

One World, One Table

Forest Park Cookbook

2nd Edition

February 2008

Tastes from around the world



Introduction:

The diversity of the community here at Forest Park has created a culturally rich environment. A walk through Forest Park apartments enables one to see people from different parts of the world and different parts of the country. With our busy schedules, we have little time to appreciate the variety of cultures that surround us in our special community here at UNH. Aaron and Moriah Bascom decided to create a second edition of an International Cookbook by gathering recipes from the tenants of Forest park and the previous edition of the cookbook. The recipes are not only delicious, but give us insight as to the richness of the spices and variety of foods eaten by people from different parts of the world – a true taste of international cuisine!

Aaron and Moriah Bascom took on the project of creating a second edition of the cookbook as part of a writing project for their English Technical Writing class with Professor Dave Howland. We would like to thank all the tenants who graciously contributed wonderful recipes to help create this unique recipe book. A special note of appreciation to Michael Saputo, the Assistant Director of Apartment Housing, for taking the time to work with us on the cookbook, printing it and assembling.

ENJOY the tastes of “ONE WORLD, ONE TABLE”!

Sincerely,
Aaron and Moriah Bascom



Weights & Measures

Tablespoon Math

- 3 teaspoons = 1 tablespoon
- 4 tablespoons = $\frac{1}{4}$ cup
- 8 tablespoons = $\frac{1}{2}$ cup
- 10 $\frac{2}{3}$ tablespoons = $\frac{2}{3}$ cup
- 12 tablespoons = $\frac{3}{4}$ cup
- 16 tablespoons = 1 cup

Measure	Equivalent Measure	Equivalent Ounces
1 tablespoon		$\frac{1}{2}$ fluid ounce
1 cup	$\frac{1}{2}$ pint	8 fluid ounces
2 cups	1 pint	16 fluid ounces
2 pints (4 cups)	1 quart	32 fluid ounces
4 quarts (16 cups)	1 gallon	128 fluid ounces

Metric Conversions

- $\frac{1}{8}$ tsp. = 0.5 ml
- $\frac{1}{4}$ tsp. = 1 ml
- $\frac{1}{2}$ tsp. = 2 ml
- 1 tsp. = 5 ml
- 1 Tbsp. = 15 ml
- 1 fl. oz. = 30 ml
- $\frac{1}{4}$ cup = 59 ml
- $\frac{1}{3}$ cup = 79 ml
- $\frac{1}{2}$ cup = 118 ml
- 1 cup = 225 ml
- 1 pint = 450 ml
- 1 quart = 900 ml (about 1 L)
- 1 gallon = 3637 ml (about 3.75 L)

Weights

- 1 oz. = 25 g = 1 rounded Tbsp.
- 2 oz. = 50 g
- 4 oz. = 100 g
- 8 oz. = 225 g
- 1 lb. = 450 g
- 1.1 lb. = 500 g
- 2.2 lb. = 1 kg

Children & Mealtimes

Consider these ideas for helping children develop positive attitudes about food and getting them involved in mealtimes.

-Take the kids grocery shopping and ask them to help you choose what to buy. For example, ask them to pick three fruits and three vegetables that they'd like to eat during the week.

-Ask each child to help plan the family meal on a designated night. Let him or her even handle the details; for example, stop at a party supply store and let the planner select special paper napkins.

-Remind kids that tastes can change. Encourage them to try at least one bite of everything –call it a “no, thank you” bite.

-Remember that it takes children a while to try new things, so continue introducing them to a variety of foods. It will help if you always have some nutritious foods on hand so when their hunger (and curiosity) strikes, you'll be ready.

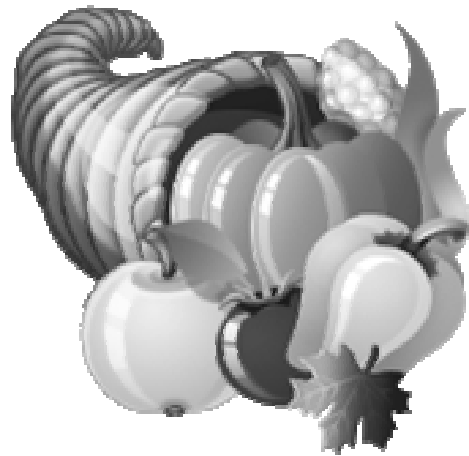
(Excerpt from Better Homes and Gardens' New Cook Book. 14th edition. 2006.)



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Breakfast



Blender Whole Wheat Pancakes

United States

Group 1:

1 cup milk

¾ cup whole wheat kernels

Group 2:

2 eggs

4 Tbsp. vegetable oil

2 Tbsp. sugar

1 tsp. baking soda

¼ tsp. salt

2 tsp. baking powder

Blend Group 1 ingredients on high for 4 minutes. Turn blender to low. Add Group 2 ingredients and blend on low. When fully mixed cook on hot griddle until golden brown on both sides.

Recipe by John Smith

Breakfast Goulash for 2

United States

1 Tbsp. butter

4 links sausage, cut in ½" pieces or bacon, cut in 1" pieces

1/8 cup onion, diced

1 medium potato, diced

3 large eggs whisked in bowl with 1/3 cup milk

3 cheese slices, in pieces or 1/4 cup shredded cheese (we prefer provolone)

½ clove garlic chopped or sprinkle of garlic powder

Sprinkle of Paprika

Sprinkle of Pepper

Sprinkle of Oregano

In a skillet, brown the bacon and/or sausage, onions, garlic, potatoes, and butter together on low heat. Drain all grease only if bacon is used. Pour egg mixture in pan. Toss and turn gently, until eggs are cooked. Turn off heat and place cheese evenly on top of mixture.

Recipe by Aaron and Moriah Bascom

Swedish Pancakes

United States

A:

1 ½ cups flour

½ tsp. salt

1 Tbsp. sugar

B:

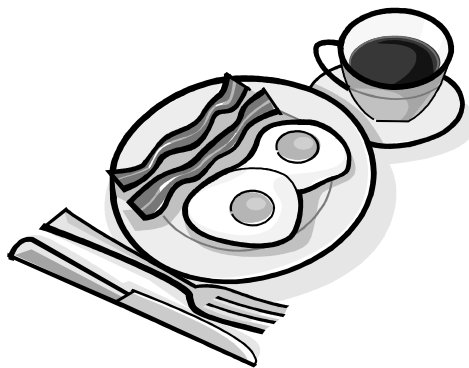
3 eggs well beaten

3 cups milk

3 Tbsp. melted butter

Mix ingredients from A, then B. Blend A together with B. Stir until smooth, batter must be thin. Use ½ cup for each pancake on hot griddle. Cook for about 2 minutes, turn and fill with pie filling or powdered sugar, roll up and sprinkle powdered sugar on top and drizzle with maple syrup.

Recipe by Deena Elhert



Appetizers



Achhar

Nepal

3 potatoes
1 cup dry yellow peas
4 Tbsp. sesame seeds
1 small cucumber
1 big red onion
1 Tbsp. oil
½ cup water
Salt to taste
¼ tsp. turmeric
1 cup cilantro
2 Tbsp. fresh lemon
½ tsp. red pepper
½ green pepper

Preparation: Soak the peas the day before. Grind the sesame seeds. Dice the cilantro. Cut the onion into thin slices. Cut the cucumber into small pieces. Boil the potatoes and peel the skin and cut into cube size. Squeeze the lemon juice. Cut the green pepper into thin slices.

Combine potatoes and peas into one dish. Add salt, turmeric, sesame seed, lemon juice and red pepper into another bowl. Pour the mixture into potato and peas. Mix well. Add red onion and cucumber into it. Pour the water little at a time, mix well. Heat the oil in a small pan, pour the oil and mix well. Garnish the achhar with cilantro leaves on top.

The achhar dish is very popular in Nepal. It is slightly hot and sour. The dish takes 5-7 minutes to prepare and be ready to serve. This is a cold dish. Quantities of the ingredients can be changed according to taste.

Recipe by Bina Bastola

Babagonuche

Brazil

1 egg plant
Salt
Garlic
Mustard and any other spices you like
3 Tbsp. olive oil
Hot pepper
6 olives

Preheat oven to 300F degrees (broil position). Wash the egg plant and bake it in the oven “as natural” for 1 hour. When the egg plant’s skin is almost black and the white part is really soft, remove from the oven and let it sit for ½ hour until cold. Peel and throw out the skin. Mash the white part until it becomes a puree. Add all ingredients above and mix well.

