

# **The University Diversity Council**

## **Multicultural Cookbook**



***"A LEGACY OF DIVERSITY"***

***PREPARED IN HONOR OF***

***THE TWENTY SECOND ANNUAL  
PRESIDENT'S EXCELLENCE IN DIVERSITY AWARDS  
RECEPTION***

***"22 Years of Celebrating Diversity"***

# USA

## Bacon Stuffed Cherry Tomatoes



Shirval Moore  
Family and Consumer Sciences



### Description of Dish: Appetizer

Measure	Ingredient	Measure	Ingredient
2 pints	Cherry tomatoes	¾ cup	Mayonnaise
½ cup	Freshly grated Parmesan cheese (not packaged)	1/8 tsp	Garlic powder
½ tsp	Dried basil leaves	16 oz pkg	Bacon, crisply cooked, drained and crumbled

### Directions:

Cut the top off each cherry tomato, and using a melon baller or a sharp knife, carefully scoop out the seeds and pulp.

Place each tomato upside down on paper towel to drain.

Combine the rest of the ingredients in a small bowl.

Stuff each cherry tomato with the bacon mixture.

Chill in fridge for at least 2 hours to blend flavors.

To serve, I like to line the serving tray with parsley to keep the little tomatoes from rolling around. It's very pretty too. You need to use curly parsley to keep them upright - lettuce won't do the trick. Serves 8

# Jordan

## Arabic Bedouin Coffee



2011  
International  
Bazaar





### Description of Dish: Beverage

Measure	Ingredient	Measure	Ingredient
1 ½ liter	Water	8 tbsp	Ground Coffee

### Directions:

1. Boil water in a big pot. Lower the heat then add the coffee.
2. Remove from heat and leave to settle for about half an hour.
3. Bring back to boil, and then simmer for ten min.
4. Remove from heat and pour through fine strainer into serving thermos.
5. Add whole green cardamom pods to the thermos.
6. Serve it and enjoy.



<h1>South Korea</h1> 	<h2>Su-Jungu-Gwa (Persimmon punch)</h2>	
		2011 International Bazaar

**Description of Dish: Drink**

Measure	Ingredient	Measure	Ingredient
1.25 cups	Ginger root, peeled & thinly sliced	20 cups	Water
20	Cinnamon sticks	2.5 cups	Sugar
10	Dried seedless persimmons, stems removed	5 tbsp	Pine nuts

**Directions:**

1. Place onion and pear into food processor or blender until liquid and pour into large bowl.
2. Mix all the ingredients thoroughly except the sliced beef.
3. Add the beef and marinade for about 1 hour.
4. Heat some cooking oil in a large frying pan.
5. Put the sliced beef in a few at a time and sear on both sides for about 1 minute per side.

<h1>Mexico</h1> 	<h2>Arizona Cheese Crisps</h2>	
		Shirval Moore Family and Consumer Sciences

**Description of Dish: Appetizer**

Measure	Ingredient	Measure	Ingredient
3 or more	Medium flour tortillas	1/2 lb	Oaxaca cheese, shredded
1/2 lb	Monterey jack cheese, shredded	1/3 lb	Anejo cheese, grated
1/2 lb	Poblano peppers, roasted, peeled, sliced	1/4 cup	Cilantro, finely chopped
	Oil for frying		

**Directions:**

Preheat oven to 350 degrees F. Roast Poblanos and remove skins and seeds. Slice into thin decorative slices.

In large fry pan fry tortilla in oil until golden brown. Drain well on paper towels. Place on baking sheet.

When tortilla has cooled and hardened, cover with a thin layer of Oaxaca cheese and a thin layer of jack cheese.

Crumble anejo on top and sprinkle with cilantro.

Arrange pepper slices on top. Bake for 5 minutes or just until cheese has melted.

Remove from oven and use pizza cutter to slice into individual portions. Serve immediately.



# White Cheddar with Apples



Shirval Moore  
Family and  
Consumer  
Sciences



### Description of Dish: Appetizer

Measure	Ingredient	Measure	Ingredient
8	Rectangular slices sharpwhite cheddar, about 2 1/2" x 1 1/2" x 1/4" (about 1/2 ounce per slice)		
Apple conserve			
2/3 cup	Peeled and diced green apple	2/3 cup	Peeled and diced red apple
1/2 cup	Firmly packed brown sugar	1/3 cup	Golden raisins
1/4 cup	Coarsely-chopped walnuts	2 tbsp	Apple cider vinegar

### Directions:

In a small saucepan combine all ingredients except the cheese.

Cook over medium-low heat for 15 minutes, stirring occasionally.

Remove from heat and let cool.

### To Plate:

For each serving, place one slice of cheese on an individual serving plate.

Top with 1/4 of the conserve mixture.

Partially overlap with another slice of cheese. Garnish with walnuts.



# Spanish Sangria



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### Description of Dish: Drinks

Measure	Ingredient	Measure	Ingredient
2-750ml	Cranberry Juice	2	Oranges, sliced thin
2	Limes, sliced thin	3/4 cup+1 tbsp+1tsp	Sugar
1 2/3	Orange Juice		

### Directions:

Have the fruit, Cranberry Juice, and orange juice well chilled. Slice the lemon, lime and orange into thin rounds and place in a large glass pitcher. Pour in the orange juice and sugar. Chill in refrigerator for 2 hours to develop the flavors.

When ready to serve, crush the fruit lightly with a wooden spoon and stir in the cranberry juice. Adjust sweetness to taste.

INDIA	<b>Cucumber Raita</b>	
	Shirval Moore Family and Consumer Sciences	

**Description of Dish:** Vegetarian Dishes

Measure	Ingredient	Measure	Ingredient
2 cups	Plain yogurt	2	Persian cucumbers
1 tsp	Fresh mint leaves, finely chopped	3/4 tsp	Ground cumin
1/4 tsp	Red chili powder	1 tbsp	Cilantro (stems included) finely chopped
1 tsp	Lemon juice	2 tsp	Salt, or to taste

**Directions**

Seed the cucumbers and cut them into thin slices.

Spread onto a flat surface. Sprinkle with salt.

Allow to rest for about 20 minutes. Pat dry with paper towels.

Cut the slices into matchsticks, then into small dice.

Whisk the yogurt using a fork until smooth.

Combine all the ingredients in a bowl until the texture is smooth and creamy.

Chill in the refrigerator until you're ready to serve.

	<b>Irish Soda Bread</b>	
	Marcella N. Aronson Grad Student-Counseling	

**Description of Dish: Bread**

Measure	Ingredient	Measure	Ingredient
4 cups	Whole wheat flour	1 1/2 cups	Sifted all purpose flour
4 tsp	Baking powder	1 tsp	Baking soda
1 tsp	Salt	3 tsp	Butter
2 3/4 cups	Buttermilk	1 cup	Raisins
1	Egg, beaten		

**Directions:**

Sift dry ingredients,  
Cut in butter.  
Stir in buttermilk and raisins to make stiff dough.  
Turn onto lightly floured surface.  
Knead gently until smooth.  
Shape into 7 inch round loaf.  
Place in 3 qt. casserole.  
Cut a deep cross shape into top of dough.  
Brush with beaten egg.  
Bake at 350 for 60 minutes or until golden brown.  
Makes 1 loaf.



