

Flavors from Around the World



1993-2005

Annual International Festival
University of Colorado at Boulder
April 9th 2005
UMC Glenn Miller Ballroom



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Note from the Editor

It is our pleasure to compile this cookbook for the international festival at the University of Colorado at Boulder. Compiling this cookbook has been a lot of fun and I can't wait to get home into my kitchen to try out all the recipes!

This cookbook includes delicious, mouth watering recipes from many different countries around the world; appetizers, main dishes and desserts. The recipes have been submitted to the International Festival Committee over the past years. Since the recipes mainly came from foreign students studying at the University of Colorado in Boulder, we did not have an influence on the type of recipes or the country they came from. If there are recipes missing from your country make sure you participate next year and tell us about the great dishes from your own country.

This cookbook is given as a token of appreciation to those who attend the festival and make it a memorable occasion.

We would like to thank everyone who contributed the recipes to be included in this cookbook and apologize for any errors in this book. We would like everyone to take this cookbook as an opportunity to taste flavors from around the world.

Bon appetite!

Thilo Maurer
The 2005 International Festival Committee

The Organizing Committee

Thanks to all the committee members that made this international festival come true:

Fatemeh Khamseh, chair, fund raising

Daniel Henkel, fund raising

Ami Iwai, secretary, fund raising

Stefan Ländner, fund raising

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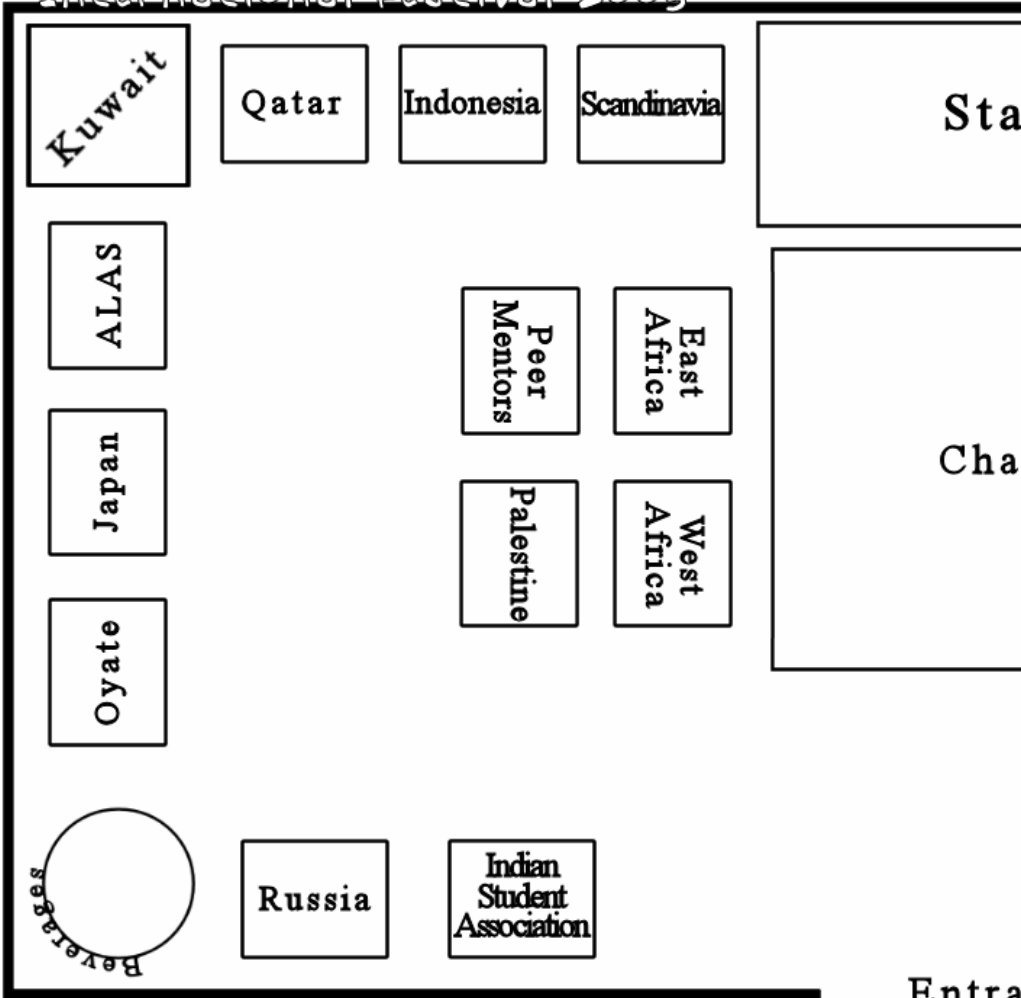
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List of Booths

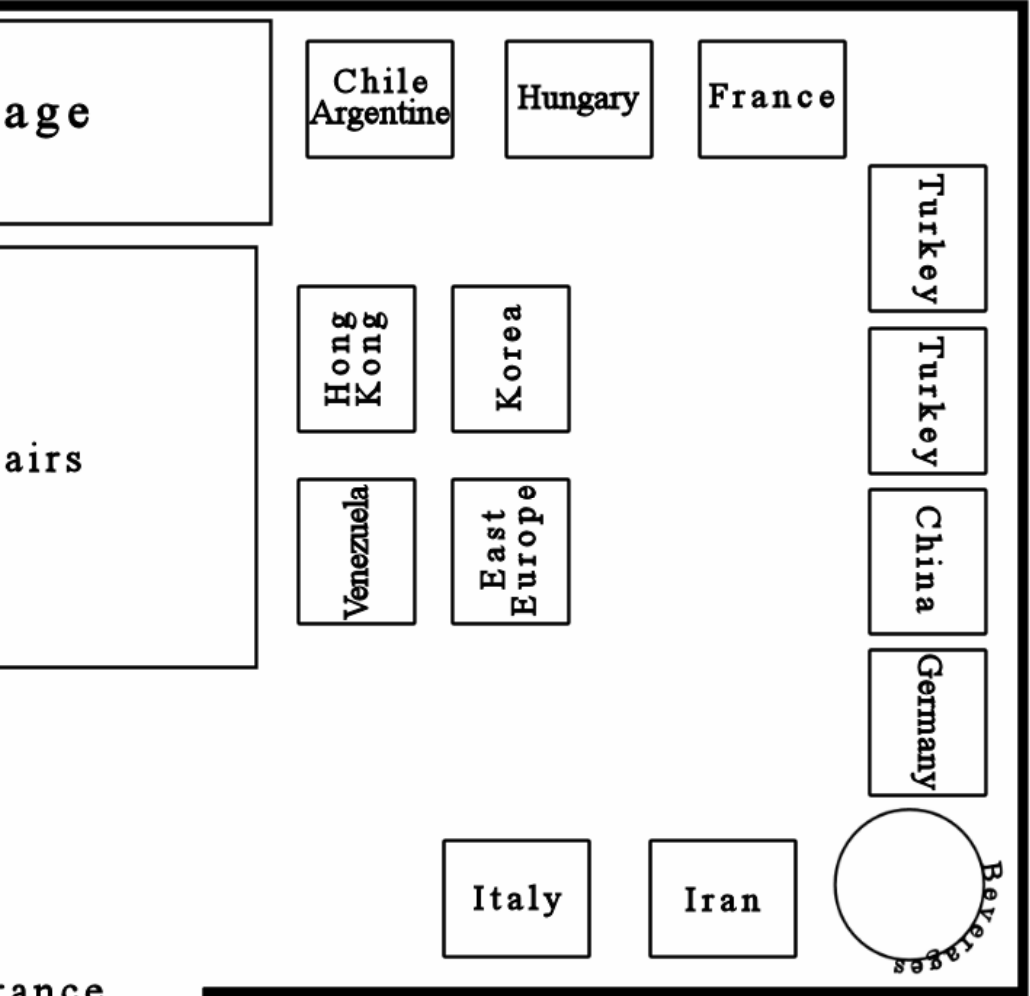
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The Floorplan - UMC

International Festival 2005



Glenn Miller Ballroom



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The Food at the Festival

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Recipes

Kheer

India

Ingredients:

- 1/2 cup basmati rice
- 2 cups water
- 2 quarts milk
- 5 green cardamom pods ground
- 1 1/4 cups sugar
- 1/4 cup slivered blanched almonds
- 1/2 tsp. ground cardamom
- 1/4 tsp. ground nutmeg
- 1 Tbs. rose water

Method:

1. Wash the rice and boil in the water over medium heat for 5 to 6 minutes, until the rice is one quarter done. Drain in a colander.
2. In a saucepan, bring the milk and cardamom pods to a boil over medium heat. Add the rice and cook for 30 to 40 minutes, until the rice is soft and the milk is very thick. Stir occasionally at first and then constantly when the milk begins to thicken, to prevent the ingredients from sticking to the bottom of the pan.
3. Add the sugar, almonds, ground cardamom, and nutmeg and cook for another 5 minutes, stirring constantly.
4. Remove from the heat and set aside. Sprinkle with the rose water.
5. Serve warm or chilled in dessert bowls.