Recipe by Anna Alves

Cauli-matar Ko Tarakari

Nepal

1 head cauliflower
2 cups sweet peas
1 potato
Ginger, minced
2 cloves garlic
Salt
1 small bell pepper
Garam masala
Turmeric
1 large tomato
½ cup cilantro
1 small red onion
Oil

Cut the cauliflower into pieces. Cut the potato. Cook each in the microwave for 5 minutes and cover it. Heat the oil. Cut the onion into pieces and fry until it gets tender. Add turmeric, cauliflower and potato in the skillet. Add salt, garam masala, garlic and ginger. Cover it until the cauliflower and potato both get tender. Add sweet peas and green bell pepper. Add cut tomatoes and finely chopped cilantro.

Recipe by Bina Bastola

Cucumber Raita

Sri Lanka

½ lb. cucumber
1 tsp. salt
1 cup yogurt well beaten
1 tsp. lime juice
1 clove garlic, ground
½ tsp. finely shredded ginger

Peel and slice cucumber very thinly. Put into a bowl, sprinkle with salt and put it in the refrigerator for ½ to 1 hour. Squeeze out all the liquid. Mix garlic and ginger with yogurt. Add more salt if necessary and the lime juice. Mix in the sliced cucumber. Serve chilled. Good with rice and curry.

Recipe by Naadia Nazeer

Fried Plantains

Ghana

4 plantains
1 tsp. salt
½ tsp. black pepper
1 tsp. powdered onion
¼ tsp. powdered ginger
¼ tsp. powdered clove
Peanut or canola oil (for frying)

Peel plantains, then cut lengthwise. Cut each piece lengthwise again so you have 4 pieces per plantain. Cut each lengthwise strip into 4 or 5 chunks on the diagonal. Mix together the salt, pepper, onion, ginger and clove. Sprinkle the plantains with the spice mixture and set aside for about 15 minutes. Heat the oil, then fry the plantains until tender and slightly brown. Drain on paper towels. Serves 6 as a side dish.

Gibanica

Gibanica is a Serbian phyllo pastry dish, usually made with Serbian white cheese. Other varieties and related dishes can also be found in surrounding countries of the Balkans, most notably in Macedonia, where it is known as maznik (мазник); and Bulgaria where it is usually called Banitsa (банитца), as well as Bosnia and Herzegovina, Slovenia and Croatia.

This is one of the most popular and recognizable dishes in Serbia and it is made most often for festive occasions, or simply as a comforting family snack. Gibanica is most commonly made with Serbian white cheese. Other varieties are made with spinach, meat or potatoes and onions.

4 eggs

1 package cottage cheese (24 oz)

1 tsp. salt

2 Tbsp. vegetable oil

1 package filo pastry (package of filo pastry usually can be bought in Market Basket, in the refrigerated section with ice-cream. The name of it is "Athens Fillo (phyllo) dough" and it usually has 20 layers)

Preheat oven to 350F degrees. Beat the eggs in a large bowl, then add the cottage cheese and salt and mix well. Line a baking dish with aluminum foil and add a little oil so the gibanica will be easier to cut when it is ready. Line the baking dish with two sheets of filo pastry. Spoon in just enough of the cottage cheese and egg mixture to coat the pastry. Put another sheet of pastry on top, wrinkling it up to fit in the dish, and then spread again with just enough mixture to cover. Repeat this until all the mixture is used. Cover with another two sheets of filo and tuck in any overhanging edges. Moisten the top with the rest of the mixture and bake for approximately 40 minutes. Serve warm.

Recipe by Danijela Stojanac

Noodle Free Passover Fruit Kruegel

This is a wonderful fruit cornbread which is most often eaten as a side dish to a main meal.

2 cans of crushed pineapple with juice
3 peeled and grated apples (dehydrated)
8 large eggs, beaten
¾ cup of matzoh meal
2/3 cup sugar
½ cup vegetable oil
1 lb. dried prunes, chopped
½ lb. dried apricots, chopped

In a large bowl, combine all ingredients and mix until all ingredients are moist, and the fruit is well mixed. Pour into a 11 by 17 baking pan. This will be a loose batter. Bake at 325F degrees for approximately 45 minutes or until the center is set.

Recipe by Carol Jones

Provoleta

Argentina

Provolone cheese cut into thick ¼ slices
Salt and pepper
Oregano
Olive oil

Make sure cheese is very cold before starting. Place cheese directly on a hot grill and brown one side, then turn to brown the other. Allow the outside to brown but remove before the inside is melted. Wrap provolone in aluminum foil. Season with salt, pepper and oregano, then return to grill and allow to cook until cheese is warm but not thoroughly melted. Unwrap. Splash with a hint of oil and serve. Provoleta is usually eaten as an appetizer or as a side dish for “asado”, the Argentine word for barbecue.

Sweet & Sour Fish Fingers

China

Group 1:

1 lb. fish fillets
½ cup flour
½ tsp. salt
1/6 tsp. pepper
oil for frying

Group 2:

1 tsp. cooking oil
½ tsp. ground ginger
2 Tbsp. chopped leeks
½ tsp. sesame oil

Group 3:

1/3 cup red vinegar
½ cup sugar
2 Tbsp. cooking wine
1 ¼ cups water
1 Tbsp. starch
1/5 tsp. salt

Golden Fish Fingers (Group 1 ingredients): Cut fish into fingers, sprinkle salt and pepper on them. Roll fish in flour. Deep fry fish fingers for 3-5 minutes or until surface is golden.

Sweet & Sour Sauce (Group 2 and 3 ingredients): In a small skillet heat the cooking oil. Add ginger and leeks and sauté a while. Add mixed Group 3 ingredients and stir until the sauce boils and is sticky. Add sesame oil and stir until smooth.

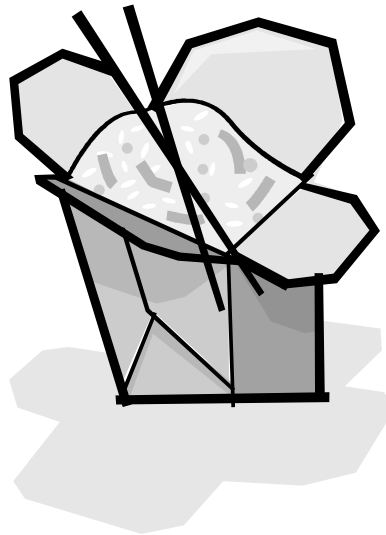
Recipe by Li Tan

Tabooly

1 cup wheat, medium/fine
1 bunch of green/regular onions
2 large bunches parsley
1 cup mint leaves (fresh/1 Tbsp. dried)
Juice of 3 lemons
¼ cup oil
Salt and pepper to taste

Clean and wash vegetables and chop. Wash and soak wheat for 10 minutes. Squeeze water from wheat and add to vegetables. Add lemon juice, oil, salt and pepper and mix well. Serve with lettuce, grape leaves or cooked cabbage leaves. All vegetables should be chopped fine.

Recipe by Carol Suleiman



Soups & Salads



Baszcz (Vegetarian Beet Soup)

Polish-Canadian

6-7 cups water

1 lb beets

1 small lemon

3 carrots

1 parsnip

2 celery sticks

2 potatoes

2 tbsp plain yogurt

½ cup green peas

2 cups sour beet juice (from canned beets or deli style pickle juice) (optional)

15 white mushrooms

Bay leaf

Salt

Fresh ground black pepper

1 bunch fresh dill

1 onion

3 tbsp butter

Wash beets, remove skin (wash again), grate coarsely. Chop beet greens. Cover with 3 cups of water. Squeeze lemon into the mixture, add a medium bay leaf and set aside. Clean remaining vegetables, cut into small pieces and with peas add to the beets mixture. Cover fully with water. Cook until tender (about 30 minutes). In the first few minutes after the mixture comes to a boil you should see a frothy material floating on top of the water. Skim it using a large table spoon and discard. As the vegetables cook, sauté the mushrooms, onion, and garlic in butter and add to the boiling vegetables. Add salt and pepper to taste. As the vegetables become tender, add the beet (or dill) juice and ½ bunch of finely chopped dill. Cook for another 3 minutes. Serve in soup bowls with a pinch of dill sprinkled on top with 2 tablespoons of plain yogurt “dropped” (optional) into the soup. The soup stores well in a refrigerator up to 4 days. It can also be frozen.