## Polenta Cornbread



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### Description of Dish: Breads

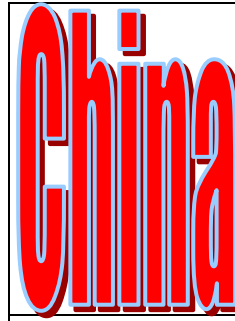
Measure	Ingredient	Measure	Ingredient
1 cup	All purpose flour	1 cup	Polenta
2 tbsp	Sugar	2 ½ tsp	Baking powder
¾ tsp	Salt	2 large	Eggs
1 cup	Buttermilk	¼ cup	Melted butter, cooled

### Directions:

In a bowl, mix flour, polenta, sugar, baking powder, and salt. In another bowl, beat eggs to blend with buttermilk and 1/4 cup butter; pour into flour mixture. Stir batter until evenly moistened.

Scrape batter into a buttered 8-inch square pan and spread level.

3. Bake in a 400° oven until cornbread is browned, springs back when lightly pressed in the center, and begins to pull from pan sides, 20 to 25 minutes. Use hot or cool.



## Spring Roll



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### Description of Dish: Side Dish

Measure	Ingredient	Measure	Ingredient
4 bags	Egg roll wrap	4 lbs	Cabbage
2 lb	Peas	2 lb	Corn
2 lb	Carrot	1 lb	Green onions, with tops
2 bottle	Sesame oil	1 bottle	Soy sauce
1 bag	Dried pepper	1 bottle	Vinegar
	Salt		Vegetable oil

### Directions:

1. Cut the cabbage across into thin strips. Mix with 2 teaspoons salt and set aside for 5 minutes. Squeeze out the excess moisture.
2. In a large bowl, mix the cabbage, pea, green onions, corn, the remaining 1 teaspoon salt, 1 teaspoon sesame oil, and the white pepper.
3. Wrap the mixtures.
4. Fried them for 5 minutes
5. To make a dipping sauce, in a small bowl, mix the soy sauce with 1 teaspoon sesame oil. Serve with the Spring Roll.



# Mexico

## Polenta with Black Bean Salsa



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### Description of Dish: Vegetarian Dishes

Measure	Ingredient	Measure	Ingredient
16 oz roll	Refrigerated polenta	3 tbsp	Butter
15 oz can	Black beans, rinsed and drained	1 cup	Chunky salsa
1	Green bell pepper, chopped	2 tbsp	Chopped fresh cilantro or parsley
1/2 cup	Shredded Pepper Jack cheese	1/4 cup	Grated Parmesan cheese

### Directions

Cut polenta into 1/2" slices.

In medium bowl, combine black beans, salsa, green pepper, cilantro, and cheeses and mix gently. Set aside.

In heavy nonstick skillet, melt butter over medium heat.

Add polenta rounds; cook, turning once, until golden brown and crisp.

As polenta cooks, remove to paper towels to drain.

Place two polenta rounds on each plate and top with black bean mixture.

Serves 6

# Italy

## Italian Cream Cake



Andrea Henderson  
Equal Opportunity  
and Access



### Description of Dish: Cakes & Pies

Measure	Ingredient	Measure	Ingredient
1 cup	Buttermilk	5	Eggs, separated
1 stick	Margarine	2 cups	Flour
1 cup	Chopped nuts	1 tsp	Baking soda
1/2 cup	Crisco (solid vegetable shortening)	1 tsp	Vanilla
1 cup	Coconut		
8 oz	Cream cheese	1 box	Powdered sugar
1 cup	Chopped pecans	1 stick	Margarine
1 tsp	Vanilla	1 cup	coconut

### Directions:

Preheat oven to 350 degrees. Combine soda and buttermilk. Let stand a few minutes. Beat egg whites until stiff. Cream sugar, margarine, and Crisco. Add egg yolks one at a time, beating well after each addition. Add flour alternately with buttermilk to cream mixture. Stir in vanilla, pecans and coconut. Gently fold in egg whites. Pour into greased and floured pans. Bake 25 minutes or until done. Makes 3 layers.

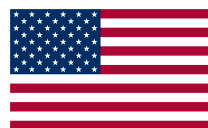
### Frosting:

Blend cream cheese and margarine. Mix in powdered sugar. Stir in vanilla, pecans and coconut. Spread on cooled cake. Sometimes I leave the coconut out of the frosting.



## Red Velvet Cheesecake

If you love both red velvet cake and cheesecake, this recipe is for you. A red velvet filling is spiked with cocoa, topped with a creamy cheesecake layer, and baked in a dark chocolate crust—making a wickedly-delicious combination. Prep: 20 min.; Bake: 1 hr., 25 min.; Stand: 1 hr.; Chill: 8 hrs.



Shirval Moore  
Family and  
Consumer  
Sciences

### Description of Dish: Cakes and Pies

Measure	Ingredient	Measure	Ingredient
1 ½ Cups	Chocolate graham cracker crumbs	¼ cup	Butter, melted
1 tbsp	Granulated sugar	3	8 oz pigs cream cheese, softened
1 ½ cup	Granulated sugar	4	Eggs, large and beaten
3 tbsp	Unsweetened cocoa	1 cup	Sour cream
½ cup	Whole buttermilk	2 tsp	Vanilla extract
1 tsp	Distilled white vinegar	2	1 oz bottles red food coloring
1	3 oz package cream cheese, softened	¼ cup	Butter, softened
2 cups	Powdered sugar	1 tsp	Vanilla extract
Garnish	Fresh mint sprigs		



## Edam me Hummus



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Family and  
Consumer  
Sciences

### Description of Dish: Vegetarian Dishes

Measure	Ingredient	Measure	Ingredient
½ pound	Frozen shelled edamame (green soy beans) about 1 ½ cup	¼ cup	Tahini
¼ cup	Water	½ tsp	Freshly grated lemon zest
1	Lemon, juiced (about 3 tbsp)	1 clove	Garlic, smashed
¾ tsp	Kosher salt	½ tsp	Ground cumin
¼ tsp	Ground coriander	3 tbsp	Extra virgin olive oil
1 tbsp	Fresh flat-leaf parsley, chopped		

### Directions:

Boil the beans in salted water for 4 to 5 minutes, or microwave, covered, for 2 to 3 minutes.

In a food processor, puree the edamame, tahini, water, lemon zest and juice, garlic, salt, cumin, and coriander until smooth. With the motor running, slowly drizzle in 2 tablespoons of the olive oil and mix until absorbed.

Transfer to a small bowl, stir in the parsley and drizzle with remaining oil. Serve with sliced cucumbers, celery, and olives.

Can be refrigerated, covered, up to 1 day





# MISO Soup



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## Description of Dish: Soup

Measure	Ingredient	Measure	Ingredient
3	Onion	5	TOFU (firm)
.5 lb	Wakame Seaweed	3 lb.	MISO (soy bean paste)

## Directions:

Cut onions and tofu in small sizes. Put Water into the deep pot and heat it.

Then Put onion and tofu and boil them until onion becomes soft.

Then add Miso to the pot.

Finally, add WAKEME seaweeds.

## Directions:

Stir together graham cracker crumbs, melted butter, and 1 tablespoon granulated sugar;

Press mixture into bottom of a 9-inch springform pan.