Fry Tomato with Egg

Hong Kong

Ingredients (4 servings):

- 1 big tomato
- 4 eggs
- 2 scallions
- 1 tbsp. ketchup
- 1/2 tbsp. sugar

Method:

1. Beaten eggs
2. Pare tomato by boiled water, slice. Cube scallion
3. Fry eggs with 3 Tbsp. oil till half-bind, add tomato and scallion in., fry for a while, then cook with seasonings and 1 Tbsp. water till boiled, dish up

Lasagna

Italy

Ingredients:

- 2 tablespoons butter
- 1/4 pound ham, diced
- 1/2 pound ground veal or ground pork, or 1/4 pound of each
- 1 pound ground beef
- 1 1/2 cups chopped onion
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped celery
- 1/4 pound thinly sliced mushrooms
- 3 cloves garlic, minced
- Pinch ground cloves
- 1/4 teaspoon ground nutmeg
- 3 tablespoons tomato paste
- 1 cup dry white wine
- 3 cups chicken stock
- 1 1/2 teaspoons salt
- 1/4 teaspoon black pepper
- 1/2 cup heavy cream
- 1/4 cup chopped parsley
- 1 1/2 pounds fresh eggs pasta (standard pasta layer are fine too)
- Béchamel Sauce, recipe follows
- 1 cup freshly grated Parmesan

Method:

1. In a large pot heat the butter over medium high heat. Add the ham and saute until caramelized and light brown, about 10 minutes. Add the ground meats and cook over high heat until well-browned, stirring constantly, about 20 minutes.
2. Add the onions, carrots, celery, and mushrooms and cook until soft, about 5 minutes. Add the garlic, cloves and nutmeg to the pan and cook for 2 minutes. Add tomato paste and cook for 2 minutes. Add the wine and cook until almost evaporated.
3. Add stock and simmer over medium high heat until sauce is thickened and flavorful, about 45 minutes to 1 hour. Season with salt and pepper, to taste.
4. Preheat the oven to 350 degrees F.
5. Butter a large rectangular baking dish, then spoon 1/2-cup of meat sauce onto the bottom of the dish. Cover with 1 sheet of fresh pasta. Top the lasagna with a layer of meat sauce (making certain that pasta is completely covered), a layer of béchamel, then a light dusting of cheese. Repeat layering lasagna, sauces, and cheese in this manner until all have been used, ending with a topping of béchamel and cheese.
6. Bake until the lasagna is bubbling and golden brown, about 1 hour. Allow to rest 10 minutes before serving.

Bechamel Sauce:

- 6 tablespoons butter
- 6 tablespoons flour
- 4 1/2 cups milk
- 1 teaspoon salt
- 1/2 teaspoon nutmeg

Method:

1. In a saucepan, melt the butter over low heat and stir in the flour, stirring constantly until smooth, about 2 minutes. Slowly whisk the milk into the flour, stirring vigorously to blend together. Set over high heat and quickly bring to a boil for 1 minute, stirring.
2. Allow to cook another 5 minutes, or until floury taste is gone. Remove from heat and add salt and nutmeg to taste.

Deep Fried Marinated Chicken

Japan

Ingredients (4 servings):

- 12 oz chicken things, boned
- 1 red bell pepper
- 1 green bell pepper
- Seasoning Sauce
 - 2 tbsp sake
 - 2 tbsp mirin
 - 2 tbsp soy sauce
 - 1 tbsp fresh ginger juice
- Batter
 - 2 egg whites
 - 3 tbsp cornstarch
 - 2 tbsp finely chopped scallions
 - 1 tbsp finely chopped fresh ginger
- Cornstarch
- Oil for frying
- 4 lemon wedges

Preparation:

1. Cut chicken into 1 inch cubes.
2. Marinate chicken in seasoning sauce for 30 minutes.
3. Cut bell peppers in half lengthwise, remove seeds, and cut into leaf shapes
4. To make batter, beat egg whites until frothy, add cornstarch, scallions, ginger, and mix lightly.
5. Pat chicken dry, dust with cornstarch, and shake off excess.
6. Preheat oil to 330 to 340F.
7. Arrange chicken and peppers on serving plates, garnish with lemon wedges.

Jujeh Kebab

Chicken Kabab

Iran

Ingredients:

- 1 teaspoon ground saffron dissolved in 2 tablespoons of hot water
- 1 cup fresh lime juice
- 2 tablespoons of olive oil
- 2 large onions, peeled and thinly sliced
- 2 teaspoons salt
- 2 teaspoons freshly ground black pepper.
- 2 broiling chicken, about 4 pounds, each cut into 10 pieces, or 4 ponds of chicken drumettes, or 3 ponds boneless chicken cut into 1 ½ inch pieces (chicken drumettes are tastier and cheaper)
- 5 medium tomatoes, halved.

Baste:

- Juice of 1 lime
- ¼ cup butter, melted
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 limes, cut in half
- Parsley sprigs
- ash bread (in Persian stores)
- 6 flat, sword like skewers

Method:

1. In a large bow, combine half the saffron water and the lime juice, 2 tablespoons olive oil, onions and salt and pepper. Beat well with a fork. Add the pieces of chicken and toss well with marinade. Cover the marinate for at least 6 hours and up to 2 days in the refrigerator. Turn the chicken twice during this period.
2. Start a bed of charcoal 30 minutes before you want to cool and let it burn until the coals glow evenly. (You can use a hair dryer to speed up the process). Otherwise preheat the oven broiler.
3. Skewer the tomatoes.
4. Spear wings, breasts and legs onto different skewers (they require different cooking times).
5. Add the juice of 1 lime and the remaining saffron water to the melted butter. Add ½ teaspoon salt and ½ teaspoon pepper. Mix well and set aside.
6. Paint the tomato and chicken with the basting mixture. Grill the chicken and tomatoes 8-15 minutes (drumettes need less time to cook), putting the legs on first, then the breasts and wings. Turn frequently and baste occasionally. The chicken is done when the juice that runs out is yellow rather than pink.
7. Spread whole lavash bread on a serving platter. Paint the chicken with the baste mixture. Remove the grilled chicken from skewers and arrange the pieces on the bread. Garnish with lime juice and sprigs of parsley. Cover the platter with more bread.
8. Serve immediately with fresh hurbs, torshi (persian pickles) and French fries.
9. Nush-e Jan!

Yogurt and cucumber dip or soup

Iran

Ingredients:

- 1 long seedless cucumber, peeled and diced
- 3 cups whole milk yogurt
- 1 teaspoon of salt
- $\frac{3}{4}$ teaspoons of ground pepper
- $1\frac{1}{2}$ teaspoon chopped fresh or dried mint
-

Method:

1. In a serving bowl, combine cucumber, yogurt and mint. Mix Thoroughly and season to taste with salt and pepper.
2. Refrigerate for at least 1 hour before serving
3. Serve with bread as an appetizer

Locro

Bolivia

Ingredients (8 serving):

- 500 g dry peeled yellow corn
- 250 g dry white beans
- 1 kg beef sliced in cubes (any kind)
- 400 g bacon sliced in cubes
- 1 orange or yellow squash, peeled and diced
- 10 small baking potatoes, peeled and diced
- 2 chopped onions
- 100 g butter
- 1 liter water (or more)
- 200 g Parmesan cheese
- Salt, pepper and paprika to taste (not spicy!!!)

Method:

Put the dry corn and the dry beans in the water the previous night. Boil the corn and beans with the sliced meat, the bacon, the squash and the potatoes during one hour. Add salt, pepper and paprika when it starts boiling. Fry the onions with butter separately and add to the main pan. Serve in bowls with the shredded cheese on top.

Jiaozi

pan fried dumplings

China

Ingredients:

Jiaozi dough:

- 3 cups all-purpose flour
- up to 1 1/4 cups ice cold water
- 1/4 teaspoon salt

Filling:

- 1 cup ground pork or beef
- 1 TB soy sauce
- 1 teaspoon salt
- 1 TB Chinese rice wine or dry sherry
- 1/4 teaspoon freshly ground white pepper, or to taste
- 3 TB sesame oil
- 1/2 green onion, finely minced
- 1 1/2 cups finely shredded Napa cabbage
- 4 tablespoons shredded bamboo shoots
- 2 slices fresh ginger, finely minced
- 1 clove garlic, peeled and finely minced

Method:

1. Stir the salt into the flour. Slowly stir in the cold water, adding as much as is necessary to form smooth dough. Don't add more water than is necessary. Knead the dough into a smooth ball. Cover the dough and let it rest for at least 30 minutes.
2. While the dough is resting, prepare the filling ingredients. Add the soy sauce, salt, rice wine and white pepper to the meat, stirring in only one direction. Add the remaining ingredients, stirring in the same direction, and mix well.
3. To make the dumpling dough: knead the dough until it forms a smooth ball. Divide the dough into 60 pieces. Roll each piece out into a circle about 3-inches in diameter.
4. Place a small portion (about 1 level tablespoon) of the filling into the middle of each wrapper. Wet the edges of the dumpling with water. Fold the dough over the filling into a half moon shape and pinch the edges to seal. Continue with the remainder of the dumplings.
5. To cook, bring a large pot of water to a boil. Add half the dumplings, giving them a gentle stir so they don't stick together. Bring the water to a boil, and add 1/2 cup of cold water. Cover and repeat. When the dumplings come to a boil for a third time, they are ready. Drain and remove. If desired, they can be pan-fried at this point.

Baklava

Assyria

Ingredients:

- 1 lb walnuts, chopped
- 3 c sugar, white granulated
- 1lb butter, melted
- 1 package fillo sheets
- 9*13 Pyrex baking dish
- Syrup: 1 cup water and 2 cups sugar

Preparation:

1. Chop walnuts to medium fine and mix with 1 cup sugar. Melt butter
2. Cut fillo in half so that each sheet fits bottom of baking pan. Generously butter bottom and sides of baking pan and place fillo, one sheet at a time, in baking pan. Generously spread butter on each sheet of fillo as it is placed in pan. After every 6-8 sheets of fillo spread a layer of walnut mix. Continue layering fillo sheets and walnuts until fillo is used. Pour any remaining butter over top of Baklava
3. The secret to good flaky Baklava is to have each sheet of Fillo well buttered so that sheets do not stick together. Which a sharp knife, cut Baklava diagonally to form diamond shaped pieces.
4. Preheat oven to 350 F and bake Baklava for 40 to 45 minutes or until golden brown on top. Remove from oven and allow complete cooling.
5. Mix sugar and water in a small saucepan and heat over medium heat.
6. Simmer for 20 minutes. Add lemon juice when it comes to boiling. Let it boil for 5 minutes.
7. Pour boiling strup over cool Baklava and allow to cool completely again.

Mocca Bollar

Scandinavia

Ingredients:

- 3 dl (5/4 c) oats
- 1 dl (5/12 c) sugar
- 100 g butter
- 3 tbsp cacao powder
- 1 tbsp vanilla sugar
- 1 tsp cafe powder
- dried coconut

Instructions:

Mix everything except the coconut, make small balls, roll them in coconut, and put them into the fridge to harden.

