

Africa



Biriyani

Serves 8

Ingredients

4.5 pounds (2 Kilo grams) RED Onions
4.5 pounds (2 Kilo grams) Chicken (thighs & drumsticks)
4 cups Basmati rice (long grain rice)
2 tb spn canned tomato
2 large regular tomatoes
1 bunch mint leaves
1 bunch parsley
5 spices
 cinnamon bark - 3 medium pieces,
 cardamom - 6 pieces
 cumin seeds
 black pepper - about 1/6 tea spoon
 cloves - 3 to 4 sticks

4 medium sized potatoes
2 cups yogurt
6-8 lemons
Salt to taste
5-6 sections/pieces from 1 head garlic medium sized
1 node fresh ginger, about 1 inch long and 1/2 inch diameter (not powdered)

Directions

Wash the rice 2 or 3 times until the whitishness does not reappear in the water.
Boil the rice until it is half done, sieve and throw away the starchy fluid
Mix the rice with a big pinch of strands of saffron, about 20 or 30 strands.
In a big cooking pot, fry the garlic in GHEE.
Raise the temperature of ghee and put in the chicken.. fry at high temperature only to brown the chicken... remove quickly so that the juices from the chicken do not get out (you will need them for later).
Remove the chicken and put on a paper towel to drain the oil and remove the pot from the fire.
Now put everything BUT THE RICE, into another pot and mix them nicely (all the spices - ground-, the chicken, yogurt, ginger, garlic etc).
Add salt and make sure that you can taste the salt (don't go over board) also make sure that the mix taste for sourness.
Pour rice on top of all the mixed stuff.
Boil some ghee on another pot or pan and pour on top of the rice.
Cover the pot with tinfoil and make sure you do this well, make it snuggle nicely.

Then use your regular pot cover over this.

Cook in medium low (second option between low and medium) for about 30 minutes. {Alternatively you could cook it in the oven at about 250 that is about 30-40% lower temp than you would use for backing cake - if cooking in the oven, you will need to time it for 45 minutes, after 45 minutes you will need to poke in a fork all the way to the bottom to feel if its done or not}

To be done, the rice on the top will be cooked and the bottom of the pot will stay a little bit soggy.

Time to serve, NOW you will need a big deep bowl like plate, uncover the pot completely, clear the area for a little work.

Cover the pot with the plate, serving side facing the pot.

Lift the pot in such a way that with a quick twist, you can flip it over where the plate is at the bottom and the pot is on top of it.

If you used a plate big enough, nothing will fall on the floor when you pull up the pot. So now pull up the pot.

The thick curry should be at the top and may slightly run if it was not cooked at right temperature, but that is not a bad thing.

The biriyani curry is one of the best curry you will ever taste.

Remember what I said about NOT over frying the chicken, not losing the juices??

ell what has happened is that the juices from the chicken combined with tomatoes, yogurt and other stuff and made the rich biriyani curry at the low cooking temperatures.

Serving

Usually in Africa and the Middle East, the whole BIG plate is set in the middle and every one eats hand in hand from it, sitting on the floor around it. However, though that is the best way for socializing and breaking class barrier, you can serve it any way you like in your home. You could set the big plate in the middle of the table and every one can serve into their plates (especially if you do not have eaters hehehe), and take the amount they need.

Every one taking a serving should take the curry and all, that is the best part, if biriyani is cooked right, I would swear it is the best food in the world as far as taste is concerned. However, this here is chicken biriyani, the more authentic one is beef/veal biriyani.

Tanzania Chicken

Ingredients:

1 stewing hen
1 14-oz. Can tomatoes
1 chopped onion
1 tbsp turmeric
1 tbsp garlic powder
½ tsp. Chili powder
½ tsp curry powder
Salt and pepper

Directions:

Cut up chicken and cook, keeping meat on bones.
Mix together all remaining ingredients.
(Adjust spices to taste)
Pour over chicken and simmer together.
You can also add a bit of tomato paste and sugar.
Thicken a bit.
Serve on rice.

Chicken Tika

Ingredients:

- 1 chicken
- 2 tsp. tomato puree
- 1 tsp. curry powder
- 3 cloves garlic (or less), mashed
- 3 tblsp. oil
- salt and pepper to taste

Ingredients for sauce:

- 1 cup tamarind juice (if unavailable, use white wine)
- salt and chili pepper to taste
- sugar to taste

Directions:

Combine tomato puree, curry powder, garlic, salt, pepper, and 3 tblsp. oil. Rub the chicken outside and inside with this mixture and leave it for about 1 hour for the flavor to penetrate the meat. Grill or roast the chicken until nicely browned and tender (a spit is ideal). Serve with a sauce made by combining the tamarind juice with enough seasoning to give a pleasantly sharp sweet-sour flavor.

Kuku na Nazi (Chicken with Coconut Milk)

Serves 8-10

Ingredients:

2 3-lb chickens, cut into pieces
5 inches fresh ginger, grated, or 2 tblsp. ground ginger
20 small cloves garlic
2 hot chili peppers or 1 tsp. cayenne pepper
1 medium onion, sliced
2 tblsp. oil
2 tblsp. curry powder
1/3 cup clarified butter (see directions below)
1 bunch of fresh coriander, chopped
1 tblsp. whole cumin seeds, pounded
4-6 cups coconut milk (see directions below)
1 cup coconut cream (see directions below)

Directions:

Wash the chicken and pat it dry.
Pound the ginger, garlic, chilies, and curry powder with a mortar and pestle, or puree in a blender or food processor.
In a small skillet, saute the onions in oil for 4-5 minutes, then add the spice puree and simmer.
Braise the chicken in butter in a large skillet or stew pot.
When the chicken pieces are golden brown, transfer the onion/puree mixture to the chicken pot.
Add coriander, cumin, and coconut oil, and cook until the chicken is tender.
Pour coconut cream over the chicken, remove pot from heat, and let stand until ready to serve.
To eat, spoon over rice.

Clarified butter:

Makes just under 1 cup
8 oz. (2 sticks) butter
Cut the butter into pieces and melt it in a saucepan over low heat.
Skim off the buttermilk fat that will foam to the top with a slotted spoon.
Remove the pan from the heat.
Let it sit for a few minutes, and then pour off the clear liquid, leaving behind the residue of milk solids that has settled to the bottom.
The clarified butter will last 3 weeks or so if refrigerated.
If no refrigeration is available, simmer the butter over the lowest heat, uncovered and undisturbed, for 40-50 minutes.
Strain the clear liquid two or three times by pouring it through a clean, finely-woven cloth into a bowl.
This removes any solids that might spoil it.
The clarified butter will now remain fresh for several weeks at room temperature.

Coconut milk:

Makes about 3 cups

fresh white meat of 1 coconut

Grate the meat by hand or process it in a blender.

To extract the flavorful moisture from the gratings, it is easy to mimic the Africans' method of using a conical woven basket.

Line a bowl with a cotton cloth such as cheesecloth, making sure that the lining is big enough to drape over the sides of the bowl.

Dump the grated coconut onto the cloth and then pour 1 cup of boiling water over it. When it is cool enough to handle, gather the edges of the cloth and lift it above the bowl.

Wring it with both hands to squeeze out the milky liquid, which you should pour off and save.

Repeat this process three times.

The first squeezing is the most concentrated, so you should keep each squeezing separate and use them in order (i.e., use the first squeezing as the first cup in a recipe, etc.).

Coconut cream:

Coconut cream has two different meanings, either of which can be used for recipes.

"Cream" sometimes means simply the first squeezing (see the above recipe for coconut milk).

Another meaning is the thicker layer that forms on top of chilled coconut milk.

Coconut cream will remain good for 2 or 3 days if refrigerated, and can be frozen for several months.

Mchuzi wa bata = Duckling Dar-Es-Salaam

Serves 8

Notes:

Duckling is a great delicacy in Tanzania and is usually served when there are special guests. The same recipe is used for other meats and is particularly good with veal and chicken. Accompaniments are cooked bananas (a must), rice, potatoes, cassava and Ugali made with white cornmeal.

Ingredients:

- 1 duckling 6lb (2 & 1/2 kilos or so) - cut into 12 pieces
- 1 cup onions finely chopped
- 1 cup tomatoes diced in small pieces
- 1 tea spoon salt
- 1 tea spoon curry powder (optional)
- 1/2 tea spoon crushed red pepper
- 4 table spoons oil or margarine
- 4 large bananas
- 2 quarts of water

Directions:

In a 6-quart Dutch oven or baking dish:

Sauté: 1 cup ONIONS finely chopped, and

1 cup TOMATOES in small dice, with

1 tsp. SALT

1 tsp. CURRY POWDER (optional)

1/2 tsp. CRUSHED RED PEPPER (optional) in

4 Tbs. OIL or MARGARINE until soft.

Add 1 6-lb. DUCKLING, cut up into about 12 pieces.

Sauté the duckling lightly for 2 or 3 minutes.

Add 2 quarts WATER

Cover and simmer for 30 minutes or bake at 350' until duckling is tender.

Slightly green bananas or plantains may be simmered with the duckling.

Or they may be prepared separately and served as a side vegetable.

Serving:

1/2 banana per portion or 4 large bananas.

Pilau Rice with Beef Stew

Beef Stew Ingredients

1 lb. beef [not ground] i.e. Cut meat
2 carrots
2 green peppers
4 tomatoes
4 onions
Coriander
Curry powder
Black pepper
Seasoning salt, Crisco cooking oil, salt

Directions:

Fry the onions that have been chopped until they turn brown.
Add tomatoes and chopped green pepper.
Add carrots, black pepper and coriander.
Wash the cut meat and sprinkle it with seasoning salt.
When the carrots have become slightly soft add the cut meat.
When meat is almost cooking add some curry powder and salt to taste.

Pilau Rice Ingredients:

1.5 LB rice (water according to rice)
0.5 LB green peas
2 cans pilau masala (type of spice)
3 onions
3 tomatoes
Crisco oil
Salt

Directions:

Wash the rice with cold water.
Boil the peas until cooked.
Chop onions and then fry them until they turn slightly brown.
Then add tomatoes that have been peeled and cut.
Boil some of the rice water with the pilau masala until it boils.
Add some salt to taste.
Add the rest of the water to the fried onions and tomatoes.
Then add the green peas when the water starts boiling and the rice.
Then let it cook.

Nyama Na Irio (Steak and Irio)

Yield: 8 portions

The Irio:

Drain 1 16-oz. can PEAS and measure the liquid.

Put the peas through a vegetable mill or sieve to make a puree.

Drain 1 16-oz. can KERNEL CORN and add the liquid to that of the peas.

In a 2-quart saucepan:

Prepare 4 cups INSTANT MASHED POTATOES following package directions and using the vegetable liquors as part of the required liquid.

Add:

3 Tbs. BUTTER

1 tsp. SALT

1/4 tsp. PEPPER

Blend the puree of peas into the mashed potatoes until a smooth green color results.

Fold in the drained kernel corn.

The consistency should be that of firm mashed potatoes.

The Steak:

In a large skillet:

Cut 3 lbs. FILET MIGNON (or any steak) in a 2 x 1/2 x 1/2-inch strips.

Sauté in 4 oz. MARGARINE OR OIL, until lightly browned.

Remove the steak from the skillet.

Blend in 6 Tbs. FLOUR to make a roux.

Add 2 cups ONION SOUP made from a packaged mix and cook to medium-sauce consistency.

Correct the Seasoning with salt, pepper, and a little Tabasco.

Return the steak to the sauce.

Make a large mound (about 1 cup) of Irio in center of dinner plate.

Form a hole in the center about 2 inches in diameter.

Fill the hole with 1/2 cup of the sautéed steak and gravy.

Smooth around edges of the Irio so it looks like a volcano.

Saladi - East African Salad Relish

Yield: Relish for 8 salads

This salad relish is added to and mixed with the hot spicy food by the guest a little at a time to "cool" the spiciness of the dish and change its texture. If the hostess feels that her dinner is not "hot" enough, a small hot chili pepper is added to the relish.

She may also serve individually or in a bowl additional pilli-pilli or hot red pepper dissolved in lemon or tomato sauce. For your Kenyan dinner you might have a cruet of a white French dressing on the table for those who might want to add it to their salad.

In a 1-quart bowl:

Combine: 2 cups CABBAGE, finely shredded

1/2 cup CARROTS in very, very thin slices

1/2 cup SWEET ONIONS (Bermuda or Spanish or scallions)

1/4 cup GREEN PEPPER in fine strips.

Fluff the mixture up.

That's it. There is no dressing or seasoning.
Fill small sauce dishes, allowing about 1/3 cup per person.

Bobotie

(Beef Pie)

Ingredients:

- 2 ounces butter
- 1 cup onions, thinly sliced
- 1 apple, peeled, diced
- 2 pounds chopped cooked beef
- 2 bread slices soaked in milk
- 2 tablespoons curry powder
- 1/2 cup raisins
- 2 tablespoons slivered almonds
- 2 tablespoons lemon juice
- 1 egg
- 1/2 teaspoon turmeric
- 6 bay leaves
- 1 egg
- 1/2 cup whole milk

Directions:

Melt the butter in a saucepan.

Add the onions and sauté for 5 minutes, then add the apple dice and cook for another minute.

Add the chopped beef and combine.

Squeeze out the excess milk from the bread slices, then tear up and add to pot.

Add the curry powder, raisins, almonds, lemon juice, egg, and turmeric, and stir well.

Place mixture in a greased 9 x 13" baking dish.

Place bay leaves vertically in the casserole.

Bake at 325 degrees F for 40 minutes, then remove from the oven.

Mixtogether the egg and milk, then pour it over the Bobotie.

Bake for 15 more minutes.

Remove bay leaves before serving.

African Stew

Ingredients:

- 2 chickens, cut into pieces
- 3/4 cup peanut oil
- 2 large onions, chopped
- 3 tomatoes
- 4 1/2 cups water
- 1/4 cup tomato paste
- 1 teaspoon Vegesal
- 1 cup peanut butter
- 3 sweet potatoes, cut into chunks
- 6 carrots, thickly sliced in rounds
- 12 okra pods
- 3 bell peppers (red/green/yellow/orange), de-seeded and diced
- 1/2 teaspoon cayenne pepper or 1 chile pepper

Directions:

In a large heavy pot, brown chicken in hot peanut oil.
Add 1 chopped onion and stir until golden brown.
Peel tomatoes if you wish, then chop into chunks.
Thin tomato paste with 1/2 cup of water,
and add tomatoes and tomato paste to the pot.
Boil 4 cups of water and add to the pot with the vegesal.
While the mixture boils gently, thin peanut butter with
some of the hot pot liquid and stir it in gradually.
Reduce heat and simmer for 30 minutes.
Begin adding vegetables, letting each simmer for 5 minutes
or so before adding the next one.
Cook until chicken and all the vegetables are tender.
Crush or grind the second onion with the hot pepper.
Add during the last 10 minutes of cooking.

Irio

Yet another dish that originated from Central Kenya but has been adapted by other communities except for the fact that they use the vegetables available in their areas.

Ingredients:

4 green corn cobs
1 lb (400 gms) beans
4 potatoes
1 lb (1/2-kg spinach/pumpkin leaves)
Salt and pepper

Directions:

Boil the corn.
Cut the kernels off the green corn cob.
Boil the corn with the beans until soft.
Peel and wash the potatoes and add the corn and the beans along with the chopped spinach.
Boil together until the potatoes are soft.
Season with salt and pepper and mash.

Irio (Method 2)

Ingredients:

2 kg. Potatoes (about 4 - 4 ½ lbs.)
2 tbsp cooking fat
1 kg. Green peas (2.2 lbs.)
2 cobs tender green maize
One chopped onion
Salt to taste

Directions:

Prepare potatoes and peas and remove the maize from the cobs.
Cook on a high heat with just enough water to cover until the vegetables are tender.
Mash the peas and the potatoes to a smooth consistency, adding a little fluid if desired.
Fry the onions until brown;
add to the other vegetables and fry together on a low heat.
Serve when hot.

Ugali (Cornmeal Porridge)

The national dish of Kenya is a cornmeal mush called Ugali. It is cornmeal cooked with water to a thick consistency and poured out onto a board or plate for everyone to eat from. The following recipe for ugali could be made over an open fire outside, or in a kitchen. Beef broth with vegetables can be poured over it, and on special occasions chunks of meat are added to the broth.

Yield: serves 4 to 6

Ingredients:

- 1 cup cold water
- 1 cup yellow cornmeal
- 1 teaspoon salt, more or less to taste
- 3 cups boiling water

Equipment:

Medium-size saucepan, mixing spoon or whisk

Directions:

1. Put cold water in saucepan, and, mixing continually, add cornmeal and salt. Bring to a boil over high heat, and, mixing continually, slowly add 3 cups Boiling water to prevent lumps.
2. Reduce to simmer, cover, and cook for about 8 minutes, mixing frequently to prevent sticking. Add salt to taste and mix well.

Serve ugali in individual bowls with cream, sugar, syrup, ghee, or butter poured over it.

Githeri

Ingredients:

Maize
Beans
Water

Directions:

Cook equal quantities of maize and beans in water for several hours until soft.
Serve alone or with unripe cooked bananas, carrots or cabbage.

Chapati

Servings: 10 to 12

Ingredients:

2 cups whole-wheat pastry flour

1 teaspoon salt

1 tablespoon vegetable oil

About 3/4 cup warm water (enough for a kneadable dough)

Directions:

Knead the dough, cover and leave aside for at least 1/2 hour or, ideally, up to 2 hours. After about 1 hour or right before rolling out, punch the dough and knead again without any more water.

Make 10 to 12 1 1/2-inch balls; dip each one into dry whole-wheat flour, and roll out into thin, 6-inch circles.

Place a flat, ungreased griddle on the stove at medium heat.

When hot, place a rolled-out chapati right side down on the griddle.

(The "right side" is the one facing you when you rolled it.)

When bubbles are visible, turn over and cook until tiny brown spots appear on the side facing the griddle.

If you have a gas stove, hold that chapati with a pair of tongs, and place it directly over the burner flame for a few seconds, until the chapati puffs up.

Turn and repeat on the other side.

If you have an electric stove, keep the chapati on the griddle.

With a wadded-up paper towel to protect your fingers, press gently all around the chapati.

Flip the chapati and press gently around the other side.

This procedure should make the chapati puff up.

(If you press too hard, the chapati will become too crunchy.)

Remove the chapati from the heat and butter with ghee on the "right side."

Australia



Aussie Meat Pie

Ingredients:

500g / 1lb chuck or blade steak
2 tablespoons flour
Freshly ground black pepper
1 tsp salt
1/2 cup water
1 x 375g / 12 oz packet frozen puff pastry, thawed
Beaten egg to glaze

Directions:

Trim gristle and fat from steak, cut into thin shreds, then chop very finely.

1. Dust with flour, salt and pepper and place in the top of a double boiler or pudding pan.
2. Place enough boiling water to come halfway up sides of bowl, simmer for 2 hours or until the meat is very tender.
Replace water in saucepan as necessary to maintain level.
3. Allow to cool completely.
4. Roll out pastry dough thin and cut 3/4 of it to fit individual round, oblong or square pie tins.
Line tins with dough, and fill about 3/4 full with meat filling.
Cut lids from remaining dough, dampen edges and put into place .
5. Cut a vent in the top of each pie for steam to escape.
Chill for 15 minutes, then brush with beaten egg.
Bake in a preheated hot oven (200 C / 400 F) for 25 minutes or until pastry is puffed and golden.
Serve with tomato sauce (ketchup).

Lamingtons

Lamingtons, the staple of all good fetes (school or church fairs) are said to be named after Lord Lamington, Governor of Queensland from 1895 - 1901

The cake is easier to handle if it is a little stale; day old cake is ideal. Sponge or butter cake can be used. Lamingtons can be filled with jam and cream, if desired.

Ingredients:

6 eggs
2/3 cup castor sugar
1/3 cup cornflour
1/2 cup plain flour
1/3 cup self-raising flour
2 cups (180g) coconut, approximately

Icing:

4 cups (500g) icing sugar
1/2 cup cocoa
15g butter, melted
2/3 cup milk

Method:

1. Grease 9 inch (23cm) square slab pan.
Beat eggs in medium bowl with electric mixer about 10minutes, or until thick and creamy.
Gradually beat in sugar, dissolving between additions.
Fold in triple-sifted flours.
Spread mixture in prepared pan.
Bake in moderate oven about 30 minutes.
Turn onto wire rack to cool.
2. Cut cake into 16 squares, dip squares into icing, drain off excess icing, toss squares in coconut.
Place lamingtons on wire rack to set.
3. Icing:
Sift icing sugar and cocoa into heatproof bowl, stir in butter and milk.
Stir over pan of simmering water until icing is of coating consistency.

Makes 16 lamingtons

Cajun



Gumbo

Ingredients:

- 1 c. oil
- 1 c. flour
- 1 lg. bell pepper, chopped
- 1 c. celery, chopped
- 1 c. onion, chopped
- Okra (optional, if desired)
- 2 cloves fresh garlic
- 1/8 tsp. thyme
- 1/8 tsp. oregano
- 1 bay leaf
- 1 tbsp. parsley (optional)
- 1 tsp. salt (or to taste)
- ¼ tsp. black pepper
- 1 tsp. sugar
- 1 tbsp. Worcestershire sauce
- 1 can chicken broth or stock from chicken or 2 chicken bouillon in 12 oz. water
- 1 (8 oz.) can tomato sauce
- 1 ½ quarts water

Chicken and Sausage Gumbo

- 1 lb chicken cut up
- 1 lb Italian or Andouille sausage
- 4 tbsp. oil

Seafood Gumbo

- 1 lb shrimp
- ½ lb crab

Preparation:

Make Roux - Pour oil into pan; heat over medium heat till hot; add flour. Stir constantly till brown – the color of peanut butter (nutty aroma, not scorched). Add water slowly. Add other ingredients (except meats or seafood).

Chicken and Sausage Gumbo

- Fry chicken in oil, drain.
- Fry sausages, drain.
- Add to gumbo.
- Simmer 1 hour.

Seafood Gumbo

Simmer gumbo for 40 minutes.

Add crab to gumbo and simmer for 15 minutes.

Add shrimp to gumbo and simmer for 5 minutes.

Okra may be added 10 minutes before gumbo is done.

When gumbo is finished, add about 1 tablespoon file which is actually ground sassafras.

Tabasco sauce is added individually at the table.

Serve in a bowl with steamed rice.

Crawfish Etoufee

Ingredients:

- 1 lb. crawfish tails
- 1 med. onion
- 1 med. bell pepper
- 3 lg. celery spears
- 3 tbsp. bacon drippings
- 1 (4 oz.) chopped pimento
- 1 can cream of celery soup
- 1 can cream of mushroom soup
- 1 lg. tomato sauce
- 1 tbsp. Paul Prudhomme Seafood Magic
- 1/4 lb. margarine
- 2 tbsp. lemon juice
- Tony's seasoning to taste

Preparation:

Chop onion, bell pepper and celery.

Saute in bacon drippings until almost clear.

Set pot off.

Add soups and tomato sauce using 1/2 can of water in each to rinse cans adding to pot.

Stir until completely mixed while heating on medium fire.

When soups start to boil, add craw fish, seasonings and the balance of recipe.

Bring to boil again, lower heat to simmer for 8 to 10 minutes.

Be sure to stir often to prevent sticking.

Use 4 cups rice for this recipe.

Red Beans and Rice

Ingredients:

3 cans red kidney beans, drained
1 lb. smoked sausage or chorizo
2 cloves garlic
1 c. green pepper, chopped
1 tbsp. oil
Handful chopped parsley
1 tsp. sugar
2 sm. ham hocks
1 can tomatoes
2 c. onions, chopped
1 c. celery, chopped
1/2 tsp. thyme
Tabasco sauce

Preparation:

Saute onion, pepper, celery, garlic in oil.
Add tomatoes and liquid drained from beans.
Add ham hocks and seasonings.
Simmer together uncovered for 2 hours.
Add beans and chorizo and heat through.
Adjust seasonings to taste and serve over rice.

Chicken Creole

Ingredients:

- 3 lb. broiler-fryer chicken
- 1 can (8 oz.) stewed tomatoes
- 1 can (8 oz.) tomato sauce
- 2 med. onions, chopped
- 1 med. green pepper, chopped
- 1 clove garlic, finely chopped
- 1 tsp. salt
- 1/2 tsp. ground thyme
- 1/2 tsp. red pepper sauce
- 1/4 tsp. ground red pepper
- 1 pkg. (10 oz. frozen whole okra)
- 3 1/2 c. hot cooked rice

Preparation:

Cut chicken into pieces; cut each breast half into halves.
Mix all ingredients except okra and rice in 3 quart microwavable casserole.
Cover and microwave on high (100%) 20 minutes.
Stir in okra, cover and microwave until chicken is done and okra is tender,
10 to 15 minutes.
Serve over rice in bowls.

8 servings

Jambalaya

Ingredients:

1/2 c. chopped green onion
1/2 c. chopped white onion
1 lg. green pepper, diced
1/2 c. chopped celery
1 tsp. minced garlic
1/3 c. butter or margarine
1/2 to 1 lb. raw shrimp, peeled and cleaned
1 (1 lb.) can tomatoes
1 c. chicken broth
1/2 tsp. salt
1/4 tsp. cayenne pepper
Lemon juice
1 tsp. Worcestershire sauce
1 c. raw rice

Preparation:

In a large pan, saute onion, green pepper, celery in butter or margarine until tender.

Add garlic.

Add shrimp and cook for 5 minutes.

Then add tomatoes, chicken broth, salt, cayenne, seasonings, and rice.

Cover and cook 25-35 minutes over low heat until rice is done.

Add more tomatoes and juice if becomes dry.

Dirty Rice

Ingredients:

2 tbsp. vegetable oil
1/2 lb. chicken gizzards, ground
1/4 lb. ground pork
2 bay leaves
1/2 c. finely chopped onion
1/2 c. finely chopped celery
1/2 c. finely chopped green bell pepper
2 tsp. minced garlic
1 tsp. Tabasco sauce
2 c. chicken or pork stock (preferred) or water
1/3 lb. chicken livers, ground
3/4 c. uncooked rice (preferably converted)
1 1/2 tsp. black pepper
1 1/2 tsp. salt
1 1/4 tsp. sweet paprika
1 tsp. dry mustard
1 tsp. ground cumin
1/2 tsp. thyme
1/2 tsp. dried oregano leaves
2 tbsp. unsalted butter

Preparation:

Place oil, gizzards, pork and bay leaves in a large heavy skillet over high heat; cook until meat is thoroughly browned, about 6 minutes, stirring occasionally.
Stir in onion, celery, bell pepper, garlic, Tabasco, and seasonings; stir thoroughly, scraping pan bottom well.
Add butter and stir until melted.
Reduce heat to medium and cook about 8 minutes, stirring constantly and scraping pan bottom well (the mixture will probably stick a lot).
Add stock or water and stir until any mixture stick to the pan bottom comes loose, cook about 8 minutes over high heat, stirring once.
Then stir in chicken livers and cook about 2 minutes.
Add the rice and stir thoroughly; cover pan and turn heat to very low; cook 5 minutes.
Remove from heat and leave covered until rice is tender, about 10 minutes.
Remove bay leaves and serve immediately.

Canada



French Canadian Voyageur Stew

Ingredients:

- 3/4 pound salt bacon
- 2 pounds boneless beef, cut in 1-inch pieces
- 1/2 cup flour
- 1/2 pound cut baby carrots
- 1 16-ounce can small onions
- 1 1/2 cups white wine
- 1 cup burgandy wine
- 1 10-ounce can beef consomme
- 1/2 teaspoon salt
- 1 tablespoon ketchup
- 3/4 cup water
- 3 cups cooked wild rice
- 1 bay leaf
- 1/2 cup fresh mushrooms
- 2 tablespoons chopped parsley
- 3/4 teaspoon oregano
- 1/2 teaspoon black pepper
- 1 teaspoon minced garlic
- 1/2 teaspoon thyme

Directions:

Saute bacon until crisp in Dutch oven.
Remove, save drippings, crumble bacon.
In a paper bag, shake about half the beef and 3/4 cup flour.
Brown with 1 tablespoon drippings, then remove and set aside.
Do same with rest of beef, adding additional drippings as needed.
Return all to Dutch oven.
Add carrots, onions, herbs (except parsley), wine, consomme, salt, ketchup.
Cover and bake (stovetop on low or in oven at 325 degrees) an hour or so, stir,
bake until meat is tender.
Combine 3 tablespoons flour and water until smooth.
Stir in along with wild rice, mushrooms and parsley.
Continue baking, uncovered, until stew is thickened, about 1/2 hour.

Original Canadian Voyageur Tourtiere

6 Servings

Ingredients:

- 1/2 lb Ground pork
- 1/2 lb Ground veal
- 1/3 c Chopped onion
- 1/3 c Water
- 1/4 ts White pepper
- 1 ts Salt
- 1/4 ts Ground cloves
- 1/4 ts Cinnamon
- 1/4 ts Celery salt
- 1/4 ts Savory
- 1 - 2 potatoes, boiled and -mashed
- 1 Pastry for 8" double-crust -pie

Directions:

Preheat oven to 425F.
Place pork, veal, onion and water in a saucepan.
Simmer until color changes.
Add seasonings; simmer for a little longer.