Beat 3 (8-ounce) packages cream cheese and 1 1/2 cups granulated sugar at medium-low speed with an electric mixer 1 minute.

Add eggs and next 6 ingredients, mixing on low speed just until fully combined.

Pour batter into prepared crust.

Bake at 325° for 10 minutes;

reduce heat to 300°, and bake for 1 hour and 15 minutes or until center is firm.

Run knife along outer edge of cheesecake.

Turn oven off.

Let cheesecake stand in oven 30 minutes.

Remove cheesecake from oven; cool in pan on a wire rack 30 minutes.

Cover and chill 8 hours.

Beat 1 (3-ounce) package cream cheese and 1/4 cup butter at medium speed with an electric mixer until smooth;

gradually add powdered sugar and vanilla, beating until smooth.

Spread evenly over top of cheesecake.

Remove sides of springform pan. Garnish, if desired.

# Chile

## Que Que (Chilean Coffee Cake)



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### Description of Dish: Cake

Measure	Ingredient	Measure	Ingredient
1 cup	Sugar	½ cup	Unsalted butter
1 large	Egg	1 ¼ cups	Flour
2 tbsp	Baking powder	1 tsp	Baking soda
½ cup	Buttermilk	1 tbsp	Lemon rind
1 tsp	Vanilla	½ cup	Pecans
1 tsp	Confectioner's sugar		

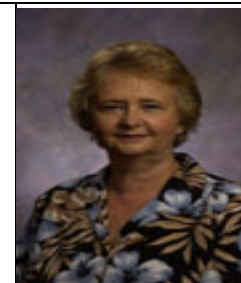
### Directions:

Preheat oven to 350 degrees.  
 Mix sugar and butter until light and fluffy.  
 Add egg and mix well.  
 Stir in flour, baking soda, and baking powder, alternating with buttermilk.  
 Add lemon rind, vanilla or lemon extract, and pecans.  
 Stir to mix.  
 Pour batter into well buttered, floured loaf pan. Bake for 45-50 minutes.  
 Check for doneness with toothpick.  
 Remove from pan and sprinkle with sugar.

# USA

## Kelly's Cheese Soup

This is a favorite of my family in the winter.



Sharon  
Chenoweth,  
Human Resources






### Description of Dish: Soups

Measure	Ingredient	Measure	Measure
16 oz	California Frozen Vegetables	2 ½ cups	Diced Potatoes
1 cup	Diced Celery	1 cup	Diced Onions
6 Cubes	Chicken Bouillon	2 Cans	Cream of Chicken Soup
1 lb	Velveeta Cheese Cubes	1 Small Can	Sliced Mushrooms
6 oz	Wide Noodles	2 Quart	Water

### Directions:

Combine water, potatoes, onions, celery and boil for 20 minutes,  
 Reduce heat after boiling starts.  
 Add vegetables and bouillon and cook 5 more minutes;  
 Add noodles and mushrooms and cook 5 more minutes;  
 Add soup and cheese and cook until the cheese is melted on reduced heat.

	<h1>Cabbage</h1>	
	<p>Eric Ribbons Biology</p>	

**Description of Dish: Side Dish**

Measure	Ingredient	Measure	Ingredient
1 head	Cabbage	~1	Apple
~1/2 cup	Red cooking wine	1 tsp dried / 1 tbsp fresh	dill
~1/2 cup	Beef broth		

**Directions:**

Chop one head cabbage. (Green or red)

Peel and coarsely chop one or more apples.

In large covered saucepan, mix: Cabbage, Apple, beef broth and red cooking wine (I just dump some in, probably about 1/2 cup to a cup of each, depending on how big the cabbage is)

Season with dill to taste. I use a lot of dill, maybe a teaspoon dried or a tablespoon fresh. Fresh is great, dried is fine.

Bring to a boil and simmer for 15 minutes. Stir occasionally. Add more broth if fluid is getting low as it cooks. Serve hot.

**Options:**

Add other vegetables. Peeled carrots are good.

Add chopped nuts, such as English walnuts.

Add a handful of raisins.

Serve with a little sour cream or some good cheese.

	<h1>Peppermint Stick Dessert</h1>	
	<p>My mother made this every Christmas</p>	

**Description of Dish: Desert**

Measure	Ingredient	Measure	Measure
1 cup	Vanilla Wafer Crumbs	1/2 cup	Small marshmallows
1 pint	Heavy whipping cream	2/3 cup	Crushed Peppermint Sticks

**Directions:**

Whip whipping cream until peaks form but do not over beat.

Put 3/4 cup of crumbs in softened butter and put in a 10" round or square pan.

Combine remaining ingredients and spread on top of crumbs.

Sprinkle remaining crumbs on top and chill for 24 hours before serving.

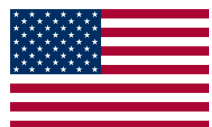


# Hasty Pudding

My mother made this a lot for desert, it was cheap for a family of 5.



Sharon Chenoweth, Human Resources



### Description of Dish: Desert

Measure	Ingredient	Measure	Measure
1/2 cup	Sugar	1 cup	Flour
3/4 cups	Brown Sugar	1 tsp	Vanilla
1/2 cup	Milk	2 tsp	Baking Soda
1 T	Butter		

### Directions:

In a pan boil 2 cups water

Add brown sugar, butter and vanilla

Put into a 9 x 13 baking dish.

Mix sugar, milk, flour, and baking powder.

Drop by spoonful into the water mixture and bake at 375 degrees for 30 minutes.



# Rice Ball



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### Description of Dish: Rice, Potato, Pasta Dishes

Measure	Ingredient	Measure	Ingredient
10 lb	Botan Rice	1 lb.	Seaweeds
	salt		

### Directions:

Cook rice.

Put salt to water, then wet hands with the water.

Then make "ball" with rice.

Then put seaweeds around the rice ball.

	<h2>Abodo (Spicy Filipino Dish)</h2>	
	2011 International Bazaar	

**Description of Dish: Rice, Potato, Pasta Dishes**

Measure	Ingredient	Measure	Ingredient
2 pkgs	Frozen chicken wings	2 bulbs	Garlic
5 cups	White vinegar	3 cups	Soy sauce
2	Bay leaves		Pepper to taste
	Sugar to taste		

**Directions:**

Place thawed chicken in a pot  
 Add vinegar, soy sauce, chopped garlic, pepper, bay leaves, sugar  
 Bring to a boil (Do not stir)  
 Lower heat to medium.  
 Cook for about 20-25 minutes until chicken is falling off the bones  
 Remove from heat  
 Pan fry the chicken for 3 minutes to brown and then add the remaining sauce to the pan.  
 Remove the bay leaves.

Traditionally, this is served with White Rice.

	<h2>Strawberry Pretzel Salad</h2> <p>This is a family favorite in my house!</p>	
	Gretchen Steil -Weiss Disability Resource Center	

**Description of Dish: Desert**

Measure	Ingredient	Measure	Ingredient
2 c.	Crushed pretzels	2 3oz pkgs	Strawberry gelatin
2 tbsp	Brown sugar	20 oz pkg	Frozen strawberries
3/4 cup	Melted butter	2 c.	Boiling water
1 c.	White sugar	1 tub	Cool whip, thawed
1 8oz pkg	Cream cheese, softened		

**Directions:**

Preheat oven to 400 degrees F (200 degrees C).

