2026; they grow as recipes are added. Nutrition and allergen information is estimated, not medical advice. Food photos via Pexels (Pexels licence). FoodPilot name and logo appear as partner marks under FoodPilot's brand rules.