Thoroughly drain meat.

Mix in mashed potatoes.
Fit bottom pastry into 8"pie plate.
Fill with meat mixture. cover with top crust.
Seal edges as desired and vent top to allow steam to escape.
Bake for 10 minutes; lower oven temperature to 400F and bake for 20 to 25 minutes or until crust is golden brown and filling is hot.

Note: If you prefer a spicier tourtiere increase seasonings to your taste.

French Canadian Pea Soup

Ingredients:

1 lb Dried peas
1/4 c Carrots;grated
8 c -Water
1/4 c Parsley; fresh,chopped
1/2 lb Salt pork-all in one piece
1 Bay leaf;small
1 Onion, large;chopped
1 ts Savory, dried
1/2 c Celery; chopped
Salt and Pepper

"Newfoundland Pea Soup is very similar, but usually includes more vegetables such as diced turnips and carrots, and is often topped with small dumplings. This soup is very good reheated.. The most authentic version of Quebec's soupe aux pois **use whole yellow peas**, with salt pork and herbs for flavour.

After cooking, the pork is usually chopped and returned to the soup, or sometimes removed to slice thinly and served separately. Instead of fresh or dried herbs, herbes saalees (herbs preserved with salt) are often used; they are available commercially or made at home. Pea soup remains a popular dish in restaurants where tourists enjoy a true taste of old Quebec.

In some variations, a little garlic, leeks, other vegetables or a ham bone are added for flavour. For a thicker consistency (though this is not traditional) a cup or two of cooked peas can be pureed then returned to the soup."

Directions:

Wash and sort peas; soak in cold water overnight.
Drain and place in a large pot; add water, parsley, salt pork, onion, celery, carrots, parsley, bay leaf, savory and 1 tsp salt.
Bring to a boil; reduce heat and simmer until peas are very tender, about 2 hours, adding more water if needed.
Remove salt pork; chop and return to soup.
Discard bay leaf.
Season to taste with salt and pepper.

Makes 8 Servings

Carribean



Griots

All Ingredients should be prepared before you start cooking. This will save time and make cooking the dish easier and more enjoyable.

Ingredients:

3 lbs shoulder of pork, cut into 1 to 2 inch cubes
finely chopped large onion
half cup of chopped shallots
one cup of bitter orange juice
one chopped hot green pepper
half cup of vegetable oil
salt, pepper and
a little thyme

Directions:

Put all ingredients except the oil in a large pot and marinate overnight in the refrigerator.
Place the marinated pork on the stove,
Add water to cover all ingredients and simmer for 90 minutes.
Once cooked, drain the mixture, add oil and fry the pork in the pot until brown and crusty on the outside but tender on the inside.

Callaloo

Ingredients:

- 1 bunch fresh spinach, chopped
- 2 ounces salt pork, chopped
- 8 ounces coconut milk
- 5 cups water
- 1 lg. onion, finely chopped
- 3 cloves garlic, minced
- 8 ounces chopped okra
- 8 ounces crab meat

Directions:

Place first 6 ingredients in a large stew pot and simmer until the salt pork is tender. Then add the okra and crab meat. Simmer for 5 minutes and season with salt and pepper.

Jerk Chicken

Ingredients:

- 2 tb Ground allspice
- 2 tb Dried thyme
- 3 ts Cayenne pepper
- 3 ts Freshly ground black pepper
- 3 ts Ground sage
- 1 1/2 ts Ground nutmeg
- 1 1/2 ts Ground cinnamon
- 2 tb Seasoned Salt
- 3 tb Garlic powder
- 2 tb Sugar
- 1/4 c Olive oil
- 1/4 c Soy sauce
- 3/4 c White vinegar
- 1/2 c Orange juice
- 1 Juice of 1 lime
- 1 ea Scotch bonnet pepper - Seeded and finely chopped
- 1 c Chopped white onion
- 3 ea Green onions, finely chopped
- 4 ea Chicken breasts

Directions:

In a large bowl, combine the allspice, thyme, cayenne pepper, black pepper, sage, nutmeg, cinnamon, salt, garlic powder and sugar.

With a wire whisk, slowly add the olive oil, soy sauce, vinegar, orange juice, And lime juice.

Add the Scotch bonnet pepper, onion, and green onions and mix well.

Add the chicken breasts, cover and marinate for at least 1 hour, longer if possible.

Preheat an outdoor grill.

Remove the breasts from the marinade and grill for 6 minutes on each side or until fully cooked.

While grilling, baste with the marinade.

Heat the leftover marinade and serve on the side for dipping.

Roasted Chicken with a Papaya Glaze

GLAZE

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1 (3 1/2 pound) chicken, preferably freerange

1/2 teaspoon salt

1 cup orange juice

1/4 cup olive oil

1/4 cup light brown sugar, packed

2 shallots, halved

1 bay leaf

1/2 cup water

1 tablespoon Dijonstyle mustard

2 cloves garlic, sliced

1 ripe papaya, halved, peeled and seeded, 1 half thinly sliced and reserved for garnish

1 tablespoon finely chopped fresh thyme

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 bunch flatleaf parsley, coarse stems removed

1 bunch watercress, coarse stems removed

Directions:

Rinse and pat the chicken dry with paper towels.

Rub it with the salt and place it in a baking dish just large enough to hold it.

In a blender or a food processor, combine the orange juice, olive oil, brown sugar, and shallots.

Process until the shallots are finely minced.

Pour the orange juice mixture over the chicken, crumble the bay leaf over the top, and cover the whole dish tightly with plastic wrap.

Marinate in the refrigerator for at least 3 hours, preferably overnight, spooning the marinade over the chicken occasionally.

Preheat the oven to 375 degrees.

Transfer the chicken to a rack in a roasting pan, breast side down and reserve the marinade and add 1/2 cup water.

Roast the chicken for 40 minutes, then turn to the other side and roast for 40 minutes more.

As soon as you put the chicken in to roast, prepare the papaya glaze: strain the orange juice marinade into a food processor, discarding the solids, and add the mustard, garlic, halved papaya, thyme, salt, and pepper.

Process the mixture for 10 to 20 seconds, scraping down the sides of the bowl as necessary, until smooth.

Divide the glaze into halves and use half of it to baste the chicken as it roasts, basting thoroughly every 20 minutes or so.

When the chicken is cooked through with no trace of pink remaining, remove it to a warmed serving platter and set aside at the back of the stove.

Discard all the fat from the roasting pan, saving the pan drippings.

Scrape the drippings into a small saucepan and place it over medium heat. Whisk in the butter, then add the remaining half of the papaya glaze and simmer the sauce for 4 minutes. Garnish the platter with the parsley and watercress sprigs and the remaining half papaya, cut into long strips. Drizzle a little of the sauce over the top. Serve at once, passing the remaining sauce.

Yield: 4 servings

China



Chicken Almond Ding

Ingredients:

2 whole chicken breasts (about 2 lbs.)
1 egg white
1 tsp. salt
1 tsp. cornstarch
1 tsp. soy sauce
Dash of white pepper
2 med. carrots
2 tbsp. oyster sauce or 1 tbsp. dark
soy sauce
1 tbsp. plus 1 tsp. cornstarch
1/4 tsp. water
Vegetable oil
2 tbsp. vegetable oil
1/4 c. diced onion
1 tsp. finely chopped garlic
1 tsp. finely chopped gingerroot
1 c. diced celery
1/2 c. diced canned water chestnuts
1 tsp. salt
1/2 d. diced bamboo shoots
1 can (4 oz.) button mushrooms,
drained
1/2 c. chicken broth
1 c. frozen peas
1/2 c. roasted whole almonds
2 tbsp. chopped green onions (with
tops)

Preparation:

Remove bones and skin from chicken; cut chicken into 1/4 inch pieces.
Mix egg white, 1 teaspoon salt, 1 teaspoon cornstarch, the soy sauce and white pepper in glass or plastic bowl;
stir in chicken.
Cover and refrigerate 30 minutes.
Cut carrots into 1/2 inch pieces.
Place carrots in boiling water.
Cover and cook 1 minute.
Immediately rinse under running cold water; drain.
Mix oyster sauce, 1 tablespoon plus 1 teaspoon cornstarch and the water.
Heat vegetable oil (1 inch) in wok to 325 degrees.
Add chicken; fry, turning frequently, until chicken turns white.

Remove from wok to strainer.
Wash and dry wok thoroughly.
Heat wok until 1 or 2 drops of water bubble and skitter when sprinkled in wok.
Add 2 tablespoons vegetable oil; rotate wok to coat side.
Add onion, garlic and gingerroot; stir-fry until garlic is light brown.
Add celery, water chestnuts and 1 teaspoon salt; stir-fry 1 minute.
Add bamboo shoots and mushrooms; stir-fry 1 minute.
Stir in carrots, chicken and chicken broth.
Heat to boiling; cover and stir until thickened, about 20 seconds.
Stir in peas.
Garnish with almonds and green onions.

6 servings

Microwave Reheat Directions:

Prepare Chicken Almond Ding as directed except -- omit peas, almonds and green onions; cover and refrigerate no longer than 24 hours.
Just before serving, prepare peas, almonds and green onions.
Cover chicken mixture tightly and microwave on microproof platter or bowl on high (100%) power 5 minutes; stir in peas.
Cover and microwave until hot, about 5 minutes longer.
Garnish with almonds and green onions.

Hot and Sour Chicken

4 Servings

Ingredients:

2 teaspoons dry white wine
4 teaspoons cornstarch
1/4 cup peanut oil
1/4 teaspoon ground Szechuan peppercorns
2 pounds boneless chicken, cut to medium dice
1 tablespoon minced garlic
1 tablespoon minced ginger
1 tablespoon salted black beans
1 cup medium dice, seeded green bell peppers
1 cup thinly bias-sliced carrots
1 cup sliced bamboo shoots
1/2 teaspoon crushed red chiles
2 tablespoons soy sauce
2 tablespoons vinegar
1/2 cup unsalted chicken stock

Directions:

COMBINE HALF THE CORNSTARCH, RED PEPPER FLAKES, SOY SAUCE, VINEGAR, AND CHICKEN BROTH-MIX WELL, SET ASIDE
RINSE BLACK BEANS AND DRAIN ON PAPER TOWELS
COMBINE WINE, REMAINING CORNSTARCH, AND HALF THE OIL
ADD CHICKEN AND TOSS TO MIX WELL
COVER AND CHILL FOR 1-2 HOURS
HEAT REMAINING PEANUT OIL IN A WOK OR SAUTE PAN,
OVER A MODERATELY-HIGH FLAME
ADD CHICKEN, HEAT AND STIR FOR 2 MINUTES
ADD GARLIC, GINGER, AND BLACK BEANS
HEAT AND STIR FOR 2 MINUTES
ADD BELL PEPPERS, CARROTS, AND BAMBOO SHOOTS
HEAT AND STIR FOR 2 MINUTES
STIR COOKING SAUCE WELL, ADD TO PAN
HEAT AND STIR UNTIL THICKENED
REMOVE FROM HEAT
SERVE HOT, WITH HOT COOKED RICE

Hot and Sour Shrimp

4 Servings

Ingredients:

- 1/4 cup rice vinegar
- 2 tablespoons soy sauce
- 2 tablespoons sugar
- 2 teaspoons cornstarch
- 3 tablespoons peanut oil
- 3 tablespoons minced garlic
- 2 tablespoons minced ginger
- 1/4 teaspoon crushed red chiles
- 2 cups bias-cut to 1/2-inch celery
- 1/2 cup sliced bamboo shoots
- 1/4 cup minced scallions
- 1 pound cleaned medium-large tiger prawns
- 1 teaspoon white wine

Directions:

COMBINE VINEGAR, SOY, SUGAR, AND CORNSTARCH-MIX WELL, SET ASIDE
HEAT WOK OVER A HIGH FLAME
ADD HALF THE OIL
ADD GARLIC, GINGER, AND RED CHILES, STIR ONCE
ADD SHRIMP AND STIR-FRY FOR 4 MINUTES
REMOVE FROM WOK, SET ASIDE
HEAT REMAINING OIL IN WOK, OVER A HIGH FLAME
ADD CELERY AND BAMBOO SHOOTS
STIR-FRY FOR 1 MINUTE
ADD SHRIMP MIXTURE AND VINEGAR MIXTURE
HEAT AND STIR UNTIL THICKENED
SERVE HOT, WITH RICE

Zesty Hunan Beef

Ingredients:

- 1/4 c. soy sauce
- 2 garlic cloves, minced
- 1 lb. lean beef round, sliced into 3
x 1/4 inch strips
- 1/4 c. vegetable oil
- 4 c. broccoli florets
- 3 1/2 c. sliced mushrooms
- 1 c. thinly sliced carrots
- 5 green onions, cut into 1 inch pieces
- 1/4 c. toasted slivered almonds
- 2 tbsp. finely chopped fresh ginger
- 3/4 tsp. dried red pepper flakes
- 2 tbsp. cornstarch dissolved in 1
tablespoon water
- Freshly cooked rice

Preparation:

Combine soy sauce and garlic into a large bowl, add beef strips.
Cover and marinate at room temperature 1 hour or in refrigerator overnight.
Drain beef, reserving marinade.
Heat oil in large skillet; set aside.
Add broccoli, mushrooms, carrots, green onions, almonds, ginger and
pepper flakes to skillet and cook 2 minutes.
Stir in reserved marinade and cornstarch.
Cook until vegetables are crisp-tender and sauce thickens, 4 to 6 minutes.
Return beef to skillet and heat through 1 to 2 minutes.
Serve immediately over rice.

Chow Mein

Ingredients:

3 lb. pork, cubed
1 c. soy sauce
3 bunches celery, thinly sliced
3/4 c. cornstarch
3 (10 oz.) cans sliced water chestnuts, drained
3 sm. cans sliced mushrooms, drained
3 lb. beef, cubed
3 c. water
3 med. onions, chopped
3/4 c. water
3 (2-1/2 c. each) cans bean sprouts, drained
Pepper and more soy sauce to taste

Preparation:

In large heavy pot brown meat well in 1/4 cup hot oil, removing as browned with a slotted spoon and adding more oil as necessary. Return meat to pot and add soy sauce and water. Turn heat down and add celery and onions; simmer 1-1/2 hours until meat is tender. Blend cornstarch and water; add to meat mixture to thicken. Add water chestnuts, bean sprouts and mushrooms. Heat through. Season to taste. Serve over rice or chow mein noodles.

Makes 25 servings

Chop Suey

8 Servings

Ingredients:

- 1 pound medium dice boneless pork
- 1 pound medium dice boneless beef
- 3/4 pound medium dice boneless veal
- 3 tablespoons peanut oil
- 1 cup water
- 3 cups 3/4-inch bias-sliced celery
- 2 cups medium dice onions
- 3 tablespoons cornstarch
- 1/4 cup water
- 1/4 cup soy sauce
- 1/4 cup molasses
- 2 cups bean sprouts
- 2 cups sliced water chestnuts

Directions:

HEAT OIL IN A WOK, OVER A VERY HIGH FLAME
ADD PORK, BEEF, AND VEAL
STIR-FRY UNTIL BROWNED ON ALL SIDES
REDUCE HEAT, COVER, AND SIMMER FOR 10 MINUTES
COMBINE CELERY, ONIONS, AND 1 CUP WATER IN A SAUCEPAN, OVER A HIGH FLAME
HEAT TO A BOIL, REDUCE HEAT, AND SIMMER FOR 20 MINUTES DISSOLVE
CORNSTARCH IN 1/4 CUP WATER
COMBINE ALL INGREDIENTS WITH MEAT IN WOK
HEAT AND STIR OVER A MEDIUM FLAME, UNTIL THICKENED
SERVE HOT, WITH RICE

Egg Fu Yung

6 Servings

Ingredients:

3 each eggs, beaten
1 cup finely shredded cabbage
1/4 cup slivered water chestnuts
1 tablespoon finely minced scallions
1 tablespoon soy sauce
peanut oil, for frying

Directions:

COMBINE EGGS WITH CABBAGE, WATER CHESTNUTS, SCALLIONS, AND SOY SAUCE-
MIX WELL
HEAT OIL IN A WOK OR SKILLET, OVER A MEDIUM FLAME
ADD 1/4 CUP EGG MIXTURE, HEAT UNTIL WELL SET AND LIGHTLY BROWNED
TURN AND HEAT UNTIL LIGHTLY BROWNED
REMOVE FROM PAN, KEEP WARM
REPEAT WITH REMAINING EGG MIXTURE
SAUCE AS DESIRED
SERVE HOT OR WARM

Egg Rolls

12 Servings

Ingredients:

1 cup slivered bamboo shoots
1/2 pound bean sprouts, washed and drained well
1 cup slivered water chestnuts
3 cups julienned cooked chicken
1 cup julienned bbq cooked pork
1/2 cup minced parsley
1 cup small dice mushrooms
2 tablespoons minced ginger
1/2 cup minced scallions
12 each egg roll skins
peanut oil, for frying

Directions:

HEAT 2 TABLESPOONS PEANUT OIL IN A WOK, OVER A MODERATE FLAME
ADD GINGER AND STIR-FRY FOR 1 MINUTE
ADD BAMBOO SHOOTS, BEAN SPROUTS, WATER CHESTNUTS, CHICKEN, BBQ PORK,
PARSLEY, MUSHROOMS, AND SCALLIONS
HEAT AND STIR FOR 2 MINUTES
DIVIDE MIXTURE BETWEEN EGG ROLL SKINS
FOLD ONE EDGE OVER FILLING TO MIDDLE
FOLD SIDES INTO MIDDLE
ROLLUP AND MOISTEN EDGE WITH WATER, TO SEAL
HEAT OIL TO 370 DEGREES
ADD EGG ROLLS 2-3 AT A TIME AND FRY UNTIL GOLDEN
DRAIN ON A COOLING RACK AND BLOT WITH PAPER TOWELS
KEEP WARM
SERVE HOT, WITH CATSUP AND CHINESE HOT MUSTARD TO THE SIDE

Fried Rice

16 Servings

Ingredients:

8 cups cooked rice
3/4 cup peanut oil
1 pound cooked meat or shellfish
1/3 clove minced scallions
1 pound very thinly sliced vegetables
1/2 cup soy sauce
8 each eggs, beaten

Directions:

STIR RICE WELL TO BREAKUP LUMPS AND SEPARATE WELL
PLAN TO PROCESS IN SMALL BATCHES (2 CUPS RICE AT A TIME)
HEAT 3 TABLESPOONS OIL IN A WOK, OVER A MODERATELY-HIGH FLAME
ADD THE MEAT OR SHELLFISH AND STIR FRY FOR 30 SECONDS
ADD THE SCALLIONS AND STIR FRY FOR 1 MINUTE
ADD THE VEGETABLES AND STIR FRY FOR 2-3 MINUTES, UNTIL ALMOST TENDER
ADD THE RICE AND STIR FRY UNTIL DRY TO THE TOUCH
ADD SOY TO TASTE-TOSS TO MIX WELL
STIR IN BEATEN EGGS, HEAT AND STIR UNTIL WELL SET
OR, SCRAMBLE EGGS SEPARATELY AND CUT INTO STRIPS
SERVE HOT

Chicken Lo Mein

Ingredients :

1 1/2 lbs. boneless, skinless chicken breasts, cut into 1-inch pieces
1/2 tsp. minced fresh garlic or 1/4 tsp. garlic powder
1/2 tsp. minced fresh ginger (opt.)
1/4 c. soy sauce mixed with
1 tsp. granulated sugar
1/2 c. vegetable oil, preferably corn or peanut
2 c. fresh bean sprouts
1 lg. red pepper, cut into thin strips
1/4 lb. fresh Chinese snow peas, ends trimmed or
1 (6 oz.) pkg. frozen Chinese pea pods, thawed
5 med.-sized mushrooms, sliced
3 scallions, cut into 2-inch lengths
2 tbsp. dry sherry or white wine
8 oz. linguini, cooked, drained & tossed with 1 tbsp. of the oil
1/4 tsp. salt
1/4 tsp. pepper

Preparation:

The Chinese are great noodle lovers. Here, linguini teams up with vegetables and oriental seasonings for a quick, colorful dish. Leftover cooked pork, beef or lamb can be used instead of the chicken.

In a medium-sized bowl mix chicken, garlic, ginger and 1 tablespoon of the soy-sugar mixture.

In a wok or 12-inch skillet heat 3 tablespoons of the oil over high heat until very hot but not smoking.

Add chicken mixture and stir-fry 3 to 5 minutes, until chicken is no longer pink. Remove to a large bowl.

Add 2 tablespoons more oil to wok.

Add bean sprouts, red pepper, snow peas, mushrooms and scallions.

Stir-fry 1 minute.

Add sherry, cover and cook 1 minute.

Using a slotted spoon, lift out vegetables and add to chicken.

Discard any liquid from wok.

Reduce heat to moderate.

Add remaining 2 tablespoons oil and the linguini.

Stir-fry 2 to 3 minutes, until hot and well coated with oil.

Add the remaining soy-sugar mixture and then toss to coat evenly.

Return chicken and vegetables to wok, add salt and pepper and toss until heated through.

Makes 4 or 5 servings

Denmark



STUVET OKSEKØD: Danish Stew

Ingredients:

- 3 tablespoons butter
- 2 medium onions, chopped
- 3 tablespoons flour
- 2 1/2 pounds cubed chuck or bottom round steak
- 2 tablespoons vinegar
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 cups beef broth or stock
- 1 1/2 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 tablespoon minced parsley
- 1/4 cup butter, softened
- 3 to 4 tablespoons water

Directions:

Sprinkle cubed steak with vinegar, salt and pepper. Set aside.

In Dutch oven with tight fitting lid, melt the butter, add the onions and cook slowly for about 10 minutes, allowing to brown slightly. Dredge the steak in the 3 tablespoons flour, and add to butter and onions. Continue to cook until meat loses its color and then add beef broth or stock and bring to boil, stirring.

Lower heat, cover and simmer for at least two hours. Add a little more broth if liquid cooks down too much.

Mix 1 1/2 cup flour, baking powder, salt, and parsley. Cut in the softened butter.

Add water, a tablespoon at a time, and form into a ball of dough. Pinch off and roll into balls about 1/2 inch in diameter. Drop into stew, cover tightly and continue to cook over low heat for about 35 minutes.

Serves 4 generously

SCANDINAVIAN BEEF BRISKET

Ingredients:

- 5 or less pounds beef brisket
- 1 large onion, sliced
- 1 tablespoon instant beef bouillon
- 2 cups boiling water
- 2 teaspoons honey
- 1 1/2 teaspoon white wine vinegar
- 1/8 teaspoon ground cloves
- 1/4 teaspoon cinnamon
- 6 medium carrots
- 6 medium potatoes
- 1/2 lemon, sliced thinly
- 1 cup pitted prunes
- 1 tablespoon cornstarch
- 1 tablespoon water

Directions:

Bake the brisket uncovered at 500°F for 30 minutes (watch).
Dissolve bouillon in hot water.
Place onion and lemon on meat after the 30 minutes of baking.
Pour hot bouillon and mixed spices over meat.
Cover and turn oven to 300°F for 1 1/2 hours.
Then add vegetables and prunes, and bake 1 1/2 hours longer at 300°F.
Finally, mix starch and water to thicken the sauce.

Serves 6 or more

SMØRREBRØD: Open-Faced Sandwiches

1. Small shrimp heavily covering French or white bread.
Garnish with a twist of lemon and a dab of mayonnaise and dill weed.
2. Herring (in wine sauce) drained well, cut into bite-sized pieces on pumpernickel.
Garnish with strip of green pepper, 2 onion rings and a small piece of pimento.
3. Scrambled eggs with a strip of smoked salmon in the center, on pumpernickel or rye;
and sprinkled with chopped parsley.
4. Sliced hard boiled eggs on pumpernickel or rye, with anchovy filet.
5. Sliced roast pork on pumpernickel or rye, garnish with cooked (cold) red cabbage.
6. Liverpastj (liver paste) on pumpernickel with sliced beet pickles.
7. Sliced roast beef on pumpernickel garnished with horseradish.
8. Sliced rullepøise on pumpernickel with sliced cucumber.
9. Sliced ham on pumpernickel or rye and garnished with vegetable salad.
10. On buttered bread, with crusts removed, place 3 strips of cheese.
Then place shrimp, in two rows, between cheese strips.
Place dabs of mayonnaise on the shrimp and decorate with sprigs of parsley.
11. On buttered bread, with crusts removed, spread a generous amount finely chopped salmon. Add pepper, to taste, and top with asparagus tips.

STUFFED SPARERIBS

Ingredients:

2 sides of spareribs (3-4 pounds)
1 tablespoon flour
1 cup prunes
salt and pepper
4 apples

Directions:

Soak prunes several hours or overnight.
Cut in half and remove pits.
Pare and core apples and cut into eights.
Lay one sparerib on bottom of roaster.
Season with salt and pepper.
Place prunes and apples on spareribs.
Place second sparerib on top of prunes and apples.
Tie cord around them, season and sprinkle with flour.
Sear in hot oven, reduce heat to 325°F.
Cover and finish cooking.

Dutch



Hachee

INGREDIENTS:

2 pounds (1 kg) stewed beef
2 cups vinegar
1 large onion
5-6 apples (peeled, cored & cubed)
2-3 bay leaves
salt & pepper to taste

INSTRUCTIONS:

In a large pot, fry a little oil (2 tbsps) and add the onions.
Fry a few minutes, and then add all other ingredients.
Cook over medium heat till beef is cooked.
Then heat on low and cook 6-7 hours till the beef has broken down.
Serve with mashed potatoes or noodles.
Smaakelijk eten!

Erwtensoep

INGREDIENTS:

- 2 cups split green peas
- 3 quarts cold water
- 1 pig's foot (or ham bones)
- 4 slices thick-cut bacon, cut into squares
- 4 frankfurters (use your favorite sausage)
- 1 pound potatoes
- 1 celeriac, diced
- 1 cup celery, chopped
- 2 leeks, well washed and chopped
- 2 onions

INSTRUCTIONS:

Wash the peas, soak them for 12 hours (unless you use quick cooking peas), and boil gently in the water they were soaked in for at least 2 hours.

Cook in this liquid the pig's foot, and bacon for at least 1 hour.

Add the sliced potatoes, salt, celeriac, leeks and celery; cook until everything tests done and the soup is smooth and thick.

Add the sausage during the last 10 minutes. the better the flavor.

Three hours is usual.

The soup thickens -so much it can almost be cut - as it cools.

Smaakelijk eten!!!!

Rode Kool

INGREDIENTS:

1 head of red cabbage
2-3 tbsps brown sugar
1/4 margarine
1/2 medium onion (chopped)
2 apples (cubed & peeled)
1/2 tsp salt
1/8 tsp pepper
1/4 cup raisins

INSTRUCTIONS:

Cook the cabbage with the margarine for about 5 minutes.
Add the apples, sugar & onion.
Cook for another 3 minutes.
Add the rest of the ingredients, cover the pot and lower heat.
Cook for about 20-25 minutes, and remember to stir occasionally.
It's that easy!!
Smaakelijk eten!

Bahmi Goreng

INGREDIENTS:

5 large onions
3 garlic cloves
1 head of cabbage
1 package bean sprouts (about 1 pound)
2/3 bunch leek parsely
Meat (pieces of pork or ham)
ketjap or maggi
Egg noodles

INSTRUCTIONS:

Cook egg noodles
Cook the onions till they are "yellowish", add meat (cook for about 20 min.on low heat).
Add cabbage, cover and heat on low for another 15 minutes.
Add leek & bean sprouts, cook for another 10/15 minutes on low heat.
Add noodles, then soyasauce (maggie)/parsely/salt/pepper and if you wish add more spices to taste.
Serve with ****"Sambal Oelek"** on the side.
****If you don't have Sambal, you can use red pepper or chili sauce instead****

Hutspot

INGREDIENTS

1/4 cup margarine or butter
2 pounds braising meat, sliced 1/2 inch thick (large chunks)
2 cups cold water
3 pounds carrots, peeled and diced or a mix of diced carrot and turnip
12 ounces onions, diced (about three medium)
3 pounds potatoes, peeled and quartered
1 tsp salt
1/2 tsp pepper
1 or 2 Dutch smoked sausages (Simon de Groot or other)

INSTRUCTIONS

Heat the fat in (what else) a Dutch oven or crock pot until brown.
Sear the meat on both sides til brown.
Add water to just cover the meat and simmer (covered) for approximately one (1) hour.
Add carrots, onions and potatoes.
Season with salt and pepper.
Cover and simmer for about an hour more.
Add the Dutch sausage on top during the last 15 minutes of cooking.
Remove the meat and veggies; if there is enough liquid left, make gravy.
Mash the vegetables together and put on plates.
Put meat and sausage slices on top and serve with gravy.

