Weeknight Dinner Around the World

We asked 18 families to show us what they have for dinner on a typical weeknight.

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Bangkok, Thailand

Wasa Khuhaprema, center, prepares dinner for her family, including her parents, with help from her two young sons; the boys cook at least one night a week. This night, they ate an omelet with carrots, stir-fried minced pork and eggplant, and southern Thai sour curry with cauliflower. Family
members are expected to clean up after themselves.

Wasa Khuhaprema, 41, is a stay-at-home mom in Bangkok. She lives with her husband, two sons and her parents. Her 8-year-old, Chisanu, called Thew, helps prepare the rice.

Lauren DeCicca for The New York Times
Charochin Suetrongsuwan, Ms. Wasa's husband, plays with the couple's 6-year-old son, Chavin.
Lauren DeCicca for The New York Times
A Southern Thai sour curry with cauliflower and cabbage.
Lauren DeCicca for The New York Times

Thew peeks out from under the table next to his grandmother.
Lauren DeCicca for The New York Times
The Osans — from left, Radha, Tara, Gurinder and Shikha — get dinner on the table at their home in Gurgaon, southwest of New Delhi, with help from a cook. The family eats around 9 p.m., and on this night, the meal consisted of palak paneer (spinach with cheese), raita, kadai aloo (potatoes with onions and spices), cucumber salad and roasted chapatis.

Rome, Italy
Claudia Bellucci, left, with her daughter, Fiamma, does most of the cooking for her family in Rome. For this meal, she picked herbs from her terrace for saltimbocca alla Romana (veal rolled with ham and sage). She also served homemade pesto with trofie pasta, a salad and baked tomatoes au gratin.
From left, Basmah, Mazin, Abdulmalik and Abdulrahman Khojandi eat their meals — a mix of prepared and homemade foods — at home most nights during the week. Dinner on this evening was smashed beans, shakshuka and masoob, a mixture of banana, bread, dates, cream and honey.
Port-au-Prince, Haiti

While many Haitian families eat their main meal at midday, the Charles family takes theirs in the evening, usually around 7 p.m. Youvelyne Rosier Charles, top left, prepares the meal: On this night, she made lalo with sos pwa nwa, a black bean sauce served with rice. Oranges and limes from the yard were used to marinate the meat and crab for the lalo. Ms. Charles’ 4-year-old daughter, Meghan, wearing barrettes, led the family in a short prayer.

Avocado, white rice, sos pwa nwa and lalo, a dish made with marinated beef and blue crabs.
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Jessica Obert for The New York Times
At Youvelyne Rosier Charles' house, a niece, Dacheka Lacroix, helps make dinner.

Jessica Obert for The New York Times

Ms. Charles, left, cooks with Ms. Lacroix.

Jessica Obert for The New York Times
Some of the ingredients that Ms. Charles uses for dinner, including lime from her yard.

Jessica Obert for The New York Times
Typically the Levy family eats at around 7 p.m., but on the Sabbath, the meal begins around 8. On this evening, they ate Yemeni soup, chicken schnitzel and chraime, a spicy Moroccan fish dish, with bread and rice. Above, Tal Levy held the challah as he said a prayer.

Paris, France
Marina Pajovic Devouge prepares an early meal for her two children, Klara and Maxime, in the family’s apartment in Paris before her husband gets home. That night, the children ate some leftover roasted chicken from the butcher around the corner, paired with couscous from Picard Surgelés, a frozen-food store popular in France. They finished their meals with a Petit Suisse cheese and two slices of Comté for Maxime, and a slice each of Comté and Emmental for Klara.

KwaZulu-Natal, South Africa
Siviwe Mbatha, top left, cooks dinner for her family — her husband, Sphiwe Mbatha, their three children, her mother, a friend and a cousin — at home in the town of Richards Bay, in the eastern province of KwaZulu-Natal. On this night they ate braised oxtail, with a steamed bread called ujeqe in Zulu (Mr. Mbatha’s tribe) and umkhupha in Xhosa (Ms. Mbatha’s tribe). Chakalaka, a relish made with fried peppers, grated carrots and baked beans, is a South African favorite, she said.

Western Australia
Jarrod and Susie Opie and their three children live in Yallingup, on the Indian Ocean. On weeknights like this one, she cleans and he cooks: pan-fried nannygai, a local red snapper, with broccolini and sweet potato fries. The kids got extra fruits and vegetables.

As Jarrod Opie cooks, the three Opie children do crafts with their mother, Susie Opie.

Guy Calaf for The New York Times
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Guy Calaf for The New York Times
Mr. Opie, 46, and Ms. Opie, 40, tackle weeknights as a team: he cooks and she cleans up after. They have two daughters, Daisy, 7, and Birdie, 4, and a son, August, 2.

Guy Calaf for The New York Times

The children get extra fruits and vegetables: strawberries, raspberries and apples, along with snow peas and carrots.