Stir together crushed pretzels, melted butter and 3 tablespoons brown sugar;

Mix well and press mixture into the bottom of a 9x13 inch baking dish.

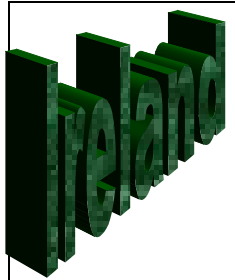
Bake 8 to 10 minutes, until set. Set aside to cool.

In a large mixing bowl cream together cream cheese and 1 cup white sugar.

Fold in whipped topping. Spread mixture onto cooled crust.

Dissolve gelatin in boiling water. Stir in still frozen strawberries and allow to set briefly.

When mixture is about the consistency of egg whites, pour and spread over cream cheese layer. Refrigerate until set.



# Mini Morsel Shortbread Squares



Marcella N. Aronson  
Grad Student-Counseling



### Description of Dish: Desert

Measure			
1 Cup	Butter (softened)	¾ cup	Granulated sugar
1 large	Egg	1 tsp	Vanilla
2 ¼ cups	All purpose flour	2 cups	Semi-sweet mini chocolate chips, divided

### Directions:

Preheat oven to 350 degrees.  
 Beat butter and sugar in large bowl until creamy.  
 Beat in egg and vanilla.  
 Gradually beat in flour.  
 Stir in 1 cup of mini chocolate chips.  
 Press onto bottom of ungreased 13x9 baking pan.  
 Bake 30 to 33 minutes or just until top is light brown.  
 Remove from oven and immediately sprinkle with remaining chips.  
 Let stand about 5 minutes until chips are shiny and then spread with knife over shortbread.  
 Cool and cut into squares.



# Rice & Beans with Chicken and Beef Cubes



2011 International Bazaar



### Description of Dish:

Measure	Ingredient	Measure	Ingredient
2.5 lb	Jasmine rice	1 lb	Black eyed peas
30 oz	Tomato paste	90 oz	Diced tomatoes
6 lb	Chicken breast	6 lb	Beef
1 liter	Olive oil	1 lb	Diced onions
1 lb	Diced green & red peppers	1 cup	Jalapenos
1 cup	Chili peppers	2	Garlic
1 cup	Parsley	1 sm container	Goya seasoning
10 oz	Chicken stock	½ cup	Baking soda

### Directions:

In a big pot, boil some water. Add the black eye peas and baking soda to the boiling water. Let boil for 10 to 15 min. Then add the rice and some salt. Let boil until it is done. Marinate the cut chicken and beef (separately) for 24hrs, and fry them in hot oil. Start the sauce with some oil in a sauce pan. Add onions, garlic and the peppers. Season them and turn until caramelized. In another pan, add tomato paste to oil, then the baking soda and finally the diced tomatoes. Mix until homogenize. Add seasoning and veggies. Blend onions, jalapeños, chili peppers, parley and green peppers with some olive oil to make up the hot sauce.



# Jordan

## Maqloobeh (Upside Down)



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### Description of Dish: Main Dishes

Measure	Ingredient	Measure	Ingredient
4 pcs	Chicken	1	Onion
2 tsp	Baharat or 2 tsp curry powder	2 tsp	Salt
8 tbsp	Vegetable oil	7 cups	Water
2 cups	Cauliflower	4 cups	Uncooked rice
½ cup	Canned chickpeas	¼ tsp	Cardamom powder
¼ tsp	Black pepper	1 pinch	cinnamon
	Natural plain yogurt		

Place rice in a bowl and leave until grains are white, about 1/2 hr (this step is not necessary). Rinse rice until water is clear and then leave to drain in colander.  
 Dice onion and fry until golden with first amount of oil in a medium-large size saucepan. Add chicken and brown. --Add 8 cups water and mix. --Add 1 teaspoon of mixed savoury spices and 1 teaspoon salt. --Cook for one hour. --While the chicken is cooking, fry pieces of cauliflower with second measurement of oil. --Fry until golden (well-cooked) but not burnt. Put aside. --When chicken is ready, sieve stock into bowl and remove the chicken pieces. Coat with pinches of salt and mixed spices. --Brown under grill. --Get a medium sized pot. (I recommend a non-stick one. I've tried this in my stainless steel pot however the bottom and sides get too hot so the outsides turn out burnt ? so if your pot has a tendency to do the same then don't use that one!) Sprinkle a fine layer of rice on the bottom to prevent the other ingredients from sticking. --Place chicken pieces face down in saucepan (be careful that the rice remains below the chicken). --Place cauliflower pieces into saucepan, pressing it into the holes left by the chicken. --Add chickpeas in the same way. --Sprinkle 3/4 teaspoon of spices and 3/4 teaspoon of salt. --Add rice and spread evenly. --Carefully and slowly pour the chicken stock on top to cover rice. --Cook on stove-top until rice is cooked. --Quickly flip the saucepan upside down onto a large serving tray (preferably round).-- Rub and cool down top of pot with a wet cloth. --Carefully remove the pot, trying not to let the Upside Down collapse! (Don't worry if it does, it happens even to the experts!). --Traditionally all people eat from the one big tray, each person eating from strictly in front of him, but it can also be served onto plates at the table. --Eat with small bowls of yoghurt.

# Ireland

## Irish Apple Crumb Tart



Marcella N.  
Aronson  
Grad Student-  
Counseling



### Description of Dish: Desert

#### Tart

1 cup	Flour	1 tbs	Sugar
½ tsp	Salt	1	Egg, beaten
6 cups	Tart apples, sliced	½ tsp	Baking powder
¼ cup	Butter		

#### Topping

½ cup	Sugar	1/3 cup	Butter
2/3 cup	Sifted flour	1 tsp	cinnamon

#### Directions:

Sift flour, sugar, baking powder and salt into large bowl. Cut in butter and add eggs. Toss with fork until dough forms. Roll on floured surface. Fit dough into a 10 inch pie pan. Arrange apples over dough. Sprinkle topping (see recipe below) over apples and bake at 400 degrees for 50 minutes or until golden brown.

Topping: Combine all ingredients and mix with fork until mixture is coarse. Sprinkle over apples. Bake as directed above.

# Jamaica

## Gizarda (Jamaican Dessert)



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### Description of Dish: Dessert

Measure	Ingredient	Measure	Ingredient
1 lb	Pastry flour	1/2 tsp	Sugar
1/8 tsp	Salt	1/4 lb	Margarine, cold
1/4 lb	Shortening, cold	3/4 cup	Cold water
1 large	Dry coconut, grated	1/2 cup	Dark sugar
1 tbsp	Flour	1/2 tsp	Cinnamon
1/4 tsp	Salt	6 tbsp	Water
1 tsp	vanilla		

1. Place flour in a large bowl, add sugar and salt and mix well.
2. Shred the cold margarine and shortening, add to the flour and rub in until the mixture looks like fine breadcrumbs.
3. Add cold water to the flour mixture and gently mix to form pastry dough. Do not knead. Cover the pastry and place in the refrigerator to relax for about 15-18 minutes.
4. Lightly dust the work surface with flour. Remove pastry from the refrigerator and place on the floured work surface. Use a lightly floured rolling pin to roll out the pastry.
5. Use a 3 1/2 - 4 inch cutter to cut rolled pastry into circles. Crimp the edge using the thumb of one hand and the thumb and fore finger of the other hand.
6. Place on a cookie sheet, fill each with about three tablespoons coconut mixture and bake in a pre-heated oven at 205°C/400°F for 15-20 minutes.