Serves four to six

England



Bubble & Squeak (English fried potatoes & cabbage)

Yield: 3-4 servings

Ingredients:

Potatoes peeled, cooked, mashed roughly 3-4 each
Cabbage cooked & shredded 1 small head
Salt & pepper to taste
Butter, oil or bacon fat 3-4 T
Onion chopped 1 each

Directions:

Mix the potatoes and cabbage together well in a bowl.
Season with salt and pepper.
Heat the butter or oil in a heavy skillet over medium-high heat.
Sauté the onion till translucent.
Mix in the potato-cabbage mixture and press down into the skillet.
Let cook on medium heat till bottom is browned, about 10 minutes.
Then turn potatoes to brown on the other side.

Fish and Chips

(English batter-fried fish with fried potato wedges)

Yield: 4 portions

Ingredients:

Flour, all-purpose 1 1/4 cups

Salt 1 t

Beer 1 1/4 cups

Egg yolk 1 each

Oil 1 T

Egg white beaten till forms stiff peaks 1 each

Fish (any firm white fish) cut into serving size pieces 1 1/2 - 2 lbs

Salt & pepper to taste

Flour, all-purpose 1/2 cup

Potatoes, baking peeled, cut 1/2" thick slices & soaked in cold water 4 each

Oil for deep frying

Directions:

Sift the flour and salt together into a large bowl.

Make a well in the center and add the beer, yolk and oil.

Beat well with a whisk till smooth.

Set aside to rest for about 30 minutes.

Season the fish filets with salt and pepper and set aside.

Preheat oven to 250°.

Heat oil in a fryer or deep pot to 365-375°.

Drain potatoes and pat dry.

Add to hot oil in batches, dropping in one at a time to keep them from sticking together.

Fry until well browned.

Drain and transfer to a paper towel-lined pan in the oven to keep warm.

Let oil return to proper temperature between batches.

When fries are finished, gently fold whipped egg whites into the batter with a spatula.

Dip filets into the flour, shaking off the excess.

Then dip into batter.

Gently drop into hot oil and fry till brown on both sides, flipping from time to time.

Drain and hold in oven till all filets are fried.

Serve fish and chips on tabloid newspapers with malt vinegar, tartar sauce, ketchup and a nice English ale.

Finland



Karelian Hot Pot - Karjalanpaisti

(for four - five persons)

Ingredients:

- 2/3 pounds (300 g) chuck steak
- 2/3 pounds (300 g) pork shoulder
- 2/3 pounds (300 g) stewing lamb or mutton
- 2-3 onions
- 1 1/2 tsp salt
- 8 allspice
- water

Directions:

Cut the meat into cubes (4x4 cm).

There is no need to remove small bones.

Put the meat and coarselychopped onion in layers in a casserole, seasoning each layer with salt and allspice.

Add enough water to almost cover the meat.

Bake without a cover at a moderate temperature, c. 175 °C, for 2 1/2-3 hours.

Cover the casserole towards the end of the cooking time.

Serve with mashed potato, and lingonberry purée.

Fish Soup a la Kainuu - Kainuulainen Kalakeitto

Ingredients:

- 1-1 ½ l water or good fish stock
- 1-2 onions
- 5-6 allspice berries
- (- salt)
- 4-5 potatoes
- about 1 pound (1/2 kg) of filleted fish (- salmon, whitefish, pike, perch)
- dill, chives, chopped parsley

Served with: melted butter chopped raw onions

Directions:

Peel the onions and split them in pieces.

Place them in the water or fish stock together with the allspice berries and

Bring to the boil.

Cook for a while for the stock to become tasty.

Peel the potatoes and cut into small pieces the size of your fingertips.

Also cut the fish fillets into small cubes.

Remove the onions and allspice berries from the stock and add the potatoes to cook.

Let the soup boil for about ten minutes.

Then add the fish and continue to cook for a few minutes until the fish is done.

Chop the herbs and add to the soup.

Serve the soup with melted butter and chopped raw onions, which every eater can add to the soup according to taste.

The soup is at its best when eaten with rye bread.

Mashed Potato and Rutabaga Casserole

Ingredients:

2 pounds thin-skinned boiling potatoes
salt
1 pound (about 1 medium) rutabaga
1/4 cup flour
2 eggs
2 teaspoons salt
1/2 to 1 cup hot milk or light cream
1 tablespoon butter
1/4 cup fine dry break crumbs

Directions:

Put the potatoes in a large pot and cover them with water.
Add 1 teaspoon salt for each quart of water.
Heat to boiling and cook for 20 to 25 minutes.
Drain, mash, and add the cooked rutabaga to the potatoes.
Beat with an electric mixer until the potatoes and rutabagas are smooth and fluffy.
Beat in the flour, eggs, salt, and milk (or cream).
Preheat oven to 350 degrees F.
Butter a 3-quart shallow baking dish.
Turn the mixture into the dish.
Using a spoon, spread out the mixture, making indentations in the top of the casserole.
Dot with the butter and sprinkle with the bread crumbs.
Bake uncovered for 1 hour, or until lightly browned.

Lanttulaatikko (Rutabaga Casserole)

Ingredients:

1-2 large rutabagas
water
salt
2 Tbs butter or margarine
1 Tbs flour
milk
salt, white pepper
sugar
1 egg
bread crumbs

Directions:

Peel the rutabagas, cut into small cubes and cook in small amount of water seasoned with salt until tender.

Mash well.

Whip butter or margarine and flour into the rutabagas, add the milk gradually, whipping continuously.

Add the egg and season to taste.

Place in a greased casserole dish, cover with bread crumbs and bake in a 200°C (400°F) oven for 40 mins.

Goes great with ham and pork.

Sillilaatikko (Herring Casserole)

Ingredients:

1 lb (4 cups) thinly sliced potatoes
10 pieces of herring (available preserved in jars)
1 onion, chopped
¼ tsp white pepper
1 egg
2 c. milk
1 Tbsp flour

Directions:

Layer on to a well-greased casserole dish:

potatoes

herring

chopped onion

Finish off with a layer of potatoes.

Mix egg, milk, pepper and flour.

Pour on top of potatoes.

Bake in moderate oven (380F) for about two hours, until well done.

Janssonin kiusaus (Jansson's Temptation)

Ingredients:

10 medium potatoes, peeled and sliced very thin
10 anchovy filets
1 onion, chopped
2-3 c. full cream

Directions:

Layer on to a well-grease casserole dish:

potatoes, anchovy and onion.

Pour half of the cream on top.

Bake in moderate oven (375F) for about an hour.

Add the rest of the cream, or as much as seems to be needed to keep the potatoes moist.

Finish baking till well done.

Siankylkipaisti

Ingredients:

3 1/3 pounds (1 1/2 kg) pork ribs

1/2 lemon

1 Tbs salt

1/2 tsp ginger

1/2 tsp white pepper

5 prunes

2 tart apples

water

Gravy:

2 Tbs flour

2 tsp mustard

water

Directions:

Pat the meat dry.

Rub with lemon and break into suitable portion-sized pieces.

Arrange in a casserole dish, with meaty side up, sprinkle with the spices and bake in a hot oven.

After a short time, add boiling water and sliced prunes and apples.

Turn ribs over after they have browned.

Baste often with the liquid in the pan.

Drain the liquid into a saucepan.

Let it come to a boil and stir in the flour and mustard, adding more water if needed, to make the gravy.

Pour over the meat and serve.

France



Bouillabaisse (French Provencal seafood stew)

Servings: 6-8

Ingredients:

Soup

Oil, olive 1/4 c
Onion chopped 1 ea
Celery chopped 2 ribs
Garlic crushed 4 cloves
Fish bones 2-3 lbs
Water 2 Q
White wine (opt.) 1 c
Tomatoes chopped 1 lb
Orange peel no pith 1 piece, about 2-3" long
Parsley 6-8 sprigs
Bay leaf 1 ea
Thyme, fresh or dry 2 sprigs or 1 t
Fennel bulb, or dried fennel seed (opt.) chopped 1 bulb or 1 t
Saffron (opt.) 1 pinch
Salt 2 t
Peppercorns 6-8 ea
Fish & seafood 5-6 lbs

Rouille

Pepper, red bell roasted, peeled, seeded 1 ea
Potato cooked, peeled 1 ea
Pepper, hot chile seeded, minced 1 ea
Garlic crushed 4 cloves
Basil, fresh chopped 2 T
Broth from above 1/4 to 1/3 c
Salt & pepper to taste
Oil, olive 1/4 c
French bread sliced, toasted 2-3 pcs per person

Directions:

In a large pot or Dutch oven, heat the olive oil over a medium flame.
Add the onions and celery, and sauté slowly till onions are wilted and translucent.
Add the second set of ingredients and bring to a simmer.
Simmer for 30-40 minutes.

Strain the broth, and adjust seasoning.

(Recipe can be prepared up to this point and the broth kept in the fridge till needed.)

Meanwhile make the rouille.

Puree the first set of ingredients, using just a little of the broth, in a blender or food processor.

With the blender or processor running, gradually pour in the olive oil.

Thin out the sauce a little with the rest of the broth.

Sauce should remain thick, however.

Place in a sauce boat or small bowl.

Bring the broth to a simmer again over medium heat.

Add the fish and seafood in batches, starting with the firmest fish first and ending with the most delicate seafood.

Simmer until all the fish and seafood is cooked through, about 10 minutes.

Place the toasted bread in the bottom of each individual's bowl.

Place a piece of each of the types of fish and seafood over the bread in each bowl, and spoon the broth over all.

Pass rouille at the table for each guest to stir into the bouillabaisse.

Chicken in Red Wine with Onions, Mushrooms and Bacon: Coq Au Vin

Recipe courtesy Julia Child, Mastering the Art of French Cooking, Volume One, Alfred A. Knopf, 1995

This popular dish may be called coq au Chamberlain, coq au Riesling, or coq au whatever wine you use for its cooking. It is made with either white or red wine, but red is more characteristic. In France it is usually accompanied only by parsley potatoes; buttered green peas could be included if you wish a green vegetable. Serve it with a young, full-bodied red Burgundy, Beaujolais or Cotes du Rhone.

Ingredients:

- 3 to 4-ounce chunk lean bacon
- 2 tablespoons unsalted butter
- 2 1/2 to 3 pounds frying chicken, cut into pieces
- 1/2 teaspoon salt, plus additional for seasoning
- 1/8 teaspoon pepper, plus additional for seasoning
- 1/4 cup cognac
- 3 cups young, full-bodied red wine, such as Burgundy, Beaujolais, Cotes du Rhone, or Chianti
- 1 to 2 cups brown chicken stock, brown stock or canned beef bouillon
- 1/2 tablespoon tomato paste
- 2 cloves mashed garlic
- 1/4 teaspoon thyme leaves
- 1 bay leaf
- 12 to 24 Brown-Braised Onions, recipe follows
- 1/2 pound Sauteed Mushrooms, recipe follows
- 3 tablespoons all-purpose flour
- 2 tablespoons softened butter
- Fresh parsley leaves

Directions:

Remove the rind and cut the bacon into lardoons (rectangles 1/4-inch across and 1-inch long).
Simmer for 10 minutes in 2 quarts of water.
Rinse in cold water. Dry.
In a heavy large heavy bottomed casserole or Dutch oven, saute the bacon slowly in hot butter until it is very lightly browned (temperature of 260 degrees F for an electric skillet).
Remove to a side dish.
Dry the chicken thoroughly.
Brown it in the hot fat in the casserole.
(360 degrees F for the electric skillet.)
Season the chicken with salt and pepper.
Return the bacon to the casserole with the chicken.
Cover and cook slowly (300 degrees F) for 10 minutes, turning the chicken once.
Uncover, and pour in the cognac.

Averting your face, ignite the cognac with a lighted match.
Shake the casserole back and forth for several seconds until the flames subside.
Pour the wine into the casserole.
Add just enough stock or bouillon to cover the chicken.
Stir in the tomato paste, garlic and herbs.
Bring to a simmer.
Cover and simmer slowly for 20 to 25 minutes, or until the chicken is tender and its juices run a clear yellow when the meat is pricked with a fork.
Remove the chicken to a side dish.
While the chicken is cooking, prepare the onions and mushrooms.
Simmer the chicken cooking liquid in the casserole for 1 to 2 minutes, skimming off fat.
Then raise the heat and boil rapidly, reducing the liquid to about 2 1/4 cups.
Correct seasoning. Remove from heat, and discard bay leaf.
Blend the butter and flour together into a smooth paste (beurre manie).
Beat the paste into the hot liquid with a wire whip.
Bring to the simmer, stirring and simmer for 1 to 2 minutes.
The sauce should be thick enough to coat a spoon lightly.
Arrange the chicken in a casserole, place the mushrooms and onions around it and baste with the sauce.
If the dish is not to be served immediately, film the top of the sauce with stock or dot with small pieces of butter.
Set aside uncovered for no longer than 1 hour or cool, cover and refrigerate until needed.
Shortly before serving, bring the casserole to a simmer, basting the chicken with the sauce.
Cover and simmer slowly for 4 to 5 minutes, until the chicken is heated through.
Serve from the casserole, or arrange on a hot platter.
Decorate with sprigs of parsley.

Brown-Braised Onions:

1 1/2 tablespoons butter
1 1/2 tablespoons oil
18 to 24 peeled white onions, about 1-inch in diameter
1/2 cup brown stock, canned beef bouillon, dry white wine, red wine, or water
Salt and pepper
Medium herb bouquet: 4 parsley sprigs, 1/2 bay leaf and
1/4 teaspoon thyme tied in cheesecloth

When the butter and oil are bubbling in the skillet, add the onions and saute over moderate heat for 10 minutes, rolling the onions about so they will brown as evenly as possible. Be careful not to break their skins. You cannot expect to brown them uniformly.

Braise them as follows:

Pour in the stock, season to taste, and add the herb bouquet.
Cover and simmer slowly for 15 to 20 minutes until the onions are perfectly tender but retain their shape, and the liquid has evaporated.

Remove herb bouquet.
Serve them as they are.

Bake them as follows:

Transfer the onions and their sauteing fat to a shallow baking dish or casserole just large enough to hold them in 1 layer.

Set uncovered in upper third of a preheated 350 degree F oven for 40 to 50 minutes, turning them over once or twice.

They should be very tender, retain their shape and be a nice golden brown.

Remove herb bouquet.

Serve them as they are.

Sauteed Mushrooms:

2 tablespoons butter

1 tablespoon oil

1/2 pound fresh mushrooms, washed, well dried, left whole if small,
slice or quartered if large

1 to 2 tablespoons minced shallots or green onions, optional

Salt and pepper

Place the skillet over high heat with the butter and oil.

As soon as you see that the butter foam has begun to subside, indicating it is hot enough, add the mushrooms.

Toss and shake the pan for 4 to 5 minutes.

During their saute the mushrooms will at first absorb the fat.

In 2 to 3 minutes the fat will reappear on their surface, and the mushrooms will begin to brown.

As soon as they have browned lightly, remove from heat.

Toss the shallots or green onions, if using, with the mushrooms.

Saute over moderate heat for 2 minutes.

Sauteed mushrooms may be cooked in advance, set aside, then reheated when needed.

Season to taste just before serving.

Boeuf Bourguignon

Boeuf a la Bourguignonne---Beef Stew in Red Wine, with Bacon, Onions, and Mushrooms

As is the case with most famous dishes, there are more ways than one to arrive at a good boeuf bourguignon. Carefully done, and perfectly flavored, it is certainly one of the most delicious beef dishes concocted by man, and can well be the main course for a buffet dinner. Fortunately you can prepare it completely ahead, even a day in advance, and it only gains in flavor when reheated.

Vegetable and Wine Suggestions:

Boiled potatoes are traditionally served with this dish. Buttered noodles or steamed rice may besubstituted. If you also wish a green vegetable, buttered peas would be your best choice. Serve with the beef a fairly full-bodied, young red wine, such as Beaujolais, Cotes du Rhone,Bordeaux-St. Emillion, or Burgundy.

For 6 people

Preheat oven to 450 degrees.

Ingredients:

6-ounce chunk of bacon
9 to 10 inch fireproof casserole 3 inches deep
1 Tbsp. olive oil or cooking oil
slotted spoon
3 lbs. lean stewing beef cut into 2-inch cubes
1 sliced carrot
1 sliced onion
1 tsp salt
1/4 tsp pepper
2 Tbsp flour
3 cups of a full-bodied, young red wine such as one of those suggested for serving, or a Chianti
2 to 3 cups brown beef stock or canned beef bouillon
1 Tbsp tomato paste
2 cloves mashed garlic
1/2 tsp thyme
a crumbled bay leaf
the blanched bacon rind
18 to 24 small white onions, brown-braised in stock
1 lb. quartered fresh mushrooms sautéed in butter
parsley sprigs

Instructions:

Remove rind, and cut bacon into lardons (sticks, inch thick and 1/2 inches long).
Simmer rind and bacon for 10 minutes in 1/2 quarts of water.
Drain and dry.

Sauté the bacon in the oil over moderate heat for 2 to 3 minutes to brown lightly. Remove to a side dish with a slotted spoon. Set casserole aside. Reheat until fat is almost smoking before you sauté the beef. Dry the beef in paper towels; it will not brown if it is damp. Sauté it, a few pieces at a time, in the hot oil and bacon fat until nicely browned on all sides. Add it to the bacon. In the same fat, brown the sliced vegetables. Pour out the sautéing fat. Return the beef and bacon to the casserole and toss with the salt and pepper. Then sprinkle on the flour and toss again to coat the beef lightly with the flour. Set casserole uncovered in middle position of pre-heated oven for 4 minutes. Toss the meat and return to oven for 4 minutes more. (This browns the flour and covers the meat with a light crust.) Remove casserole, and turn oven down to 325 degrees. Stir in the wine, and enough stock or bouillon so that the meat is barely covered. Add the tomato paste, garlic, herbs, and bacon rind. Bring to simmer on top of the stove. Then cover the casserole and set in lower third of preheated oven. Regulate heat so liquid simmers very slowly for 2 1/2 to 3 hours. The meat is done when a fork pierces it easily. While the beef is cooking, prepare the onions and mushrooms. Set them aside until needed. When the meat is tender, pour the contents of the casserole into a sieve set over a saucepan. Wash out the casserole and return the beef and bacon to it. Distribute the cooked onions and mushrooms over the meat. Skim fat off the sauce. Simmer sauce for a minute or two, skimming off additional fat as it rises. You should have about 2 1/2 cups of sauce thick enough to coat a spoon lightly. If too thin, boil it down rapidly. If too thick, mix in a few tablespoons of stock or canned bouillon. Taste carefully for seasoning. Pour the sauce over the meat and vegetables.

('*) Recipe may be completed in advance to this point.

For Immediate Serving:

Cover the casserole and simmer for 2 to 3 minutes, basting the meat and vegetables with the sauce several times. Serve in its casserole, or arrange the stew on a platter surrounded with potatoes, noodles, or rice, and decorated with parsley.

For Later Serving:

When cold, cover and refrigerate. About 15 to 20 minutes before serving, bring to the simmer, cover, and simmer very slowly for 10 minutes, occasionally basting the meat and vegetables with the sauce.

French Onion Soup

Recipe adapted from Julia Child, "The Way to Cook

Ingredients:

- 1/2 stick butter
- 1 tablespoon olive oil
- 8 cups thinly sliced onions (about 2-1/2 pounds)
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1 tablespoon flour
- 8 cups homemade beef stock, or good quality store bought stock
- 1/4 cup Cognac, or other good brandy
- 1 cup dry white wine
- 8 (1/2-inch) thick slices of French bread, toasted
- 3/4 pound coarsely grated Gruyere

Directions:

Heat a heavy saucepan over moderate heat with the butter and oil. When the butter has melted, stir in the onions, cover, and cook slowly until tender and translucent, about 10 minutes. Blend in the salt and sugar, increase the heat to medium high, and let the onions brown, stirring frequently until they are a dark walnut color, 25 to 30 minutes. Sprinkle the flour and cook slowly, stirring, for another 3 to 4 minutes. Remove from heat, let cool a moment, then whisk in 2 cups of hot stock. When well blended, bring to the simmer, adding the rest of the stock, Cognac, and wine. Cover loosely, and simmer very slowly 1 1/2 hours, adding a little water if the liquid reduces too much. Taste for seasoning. Divide the soup among 4 ovenproof bowls. Arrange toast on top of soup and sprinkle generously with grated cheese. Place bowls on a cookie sheet and place under a preheated broiler until cheese melts and forms a crust over the tops of the bowls. Serve immediately.

Basic Duck a l'Orange

6 Servings

Ingredients:

- 1 whole 5-6 lb duck
- 1/2 cup red wine
- 1 tablespoon orange zest
- 1 teaspoon minced garlic
- 3 tablespoons vegetable oil
- 1 tablespoon starch from white flour
- 1 1/4 cups strained fresh orange juice
- 1 tablespoon honey
- 1/4 teaspoon ground ginger
- 1/8 teaspoon pepper
- 1 cup peeled segments of oranges

Directions:

Puncture duckling generously with fork; place on rack in roasting pan.
Pour most of the red wine over duckling pieces.
Roast in slow oven (325F), basting occasionally, allowing 25 minutes/pound.
In medium saucepan, saute orange peel and garlic in oil.
Mix in flour until smooth.
Slowly add orange juice, honey and remaining wine.
Simmer 1 minute.
Mix in ginger, pepper and orange sections; simmer 5 minutes.
Serve hot sauce with roast duckling, and a Cabernet Sauvignon if preferred.

Germany



Spaetzle Basic Dough Recipe

Yield: 4 servings

Ingredients:

2 Eggs; slightly beaten
1 1/2 c Flour; sifted
1/2 c Milk
1 ts Salt
1/4 ts Baking powder

Directions:

Bring a saucepan of salted water to a boil, reduce the heat, and maintain a simmer. In a bowl, stir all the ingredients together. Place a colander over the pan, pour about 1/4 of the batter into the colander, and press through the holes with a plastic spatula into the hot water. When the spaetzle starts to float to the surface, cover the pan and keep covered until the spaetzle appears to swell and is fluffy. Remove the dumplings and repeat the procedure with the remaining batter.

Schweinebraten (German Pork Roast)

Ingredients:

- 1 1/2 teaspoons salt
- Pinch of marjoram
- Pinch of basil
- 1 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1 boneless loin pork roast (4 to 5 pounds)
- 2 to 3 medium onions, coarsely chopped
- 1 1/2 cups water or light beer

Directions:

Combine salt, marjoram, basil, pepper and garlic powder.
Rub all over roast.
Place roast in roasting pan and surround with onions.
Pour water or beer into pan.
Cover and roast at 350 degrees F for 30 minutes.
Turn roast over in pan.
Roast uncovered another 2 hours, checking about every 30 minutes, adding more liquid when needed.
Roast is done when internal temperature reaches 180 degrees F.
Make gravy with pan juices, if desired.

Makes about 8 servings

Sauerbraten (Sour Roasted Beef)

Use for 4-6 servings:

Ingredients:

2 pounds (1 kg) piece of beef (e.g. from the upper back hip, no usual roast beef!)
1 cup (1/4 l) vinegar from red wine or a mixture 50:50 red wine and vinegar
2 bay leaves
2 tbsp whole black pepper
2 big onions
1 big carrot
1/2 pound (200g) potatoes
1 cup (1/4 l) bouillon
2 tbsp creme fraiche (or sour cream)
salt, pepper, oil

Directions:

1. Place meat in a high dish, fill with vinegar (or mixture) until covered.
Add bay leaves and pepper grains and place dish in the refrigerator.
Leave there for 2-3 days, turn meat around at least once.
2. Get meat out of marinade and dry. Spice meat with pepper all around.
3. Cut onions, carrots and potatoes in little cubes.
Heat oil, place meat in it and roast until brown from all sides.
Add onions until brown, too.
4. Salt the meat, add potatoes and carrots, then the bouillon, and, optionally, some more red wine (esp. if you used only vinegar before).
Add also a little of the marinade (without leaves and pepper).
5. Simmer for at least 1 1/2 hours on low heat in a closed pot, turn once.
6. Get meat out of the pot and keep warm.
Puree the sauce, let reduce a little. Add creme fraiche or sour cream, add salt and pepper to your taste.
7. Cut meat into slices, serve.

Traditional side dishes are potatoes or Kloesse (dumplings), and some vegetable like Rotkraut (that is hot red cabbage).

In some areas of Germany, they add raisins and sliced apples to the sauce so that it gets a more sweet-and-sour taste.

German Style Pork Spareribs

Ingredients:

3 lb Spareribs, cut into ribs
2 tb Butter
1/4 c Finely chopped onion
2 tb Dark brown sugar
1/8 ts Pepper
1/2 ts Salt
2 tb Prepared mustard
1/2 c Catsup
3 c Sauerkraut, drained
1 lg Apple, pared, cored & choppd
2 ts Caraway seeds

Directions:

In a medium-sized, heat-resistant, non-metallic bowl, heat butter in Microwave Oven 30 seconds.
Add onion, brown sugar, pepper, salt, mustard, and catsup.
Heat, uncovered, in Microwave Oven 3 minutes.

In a 3-quart, heat-resistant, non-metallic casserole, place sauerkraut, apple and caraway seeds.
Stir to combine thoroughly.
Dip each sparerib into sauce and place on top of sauerkraut.
Pour remaining barbecue sauce over the top.
Heat, covered in Microwave Oven 15 to 18 minutes.
Pork should always be cooked to well-done.

German Red Cabbage

Ingredients:

1 Red cabbage
1/4 lb Bacon; sliced
1 Onion
20 Cloves garlic
2 Apples
1 ts Lemon juice

Directions:

Cut up the bacon into little pieces and fry slowly in the bottom of a large pot while you...
Peel the onion and stab the cloves into it (15-30 cloves).
Put the onion into the pot and let it warm with the bacon while you...
Cut up the cabbage into roughly bite-sized chunks – somewhat thicker slices than for slaw.
Put the cabbage in the pot and add enough water to about half-cover the cabbage; then turn the heat up high.

Quarter, core and peel the apples.
Toss them in on top of the cabbage with a small handful (about a 1/2 teaspoon) of salt.
Sprinkle the lemon juice over it all.
By this time the water should be boiling.
Turn down the heat and put a lid on the pot.
Let it cook for 10 minutes.
Stir 'n sniff.
Cover and let it cook another 10 minutes.
Now you can serve it "as is", or you can ladle out part of the liquid, thicken it with cornstarch or arrow-root, and stir it back in.

Sauerkraut Soup

8 servings

1 hour 10 minutes

10 mins prep

Ingredients:

1 lb smoked **Polish sausage**, cut into chunks
5 medium **potatoes**, peeled and cubed
2 medium **onions**, chopped
2 **carrots**, chopped
6 cups **chicken broth** or **vegetable broth**
2 cans **sauerkraut**
1 (6 ounce) can **tomato paste**
¼ tsp **pepper**

Directions:

1. In a large saucepan, add sausage, potatoes, onions, carrots and chicken broth.
2. Bring to a boil, reduce heat and simmer for around 30 minutes, until potatoes are cooked.
3. Add sauerkraut and tomato paste, mixing well.
4. Return to a boil, reduce heat, cover and simmer another 30 minutes.

Blaukraut

(German braised red cabbage)

Yield: 4-6 servings

Ingredients:

Lard or oil 2 T
Onion chopped finely 1 each
Red cabbage cored, shredded 1 head
Red wine vinegar 2 T
Stock or water 1 to 1 1/2 cups
Sugar 1 T
Cloves, whole 3 each
Bay leaves 2 each
Salt & pepper to taste

Directions:

Heat the lard or oil over medium flame in a large pot.
Add onions and sauté till translucent.
Add the cabbage in batches and stir in till wilted.
Stir in vinegar.
Add the rest of the ingredients and simmer, covered, over low heat for 30-35 minutes.
Adjust seasoning and serve.

Greece



Tzaziki

Ingredients:

500 grams (1/2 quart) of Greek yoghurt (or natural full, dairy yoghurt)
Three garlic cloves
1/2 cup of olive oil
1/2 sliced cucumber

Directions:

Put the yoghurt in a bowl.
Put the garlic through a garlic press and using the edge of a knife,
Spread the garlic coming out of the press on the yoghurt.
Take the cucumber and peel the skin.
Slice it thinly, either with a knife or using a salad slicer.
Mix the ingredients with a mixer (or a fork) and slowly add the oil.
The oil will be absorbed, and when it is done, the tzaziki is ready.
Serve with a spoon and a few olives spread on the top.
Tzaziki is eaten with plenty of french bread.

Horiatiki/Greek Salad

Ingredients:

Four tomatoes, sliced in segments (must be hard, salad tomatoes)

One sliced onion

1/2 sliced cucumber

Some olive oil

Sliced fêta cheese (a white, salty cheese made with goats milk)

Salt, pepper and oregano seasoning

Directions:

Mix the ingredients together and spread the oil over them.

Sprinkle some salt, pepper and oregano.