Recipe by Krystyna Gorzelska

Bulgur Salad (Kisir)

2 ½ cups Bulgur (fine grain)
2 ½ cups Water (hot)
4 medium Tomatoes
2 medium Cucumbers
4 medium Green pepper
10 Spring onions
1 large bunch Parsley
4 sprigs Fresh mint
Romaine lettuce
9 Tbsp. Tomato paste
1 Tbsp. Red pepper paste
½ cup Olive oil
½ cup Lemon juice
1 tsp. Salt
1 teaspoon Red pepper flakes
½ tsp. Black pepper

Place the bulgur in a large dish. Sprinkle with hot water, cover and leave for 15 minutes. Wash the vegetables; remove the stem and seeds of the green peppers. Clean off the surplus from onions, parsley and mint. Chop all the vegetables except the romaine lettuce finely and add to the bulgur. Add the tomato paste, oil, lemon juice, salt and the other seasonings and mix well. Arrange the lettuce leaves around the sides of a serving dish and place the bulgur salad in the center. Serves 6.

Recipe by Sunal Ahmet Parasiz and Canan Gamze Guleryuz

Cream of Carrot Soup

Sri Lanka

½ lb. carrots cleaned and washed
2 tsp. corn flour
3-4 red onions chopped fine
Salt and pepper to taste
2 cups milk
1 egg yolk (optional)
2 tsp. celery, chopped
2 tsp. butter

Add sufficient water to cook the carrots. Cover and cook until done. Put the carrots and one cup of the water in which the carrots were boiled into an electric blender and blend to a smooth puree. Melt the butter in a saucepan and sauté the onions until transparent. Add the carrot puree, milk and corn flour dissolved in a little water. When it comes to a boil add the finely chopped celery. Remove from heat, add the beaten egg yolk and flavor with salt and pepper. Serve hot (Serves 6).

NOTE: When the egg has been added do not reheat. If the soup has been made in advance add the egg and celery at the time you reheat.

Recipe submitted by Naadia Nazeer (A. Dickman's Cookbook)

Cream of Winter Squash Soup

A slightly spicy, but delicious soup for the cold months.

2 Tbsp. olive oil or butter

1 large leek, washed, trimmed, thinly sliced (about 2 cups)

½ tsp. coriander

4 cloves of garlic, crushed/minced

2 lb. winter squash (butternut, acorn, Hubbard) peeled, seeded, cut into 1” cubes (4 cups)

¾ cup buttermilk or half-and-half

2 ¾ cups vegetable stock

½ tsp. ground nutmeg

½ tsp. ground ginger

Parsley/cilantro leaves for garnish

Salt and pepper to taste

Heat the olive oil in a 4-5 quart kettle and sauté the leeks and garlic for 5 minutes over medium heat. Add the squash, stock, ginger, nutmeg, coriander, salt and pepper. Cover the pot and bring to a boil. Reduce heat to low and simmer for 25 minutes, until the squash is tender. Using a food processor or blender, process one third of the soup at a time. Return the soup to the pot, pour in the buttermilk, and reheat for 5 minutes. To serve, spoon into individual bowls and garnish.

Preparation time: 15 minutes

Cooking time: 35 minutes

Yield: 4 servings

Recipe by Michael and Jazmin Smith

Fish and Sweet Pea Soup

China

½ tsp salt

½ tsp vinegar

1 ½ tbsp corn starch

½ cup cold water

1 tbsp. cooking oil

1 tsp ground ginger

1 tbsp chopped leeks

4 oz. fish fillets

1 cup sweet peas

4 cups boiling water

½ tsp. sesame oil

1/5 tsp pepper

Cut fish into small cubes. Mix first four ingredients in a small bowl and set aside. In a large pan, heat cooking oil. Scatter ginger and leeks, then scatter fish cubes on top. Cover the pan for 1 minute or so. Add boiled water and sweet peas. Boil for 5 minutes. Add mixture that was set aside. Stir until the soup boils and is sticky. Remove from heat. Sprinkle sesame oil and pepper.

Recipe by Li Tan

Green Bean and Pasta Salad

A delicious dish to take along on a summer picnic.

12 oz. pasta shells
½ cup low-fat mayonnaise
1 lb. green snap beans, tops and strings removed, cut in 1” pieces
¼ cup white wine vinegar or lemon juice
1 lb. solid white tuna (or chicken) in spring water
Salt and pepper to taste
3 cloves garlic, finely minced
¼ cup olive oil
1 Tbsp. fresh chopped tarragon
1 Tbsp. fresh chopped chives

Bring water to a boil in a 3-quart saucepan over high heat. Add pasta and boil for 5 minutes. Add green beans and continue cooking for 5 to 6 minutes longer, until beans and pasta are tender. Drain into a colander and rinse under cold water. Drain thoroughly. Turn into a large mixing bowl and add the tuna and black olives. Combine the olive oil, mayonnaise, vinegar, salt, pepper and garlic in a small bowl and whisk until smooth. Stir in the tarragon and chives. Pour into the pasta bowl and mix the contents together. Serve warm or chilled.

Preparation time: 15 minutes
Cooking time: 10 minutes
Yield: 4 servings

Recipe by Michael and Jazmin Smith

Lentil Stew

400 grams (about 14 oz.) lentils
1 head garlic
1 onion
2 tbsp. oil
2 tomatoes
1 large bay leaf
Salt and pepper to taste

Soak the lentils for a few hours and drain, and place in a medium-large stewpot. Add the rest of the ingredients and cover with water. Cover and bring to a boil. Reduce to a low heat and simmer. If it is necessary, add small amounts of water as it simmers. Serves 4.

Recipe by Michael and Jazmin Smith

Mushroom Bisque

¼ cup butter
1 tsp. thyme leaves
1 pound mushrooms, coarsely chopped
Salt to taste
2 large onions, sliced
1/8 tsp white pepper
2 cloves garlic, pressed or minced
7 beef bouillon cubes
1/3 cup chopped parsley
6 cups milk

In a 5 quart kettle, melt butter over medium heat; add mushrooms, onion, garlic, parsley, thyme, pepper and bouillon cubes. Cook on medium heat, stir occasionally until veggies are limp. Stir in the flour. In blender, mix ½ mushroom mix at a time, with enough of the milk for the blender to run easily, until mixture is pureed. Return mixture to pan; stir in remaining milk. Cook over medium heat, stirring often, until hot and thickened. Add salt if desired. Garnish with grated parmesan cheese, thinly sliced raw mushrooms or green onions, croutons, or ground nutmeg.

Zuppa Toscana Soup

Italy

1 lb. spicy Italian sausage, crumbled
½ lb. smoked bacon, chopped
1 qt. water
2 14.5 oz. cans (about 3 2/3 cups) chicken broth
2 large russet potatoes, scrubbed clean and cubed
2 garlic cloves, peeled and crushed
1 medium onion, peeled and chopped
2 cups chopped kale or Swiss chard
1 cup heavy whipping cream
Salt and pepper to taste

In a skillet over medium-high heat, brown sausage, breaking into small pieces as you fry it; drain, set aside. In a skillet over medium-high heat, brown bacon; drain, set aside. Place water, broth, potatoes, garlic, and onion in a pot; simmer over medium heat until potatoes are tender. Add sausage and bacon to pot; simmer for 10 minutes. Add kale and cream to pot; season with salt and pepper; heat through.

Recipe by Aaron and Moriah Bascom

Main Dishes



Bisi-Bele Bath (Hot Dal-Rice)

South India

1 cup Basmati Rice/Sonamasoori
1 cup Red gram or also called Toor Dhal
1 Carrot
1 Potato
1 Onion
1 Tomato
¼ cup Beans
¼ cup green peas
few leaflets of curry leaves
1 tsp Red Chili powder
1 tsp Coriander powder
¼ tsp Mustard seed
½ tsp cumin seeds
½ tsp Garam masala
¼ tsp turmeric powder
small piece Ginger
1 clove Garlic
1 tsp or to taste salt
a few coriander leaves for garnishing
Vegetable oil 2 spoon or ghee 2 spoon
2 ½ cups water

Basmati rice if preferred or else sonamasoori is ok. Wash 1 cup rice until water gets clear and soak the rice half an hour. Peel the potato, onion and the tomato. Cut potato and onion into thin circular pieces. Cut the tomato into 8-10 pieces. Or use readily mixed vegetables.

Boil Toor Dhal separately and keep it aside. Drain all the water from the rice. Discard the water. Heat a non-stick frying pan/skillet on medium temperature and add 2 tsp. oil/ghee and when it is hot, add all the spices. Stir for 2 minutes. Add water and let it boil. Add potato pieces. Put the rice and boiled Toor Dhal in the boiling water and let it cook for 10-15 minutes. The rice will be semi-cooked in this time. Add tomato, onion, and peas and slowly stir. Cover the cooking pan and let it cook for 5-7 minutes. By this time all the water will evaporate. Sprinkle with coriander leaves. Serve hot. Good with Lijjat papad, Namkeen Mixture, Pakora, etc.