#### Filling

1. Combine grated coconut, dark sugar, flour, cinnamon powder and salt in a pot and mix well.
2. Combine water and vanilla essence and add to the coconut mixture, mix well.
3. Place over medium heat and boil for about 10 minutes.
4. Remove from flame and allow cooling.
5. Use as a pastry filling.

# Nepal

## Aaloo ko Achar (Nepali Potato Salad/Pickle)



2011 International  
Bazaar



### Description of Dish: Salads

Measure	Ingredient	Measure	Ingredient
3 lb	Potatoes	2	Lemons
3 tbsp	Corn oil	2	Red onions
1	Cilantro	1 tsp	Chili powder
1	Cucumber	4	Green chili
4 tsp	Salt	1/4 lb	Sesame seeds
2 pcs	Green/yellow/red pepper	1	Cabbage
4 tsp	Turmeric		

#### Directions:

Boil and peel potatoes. Chop them into cubes (1 inch).

Heat the sesame seed (til) in a pan till crisp. Remove from heat and let it cool. Grind into a fine powder.

Mix the powder, chili, salt, turmeric, lemon juice, cabbage, cucumber, cilantro and corn oil to potatoes.

Mix well. Then add green chilies.

Garnish with coriander leaves and Serve.

# Nepal

## Pulau (Fried Rice with Vegies)



2011 International Bazaar



### Description of Dish: Rice, Potato & Pasta Dishes

Measure	Ingredient	Measure	Ingredient
3 lbs	Basmati Rice	½ lb	Unsalted butter
½ lb	Green peas	1 lb	Carrots
¼ lb	Raisins	¼ lb	Unsalted cashews
¼ lb	Whole cloves	¼ lb	Cardamom
¼ lb	Cinnamon	5	Red Chilis

#### Directions:

Wash rice in lot of water and then soak in water for about 1 hour. Heat ghee in a pan, add cumin and when they start to change color, add cloves, cardamom, and cinnamon. Add chilies. Cook on medium heat for one minute. Add carrot, Raisins, unsalted cashew, whole Cloves and green peas for 2 to 3 minutes. Drain the water from rice and add rice, stir gently for about a minute. Add 2 and 1/2 cup of water. Cook on high heat, stirring gently but continuously.. When water is almost absorbed lower the heat. Cover the pan and continue cooking for about 5 to 7 minutes or until the rice is completely cooked.

# USA

## Chocolate Covered Strawberries



Shirval Moore  
Family and Consumer Sciences



### Description of Dish: Desserts

Measure	Ingredient	Measure	Ingredient
16 ounces	Milk chocolate chips	2 tbsp	Shortening
1 lb	Fresh strawberries, with leaves		Toothpicks
	Styrofoam form		

#### Directions:

Insert toothpicks into the tops of the strawberries.

Melt chocolate and shortening in double boiler, stirring occasionally until smooth.

Holding strawberries by toothpick, dip into chocolate mixture

Turn strawberries upside down and insert the toothpick into Styrofoam for the chocolate to cool.

	<h2>Degue (Cous Cous Yogurt)</h2>	
		2011 International Bazaar

**Description of Dish: Dessert**

Measure	Ingredient	Measure	Ingredient
2 lb	Couscous	1 gallon	Milk
30 oz	Plain yogurt	20 oz	Vanilla yogurt
20 oz	Sour cream	1/2 lb	Coconut flakes
30 oz	Mixed fruits	1/2 lb	Sugar
7 oz	I can't believe it's not butter		

**Directions:**

Boil some water and add it to a container with the couscous. Close tightly for a few minutes until it is done. Add some of the butter to the hot couscous and mix well. Cover and put aside for a while. In a big bowl, mix the sour cream and the yogurt. Then add the milk and the sugar last. Add the couscous to the mixture, then the coconut flakes and finally the mixed fruits. Mix well, taste and add sugar if needed. Let it cool in the fridge along with some milk.

<h1>Saudi Arabia</h1>	<h2>Kabsa (Rice with Chicken)</h2>	
		2011 International Bazaar

**Description of Dish: Rice, Potato, Pasta Dishes**

Measure	Ingredient	Measure	Ingredient
5 cups	White Basmati Rice	Varies	Water (depends on pot used)
2	Tomatoes	2	Chopped onions
2 tsp	Baharat spice	3/4 can	Tomato paste
1 sm snack box	Raisins	2	Large chickens
1	Cinnamon stick	2 tsp	Garlic powder

Thaw chicken according to meat packing directions, wash chicken thoroughly and take the skin off the chicken. Set aside skinned chicken, but no longer than a few minutes so as not to promote bacterial growth.

In a large boiler-pot add oil, chopped onions and 1 heaping teaspoon of cardomon stirring until browned on medium high heat.

Add boiling water to the boiler-pot until half full.

Add salt according to your own taste, 2 heaping tablespoons of cardamom, 2 heaping teaspoons of garlic powder, the cut tomato, 3/4 can of tomato paste, 1 black lemon and the raisins to the already browned onions. (adding the 2 packets of "Wylers instant beef broth at this time is optional).

Stir on medium heat and try a little of the broth (add spices to suit your own taste).

Add chicken to the broth and keep at medium heat. Cover with aluminum foil and then the pot lid.

Boil chicken on medium high for approximately 30 minutes. Turn down heat to medium temperature and take the chicken out of the broth and place in an oven baking dish into a preheated oven at 300 degrees F. & bake.


Strain the broth. Keep the strained ingredients in one bowl and the broth in another bowl.

Put the ingredients (e.g. onions, tomato, black lemon, etc.) back into the boiler-pot.

Add the 1 1/2 cups of Basmati rice along with 3 measured cups of the kapsa broth that you had previously set aside in a bowl.


Bring the Basmati rice, the Kapsa broth and all the ingredients to a boil, then immediately turn down heat to low and cover sealing tightly again with aluminum foil. Cover with a lid over the aluminum foil. Do not open or peek at it for at least 10 minutes. Then periodically check to see if rice is light and fluffy, but do not stir rice.





## Jollof Rice

Jollof Rice is an extremely popular dish throughout West Africa with many variations that depend on country. In this version, cooked chicken and/or cooked beef cubes are optional.




Laurian Bowles  
Sociology/Anthropology and  
African American Studies

### Description of Dish: Rice, Potato & Pasta Dishes

Measure	Ingredient	Measure	Ingredient
¼ c	Vegetable oil	1 tbsp	Salt
2	Medium Yellow onions	3 cloves	Garlic
1 each	Red & Green pepper(chpd)	1 tbsp	Chili powder (optional)
3 cups	Long grain rice	1 ½ lbs	Chicken or cubed beef (optional)
¼ cup	Tomato paste	1 cup	Green peas (optional)
2 cups	Chopped tomatoes		

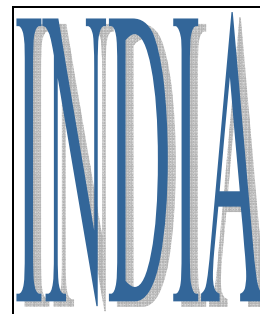
#### Directions:

Heat the oil over medium-high flame in a large pot or stockpot. Working in batches, add the chicken and brown on all sides. Remove the chicken to another pot and add the water (to cover the chicken) and one cube of chicken bouillon (optional). Bring to a boil then reduce heat to low and simmer for 20 minutes. While the chicken simmers, pour all but 2-3 tablespoons of oil out of the first pot. Then reheat the oil over medium flame, adding onions, peppers, chili powder and salt. Sauté until the onions are wilted and translucent, 4-5 minutes. Add the garlic and sauté for another 1-2 minutes. Add the tomato paste. Simmer for 1-2 minutes. Add the chopped tomatoes, and salt. Let the ingredients cook down for 2-3 minutes.