Mousaka

Ingredients:

1 kilo / 2 pounds potatoes
1/2 kilo / 1 pound ground beef
1/2 chopped onion
1 cup tomatoes from a can
1/2 glass white or red wine
1 cup of olive oil
1/2 cup chopped parsley
Salt, pepper and nutmeg
For the topping:
1 liter milk/2 pints
1 cup flour
1/2 cup of butter
2 eggs
Grated cheese (Emmenthal OK)

Directions:

For just plain old Mousaka, remove the potatoes, however it is normally served with them.

Boil the potatoes and stop half way.

Peel them and let aside.

Fry the onion in the oil till brown, add the ground beef, wait 10 minutes while stirring, and add the wine, tomato, parsley, salt, pepper and about a tablespoon of sugar, and then add 1/2 cup of water.

When the water is absorbed, remove from heat, and add the grated cheese and the Egg yolks (keeping the egg whites for the topping).

In a saucepan bring three cups of milk to boil, mix the flour with the remaining cup and pour stirring constantly, making a thick paste - if too thick, add milk, if too thin, add some more flour.

Remove from heat, and add the egg yolks, egg whites and the nutmeg.

Butter a baking pan, and put the sliced potatoes in it.

Cover with the meat mixture and then cover with the contents of the saucepan.

When the topping turns brown, serve cool.

Feta Greek Salad

Serving Size: 6

-----SALAD-----

1	sm	Romaine lettuce - torn into bite size pieces
3		Tomatoes -- cut up
1		Onion -- thinly sliced
1		Green pepper- seeded and chopped
1		Cucumber -- peeled & sliced
1	c	Black olives, Greek
1/2	lb	Feta cheese - sliced or cut into chunks

-----DRESSING-----

1/4	c	Olive oil
2	tb	Vinegar
1	pn	Oregano
		- salt and pepper to taste

Directions:

Chill all vegetables, olives and cheese.

Combine dressing ingredients.

When ready to serve, toss all vegetables and olives.

Top with cheese and serve with dressing.

Spinach Pie/Spanakopita

Ingredients:

One pack of very thin 'filo' pastry (obtained from a specialist deli)

1 Kg / 2 lb of spinach, either frozen or fresh

1 kg / 2 lb of féta cheese

250g / 1/2lb of butter or margarine

2 cloves of garlic or garlic power

Directions:

If the spinach is raw, cook and slice thinly.

If frozen, defrost.

In either case, mix the féta cheese with the spinach to make a mixture, adding the chopped garlic.

Spread some butter on an oven tray.

Open the filo package and place each thin pastry (it is as thin as paper)

On the tray, buttering each one using a brush.

After you have done 8 filo slices, place the spinach/féta mixture and spread over the entire oven tray, covering the 8 pastry slices.

On top of this, place the remaining pastry slices, buttering each one of them as well.

Notch the last one creating 2 inch (5 cm) on a side, squares.

Place in a medium heat oven and cook till brown.

Gyros

Ingredients:

- 1 lb. ground lamb
- 1 lg. clove garlic, pressed
- 2 tsp. lemon juice
- 1/2 tsp. basil
- 1/4 tsp. marjoram
- 1/2 tsp. thyme
- 1/2 tsp. rosemary
- 1/4 tsp. salt
- 1/2 tsp. pepper
- 1/8 c. snipped parsley
- 6 pita pockets
- 2 tomatoes, chopped
- 2 onions, chopped

--SAUCE:--

- 16 oz. sour cream
- 1 med. cucumber, pureed (puree in blender & strain to remove liquid)
- 2 cloves garlic, pressed
- 1/4 tsp. salt
- 2 tbsp. sugar

Preparation:

Combine first ten ingredients in large bowl; blend.
Place mixture in skillet; cook over medium heat, stirring constantly until meat is browned.
Drain off excess drippings.
Combine sour cream, cucumber, garlic, salt and sugar in bowl. Blend well.
Cut pita pockets in half; spoon in meat mixture, top with tomatoes and onions.
Spoon sauce over each sandwich and serve immediately.

Makes 6 servings

Greek Pastitsio

Ingredients:

1 lb. macaroni (shells, elbows, etc.)
1/2 c. milk
2 eggs, beaten
2 lbs. ground meat
1 c. chopped onion
4 tbsp. butter
2 (8 oz.) cans tomato sauce
1 1/2 tsp. salt
1 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. pepper
6 tbsp. butter
6 tbsp. flour
1/2 tsp. salt
3 c. milk
2 eggs, beaten
2/3 c. grated cheese (Parmesan or Romano)
2/3 c. grated cheese (Parmesan or Romano)

Preparation:

Cook pasta according to package directions; drain.
Stir in milk and 2 eggs, stirring constantly so eggs won't curdle.
Cover and set aside.
Brown meat and onion until tender in 4 tablespoons butter.
Stir in tomato sauce, salt, cinnamon, nutmeg, and pepper.
Cover. Set aside.
Melt butter and blend in flour and salt.
Stir in milk and stir until bubbly.
Cook and stir for 1 more minute.
Then stir half of the hot sauce into the 2 beaten eggs, carefully so eggs won't curdle.
Return this mixture to the other half of sauce in pan.
Add 2/3 cup of the grated cheese, stirring until cheese is melted.
Layer half of pasta in 10x15 inch buttered and floured pan.
Sprinkle other 2/3 cup cheese over this layer.
Spoon meat over top and cover with remaining pasta.
Spread cream sauce over all.
Bake uncovered in 350 degree preheated oven for 50 minutes or top is lightly browned.
Let stand 15 minutes before serving.
Can be made the night before and reheated the next day.

Hummus

Ingredients:

3 cloves garlic
2 c. chick peas (garbonzo beans) cooked
1/2 c. water (add more as needed)
1/3 c. tahini
1/4 c. lemon juice
1/4 c. olive oil
1 tsp. salt

Preparation:

Combine in a blender until smooth:

Serve on lettuce leaf as first course with pita bread or use as a spread on crackers or corn chips.

Hawaii



Huli Huli Chicken

Ingredients:

9-12 pounds chicken wings, thighs, and breasts pieces

Sauce Ingredients:

¼ cup Frozen pineapple juice concentrate

1/3 cup White wine

½ cup Chicken broth

¼ cup Shoyu/Soy Sauce

¼ cup Katsup

¼ Teaspoon powdered ginger or a pinch of fresh ginger

1-2 drops Worcestershire sauce

Directions:

Wash chicken parts and pat dry with paper towels.

Mix all sauce ingredients in bowl.

Brush over chicken parts.

Grill over barbecue for about 40 minutes.

Turn and baste with sauce until chicken is done.

Serves 10-12 people as a main course

Sesame Cabbage Salad

Ingredients:

- 1 head cabbage chopped
- 1 bunch green onions chopped
- 1/2 cup chopped celery or peppers
- 3 packages Ramen chicken soup (dry soup pks)
- 1 bag frozen peas
- 1/2 cup vegetable oil
- 1/4 cup cider vinegar
- 2 Tablespoon sugar
- 8oz chunk almonds, toasted
- 4 Tablespoons sesame seeds, toasted

Directions:

Mix cabbage, green onions, and celery.
Break up dry Ramen noodles and toss in.
Mix dressing of vinegar, oil, and soup mix.
Toss dressing and toasted almonds and sesame seeds with salad mix.
This yields a lot of salad and is best served same day.

Serves 15-20 people

Poi

by Aulani Vaughn

Ingredients:

- Taro Corm
- Pan of Salted Water
- Fresh Water

Directions:

1. Peel taro root thoroughly and cut into quarters.
2. Boil the taro in salted water until very tender. This step is important since thorough cooking is necessary to remove the calcium oxalates present in taro that cause mucous membranes to itch.
3. Once tender, drain and set aside to cool. It is during the cooling process when cooked taro develops its sticky or gummy characteristic.
4. Place the cooled taro pieces in a blender, add water one cup at a time and blend until the desired consistency is reached. At that point, it's ready to eat. Store leftovers in a bowl to which you have added a layer of water on top to prevent drying out. For sour poi, let it sit out for a day. Fermentation will take place, and that characteristic sour taste will develop.

India



Chicken Curry

North Indian Style

Ingredients:

1 lb Chicken - drumsticks, thighs
Breast piece
1 sm Carton Plain Yogurt
2 md Onions very finely chopped
4 tb Vegetable oil
2 Cloves
1/2 ts Mustard Powder
2 Pods Cardamom
1/2 ts Cumin powder
1 ts Garam Masala
1 ts Chilli Powder
1/2 Inch Ginger
4 Pods Garlic
1/3 ts Coriander Seeds
To taste Salt
1/2 ts Freshly ground pepper

NOTE: Garam masala is a blend of ground spices with many variations. It is available in Indian markets and at some supermarkets.

To substitute, mix 3/4 ts. ground cumin with 3/4 ts. ground coriander, 1/2 ts. pepper, 1/2 ts. ground cardamon, 1/4 ts. ground cloves, and 1/4 ts. ground cinnamon. Use 1/2 ts. of spice mixture for this recipe.

Directions:

Remove fat from the chicken.
Salt and pepper the chicken.
Sprinkle with chili powder.
Add yogurt and mix well till the chicken is covered liberally with yogurt.
Use your hands.
Set aside for 1 hour before cooking.
If kept in the refrigerator, set aside for at least 4 hours.

Heat oil in a large heavy pan.
When oil is hot, add mustard seeds if using mustard seeds.
Add cloves, cardamom, and coriander seeds.

Fry for 30 seconds.

Add the onion and fry for two minutes till onion begins to turn.

Lower heat to medium.

Add the ginger garlic paste and fry for 4 - 6 minutes.

Add mustard powder if using powder, add garam masala, add cumin powder.

Brush excess yogurt off the chicken and put in a large pot.

Add ingredients from frying pan.

Cook uncovered over high heat for 4 minutes.

Reduce heat to low and cover.

Cook for 25 minutes or till the chicken is tender, stirring every 5 minutes.

Important note: When chicken is cooked with a cover on the pot, it releases water that becomes a part of the sauce. If after 10 minutes, there isn't enough sauce in the pot, add 1/4 cup water. Conversely if there is too much liquid in the pot, cook uncovered till the liquid evaporates.

Easy East Indian Chicken & Tomatoes

Ingredients:

- 1/2 c Chopped onion
- 1/2 c Chopped green pepper
- 1/4 ts Garlic powder
- 1 ts Vegetable oil
- 2 c Skinned, cooked diced chicken
- 1/2 ts Salt
- 1/2 ts Pepper
- 1 1/2 ts Curry powder
- 28 oz Whole tomatoes, can
- 1 tb Worcestershire sauce
- 2 tb Chopped parsley
- 1/4 c Raisins
- 2 c Cooked rice

Directions:

Cook onion, pepper, garlic powder in oil until onion tender, about 3 min.
Add remaining ingredients, except rice, cook over low heat for 30 min.

Indian Spiced Beef & Vegetables

Ingredients:

- 1 1/2 lb Ground beef
- 1/2 ts Cumin seeds
- 1 lg Onion -- finely chopped
- 1/2 ts Ground coriander
- 1 1/2 c Tomato juice
- 1/2 ts Garam masala
- 1 c Frozen Peas -- thawed
- 1/2 ts Cayenne pepper
- 1 1/2 ts Salt
- Freshly cooked rice
- 1/2 ts Ground cumin

Cook beef and onion in heavy large skillet over medium heat until meat is no longer pink, crumbling with fork, about 10 minutes.

Add all remaining ingredients, except rice.

Cover and cook 15 minutes.

Serve with rice.

East Indian Vegetable Casserole

Ingredients:

- 2 tb Butter or margarine
- 1 c Rice, long-grain, uncooked
- 3/4 c Celery, diagonally sliced
- 3/4 c Raisins, dark, plumped
- 1/4 ts Nutmeg, ground
- 2 Bouillon cubes, beef
- 1/2 c Nuts, chopped dry-roasted
- 3/4 c Onion, chopped
- 1 c Green pepper, coarse chopped
- 3/4 c Carrot, sliced
- 1/4 ts Cardamom, ground
- 1/4 ts Tabasco sauce
- 2 c Water, boiling
- 1 pk Mozzarella cheese, slice (8oz)

Directions:

Melt butter in a large saucepan; sauté onion until transparent.

Add rice; mix well.

Stir in green pepper, celery, carrot, raisins, cardamom, nutmeg and Tabasco sauce.

Dissolve bouillon cubes in boiling water; add to rice mixture.

Spoon mixture into a 2-quart casserole; cover tightly.

Bake in preheated 350°F. oven 30 minutes, or until all liquid is absorbed and vegetables are tender.

Remove from oven; sprinkle with nuts and arrange cheese slices over top.

Place under broiler 3 minutes, or until cheese melts.

Note: To plump raisins, drop into boiling water; let stand 5 minutes, then drain.

Indian Vegetable Curry Recipe

Ingredients:

- 1/4 c Veg Oil
- 1 pn Mustard seeds
- 1 1/2 ts Ginger, grated
- 1 lg Yellow onion, thinly sliced
- 2 ea Green chiles, seeded
- 2 1/2 ts Coriander, ground
- 2 1/2 ts Cumin, ground
- 1/4 ts Turmeric
- 1 sm Potato, cubed
- 2 ea Carrots, cubed
- 1 ea Eggplant, cubed
- 1/4 lb Green beans, chopped
- 2 ea Green bell peppers, chopped
- 2 ts Salt
- 1 pn Sugar
- 1 1/2 c Coconut milk
- 4 tb Cilantro, chopped
- 1/4 ts Paprika

Directions:

Heat oil in a large skillet over medium heat.
Fry mustard seeds until they pop.
Add ginger, onion, chiles; fry for 2 minutes.
Stirring constantly, add coriander, cumin, turmeric;
cook gently for a few seconds longer.

Add the vegetables and cook, stirring constantly, for 5 minutes.
Add salt, sugar and coconut milk.
Cover and cook gently for about 10 minutes, or until the vegetables are tender.
Mix in the cilantro and sprinkle with the paprika before serving.
Garnish with toasted coconut.

Spiced Beets & Carrots

Ingredients:

1 lb Beets (about 4 medium)
1 lb Carrots, sliced
2 tb Grated fresh gingerroot
1/2 c Brown sugar
1/2 c Orange juice
1/4 c Cider vinegar
Grated zest of 1 orange
1/2 ts Ground cinnamon
1/2 ts Mace

Directions:

Wash the beets well and cut off the leaves, leaving an inch or so of stem.
Cover with cold water, bring to a boil and simmer, covered until tender, about 40 minutes.
Drain and cover with cool or lukewarm water.

When cool enough to handle, slip off the skins.
Cut the beets into slices or chunks.

Peel and cut the carrots into slices or chunks, resembling the beets in size and style.
Steam or boil in lightly salted water about 5 minutes or until tender but not soft. Drain.
Combine the ginger, sugar, orange juice, vinegar, orange zest and spices in a saucepan and bring the mixture to a simmer.
Cook until thickened.
Simmer the cooked beets and carrots in this sauce for about 5 minutes.

Ireland



Irish Stew

Ingredients

Best end neck chops no fat, bone or gristle (Mutton)

Potatoes

Onions

Parsley & thyme mixes

Salt & Pepper

Cooking

Cut meat into medium pieces

Peel and slice potatoes Peel and slice onions

Layer of potatoes in pan add herbs, salt and pepper

Layer of Meat

Layer of Onions

Repeat as long as ingredients last

Cover with water

Cover with foil then lid

Simmer as long as you like or until every thing is cooked.

Corned Beef and Cabbage

Ingredients

Corned Beef
Sliced carrots
Cabbage
Onions
Cloves
Parsley and thyme
Salt & pepper

Cooking

Place all the ingredients in a saucepan (hold the cabbage)
Cover with water and bring to the boil
Cover and simmer for three-quarters of an hour
Cut cabbage up into manageable lumps
Place in pan with the other ingredients
Cook for a further 45 minutes
Serve with the ever-present plate of spuds.

Dublin Coddle

Ingredients

1 pound sliced bacon
2 pounds pure pork sausage links
2 large onions, sliced
2 cloves of garlic
4 large potatoes, thickly sliced
2 carrots, thickly sliced
1 large bunch of fresh herbs (sage, parsley, thyme, rosemary tied with string)
Black pepper to taste
Hard cider (apple wine) or apple cider
Fresh parsley, chopped for garnish

Cooking

Lightly fry bacon until crisp.
Place in large cooking pot.
Brown sausage in some bacon grease or vegetable oil.
Remove and add to pot.
Soften sliced onions and whole garlic cloves in fat, then add to pot with potatoes and carrots.
Bury the bunch of herbs in the middle of the mixture.
Sprinkle with pepper.
Cover with cider.
Cook 1 1/2 hours over moderate heat; do not boil.
Garnish with chopped parsley.

Makes 6 servings

Beef With Guinness

Beef With Stout The Only way to Cook Beef-sometimes add oysters!

Ingredients:

1/4 lb. Butter
1 pound beef chuck cut into 1x2 inch pieces
1 large sweet onion-sliced thin
bouquet garni: thyme, sage, parsley, bay leaf
1/4 teaspoon salt
1/4 teaspoon black pepper
1 cup beef stock
1 pint Guinness stout
4 medium potatoes(1 lb peeled)
2 tablespoons parsley, large manly sweet carrots.

Instructions:

Heat butter in skillet brown the beef in batches-set beef asside.
Cook onion in hot fat for 3 minutes-just softened, return meat to pan.
Add bouquet garni, salt, pepper, stock and stout and bring the mixture to a boil.
Cook stew uncovered in preheated 350 degree oven for about one hour.
Add potatoes and bake for 45 minutes till all is tender.
Add salt and pepper to taste.
Thicken sauce with butter and flour.
Garnish with parsley.

Israel



Falafel

Ingredients:

2 ½ cups dried chick-peas, soaked overnight and drained - 625 ml
1 tsp. ground coriander seeds - 5 ml
1 garlic clove, chopped
1 tsp. ground cumin - 5 ml
1/2 tsp. cayenne pepper - 2 ml
salt
1/4 cup flour - 50 ml
oil for deep frying

Directions:

Grind the chick-peas fine in a blender or food processor, and mix them well with the coriander, garlic, cumin, cayenne pepper and salt.

Add the flour and mix thoroughly.

From the resulting dough, make small balls about 1 1/4 inches (3 cm.) in diameter.

Pour oil into a pan and heat it to 375°F. (190°C).

A few at a time, deep fry the balls for two to three minute until they are golden.

Stuff the Falafel balls into a pocket bread (pita) and garnish with a lot of imagination!

Burekas

(Pronounced buh-ray-kahs)

As the hot summer days bid farewell and the cold rainy days arrive here in Jerusalem, tastes often switch from glidah (ice cream) to hot burekas. Eager customers queue up to buy these pastries, which are filled with both sweet and salty fillings, and would remind you of a turnover. These tasty treats are a contribution of the Sephardic Jews, the descendants of those who settled and lived in the countries around the Mediterranean Sea and the Moslem world.

Ingredients:

1 pkg. prepared strudel dough or puff pastry
sesame seeds (optional)

Cheese Filling:

1 c. grated cheddar cheese
1 c. grated white salty cheese (feta or salty goat cheese)
1 egg
1 beaten egg yolk and 1 tbsp. water (to brush on top)

Directions:

Mix together the cheese and egg. Set aside.
Divide pastry dough in half.
Roll out and stretch to form a large rectangle.
Cut into 4-inch squares.
Place a heaping 'spoonful of cheese mixture in the center of each square.
Fold over to form a triangle.
Pinch edges together firmly; brush tops of each with egg yolk mix and sprinkle with sesame seeds, if desired.
Bake on lightly greased cookie sheet at 350 degrees for about 30 minutes, or until golden brown.
Makes about 20 burekas.
Serve hot.

These are delicious for breakfast or lunch. Made smaller they serve as tasty appetizers. I have given the recipe for cheese burekas here, but a great many other fillings are equally good. Be creative. To mashed potatoes add a dash of onion powder and some parsley flakes. Many people love spinach fillings or sauteed mushrooms. My own family likes a sweet cheese filling made with egg and sugar (to taste), added to cream cheese. Whichever filling you use - cheese, sweet cheese, potato, spinach or mushroom - your family will love this change-of-pace hot pastry!

Tabouli (Bulgur Wheat Salad)

This colorful, tangy dish, redolent with fresh herbs and flavored with fresh lemon juice and extra virgin olive oil, is a perfect party dish. Prepare it in the traditional way by steeping the bulgur in hot water to soften; or for a quicker method, follow the note at the end of the recipe.

Ingredients:

1 1/2 cups fine or medium bulgur wheat, soaked until soft and completely drained
3-4 tomatoes, diced
2 medium cucumbers, diced
1 cup parsley, chopped
2/3 cup fresh mint, chopped
4 green onions, sliced very thin including green tops
3-4 pressed garlic cloves or more, to taste
3 Tbsp. lemon juice, or more to taste
1/4 - 1/2 cup or more extra virgin olive oil, to taste
Salt (or garlic salt) and freshly ground black pepper

Directions:

Pour 5 cups boiling hot water over bulgur wheat in a large bowl and soak until it is completely cool.

Transfer to a strainer or colander and drain excess water.

Squeeze the wheat dry and transfer to a large bowl.

(I usually soak the bulgur over night, and the next morning, put it into a strainer and let it stand for a few hours until completely drained and dry. In this way, you can prepare it ahead of time before dinner and not get frustrated at the last minute waiting for the bulgur to soften.)

To the soaked bulgur, add and mix the diced tomatoes and cucumbers along with the chopped and chopped parsley, mint, green onions and garlic.

Add lemon juice, olive oil, salt and pepper to taste; the tabouli should be fairly tart. Serve cold or at room temperature.

Makes about 8 appetizer portions or 4-6 main course servings and is actually better if prepared several hours, or even the day before eating. It lasts well for several days in your refrigerator.

NOTE: For quick tabouli, cook the bulgur instead of steeping it. In a medium saucepan, combine bulgur wheat and 2 1/4 cups boiling water. Cover and cook over low heat 15 minutes or until tender. Turn out into a strainer and let cool, drain, squeeze dry and place in bowl. Continue with second paragraph above.

Cholent

Cholent is a sort of stew which came into being through the ingenuity of Jewish housewives who wanted a hot meal on Shabbat, but were forbidden to cook on Shabbat itself. This stew is begun before Shabbat and cooked all night so it will be ready for unch the next day. In most cholents, everything is cooked together. In this one the meats, eggs, potatoes are cooked whole and may be served in separate dishes. This recipe serves four and is especially good on a cold, wintry day.

Ingredients:

- 4 servings of meat (chicken breasts, round steak, etc.)
- 4 eggs
- 4 potatoes
- 1 1/2 cups white beans
- 3 tbsp. catsup
- 2 tbsp. honey
- 4 or more cups of water
- salt, pepper, & chicken bouillon to taste

Directions:

- Place white beans in a big pot.
- Add four or more cups of water.
- Wash potatoes and eggs carefully and place whole on top of the beans.
- Add all the other ingredients and bring to a boil.
- After it begins to boil, cover and put in a slow oven (250 degrees) for 16-20 hours. (You could also use a large crockpot on the slowest setting.)
- Add water when necessary.
- When done, cholent should be fairly dry and honey-colored.

Kitchri

Eaten before 9th of Ab fast and other times.

Ingredients:

2 cups rice_
1 cup red lentils_
4 cups water_
2 ground cloves of garlic_
1½ tsp. cumin seed_
½ tsp. turmeric_
2 tsp. salt_
5 tbsp. flour

Directions:

Wash the lentils and soak for 1 hour. Rinse the rice thoroughly and drain.
Warm the oil and fry the cumin seeds till sizzling, then add the turmeric and salt.
Add the rice and fry for a few minutes, turning over with a wooden spoon.
Add the drained lentils, ground garlic and water and salt.
Bring to the boil.
Turn the flame down and allow to simmer while covered, for about 45 minutes.
Kitchri is traditionally served with Yogurt.
Prior to the fast of Tish'ah Be Ab, however, while permitted, it is better not to add yogurt to the kitchri, as we wish to lessen our pleasures before the fast.

Curried Eggplant

One of the most prevalent and least expensive vegetables in Israel is the eggplant, known as hatzilim in Hebrew. In Israel, it is cooked in a variety of ways including salads, side dishes and as a main course. One recipe, though, stands out above the others. Even people who do not normally like eggplant, often come back for seconds of my curried eggplant.

Ingredients:

- 2 T oil
- 1-2 minced onions
- 1/2 tsp. minced garlic
- 1 1/2 tsp. curry powder
- 1 /4 tsp. ginger powder
- 1 cup water
- 2 T brown sugar
- 2 T lemon juice
- 1 1 /2 tsp. salt
- 1 large eggplant, peeled and cubed

Directions:

Heat oil over medium high heat.
Add onion and garlic and saute for 5 minutes, stirring often until lightly brown.
Heat oil over medium high heat.
Reduce heat to medium, add curry and ginger and cook for one minute.
Stir in water, brown sugar, lemon juice and salt.
When well mixed, stir in eggplant. Cover and cook 15-20 minutes,
or until eggplant is thoroughly cooked and soft.

Serves six as a side dish

Lentils and Rice

Ingredients:

1 c. lentils
1 c. rice
1 onion, chopped
4 tbsp. olive oil
2 tsp. chicken bouillon
salt, pepper, garlic powder to taste
water

Directions:

Fry lentils in 2 tbsp. oil for about 2 minutes, stirring constantly.
Add 3 c. water, salt, pepper and garlic powder.
Cover and let simmer for about 40 minutes.

Meanwhile, in another pan, fry rice in 2 tbsp. oil.
Add 2 1/2 c. water and 2 tsp. chicken bouillon.
Cover and simmer slowly about 20 minutes.
When both rice and lentils are done, mix together and add more seasoning if necessary.
For an added treat, fry another onion in a little oil or margarine and sprinkle over the top of lentils/rice just before serving.
Delicious.

Serves 6 normal people or 1 hungry teenager

Noodle Kugel

Ingredients:

250 grams (about 8 oz.) egg noodles
1 1/2 sticks butter or margarine
2/3 c. sugar
1/2 c. seedless raisins
1 /2 c. nuts (walnuts or pecans)
2 eggs, beaten
1 cup sour cream
1 tsp. vanilla
1 tsp. cinnamon
Dash salt

Directions:

Cook noodles in boiling water according to directions on package. Drain.
Add all other ingredients and mix well.
Pour into greased loaf pan and bake at 375 degrees F. or 170 degrees C.
about one hour or until golden brown.
Although this is a nice dessert anytime, it is especially suitable during Shavuot
(Pentecost), the dairy holiday.



Spaghetti and Meatballs

Ingredients:

- 1 1/2 lb. ground beef
- 1 1/2 c. bread crumbs
- 1 lg. egg
- Salt
- Pepper
- 2 tbsp. olive oil
- 1 med. size onion, chopped
- 1 garlic clove, minced
- 1 (28 oz.) can tomatoes in tomato puree or tomato sauce
- 1 (6 oz.) can tomato paste
- 2 tsp. sugar
- 1 tsp. dried Italian seasoning
- 1 (16 oz.) pkg. spaghetti
- Parmesan cheese

Preparation:

1. In large bowl, mix ground beef, bread crumbs, egg, 1 teaspoon salt, 1/4 teaspoon pepper and 1/4 cup water. Shape into meatballs. Cook meatballs in olive oil until browned on all sides.
2. Cook onion and garlic in meat drippings until very tender over medium heat. Add tomatoes in puree, tomato paste, sugar, basil, 1 teaspoon salt, 1/4 teaspoon pepper and 1/4 cup water. Stirring to break up tomatoes. Add meatballs; over high heat, heat to boiling. Reduce heat to low; cover and simmer for 30 minutes, turning meatballs occasionally.
3. Cook spaghetti according to package directions.
4. Serve spaghetti with sauce and meatballs. Sprinkle with parmesan cheese.

Spaghetti with Meat Sauce

Ingredients:

1/2 lb. Italian sausage
1/2 lb. ground beef
1 med. onion, chopped
2 med. clove garlic, chopped
1 (28 oz.) can tomatoes, cut up
1 (16 oz.) can tomato sauce
1 1/2 tsp. Italian seasoning
1 tsp. sugar
1/2 tsp. salt
1/4 tsp. crushed red pepper
1 lb. pkg. spaghetti noodles

Preparation:

In large skillet, combine meats, onion, and garlic.
Cook until no pink in the meat shows.
Drain off fat.
Add next 6 ingredients.
Simmer.
Cook noodles.

Marinara Sauce

Ingredients:

- 1 sm. onion, chopped
- 1 med. clove garlic, minced
- 2 tbsp. olive oil
- 1 (28 oz.) can crushed tomatoes or 3 lbs. fresh equivalent
- 2 tbsp. chopped parsley
- 1/2 tsp. basil, crushed
- 1 tsp. salt
- Dash of black pepper
- 1 tsp. sugar
- 1 tsp. butter
- 2 tbsp. Parmesan cheese

Preparation:

In 3 quart saucepan, saute onion and garlic in olive oil until onion is tender, stirring often.