Recipe by Dr. Chandrashekhara Biradar

Cabbage (The Malawian Way)

Malawi

3 cups fresh shredded cabbage
Cooking oil to cover bottom of pan
2 tomatoes (fresh or crushed)
1 chopped onion
Salt to taste

Fry the onions in a little oil. Add cut tomatoes and continue frying. Add shredded cabbage and mix well. Cook for 5-10 minutes. Add salt to taste. Serve with rice.

Recipe by Bochiwe Kaonga

Cabbage Dish (Vegetarian or with Meat)

Polish-Canadian

1 medium white cabbage
1 clove chopped garlic
3 chopped onions
1 small bunch fresh dill
1 bunch scallions, chopped
3 Tbsp. butter
Option A:
3 fresh tomatoes
16 oz. (170 g) tomato paste
Option B:
1 lb. meat (any cut of pork)

Wash all vegetables well. Remove damaged/wilted leave from cabbage. In 3 Tbsp. butter, sauté in Dutch oven chopped onions, scallions, and garlic. Cut the cabbage in half and remove the core and shred cabbage. Combine with onions, scallions, and garlic in pot. Add 1 cup water. Simmer on low heat (it burns easily) until tender. Add finely chopped dill.

Option A: Add tomato paste and cook for an additional 5 minutes. In the last minute add fresh tomato (quartered or sliced).

Option B: Sate meat with onions until brown. Cover with water and simmer until meat is tender (1 hr) Add to the cabbage and mix well. Cook cabbage with meat for 10 minutes (to blend flavors). Serve the cabbage with baby potatoes, hearty bread, or just on its own.

Without meat, you can store it in the refrigerator for 4-5 days. With meat, store for 3 days maximum in refrigerator.

Recipe by Krystyna Gorzelska

Chawan-Mushi

"CHAWAN" means like a bowl or cup. "MUSHI" means steam cooking. This is a traditional food of Japan.

1 egg
¾ cup water (If you like real Japanese taste, you have to use DASHI (bonito and seaweed) water)
¼ tsp. salt
½ tsp. sugar
1 tsp. soy sauce
10 spinach leaves
2 shrimp
2 scallops
½ chicken thigh



Beat egg in a bowl. Add water, salt, sugar and soy sauce and mix. Pour ½ of the mixture into a cup or mug (safe to steam). Add spinach, shrimp, chicken thigh and scallop to each cup. Cover the cups with foil. Put the cups into a pan of boiling water. Water is needed ½ ways up the side of the cups. Cook on medium high heat for 20-25 minutes or until inserted toothpick comes out with clean liquid. TAKE CARE NOT TO SCALD!!

Recipe by Rika Ito

Chicken Parmesan

United States

Boneless chicken breasts
¼ cup milk
Italian bread crumbs
¼ cup oil
Mozzarella cheese
Spaghetti sauce
1 egg

Heat oil in frying pan. Coat chicken in mixture of egg and milk. Bread chicken with bread crumbs. Cook chicken in oil for approximately 5 minutes. Place in baking dish and cover with spaghetti sauce and mozzarella slices. Bake at 350F degrees for 30-35 minutes.

Recipe by Susan and Karissa LeClair

Chicken Special (Curry)

Sri Lanka

1 kg (2 ¼ lb.) chicken
1 tsp. cumin powder
50g (2 oz.) ghee or oil
½ tsp. turmeric powder
3 large onions, sliced
1 ½ tsp. ginger
1 ½ tsp. garlic
2 Tbsp. yogurt
25g cadjunuts
2 inches cinnamon
25g sultanas
100g red onions sliced
3 tomatoes chopped
Salt
1 tsp. coriander powder
Few curry leaves
3 medium sized potatoes quartered
1 spring of mint leaves, crushed
5 cardamoms crushed (optional)
1 tsp. chili powder (optional)

Fry the sliced onions and potatoes until golden brown in half of the oil/ghee. Then fry the cadjunuts and sultanas and leave aside. Marinade the chicken with salt and lime for ½ hour. Wash the chicken and place it in a mixing bowl. Add all the balance ingredients (except the red onions and balance oil/ghee). Mix well and set aside. Heat the remaining chicken mixture and fry for a few minutes. Add water (approx. 1-1/2 cups) and cook until tender. When cooked add the fried onions, potatoes, cadjunuts and sultanas. Serve hot. Good with rice or pita bread.

Recipe by Naadia Nazeer

Classic Lasagna Recipe

United States

I make this a lot and serve with Italian garlic bread and salad. It always gets a rave review, especially if the mozzarella strings with every bite. This recipe comes from my mother. I think she got it off the back of a "Mueller's Lasagna box."

1 lb. ground beef
¾ cup chopped onions
2 Tbsp. salad oil or olive oil
1 (1 lb.) can crushed tomatoes
2 (6 oz.) cans tomato paste
2 cups water
1 Tbsp. chopped parsley
2 tsp. salt
1 tsp. sugar
1 tsp. garlic powder (I use real clove garlic, minced)
½ tsp. black pepper
½ tsp. oregano leaves
9 lasagna noodles
1 lb. ricotta cheese
8 oz. shredded mozzarella cheese
1 cup grated parmesan cheese

1. In large heavy pan lightly brown beef and onion in oil.
2. Add tomatoes, paste, water, parsley, salt, sugar, garlic, pepper, and oregano; simmer uncovered, stirring occasionally about 30 minutes.
3. Meanwhile cook lasagna as directed; drain.
4. In 13x9x2" baking pan, spread about 1 cup sauce.
5. Then alternate layers of lasagna, sauce, ricotta, mozzarella, and parmesan cheese, ending with sauce, mozzarella and parmesan.
6. Bake at 350 for 40 to 50 minutes until lightly browned and bubbling.
7. Let stand for 15 minutes; cut in squares to serve.

Makes 8 servings.

Recipe by Aaron and Moriah Bascom



Crockpot Charlie's Family Famous Chili

2- 14 ½ oz. cans pinto or kidney beans
2 cloves minced garlic
3 Tbsp. chili powder
1-28oz. can crushed tomato
1 ½ tsp cumin
1-14 ½ oz. can stewed tomatoes, or 8 fresh tomatoes
1 tsp pepper
1 tsp cayenne pepper or red pepper
1 medium onion
Salt if desired
1 green chili pepper
1 light green Italian pepper

Brown beef and drain fat. Drain cans of beans. Chop up any of the above vegetables as desired (fine, coarsely or big chunks). Add everything to the crock pot, stir it up and cook on low 10-12 hours or high 5-6 hours.

Charlie's Note: Any of the above ingredients can be substituted with something else. If a vegetarian chili is desired add more vegetables and beans. Carrots and Zucchini can also be added. If using a small crock pot, cut ingredients in half.

Dal (Lentils)

India

1 cup lentils
6 cups water
salt to taste
3 medium ripe tomatoes
1 large chopped onion
2 garlic minced cloves
2 Tbsp minced ginger
1 tsp turmeric
1 tsp whole cumin seeds
½ cups chopped fresh coriander

Bring all ingredients except fresh coriander to boil on high. Reduce to low. Cook until Dal is tender, approximately 20-30 minutes. When done, sprinkle coriander on top. Stir and serve hot. Good on rice. Serves 4.

Srivivias Kappadath & Beth Kuzola

Deena's Beef Stew

United States

3 Tbsp. all-purpose flour
1 ½ lb. beef stew meat
2 Tbsp. cooking oil
½ cup chopped onion
1 clove garlic, minced
¼ tsp. marjoram
½ tsp. dried thyme, crushed
½ tsp. oregano
3 cups vegetable juice cocktail (V-8)
5 whole black peppercorns
2 bay leaves
1 tsp. instant beef bouillon granules
2 large potatoes, cubed
1 ½ cups sliced carrot
1 ½ cups sliced celery
1 tsp. salt

In a plastic bag combine flour and salt. Add meat cubes, a few at a time, shaking to coat. In a large saucepan brown meat, half at a time, in hot oil. Return all meat to saucepan; add onion, garlic and other spices. Stir in vegetable juice, bouillon and 1 cup of water. Bring to a boil, reduce heat. Cover and simmer 1 ¼ hours for beef or until meat is tender. Stir in potatoes, celery and carrots. Cover and simmer for 30 minutes or more. Skim off fat. Serves 6.

Recipe by Deena Ehlert

Egyptian Beef and Okra

1 lb. ground beef
2 Tbsp. fine dry bread crumbs
½ cup minced onion
10 oz. okra, cooked and drained
1 large clove garlic, minced
Butter
1 can condensed tomato soup
Lemon slices (for garnish)
1/8 tsp. pepper
1 egg, lightly beaten

Brown beef in a skillet; add onion and garlic and cook until tender (use shortening if necessary), stirring to separate meat. Pour off fat.