Stir the rice into the vegetable mix. Heat through for another 1-2 minutes. Stir to coat the rice and give it a reddish hue.

If boned, remove chicken from bones. Discard skin. Add chicken into the vegetable mixture. Stir. Add 4 cups of the reserved chicken stock to the vegetable mixture. Stir 1 minute.

Bring to a boil, reduce heat to low, cover tightly and simmer for 20-25 minutes. Remove lid and stir well. Cover with lid again. Simmer on very low heat 1-2 minutes. Remove from heat. Let rest another 10 minutes. Best served with a hearty tossed salad.



## Gulab Jamun – Waffle Balls






2011  
International  
Bazaar

### Description of Dish: Desert

Measure	Ingredient	Measure	Ingredient
2 pkts.	Gulab Jamun Mix	2 lb	Ghee
2.5 lb	Sugar	250 ml	Milk
2 gal	Distilled water		

#### Directions:

1. Empty the contents of the Gulab Jamun Mix into a vessel.
2. Add required amount of ghee and milk to make soft dough. Put it aside for a period of 15 minutes to allow the dough to soften further.
3. After the duration of time, use the dough to make small round balls.
4. Meanwhile in a big pan take 2 gallons of water and empty sugar to make sugar syrup at a low flame.
5. Simultaneously heat the ghee in a pan. After the ghee reaches a certain temperature, the round balls are dropped into the hot ghee and allowed to fry until the balls turn in to “Golden-brown” color.
6. After the balls attain the golden-brown color, they are collected from the pan and dropped into the sugar syrup. Allow the waffle balls to soak in the sugar syrup.

	<h2 style="text-align: center;">Buko Fruit Salad</h2>	
		<p style="text-align: center;">2011 International Bazaar</p>

**Description of Dish: Salads**

Measure	Ingredient	Measure	Ingredient
2 cans	Fruit cocktail	2 cans	Tropical fruit cocktail
2 pkgs	Young coconut strips	2 cans	Condensed milk
4 cans	All purpose cream		

**Directions:**

- Drain the syrup from cans
- Mix in shredded coconut in a large bowl.
- Add condensed milk
- Add cream
- Chill overnight (or 4 hours)

	<h2 style="text-align: center;">Tortilla de Patata (Potato Pancake)</h2>	
		<p style="text-align: center;">2011 International Bazaar</p>

**Description of Dish: Rice, Potato & Pasta**

Measure	Ingredient	Measure	Ingredient
2 tbsp + 1 ½ tbsp	Butter	7-8 slices	Red bell pepper
7-8 slices	Fresh Poblano Chili Pepper	7-8 slices	Onion
1 tbsp+2 tsp	Bacon drippings	5 medium	Potatoes, peeled & sliced
3 ¾	Eggs, lightly beaten	2 tbsp + 1 ½ tsp	Water
1 tbsp + 2 tsp	Finely chopped parsley	1 ¼ cups	Shredded
	Salt & pepper to taste		

**Directions:**

1. Place potatoes in a large bowl, cover with cold water, and refrigerate for 30 minutes or so. Drain, pat dry, and season with salt.
2. Melt butter in a large skillet over medium heat. Sauté bell pepper, poblano pepper, and onion in butter until soft. Remove from pan, and set aside. Melt remaining 2 tablespoons butter and bacon fat in pan, and fry the potatoes until crisp and medium brown. Transfer to a plate lined with paper towels.
3. Preheat oven to 225 degrees F (110 degrees C).
4. Arrange the potatoes in a lightly buttered, non-stick pan, preferably a deep, slope-sided skillet. Arrange the onions and peppers over the potatoes, and then spread cheese over the top. In a mixing bowl, beat eggs with water, parsley, and salt and pepper; pour the mixture over the potatoes. Put the skillet in a larger pan with a half-inch of water in it.
5. Bake in preheated oven until eggs set, about 30 to 40 minutes. Remove the tortilla, let cool, and loosen edges from the pan. Put a serving plate over the skillet, and flip the tortilla over onto the plate. Cut into small pie-shape wedges. Refrigerate until ready to serve; reheat if desired.





## Potato Pancakes

It is traditional to eat potato pancakes, known as latkes in Yiddish, for Chanukah. Below is a recipe Elaine and I use. Al Goldfarb



Al Goldfarb  
President

### Description of Dish: Rice, Potato & Pasta Dishes

Measure	Ingredient	Measure	Ingredient
6	Potatoes	1	Onion
2	Eggs, well beaten	1 ½ tsp	Salt
½ cup	Flour		Oil for frying

#### Directions:

Peel and finely grate potatoes.

Drain.

Grate onion finely in a separate bowl and then mix in eggs, salt, and flour.

Stir potatoes into that mix.

Heat oil in a frying pan.

Drop 2 tablespoons or so of mixture into hot oil and flatten into pancake.

When one side is brown turn over.

When pancakes are done, serve with either applesauce or sour cream.

# Mexico



## Ensalada de Nopales (Cactus Salad)



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### Description of Dish: Salads

Measure	Ingredient	Measure	Ingredient
1 lg jar	Nopales	1 medium	White onion, diced
4	Roma tomatoes, diced	½ bunch	Cilantro, sliced thin
½ tbsp	Mexican Oregano	2	Limes, for juice
½ cup	Queso Fresco, crumbled	1	Jalapeno, diced (optional)

#### Directions:


1. First drain and rinse the nopales in colander. Then set them aside in a bowl.
2. Add the chopped onion, tomato, cilantro, oregano, into bowl with nopales, and mix thoroughly. Also if you choose the optional ingredient add the jalapeno at this step, not the cheese!
3. Take the juice of 2 limes and pour over mixture (check if salt is needed),
4. mix again thoroughly.
5. Top with crumbled queso fresco cheese. You can either serve immediately or refrigerate for later use.