Add remaining ingredients, simmer 25 minutes, stirring occasionally until well blended.

Makes about 2 1/2 cups sauce.

Sun-Dried Tomato Pesto

6-8 servings

40 min 10 min prep

Ingredients:

- 1/4 cup garlic, smashed
- 1/2 cup pine nuts
- 2 cups fresh basil, packed
- 1/2 cup olive oil
- 1/2 cup parmesan cheese, shredded
- 1/2 cup romano cheese, shredded
- 1 teaspoon salt
- 1/2 teaspoon pepper sauce
- 3 ounces kalamata olives, quartered
- 1 1/2 ounces sun-dried tomatoes, sliced
- 1 cup white wine
- salt (to taste)
- pepper (to taste)

Directions:

Puree first eight ingredients in food processor.
Heat in a saute pan.
Add remaining ingredients and heat through.

Pesto

Ingredients:

- 2 c. fresh basil leaves
- 4 cloves garlic, chopped
- 1 c. olive oil
- 1 c. grated Parmesan cheese
- 1/4 c. grated Romano cheese
- Salt and pepper
- 1 c. walnuts or pine nuts

Preparation:

Process the basil, garlic and nuts in a food processor, or 2 batches in a blender. With machine running, pour olive oil in and add cheese, salt and pepper. Pour over pasta.

Fetuccini Alfredo

Ingredients:

1 lb. Fetuccini noodles
1 pt. heavy cream
1 c. grated Romano cheese
1 stick of butter (1/4 lb.)
1 egg, slightly beaten
Garlic to taste

Preparation:

Cook noodles to desired consistency.

Warm butter until melted in frying pan, garlic, add cream and cheese.

Drain noodles, do not rinse.

Add egg to sauce, stir well.

Add noodles to sauce in pan, continue to stir and toss over heat for about 1 minute.

Salt and pepper to taste and serve immediately.

Linguine with White Clam Sauce

Ingredients:

1 (10 oz.) can minced clams
3/8 c. vegetable oil
1 med. onion (sliced thin)
8 med. cloves garlic (minced)
5 tbsp. butter
2/3 c. dry white wine
2/3 c. chicken broth (Herbox granules)
1/2 tsp. oregano
1/2 tsp. crushed red pepper
4-5 tbsp. fresh parsley (chopped)
1 lb. linguine
2 tbsp. salt
4-6 qts. boiling water

Preparation:

Drain liquid from clams and reserve.
Heat vegetable oil in a medium saucepan.
Add onion and garlic; saute until tender, 3-5 minutes.
Stir in butter, wine, chicken broth, oregano, red pepper and reserved clam juice;
simmer uncovered about 20 minutes.
Add drained clams and parsley to sauce and heat gently.
Cook spaghetti in boiling salted water until al dente.
Drain in a colander.
Serve with sauce.

Linguine with Red Clam Sauce

Ingredients:

1/4 c. olive oil
2 cloves garlic
1 small onion chopped
2 tbsp. finely chopped parsley (or 1 tbsp. dried)
1/2 tsp. marjoram
1/4 tsp. thyme
1/4 tsp. salt
1/4 tsp. pepper
1/2 tsp. sugar
2 (7 1/2 oz.) cans minced clams
1 (1 lb. 3 oz.) can tomatoes
1/4 c. white wine (optional)
1 (8 oz.) pkg. thin spaghetti

Preparation:

Heat olive oil in saucepan, stir in crushed or finely chopped garlic and onion and fry until golden.
Add parsley and seasonings.
Drain clams (save liquid).
Set clams aside.
Pour clam liquid into seasoned oil along with tomatoes and wine (fork tomatoes apart into chunks).
Cook over low heat for 45 minutes.
Stir occasionally.
Cook linguine; drain.
Stir clams into sauce.
Serve over linguine.

Serves 4

Lasagna

Ingredients:

- 1/3 tsp. basil
- 12 (8 oz.) lasagna noodles
- 1 tbsp. oil
- 1 lb. ground beef
- 1/2 cloves minced garlic
- 2 tbsp. dried parsley flakes
- 1/2 tsp. oregano
- 1/2 tsp. sugar
- 1/4 c. water
- 1 (6 oz.) can tomato paste
- 1 (15 oz.) can tomato sauce
- 1 (16 oz.) carton ricotta or cottage cheese
- 1 egg, slightly beaten
- 1 tsp. salt
- 1/8 tsp. pepper
- 1/2 c. Parmesan cheese
- 1/4 lb. grated Mozzarella cheese

Preparation:

Brown ground beef in oil with garlic, 1 tablespoon parsley flakes, 1/2 teaspoon salt, oregano, basil, sugar, water, tomato sauce and tomato paste.

Combine cheeses, egg, 1 tablespoon parsley flakes, 1/2 teaspoon salt and pepper.

Layer in 2 quart baking dish meat sauce, dry noodles, and cheese mixture.

Repeat; end with meat sauce.

Bake covered 25 minutes.

Uncover bake 5 minutes more.

Let stand 5 minutes before cutting.

Braciole

Ingredients:

1 slice round steak
1 c. bread crumbs
1/4 c. Romano cheese
1/4 c. celery, chopped fine
1/2 onion, chopped fine
2 hard boiled eggs
Salt & pepper to taste
Parsley, optional

Preparation:

Salt and pepper the steak.
Mix the crumbs, cheese, celery, onion and diced eggs.
Spread on the steak.
Roll and tie with string.
Brown on all sides and add to the spaghetti sauce.
Slice and serve with pasta and meatballs.

Chicken Cacciatore

4 Servings

Ingredients:

- 1 cup minced onions
- 1/4 cup olive oil
- 8 chicken thighs
- 2 cups sliced mushrooms
- 1 teaspoon extra virgin olive oil
- 2 tablespoons unsalted butter
- 32 ounces plum tomatoes
- 8 ounces tomato sauce
- 1/2 cup dry white wine
- 1 teaspoon salt
- 1/2 teaspoon white pepper
- 1 whole bay leaf
- 1 tablespoon finely minced garlic
- 1/4 teaspoon ground thyme
- 1/4 teaspoon ground basil

Directions:

HEAT 1/4 CUP OLIVE OIL IN A LARGE SKILLET, OVER A MODERATE FLAME
ADD ONIONS, HEAT AND STIR FOR 6-8 MINUTES
ADD CHICKEN AND BROWN QUICKLY ON ALL SIDES
HEAT 1 TABLESPOON EXTRA VIRGIN OLIVE OIL IN A SMALL SKILLET,
OVER A MEDIUM FLAME
ADD MUSHROOMS, HEAT AND STIR UNTIL MOISTURE HAS EVAPORATED
REMOVE FROM HEAT AND SET ASIDE
ADD TOMATOES, TOMATO SAUCE, WINE, SALT, WHITE PEPPER, BAY LEAVES, THYME,
BASIL, AND MUSHROOMS TO CHICKEN
BREAKUP TOMATOES WITH A WOODEN SPOON
TURN CHICKEN TO COAT WELL
BRING TO A BOIL, REDUCE HEAT, AND SIMMER FOR 45-60 MINUTES, TURNING OFTEN
REMOVE CHICKEN TO A HEATED SERVING PLATTER
HEAT AND STIR SAUCE, OVER A MODERATE FLAME, FOR 5 MINUTES, UNTIL REDUCED
TO DESIRED CONSISTENCY
POUR OVER CHICKEN
SERVE HOT, WITH HOT COOKED PASTA OR RICE

Japan



Tempura

6 servings

Ingredients:

3 Egg yolks
2 cups very cold water
2 ½ cups flour
oil (for frying)

Directions:

Assorted seafood and vegetables
(Scallops, shrimp, small halibut pieces, mushrooms, cauliflower florets, small sweet potato slices, etc), use your favorite.
Heat oil to 375.
Combine yolks with water; mix well.
Gradually stir in the flour; stir from the bottom of the bowl, gently.
Do not overstir, this is the secret of a light batter.
Some flour will still float on top of the batter.
Pat seafood and veggies dry.
Dip pieces in batter, let drain a little.
Drop a few pieces at a time into hot oil; fry for only a minute or two, till golden.
Drain on paper toweling.
Serve with assorted sauces for dipping.

Dashi

Ingredients:

4 cups cold water

1 oz kelp (konbu) approximately a 4-inch x 6-inch piece

1 oz (1-1/2 cups) dried bonito flakes

Directions:

1. Place the konbu and water in a saucepan and bring to a boil over medium heat.
As soon as the water boils, remove from heat and let stand for three minutes.
2. Take out the kelp and bring the stock back to a boil.
Remove from heat and add the bonito flakes.
Let them sit until they sink to the bottom of the pot.
Strain the stock through cheesecloth or a coffee filter.

Miso Soup

(serves 4)

Ingredients:

3 1/3 cups Dashi stock
4 shitake mushrooms, sliced
1/3 tofu cake, diced
4 Tablespoons red miso
2-3 green onions, sliced

Directions:

1. Dissolve the miso paste with 2 Tablespoons Dashi stock. Mix well.
2. Place remaining stock in a saucepan and bring to a simmer. Add diluted miso.
3. Add the mushrooms and tofu to the soup and simmer until heated through.
4. Garnish with green onions and serve.

Soba Noodles and Vegetables in Flavorful Broth

Serves 4

Ingredients:

5 shiitake mushrooms, fine julienne
1 carrot, sliced into thin coins
2 cups Napa cabbage, sliced 1/4-inch thick
2 ounces snow peas, fine julienne
6 scallions, cut into 2-inch diagonal lengths
4 cups dashi
4 Tablespoons soy sauce (shoyu)
1/4 cup sake (optional)
1 pound soba noodles
garnish: 4 hard-boiled eggs, peeled and quartered.

Directions:

1. Heat the dashi to a simmer in a medium saucepan.
Add the soy sauce and sake.
Add the carrots, cabbage, snow peas, mushrooms and scallions to the dashi.
Cook the vegetables until they are medium tender but not mushy.
2. Cook the soba noodles while the broth simmers.
Drain the soba and divide the noodles between four bowls.
Top with the vegetables and broth and garnish with the hard-boiled eggs.

Korea



Bulgogi

Yield: 6 servings

INGREDIENTS:

- 2 lb Beef sirloin, lean
- 4 T Light soy sauce
- 2 T water
- 2 T Scallion; minced
- 1 Garlic clove; minced
- 3 T Soy sauce, dark
- 1 T Sesame oil
- 1 ts Black bean paste
- 2 T Shao xing
- 1 T Sugar
- 1/4 ts Cayenne pepper
- 1/2 ts Ginger; freshly grated
- 1 1/2 ts Sugar
- 1 T Sesame seed, toasted*
- 1 T Oil

-----BULGOGI SAUCE-----

- X Tabasco; to taste
- X Salt; to taste
- 1 Garlic clove; crushed
- 1 ts Sesame seed, toasted*
- 1 ts Scallion; minced
- 1 T Oil

* TOASTED SESAME SEED:

Place 1 cup sesame seed and 1 teaspoon salt in a skillet, brownseeds slowly until they are toast-colored and puffed. Stir constantly while toasting. Remove from heat and allow to cool. Pulverize seeds in a mortar or a blender. Store in a tightly capped bottle.

DIRECTIONS:

Cut beef into very thin strips and pound to flatten; then cut into medium size squares. Combine all the other ingredients. The marinade, as the name of the dish implies, should be quite fiery. Mix meat and marinade and set aside for 4 to 5 hours, or longer if refrigerated.

Broil very quickly over hot charcoal, dip in Bulgogi sauce and serve immediately with white rice.

NOTE:

The marinated beef can also be fried in hot peanut oil for just a few minutes. Crush garlic with sugar and salt to make a smooth paste. Combine with remaining ingredients. Dip broiled or fried beef slices in the sauce.

Stir Fry Beef with Peppers

Ingredients:

- 1/2 lb beef tenderloin
- 1 tbsp rice wine
- 2 tsp soy sauce
- 1/2 tsp salt
- 1 tsp sugar
- 1 tbs cornstarch
- 3 ounces korean green peppers
- 3 red peppers
- 3 cloves garlic
- 1 tbs oil
- 1 tsp salt
- 1/2 tsp sugar

Directions:

Cut the beef into thin strips and season with the rice wine, sugar, soy sauce, salt and cornstarch.

Let it stand for 10 minutes.

Cut the green peppers into thin strips and soak them in water to remove some of the heat.

Slice the garlic into flat pieces.

Stir fry the green pepper and red pepper strips lightly with the salt and sugar in an oiled pan.

Stir fry the garlic and seasoned beef in lightly oiled pan.

Add the peppers and stir fry again.

Note: Any small hot green pepper can be used instead of Korean peppers.

Chap Jae

Ingredients:

1/2 lb. finely ground beef or pork
1/2 lb. cellophane noodles
1/2 bunch spinach (about 1 1/2 cup when cooked)
10 mushrooms, fresh or dried
1/2-1 onion chopped
1-2 carrots, shredded or finely slivered
1 tablespoon sesame seed
2 tablespoons sesame oil
1/4 cup soy sauce
2-4 tablespoons sugar
1/2 teaspoon MSG
2 cloves garlic, crushed & finely chopped
X Salt and pepper to taste
X Cooking oil

Directions:

1. Fry meat in small amount of cooking oil until done and set aside.
2. Cook noodles in boiling water, test for tenderness. They should be soft but firm.
Rinse noodles in cold water when done.
3. Cut noodles to 3 or 4 inch lengths.
4. Cook spinach in boiling water, drain, rinse in cold water and drain again.
Cut into bite size pieces and set aside.
5. If dried mushrooms are used, wash well and soak in warm water for 15 minutes.
If fresh, wash well.
6. Chop mushrooms into small pieces.
7. Over medium heat in wok or frypan, heat some cooking oil and stir-fry mushrooms, onion and carrots until barely tender.
8. Add meat, noodles, spinach and more oil if needed to prevent sticking.
9. Stir and cook, adding sesame seeds, sesame oil, soy sauce, sugar, MSG, garlic, pepper and salt. Taste as you cook and mix in seasonings, adjusting them to taste.
10. Heat just long enough to heat ingredients and blend flavors.

Makes about 6 servings

Kim Chee

Kim Chee is a pickled salad/condiment type food served at virtually every Korean meal. It is often compared to saurkraut. It can be made not only with nappa cabbage, but with types of raddishes, greens, or cucumbers. It is salty, (spicy) hot, temperately cold, garlicky and tangy.

THERE ARE THREE MAJOR STEPS TO MAKING KIM CHEE:

1. Salting the cabbage
2. Making the pepper paste/sauce.
3. Combining the pepper with the cabbage and putting it into jars.

YOU WILL NEED:

- 1/2-1 c pickling salt
- 1 ea Head Nappa Cabbage
- 1 ea daikon raddish (one third to one half the size of the cabbage)
- 1 ea head of garlic, minced
- 1-2 Tb ginger, minced
- 2-8 Tb Korean red pepper flakes, or fresh hot red pepper to taste, or a combination.
- 2 ea green onions, julienned
- 1 tb sugar
- X A new pair of latex gloves are handy for handling hot pepper
- X A large bowl for soaking the cabbage in brine solution.
- X Large glass containers to put the finished kim chee into.
- X Especially handy for large batches is a food processor and/or a contraption for shredding vegetables into julienne strips.

DIRECTIONS:

First, the cabbage must be salted in brine solution.

Cut the cabbage in half lengthwise.

Then cut a second time lengthwise to form quarter cabbage chunks.

Mix the salt with enough water to cover all the cabbage in a large bowl.

Soak the cabbage in the brine solution, making sure that all parts are submerged.

If they are not, you can restack the cabbage half way through the soaking process, moving bottom chunks to the top, and vice versa.

Leave the cabbage for 2-4 hours.

At the end of this time, the cabbage should be wilted, supple, limp and salty in taste.

(optional: A trick from my grandmother is to lightly salt each stalk of each leaf which is much thicker than the leafy part in order that the leafy part and stalk are evenly seasoned. So to do this you must rub pickling salt sparsely on each of the stalks. This is done midway through the soaking when the leaves are manageable wilted.)

Reserve some of the brine solution.

Rinse the cabbage and then cut into bite size pieces about an inch and a half long and drain the cabbage.

Discard the centre core.

In the mean time, prepare the daikon raddish and the pepper sauce/paste.

The daikon must either be shredded into julienne strips.

Add to the daikon: red pepper flakes, red pepper, minced garlic, minced ginger, julienned green onion, salt to taste (1 Tbsp) and sugar, then toss. If you are using your hands, beware of the the hot pepper. This is where gloves come in handy.

Finally, thoroughly mix the pepper mixture with the cabbage by tossing. Then check for salt and red pepper and seasoning in general and adjust if necessary. Then pack into glass jars.

The mixture should have a liquid sauce in the jar and more will form as it sits.

It is important that the mixture is in a sauce.

Should you need to add more liquid, take some reserved brine and rinse the final mixing bowl and add to bottles so that all the cabbage pieces are just submerged in liquid.

You can keep a bottle outside for a day to help it ripen more quickly, otherwise store in the refrigerator, tightly capped.

The taste changes as it ripens. It is initially like a salad and then ferments to taste more sour. Kim chee compliments meals served with rice. It is a Korean staple. It is also good fried with butter or sesame oil, or stir fried with pork and tofu.

Mexico



Tacos

Ingredients:

- 8 taco shells
- 1 lb. hamburger
- 3/4 c. water
- 1 med. onion, chopped (about 1/2 c.)
- 2 tbsp. chili powder
- 1 tsp. salt
- 1/2 tsp. ground cumin
- 1 clove garlic, crushed
- 1 c. lettuce, shredded
- 1 med. onion, chopped (about 1/2 c.)
- 1 c. shredded Cheddar cheese (about 4 oz.)
- 1 lg. tomato, chopped (about 1 c.)
- 1/2 c. dairy sour cream

Preparation:

Cook and stir hamburger in 10-inch skillet until light brown; drain.
Stir in water, 1/2 cup onion, chili powder, salt, cumin and garlic.
Heat to boiling; reduce heat.
Simmer uncovered, stirring occasionally, until thickened, about 10 minutes.
Spoon about 1/4 cup hamburger mixture into each shell.
Top with shredded lettuce, chopped onion, shredded cheese, chopped tomato and sour cream.

Makes 8 tacos

Taco Seasoning Mix

Ingredients:

- 1 tbsp. chili powder
- 2 tsp. onion powder
- 1 tsp. ground cumin
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1 tsp. powdered oregano
- 1 tsp. sugar
- 1/2 tsp. salt

Preparation:

Mix all ingredients together in a small bowl.

Makes 3 tablespoons of seasoning mix,
which is equal in strength to a 1/4 ounce package of commercial seasoning mix.

Burritos

Ingredients:

- 1 lb. ground beef
- 1 can refried beans
- 1 (diced) med. onion
- 1 (diced) med. green pepper
- 1 brick Monterey Jack cheese with jalapeno peppers
- 2 tsp. chili powder
- Dash curry powder
- Flour tortillas
- Black olives (optional)
- Sour cream (optional)

Preparation:

- Fry ground beef until 1/2 done.
- Drain and add onion and green pepper.
- Finish browning.
- Add spices.
- Stir and cook another minute.
- Add beans.
- Stir just enough to blend.
- Add diced cheese and stir gently until melted (or slice the cheese, lay it on top turning down the simmer and cover until cheese melts).
- Black olives can be added with beans or just used as a garnish with sour cream.
- Fill burrito shells and serve.
- Add salsa on top if desired.

Tostadas

Ingredients:

4 corn tortillas
Sm. amount cooking oil
2 lg. tomatoes, chopped
1 reg. can refried beans
1 lb. hamburger
1 lg. onion, chopped
1 c. shredded lettuce
1 c. grated cheddar cheese
1/2 pt. sour cream
1 sm. jar taco sauce
Salt and pepper to taste

Preparation:

Fry tortillas for 1 minute on each side in hot pan with cooking oil.
Keep warm in oven or re-warm in microwave.
Fry onion and hamburger together.
Add beans.
Cook until warm.
Put hamburger-bean mixture on each tortilla.
Put lettuce, tomatoes, cheese, and sour cream on top of hamburger-bean mixture.
Top with a small amount of taco sauce.

Serves 4

Chimichangas

Ingredients:

1 lb. ground beef
1 med. onion, chopped
1 clove garlic, minced
1 (8 oz.) can stewed tomatoes
1/2 tsp. salt
1/4 tsp. pepper
1 tsp. oregano
12 lg. flour tortillas
Vegetable oil for frying

--CONDIMENT CHOICES:--

Salsa
Sour cream
Chopped lettuce
Grated Cheddar cheese
Chopped tomato
Guacamole

Preparation:

In skillet brown beef, onion and garlic. Drain liquid.
Add tomatoes, salt, pepper, oregano and chilies.
Simmer 20 minutes or until most of liquid evaporates.
Place 3 tablespoons meat mixture on each tortilla.
Fold in sides, roll to make cylinder.
Secure with wooden toothpick.
Deep fry chimichangas in 375 degrees fat until golden brown.
Drain on paper towels.
Keep warm in 350 degree oven.
Serve with condiments.

Chalupas

Ingredients:

3 lbs. pork loin roast
1 lb. dry pinto beans
2 garlic cloves, chopped
2 tbsp. chili powder
1 tbsp. ground cumin
1 tsp. oregano
1 can green chilies, chopped
1 tbsp. salt

--TOPPING:--

Grated cheese
Chopped onions
Tomatoes
Lettuce
Sour cream
Crushed corn chips

Preparation:

Place all ingredients in crockpot.
Cover with water.
Cook 6-8 hours.
Remove bones and stir.
Mix meat and beans together.
Top with above toppings.

Quesadillas

Ingredients:

6 oz. Monterey Jack cheese
1 (4 oz.) can green chili peppers, rinsed and seeded
3/4 c. Frijoles Refritos or can refried beans
12 (6 inch) tortillas
2 tbsp. cooking oil

Preparation:

Cut cheese into 12 (3 x 1 x 1/4 inch) strips.
Quarter chili peppers lengthwise.
Spread 1 tablespoon of beans on each tortilla.
Top each with a piece of cheese and a piece of chili peppers.
Fold tortillas in half; secure each with a wooden pick.
In skillet, heat oil.
Cook quesadillas, a few at a time, in the hot oil about 2 minutes per side or until lightly browned and cheese is melted.

Makes 12

Tamales

Ingredients:

28 dried corn husks (3 to 4 oz.) or fourteen 9-inch pieces of foil
1 cup chicken broth
2/3 cup canned cream-style corn
1/3 cup milk
2 cups masa harina
3 medium poblano chiles
1 large red bell pepper
1 tablespoon olive oil
1 cup finely chopped onions
1 tablespoon finely chopped garlic
1/2 pound peeled and deveined uncooked shrimp, chopped
1/2 cup lard, butter or shortening
1-1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon sugar
1 cup coarsely grated Chihuahua, Muenster or Monterey Jack cheese
1/2 cup coarsely grated Queso Fresco or crumbled mild feta cheese
Kitchen twine

Directions:

1. Cover corn husks with hot tap water in a shallow baking dish. Bring chicken broth, creamed corn and milk just to a boil in a small saucepan over medium heat.
2. Gradually add broth mixture to masa harina in a medium bowl, stirring with a wooden spoon, until well blended; cool.
3. Heat broiler. Line a broiler pan with foil. Arrange poblanos and bell pepper on prepared pan and broil 4 inches from heat 10 to 15 minutes, turning until skins are evenly charred. Wrap in foil or place in a paper bag and let stand 15 minutes. Peel, seed and dice chile and bell pepper; transfer to a medium bowl.
4. Heat oil in a large skillet over medium-high heat. Add onions and cook 2 to 3 minutes. Add garlic, reduce heat to medium and cook 1 minute more. Cool, then combine with chile, bell pepper and uncooked shrimp.
5. Beat lard, baking powder, salt and sugar together in a large mixer bowl, until smooth.
6. Gradually beat in masa harina mixture by spoonfuls, beating well after each addition. Continue to beat 5 to 8 minutes more, until mixture is light and fluffy.
7. Stir in shrimp mixture and cheese (mixture will be stiff).

8. Drain and rinse corn husks; keep covered with a damp towel (or follow foil directions below).
Flatten one husk on work surface (overlapping two husks if small).
Spoon $\frac{1}{4}$ cup filling in center of husk.
Spread into a 3-inch long log.
Roll up lengthwise.
Secure each end with string.
Repeat with remaining husks and filling.
9. To prepare tamales with foil:
Cut each foil piece in half to make two 6x9-inch rectangles.
Spread $\frac{1}{4}$ cup filling in center of each rectangle.
Fold all sides in to form 2x3- $\frac{1}{2}$ -inch packets.
(Can be made ahead. Place tamales in resealable plastic storage bags and freeze up to 1 month.)
10. Place steamer rack in Dutch oven over 1 inch of water.
Arrange tamales (unthawed if frozen) in rack.
Cover, bring to a boil. Reduce heat to low and steam 30 minutes.

Makes 28 tamales

Enchiladas

Green Enchiladas

Red Enchiladas

Enchiladas of Mole Poblano

You have three different types of enchiladas but the method is the same. First of all choose your preference, you can use a cup of Mexican Green Sauce (salsa verde), red sauce or mole Poblano for making enchiladas.

Ingredients:

1 whole chicken breast, boiled and finely shredded

12 corn tortillas

oil for frying

½ cup of sour cream

½ cup of crumbled feta cheese

½ cup of sesame seeds (for enchiladas with mole Poblano)

salad onion cut in onion rings

Directions:

1. Heat in separate saucepans your sauce of choice and the shredded chicken.
2. Heat oil to boiling point in a frying pan and dip one tortilla at a time for two seconds each side.
3. Dip the tortilla in the sauce and fill with chicken, roll it up and place on a serving dish.
4. Pour the remaining sauce over the tortillas once they are filled and rolled up.
5. Sprinkle onion rings and the feta cheese over the tortillas, cover with sour cream and heat in an oven until it melts and becomes golden.
6. For the Mole Poblano recipe decorate with sesame seeds.

Cacerolade Enchiladas (Enchilada Casserole)

Yield: 4 servings

Baking Time: 25-30 minutes

Temperature: Medium-High

Freezes well

Medium, Low, 350°F

Ingredients

1 pound processed cheese, cubed

Shortening

13 ounces evaporated milk

12 Corn Tortillas

1 pound lean ground beef

1/4 cup chopped green chile**

1 teaspoon salt

1/2 cup chopped onion

1 teaspoon garlic salt

Directions

1. Melt cheese in evaporated milk in a heavy saucepan at low heat.
2. Fry beef in a medium-sized skillet at medium heat until browned. Drain. Season with salt and garlic salt.
3. Heat 1/2 inch of shortening in a heavy pan at medium-high heat.
4. Quickly dip each tortilla into the shortening to soften. Drain on absorbent towels.
5. Layer all ingredients except cheese sauce in a greased, 2-quart casserole dish, beginning with a tortilla.
6. Pour cheese sauce over layered ingredients and cover.
7. Bake in 350°F oven for 25-30 minutes.

NOTE: Two cups of pinto beans may be included.

**Varied amounts may be used.

Enchiladas de Queso (Flat or Rolled Cheese Tortillas)

Yield: 4 servings

Heating Time: Approximately 15 minutes

Temperature: Medium-High 350°F

Freezes Well

Ingredients

12 corn tortillas

2 onions chopped

Shortening

2 cups coarsely chopped

4 cups Red or Green Chile sauce

lettuce (optional)

3 cups grated sharp cheddar cheese

Directions

1. Heat 1/2 inch of shortening in a heavy pan at medium-high heat.
2. Quickly dip each tortilla into the shortening to soften. Drain on absorbent towels.
3. Assemble the enchiladas by placing 1/4 cup sauce on each dinner plate, followed by a tortilla (tortilla can be rolled after filling is placed on it), 1/4 cup sauce, 1/4 cup cheese, and onion. Repeat twice. Top with remaining sauce.
4. Place in 350°F oven for 15 minutes, or until the cheese melts. Garnish with lettuce.

NOTE: Traditionally, enchiladas are topped with a fried or poached egg before serving.

Corn Tortillas

Ingredients:

2 c. masa harina

1 1/4 c. warm water

Preparation:

Mix masa flour with enough warm water to make dough hold together well.

Using your hands, shape dough into a smooth ball.

Divide dough into 12 equal pieces, then roll each into a ball.

Use 2 cloths which have been dipped in water and wrung dry.

Flatten a ball of dough slightly and place between the cloths.

Roll with rolling pin until cake is about 6 inches in diameter.

Carefully pull back cloths, trim tortilla to a round shape, and sandwich it between 2 squares of waxed paper.

Peel off top piece of waxed paper carefully.

Turn over tortilla, paper side up, onto a preheated, ungreased medium-hot griddle, or into a heavy frying pan over medium heat.

As tortilla becomes warm, you will be able to peel off remaining paper.

Bake for about 1 1/2 to 2 minutes, turning frequently, until tortilla looks dry.