Add soup, pepper, egg and bread crumbs; bring to boil. Reduce heat and simmer 5 minutes, stirring occasionally. Arrange okra around buttered 1 quart casserole dish with tips toward center and ends along the outside; spoon soup mixture over okra. Bake in preheated 375F degree oven for 30 minutes or until set; let stand 10 minutes. Inver on serving platter; garnish with lemon slices.

Recipe by Carol Suleiman

Green Bean Casserole

United States

1 can (10 3/4 oz.) Campbell's® Condensed Cream of Celery Soup (Regular, 98% Fat Free or 25% Less Sodium)

1/2 cup milk

1 tsp. soy sauce

Dash ground black pepper

4 cups cooked cut green beans

1 1/3 cups French's® French Fried Onions

Mix soup, milk, soy, black pepper, beans and 2/3 cup onions in 1 1/2-qt. casserole. Bake at 350°F. for 25 min. or until hot. Stir. Sprinkle with remaining onions. Bake 5 min.

TIP: Use 1 bag (16 to 20 oz.) frozen green beans, 2 pkg. (9 oz. each) frozen green beans, 2 cans (about 16 oz. each) green beans or about 1 1/2 lb. fresh green beans for this recipe.

For a variation, substitute 4 cups cooked broccoli flowerets for the green beans. For a creative twist, stir in 1/2 cup shredded Cheddar cheese with soup. Omit soy sauce. Sprinkle with 1/4 cup additional Cheddar cheese when adding the remaining onions. For a festive touch, stir in 1/4 cup chopped red pepper with soup.

Prep: 10 minutes

Bake: 30 minutes

Serves: 6

Recipe by Aaron and Moriah Bascom



Hamburgers (Cheeseburgers)

United States

85% lean ground beef (about ¼ lb. per burger)

Pepper

Garlic powder

Minced onion

Oregano

Ketchup

1 egg

Cheese (provolone, american) (optional)

Condiments (mustard, ketchup, relish, mayonnaise, lettuce, tomato)

Place the ground beef in a large mixing bowl. Add pepper, garlic powder, minced onion, oregano, ketchup, and 1 egg (Approximately ½ tsp. of each spice for 1 ½ lb. beef, 2 Tbsp. ketchup). Mix well. Form into ¼ lb. patties and grill approximately 7 minutes per side over medium heat, until brown throughout. Place cheese on burgers when almost done cooking. Serve on hamburger buns with desired condiments.

Recipe by Aaron and Moriah Bascom

Italian Pizza

United States

Sauce:

1 large onion, chopped

½ tsp. pepper

2 lb. cans whole tomatoes

½ tsp. oregano

1 lb. can of tomato puree

½ tsp. salt

Crust:

2 packages dry yeast

2 tsp. salt

2 cups warm water

2 tsp. sugar

8 cups flour

¼ cup oil

For the sauce, sauté onions in oil, add other ingredients and sauté for about 1 hour.

Mix yeast and water. Mix flour, salt, sugar in a bowl. Make a “well” in bottom of flour mixture and pour oil in this hole. Gradually mix flour and oil. Add yeast and water mixture gradually. Add additional warm water for correct dough mixture. Let dough rise for about 1.5 to 2 hours. Cover bowl of dough with a towel. Punch down dough before spreading it out. Spread dough out on a lightly greased cookie sheet. Prick dough all over with a fork to get rid of air bubbles. Add sauce and desired toppings (cheeses, meats, vegetables). Bake at 400F degrees for 25 minutes. Makes 2 pizzas.

Recipe by Chris Oroz

Korean Bulgogi (Beef stir-fry)

Korea

Beef (steak) 14oz (4 servings)

1 onion

1 scallion

Beef seasoning

8 Tbsp. of soy sauce

2 Tbsp. of sugar

1 Tbsp. of chopped garlic

1 tsp. of sesame seed oil

1 tsp. of sesame seed

Ground black pepper

1 Tbsp. of pear juice (optional)

Cut steak into thin slabs. Work with meat tenderizer. Cut into small enough pieces (In other words, convenient to eat). Put all the ingredients for Bulgogi sauce into a bowl and mix well. Clean onion and cut into strips, chop scallion into small pieces. Into the bowl, add meat and onion and mix well. Leave it for 1 hour or more in the refrigerator. Stir fry meat in a frying pan (skillet) over high heat until smells cooked (2-3 minutes) not burned. Let it simmer for a while until the juices come out.

Recipe by Eugene Jung, Hwan H Han

Libya Couscous

Libya

½ kg (about 1 lb.) mutton meat, cubed

½ kg (about 1 lb.) couscous

4 Tbsp. olive oil

2 onions

2 green peppers

2 potatoes

1 can chickpeas

2 pieces of pumpkin

1 can chickpeas “ready for cooking”

4 Tbsp. tomato paste

1 Tbsp. chili powder

Salt and pepper for seasoning

½ Tbsp. Libyan spice

½ Tbsp. cinnamon

½ Tbsp. cumin



Season the meat with the spices and put it into a pot with the olive oil and a small amount of onions. Fry it for a bit, and then add the tomato paste, chickpeas and a cup of water. Let it boil for 15 minutes. Cut the vegetables and throw them in the pot, add 1 liter of water and let boil.

To prepare the couscous, put it into a colander or sifter over the big pot, wet the couscous, and put it into the sifter and steam it for 30 minutes. Add the potatoes to the sauce, and rewet the couscous in the sifter with a bit of the sauce (which will give it the red color). Continue cooking for another 20 minutes, and then add the rest of the onions and pumpkin.

Put the couscous in a big bowl, pour some sauce over it and stir it, then decorate the couscous with vegetables, meat and slices of red pepper. Now you've got yourself a beautiful, yummy Libyan dish.

Recipe by Mabruka Elakrmi

Macaroni and Cheese

United States

2 cups (8 ounces) dried elbow macaroni
1 ½ cups (6 ounces) grated sharp cheddar cheese
1 ½ cups (6 ounces) grated mild cheddar cheese
¼ cup minced sweet onion (Vidalia)
1 Tbsp. butter
½ tsp. oregano
¼ tsp. freshly ground black pepper
Sprinkle of red pepper flakes if you want it spicy
2 ½ cups milk
¾ cup crushed Ritz crackers or bread crumbs

Cook macaroni according to package directions; drain and set aside. Cook onions in saucepan with butter until tender, set aside. In 2-quart casserole dish, add half of macaroni and half of cheeses on top of pasta. Add spices (black pepper, oregano, and red pepper flakes). Top with rest of pasta and cheese. Pour milk over, making sure pasta is almost covered. Top with crushed Ritz crackers. Bake uncovered in 350° F oven for 30-40 minutes until bubbly and milk is absorbed. Let stand for 10 minutes before serving. Dish will thicken slightly as it cools.

Recipe by Aaron and Moriah Bascom

Milanesas a la Napolitana

Argentina

1 lb thinly sliced sandwich steak
Parmesan cheese
3 eggs
1 tsp finely chopped garlic cloves
1 can seasoned bread crumbs
1 jar tomato sauce
¼ lb. Swiss or provolone cheese

Season the steak to taste, with salt and pepper. Beat eggs in a bowl and place a teaspoon finely chopped garlic cloves. Put steaks inside egg mixture. Cover with plastic wrap and let stand in refrigerator for a couple hours. Take steaks out and dip them in bread crumbs. Make sure to cover all sides of the steak with bread. Fry the steaks in a hot pan with vegetable oil. When steak is done, (about 5 minutes) take out and rest on paper towels to soak up extra oil. Place steaks in oven-safe baking dish and pour tomato sauce over them. Top with Swiss or provolone cheese, then with grated parmesan cheese. Bake at 350° until cheese is melted. Serve with pasta. Milanesas are also a common Italian meal. They may also be fried and eaten without the cheese and tomato sauce.

Mom Beck's Fried Rice

United States

Chopped green onions or chives

Grated carrots

Mushrooms chopped

¼ lb. bacon and save grease

2 cups cooked rice

¼ cup soy sauce

½ lb. meat

Cook bacon and save grease. Sauté any pork you have left over in 1 Tbsp. bacon grease or salami, beef or pepperoni shredded or chopped. Once meat is cooked add all vegetables, bacon and sauté in 2 Tbsp. bacon grease or 2 Tbsp. butter if necessary. Add cold cooked rice stirring continually. Add about ¼ to ½ cup soy sauce. Stir until heated through.