	<p><b>Steamed/ Baked Coconut Prawn Curry</b> From the State of West Bengal</p>	
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	<p><b>Main Course</b></p>	<p>Samit Chakravorti Management and Marketing</p>
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**Description of Dish:** It is a one of the favorite seafood dishes in the state of west Bengal on the eastern part of India. This is also shared with Bengalis of Bangladesh. Traditionally prawns/shrimps marinated in mustard and yogurt would be put into a ripe fresh coconut . The coconut would be tied up and put into the clay oven till the shrimps are cooked and the coconut milk inside melts and mixes up with the shrimps. It is unfortunately no longer done that way because of the inconvenience of the process. Several different variations exist throughout the region. The following is one of them

Measure	Ingredient	Measure	Ingredient
1 lb	Shrimp (Jumbo)	2	Bay Leaves (dried or fresh)
1	Onion medium chopped finely	1 tsp	Garlic grated
1	Green chilli deseeded and chopped	2	Small Dried red chilli
1Tbsp	Mustard Paste (Stone Ground or Spicy Brown)	1 Tbsp	Yogurt Plain
¼ cup	Thick coconut milk	2 Tbsp	Oil (Olive or Canola)
1 tsp	Turmeric	½ tsp	Cayenne Pepper
1-2 Tbsp	Chopped fresh cilantro.	½ tsp	Garam Masala

	<p><b>Czech Potato Dumpling</b></p> <p>This is a heavy dumpling traditionally served with roast pork and sauerkraut.</p>
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	<p>Fran (Brabec) Hainline</p> <p>African American Studies</p>
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**Description of Dish: Rice, Potato & Pasta Dishes**

Measure	Ingredient	Measure	Ingredient
6	Large potatoes		Butter
1	Extra large egg	½ cup +	Flour
1 ½ tsp.	Salt		

**Directions:**

Peel potatoes and boil whole in salt water until fork-tender. Drain well.

Press whole potatoes through a hand ricer onto a floured surface. Let cool completely.

Make a well in the 'riced' potato pile; add egg, salt and flour. Mix by hand until you can form a log (may need to add extra flour). Form oval log approximately 3 inches wide.

Drop log into boiling salt water.

Boil gently about 5 minutes until cooked through.

Drain well and cool. Slice log into ½ inch thick slices.

Brown in melted butter in skillet until golden crisp on both sides.

Boiled logs may be stored in the refrigerator and browned at a second meal. Makes approximately 10 slices.

Most Czech cooks would make 3-4 logs for a family meal.

# Chile

## Porotos Grandos (Chilean Bean Stew)



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### Description of Dish: Main Dishes

Measure	Ingredient	Measure	Ingredient
1 tbsp + 2 tbsp	Olive oil	1 <sup>3</sup> / <sub>4</sub>	Yellow onion, chopped
3 1/3 cup	Butternut squash, cubed	15 oz can	Great northern beans
1 2/3 cup	Lima beans, frozen	5 cups	Chicken stock
3 1/3 cups	Corn, frozen	3 tbsp + 1 tsp	Fresh basil, chopped
1 <sup>3</sup> / <sub>4</sub>	Banana pepper, chopped		

### Directions:

Heat the olive oil in a stock pot over medium heat; add the onion and cover. Cook the onions until soft and translucent, about 5 minutes. Stir the squash, great Northern beans, and lima beans into the pot; pour the chicken stock over the mixture. Cover and cook until the squash is tender and beginning to break apart, 30 to 45 minutes. Stir the corn and basil into the stew; cook until the stew reaches the consistency of pancake batter, about 10 minutes more. Sprinkle the chopped banana pepper over individual portions to serve.

### Directions:


1. Marinade the Prawns/Shrimps with a pinch of turmeric, green chilli, mustard paste, yogurt, coconut milk, salt (1 tsp) and sugar (to taste) for not more than 15 minutes
2. Heat the oil in a frying pan over medium heat. When oil is hot add whole dried red chilies, bay leaves and garam masala. Immediately add chopped onion and garlic. Add turmeric and chili powder. Fry till onions are soft and light brown in color approximately 5-7 mins
3. Add the onion mixture to the marinated prawns and mix well.
4. Put the prawn mixer in a steamer and steam for about 5 mins on the stove top till the prawns turn pink. If you have a microwave steamer follow the guidelines provided by the manufacturer. Alternatively you can also bake the prawn mixer in a glass/ceramic/clay baking pan, covered for about 20 mins at 300 F
5. Garnish with chopped fresh cilantro or basil or tarragon. Serve warm with Basmati/Jasmine rice

Accompaniment: Any cooked green of your choice (kale, spinach to name a couple)

Wine: sauvignon Blanc, Pino Grigio, Reisling, Gewurtzraminer, unoaked chardonnay

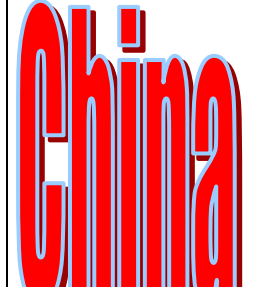

Notes: Garam Masala is a combination of ground cinnamon, cardamom, cloves, and black pepper found in Indian grocery stores. Both Peoria and Quad Cities have a couple. If you cannot get hold of garam masala a close substitute will be 1 tsp allspice powder mixed with 1/4<sup>th</sup> tsp of ground cinnamon. Turmeric is a yellow colored powder found in Indian store. Belongs to the ginger family. Is mainly used for color. Has a very subtle flavor.

	<h2>Meat Rezala</h2> <p>From the State of West Bengal</p>	
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	<b>Main course</b>	Samit Chakravorti; Management and Marketing
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**Description of Dish:** Meat cooked in light yogurt and spices. Shows a distinct mughal (muslim) influence in Bengali cooking. Originated when nawabs (muslim nobleman of the mughal empire) from different parts of India were exiled in Kolkata and brought with them hundreds of chefs and spices who later disseminated and opened restaurants

Measure	Measure	Measure	Ingredient
1 lb	Red Meat (preferably lamb) preferably Ribs	3	Crushed Black Cardamom
1	Onion pureed	3 Tbsp	Plain Yogurt
1.5 Tbsp	Ginger paste	1 tsp	Mace powder
2 Tbsp	Garlic paste	2 Tbsp	Heavy cream
2 Tbsp	Cashew nut grounded	6	Whole dried red chilies
4	Green Cardamom crushed	3	Green chilies halved and seeded
1 tsp	sugar	¼ tsp	saffron
1/2 tsp	Rose/kewra water essence	2 Tbsp	milk
¼ cup	Ghee (clarified butter)	1 tsp	salt

	<h2>BBQ Pork</h2>	
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		2011 International Bazaar
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**Description of Dish: Main Course**

Measure	Ingredient	Measure	Ingredient
500 g	Fresh pork	120 ml	Char Siu Sauce
1 tsp	Cooking wine	10 g	Green onion
10 g	Garlic	45 ml	honey

**Directions:**

Wash fillet first, then dry it and put it to a boil. Add char siu sauce, cooking wine, green onion, garlic to the boil and marinated with 2 hours.

Then use the brush to brush honey barbecued meat evenly, let it dry naturally about 10-15 minutes.

Mat in the bottom of aluminum foil baking pan, and put barbecued pork into the oven, bake at 180 degrees for 30-40 minutes.

Then remove the smear pickled surface of the meat juice, then into the oven, with 150 degrees of fire and continue to bake for 10 minutes

At the end cut pork into pieces.