Makes 1 dozen

Flour Tortillas

Ingredients:

4 c. white flour
2 tsp. baking powder
4 tbsp. shortening
1 1/2 tsp. salt
1 1/2 c. water
1/2 tsp. garlic powder
1/2 tsp. oregano

Preparation:

Mix the ingredients together and make into a medium stiff dough.
Break off enough to make a ball 3 inches in diameter.
Roll out into a round shaped cake, 1/8 inch thick.
Cook on a dry hot skillet until browned.
Cook on both sides and serve hot.

Frijoles

Ingredients:

2-1/2 teaspoons salt
1 pound dry pinto beans
1 tablespoon olive oil
1/4 pound salt pork, rind removed, or sliced bacon, finely chopped
1 cup chopped onions
1 serrano or jalapeno chile, seeded and finely chopped
1 tablespoon finely chopped garlic
6 cups water
1/4 teaspoon cumin seed

Directions:

1. Soak beans according to package directions; drain.
2. Heat oil in a Dutch oven over medium-high heat.
Add salt pork; cook 2 minutes, until browned.
Reduce heat to medium; add onions and chile and cook 4 minutes.
Add garlic and cook 1 minute.
3. Add drained beans, water and cumin seed.
Bring to a boil, reduce heat to medium-low, cover and simmer 30 minutes.
Add salt and continue to cook 25 to 35 minutes more, until tender.
(Can be made ahead. Cool. Transfer to large microwave-proof container.
Cover and refrigerate overnight. To reheat: Microwave on High 10 minutes, stirring once after 5 minutes, until heated through.)

Makes 7 cups

Refried Beans (Frijoles Refritos)

Ingredients:

- 1 tablespoon olive oil or lard
- 1/2 cup finely chopped onion
- 2 teaspoons finely chopped garlic
- 2 cups Frijoles (plus 3/4 cup liquid)

Directions:

1. Heat 1 tablespoon olive oil or lard in large skillet over medium-high heat.
Add 1/2 cup finely chopped onion and cook 2 to 3 minutes, until browned.
2. Add 2 teaspoons finely chopped garlic and cook 30 seconds.
Add 2 cups cooked beans and 1/3 to 1/2 cup bean liquid to skillet.
(Or, microwave 2 cups refrigerated beans and 1/2 cup bean liquid on High, 2-3 minutes, until room temperature, and add to skillet.)
3. Mash beans and liquid coarsely with back of wooden spoon or potato masher.
Cook 1 to 2 minutes more, until heated through, adding more bean liquid or water if needed.
Transfer beans to a food processor.
Process just until smooth.

Makes 4 servings

Carne Adovada (Marinated Pork)

Yield: 10 servings

Roasting Time: 40-60 minutes

Temperature: 350°F

Ingredients

- 4 cloves garlic
- 2 teaspoons (or more!) dried chillies, torn/cut into small pieces
- 5 pounds lean pork steaks
- 1 tablespoon salt
- 1 tablespoon oregano

Directions

1. Add garlic, salt, and oregano to chile caribe.
2. Place pork steaks in large, glass baking dish and pour chile caribe mixture over steaks. Cover and refrigerate for 8-24 hours.
3. Place drained, marinated steaks in a 350°F oven and roast for 40-60 minutes. Serve with heated remaining chile caribe.

Posole

(Hominy Stew)

Yield: 8-12 servings

Cooking Time: 6-7 hours*

Temperature: High, Medium. Low

Freezes Well

Ingredients

- 1 pound prepared posole corn**, rinsed well
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 10 cups water
- 1/4 teaspoon oregano
- 1 pound pork or beef roast
- 1 teaspoon ground comino
- 5 cups water, approximately
- 3-6 dried red chile pods, rinsed and crumbled
- 2 tablespoons salt

Directions

1. Place posole and 10 cups water in large stewing pot. Bring mixture to a boil at high heat.
 2. Reduce heat to low and simmer posole for 5 hours.
 3. Approximately 1 hour before the completion of the simmering time, brown the pork in a large, heavy skillet on medium heat.
 4. Add the pork to the stewing pot with 5 cups of water and continue to cook on low heat until tender.
 5. Add the remaining ingredients to posole and simmer for an additional 1-2 hours. Adjust seasonings to suit taste.
- * Posole may be cooked in a pressure cooker for 45 minutes at 15 pounds pressure.
** Posole corn is marketed dry or prepared.
** Varied amounts may be used.

Guisado de Chile Verde (Green Chile Stew)

Yield: 6 servings

Cooking Time: Approximately 1 hour

Temperature: Medium, Low

Freezes well

Ingredients

2 pounds pork or beef, cubed
3 cups tomatoes
1/4 cup flour
2 cups water
2 tablespoons shortening
1/2 teaspoon garlic powder
2 large onions, chopped
2 teaspoons salt
3 cups chopped green chile*

Directions

1. Dredge the meat in flour.
Place the shortening in a heavy skillet and brown meat at medium heat.
Place meat in a large stewing pot.
2. Sauté the onions in the remaining shortening and add to stewing pot.
3. Add all remaining ingredients to stewing pot and simmer at low heat for 1 hour.

* Varied amounts may be used.

Huevos Rancheros (Ranch-style Eggs)

Yield: 3-6 servings

Cooking Time: 10 minutes

Temperature: Medium-High, Medium, Low

Ingredients

1 tablespoon margarine
1 1/2 cups chicken broth
1 tablespoon flour
Shortening
1 medium onion, thinly sliced
6 Corn Tortillas
1/2 cup chopped green chile*
1 1/2 cups grated sharp cheddar cheese
2 medium tomatoes, chopped
1/2 teaspoon garlic salt
Shredded lettuce
1/4 teaspoon salt
eggs
Tomato wedges (optional)

Directions

1. Combine margarine and flour in a medium-sized skillet and cook at medium heat.
2. Add the onion, chile, and tomatoes and cook until the onion is tender.
3. Stir in seasonings and the broth and simmer for 10 minutes at low heat. Set aside.
4. Heat 1/2 inch shortening in a heavy pan at medium-high heat.
5. Quickly dip each tortilla into the shortening to soften. Drain on absorbent towels.
6. To assemble huevos rancheros, place 1 or 2 warm corn tortillas on each dinner plate. Top with a generous amount of sauce and cheese.
7. Top with poached or fried eggs. Garnish with lettuce and tomato wedges.

* Varied amounts may be used.

Chiles Rellenos

Peppers:

8-10 7 inch green chiles (Anaheims, Poblanos, or Big Jims)
1 pound monterey jack cheese, mild cheddar cheese,
sharp cheddar cheese, or swiss cheese - grated
1/2 cup all-purpose flour
2 1/2 tsp salt
1/2 tsp black pepper
4 large egg yolks, beaten
4 large egg whites, beaten until foamy
oil (for frying)

Sauce:

1 large can (29 oz.) canned tomatoes (cut up) with juice
1 small onion (diced)
4 cloves garlic
2 TBL oil
2 cups chicken broth
1/2 tsp salt
1/4 tsp black pepper
1/4 tsp oregano
1/8 tsp cinnamon
1 tsp sugar

Simmer sauce ingredients until thickened somewhat.

Directions for Frying Peppers:

1. Roast peppers if desired (roast, peel, seeds intact, stems attached).
2. Cut a lengthwise slit in each pepper, and stuff with some cheese.
3. Fold egg yolks into egg whites in a bowl.
4. Fold flour, salt and pepper into the egg mixture.
5. In a large saucepan, heat 1 1/2 inches of oil to moderately hot (around 375 F).
6. Using a slotted spoon, dip chiles into the batter, and slide into oil.
7. Turn occasionally until golden, no more than a couple of minutes.
8. With slotted spoon, transfer chiles to paper towels to drain.

Directions for Baking Peppers with Sauce (after Frying):

1. Put peppers in dish (after frying).
2. Put sauce on each pepper.
3. Put grated cheese on each pepper.
4. Heat in 350 F oven (covered) till cheese melts (1/4 to 1/2 hour).

Roasting:

Method 1:

Using a long-handled fork, char peppers over an open flame or on a rack set over an electric burner, turning until skins are blackened, 4 to 6 minutes.

Method 2:

Broil peppers on a rack of a broiler pan under a preheated broiler about 2 inches from the heat, turning every 5 minutes. Do this for 15 to 20 minutes, or until skins are blistered and charred.

After Roasting:

Transfer peppers to a bowl and let stand covered, until cool enough to handle. Keeping peppers whole, peel them starting at the blossom end.

Chicken Mole

Ingredients:

1 2 1/2- to 3-pound ready-to-cook broiler-fryer chicken, cut up
1/4 cup butter or margarine
1/4 cup finely chopped onion
1/4 cup finely chopped green pepper
1 small clove garlic, minced
1 7 1/2-ounce can tomatoes, cut up
1/2 cup beef broth
2 teaspoons sugar
1/2 teaspoon chili powder
1/8 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
Dash ground cloves
Dash bottled hot pepper sauce
1/4 of a 1-ounce square unsweetened chocolate
2 tablespoons cold water
1 tablespoon cornstarch

Directions:

In large skillet brown chicken slowly in butter.
Season lightly with salt and pepper. Set chicken aside; cover.
In same skillet cook onion, green pepper, and garlic in butter remaining in pan till vegetables are tender.
Add tomatoes, beef broth, sugar, chili powder, cinnamon, nutmeg, cloves, hot pep-per sauce, and chocolate.
Add chicken.
Cover and reduce heat; cook till meat is tender, about 45 minutes.
Remove chicken to a serving platter; keep warm.
Slowly blend cold water into cornstarch; stir into sauce.
Cook and stir till thickened and bubbly.
Pour sauce over chicken.

Serves 4

Native American



Succotash

Ingredients:

1 lb bag of (large) Lima beans,
1 16 oz can of Cream Corn
1 (smallpiece) Salt Pork (optional)
1/2 (small) Onion (cut fine)
2 tablespoons Butter
1/2 cup Sugar
Salt & Pepper (season to taste)

Preparation:

Wash lima beans and place in a large (5qrt) pot.
Add water(4 qrts), salt pork, butter, sugar, salt & pepper.
Bring to a boil.
Cook till beans are tender.
Add cream corn and cook additional 5 minutes.
Remove from heat and enjoy.

Cherokee Fried Hominy

Ingredients:

Several Strips of Bacon
One or two Cans of White Hominy
Onion if desired
Black Pepper to taste

Preparation:

Fry bacon crisp.
Remove from pan.
Drain most of grease.
Drain water off hominy.
Fry hominy in bacon grease.
Crumble bacon & mix in hominy.

Acorn Squash with Wild Mushroom Cranberry Stuffing

CRANBERRY STUFFING:

1 1 1/2- to 1 3/4-pound acorn squash, halved lengthwise, seeded
1/2 cup dried cranberries or currants
1/4 cup hot water
4 tablespoons (1/2 stick) butter
4 ounces fresh wild mushrooms (such as shiitake), stemmed, chopped
1/4 cup chopped onion
1 teaspoon dried rubbed sage
1 cup fresh whole wheat breadcrumbs

Preparation:

Preheat oven to 425°F.
Place squash cut side down in 8x8x2-inch glass baking dish.
Cover dish tightly with plastic wrap.
Microwave on high 10 minutes.
Pierce plastic to let steam escape.
Uncover and turn squash halves cut side up.
Season cavities with salt and pepper.

Corn, Zucchini, and Tomato Pie

This pie is made from the overflowing bounty of the backyard garden. Fresh corn and zucchini seasoned with dill bake underneath Parmesan-crusted tomatoes to make a scrumptious entrée that can be served warm or at room temperature.

Ingredients:

- 3 cups fresh, or frozen and defrosted corn kernels
- 5 small zucchini, cut into matchstick pieces
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1 tablespoon fresh dill weed
- 2 tablespoons melted butter
- 3 to 4 vine-ripened tomatoes, cut into 1/2-inch slices
- 1/2 cup freshly grated Parmesan cheese
- 1/4 cup dry bread crumbs
- 2 tablespoons olive oil

Preparation:

Preheat the oven to 375°.

In a 13 by 9-inch ovenproof baking dish, combine the corn, zucchini, 1 teaspoon of salt, 1/2 teaspoon of pepper, the dill, and the melted butter, tossing to coat the vegetables. Cover the vegetables with the tomatoes.

Sprinkle with the remaining salt and pepper.

In a small bowl, combine the cheese and the bread crumbs.

Sprinkle the mixture over the tomatoes and drizzle with the olive oil.

Bake the pie for 30 minutes, or until the cheese is bubbling.

Remove it from the oven, and let it stand for 5 minutes before serving.

Beef, Pork, and Hominy Stew

Ingredients:

- 1 1/2 lb lean pork ribs, cut into 1-inch pieces
- 1 lb cured bacon
- 1 lb flank steak, cut into 1-inch pieces
- 1 lb beef short ribs, cut between bones
- 3 sweet Italian sausage links, cut into 1 1/2-inch lengths
- 2 Spicy dried pork sausage links, cut into 1 1/2-inch lengths
- 3 quarts water
- 6 carrots, cut into 1/2-inch-thick rounds
- 1 1/2 lb butternut squash, peeled and cut into 3/4-inch cubes
- 1 large boiling potato, peeled and cut into 3/4-inch cubes
- 2 red bell peppers, cut into 3/4-inch pieces
- 1 tablespoon paprika
- 3 (15-oz) cans white hominy, rinsed
- 2 (16- to 19-oz) cans white beans, rinsed
- 1 tablespoon salt
- 1 tablespoon black pepper

Preparation:

Stir together meats and water in a 12-quart heavy pot and bring to a boil. Reduce heat and simmer, partially covered, stirring occasionally, 3 1/2 hours. Add vegetables and paprika, then simmer, partially covered, stirring occasionally, 30 minutes, or until vegetables are tender. Add hominy, beans, salt, and pepper and simmer, stirring occasionally, 15 minutes.

Maple Mashed Sweet Potatoes

Ingredients:

6 lb sweet potatoes
1 stick (1/2 cup) unsalted butter, melted
1/2 cup heavy cream, warmed
2 tablespoons pure maple syrup
1 teaspoon salt
1/2 teaspoon black pepper

Preparation:

Preheat oven to 400°F.
Prick each potato twice with a fork and bake in a foil-lined shallow baking pan in lower third of oven until very tender, about 1 hour.
Remove and cool slightly.
Halve potatoes lengthwise and scoop out warm flesh into a large bowl.
Mash potatoes with a potato masher or, for a smoother purée, force through a potato ricer.
Stir in butter, cream, syrup, salt, and pepper.

Fry Bread

Ingredients:

4 cups white flour
1/2 teaspoon salt
1 tablespoon baking powder

Preparation:

Combine all ingredients.
Add about 1 1/2 cups lukewarm water and knead until dough is soft but not sticky.
Shape dough into balls the size of a small peach.
Shape into patties by hand; dough should be about 1/2 inch thick.
Make a small hole in the center of the round.
Fry one at a time in about 1 inch of hot lard or shortening in a heavy pan.
Brown on both sides.
Drain on paper towels and serve hot with honey or jam.

Norway



Krumkaka

Ingredients:

1 c. sugar
1 c. melted butter
5 egg yolks, beaten separately, add egg whites last
1/2 c. water
1 c. flour
1 tsp. vanilla

Directions:

Put small amount in krumkaka iron.
Cook both sides until golden.

Riskrem

Riskrem (rice cream) is a Norwegian Christmas dessert. It's rich, and ever so delicious.

Ingredients

- 3/4 cup white rice
- 1 teaspoon salt
- 4 cups milk
- 1/2 cup sugar
- 1 teaspoon almond extract
- 2 cups whipped cream (whip first, then measure)
- 1/2 cup almonds, chopped
- 1 whole almond, peeled
- red fruit sauce for topping

Directions

1. In the top of a double boiler, cook the rice, salt, and milk together. It usually takes 60 to 90 minutes for the rice to soften and for the mixture to thicken.
2. Add sugar and almond extract. Pop this mixture into the fridge to chill.
3. Mix in the chopped almonds and the one whole almond.
4. (Sample at this point and note that you have a scrumptious rice pudding. Yum!)
5. Stir in the whipped cream. (Now you've got a decadent dessert. Double yum.)
6. Drizzle each serving with some red fruit sauce (We make a raspberry sauce here, but lingonberry or something like that would work fine, too.)

This recipe serves about 8

Sot Suppe (Norwegian Sweet Soup)

- 6 cups water
- 1/3 cup sugar
- 1 tablespoon quick-cooking tapioca
- 1/4 to 1/2 teaspoon cinnamon (depending upon how well you like the taste of cinnamon; you can also use a cinnamon stick)
- 2 cups dried fruit (use any kind you like: apples, apricots, peaches or a mixture of dried fruit)
- 1 cup raisins (dark or golden)
- 1 cup dried prunes
- 1 tablespoon lemon juice (you can also use 1 teaspoon of dried lemon rind or several slices of fresh lemon)

In a medium saucepan, combine the sugar, tapioca, cinnamon and water. Bring to boiling, stirring constantly. Stir in fruit (including the lemon if you're using sliced lemon) and heat to boiling again. Cover. Simmer for 15 minutes, or until the fruit is tender.

After the fruit is tender, if you're using lemon juice, stir in the lemon juice (or teaspoon of dried lemon rind). Serve either cold or warm, depending upon your preference. If you use a sliced lemon, remove the lemon rind before serving.

For a light afternoon 'Norwegian' lunch (after hiking, sledding, snowshoeing or cross-country skiing), serve sweet soup with Julekake or Christmas bread, Christmas cookies, open-faced sandwiches, and a variety of sliced cheeses.

Sweet Soup also is good served cold on a hot summer day.

Lefse

Ingredients:

- 4 heaping cups of mashed or riced potatoes
- 1 stick of butter (or margarine)
- 1/3 cup of milk
- 1 teaspoon of sugar
- 1 teaspoon of salt
- 2 cups of flour
- extra flour for rolling out the dough.

Directions:

Measure out the mashed/riced potatoes into a large mixing bowl. In a medium-sized saucepan, melt the butter/margarine in the milk; stir in the sugar and salt. Then pour over the cold mashed (riced) potatoes and mix.

Stir two cups of flour into the potato mixture. The dough will be sticky and soft.

Start heating the griddle or electric frying pan. Do not add any oil, margarine or shortening. Lefse is baked on a dry surface.

Take a lump of dough about the size of an egg. Place a heaping teaspoon of flour on the surface where you're going to roll out your lefse. Work about half of the heaping teaspoon of flour into the lump of dough (enough so you can handle the dough, but not so much that the dough becomes dry).

Starting in the center, roll outward until the lefse is about the size of a dinner plate. Try not to roll the lefse so thin that you cannot pick it up. If the lefse tears when you start to pick it up, gather it into a lump and roll it out again. Don't do this too many times, though, or your lefse will end up tough and dry. Ideally, you should only roll the lefse once, although that's probably not a realistic expectation if you've never made lefse before. Also try to turn the lefse only once while you are rolling it out. If the lefse starts to stick, add a little more flour.

When you have the lefse rolled out, transfer it to the hot griddle. Carefully pick it up and quickly move it. If you move slowly, the lefse is more likely to tear. Expert lefse makers use flat lefse turners (they look like long flat sticks) to transfer the dough by rolling it onto the turner and then unrolling it onto the griddle. You can also try rolling your lefse onto the rolling pin and transferring it to the griddle or the fry pan.

Once you have the lefse on the griddle, bake it for about a minute, just until brown 'freckles' start to appear; then turn the lefse over and let the other side bake just until brown freckles start to appear. While the first piece of lefse is baking, roll out your second one.

After the first piece of lefse is done, use the pancake turner to remove it from the griddle and place it on a clean dishtowel. Cover with another dishtowel.

Bake the second lefse and roll out the third piece.

When the second lefse is finished, place it on top of the first one and cover with the towel again.

Then bake the third piece.

Repeat until you have baked all of the dough. Place each newly baked lefse on top of the previously baked lefse and cover the stack with the towel.

Once the lefse is completely cool, place it in a plastic bag or wrap it with plastic wrap or aluminum foil to help keep it moist. You must wait until the lefse is completely cool before wrapping it, otherwise the heat from the lefse will condense inside of the plastic or the aluminum foil, and your lefse will end up soggy. If you leave the lefse overnight without wrapping it in plastic or aluminum foil, it will probably be dried out in the morning. If the lefse dries out, sprinkle a little water on the dishtowel and wrap the dishtowel and the lefse in plastic. The lefse will soften up again.

When you're ready to eat a piece of lefse, spread it with butter (or margarine), sprinkle sugar on it (some people also like to sprinkle cinnamon on their lefse), and roll into a log.

Also, once the lefse is cool, it can be frozen.

Poland



Bigos

Ingredients:

One 33 ounce jar of Sauerkraut
One Savoy Cabbage
Two pounds beef
Two pounds pork
One pound of "breakfast" sausage links
½ pound smoked bacon
One pound Kielbasa
One onion
One SMALL can of Tomato paste or sauce
3 to 5 Bay Leaves
salt
pepper
oil
sugar
allspice

Directions:

First, get a jar of Polonaise Sauerkraut and a pound of kielbasa.
Don't use watered down sauerkraut that comes in a plastic sack with lots of water and vinegar.
The final product is only as good as the best ingredients you can get.
Then, get the best beef and pork with a minimum of fat.
Cut off all that you can before cooking.
Get a half pound of thick sliced bacon.
If you cannot find a Savoy cabbage a regular cabbage works just fine.
Start by getting a large pot of water boiling.
Add the sauerkraut.
Let it bubble away.
Cut up the beef and pork into little fork size squares and brown.
Generally this takes two frying pans (one each for beef and one each for pork).
Season with secret herbs and spices.
Grate the cabbage.
Throw it into the boiling pot.
Chop up the onion and in it goes too.
When the beef and pork is browned, pour both in the pot, drippings and all.
Cut the kielbasa into short pieces and sear in one of the frying pans.
The searing keeps kielbasa from mushing up when it spends a lot of time in hot water.
When seared, into the pot it goes.
Cut all the bacon, except one slice, into half inch long pieces and fry.
Drain off the extra fat as necessary.

When the bacon is done eat the single strip and throw the pieces in the pot.

It's ok to cook the sausage in the same frying pan with the bacon.

Little chunks, any size.

Add a little (teaspoon full) of salt, a half teaspoon of pepper (go light on this), one eighth cup sugar, and the bay leaves to the pot.

And here's the final touch. Dump in a SMALL can of tomato paste or tomato sauce. Stir.

Add water as necessary.

Cook at low heat.

They call this simmer. The longer it simmers, the better it gets.

Leftovers can be frozen and thawed. Or you can just store in the refrigerator and reheat through the week.

Pierogi Dough

Ingredients:

1 lrg. Idaho potato
1 Tbsp. + 1 tsp. salt
1 3/4 cup all purpose flour
1 cup cornstarch or potato starch
1 lrg. egg
3 1/2 Tbsp. creme fraiche or sour cream
5 Tbsp. unsalted butter, melted

Directions:

Place an unpeeled potato in a large saucepan and cover by two inches with cold water. Add 1 tablespoon salt and bring to a boil. Lower hear to medium, and cook until tender, about ten minutes. Drain. While still hot, peel and pass through a potato ricer or food mil into a large bowl. Sift flour, starch and remaining salt into the bowl with the potato. Combine. In a small bowl, whisk together the egg, sour cream and butter. Add to the bowl with the potato mixture. Mix until well combined. Turn dough out onto a lightly floured surface, and knead for five minutes, until smooth and firm. Let rest, covered for ten minutes. Roll dough out on a lightly floured surface to a thickness of approximately 1/8 inch thick. Cut the dough with a 3 1/2 inch in diameter cookie cutter. Cover with plastic wrap while preparing the filling.

Sauerkraut and Mushroom Pierogi Filling Kapusta z Grzybami - nadzienie

Ingredients:

2 cups of sauerkraut 1 cup mushrooms
1 onion chopped butter, salt, pepper

Directions:

Cook sauerkraut for 10 minutes. Drain and chop well. Fry onion and chopped mushrooms in butter, add sauerkraut and fry until flavors are blended. Cool and fill dough circles.

Potato Filling (Ruskie Pierogi)

1 lb. cooked potatoes and 6oz. cottage cheese through a meat grinder. Add 1 small raw egg to this along with 1 medium onion, finely chopped and browned to golden brown. Add salt and pepper.

Cheese Filling (Pierogi z Serem)

Rub 1 lb well drained cottage cheese through a wire sieve, then mix thoroughly

with 1 small egg (raw) and salt. The filling swells during cooking, so do not use too much. Serve immediately, after pouring butter over them.

Kolachky

Ingredients:

1/4 cup sour cream
1 pkg. Yeast
1 lrg. egg, beaten
1 cup butter
2 cup flour
1 cup preserves

Directions:

Preheat oven to 400 degrees.

Combine sour cream and yeast and set aside.

Cut butter into flour until you have a mixture that resembles a coarse meal.

Add the egg to the sour cream mixture and stir the mixture into the flour until a dough forms.

Roll ¼ inch thick and cut into 2-1/2 inch rounds.

Place the rounds on ungreased cookie sheets, cover with plastic and let rest for fifteen minutes.

Make a thumbprint in the cookie's center and fill with 1 tsp. preserves.

Bake until golden, about 12-15 minutes.

While warm, glaze with:

1 cup confectioner's sugar
2 Tbsp. melted butter
2 tsp. light corn syrup
2-3 Tbsp. whole milk

Polish Sauerkraut Soup

Ingredients:

2 lbs. Polish Sausage
1 qt. water
1 onion, well browned
1 qt. sauerkraut juice
1/4 cup sugar
1/4 cup cream
1 egg
1 Tbsp. flour
3/4 cup milk

Directions:

Cook sausage in water until well done, if not pre-cooked.
Add onion, sauerkraut juice and sugar.
Beat egg, add flour, milk and cream.
Add to the soup and bring to a boil.
Serve with mashed potatoes or dumplings.

Polish Noodles (Kluski z Kapusta)

Boil egg noodles medium thickness

Sauté in 1/4 pound of melted butter:

5 cloves garlic, minced

1 large onion chopped

1 very large head of cabbage (green) shredded medium

When the vegetables are limp, add 1 Tablespoon of caraway seed and salt and pepper to taste. Drain noodles. Pour vegetables over noodles. Stir in 1 pint or more of sour cream. Sometimes I serve sausage and bread, but usually we just have bread. (Dark rye, homemade of course).

Portugal



Cacoila (Stew in a Cacoila Dish)

Serves 8

Often made with pork or beef this one-pot meal is a very traditional especially during a "matança" or winter slaughtering of pigs or cattle. This recipe is from the island of Pico, in the Azores. It gets its name from the type of black clay pot called a "cacoila" used to cook it in. Depending who you ask, the answer may differ as to what type of meat is used. Some might tell you the stew is made with beef but if it is cooked in the pot, it is called cacoila. On the mainland, this stew, using pork, would be called "Cachola".

Ingredients:

- 5 pounds bottom round beef, cut into 2 to 3-inches pieces or you can use a 5 pound, 2-inch thick chuck roast with bone-in.
- 1/2 stick butter
- 3 meaty shin bones, about 2 1/2 pounds each
- 1 pound salt pork
- 1 large onion, coarsely chopped
- 3 to 4 large cloves garlic or taste
- 1 tablespoon paprika
- 1 tablespoon wine vinegar
- 1 2-inch cinnamon stick
- 6-8 balls Jamaican allspice
- 2 teaspoons coarse salt or to taste
- 2 small "maleguetas" chili peppers or pinches of dried crushed red pepper

Directions:

1. Place all the ingredients in a deep heavy pot, large enough to accommodate all.
2. Pour in enough cold water to come up 3/4 the side of the ingredients.
3. Cover tightly and bring to a boil over medium-high heat. Reduce the heat to medium-low and simmer for 3 to four hours, until the meat is fork tender and nearly falling off the bone.

Tip: Serve, with sauteed greens and boiled potatoes.

Variation: If you wish, you can add a tablespoon of tomato paste.

Hmmm, hmmm GOOD!

Shrimp Mozambique, (Camarao Mozambique)

4 servings

40 min 15 min prep

Ingredients:

- 4 tablespoons butter
- 1/4 cup finely chopped onions
- 1/2 cup water
- 8 garlic cloves, finely chopped
- 4 tablespoons finely chopped coriander (or flat leaf parsley)
- 1 teaspoon turmeric
- 1/2 teaspoon saffron, toasted, crushed and soaked in 1 tbsp warm water for 15 minutes
- 1/2 cup red wine or light beer
- 2 Teaspoons fresh lemon juice
- 2 teaspoons kosher salt
- 1/2 teaspoon white pepper
- 2 Teaspoons hot chili sauce (or generous pinch crushed red pepper)
- 1 Lb shrimp, peeled and deveined (26-30 count)

Directions:

1. Melt butter in a 3-quart pot over medium-low heat.
2. Toss in onion and fry until lightly golden.
3. Pour in the water followed by garlic, cilantro, turmeric, and saffron water.
4. Cover and simmer for 3 to 4 minutes, allowing the essence of the spices and herbs to mingle.
5. Pour in the red wine or beer with the lemon juice. Stir.
6. Cover and raise heat to medium-high and bring the sauce to boil.
7. Reduce the heat to medium-low and simmer for 2 minutes.
8. Toss in the shrimp, hot peppers or chili sauce if using and give them a turn in the sauce.
9. Cook for three minutes over medium-low until the shrimp are just curled tender and turned pink.
10. Spoon the shrimp into bowls and serve with plenty of crusty bread to dip in the flavourful sauce. (This can also be served over rice!).