Recipe by Deena Ehlert

Moong Dal

India

1 Cup yellow split moong dal

3 hot green peppers, halved

2 cloves minced garlic

1 Tbsp. freshly chopped ginger

½ tsp. whole cumin seeds

1 Tbsp. curry leaves

Salt to taste

1 tsp. turmeric

4 Tbsp. butter

6 cups water

4 cloves

Bring dal, turmeric, water, peppers, cloves, curry leaves, and salt to boil on high heat. Lower heat to medium and cook until dal is tender (approximately 20-30 minutes). Heat butter in a small saucepan on high heat. Add cumin seeds, garlic, and ginger- stir fry for 2 minutes. Add to dal, lower to medium heat and stir for 2 minutes and serve hot. Serves 4.

Srivivias Kappadath & Beth Kuzola

Osban

Libya

Dwara and masareen (tubes)
1 bunch of dill (shibt)
Lemon juice
1 bunch of coriander
Liver and heart of lamb (meat (Habra))
2 tsp. of tomato paste
4 green onions
1 cup of rice
3 bunches of parsley (maadanous)
1 tsp. of salt
1 tsp. red chilli
1 tsp. black pepper
1 tsp. bazaar
1 tsp. hrarat (Libyan spice)
½ cup of olive oil
1 tsp. mint



Clean the Dwara and Masareen with hot water and put them in a large bowl. Marinate them with lemon juice, salt and leave it for an hour. Wash them again to remove salt and the lemon residues. Cut the vegetables and the meat (Habra and liver) into small pieces. Mix the vegetables, meat and the balance of ingredients in a large bowl. Stuff the Masareen (Tubes) and pieces of dwara. Put 4 cups of water, tomato and spices in a pan and boil it. Put the stuffed Masareen and dwara in the frying pan and heat it up until its ready.

Recipe by Mabrouka Elakrmi

Palm Nut Stew

Cameroon

4 chicken breasts, skinless and boneless, cut in bite size pieces
Salt and pepper to taste
¼ cup peanut oil
4 scallions finely chopped
2 tomatoes, cut into small pieces or 1 can palm tree pulp
1 medium onion, thinly sliced
½ tsp. red pepper flakes, for a spicier dish if desired
½ tsp. thyme
3 Tbsp. peanut butter

Season chicken with salt, pepper, and red pepper flakes. Heat half the oil in a large pot and brown the chicken for 2 minutes, stirring. In a skillet, heat the rest of the oil. Add the onions, stir for a minute, then add the scallions, tomatoes (or palm tree pulp) thyme, and red pepper if desired. Stir for one minute, then add peanut butter. Add the chicken, stir, cover and simmer for 45 minutes. If the stew gets too dry, add water and more peanut butter to taste. Serve over steamed rice.

Posthaustopf

Germany

1 ¼ lb. pork fillet
8 oz. red pepper
Salt and pepper
3 egg yolks
Horseradish
6 oz. sour cream
2 Tbsp. butter
1 Tbsp. spicy mustard
1 cup bouillon broth
10 oz. mushroom

Cut the meat into pieces, apply salt and pepper to taste. Flavor with horseradish and put the meat into a pan with hot butter. Fry for about 10 minutes. Put the meat into a serving dish and keep it warm in the oven. Cut the mushrooms and the peppers into pieces; place it in a pot with bouillon broth, beaten egg yolks, sour cream and mustard. Mix thoroughly and heat carefully; do not allow it to boil! Serve with green salad and rice.

Recipe by Slike Burnell

Quick Beef Stroganoff

United States

1 lb. round steak, ¼" thick
1 can condensed beef broth
¼ cup butter
1 cup dairy sour cream
6 oz. sliced mushrooms, (approximately 2 cups)
1 ½ Tbsp. flour
½ cup chopped onion

Trim fat from meat, cut meat diagonally across grain in ¼" strips (should be very thin). Brown quickly in butter, mush meat to one side, add mushrooms and onions. Cook until just tender, add beef broth, heat to just boiling. Blend sour cream and flour, stir into broth, cook and stir until mixture thickens (sauce will be thin). Season to taste with salt and pepper. Serve over hot buttered noodles. Serves 4-5.

Recipe by Marge Blackwood

Tandoori Chicken

Sri Lanka

This dish is a very popular Indian dish enjoyed in South Asia. It derives its name from the "tandoor" or clay oven in which it is traditionally cooked.

2 chickens (approximately 600g each)

1 tsp. chili powder

3 Tbsp. lime juice

Oil for basting

Marinade:

4 Tbsp. yogurt (plain)

1 tsp. cumin powder

2 ½ tsp. ground ginger

½ tsp. garam masala

2 ½ tsp. ground garlic

2-3 drops red food coloring

Wash and skin the chickens. Wipe and prick all over with a fork. Make a paste of salt, chili powder and lime juice and rub over chicken evenly. Keep aside for 15-20 minutes. Whisk yogurt in a bowl with remaining ingredients. Rub the chicken with this mixture and leave in the refrigerator for 4-5 hours. Sprinkle a little oil over the chicken and toast in a pre-heated oven at 400F degrees for 20-40 minutes. Baste the chicken occasionally with a little oil and the marinade. In the final stage the chicken can be put under the grill to have a charred and crusty appearance.

Recipe by Naadia and Tariq Nazeer

Tennessee Methodist Church Supper Beans

1 lb. ground beef

2 Tbsp. brown sugar

1 medium onion

2 Tbsp. Worcestershire sauce

Pinch of celery salt

½ bottle ketchup

1 large can pork and beans

Brown ground beef and onion in a large skillet. Stir in remaining ingredients. Place in casserole dish. Bake at 375F degrees for ½ hour.

Recipe by submitted by Jim & Cindy Farrell

Desserts



Almond Cheese Cakes

Sri Lanka

250g (9 oz.) flour
150g (6 oz.) margarine
30-50g (1 ½ to 2 oz.) sugar
1 egg

Cream the margarine and sugar together, add the egg. Lastly, mix in the flour with a wooden spoon. Wrap in cling wrap and leave in refrigerator for ½ hour before use. This pastry is very soft and cannot be rolled out. Grease small cake tins and line them with the pastry pressing lightly with your fingers.

Filling:

100g (4 oz.) minced cadjunuts or almonds
100g (4 oz.) sugar
2 eggs
100g (4 oz.) butter

Cream the butter and sugar together, add the eggs one at a time. Lastly add the cadjunuts or almonds and drops of almond essence (optional). Put the mixture into the lined uncooked pastry cups. Bake at 300F degrees for 15 to 20 minutes until it becomes light golden brown in color.

Recipe by Naadia Nazeer

Anna Alves' Brazilian Banana Cake

Brazil

1 to 1 ½ cups all purpose flour
1 cup corn starch
8 Tbsp. butter/margarine
1 cup sugar
1 tsp. baking powder
8 bananas cut into chunks
3 eggs
1 ½ cups milk

Preheat oven to 375F degrees. Mix flour, corn starch, sugar and baking powder together. Add the butter and work with hands until you get some flakes. In a pre-oiled cake pan, put one layer of prepared flakes, one layer of banana chunks, and another layer of prepared flakes. However many layers you choose to make, always finish with a layer of prepared flakes. Blend eggs and milk, and pour the combination over the layers. Bake for 30 to 35 minutes. Insert a toothpick in the center and make sure it comes out clean.

Recipe by Anna Alves

Apple Crisp

United States

3 pounds of tart apples (7 or 8 large apples)

Peel core and slice apples, then sprinkle with lemon juice.

In a large bowl mix the following ingredients with fingers to get a crumbly texture:

1 cup of flour

1 cup of brown sugar

½ cup of butter

½ teaspoon of salt

1 teaspoon of cinnamon

Spread mixture over apples in a large rectangular pan. Cook at 375F degrees for 30 minutes.

Recipe by Michael Saputo

Apple Jelly Filled Cookies

United States

4 cups flour

2 eggs

2 tsp. cream of tartar

½ cup milk

1 tsp. baking soda

1 tsp. vanilla

1 tsp. salt

1 cup sugar

½ cup shortening

1 jar apple jelly

Sift the flour, cream of tartar, baking soda and salt (dry ingredients) together. Melt shortening. Beat the eggs, add sugar and melted shortening, add milk and vanilla. Mix in the dry ingredients. Form a ball and roll out ½ inch thick, cut into round cookie shapes. Put 1 tsp. jelly in the center and put top layer of cookie on. Press dough together with fork around the sides. Bake at 350F degrees for 8-10 minutes until golden.

Recipe by Theresa McDonald

Arroz con Leche (Rice with Milk)

Milk, rice, and sugar become one of the tastiest desserts in Columbia.