Scandinavian Meatballs

Sweden

Ingredients:

- 1 lb. ground beef
- 1/4 lb. ground veal
- 1/4 lb. ground pork
- 2 c. bread crumbs
- 1/2 c. milk
- 1 onion
- 2 Tbs. butter
- 1 tsp salt
- 1/4 tsp pepper
- 2 tsp. nutmeg
- 2 tsp. paprika
- 1 tsp. dry mustard
- 3 beaten eggs
- 1/4 c. butter

Instructions:

Have all the meat ground together twice. Soak the bread crumbs in the milk. Add the meat and mix well. Sauté the onions in about 2 tablespoons of butter. Mix the rest of the ingredients, except the say 1/4 cup butter, with the onions; put all together with the meat. Mix well and form into 48 small balls. Fry the balls in 1/4 cup butter in a pan. Remove meatballs and set aside.

Kue Pisang Goreng

Fried Banana Cakes

Indonesia

Ingredients: (4 servings)

- 4 tablespoons of water
- Oil as needed for frying
- Quarter teaspoon of salt
- 2 tablespoons of sugar
- 2 cup, sifted all purpose flour
- 4 mashed bananas

Preparation:

Mix mashed bananas, sugar, sifted flour and salt with a whisk. Add water if necessary to make a very thick batter. Drop a spoon of batter into the hot oil and fry them for about 3 minutes, turn to make sure they turn golden brown. Drain. Serve warm with powder sugar.

Hähnchenschnitzel

Grilled chicken breast

Germany

Ingredients:

- 4 chicken breasts (flattened)
- salt, pepper
- red pepper, sweet
- 50 g flour
- 1 egg
- 50 g bread crumbs
- 75 g margarine or butter

Instructions:

Season the flattened chicken breasts from both sides. Turn them first in flour, then in egg and finally in bread crumbs. Melt margarine in pan and fry the chicken breasts from both sides for approx. 10 minutes until golden.

Potato Salad

Germany

Ingredients:

- 1 kg Potatoes
- 1 cucumber
- 2 onions
- 250 ml broth
- 5 tbsp vinegar (white wine vinegar)
- salt
- 1 dash sugar
- 1 tbsp mustard
- 4 tbsp oil
- pepper
- 1 bunch chives

Instructions: Wash the potatoes and cook them. Peel them while still warm and slice them thinly. Peel the cucumber and slice them VERY thinly. Mix the potatoes and cucumbers. Peel the onions and chop them. Mix the broth with vinegar, salt, sugar and onions and bring them to boil. Mix with the mustard and oil. Mix the dressing with the salad and season it with salt and pepper. Chop the chives and add them to the salad.

Russian Crepes

Russia

There are three variations:

1. Cut one onion into small pieces, sauté until golden, add one cup chopped wild mushrooms (porcini, Portobello, oyster, etc.), sauté for 10-15 minutes until very tender. Add one table spoon of whole wheat flour, then add one cup of vegetable broth, continue sautéing until the mixture becomes firm; then add one cup boiled wild rice and one and a half cup boiled ozro pasta. Also add 1/4 tea spoon thyme, 1/4 tea spoon dried dill, half a cup of chopped cilantro, and salt and pepper to taste (1/8 of spoon pepper and 1/2 spoon salt).
2. simple blue berries raspberries, strawberries, etc. all fresh / frozen / raw / cut in separate bawls (probably a big bag of frozen berry for each - 2 at least!) to be mixed with jam or yoghurt (in separate bowls too!) + sweetened condensed milk or dulce de leche or smth like that
3. boiled eggs chopped with some herbs like dill and cilantro and mixed with sautéed ground beef or sautéed cabbage.

Papa a la Huancaína

Peru

Ingredients (10 servings):

- 8 potatoes
- 10 Salted Crackers
- 2 orange jalapenos (little ones)
- or 2 chile serrano peppers
- tsp of mayonnaise
- can of milk
- box of cream cheese
- one egg
- lemon (couple drops only)
- salt
- garlic

Instructions:

Boil the potatoes and the egg together until ready. In the meantime, get a blender and mix in the 10 crackers, half can of milk, the cream cheese (put in a 3/4 then save the rest for after. Cut and add the jalapenos (DO NOT put the seeds in). Add the salt and garlic, add the egg when it is done boiling then blend it all together. Once you have blended then you add the tsp of mayo and a couple drops of lemon. Taste it and if it needs more milk or cream cheese, add some more. It should be a little creamy, not watery or too thick.

Jollof Rice

Nigeria

Ingredients (6-8 servings):

- 4 cups (or about 1 liter) white rice
- 2 tomatoes and 1 bell pepper (without seeds if you don't like things too hot)
- OR 8 ounces (or about ¼ liter) canned tomato sauce and 3 ounces (or about 90 milliliters) canned tomato paste
- Onion
- Salt
- Dry Red Pepper (like Cayenne pepper)
- Meat broth (about 1 cup or ¼ liters) or Magi cubes (about 4)
- Water

Instructions:

1. Unless the rice is pretty clean, you will want to rinse it before cooking it.
2. Put the rice and about 6 cups (or about 1½ liters) of water into a pot and place on high heat. (Some people prefer to boil the water and add the rice to boiling water. This is fine too.)
3. If you are using fresh ingredients (the tomatoes and pepper) blend them until they are smooth in texture (you can also grind the onion with this mixture).
4. Let the rice cook 10-15 minutes.
5. Add either the tomato/pepper mixture or the tomato sauce and tomato paste. If you have not added the onion, you can slice or dice it now and add to the pot, depending on how large you like your onions.
6. Add enough water to allow the rice to complete cooking (since you will not be draining the rice, it is better to add too little and check up on it often, than to add too much).
7. If you have any meat broth from boiling any meat, you can add it to this as well. Otherwise, unless you are a vegetarian, suggest adding about 4 magi cubes for taste.
8. Add about 2 teaspoons of salt, and about ½ a teaspoon of dry red pepper (as the rice is cooking, or as you are eating the finished product, you can add more of either one of these so I really suggest starting out small, also useful if different people who will be dining have different tastes).
9. Allow the rice to continue cooking until the rice is soft. If it is not dry at this point, then switch the heat to low to allow it to dry the excess water without making the rice much softer. (Also, some people prefer to bake it once they've added the ingredients...I suggest 350 degrees or so.)
10. Once cooked, add more salt or pepper to it if you wish.

Dodo

Russia

Ingredients (6-8 servings):

- The number of plantains will depend on the way it is eaten. If it is eaten alone or with just stew, or with fried eggs, you probably need at least a whole plantain per person eating. If it is eaten with rice or beans, then one plantain can probably satisfy two people.
- A few ripe plantains (Un-ripe plantains are usually green in color and hard. As they ripen, they become more yellowish in color and a little softer, and when they are getting too ripe, they start to have more and more black patches, and they are really soft).
- Some vegetable oil

Instructions:

1. Put **oil** into a fry pan/saucepan, about ½ inch (or about 1½ centimeters) high, and place on fire on low heat.
2. In a bowl or plate, slice or dice each **plantain** as follows (I'm assuming the plantain is lying down, so vertically means cutting along the circumference, and longitudinally means cutting along the length).
 - For larger slices, slice the plantains either vertically, or diagonally, so that each slice is about ¼ inches (or about ½ centimeters) thick.
 - For smaller pieces, cut the plantain into two or four parts longitudinally, and then slice vertically
3. Place the cut pieces into the hot oil, spreading over the bottom of the pan.
4. Turn over when the bottom sides are golden brown in color. (Some people prefer them more yellowish in color, and some more dark brown...any is fine because as long as the heat is low, the plantain will be cooked).
5. Let the other side get brown to the same consistency as the first side.
6. Remove using a spatula or large spoon.

Depending on the ripeness of the plantain, you may want to put the fried plantains on some napkins first to soak up some of the excess oil.

Gogol Mogol

Russia

Ingredients:

- 200 g sugar
- 3 ea eggs
- 300 g butter
- 2 glasses flour
- 1/2 tsp. of baking soda

Method:

Mix all the ingredients and use flour to make a soft consistency. Take a non-stick tin and put the dough in it. Make it smooth and then put into the hot oven for 25-30 minutes. When the cake is ready, you can put jams, jelly, whipped cream, or ice cream all over the top.

Hungarian Goulash

Hungary

Ingredients:

- 2 lb. beef chuck
- 1 tsp. salt
- 2 onions, white or yellow
- 2 Tbsp. oil (preferably olive oil, but canola is fine, too)
- 2 Tbsp. imported sweet paprika (most important to use real Hungarian paprika for ultimate flavor)
- 2 bay leaves
- 1 Qt. water
- 4 peeled and diced potatoes
- ½ green pepper, ½ red pepper; both diced
- 2 tomatoes; diced
- 1 bundle parsley
- ½ lb. baby carrots
- 1 stick of celery; chopped
- ¼ tsp. black pepper

Preparation:

Cut beef into 1 inch squares, add 1/2 tsp. salt. Chop onions and brown in oil, add beef, red and green peppers, tomatoes and paprika. Let beef simmer in its own juice along with salt, peppers, tomatoes and paprika for 2 hours on **low** heat. Add water slowly as it evaporates over the course of the 2 hrs, so that the meat does not burn. After that, add the diced potatoes, parsley, carrots, celery, bay leaves and remaining salt. Cover and simmer until potatoes are done and meat is tender (about 30-45 minutes). Slow cooking is the secret and you can never use too much paprika. Let it stand covered for 2 hrs, for the flavors to mesh all together, serves about 8.

Indian Fried Bread

Oyate

Ingredients:

- 4 cups of white flour
- 2 tsp of salt
- warm water to make a medium soft dough
- 6 tsp of baking powder
- 1 large tbsp shortening

Preparation:

1. Mix together to make soft dough.
2. Make a ball about 3' in diameter and pull the ball into a 6' circle with the fingers. Do not use a rolling pin.
3. Heat 1 to 1.5" cooking oil in a skillet and when hot, drop in the bread. Pop the bubbles in the bread. Brown on each side and drain.