Guy Calaf for The New York Times
After dinner the children get a chance to play.

Guy Calaf for The New York Times
On weeknights at their apartment, the Guevaras — Jesus and Margot, and their children, Eva, bottom left, and Dana — eat a dinner prepared by their housekeeper, who also does cleanup. Grilled steak was the centerpiece of this meal, paired with corn, potatoes and a salad.

Amsterdam, the Netherlands

Fleure Henket, left, cooks for her family four nights a week, limiting meat consumption to two nights a week. This evening, she served salmon with basmati rice and broccoli; dessert was a homemade custard with fresh raspberries and berry jam.

“We always love to try new recipes,” said Fleure Henket, who prepares dinner for her family in Amsterdam. Here she marinates salmon with soy sauce.
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Herman Wouters for The New York Times
They often eat vegetables grown in a family garden. Ms. Henket’s husband usually has dinner with the family, but was out of town on this evening.

Herman Wouters for The New York Times
Shoes off for dinner.

Herman Wouters for The New York Times
The Garzas get weeknight dinner on their table in Laredo with help from an 
**Instant Pot**. On this evening, they ate spaghetti with meat sauce, along with 
a green salad and garlic bread. They eat at home six nights a week; they'll 
sometimes order takeout if they have prayer group or baseball practice for 
Grayson, 4, in foreground.

**Lagos, Nigeria**
Wednesday nights are for wraps at the Sokoh home in Lagos. Ozoz Sokoh, right, a food writer, with her daughter Riobo, flipped freshly made plantain flatbreads, which were served with chicken suya, lime-pickled onions and a tomato and eggplant salsa thawed from the freezer. Dinner included condiments galore, including peanut butter sauce, papaya chutney, hibiscus green chile sauce, mint and spring onion oil, tamarind ginger sauce, and beet and carrot sauerkraut.

Chicken suya, left, with a salsa made with tomatoes and garden eggs (a type of eggplant), center, and flatbread, top right.
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Andrew Esiebo for The New York Times
Ozoz Sokoh and the wall of spices in her kitchen.

Andrew Esiebo for The New York Times
Ms. Sokoh's eldest daughter, Jedidiah, sets the table.

Andrew Esiebo for The New York Times

Daniel, Ms. Sokoh's son, helps clear the table after dinner.

Andrew Esiebo for The New York Times
They serve condiments galore, including peanut butter sauce, papaya chutney, zobo or hibiscus green chile sauce, mint and spring onion oil, tamarind ginger sauce, and beet and carrot sauerkraut.

Andrew Esiebo for The New York Times
Luis Leduc, left, and Katia Barragán take turns making dinner at their home in northeastern Mexico, but on this night it was Ms. Barragán’s turn. She made huevos revueltos, a scrambled egg dish, with chorizo and onions, and served the eggs with flour tortillas. Their daughter, Emma, 4, insisted that the family eat strawberries, her favorite, while Polly the dog lingered nearby. “All the important things are discussed, celebrated and mourned around food,” Ms. Barragán said.

Moscow, Russia
Liza Lunin, right, makes dinner most nights at her family’s apartment in the Russian capital. She and her husband, Viktor, have six children, who are in charge of setting the table. On this night, they ate kotleti — patties made with ground beef, bread, eggs and onions — alongside rice, green salad and a salad of roasted eggplant, red peppers and basil.

Tokyo, Japan
Yasuko Iguchi picked okra from her garden to cook for her son, Masahiro Iguchi, a divorced father of three who comes with his children to eat dinner five or six nights a week. On this evening they ate mebaru, a rockfish, with rice, miso soup and fresh fruit for dessert.

Yasuko Iguchi, 80, often cooks dinner for her son, Masahiro, 53, and his three children, including Rei, 15, who joined on this evening.
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Julie Glassberg for The New York Times
Mebaru, a rockfish, is cooked with mirin, soy sauce and some miso soup broth.

Julie Glassberg for The New York Times
Ms. Iguchi soaks the rice for about 30 minutes before she cooks it.  
Julie Glassberg for The New York Times

The fish is served with avocado, okra and tomatoes, sunomono (a cucumber and wakame dish), miso soup, rice, and kiwi and pineapple.  
Julie Glassberg for The New York Times
Clockwise from left, Umut, Nevin, Deniz and Meral Terzi ate homemade kofte (meatballs), lentil soup and bulgur pilaf with grated tomatoes and bell peppers, along with dolmas (stuffed grape leaves) and red beans in olive oil. They ended the meal with a rice pudding called sutlac and pumpkin with tahini and walnuts.

São Paulo, Brazil
Carmem Massad Curi, bottom right, made picadinho, a traditional Brazilian stew made with beef, carrots and potatoes, which they ate with rice and a salad as they watched TV. Her husband, Luis Felippe, sets the table, and her children, Lucas and Giovanna, clear the plates.

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