1 ½ cups rice
4 cups milk
1 12 oz. can evaporated milk
1 cup sugar
1 cinnamon stick
½ cup raisins
½ cup dried coconut

Cook the rice for about 30 minutes with a little water. Be careful not to let the rice get dry. When the rice is soft, add the milk, evaporated milk, sugar, raisins, dried coconut and the cinnamon stick and let it boil. Mix well and cook slowly on medium heat. Stir it from time to time, making sure it doesn't burn. Let it cook for about 20 minutes or until you notice the rice is completely cooked, stirring every 2 to 3 minutes. If the rice gets dry during cooking, add some milk, as the rice and milk should be half-liquid, never solid. The final step, when the rice is cooked, is removing it from the heat. Let sit for about 10 minutes before serving, remove the cinnamon stick and serve it in individual cups or glasses. Serve hot or cold, store in the refrigerator. Everyone has his/her own taste, so next time you prepare this recipe, add more or less sugar, or if you prefer more liquid rice with milk, add more milk.

Recipe by Diana Caro



Baklawa (Nut filled pastry)

2 lb. pastry sheets

Filling:

2 lb. walnut meats (coarsely ground)

1 Tbsp. rose water

1 cup sugar

1 lb. melted butter

Syrup:

5 cups sugar

½ lemon

2 ½ cups water

1 Tbsp. rose water

Combine nut meats, sugar and rose water in bowl. Butter bottom of a large baking tray. Place pastry sheets on bottom of pan, fitting it to the edges. Brush with butter. Spread the nut mixture evenly over the bed of pastry, then place remaining pastry sheets on top of the nut mixture, again brushing each sheet with butter. With a sharp knife, cut in diamond shapes. Bake at 350F degrees for 1 hour. Brush with additional butter. Continue baking at 200F degrees for 1 hour and 15 minutes until top is light golden brown. While pastry is baking, prepare the syrup. Boil sugar and water to make thin syrup. When almost done, add lemon half and rose water. Cool before pouring over baklawa.

Recipe by Carol Suleiman

Chocolate Chip Surprise

New Zealand

1 packet chocolate chip cookies

¾ pint of heavy whipping cream

1 cup of sherry

Chocolate chips (optional)

Pour sherry into shallow bowl. Dip each cookie in sherry (like doing French toast). Stack cookies upright in a row. Whip cream until stiff. Carefully cover the top, sides and end of “cookie log” with cream. Refrigerate for 1 to 2 hours. Just before serving, sprinkle cream with chocolate chips or sprinkles.

Recipe by Toni Bruce

Chocolate Mint Snow-Top Cookies

1 ½ cups all-purpose flour
1 ½ tsp. baking powder
¼ tsp. salt
1 10 oz. package (1 ½ cups) Nestle Toll House mint chocolate chips, divided
6 Tbsp. (¾ stick) butter or margarine, softened
1 cup sugar
1 ½ tsp. vanilla extract
2 eggs
Powdered sugar

In a small bowl, combine flour, baking powder and salt; set aside. In a small saucepan over low heat, melt 1 cup chocolate chips. In a large mixing bowl, beat butter and sugar until creamy. Add melted chips and vanilla extract. Beat in eggs. Gradually beat in flour mixture. Stir in remaining ½ cup chocolate chips. Wrap dough in plastic wrap; freeze 30 minutes until firm. Preheat oven to 350F degrees. Shape dough into 1 inch balls; coat with powdered sugar. Place on un-greased cookie sheet. Bake 10 to 12 minutes until tops appear cracked. Let stand 2 minutes. Remove from cookie sheets; cool. Makes about 3 dozen cookies.

Recipe by Laura Chandler

Chocolate Zucchini Bread

1 cup of shredded zucchini
½ tsp. salt
¼ cup milk
½ tsp. baking powder
2 eggs, beaten
½ tsp. baking soda
½ cup oil
½ tsp. vanilla
1 oz. melted or grated unsweetened chocolate
2 ½ cups unbleached flour
½ cup sugar

Mix together the zucchini, milk, eggs, oil, chocolate and vanilla. In a separate bowl combine flour, sugar, salt, baking powder and baking soda. Lightly combine the wet and dry ingredients. Pour into a greased 9 inch loaf pan. Bake at 350F degrees for 50-60 minutes or until a toothpick inserted into the center comes out clean. Let bread cool about 10 minutes before removing from the pan.

Recipe submitted by Pat Proulx Lough (Drawn from Moosewood Cookbook)

Cinnamon Lemon Cookies

1 cup sugar
½ cup butter or margarine
1 egg
1 tsp. vanilla
1 ½ cups all-purpose flour
1 ½ tsp. baking powder
½ tsp. grated lemon peel
¼ tsp. salt
Cinnamon sugar (stir together ¼ cup sugar and 1 tsp. cinnamon)

In a mixing bowl, cream together sugar and butter. Beat in the egg and vanilla. Combine flour, cinnamon, baking powder, lemon peel and salt. Add to butter mixture. Blend well. Cover and refrigerate 2 hours or until firm. Shape dough into small balls, about ¾ inch in diameter. Roll in cinnamon sugar to coat. Set cookies, 1 inch apart, on lightly greased cookie sheet. Bake at 350F degrees for about 10 minutes or until edges are lightly browned. Cool slightly on pans, then remove to racks to cool completely

Recipe by Laura Chandler

Decadent Peanut Butter Pie

United States

1 prepared chocolate cookie pie crust
1 cup creamy peanut butter
8 oz. cream cheese (at room temperature)
½ cup sugar
4 ½ cups (12 oz. container) Cool Whip (reserve 1 ½ cups)
1 11.75 oz. jar Hot Fudge Ice Cream Toppings (reserve 2 Tbsp.)
Drizzle:
2 Tbsp. Hot Fudge and 2 Tbsp. peanut butter

In a medium bowl, beat together the Peanut Butter, cream cheese and sugar. Gently fold in 3 cups cool whip. Spoon mixture into the pie shell. Using a spatula, smooth mixture to edges of pie. Reserving 2 tablespoons of Hot Fudge, place remaining Hot Fudge into microwave safe bowl or glass measuring cup. Microwave for 1 minute. Stir.

Spread Hot Fudge over pie to cover the peanut butter layer. Refrigerate until serving time. Just before serving, spread the remaining whipped topping (1 ½ cups), over hot fudge layer, being careful not to mix the two layers. Place 2 Tbs. Hot Fudge in a small Ziploc bag and knead for a few seconds. Cut a tiny hole in the corner of the bag and drizzle over pie. Do the same with 2 Tbs. Peanut Butter going in the opposite direction of the Hot Fudge.

Recipe by Aaron and Moriah Bascom

Lisa's Strawberry Pie

United States

Crust:

1 stick butter, softened

1 cup flour

1 Tbsp. sugar

Mix and press into 9" pie plate. Bake at 350F degrees for about 15-20 minutes or until golden brown, let cool.

Filling:

1 quart sliced strawberries, reserve some for topping

1 cup water

¾ cup sugar

2 Tbsp. strawberry Jell-O

3 Tbsp. corn starch

Mix water, sugar, gelatin, and corn starch in a pan. Cook until thickened, cool slightly; pour over strawberries in pie crust, put in refrigerator.

When serving, top with cool whip and garnish with sliced strawberries.

Recipe by Aaron and Moriah Bascom

Mandazi (Fritters)

Malawi

2 cups plain flour

3 tsp. baking powder

1 tsp. cream of tartar

2 eggs

4 oz. sugar

Milk to mix

Sieve the flour, baking powder and cream of tartar into a bowl. Add the sugar and carefully mix in the beaten egg. Add milk gradually, beating all the time until a stiff batter is formed. Drop spoonfuls into hot deep fat and fry until nicely browned.

Recipe by Bochiwe Kaonga

Mtedza Cake (Peanut Cake)

Malawi

6 eggs separated
1 ½ oz. bread crumbs
1 whole egg
1 tsp. flour
6 oz. sugar
Chopped nuts for decoration

Filling:

3 oz. sugar
8 oz. margarine
6 Tbsp. water
1-2 tsp. coffee or chocolate flavoring
3 egg yolks

Grease and line 8" cake tin. Beat 6 egg yolks and the single whole egg until thick. Gradually beat in 4 oz. sugar, nuts and bread crumbs. Beat until thick. Whisk egg whites and add the remaining 2 oz. sugar gradually. When stiff, fold egg whites into nut mixture. Sprinkle the flour over it and fold in. Pour into the tin and cook at 275F degrees for 1 to 1 ½ hours. Leave to cool before filling. To make filling, dissolve sugar in water and simmer for 3-5 minutes. Pour onto egg yolks and whisk until thick. Cream the margarine and add egg mixture gradually, with flavoring. Ice the top and sides of the cake or put remaining filling around the sides and roll in grated nuts.