Kimchee

Korean Pickled Cabbage

Ingredients:

- 2 heads of Napa cabbage
- 1 bundle green onion
- 1 onion
- 1 tbsp of sugar
- ½ cup of sea salt
- ¼ cup chopped garlic
- 1 tbsp of chopped fresh ginger
- ¼ cup of fish sauce or 1/8 cup of salt
- 1 tbsp of sweet rice flour
- ¼ cup powered red pepper

Preparation:

1. Divide half the Mapa cabbage and soak in the 10% slat water for 3 hours.
2. Wash cabbage clear 2 or 3 times and drain
3. Stir sweet rice flour into ½ cup of water and cook in medium heat. Cool entirely.

Cardamom Cookies

Palestine

Ingredients:

- 1 cup of butter
- 3 eggs
- 1½ cups of sugar
- 4 cups of flour
- 2½ teaspoons of baking powder
- a pinch of salt
- cardamom powder
- cookie or biscuit cutter

Instructions:

Cream together the butter, eggs and sugar. Mix the flour, baking powder, cardamom and salt. Add little by little to the butter mixture. Then add a little milk or water to form dough. Roll the dough until it is 1cm thick and cut out shapes with a cookie cutter. Place the shapes on a baking sheet and bake for 12 minutes in a pre-heated oven at 375 degrees Fahrenheit, 190 degrees centigrade or gas mark 5.

Thai Chicken Bang Bang

Thailand

Ingredients (4 servings):

- 750 g/1 lb 10 oz cooked chicken breast
- 70 g/3 oz Chinese glass noodles, broken into small pieces
- 3 cloves garlic, lightly smashed
- 1 small bunch coriander
- 85g/3 ½ oz smooth peanut butter
- 30 ml/2 tbsp light soy sauce
- 15 ml/1 tbsp runny honey
- 5 ml/1 tbsp chilli oil
- 15 ml/1 tbsp rice vinegar
- 5 ml/1 tsp dry sherry
- 1 cucumber, peeled, seeded and cut into thin shreds

Preparation:

1. Remove and skin or bones from the chicken. Beat the flesh with a rolling pin to loosen the fibres. Shred the chicken with 2 forks.
2. Pour very hot water over the noodles and soak for 5 minutes.
3. In a food process, blend garlic, coriander, peanut butter, soy sauce, honey, chilli oil, vinegar and sherry and blend until smooth.
4. Divide noodles between 4 serving plates, top with cucumber strips, then the chicken. Drizzle with peanut sauce without smothering it.
5. Garnish with extra coriander leaves and serve.

Chupe Criollo

Venezuela

Ingredients (4-6 servings):

- 2 chicken breasts
- 3 cups of fresh cilantro
- 4 large garlic cloves
- 1 teaspoon of ground cumin paste
- 1 medium sized onion finely chopped (not grated)
- 3 diced potatoes
- 2 cups of diced mozzarella (in Venezuela, this cheese is known as queso blanco = soft white cheese)
- 2 liters of water
- 1 cup of homogenized milk
- 1 can of whole corn kernels (not creamed corn)

Preparation:

1. Finely cut up the onions and garlic. Wash and finely chop the cilantro. Cut the chicken into small pieces. With a small amount of oil in a large soup pot, brown the onions, garlic and cumin and half of the cilantro to be used. When these ingredients have browned, add the chicken and salt to taste. Once the chicken has browned as well, add the water and let the mixture boil for 15 minutes or until the chicken is tender.
2. Take the chicken out, shred it in very small piece and put it back in the pot. Add the potatoes and check to make sure that the soup has been sufficiently salted. Let stand to boil until the potatoes are soft. Now you can add the corn (without the water in the can) and the rest of the finely chopped cilantro stir and cover the pot. Turn off the stove and wait at least 5 minutes before serving so that the cilantro has time to flavors the soup. Finally, add the milk and the cheese and serve hot to enjoy the cheese.

Whole Glazed Trout

Norway

Ingredients (4 servings):

- 1 whole trout, weighing approx. 1.5 kg
- Per liter water:
 - 2 tbs. salt
 - 1 bay leaf
 - 8 peppercorns
 - 1 slice of lemon
 - 1 packet of powdered aspic
 - 5 dl water or fish stock
 - Garnish: parsley, fresh dill and lemon slices

Preparation:

1. Choose a saucepan that will hold the fish bent into a semicircle. Place the fish with the backbone uppermost in the saucepan, just cover with water and add the flavorings. Bring to the boil and skim. The fish should only simmer for about 8 minutes. Remove the saucepan from the heat and leave the fish in the stock until it is cold, preferably until it is to be served. It can be kept like this for up to a day in the refrigerator. (A 1-1.5 kg trout should simmer for 5 minutes. A 1.5-2.5 kg trout should simmer for 8 minutes. A 2.5-3 kg trout should simmer for 10 minutes.)
2. Dissolve the aspic. Remove the fish from the stock and cut along the back fins, around the tail and around the head. Pull the skin carefully off the body, leaving it on the tail and head.
3. Remove the strip of fat along the back fins. Let the fish drain before placing it on a serving dish. When the aspic begins to thicken, brush the whole fish with aspic.
4. Be sure to cover the whole fish, as this will prevent it from becoming dry.
5. Garnish with lemon slices, parsley and fresh dill.

Spring Rolls

China

Ingredients (makes 12 spring rolls):

- 1/4 pound barbequed pork
- 3 dried black mushrooms
- 1/2 cup mung bean sprouts
- 1/2 medium carrot
- 2 tablespoons chopped red bell pepper
- 2 teaspoons dark soy sauce
- 2 teaspoons oyster sauce
- 2 tablespoons chicken broth
- 1/2 teaspoon granulated sugar
- a few drops sesame oil, to taste
- 2 tablespoons oil for stir-frying, or as needed
- 12 spring roll wrappers
- 1 lightly beaten egg, or 2 tablespoons cornstarch mixed with 1 tablespoon water
- 3 cups oil for deep-frying, or as needed

Instructions:

Cut the barbequed pork into very thin strips. Soften the dried black mushrooms by soaking in hot water for 20 to 30 minutes. Squeeze out any excess water and finely chop. Rinse and drain the mung bean sprouts. Peel the carrot. Shred until you have 1/4 cup. In a small bowl, combine the dark soy sauce, oyster sauce, chicken broth, granulated sugar and sesame oil. Set aside. Heat a wok over medium high to high heat. Add 2 tablespoons oil. When the oil is hot, add the barbequed pork. Stir-fry for 1 minute, add the vegetables. Stir-fry for another minute, push up to the side of the wok. Add the sauce in the middle. Heat briefly, then mix in with the pork and vegetables. Remove the wok from the heat and allow the filling to cool. Pre-heat the oil for deep-frying to 360 degrees Fahrenheit while preparing the spring rolls. Lay a spring roll wrapper in front of you so that it forms a diamond shape. Use your index finger to wet all the edges with the beaten egg or cornstarch/water paste. Place approximately 2 tablespoons of filling near the bottom. Roll over once, tuck in the sides, and then continue rolling. Seal the top. Deep-fry the spring rolls in 3 to 4 batches, cooking until they are golden brown and crispy (about 3 minutes). Remove with a slotted spoon and drain on paper towels.

Sweet and Sour Boneless Pork

Hong Kong

Ingredients (6 servings):

- 380g. pork
- 1 green bell pepper
- 1 tbsp. minced garlic
- 3 canned pineapple slices

Seasoning:

A)

- 1 Tbsp. soy sauce
- 1 yolk
- 1 Tbsp. starch
- 3 Tbsp. for each up

B)

- 3 Tbsp. for each catch up, sugar and water
- 1 Tbsp. brown vinegar
- 1/4 tbsp. salt
- 1 1/2 tbsp. starch

Methods:

1. Slice pork into 2 cm thick, bent by mallet, cube and pickle with seasoning (A) for 15 minutes, coat with starch.
2. Clean and dimidiate green bell pepper, pit and slice.
3. Fry pork into golden with hot oil, take out and turn to high hear, fry pork again briefly, and drain up.
4. Fry garlic with 2 Tbsp. oil briefly, put green bell pepper, picked vegetables, pineapple slices, mixed seasoning (B) and pork in, mix well then dish up.

Nasi Lemak

Rice in Coconut Milk
Malaysia

Ingredientes:

- 1 cup rice
- 1 grated coconut
- 3 screw pine leaves (pandan leaves)
- Salt to taste

Preparation:

1. Clean the rice and drain. Squeeze out 2 cups of thick coconut mil from the grated coconut.
2. Cook the rice in the coconut milk with screw pine leaves. Add in salt.
3. If you desire, you can also add in some sliced shallots and ginger,
4. Serve this rice with sliced hard-boiled eggs, cucumber.

Bakso Udang Goreng

Fried Prawn Balls

China

Ingredients (6 servings):

- 200g fresh shrimp
- 80g fat pork (diced)
- 100g water chestnut (peeled)
- 20g flour
- 1 egg white

Seasoning

- 1/4 tbsp. salt
- 1/4 tbsp. sugar
- 1/2 tbsp. fish sauce
- Pepper to taste

Methods:

1. Shell and clean the shrimps. Rinse and wipe dry. Put them into blender and blend with water chestnut to paste form.
2. Mix shrimp paste with diced pork. Sift in flour. Mix well.
3. Add egg white and seasoning to prawn paste. Mix well. Throw it on table a few times. Chill in fridge for about 30 minutes.
4. Wet hands with some water and roll prawn paste into shape of balls. Put them into hot oil and deep fry over low heat till golden then dish up.

Molletes

Mexico

Ingredients:

- Baguette Bread (2 feet long)
- Can of refried Mexican beans
- Mozzarella or fresh cheese
- Butter
- Can of Mexican Salsa
- Ham and bacon (optional)

Procedure:

1. Cut the baguette in 6 inches piece and then slice those pieces in half.
2. Spread some butter and the refried beans on both sides.
3. Add some grated cheese on top and if wanted put a slice of ham or bacon over it.
4. Put the mollete on the oven until the cheese is melted.
5. Before serving put some Mexican salsa on top.