Stewed Chicken (Galinha Estufada)

Ingredients:

- 4 tablespoon olive oil
- 1 medium onion, coarsely chopped (about 1 cup)
- 1 large very ripe tomato, peeled seed and coarsely chopped
- 1/2 tablespoon sweet paprika
- 2 cloves garlic, finely chopped
- 1 bay leaf
- 1/2 cup white wine (optional)
- 1 2 1/2 to 3 pound chicken, cut up, rinsed
- 3 1/2 cups water
- 1 1/2 cups converted rice or other long-grain rice
- 2 teaspoons coarse salt or to taste
- 1/4 teaspoons black pepper to taste
- 1/2 cup peas, frozen or fresh, shelled
- 2 tablespoons finely chopped fresh parsley

Directions:

1. Heat the oil in a 5-quart Dutch oven over medium-high heat. Add and saute the onions until a light golden color, about 10 to 15 minutes.(This is called "refogado"
2. Put in the tomatoes, paprika, garlic and bay leaf. Reduce the heat, cover, and simmer until the tomatoes are soft and partially dissolved, about 15 minutes.
3. Pour in the wine, if using, and simmer for 2 more minutes. Add the chicken and water, adding extra water if needed to just cover the chicken. Recover the pot tightly and bring to a boil over medium-high heat. Reduce the heat and simmer the chicken for 15 minutes.
4. Toss in the rice, salt and pepper. Stir, recover, and continue to simmer for another 20 minutes. Stir in the peas and 1 tablespoon of the parsley. Simmer for 5 minutes more or until the meat is nearly falling off the bone. Remove the pan from the heat. Let the stew stand for 10 minutes before serving. Garnish with additional parsley. The rice should be tender and the liquid should be absorbed.

Puerto Rico



Pasteles

Ingredients:

Seasoned Oil

3/4 cup of achiote (annato)

1 1/2 cups of vegetable oil (corn oil or olive oil)

Meat

15 pounds of boneless pork meat

1 1/4 cup of sofrito

1 8 ounce can of tomato sauce

6 medium potatoes

2 7 ounce cans of diced pimento

3 tablespoons of salt

1 cup of water

Green Banana Mix

4 pounds of "yautia" (taro roots)

35 pounds of green bananas

5 green plantains

3 tablespoons of salt

2 cups milk

1/2 cup of sauce from cooked meat

8 packs of banana leaves

String to tie the pasteles

Procedure:

1. Pour the 1 1/2 cups of vegetable oil and the achiote in a 1 quart sauce pan and heat at moderate temperature for approximately 15 - 20 minutes. The vegetable oil should turn red from the achiote. Do not overcook the achiote because this will give the oil a bitter taste. Strain the oil and discard the achiote seeds. Set the oil aside and allow sufficient time for cooling.
2. Wash and cut the pork into chunks no larger than 1/2" cube.
Peel and cut the potatoes into 1/4" chunks
3. In a large pot add 1/2 cup of the seasoned oil, meat, sofrito, potatoes, tomato sauce, diced pimento, salt, and the water. Mix all the items well and cook at moderate heat for 45 minutes. Set aside.
4. While the meat is cooking, peel the bananas, yautia, and plantains and put them in salt water. This will help to prevent them from staining. Also, it will help if you use some vegetable oil on your hand (very small amount) or use rubber kitchen gloves

while peeling the bananas and plantains. This will help reduce the amount of stain that will stick to your hands.

5. Grind the bananas, plantains and yautia. Do not grind too fine since this will ruin the mix. As the mix is being ground, place the already ground portions into a large (3 to 5 gallon) container. Once all items have been ground and added to the large container, add in the milk, 1 cup of seasoned oil, salt, and 1/2 cup of the sauce from the cooked meat. Mix well until all items are distributed evenly.
6. Clean all the banana leaves. You will need to divide the leaves into pieces of 12" and pieces of 5 x 8"
7. On the table where you will be assembling the pasteles, place one of the 12" pieces of banana leaf and then in the center of that place one of the pieces that measure 5 x 8". On top of this place 4 tablespoons of the banana mix and spread forming a spread to form a rectangle making a thin layer out of the mix.
8. Put 2 tablespoons of the cooked meat on top of the banana mix spreading it down the center lengthwise.
9. Fold in half widthwise. Fold in half once again. Fold in the end taking care that by folding you do not apply too much pressure to the pastel so that the mix doesn't ooze out.
10. Tie the pastel so that the extremities are tied. Again take care not to apply too much pressure. Cook the pasteles in enough water to completely cover them and add salt to taste. Cook at moderate high heat. Once the water starts to boil lower the heat to moderate and cover. Cook for another 45 minutes. Once they are cooked, remove promptly from the water. Remove the pasteles from the banana leaves to serve.
11. Makes approximately 80 pasteles.

Arroz con gandules

Ingredients:

3/4 lbs green pigeon peas
3 cups of water (used to precook the green pigeon peas)
2 cups of white rice
2 ounces of smoked ham, diced (makes approx. 2/3 cup)
2 tablespoons of corn oil or olive oil
1/2 cup of sofrito
1/4 cup tomato sauce
1 tsp of salt
For soaking the green pigeon peas:
1 quart of water
2 teaspoons of salt

Procedure:

1. Rinse the rice and set aside.
2. Soak the green pigeon peas in 1 quart of water and 2 teaspoons of salt for 15 minutes. Then rinse them and cook them in 4 cups of water until they have softened. Test by picking up one pea in a spoon and squeezing with between two fingers. You should be able to squeeze it without much effort. Take care to not over cook them to point where they break apart.
3. When they are cooked, set aside 3 cups of water used to cook them in. Rinse the peas and set aside.
4. In a 4 quart cooking pan, add the 2 tablespoons of oil, smoked ham and simmer over moderate heat for 3 minutes. Then add the sofrito and the tomato sauce and simmer for another 3 minutes as you mix the items.
5. Raise the heat to moderate-high and add two table spoons of the water that was set aside and the green pigeon peas. Simmer for 3 minutes as you mix the items.
6. Raise the heat to high and add the water that was set aside. Once the water begins to boil, add the rice. Mix all the items well. Once the water starts to boil again, reduce the heat to moderate high and cook uncovered until most (but not all) the water has evaporated.
7. Reduce the heat to low. Mix the rice again then put the lid on the pan and cook for 15 minutes.
8. Mix the rice once more and continue to cook until the rice is fully cooked. You can sample the rice to see if it is fully cooked. It should be soft to chew.
9. Makes approximately 6 servings.

Sofrito

Ingredients:

3 large green bell peppers
2 medium red bell peppers
40 - 60 stems of culantro
20 - 30 stems of recaó
5 medium onions
4 heads of garlic
1 tbsp of salt

Procedure:

1. Get all the garlic cloves separated from each other.
Put into a container and fill with water until the garlic cloves are fully covered.
Set aside. This will help peel the garlic easier later on.
2. Wash the peppers, culantro, and recaó.
Open the bell peppers and remove the stems and the seed from inside.
Cut the peppers into strips along the length about 1/4" wide.
Set these items aside.
3. Peel the onions and cut into 4 to 8 pieces each.
At this time remove the garlic from the water and peel the garlic.
4. Mix all the items in a blender or a food processor, starting with the onions and the garlic, then adding peppers and the culantro and recaó.
You might have to fill the blender more than once.
Mix until everything is pureed.
5. Pour the contents of the mixture into a large container and add the salt.
Mix by hand until the salt is more or less evenly distributed.
6. Put a small amount of this mixture in a container in the refrigerator for everyday use and store the rest in the freezer.
7. Some people will add a small amount of vegetable oil (corn oil or olive oil) with **achoite** (annato) for coloring and flavor.
There are other things that can be added, such as oregano.

Baked Sweet Plantains

Ingredients:

4 medium plantains -- very ripe
1/2 cup dry white wine -- or light rum
1/4 cup dry sherry
1/4 cup packed brown sugar
4 tablespoons butter -- salted
ground cinnamon -- to taste
ground nutmeg -- to taste

Directions:

Preheat the oven to 350°.

Arrange the plantains in an ovenproof casserole, pour the wine, sherry, and sugar over them, and sprinkle with butter and cinnamon.

Cover the plantains and bake 20 to 25 minutes.

Uncover, turn the plantains over, baste, and bake, uncovered, until golden brown on top, another 15 minutes.

Serve hot.

Tostones

Tostones are twice fried green plantains or green bananas that make a great appetizer or side dish. I first experimented with green banana tostones when I lived in Japan; plantains were not to be found in Japan. Green banana tostones have a different flavor and texture. I suggest trying both. In Puerto Rico, "Tostones" are usually served in restaurants to accompany seafood dishes, but they go well with any Puerto Rican dish. This recipe calls for salt or Goya Adobo. Adobo is a seasoning that is found in Puerto Rico's supermarkets, and can be found in most Hispanic specialty stores. If you can't find "Adobo" use a bit of salt and granulated garlic to season the tostones.

Ingredients:

3 Green Plantains or Green Bananas
Vegetable Oil
Salt or Goya Adobo

Directions:

Peel the plantains or bananas under running water
--this is to prevent staining your hands.
Green plantains will not peel as easily as ripe ones.
The water will also help the peeling process.
At a 45 degree angle to the plantain, cut into 1 inch slices.
Place in a bowl of water to prevent them from turning brown.
In a deep fryer or frying pan, heat 1 1/2 inches of vegetable oil
to approximately 325 degrees (F).
Remove the plantains from water, placing them in a bowl with paper towel.
Remove as much water from them before placing them in the hot oil.
If you don't dry them off well, the oil will splatter.
Use caution during this step!
Cook in oil until they are firm. Approximately 3 minutes.
Remove from oil and let cool off.
Now you must flatten them.
In Puerto Rico we use a "Tostonera" to flatten them,
however a 10x5 inch piece of aluminium paper works fine.
Placing the firmed plantains in the middle of the aluminium
paper, press down with the palm of your hand to flatten.
Place on plate and season with salt or adobo.
Now you're ready to fry until golden brown.
Serve as snack or side dish.

Mofongo

Ingredients:

3 Plantains -- very green
1/2 Pound Pork rinds -- ground
3 Cloves of garlic
1 Tablespoon Olive oil
Veg. oil for frying

Directions:

Peel the plantains and cut into 1-inch diagonal pieces.
Place them in 4 cups of water with 1 tsp. of salt and let stand for 15 minutes.
Drain well.
Heat oil in a pan to 350 degrees and fry the plantains for about 15 minutes.
Do not over-cook.
Remove the plantains from the pan and place on paper towels to drain.
Place the garlic in a food processor and mince well.
Remove garlic from the processor and mix with the olive oil well.
If you have a large, wooden mortar and pestle; place 3 or 4 pieces of plantain in it and an equal amount of pork rind.
Mix well.
Add a little bit of the garlic oil and mix well.
(If you don't have a mortar; improvise)
Take 3 Tablespoons of the mixture and with your hands form a ball with it.
Repeat until you have used up all of the ingredients.
Serve hot!

Flan

Ingredients:

- 3 whole eggs
- 3 egg yolks
- 1 3/4 cups of sugar
- 2 cups of milk
- 1 cup condensed milk
- 1/2 teaspoon of vanilla extract

Procedure:

1. Heat the oven to 350°F.
2. Mix the yolks and the eggs and add 3/4 cup of sugar.
Mix until the mixture thickens.
In a pan mix the milk and condensed milk and warm up on low heat.
Add the milk slowly to the egg mix.
Mix as you add the two together.
3. In another pan, warm up on low heat the rest of the sugar until it is completely melted.
Mix as the sugar melts and continue to mix after it has melted.
The sugar will start to change color to a brownish color.
When this happens remove from the heat.
Pour the melted sugar (caramel) into an oven resistant container (pyrex or corningware).
4. The caramel should become hard almost immediately.
Once it is hard, all the mixture of eggs and milk.
Cover with aluminum foil and place the container in the oven in another container with water.
Keep it in the oven for 45 - 50 minutes.
5. The flan will be ready when you can insert a sharp knife into the center of the flan and it comes out clean.
6. Allow it to cool for a couple of hours.
Run a knife along all the edges and then turn the container upside down onto a large plate to get the flan out.

Russia



Beef Cutlets with Cabbage

Ingredients:

1 kg (2.2 pounds) beef
200 g (7 ounces) green cabbage
50 g (2 ounces) onion
50 g (2 ounces) parsley greens
1 egg
1 table spoon of semolina
salt, pepper - to taste

Directions:

Shred the cabbage, pour boiling water over it.
Wait till it gets cold, then wring out.
Peel the onion and grind it with the meat.
Combine the ground meat and cabbage with finely shredded parsley, 1 egg, ground black pepper and salt, and mix well.
Form it into cutlets, roll in bread crumbs and fry in vegetable oil.

Vinegret

Ingredients:

2 ea average beets boiled
4 ea potatoes boiled
3 ea pickled cucumbers
2 ea carrots boiled
¼ pound (100 g) green peas (optional)
vegetable oil
mayonnaise (optional)
salt to taste

Directions:

Boil all vegetables.
Let them cool down and then peel.
Chop beets, potatoes, cucumbers, carrots, cucumbers.
Add green peas, if you want.
Season with vegetable oil or mayonnaise.
Add salt to your taste.
Served as an appetizer before main dish.

Fish Casserole

Ingredients:

- 1 large onion, cut into 1/8-inch slices
- 5 tablespoons unsalted butter
- 4 pounds fish fillets
- Salt to taste
- 1/2 pound Marinated Mushrooms
- 3/4 pound fresh or canned Morello (sour) cherries, pitted
- 4 Brined Cucumbers, diced into 1/2-inch cubes
- 1 cup canned pickle marinade
- 3 tablespoons finely chopped parsley

Directions:

Saute onions over moderate heat in 2 tablespoons butter for 8-10 minutes, or until pale golden.

Cut the fish fillets into 2 1/2- to 3-inch pieces and sprinkle with salt.

Set the baking rack at the top level of the oven (be sure you have room for the pot) and preheat the oven to 450F.

Grease a Dutch oven with 1 1/2 tablespoons butter and place the fish pieces on it. Sprinkle each layer with the mushrooms, cherries, pickles, and sauteed onions.

Melt the remaining butter and dribble it over the fish.

Bake the fish, uncovered for 5 minutes.

Pour the pickle marinade evenly all over the fish, cover, and place over moderately low heat on top of the stove.

Simmer for about 15 minutes.

Borsch

Ingredients:

Beef (with or without bones) - 400 g (1 pound)
red beets -700 g (1 ½ pounds) (3 average ones)
cabbage -200 g (½ pound)
potatoes - 200 g (½ pound) (4 little ones)
carrots - 100 g (¼ pound) (1 little one)
onions - 100 g (¼ pound) (1 average one),
tomatoe paste - 50 g (2 ounces) or 2 tomatoes
vinegar - 1 teaspoon
salt and pepper on your taste
parsley
dill
spring onions

Directions:

Preparing meat broth:

Put beef into a large saucepan and cover with 3 l (3 quarts) coldwater.
Bring to a boil; reduce heat.
Remove the grease and froth from the broth surface with a spoon.
Add one onion.
Cook at low heat for 1-2 hours.

Simmering red beets:

Melt 1 tablespoon margarine in a saucepan.
Cut red beets into thin sticks and add them into the cooking pot.
Add tomato paste or sliced tomatoes.
Simmer at low heat for 1 hour.
If there is not enough liquid, add some broth.
Add vinegar.

Pan-frying vegetables:

Melt 1 tablespoon margarine in a frying pan.
Add chopped onions and carrots cut into thin sticks.
Cover and saute for 15 minutes, stirring occasionally.
Heat broth to boiling.
Add chopped cabbage and potatoes cut into bars.
Cook for 5 minutes.
Add saute and cook another 10 minutes.
Add simmered red beets.
Cook another 5 minutes.
Add salt, black pepper.
If you like garlic, you can add about 5 g (2 ounces) grated garlic,
it is supposed to be in borsch.
I don't like it and never add it here.
Borsch is served with sour cream.

Southern



Southern Fried Chicken

Ingredients:

1 chicken cut into pieces (or whatever parts you wish to use)
2 cups all-purpose flour (or enough to coat all the chicken)
Salt and black pepper to taste

Directions:

Soak chicken in salted water (about 2 tablespoons) overnight or at least an hour or two.
Drain and rinse.
Place flour and seasonings in a plastic bag.
Shake 2 or 3 pieces (depending on size-do not crowd) in the bag.
When well coated, place in the refrigerator until ready to fry.
If necessary coat again before frying.
In a chicken fryer or deep skillet heat enough vegetable oil to come about half way up the chicken or to cover (about 375 degrees-oil should be hot, but not smoking).
Add chicken, but do not crowd .
When chicken begins to fry lower heat to medium.
Fry until golden and crisp.
Depending on size of chicken parts this will take from 10-20 minutes.
Serve with cream gravy, mashed potatoes or rice, English peas or green beans, corn sticks, rolls or biscuits, slaw or salad of choice (such as tomatoes, cucumbers and onions in a vinegar and oil based dressing), and easy peach cobbler.

Cream Gravy

Drain all but 3 tablespoons of the oil from the skillet the chicken was fried (leave the particles from the chicken in the bottom of skillet).

Add 3 tablespoons of all-purpose flour to the hot oil, stirring quickly to prevent lumps.

Cook while stirring until desired color (at least 2 minutes).

Add 2 cups of chicken broth, salt and black pepper (white may be used) and cook until thickened.

Whisk in ½ cup cream, half and half or milk.

Cook until desired thickness.

If too thick, add more milk.

If you do not wish to use milk or cream, just use water.

Traditional Southern Fried Catfish

Ingredients:

2 1/2 lb. catfish fillets, skinned or 12 whole, small baby catfish, dressed
1 c. stone ground white cornmeal
1/4 tsp. black pepper
Corn oil for frying

Preparation:

Wash and dry fillets on paper towels.
Cut into 3 inch pieces or keep whole and dressed.
Place cornmeal and pepper in a plastic bag.
Add fish, a few pieces at a time, and shake well to coat.
Spread in single layer on sheet of wax paper and place in refrigerator to chill for 1 hour before frying.
In a deep, 12 inch skillet, heat oil (about 1 inch deep) to 370 degrees.
Add fish, a few pieces at a time, and cook for 2-3 minutes on each side until brown.
Drain well on paper towel and serve hot.

Serves 6

Barbecued Ribs

Ingredients:

3 to 4 lbs. spareribs
2 onions, sliced
2 lemons, sliced

SAUCE:

2 tbsp. butter
1 clove garlic, minced
1 c. ketchup
1 c. water
2 tbsp. lemon juice
1 tbsp. paprika
1 tbsp. Worcestershire sauce
Dash of Tabasco (more if desired)

Preparation:

Salt ribs.
Place fat side up in shallow pan.
Place sliced onions and lemons over.
Bake at 450 degrees for 30 minutes.
Combine sauce ingredients and heat through.
Pour over ribs.
Bake at 350 degrees for 1 1/2 hours, basting frequently.
Delicious!

Old Fashioned Cole Slaw

Ingredients:

1/2 c. mayonnaise
2 tbsp. lemon juice
1 tbsp. water
3/4 tsp. salt
1/2 tsp. sugar
1/4 tsp. paprika
1/2 sm. head cabbage, finely chopped
1 c. chopped celery
1/4 c. chopped green pepper
2 green onions, thinly sliced

Preparation:

DAY AHEAD:

In a large bowl, combine mayonnaise, lemon juice, water, salt, sugar and paprika. Add cabbage and remaining ingredients; toss well.

Refrigerate to blend flavors.

Makes 4 cups.

Old Fashioned Potato Salad

Ingredients:

8 or 9 potatoes, boiled until skins are cracked, cool.
3 to 4 stalks celery, cut fine
Handful parsley, cut fine
Sliced fine green pepper, according to taste
2 or 3 slices bacon, cut in small pieces, fried hard
Add with grease and 2 tbsp. vinegar
Salt and pepper to taste
1 tbsp. sugar
1 c. salad dressing
2 hard boiled eggs

Preparation:

Mix and let stand awhile covered in refrigerator.

Southern Collard Greens

Ingredients:

1 lg. bunch fresh collards
1 tsp. sugar
Salt to taste
1/4 c. bacon drippings
1 sm. ham hock or salt jowl

Preparation:

Wash collards thoroughly; chop.
Cover meat completely with water and cook until tender in large pot.
Add bacon grease.
Salt to taste, cook until tender.

Serve with Hot Water Corn Bread:

You may combine 1 cup of corn meal and 1/3 cup of flour and 1 teaspoon salt.
Add enough boiling hot water to mix well and shape into patties by wetting hands in cold water.
Place in hot grease (skillet) to cook, (turn and brown) until well done.

Yield: 4 servings

Grits

Ingredients:

1 qt. milk
1/2 and 1/2 c. butter
1 c. hominy grits
1 c. grated Gruyere cheese
1/2 c. Parmesan cheese
1 tsp. salt
1/8 tsp. pepper

Preparation:

Bring milk to boil.
Add 1/2 cup butter.
Gradually stir in grits, add 1 cup grated Gruyere cheese.
Stir constantly until mixture thickens and looks like Farina.
DO NOT UNDER COOK.
Remove from heat and add salt and pepper.
Whip 5 minutes with mixer.
Pour into a buttered 9x13x2 inch pan.
Let set in refrigerator until firm.
Cut in squares.
Put in buttered dish like fallen dominoes.
Pour 1/3 cup butter over grits.
Sprinkle with Parmesan.
Bake at 400 degrees for 30-35 minutes.

Cheese Grits

Ingredients:

4 c. boiling water
1 tsp. salt
1 c. quick cooking grits
6 oz. mild cheddar cheese, grated, can use Velveeta cheese
1 stick margarine
2 tbsp. milk
2 eggs, well beaten
Dash of garlic powder, optional

Preparation:

Bring water to boil, add salt and grits.
Cook until thick.
Remove from heat, add margarine and cheese.
Stir until dissolved, add milk and eggs.
Stir but do not beat; pour into greased casserole
and bake at 400 degrees for 45 minutes.
Sprinkle with paprika before baking.

Serves 10 people

Grits with Red-Eye Gravy

Ingredients:

1 c. enriched white hominy grits or quick grits
1 1/2 lb. country-style ham, sliced 1/4 to 1/2 inch thick
1/2 c. coffee or water

Preparation:

Prepare 6 servings of grits according to package directions.
Cut ham into 6 pieces.
In heavy skillet, cook ham over medium-high heat until browned.
Remove from skillet; keep warm.
Reserve 2 teaspoons drippings in skillet.
Reduce heat to medium.
Add coffee to skillet, stirring rapidly to loosen bits of ham from bottom of skillet.
Cook 2 to 3 minutes, stirring occasionally.
Spoon over hot cooked grits.
Serve with ham.

Serves 6

Buttermilk Biscuits

Ingredients:

3 c. all-purpose flour
1/4 tsp. baking soda
1/2 c. shortening
Melted margarine
4 tsp. baking powder
1 tsp. salt
1 1/2 c. buttermilk, do not substitute

Preparation:

Heat oven to 450 degrees.
Grease cookie sheet, lightly.
Combine flour, baking powder, soda and salt; blend well.
Using pastry blender or fork, cut in shortening until consistency of coarse meal.
Add buttermilk, stir with fork just until soft dough forms.
Turn dough onto floured surface; sprinkle lightly with flour.
Knead gently 10 to 12 times until no longer sticky.
Roll or press dough to 1/2 inch thickness, cut with 2 inch floured cutter.
Place biscuits 2 inches apart on greased cookie sheet.
Bake at 450 degrees for 10 to 14 minutes or until golden brown.
Serve immediately.
Makes 18 biscuits.

Corn Muffins

Ingredients:

2 cups self-rising cornmeal
1/4 cup melted shortening
1 1/2 cups buttermilk
1-2 eggs
1 tablespoon sugar

Directions:

Place a 12 cup muffin tin (use a comstick pan or skillet if you like) well greased with shortening into the oven set at 425 degrees.
Mix cornmeal, buttermilk (you may use sweet milk), the egg or eggs (beaten), sugar
And then mix in the melted shortening.
When the oven is preheated remove tin and fill with the mixture while shortening is hot.
Bake until nice and brown.
This will take about 20 to 25 minutes, depending on your oven.
Remove muffins from pan and serve hot with sweet or salted butter.

Hush Puppies

Ingredients:

- 1 c. yellow cornmeal
- 1/3 c. flour
- 1 tsp. sugar
- 1 tsp. baking powder
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 1 beaten egg
- 1/4 c. chopped onion
- 1 (8 oz.) can cream style corn
- 2 tbsp. milk
- Vegetable oil

Preparation:

Add enough oil to pan for deep frying and preheat.
Mix first six ingredients.
Combine with egg, onion, corn and milk.
Stir just enough to mix and no more.
Lumps are okay.
Drop one tablespoon size lump at a time into 350 degree oil.
Remove when golden brown.

Sweet Potato Pie

Ingredients:

- 1 unbaked pie shell
- 2 c. mashed cooked sweet potatoes
- 1/2 stick margarine
- 2 eggs, well beaten
- 1 tsp. vanilla
- 1/2 tsp. cinnamon
- 3/4 c. sugar
- 1 c. evaporated milk

Preparation:

Mash sweet potatoes and add all other ingredients, mixing well.
Pour into pie shell.
Bake at 400 degrees for 10 minutes.
Then reduce heat to 325 degrees.
Cook 1 hour or until knife inserted comes out clean.
Makes 10" pie.

Serves 6 to 8

Spain



Paella

Paella is a typical Spanish dish and is traditionally cooked in a "paellera" - a round flat pan with two handles - which is then put on the table. It is normally made using shellfish but can also be made with chicken or rabbit. In many Spanish villages, especially in coastal areas, they use a giant paellera to cook a paella on festival days which is big enough to feed everybody. A paella is very flexible so if you don't have the exact ingredients or if you find some of them hard to get hold of, substitute them for something similar. Getting fresh shellfish can be a problem, but you can always use frozen fish and use fish stock instead of water to increase the flavour. There are literally hundreds of ways to cook a paella and every cook has their own favourite recipe. Here's mine (it will serve 6 people depending on how hungry you are):

INGREDIENTS:

- 1 small onion, finely chopped
- 1 green pepper, finely chopped
- ½ red pepper, boiled until soft and then cut into long thin strips
- 2 medium-sized tomatoes, skinned and finely chopped
- 2 carrots, finely chopped
- 100g (3.5 ounces) peas, cooked
- 200g (7 ounces) prawns (if using cooked prawns substitute fish stock for the water)
- 200g (7 ounces) small clams
- 200g (7 ounces) squid
- 12 mussels
- 350g (12 ounces) rice
(traditionally short grain rice is used but I prefer to use long grain)
- 2 cloves of garlic, coarsely chopped
- a pinch of saffron strands
(if you can't get saffron, use yellow food colouring instead and add it once you have added the liquid)
- a sprig of parsley, finely chopped
- olive oil
- about 800ml (3 ½ cups) water

PREPARATION:

MUSSELS:

Wash the mussels, removing the beards. Throw away any that don't shut on contact with water.

FRESH SQUID:

Rub off the outer dark skin. Pull out the insides (including the transparent back bone) and pinch the eye away from the tentacles. Save the tentacles. Cut the squid into rings.

CLAMS:

Wash in water and then put in a bowl with some salt so that the grit comes out. Throw away any that are open.

PRAWNS:

Whether you peel them or not is up to you. If you decide to peel them, save the shells and boil in water for about ten minutes. Save the liquid and add later instead of water.

GARLIC:

In a pestle and mortar, grind the garlic, saffron (if using), parsley and a pinch of salt.

RECIPE:

Heat some olive oil in a large frying pan.

Add the onion, green pepper and carrot and fry gently for about five minutes.

Add the chopped tomato and squid (with the tentacles) and fry on a low heat for another ten minutes.

Add the rice and stir well to make sure that it is thoroughly coated.

Add water (or the water from boiling the prawn shells or fish stock if using frozen fish), clams and the garlic/saffron/parsley mixture and bring to the boil.

Season with salt.

Put a lid on it, turn the heat right down and cook very slowly for about ten minutes.

Add the prawns and peas and give it a stir.

Arrange the mussels and strips of red pepper artistically on top, put the lid back on and leave for another ten minutes - checking that it has enough water.

If you think it is getting too dry, add more water, but shake the handle of the pan rather than stir so as not to upset the pattern.