Recipe by Bochiwe Kaonga



Nthochi Cake (Banana Cake)

Malawi

12 oz. self-rising flour
3 bananas
6 oz. sugar
2 tsp. lemon juice
6 oz. margarine
2 oz. chopped groundnuts
¼ tsp. salt
Milk
2 eggs

Beat the margarine and sugar together until very soft and creamy. Add lightly beaten eggs, then the bananas, mashed to a cream with the lemon juice. Fold in the flour gently until all the ingredients are mixed to a soft smooth dough, adding a little milk if necessary, and stir in the nuts. Put the mixture into an 8" cake tin, lined with grease proof paper. Smooth the top evenly and sprinkle with caster sugar. Bake at 350F degrees for 1 ½ to 2 hours.

Recipe by Bochiwe Kaonga

Oatmeal Cookies

United States

1 cup all-purpose flour
½ tsp. baking powder
½ tsp. baking soda
¼ cup shortening
¼ cup butter/margarine
1 cup quick-cooking rolled oats
½ cup granulated sugar
¼ cup chopped walnuts
1/3 cup packed brown sugar
¼ cup milk chocolate chips
¼ cup Reese's peanut butter chips
¼ tsp. salt
1 egg
2 Tbsp. milk
½ tsp. vanilla

Stir together flour, baking powder, baking soda, and salt. In mixer bowl beat shortening and butter for 30 seconds; add sugars and beat until fluffy. Add egg, milk and vanilla; beat well. Add dry ingredients to beaten mixture, beating until well combined. Stir in oats, walnuts and chips. Chill dough 2 hours; scoop by spoonful onto greased cookie sheet. Bake at 375F degrees for 10-12 minutes. Makes 24-36 cookies depending on size of scoops.

Recipe by Deena Ehlert

Peanut Butter Balls

United States

1 stick butter, melted
2 cups peanut butter
3 cups Rice Krispies
1 lb. confectioner's (powdered) sugar
1/3 cake paraffin wax
12 oz. semi-sweet morsels

Mix melted butter, peanut butter, and sugar. After well mixed, add Rice Krispies. Roll mixture into small balls. Refrigerate for on a cookie sheet at least 30 minutes. Melt wax and morsels in a double boiler. (pan on top of saucepan with water; to prevent burning). Using a toothpick, dip the balls and place on wax paper. Store in refrigerator.

Recipe by Aaron and Moriah Bascom

Strawberry Jello Cake

United States

1 box Duncan Hines white cake mix
1 small box strawberry gelatin
1 pint fresh strawberries
12 oz. cool whip

Bake cake as directed and let it cool. With drinking straw, poke multiple holes in the cake and set aside. Mix gelatin according to directions and pour mixture on top of the cake. Refrigerate for an hour. Remove from refrigerator and spread cool whip on top of the cake. Slice strawberries lengthwise and spread on top of cake. Serve chilled.

Recipe by Pamela and Ralph Chasse

Texas Brownies

United States

2 cups all purpose flour
¼ cup dark, unsweetened coffee
2 cups granulated sugar
½ cup buttermilk
½ cup (1 stick) butter or margarine
2 eggs
½ cup shortening
1 tsp. baking soda
1 cup strong brewed coffee
1 tsp. vanilla

Frosting:

½ cup (1 stick) butter
3 ½ cups un-sifted powdered sugar
2 Tbsp. dark cocoa
1 tsp. vanilla
¼ cup milk

In a large mixing bowl, combine the flour and the sugar. In heavy saucepan, combine butter, shortening, coffee and cocoa. Stir and heat to boiling. Pour boiling mixture over the flour and sugar in the bowl. Add the buttermilk, eggs, baking soda and vanilla. Mix well, using a wooden spoon or high speed on electric mixer. Pour into a well buttered 17 ½ by 11 inch jelly roll pan. Bake at 400F degrees for 20 minutes or until brownies test done in the center (toothpick comes out clean). While brownies bake, prepare the frosting. In a saucepan, combine the butter, cocoa and milk. Heat to boiling, stirring often. Mix in the powdered sugar and vanilla until frosting is smooth. Pour warm frosting over brownies as soon as you take them out of the oven. Cool. Cut into 48 bars.

Recipe by Phyllis & Christan Petty

Zitumbuwa (Banana Fritters)

Malawi

3 ripe bananas
½ cup ufa
1 tsp. sugar
Pinch of salt
Oil for frying

Mash the bananas and mix well with the salt and sugar. Stir in the ufa and fry spoonfuls in very hot oil.

Recipe by Bochiwe Kaonga

Miscellaneous



English Muffins

United States

1/3 cup warm water
2 Tbsp. yeast
2 Tbsp. honey or molasses/sugar
1 ½ tsp. salt
1/3 cup oil
2 eggs
3-4 cups whole wheat/white flour
Cornmeal

Measure water, yeast, and honey into a non-metal bowl. Allow time for yeast to activate. Add salt, oil, eggs. Add flour in slowly. Knead 10-12 minutes. Cover with towel, let rise until doubled. Roll out on a lightly greased surface to ½ inch thickness. Cut with 3 inch biscuit cutter. Dip dough in cornmeal, place on lightly greased griddle, and bake at 275F degrees for 8-10 minutes on each side, turn only once.

Recipe by Deena Elhert

Irish Potato Bread

Ireland

Potatoes
Salt
Flour
Margarine

Peel, cut and boil potatoes. Drain well and leave in pot for 15 minutes with a dish towel on top to soak up any moisture. Put potatoes on floured surface and mash. Dot with margarine and add a little salt. Add enough flour (kneading the whole time) until the dough feels light and springy, but not wet. Roll out about ¼ inch or 3/8 inch thick and bake on griddle, turning a couple of times. I use my electric frying pan and find that 325F degrees seem to be about right. The “farls” (pieces of potato bread) will have a light feel to them when cooked through. Don’t be afraid to experiment. Eat them hot with butter or with bacon and eggs.

Recipe by Sheila Lough

Irish Scones

Ireland

2 cups self-raising flour

1 egg

1 tsp. cream of tartar

2 Tbsp. sugar

½ cup milk

½ stick room-temperature margarine (1/4 cup or 4 tablespoons)

Cut the margarine into the flour. Stir in the sugar. Mix egg and milk in a small bowl and use to moisten flour, adding a little at a time. Proper consistency should be a soft dough. Flour your hands and pat the dough down to ¾ inch thick. Cut with a cutter, or into squares. Bake on a cookie sheet at 425 F degrees for 12-15 minutes.

Recipe submitted by Sheila Lough

Irish Soda Bread

Group 1:

3 cups flour

1 cup sugar

1 Tbsp. caraway seed

1 cup raisins

4 tsp. baking powder

Group 2:

1 tsp. melted butter

2 beaten eggs

1 cup milk

Dash salt

Combine the ingredients in Group 1 above in a large bowl. In a separate bowl, mix together the ingredients in Group 2. Combine the two mixtures and stir well. Form in greased round pan. Sprinkle sugar on top and dot with butter. Bake at 350F degrees for 50 minutes or until golden brown.

Recipe submitted by Jim & Cindy Farrell

Pesto (Sauce for Pasta or Rice)

2 cups fresh basil leaves (no stems, washed and patted dry)
1 cup olive oil
1 cup grated parmesan cheese
4 garlic cloves, peeled and chopped
Salt and freshly ground black-pepper
1 cup shelled walnuts (can experiment with pine nuts, almonds or pistachios)
Pepper to taste

Combine the basil, garlic and nuts in a blender and chop (adjust the amounts for the size of the machine). The traditional machine is mortar and pestle. Leave motor running and add the olive oil in a slow, steady stream. Shut the motor off; add the cheese, a pinch of salt and pepper. Process briefly to combine, then scrape out into a bowl and cover until ready to use. Makes 2 cups, enough to sauce 2 pounds of pasta.

Recipe by Vicki Murray

Spinach Pie

United States

4 eggs
1 lb. cottage cheese
2 packages frozen chopped spinach
1 cup any shredded cheese
½ cup milk
¼ tsp. nutmeg
1 tsp. cayenne pepper
sprinkle black pepper
sprinkle parmesan cheese

Preheat oven to 400F degrees. Boil spinach, drain well. Add eggs, milk, shredded cheese, and cottage cheese and mix well. Pour into Oronque Shells (put shells in oven for a few minutes). Bake for one hour. You can use pastry instead if Oronque shells are not available.

Recipe submitted by Marge Blackwood