Empanadas de Carne

Argentina

Ingredients (about 20 empanadas):

Meat filling: (Must be made long enough before hand to allow to fully cool. It's best if it's made a day before and refrigerated overnight.)

- 5 lbs lean chopped beef, not ground
- 2 yellow onions, chopped
- 1 clove of garlic, peeled and mashed
- 1 teaspoon of cumin
- 3 tablespoon of Adobo seasoning

Mix all ingredients and cook the meat mixture in a stew pot until cooked medium to medium-rare (it will finish cooking inside the empanada.)

Other things you will need for the filling:

- 5 eggs, hard-boiled
- Can of ripe olives (save some of the juice for Dough making process.)
- Box of Raisins

Dough: (Many different fillings can be used, so the dough is the most important part.)

- 5 lbs of unbleached flour
- 1 cup of vegetable shortening or lard (do not use oil)
- 6-8 cups of chicken broth (best if you use pieces of chicken in water instead of bullion).

Empanada Dough Instructions:

1. Pour all of the flour into a big mound on a large counter-top or other surface sufficient for working.
2. Hollow out a "crater" in the top of the mound.
3. Pour about 1/4 of the chicken broth into the "crater".
4. Mix the broth into the flour.
5. Continue pouring and mixing the broth little by little until all of the broth is mixed in.
6. Melt the shortening in a small saucepan.
7. Once all the shortening is melted, pour it into the flour, mixing at the same time. (Be careful not to burn yourself on the hot melted shortening!!)
8. Knead the dough thoroughly.
9. Roll the dough into a large log shape.
10. Break the "log" into two equal pieces and continue kneading.
11. Once the dough is well mixed, break off pieces into tennis ball sized pieces.
12. Take one of the tennis balls sized pieced and roll it flat with a rolling pin.
13. Then place a couple of table-spoons of the meat mixture, one slice of hard-boiled egg, one olive, and 5-7 raisins in the center.
14. Place a few dabs of the olive juice from the canned olives around the contents. Fold in half and press the edges down (close to the contents). The olive juice helps the dough stick together.

15. Use a pastry utensil to cut the excess off.
16. Roll the edges up a little to ensure a good seal.
17. Then place on a cookie sheet.
18. BROIL sheets of empanadas under low broil for 15 to 20 minutes, checking often to make sure they are getting golden brown on top and not black. Once they are golden brown on top, BAKE at 350 degrees F for another 20-30 minutes. (Flip one over at about 20 minutes to make sure they are not burning on the bottom.)
19. Once they are golden brown on both sides, take them out and let them cool slightly before eating. Serve with a half a cup of red wine and enjoy!!

Hasselbackspotatis

Hasselback Potatoes

Sweden

Ingredients:

- 12 medium-size potatoes
- 3 tbsp butter or margarine
- 3 tbsp grated cheese
- 1-2 tbsp dry bread crumbs
- salt
- 1 bottle of wine

Preparation:

1. Preheat the oven to 425 degrees.
2. Place the peeled potatoes in a wooden spoon and make vertical slices, 2-3 mm apart, about $\frac{3}{4}$ of the way through the potatoes. The wooden spoon will protect the final $\frac{1}{4}$ of the potatoes.
3. With the cut-side-up, place the potatoes in a buttered baking dish.
4. Open bottle of wine and pour most of it over the potatoes, then sprinkle with salt.
5. Bake for 30 minutes, now and then basting the potatoes with the rest of the wine.
6. After 30 minutes, sprinkle with bread crumbs and, if desired, grated cheese.
7. Continue to bake for another 15 minutes.

Gado Gado Salad

Indonesian vegetable salad

Ingredients:

- White cabbage, diced
- Green beans
- Bean sprouts
- 2 eggs, hard boiled
- Peanut sauce
- Tomatoes
- Prawn crackers

Instructions:

1. Separately boil all the vegetable lightly
2. Drain and arrange in layers on a dish
3. Pour the peanut sauce over this. Decorate with the sliced egg and tomatoes
4. Just before serving, sprinkle the crackers over the sauce
5. Best enjoyed when the salad is cooled down

Peanut Sauce:

- 1 onion
- 3 tbsp peanut butter
- 30g dark brown sugar
- 20ml Kecap Manis
- 1 tsp coriander
- 1 tsp cumin
- 1 stalk lemon grass, crushed
- 1 tbsp cooking oil
- 1 tsp Sambal Ulek
- Coconut milk or water

Instructions:

1. Finely dice a small onion. Put the oil in a small saucepan and soften the onion, add all other ingredients except milk/water
2. Slowly heat on low flame adding liquid as required to make it into a smooth sauce
3. Remove lemongrass before serving

Borek

Turkey

Ingredients (10 servings):

- 1 package 'Filo' Dough (available at Safeway or King Soopers)
- 1 package Feta cheese
- 2 tablespoon fresh chopped parsley
- 1 cup milk
- 2 eggs
- ½ cup olive oil

Preparation:

- In a bowl, combine milk, eggs, oil and mix them
- In another bowl crumble feta cheese and mix with chopped parsley
- Butter a pan

Cooking:

- Place 2 layers of 'Filo' dough on a flat surface on top of each other (each 'Filo' dough is made up of 3 strips)
- Brush top with milk, egg, oil. Mixture (cover whole dough surface)
- Place 1 tablespoon of cheese and parsley filling onto one corner of each strip
- Cut strips and fold each strip into a triangular pouch (like folding on American flag)
- Place each triangular pouch onto buttered pan
- Brush top of pouches with milk, egg, and oil mixture
- Bake 20 min or until the boreks are golden brown
- Serve hot

Kofta Biryani

Rice interlaced with spinach gravy and chick pea balls

India

Ingredients:

- $\frac{3}{4}$ cups soaked chick peas (to be soaked for at least 6 hours, $\frac{1}{4}$ cup raw peas yields $\frac{3}{4}$ cups soaked peas)
- 1 onion
- 1 green chili
- 2 tbsp chopped cilantro
- 3 cloves garlic
- Juice of $\frac{1}{2}$ lemon
- Salt to taste
- Oil for cooking

For the Gravy:

- 1 onion, finely chopped
- 2 tomatoes, pureed
- 1 teaspoon grated ginger
- $\frac{1}{2}$ teaspoon turmeric powder
- 1 teaspoon red chili powder
- $\frac{3}{4}$ teaspoon garam masala
- 2 cups chopped spinach
- $\frac{1}{3}$ cup cream
- 2 tablespoons oil
- Salt to taste

For the Rice:

- 1 cup long-grained rice
- 2 cloves
- 2 bay leaves
- Salt to taste

Other ingredients:

- $\frac{1}{2}$ cup mint leaves, chopped
- $\frac{1}{3}$ cup milk
- 1 tablespoon butter
- $\frac{1}{4}$ tablespoon cardamom powder
- A few strands of saffron

Instructions:

For The Balls:

1. Combine all ingredients except the oil in a blender and grind to a smooth paste
2. Shallow fry spoonfuls of the mixture on a non-stick pan, using a little oil over a medium flame, till both the sides are golden brown. Drain and keep aside

For the Gravy:

1. Heat the oil in a pan and sauté the onion till translucent.

2. Add the tomato puree, ginger, turmeric and chili powder and cook till the oil separates
3. Add the garam masala and spinach and sauté for a further 2 minutes.
4. Add the salt and cream and mix well. Keep aside

For the Rice:

1. Clean and wash the rice
2. In a large pan, add the rice, cloves, bay leaves, salt and 2 cups of water
3. Bring to boil and simmer till the rice is almost cooked. Keep aside.

How to proceed:

1. In a greased bowl, spread half of the rice to form one even layer
2. Arrange all the balls over the rice
3. Spoon the gravy on top and sprinkle the mint leaves
4. Spread another layer of rice
5. In another pan, combine the mild, butter, cardamom powder and saffron and bring to a boil.
6. Pour with a tight lid and bake in a preheated oven at 400F for 20 minutes.

Lamb Shish Kebab

Turkey

Ingredients (4 servings):

- 1 ½ pounds Boneless New Zealand Lamb (preferably from the leg), cut into 1 inch cubes.
- ½ pounds Smoky whole slab bacon, cut into 1 inch squares.
- 2 tablespoons Cilantro (optional)
- 1 teaspoon Cumin, ground
- 1 teaspoon Paprika
- 1 teaspoon Black pepper
- 2 large fresh cloves Garlic, smashed
- ¼ cup olive oil, extra virgin
- 8 mushrooms, whole button
- 2 medium onions, quartered
- 1 each Green red, and yellow peppers cut into 1 inch squares

Suggested Side Dishes:

- Cous Cous with Pistachios
- Grated carrot salad with yogurt and dried apricots

Preparation:

1. Mix seasonings with olive oil and make into a paste. Rub paste on lamb cubes.
2. Thread the ingredients on skewers, alternating the lamb and bacon with the onion and peppers, starting and ending with a mushroom.
3. Grill directly over medium-hot coals for 6 to 8 minutes, until the meat reaches 130 F to 135 F for medium-rare to medium.
4. Lamb should be set aside for a few minutes before serving.

Masaledar Sabzi

Spicy Vegetarian Curry

India

Ingredients (4 servings)

- 4 large potatoes, peeled and coarsely chopped
- Salt
- ¼ tsp turmeric
- 3 medium size tomatoes, blanched, shinned, and mashed
- ½ cup tamarind water (see note)
- 2 tbsp dark brown sugar
- For the masala:
 - 3 tbsp vegan oil
 - 1 medium onions, peeled and finely chopped
 - 1 inch piece of fresh ginger root
 - 1 or 2 garlic cloves, peeled and pressed or finely chopped
 - 2 tsp chili powder
 - 2 tbsp shredded coconut
 - 1 tsp cumin seeds
 - 1 tbsp sesame seeds
 - 1 tbsp poppy seeds

Preparation:

1. First make the masala. Heat the oil in a saucepan over medium-low heat. When hot, add the onion and cook, stirring occasionally, until it softens. Add the rest of the masala ingredients to the pan and cook, stirring occasionally, for 3 to 4 minutes, until the mixture becomes reddish.
2. Add the potatoes and cook over medium heat, stirring frequently, for 3 to 4 minutes. Add 3 ¾ cups hot water, salt, and the turmeric to the pan and simmer until the potatoes are just cooked. Add the tomatoes, tamarind water, and sugar. Boil until the sugar dissolves.
3. Serve with plain boiled rice.