Once the rice is cooked and the mussels have opened, it is ready to eat.

iQué aproveche!

Arroz con Pollo

(Spanish-Caribbean chicken with rice)

Yield: 4-6 servings

Ingredients:

Chicken, whole cut into serving pieces 2 1/2 to 3 lbs
Lemon or lime juice only 1 each
Garlic minced 3-5 cloves
Olive oil 3 T
Salt & pepper to season
Onion chopped 1 each
Pepper, green seeded, chopped 1 each
Garlic minced 3-5 cloves
Oregano, dried 2 t
Rice 3 cups
Ham (opt.) chopped 1 cup
Tomato seeded, chopped 1 cup
Olives, green 10-15 each
Peas 1 cup
Stock or water 3 1/2 cups
Salt & pepper to taste
Pimientos (opt.) 1/2 cup
Capers (opt.) 1 T
Saffron (opt.) pinch
Cilantro stemmed, chopped 1/2 bunch

Directions:

1. Toss chicken pieces with first set of ingredients and marinate at least 1 hour or overnight.
2. Pat chicken pieces dry, and sauté in small batches in a large, heavy bottomed pot over medium-high heat to brown.
Remove pieces to a platter and reserve.
3. Add a little more oil to the pot, and sauté the onion, pepper and garlic till wilted but not browned.
4. Stir in the rice and sauté 1-2 minutes.
Add the ham, and sauté 1-2 more minutes.
5. Add rest of ingredients and stir well.
Add the chicken pieces back in.
6. Bring to a boil and reduce heat to a simmer.
Cover pot and simmer on low heat 30 minutes.

Arròs al Forn

Oven-Baked Rice

Ingredients:

1/2 cup dried or 1 1/4 cup canned garbanzo beans
2 1/2 teaspoons salt
1 tablespoon olive oil
2 oz. salt pork, sliced
4 whole sausages
(such as Italian sweet, white Spanish butifarra or other savory sausage)
1 medium baking potato, cut into 1/4 inch-thick slices
1 cup short-grain (Arborio) rice
1 teaspoon paprika
Pinch saffron
1 tomato, cut into 8 wedges
2 cups beef broth or water
1 head garlic

Directions:

1. If using dried garbanzo beans, soak overnight in water to cover.
Drain; cook in water to cover with 1 teaspoon of the salt for 45 to 60 minutes or until tender.
Drain; cool.
2. Heat oven to 325°F.
Heat oil in large cazuela (a wide, shallow earthenware casserole) or ovenproof skillet over low heat until hot.
Add salt pork and whole sausages;
cook until sausages are browned but not thoroughly cooked.
Remove sausages from cazuela; drain on paper towels.
3. Increase heat to medium; add potato slices to cazuela; cook until browned.
Add garbanzo beans, rice, paprika and saffron; sauté several minutes.
4. Stir in tomato, beef broth and remaining 1 1/2 teaspoons salt.
Bring to a boil.
Return sausages to cazuela; place head of garlic in center of mixture.
5. Bake 20 minutes or until rice is almost done but still chewy.
Remove from oven; cover lightly with foil.
Let stand 5 to 10 minutes before serving to finish cooking.

4 to 6 servings

Gazpacho Andaluz

Classic Gazpacho from Andalucía

Gazpacho

Ingredients:

3 (1-inch-thick) slices French bread
4-5 medium tomatoes, peeled, seeded and cut in pieces
1 medium cucumber, peeled, seeded and cut in pieces
1 medium red or green bell pepper, cut in pieces
2 garlic cloves, chopped
1/3 cup olive oil
2 tablespoons white wine vinegar
1 teaspoon salt
1/2 teaspoon cumin

Garnishes:

Diced cucumber
Diced green bell pepper
Diced tomato
Chopped onion
Chopped hard-cooked egg

Directions:

1. Soak bread in 1 cup water for about 30 minutes.
2. Meanwhile, in food processor or blender, process tomatoes, cucumber, bell pepper and garlic until no large pieces remain.
3. Squeeze bread dry; crumble.
Mix bread with oil, vinegar, salt and cumin.
Add to vegetable mixture; blend.
If gazpacho is too thick, add a little water.
Taste for seasoning; if desired, add more salt and cumin.
4. Force gazpacho through strainer or food mill.
Refrigerate 2 to 4 hours or until very well chilled before serving.
5. Serve in glasses as a beverage or in bowls as a soup with desired garnishes.

4 servings

Sopa Castellana

Castilian Garlic Soup

Ingredients:

- 2 tablespoons olive oil
- 4 garlic cloves, chopped
- 2 chorizos, sliced
- 4 cups water
- 3 to 4 oz. prosciutto or serrano ham, cubed
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 4 eggs
- 4 (1/2-inch-thick) slices toasted day-old bread, cubed

Directions:

1. Heat oil in large saucepan over medium heat until hot.
Add garlic; sauté slowly until golden.
2. Add chorizo; brown.
Add water, ham, salt and paprika.
Bring to a boil.
Reduce heat; cover and simmer 5 minutes.
3. Break eggs, one by one, into saucer.
Slide eggs gently into soup; arrange bread cubes around eggs.
Cover; simmer an additional 5 minutes or until eggs are poached.
Remove bay leaf before serving.
Divide eggs, bread cubes and soup into individual soup bowls.

4 servings

Sweden



Salted Herring - "Inlagd sill"

Ingredients:

4 to 6 fillets of salt herring
1½ dl (¾ cup) sugar
1 dl (½ cup) Swedish spirit vinegar
2 dl (about 1 cup) water
5 tsp. allspice
1 bay leaf
1 to 2 red onions
sliced dill sprigs

Directions:

Soak the herring in cold water for 10 to 12 hours,
or follow the directions on the package.

Drain them.

Mix the sugar, vinegar and water in a separate bowl.

Add the allspice, bay leaf and onion.

Pour the dressing over the herring and refrigerate for 2 hours.

Cut the herring in 1 cm (1/3 inch)- thick slices, cover with dressing
and garnish with red onion rings and dill sprigs.

Variation: Instead of allspice, add 1 teaspoon whole cloves and 5 crushed white peppercorns to the dressing. Bring to a boil, let cool and pour over the herring reserving about ½ dl (¼ cup). Refrigerate for at least two hours. Slice the herring and place in serving dish. Add the remaining dressing and garnish with red onion rings, cloves and dill.

Cabbage Rolls - "Kåldolmar"

Ingredients:

1 small head white cabbage, water, salt

Filling:

1 dl (½ cup) water

½ dl (¼ cup) white rice

3 dl (1½ cups) milk

350 g (about 12 oz) ground beef

salt, white pepper, thyme

margarine or butter

1 dl (½ cup) light cream

Directions:

Cut out the core and put the cabbage in salted boiling water.

Cook covered, until the leaves are slightly soft and easy to remove from the core.

Peel off the leaves one by one and drain on a rack or towel.

Trim the coarse centre vein of each leaf.

To make the filling, bring the water to a boil.

Add the rice and cook covered, until the water is almost absorbed.

Stir in the milk and cook till the mixture resembles a thin porridge.

Let cool.

Mix with the meat and spices, add more milk if necessary.

Put a large tablespoonful of filling on each cabbage leaf.

Fold the leaf around the filling and secure the roll with a toothpick.

Heat a skillet with a little margarine or butter.

Brown a few rolls at a time, over moderate heat.

Transfer to a casserole.

When all the cabbage rolls are browned add a little beef bouillon or water

to the casserole, cover and let simmer for about 30 minutes.

Add the cream and cook for another 15 minutes.

Serve with boiled potatoes and lingonberry preserve.

Meatballs - "Köttbullar"

Ingredients:

1 dl (½ cup) fine dry bread crumbs
1 dl (½ cup) light cream
1 dl (½ cup) water
200 g (7 oz.) ground beef
200 g (7 oz.) ground lean pork
1½ tsp. salt
½ tsp. ground allspice
2 tbl grated yellow onion
(and/or 2 crushed garlic cloves)
1 egg, beaten
3 tbl margarine or butter

Directions:

Mix the bread crumbs, cream and water; set aside for 5 minutes.
Work together the beef, pork, salt, allspice and onion.
Gradually add the bread crumbs, then the egg.
Blend well and fry a sample to test the seasoning.
Shape into balls.
Make large meatballs to be served for dinner or small meatballs for the smörgåsbord.
Heat part of the margarine or butter in a skillet.
Add 10 to 15 meatballs.
Fry over moderate heat until the meatballs are beautifully brown and cooked through.
Transfer to a serving dish and keep hot while frying the remaining meatballs.
Serve with boiled potatoes, lingonberry preserve and a tossed salad.

Lutefisk

Preparation:

Soak fresh or thawed lutefisk in cold salt water at least two hours.

Rinse and place in a glass baking dish.

Cover with aluminum foil.

Bake at 350 degrees until fish begins to fall apart
(about 10 minutes per pound of fish).

May be served with drawn butter or a white sauce with allspice added to it.

Switzerland



Rösti

Serves 5

Preparation 30 minutes

Ingredients:

900 g (2 pounds) raw potatoes, roughly grated
80 g (3 ounces) onions, chopped
50 g (2 ounces) "lardons" - smoked lean bacon strips
50 g (2 ounces) lard (or butter)
salt, pepper, nutmeg
chives and parsley, chopped

Directions:

Sweat the lardons and onions in the lard.
Add the grated potatoes and some of the herbs.
Stir well and season.
Spread the mixture over the bottom of the pan (like a pancake)
and cook each side until brown.
Sprinkle with the remaining chives and parsley.
- Served on it's own or with sliced veal or bratwurst.

Thailand



Thai Coconut Chicken

6 Servings

Ingredients:

- 2 tablespoons peanut oil
- 3 pounds chicken thighs
- 2 tablespoons finely minced ginger
- 2 tablespoons finely minced garlic
- 1 tablespoon flour
- 1/2 teaspoon hot curry powder
- 2 tablespoons sherry or rice wine
- 8 ounces coconut cream
- 1 cup unsalted chicken stock
- 1/2 teaspoon black pepper
- 1/4 cup finely minced cilantro
- 1/4 cup soy sauce
- 1 tablespoon minced thai chiles
- 3 cups seeded slivered red bell peppers
- 1 tablespoon strained fresh lime juice
- 6 cups hot cooked rice

Directions:

HEAT OIL IN A DUTCH OVEN, OVER A MODERATE FLAME
ADD CHICKEN IN SMALL BATCHES AND BROWN WELL ON ALL SIDES
REMOVE CHICKEN TO A PLATE AND
REPEAT WITH REMAINING CHICKEN ADD GINGER AND GARLIC
HEAT AND STIR FOR 60 SECONDS
WHISK IN FLOUR AND CURRY POWDER
HEAT AND STIR FOR 1-2 MINUTES
WHISK IN THE SHERRY, COCONUT CREAM, AND CHICKEN STOCK
HEAT AND STIR TO A BOIL
ADD THE BLACK PEPPER, CILANTRO, SOY SAUCE, AND THE MINCED CHILES
ADD THE BROWNED CHICKEN AND ANY ACCUMULATED JUICES
BRING TO A BOIL, REDUCE HEAT SLIGHTLY, AND SIMMER FOR 10 MINUTES
ADD THE BELL PEPPERS AND SIMMER FOR ANOTHER 20-30 MINUTES,
UNTIL CHICKEN IS COOKED THROUGH
REMOVE CHICKEN TO A SERVING PLATTER WITH A SLOTTED SPOON, COVER WITH FOIL
SIMMER SAUCE MIXTURE UNTIL THICKENED AND REDUCED TO 2 CUPS SKIM OFF FAT
SEASON TO TASTE WITH LIME JUICE, SALT, AND PEPPER
MOISTEN CHICKEN WITH THE REDUCED SAUCE
SERVE HOT, WITH HOT COOKED RICE

Red Chicken Curry (Gaeng phed kai)

The Thai name of this dish literally means "hot chicken curry." There is a very similar recipe for a green curry (Gaeng Khiao Wan Kai).

Curry Paste

Ingredients:

- 5 to 10 dried red chiles
- 10 cloves garlic, chopped
- 1 tsp. chopped galangal
- 1 Tbsp. thinly sliced lemon grass
- 1/2 tsp. zest of "kaffir" lime (ordinary lime will do)
- 1 tsp. chopped coriander (cilantro) root
- 5 black peppercorns
- 1 Tbsp. roasted coriander seeds
- 1 tsp. roasted cumin seeds
- Dash of fish sauce
- 1 to 2 tsp. fermented shrimp paste (kapi)

Directions:

Mix in a mortar and pestle or food processor.

Will keep about a month in a fridge.

You can buy commercial red curry paste (Mae Ploy brand is quite good), but as far as I am aware all commercial pastes contain MSG and preservatives.

The curry

Ingredients:

- 6 oz. chicken (in smallish bite-size pieces)
- 1/2 c. coconut milk
- 4 oz. Thai eggplant (these are small round eggplants)
- 2 kaffir lime leaves (or a little lime zest)
- 1 Tbsp. sweet basil
- 2 Tbsp. fish sauce
- 1 Tbsp. palm sugar
- Oil for cooking
- 1 to 3 Tbsp. red curry paste

Directions:

Cut the chicken up, then briefly fry the curry paste until fragrant, reduce the heat, add the coconut milk slowly, and continue to stir whilst cooking until a thin film of oil appears on the surface.

Add the chicken and other ingredients except the eggplant.

Let it come to a boil and cook until the chicken begins to change color.

Adjust the flavors to suit yourself.

When it is at a boil again add the eggplant and continue till the chicken is

cooked through.

Serve over rice, or in a serving bowl with other Thai dishes.

Thai Green Curry Chicken – (Gaeng Keow Wan Gai)

This is a delicious, very authentic recipe for Thai green curry. I hope you enjoy it. Cooking time is approximate. Your chicken may take less or more time to cook than mine, so just watch it and judge accordingly.

3 servings

48 min 20 min prep

Ingredients:

- 3 lbs frying boneless skinless chicken, and cut into small chunks
- 4 cups coconut milk
- 2 tablespoons fish sauce
- 3 pieces Laos powder
- 3 tablespoons green curry paste
- 1/2 cup fresh sweet basil leaves
- 8 young fresh lime leaves
- 1/2 cup green peas
- 7 serrano chilies

Directions:

1. Place your chicken, 2 cups of coconut milk, fish sauce, and laos in a wok or large frying pan, and bring to a boil, allowing them to boil until the chicken is cooked and tender.
2. Remove your chicken from the pan with a slotted spoon leaving everything else behind, and put it on a plate and set aside.
3. Allow the milk to continue boiling until it is very thick and "oily".
4. Then take your curry paste, and add it to the pan.
5. Allow this to cook for 3 minutes or so, until everything is smooth and even.
6. Next, take your chicken and return it to the pan, and pour in the rest of the coconut milk, and return entire mixture to a boil.
7. Reduce your heat and allow it to cook for approximately 10 minutes.
8. Finally, add your basil and citrus leaves, peas and serranos, increase your heat and allow it to boil for 5 minutes.
9. Serve immediately.

Krung Gaeng Keo Wan - Thai Green Curry Paste Recipe

Gkrachai (lesser ginger or rhizome) is imported from Thailand in frozen pouches, and can be found in Southeast Asian markets. The color in this dish is achieved from the serranos, with the seeds included. Adjust the recipe according to your tastes. As written, the recipe will produce a very spicy paste. This curry paste will keep for at least a month in your fridge if stored in a nice air tight container.

1 batch

15 min 15 min prep

Ingredients:

- 1 Teaspoon caraway seeds
- 12 black peppercorns
- 4 whole cloves
- 1 teaspoon Laos powder
- 1 teaspoon ground nutmeg
- 1 teaspoon dried rhizome (Gkrachai)
- 2 stalks lemongrass, minced
- 2 1/2 tablespoons cilantro, chopped
- 2 1/2 tablespoons garlic, chopped
- 2 tablespoons shallots, chopped
- 1/2 teaspoon dried kaffir lime rind, soak in hot water until soft, then mince
- 8 serrano chilies, minced
- 1 teaspoon shrimp paste
- 1 teaspoon salt
- 4 tablespoons vegetable oil

Directions:

1. Place the whole, dried spices in a mortar and grind to a smooth powder.
2. Take your food processor, and put these spices plus other ground spices in, and add the rest of the ingredients and process til everything combines and forms a smooth, thoroughly combined paste.

Thai Saute Beef with Ginger (Nua Pad Khing)

Ingredients:

- 2 cups thinly sliced 2" pieces beef tender loin
- 2 tsp cornstarch
- 2 tsp oil (for marinating}
- 2 tbsp Thai light soy sauce
- 2 tbsp vinegar
- 2 tbsp sugar
- 1 & 1/4 tsp salt
- 1/2 cup tender, young ginger, sliced very thin: string like
- 2 tbsp oil for stir-frying
- 1 large green pepper, cut 1 square inch pieces
- 1 cup green onions, cut 1" pieces
- 1 coarsely chopped chili pepper

Directions:

Combine beef, cornstarch, oil and soy sauce and marinate for 20 minutes.
Combine vinegar, sugar, salt and ginger and marinate for 20 minutes.
Stir-fry beef in oil over medium heat for about 3 minutes.
Add ginger (including the marinating liquid), green peppers and green onions.
Saute 3-5 minutes longer.
Transfer to a serving plate and sprinkle chopped chilies.
Serve immediately with rice.

Makes 3-4 servings

Prawns in Spiced Coconut Sauce

Ingredients:

- 12 large raw prawns
- 1 large onion
- 2 tablespoons oil
- 2 stalks lemon grass
- 2 fresh red or green chillies
- 2.5 cm (1 inch) piece fresh ginger
- 2 tablespoons fish sauce or light soy sauce
- 1 cup thick coconut milk
- 2 medium tomatoes
- water
- 1 teaspoon sugar
- teaspoon white pepper

Preparation:

1. Peel prawns, leaving the tail on. Cut down the centre of the back, remove the dark vein.
2. Chop onion finely.
3. Finely chop the lemon grass.
4. Slice the chillies - removing the seeds.
5. Shred the ginger.
6. Peel and chop the tomatoes.

Method:

1. Fry onion in oil until soft.
2. Add lemon grass, sliced chillies and ginger and saute for 2 minutes.
3. Add fish sauce or soy sauce with coconut milk, tomatoes and a little water. Cook on low heat until tomato is soft and sauce well flavoured.
4. Add prawns and simmer for about 5 minutes - until tender.
5. Season with sugar and white pepper.
6. Place in a serving bowl and serve with jasmine or coconut rice.

(Serves 4)

Thai Beef Soup (Gad Lao Nua)

Ingredients:

2 1/2 lbs. beef chuck roast-with or without bones. Cut into 1 square inch chunks.
2 tsp sugar
2 tsp salt
2 tbsp Thai light soy sauce
2 tbsp Thai dark soy Sauce
1/4 cup yellow soy bean sauce (Golden Mount or Maggie brand)
1/2 tsp MSG (optional)
2 cups bean sprouts
1/2 cup chopped cilantro leaves
1/2 cup chopped green onions
3 tbsp fish sauce (Nam Pla)
2 tbsp minced garlic--fried in 1 tsp oil until crispy

Stock Seasonings:

1 tsp crushed black or white pepper
One 1 inch piece cinnamon stick
1 whole head of garlic-washed
One 1/2 square inch piece galanga (Kha) or ginger
2 stalks celery--cut 1 inch pieces

Place all the ingredients in a clean thin white cloth or cheesecloth and tie into a bag with a piece of thread.

Directions:

Bring 15 cups of water to a boil.
Add beef and cook until well done.
Skim off all the frothed blood.
Reduce heat, add seasoning bag and simmer until beef is tender (about 3 hours).
Remove beef and discard the seasoning bag and strain the broth with cloth once.
Return both the beef and broth to the pot.
Bring to a boil and add light, dark and yellow soy sauces, MSG, sugar and fish sauce.
Stir a few times and remove from heat. Place 1/2 cup of bean sprouts in each individual serving bowls.
Spoon in the desired amount of soup.
Sprinkle about 1 tbsp each of green onions and cilantro and 1 tsp fried garlic.
Serve alone, with cooked rice or boiled rice or somen noodles and chili sauce.

Makes 4 servings

Chili Sauce:

5-6 minced medium chilies
5 tbsp white vinegar
1 tsp salt
Combine the above ingredients and stir until salt is dissolved.

Thai Fried Rice Noodles with Curry Paste (Mee Pad Nam Prik Pao)

Ingredients:

About 8 oz dried thin white rice noodles (Sen Mee)

3/4 cup oil

6 tbsp Thai chili paste in oil (Nam Prik Pao)

1 cup gluten, sliced into bite size pieces

2 cups bean sprouts

1 cup green onions, cut 1 inch pieces

3 tbsp vinegar

4 tbsp Thai light soy sauce

4 tbsp sugar

3/4 pot of water for boiling noodles

Directions:

Bring the water to a rapid boil.

Turn off the heat and drop the noodles in and stir.

Noodles should soften quickly (about a minute).

Drain and rinse with cold water.

Coat noodles with 2-3 tbsp of oil to prevent it from sticking together.

Set aside.

Heat oil in a wok over medium heat.

Add chili paste and blend well.

Cook for 1 minute.

Add noodles and gluten and mix quickly until the noodles are coated evenly with chili paste.

Add vinegar, soy sauce, sugar, bean sprouts and green onions.

Stir fry 1-2 mins longer or until heated through.

Serve hot.

Thai Noodles

(Pad Thai)

(Serves 4)

Ingredients:

200 gm (7 ounces) dried flat rice stick noodles
12 medium green prawns
125 gm (4.4 ounces) lean pork
2 cloves garlic
4 tablespoons vegetable oil
2 eggs
60 gm (2 ounces) fresh beansprouts
2 tablespoons fish sauce
1 tablespoon light soy sauce
1 tablespoon sugar
½ teaspoon cracked black pepper
4 garlic chives
1 tablespoon
1 tablespoon roasted peanuts
1 teaspoon roasted chilli flakes
lime or lemon wedges

Preparation:

1. Cut pork into thin slices.
2. Mince the cloves of garlic.
3. Beat the eggs.
4. Chop the coriander.
5. Chop/crush the peanuts.
6. Cut the chives into 4 cm lengths.
7. Soak noodles in boiling water for a few minutes to soften; drain well.
8. Peel prawns, leaving tails on. Cut down centre backs and remove the dark veins; rinse and dry.

Method:

1. Saute pork and garlic in half the oil until pork changes colour.
2. Add prawns and cook briefly and set aside.
3. Wipe the wok with a cloth dipped in oil. Pour in the egg mixture, swirl around so it forms into a very thin omelette and cook until firm underneath. Flip over to cook the other side briefly. Cut into fine shreds and set aside.
4. Quickly saute the beansprouts and remove.
5. Add noodles and remaining oil and stir over high heat for about 1½ minutes.

6. Add the sauces, sugar and pepper and return the prawns, pork, eggs and beansprouts to the pan. Toss together over high heat, then transfer to a serving plate.
7. Garnish with chives, coriander, peanuts and roasted chilli flakes.
Add the lime or lemon wedges.

Vietnam



Hanoi Bun Bao

Ingredients:

1-1 1/2 lbs. Beef flank (can use chicken or pork) cut into thin slices and pounded.

Marinate with:

1/2 thumb ginger julienned

3 cloves of garlic

2 tablespoons water

1/2 teaspoon sugar

1/4 teaspoon salt

2 tablespoons vegetable oil

2 tablespoons soy sauce

1/2 lb. Dry roasted peanuts smashed in mortar and pestle

bean sprouts - 1 lb.- blanched in hot water

1/2 head lettuce chopped

herbs - basil, cilantro, mint - 1/2 cut each

Directions:

2 tablespoons oil in frying pan - add 2 cloves of chopped garlic.

Add beef and fry.

Serve beef and rice noodles, on top put -

herbs

lettuce

bean sprouts

meat

peanuts

fried onions

add Nuoc Mam Cham sauce

Vietnamese Lemongrass Chicken

Ingredients:

- 1 3 lb frying chicken
- 1 Pinch White Pepper
- 4 Lemon Grass stalks
- 1/2 Cup Peanuts -- chopped
- 2 Red Chili Peppers
- 2 Tablespoons Fish Sauce
- 3 Scallions
- 1/2 Cup Chicken stock
- 1 Salt and Pepper to taste
- 2 Tablespoon Peanut oil
- 1 Pinch Sugar

Directions:

Cut the chicken into small servings.

Remove the outer stalks of the lemon grass and finely slice the tender white part at the base.

Smash them with the base of the knife or a mortar and pestle.

Finely slice the scallions.

Seed, core and chop the chilies.

Mix the chicken with the salt, lemon grass, scallions and a little pepper.

Let it sit for about 30 minutes.

Stir fry the chicken mixture in a wok for about 3 minutes, then add the chilies and stir fry for 10 more minutes, or until the chicken no longer looks pink.

Season with sugar and pepper and add the chicken stock.

Chow for a few minutes.

Garnish with the peanuts, nuoc mam and cilantro.

Serve with rice, if desired.

Chicken with Lemon Grass (Gai Takrai)

Ingredients:

6 Stalks of lemon grass
1/4 Cup Nuoc Mam (fish sauce)
8 Scallions
1 Teaspoon Sugar
6 Chicken thighs -- boned/skin'd
3 Cups Vegetable oil

Directions:

Remove and discard tough outer stalks of lemon grass.
With the back of a cleaver, lightly beat the tender inner stalks to release the oils;
Chop coarsely.
Coarsely chop scallions.
Place chicken thighs in a bowl with lemon grass and scallions.
Add fish sauce and sugar. Mix well.
Cover and set aside, refrigerated, for at least three hours.
In a large pot, heat oil and fry chicken until thoroughly cooked, for about 15 minutes.
Drain, and serve with deep-fried lemon grass and scallions.
Garnish with peanuts, and pineapple slices.

Crispy Red Snapper with Spicy Tomato Sauce (Ca Chien)

Ingredients:

- 1 Tbsp Vegetable Oil (I Use Peanut Oil)
- 2 Cloves Garlic -- Minced
- 1 Med Tomato -- Peel, seed, dice
- 2 Sm Chiles (Red) -- Minced
- 2 Tbsp Sugar
- 2 Tbsp Fish Sauce (Nuoc Mam)
- 2 Tbsp Water
- 2 Tbsp Cilantro -- Chopped
- 2 tbs Scallions -- Chopped
- 1 Red Snapper -- Cleaned, scaled

Directions:

In a medium skillet over high heat, heat the oil until hot.
Reduce the heat to medium-high and add the garlic.
Cook, stirring, for 30 seconds.
Add the tomato and chiles and cook for 1 minute.
Add the sugar, fish sauce and water.
Simmer, stirring occasionally, until the sauce is thickened (about 3 minutes).
Remove the sauce from the heat and set aside.
In a large skillet heat about 1/2 inch of oil.
Lay the snapper in carefully and cook over moderately high heat, without moving, until very brown and crusty (about 14 minutes).
Turn the fish and cook the other side (about 10 minutes).
Drain the snapper on paper towels.
To serve, put the fish on a platter, pour sauce over it, and using a large fork lift the meat with the skin from the bones.
Turn the fish over and do the same.
Serve with steamed rice.

Vietnamese Spring Rolls (Cha Gio)

Ingredients:

2 Oz Cellophane Noodles
1 Lb Ground Lean Pork
1 Lg Onion
2 Tbsp Tree Ears Dried Mushroom (Nam Meo)
3 Cloves Garlic -- f. chopped
8 Oz Crab Meat
4 Oz Shrimp -- shelled and chopped
1/2 Tsp Pepper

20 Sheets Dried Rice Paper (Banh Trang)
4 Eggs -- beaten
2 C Peanut Oil

Directions:

Soak noodles in warm water for 20 minutes and cut into 1-inch lengths.

Soak Tree Ear in warm water for 30 minutes, drain and finely chop.

Combine the filling ingredients in a bowl and set aside.

Cut a round rice paper sheet into quarters.

Place the cut rice paper on a flat surface.

With a pastry brush, paint beaten egg over the entire surface of the rice paper piece.

Before filling, wait for the egg mixture to take effect, softening the wrappers; this take about 2 minutes.

When you become adept at this, you can work on several wrappers at a time.

When the wrapper looks soft and transparent, place about one teaspoon of filling near the curved side, in the shape of a rectangle.

Fold the side over to enclose the filling and continue to roll.

After filling all the wrappers, pour the oil into a large frying pan, put the spring rolls into the cold oil, turn the heat to moderate, and fry for 20 to 30 minutes until a lovely golden brown.

(This is a special method of keeping spring rolls crisp.)

Serving Ideas: Serve with lettuce, cilantro, mint and nuoc cham

NOTES: The Vietnamese spring rolls are much smaller and more crisp than the Chinese version. Unlike the Chinese spring rolls, they can be rolled in the morning, then covered and refrigerated for several hours before cooking. After cooking they will keep nice and crisp in 150-degree oven for up to 3 hours. BTW you can substitute shrimp and crabmeat with more ground pork or chicken if you don't like seafood.