Note: To make tamarind water, soak a small lump of tamarind in warm water for 15 to 20 minutes. Squeeze the tamarind with your fingers, then strain off the tamarind water.

Paella Marinera

Guatemala

Ingredients (6-8 servings):

- 3 tbsp olive oil
- 1 medium onion, chopped
- 1 red pepper, seeded and chopped
- 1 red green, seeded and chopped
- 10 garlic cloves, minced
- ½ pound mild or spicy Spanish sausage, diced
- 2 cups rice
- 3 cups hot seafood broth or water
- Pinch saffron
- 1 pound raw medium-sized shrimp, peeled and deveined
- ½ pound clams in their shells
- ½ pound mussels in their shells
- Salt to taste
- 1 cup artichoke hearts, parboiled
- ½ cup green olives

Preparation:

1. In a paella pan or heavy bottomed large pot, heat the oil and sauté the onion, peppers, and garlic until soft.
2. Add the sausage and sauté a few minutes.
3. Add the rice, broth and saffron. Bring to a boil, cover and simmer 10 minutes.
4. Add the seafood and simmer until cooked through and the rice is tender, about 10 minutes longer.
5. Add salt to taste and garnish with artichokes and olives and heat through.
6. Serve.

Pepinos Rellenos

Guatemala

Ingredients:

- 2 to 3 cucumbers
- ½ lime
- 1 red pimiento chile
- 1 small container of cream cheese
- 1 tablespoon of cream
- 1 tablespoon of basil
- 1 tablespoon of chopped green onions
- 2 garlic cloves (chopped)
- Salt and pepper
- 1 pinch of paprika

Instructions:

1. Cut the cucumbers down the middle, lengthwise, peel and remove the seeds.
2. Prepare the cucumber for filling: rub with lime juice salt, and pepper
3. Cur the red pepper down the middle, remove the seed, and dice
4. Combine the cheese and cream together with the remaining ingredients and mix well.
5. Fill the cucumbers with the mix and refrigerate for two hours
6. Cut into slices and serve over lettuce leaves

Pakorras

India

Ingredients:

- 2 cups of vegetables, cut into large pieces (You can use green bell pepper, cauliflower, onions, etc)
- 1 cup besan (bengal gram flour)
- 1/4 cup water
- 2 tsp red chili powder
- 1 tsp cumin seeds
- A pinch of hing (asoefetida)
- Salt to taste
- Oil for deep frying

Method:

1. Made a thick batter with the water, flour, red chili powder, cumin, hing and salt.
2. Coat each vegetable piece with this batter and deep fry.
3. Serve with tomato ketchup.

Potato and Mushroom Croquettes

Russia

Ingredients (5 servings):

- 1 ½ lbs potatoes – peeled and chopped
- cups water
- 1 onion – peeled and chopped
- ¼ lb mushrooms
- 1 tsp oil
- 1 Tbsp water
- Salt/pepper to taste
- 1 cup matzo meal
- 1 tsp oil

Preparation:

1. Boil potatoes in water till tender.
2. Drain and smash potatoes.
3. In a separate pan, sauté onions and mushrooms in oil and water over medium-high heat for 3 minutes.
4. In a large bowl, mix mashed potatoes, sautéed onions and mushrooms, seasonings and matzo meal together in a large bowl.
5. Form 10 croquettes.
6. Heat oil in a large non-stick frying pan over med-high heat and fry croquettes for 8 minutes on each side.
7. Serving size is 2 croquettes per person. Serve.

Bruschetta with Tomato

Italy

Ingredients (4 servings):

- 8 (½ -inch) tic slices Italian bread
- 2 tablespoons olive oil (preferably extra-virgin)
- 1 garlic clove, halved
- ¼ cup chopped tomatoes in oil
- 1 tablespoon fresh basil leaves, minced
- 1 ½ teaspoon balsamic vinegar

Preparation:

1. Toast the bread slice on a baking sheet in the upper third of a preheated 500°F oven for 4 minutes, or until they are golden
2. While toasts are warm, brush both sides of the toasts with the oil and rub them with the garlic.
3. In a bowl combine the tomatoes, basil balsamic vinegar and salt and pepper to taste and top toasts with the mixture.
4. Serve

Provençal Tuna with Tapenade

France

Ingredients (4 servings):

- 4 x 6-8 oz tuna steaks
- Juice of 1 lemon
- Extra virgin olive oil
- 2 handfuls rocket
- 4 tbsp tapenade
- 6-8 tbsp aioli
- Salt and black pepper

Preparation:

1. Half an hour before cooking season the tuna steaks with half the lemon juice, salt and pepper. Massage gently into the fish and set aside.
2. Whisk remaining lemon juice with about 5-6 tbsp extra virgin olive oil, salt and pepper. Reserve.
3. When ready to cook wipe the fish dry and brush with oil. Heat a griddle pan to very hot. Put the tuna in the pan and cook for about 2 minutes on each side.
4. While the fish is cooking toss the rocket with the dressing and divide between four plates. Put a spoonful of tapenade and a spoonful of aioli on each plate alongside the rocket. As soon as the tuna is cooked put it on top of the rocket and serve.

Arroz con Leche

Guatemala

Ingredients:

- Broken rice
- Milk
- Condensed milk
- Evaporated milk
- Cinnamon sticks
- Sugar

Preparation:

1. Boil rice in the three kinds of milk together with the cinnamon sticks until it is well cooked.
2. Add water if necessary and sugar to taste.
3. Serve.

Mushroom Soup

Russia

Ingredients:

- 1kg fresh mushrooms or 100g dried and soaked ones
- One middle sized onion
- 3 to 4 potatoes
- 2 tbsp flour
- Parsley
- 2 or 3 carrots
- 1 Glass of either noodles, rice or pearl barley (the last one is the best one, must be precooked for 20 minutes)

Instructions:

1. Put dry an soaked or fresh mushrooms (don't forget the preliminary boiling) in cold water, add salt, bring to boiling and boil for 1.5 hours. Then separate mushrooms and water (with colander). Do not throw away the water.
2. Put in the broth left after boiling mushrooms, potatoes (cut in cubes), boil it. While potatoes are boiling, cut mushrooms, mince carrots, parsley and onion, sauté everything in a frying pan. When sautéed stuff is almost ready, add 2 tbsp of flour.
3. Add to the sautéed stuff water, constantly stirring it, until it looks like thick sauce.
4. Pour the stuff into the pot where the potatoes are boiling, stir. Add rice, or noodles, or pre-cooked pearl barley
5. Cook until ready. Serve with sour cream (1 tbsp per serving)

Wild Rice & Mushrooms

Ingredients (4-6 servings):

- 1 ½ cups sliced mushrooms
- 1 large onions, coarsely chopped
- 1 cup of brown rice
- ¼ cup wild rice
- 3 cloves garlic, minced
- 1 tsp soy sauce minced
- 2 cups boiling veggie stock or water

Preparation:

1. Combine all ingredients in a large pot with a lid. Stir well, cover and cook over low heat for 45 minutes, or until rice is tender and all liquid is absorbed.
2. You can also make this in the oven. Place in a casserole dish with a tight-fitting lid and bake at 350°F for 55 minutes.
3. Serve.

Red Chilaquiles

Mexico

Ingredients (3-5 servings):

- 15 square sliced and fried tortillas
- Tomatoes
- Jalapeños
- Garlic
- Onion

Instructions:

1. Pour the strained mixture into a pan and fry it with a bit of oil, pour the salsa in a plate where you already have the tortillas; add sour cream and lined cheese.
2. You could use corn chips instead of frying your own tortillas.

Red Wine Cake

Germany

Ingredients (10 servings):

- 200 g butter
- 200 g sugar
- 4 eggs
- 1 teaspoon cinnamon
- 1 teaspoon cocoa
- 100 g chopped chocolate
- 200 g flour
- 1 packet of backing power (e.g. form Dr. Oetcker's) or about 1 tbsp.
- 80 g chopped nuts
- 1 teaspoon of liquid vanilla (or anything equivalent)
- A pinch of salt
- 1/8 liter red wine (cheap one is all right, it's just for the taste)

Preparation:

1. Beat butter, sugar and the 4 egg yolks (save the eggs white, you need them later)
2. Add all the other ingredients, except fo the egg whites, and stir.
3. Beat the egg white until stiff, then mix them carefully with the batter.
4. Pour everything in a buttered and with flour a breadcrumbs coated baking pan (doesn't matter what shape, either round or rectangular)
5. Bake at 180 degrees Celsius (about 365 degrees Fahrenheit) for 50 to65 minutes.

Seswaa, Cabbage & Phaletshe

Botswana

Ingredients:

- 10 lbs beef chuck with bone
- 3 large onions
- 1 clove garlic
- 1 medium head of cabbage (about half a pound)
- 2 large tomatoes
- Salt
- Oregano and ginger
- 5 tbsp vegetable oil
- 2 lbs white corn-meal
- 1 lb white corn-flour

Instructions:

Seswaa:

1. The beef chuck is cut into pieces and boiled for a about 2 hours at high heat and pounded while in the cooking pot and the bones are only removed after the meat is well pounded. Pounding is done with a strong wooden spoon. Add salt during pounding. After pounding and removing bones chop the 2 onions, half of the garlic onions and onions and fry in 3 tbsp of oil for about 3 minutes.
2. Add the pounded meat to the onion/garlic and mix while at low heat for another 15 minutes or so. The final product looks like ground beef.

Phaletsche:

1. Mix corn meal and corn flour together. Boil water in a large saucepan, put salt.
2. Mix a small quantity, about 1 lbs of corn meal with cold water in a bowl. Stir into the boiling water and cover. Put heat at medium/high and let simmer until the liquid meal thickens, stirring regularly.
3. After about 15 minutes, stir in some of the dry mixture of corn meal & flour into the saucepan to produce solid consistency. It should have the consistency of mashed potatoes.

Cabbage:

1. Shred cabbage, 1 onion and tomatoes
2. Fry the onion and tomatoes for 5 minutes, then add oregano and ginger
3. Add cabbage, at low heat, add herbs and mix continually until the vegetables and herbs are well mixed and softened by low heat cooking, cover for a few minutes to maintain moisture throughout cooking, but do not allow the cabbage to lose water or for water to develop in the pan. The final product will be soft but not over-cooked and not browned or burnt. The seswaa and cabbage are relish to phaletshe.

Shrimp Balls

Taiwan

Ingredients (4-6 servings):

- 1 pound shrimp
- 4 water chestnuts finely miced
- 1 egg
- 4 scallions, minced
- ½ tsp grated ginger
- 1 tsp salt
- 4 tsp cornstarch

Preparation:

1. Shell and devein shrimp. Wash carefully, and dry on paper towels. Mince finely. Place half the minced shrimp at end of a large cutting board. Using flat side of a cleaver, draw shrimp across board to smooth into a paste. Repeat with second half of mixture. (If you are using a utensil other than a cleaver, repeat the action.)
2. Put shrimp in medium mixing bowl. Add water chestnuts and mix into a smooth paste. Make a well in the center. Put in egg and break up with a fork. Add minced scallions, ginger and salt. Stir to combine. Sprinkle in cornstarch and mix well.
3. Form shrimp into balls one rounded tablespoon at a time.

TO BOIL: Bring 2 quarts of water to the boil. Drop in shrimp balls one at a time. Remove when they float to the surface, Serve with hoisin sauce.

TO FRY: Heat 2 cups peanut oil in a 3 quart saucepan. Drop in shrimp balls, a few at a time. When they become golden and float to the surface, remove them to paper towels to drain. Garnish with scallions and grated lemon peel.

IN SOUP: Pre-cooked shrimp balls may be added to chicken soup with half a bunch of cleaned, chopped spinach or bok choy.

4. Serve

Sienimunakaskääryle

Mushroom Omelette Roll

Finland

Ingredients:

Omelet batter:

- 6 eggs
- 5 dl milk
- 1 dl wheat flour
- 1 tsp salt
- ½ tsp white pepper

Filling:

- 3 tbsp butter, margarine or cooking oil
- 1 l chanterelles, hedgehog mushrooms, caps
- 2-3 onions, salt, black pepper basil or thyme (- a little cream or crème fraiche)

On top: Grated cheese

Preparation:

1. Preheat the oven to 200° C. To prepare the batter, first mix the flour in the milk. Beat the eggs in a separate bowl and add to the flour and milk mixture. Spice with salt and white pepper. Line a high-edged baking plate with greaseproof paper and pour the omelet batter on the paper. Bake in the oven until light brown. Overturn the omelet on another piece of greaseproof paper and remove the paper from the bottom. Chop the onions for the filling. Fry the chopped mushrooms in hot oil, add the onions and let cook until the liquid has nearly evaporated. Spice with salt and pepper, and, if you like, basil or thyme. (In case you prefer the filling to be more sauce like, add a little cream to the mixture and let cook for a while). Check the taste. Spread the mixture on the omelet and roll the sheet up.
2. Carefully move the roll on a greased ovenproof plate and sprinkle grated cheese on top. Heat the omelet roll in 200° C before serving.

Beef Kofta

North Africa

Ingredients:

- For the beef kofta
- 110g/4oz beef steak, roughly diced
- ½ tsp chili powder
- 1 tsp ground mixed spice
- 1 garlic clove, peeled and chopped
- squeeze of tomato ketchup
- 1 tsp tomato purée
- 1 tbsp vegetable oil
- For the rarebit
- 1 baby cauliflower, cut into florets
- 2 egg yolks
- 85ml/3fl oz double cream
- 1 tbsp Dijon mustard
- 140g/5oz Lancashire cheese, grated
- 2 slices thick white bread

Method:

1. Bring a medium pan of water to the boil and cook the cauliflower florets for 6-8 minutes, or until tender.
2. To make the koftas, place the steak, chili powder, mixed spice, garlic, tomato ketchup and purée into a food processor and blend until combined.
3. Work the mixture together using your hands and shape into two chunky sausage shapes.
4. Thread the koftas onto two wooden skewers, and place them on a baking tray.
5. Leave to chill for up to 10 minutes.
6. Heat the oil in a griddle pan until hot and griddle the koftas for 6-8 minutes or until thoroughly cooked, turning frequently.
7. Drain the cauliflower and then transfer to a food processor. Blend to form a smooth purée.
8. Add the egg yolk, cream, mustard and 110g/4oz of the cheese to the processor and pulse until combined.
9. Cut round slices out of the bread using a large cutter.
10. Spread the cauliflower mixture over the bread slices and place on a baking tray. Sprinkle the remaining cheese over each slice.
11. Grill on a high heat for 5-6 minutes, or until golden brown and bubbling.
12. Remove the koftas from the heat and transfer to a serving plate.
13. Serve with the cauliflower rarebit alongside.

Tabouleh

Parsley and Cracked Wheat Salad

Lebanon

Ingredients:

- 85 grams (3 oz., 1/2 cup) burghul
- 2 bunches flat-leaf parsley (about 30 gr. before washing, or 1 1/2 cup chopped)
- bunch fresh mint (about 10 gr. before washing, or 1/2 cup chopped)
- 3 green onions or 1 small onion
- 1 large tomato
- 90 milliliters (3 oz., 6 Tbs.) lemon juice
- 60 milliliters (2 1/2 oz., 4 Tbs.) olive oil
- Salt
- 1 head romaine lettuce (optional)

Method:

Leave the burghul in water for about 2 hours, then wash and squeeze out. Wash and chop the parsley, mint and green onions very fine. Dice the tomato. Combine all ingredients including burghul. Add salt to taste, lemon juice and olive oil and mix well. Serve in a bowl lined with lettuce leaves.

Cachapa

Corn pancakes

Venezuela

Ingredients:

1. 4 cups of tender corn kernels (canned corn may be used)
2. 1 teaspoon of salt
3. 1/2 to 3/4 cup of milk (depending on how tender the corn is)
4. 1/2 cup of sugar
5. 1 egg

Method:

1. Combine all the ingredients in a blender or food processor. The mix should become thick and weighty. If not, add more corn or some yellow corn flour. Shape the mix into small pancakes approximately 1/2 inch (1.25cm) thick and about 5 inches (12.5cm) in diameter. Let them cook on medium heat for about one minute on each side, or until small bubbles form on the top. Cachapas should be served hot, and normally is accompanied with cheese (feta cheese is one of the favorite option).

Cheese Samboosa

triangular fried egg roll

Oman

Ingredients:

- 1 (500 gram) box of feta
- 1 medium onion, finely chopped
- 1-2 teaspoons of olive oil
- 1 clove of garlic, smashed
- 1 medium tomato, finely chopped
- ½ Maggi chicken bouillon cube
- 1 tablespoon oregano flakes
- Samboosa wrappers, egg roll wrappers, or filo pastry sheets
- Vegetable oil for deep frying

Preparation:

1. Cut up the feta cheese into small cubes. Cover with in cold water and soak for at least a half an hour (to remove excess salt).
2. In a skillet sauté the finely chopped onion in a few tablespoons of olive oil.
3. When the onion got translucent add the finely chopped tomato and smashed garlic. Cook stirring for 2 minutes. Add ½ of Maggi chicken bouillon cube and the tablespoon of oregano flakes.
4. Stir until the bouillon cube is dissolved. Remove from heat and cool to room temperature.
5. Drain the feta cheese and add to the onion mixture. Mix (smash together) well.

To roll:

1. Lay out a samboosa wrapper (long and rectangular in shape) with a short edge of the rectangle directly in front of you.
2. Place a rounded teaspoon of the feta cheese filling near the edge.
3. Then folding away from you (towards the other short edge), enclose the cheese mixture in the wrapper in a triangle shape.
4. On the side, make a paste of flour and water (¼ cup flour and ½ cup water).
5. Moisten the final edge of the samboosa wrapper with the flour paste to cause it to stick and keep the individual samboosa in its triangular shape.
6. Place wet ("pasted") side down on a lightly greased plate.

Note: If using egg roll wrappers or filo dough, you must cut it into rectangles before stuffing with the meat mixture. For filo dough, use a thickness of 2 or 3 sheets. The rectangles can be cut 1 ½ - 2 ½ inches wide, depending on the desired size of the finished appetizer, and should be long enough to enable you to completely enclose the cheese mixture when folding.

Proceed:

1. When all of the samboosa have been rolled, fry a few at a time in a heavy skillet in one inch of vegetable oil until the outside is golden and crispy.
2. Flip at least once while frying to brown sides.
3. Drain on paper towels.
4. Serve warm.

Chicken Majboos

United Arab Emirates

Ingredients:

- 1 liter (4 ½ cups) of water
- 650 gm (3 cups) Basmati Rice
- 3 pieces of chopped tomato
- A chicken weighing 1000-1500 grams
- 3 onions divided into small pieces
- ¼ cup of green minced pieces
- 1 green hot pepper (as desired)
- 2 teaspoonful crushed curcuma
- 1 teaspoonful of crushed cardamom
- 2 teaspoonful of cinnamon
- 1 clove of garlic + slices of ginger
- Small piece of butter (around 3 table spoons)
- ¼ cup lemon juice
- 3 table spoons of rose water
- 3 table spoons of vegetable oil
- 3 table spoons of salt

Preparation:

1. The chicken is cleaned well and then to be cut into two parts. Water to be boiled and left aside.
2. Each of curcuma, the mixed spices, the cumin and the cardamom are then mixed in a small dish, and one teaspoonful salt is to be added. Half of the spice mixture shall be sprayed in both pieces of the chicken.
3. Onion is browned in hot oil with one piece of pepper. Chicken pieces are then put with onion. A spoonful of cinnamon with other mixed spices is then mixed. Pan is covered to be left on the fire for 3 minutes.
4. A clove of garlic, the crushed ginger and the pieces of tomatoes are then added and mixed with the chicken pieces. To be covered and left for another 3 minutes.
5. Mixture is then sprayed with the rest amount of salt. Hot order to ripe up the chicken pieces. Add green minced coriander 5 minutes before taking the chicken off the extract.
6. Serve

Cheese Fondue

Switzerland

Ingredients (12 servings):

- Cup shredded Gruyere or Swiss cheese (12 ounces)
- Cups shredded Emmentaler, Gruyere, or Swiss cheese (8 ounces)
- Tablespoons all-purpose flour
- 1 ½ cups dry white wine
- ¼ cup milk
- Tablespoons kirsch or dry sherry
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground white pepper

Preparation:

1. Bring shredded cheeses to room temperature. Toss with flour; set aside.
2. Heat wine in a large saucepan over medium heat until small bubbles rise to surface. Just before wine boils, reduce heat to low and stir in the cheese mixture, a little at a time, stirring constantly, and make sure the cheese is melted before adding more. Stir until mixture bubbles gently.
3. Stir in milk, kirsch or sherry, nutmeg, and pepper. Transfer cheese mixture to a fondue pot. Keep mixture bubbling gently over a fondue burner. Serve with dippers. If mixture becomes too thick, stir in a little warm milk.

Borsch

Russia

Ingredients:

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

Preparation:

1. Preparing meat broth: Put beef into a large saucepan and cover with 3 l cold water. Bring to a boil; reduce heat.
2. Remove the grease and froth from the broth surface with a spoon. Add one onion. Cook at low heat for 1-2 hours.
3. 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.
4. Simmer at low heat for 1 hour. If there is not enough liquid, add some broth. Add vinegar.
5. Pan-frying vegetables: Melt 1 tablespoon margarine in a frying pan. Add chopped onions and carrots cut into thin sticks. Cover and sauté for 15 minutes, stirring occasionally.
6. Heat broth to boiling. Add chopped cabbage and potatoes cut into bars. Cook for 5 minutes. Add sauté 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 5g 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.

Gajar-Ka-Halwa

Carrot pudding

India

Ingredients (6 servings):

- 1.5 kg Carrots
- 200 grams condensed milk
- 2 tablespoons unsalted butter
- Handful of grated cashew nuts, almonds and soaked raisins.

Preparation:

1. Take a kilo and a half of biggish, red carrots and grate them after washing thoroughly.
2. Put the entire grated carrots in a pressure cooker and steam for 2 minutes.
3. Thereafter remove the lid of the pressure cooker. Keep the flame on so that the excess water is dried up.
4. Keep turning the grated carrots now and then to save them from getting burnt at the bottom of the cooker.
5. Pour some 200 grams of sweetened condensed milk and 2 tablespoons of ghee (or unsalted butter) over the carrots in the cooker that remains on the flame.
6. The Gajar-ka-Halwa needs to be quasi-dry so one must continue with the cooking till the carrots, milk and ghee are sufficiently blended. Then turn off the flame.
7. Sprinkle a handful of grated cashew nuts and almonds as also soaked raisins, over the Halwa.
8. This delicious Gajar-ka-Halwa can be served straightaway or cooled and kept in the refrigerator to be reheated and served as a dessert.

Schwarzwälder Kirschtorte

Black Forest cherry cake

Germany

Baking a Black Forest cherry cake is not as difficult as it may seem. Best is to bake the layers and to cook the cherry filling on the evening before so they can cool down until the whipped cream is added. When the cake is finished, it should be put into the fridge for about an hour so the liquor can soak the cake.

Bottom layer:

Ingredients:

- 2 ounces / 60 gram butter
- 2 tablespoons sugar
- 1 teaspoon vanilla extract or vanilla sugar
- 1 egg
- 4 ounces / 120 gram wheat flour

Preparation:

1. This is a thin cake which is for used as the bottom layer. Form with the cool ingredients dough with your hands. To get a soft cake, the dough should be kneaded as short as possible. Then let it rest in the fridge for 30 minutes.
2. Roll the dough onto a greased 9 inch round cake pan and bake it in a preheated 350 degree F. / 175 degree C. oven for about 10 minutes.

Chocolate biscuit cake:

Ingredients:

- 6 egg yolk
- 3 tablespoons warm water
- 7 ounces / 200 gram sugar
- 1 teaspoon vanilla extract or vanilla sugar
- 6 egg white
- 5 ounces / 150 gram wheat flour
- 2 ounces / 60 gram corn starch or potato starch
- 2 teaspoons baking powder
- 2 ounces / 50 gram cocoa powder

For sprinkling the baked biscuit cake:

- 5 tablespoons kirsch
- 5 tablespoons water
- 1 tablespoon sugar

Preparation:

1. Beat the egg yolk and the warm water for 3 minutes. Add about two thirds of the sugar and the vanilla sugar. Beat this again for 5 minutes.
2. Beat the egg white separately until it is stiff, then add the rest of the sugar slowly and continue beating for one more minute.
3. Add the egg white to the egg yolk. Mix the flour, potato starch, baking powder and the cocoa powder in a separate bowl and put this on top of the egg mass. Mix this gently with a spoon. Fill the dough carefully into an 9-inch

round cake pan and bake it in a preheated 360 degree F / 180 degree C. oven for about 30 minutes.

Cherry filling:

Ingredients:

- 1 lb / 500 gram canned sour cherries
- 7 ounces / 250 gram cherry juice (reserved from the drained cherries)
- 1 ounce / 30 gram sugar
- 3 tablespoon corn starch or potato starch
- 5 tablespoons kirsch

Preparation:

Drain the cherries and put 12 cherries aside for the decoration. Mix the starch with two tablespoons of juice, then add the rest of the juice and the sugar and boil it. Add the cherries and wait until this boils again. When the cherries have cooled, add the kirsch.

Whipped cream with cherry:

Ingredients:

- 30 ounces / 800 gram whipping cream
- 2 ounces / 60 gram sugar
- 1 teaspoon vanilla extract or vanilla sugar
- stabilizer for whipped cream
- 4 tablespoons kirsch

Preparation:

Mix the sugar and the stabilizer. Beat the cream for some seconds and then add the sugar and stabilizer slowly while continuing beating the cream until it is quite stiff. Then mix the kirsch and the cream.

Decoration:

Ingredients:

- 12 cherries
- 3 ounces / 100 gram chocolate bar

Assembling:

1. Cut the cooled biscuit cake two times horizontally to make three layers. Mix the kirsch, water and sugar and sprinkle this over the biscuit layers.
2. Put 2 tablespoons of the cherry sauce (without cherries) evenly on the bottom layer. Place the first biscuit layer on top and cover this with the cherry filling. Spread 1/4 of the whipped cream on the top, then the second biscuit layer, then again 1/4 of the whipped cream, and then the third biscuit layer.
3. Place 3 tablespoons of the whipped cream in a pastry bag. Spread the remaining cream on the top and the sides of the cake. Garnish the top and the sides with chocolate curls (made by shaving the chocolate bar with a vegetable peeler). Pipe 12 rosettes of whipped cream around the top edge. Top the rosettes with the cherries.
4. Enjoy the cake!

Buffalo Chili

Oyate

Ingredients (36 servings):

- ¼ cup Sunflower Oil
- 6 pounds Ground Buffalo Meat
- ½ cup Flour
- 3 cups Water
- ¼ cup Minced Garlic
- ¾ cup Green Bell Pepper
- ¾ cup Red Bell Pepper
- ½ cup Green Chili Peppers
- ¾ cup Jalapeno Peppers
- 5 cups Tomato Sauce
- 3 Diced Onions
- ½ cup Beef Broth
- ½ cup Paprika
- ½ cup Chili Powder
- 6 tablespoons Ground Cumin
- 1 teaspoon Cayenne Pepper
- ½ teaspoon Black Pepper
- ½ teaspoon White Pepper
- 4 teaspoons Salt
- 2 tablespoons Oregano
- 2 teaspoons Dried Chilies

Preparation:

Sauté Buffalo meat, sunflower oil and flour together until meat is cooked. Add remaining ingredients and simmer for 1 hour.

Quiche Lorraine

France

Ingredients:

- 200 g short crust pastry
- 150 g smoked pork belly
- 100 g grated cheese

Base mixture:

- 2 eggs
- 2 egg yolks
- 1/4 liter whipping cream
- 1/4 liter milk
- salt
- pepper
- nutmeg

Preparation:

1. Roll out the short crust pastry and ease it into a pie pan.
2. Cut the bacons in small pieces. Sautee in a pan.
3. Put a layer of grated cheese with the bacon bits at the bottom of the shell.
4. Prepare the quiche mixture by mixing all the ingredients cold (eggs, milk, cream, seasoning). Adapt the quantities according to the number of quiches you want to prepare.
5. Fill up the shell with the mixture and bake at 180°C or 356°F until completely cooked. The amount of time will depend on the size of the quiche.

Lugeymet Donuts

Kuwait

Ingredients:

Dough:

- 1/2 cup brown flour
- 3/2 cups white flour
- 1/2 cup yoghurt
- 1 tsp yeast
- 2/3 cups water
- 1tbsp mashed potato
- Oil for frying

Syrup:

- 4 cups sugar
- 4 cups water
- 1/2 tsp lemon juice
- 1/4 tsp saffron
- 1 tbsp rose water (optional)
-

Preparation:

1. Sift brown flour first, then add white flour and yeast and sift together.
2. Add yoghurt and water to the flours and knead until smooth and homogeneous dough, cover, stand in warm place, until double size, add mashed potato, mix well.
3. To prepare the syrup: dissolve the sugar in the water, place over medium heat, stir form time to time until boiling, add lemon juice, saffron and rose water, reduce heat and simmer for 20min or until slightly thick.
4. Heat deep oil, reduce the heat, scoop out balls of dough with teaspoon, drop into oil, turn to ensure that they a brown all over.
5. Remove the balls from the oil with draining spoon, drain for 2 min, and dip into sugar syrup until evenly coated, drain and serve.



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