# INDIA

## Chicken 65



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### Description of Dish: Main Dish

Measure	Ingredient	Measure	Ingredient
5 lb	Chicken, boneless	5 tsp	Corn flour
5 tsp	All purpose flour	3	Eggs
4 tsp	Ginger paste	4 tsp	Garlic paste
5 tsp	Red chili powder	30 nos	Green chilies
5 cups	Yoghurt	3 tsp	All spice
10 drops	Red food coloring	5	Onion, for garnish
2 bunch	Curry leaves	3 bunches	Cilantro
½ lb	Cashews	7 tps	Lime juice
To taste	Salt	2 cups	Veg Oil for frying

### Directions:

1. Mix corn flour, all purpose flour, egg, ginger garlic paste, chili powder and salt to thick batter. Add water if required.
2. Add chicken pieces to the batter and marinate for an hour.
3. Deep fry the marinated chicken pieces till they turn golden.
4. Heat 4 tsp oil in a sauce pan and add slit chilies, yogurt, garam masala, red color, little salt and the fried chicken pieces.
5. Fry for 4-5 minutes and remove from heat.
6. Add lime juice, mix well and garnish with onions.

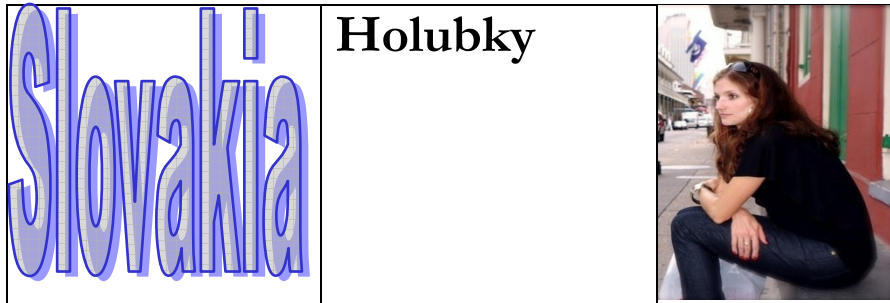
### Directions:

1. Mix the meat, yogurt, onion, ginger, garlic, cashew, green and black cardamom (if you cannot find black cardamom replace with equal number of green cardamoms), mace, salt and sugar. Marinade for 1-2 hours.
2. In a deep skillet/broad saucepan heat the ghee over medium high heat. (If you cannot find ghee you may replace it with other forms of clarified butter. If you want you can make it healthier by replacing ghee with canola oil. That will however change the taste of the dish). Shake excess marinade from the meat and add to the skillet in a single layer. Do not overcrowd. Repeat the process twice or more times depending on the size of your skillet. You want the meat to brown not steam. Lower the heat to medium after 5 minutes and fry for 10 more minutes.
3. Add the leftover marinade and the whole red chilies. Bring to boil, reduce heat to low and cook covered till the meat is tender about an hour. (At this point you can transfer the whole thing to a slow cooker and complete the cooking in the slow cooker for about 3 hrs on high and 7 hrs on low)
4. Mix the saffron and milk in a small container and warm it. Add to meat
5. Add cream and halved green chilies to meat. Cook for 15 (on stovetop) or 30 minutes (in slow cooker)
6. Add rose/kewra essence to meat and heat for 10 minutes (on stovetop) or 15 minutes (in slowcooker). Serve warm with Indian parathas or over basmati/jasmine rice.

Accompaniment. To cut through the richness and aroma of the dish serve with a tangy and sharp salad. Complementary wine: riesling, gewürztraminer, chardonnay, shiraz

Notes: A few ingredients are essential to give this dish an authentic flavor. If you do not find these in Macomb you will need to visit supermarkets in Peoria or Moline and/or Indian grocery stores in Moline or Peoria. Alternatively you should be able to order these online from Amazon. These ingredients are: 1. saffron, 2. Ghee, 3. Rose/kewra essence





## Holubky

Gretchen Steil-Weiss  
Disability Resource Center



### Main Course

Measure	Ingredient	Measure	Ingredient
1 cup	Uncooked rice	1 large can	sauerkraut
½ tsp	Paprika	½ tsp	pepper
1 med	Chopped onion	1 tsp	Caraway seed
1 tbsp	shortening	1 tbsp	flour
1 med	cabbage	5 cups	water
1 tsp	salt	1 ½ lbs	Ground beef

#### Directions:

With sharp paring knife, lift out core of cabbage (2 inches deep). Place cabbage, core side down, in large kettle of boiling water. Water should cover cabbage. After a few minutes, with knife and fork, cut off and lift the leaves out as they soften. Be careful not to break them. Cut off part of each leaf's center vein.

Mix meat, rice, onion, salt, 1/2 tsp paprika, and black pepper in a bowl. Place 2 tbsp of meat on each leaf (more if cabbage leaves are large), and roll up, folding sides in. Place remainder of cabbage (shredded) with sauerkraut. Put a layer of this mixture into bottom of large pot, and place layer of rolls on top. Repeat until meat is used up. Cover with water, and bring to a boil. Simmer about 2 hours.

Brown flour in shortening. Add 1 tsp paprika, blend in thoroughly. Take 1 cup of liquid from the cabbage, and stir until well blended. Bring to boil, and pour over the stuffed cabbage. Simmer 2 minutes.

NOTE: Sauerkraut may be omitted. Instead, use the remainder of the cabbage (shredded) and use slightly diluted tomato juice instead of water (or whole canned or fresh tomatoes).



## Ackee and Saltfish (National Jamaican dish)



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### Description of Dish: Main Dish

Measure	Ingredient	Measure	Ingredient
½ lb	Saltfish	1 can	Ackee in brine, drained
3 tbsp	Vegetable oil	1 medium	Onion, chopped
2 cloves	Garlic, chopped	2 stalks	Escallion, chopped
1 medium	Tomato, chopped	1 tsp	Jalapeno, chopped
1 medium	Sweep pepper, julienne	1 tsp	Black pepper

#### Directions:

Put saltfish to soak in cold water for about 1 hour.

Pour off water, add fresh water and cook until tender.

De-bone and flake saltfish.

Heat Grace Vegetable Oil and sauté onion, garlic, escallion, tomato, scotch bonnet pepper and sweet pepper. Add flaked saltfish, Grace Ackee and Grace Caribbean Traditions Black Pepper.

Toss lightly, cover and allow to stand over low heat for about 2 minutes.



	<b>Ting de pollo (Stewed chicken)</b>	
		2011 International Bazaar


**Description of Dish: Main Course**

Measure	Ingredient	Measure	Ingredient
1 bag	Frozen chicken breasts	½	Onion, medium
2	Cloves garlic	2 tsp	Chicken bouillon
2-3 cups	Water	3 tbsp	Oil
2	Onion, large, chopped	5 cans	Tomato sauce
2-3 cans	Chipotle chilies(adobo)	1 pkg	Queso fresco, crumbled
1 pkg	Tostadas	1 pkg	Sour cream

**Directions:**

1. In a medium saucepan, combine chicken breasts, onion, garlic, bouillon powder and water. Cook on medium high heat until chicken is done.
2. Remove Chicken and wait until it cools down.
3. Shred chicken breasts and set aside. 4. In a large skillet, heat oil and whole onions that have been finely chopped. Sauté on medium low heat, until onions are translucent.
5. Put tomatoes sauce, garlic, onion, chipotle chiles, and water (not salt) in blender and blend well.
- 6 Once onions are soft, increase heat to medium high and pour blended sauce into skillet and stir.
7. Cook sauce for 1-2 minutes.
8. Add in shredded chicken and cover with lid (make sure chicken is cover with the blended sauce; add water if necessary).
8. Reduce heat to low and let simmer gently to season for 20-25 minutes, checking often. Add water if necessary. Check for salt, being careful to not over salt, as tinga will become saltier as liquid reduces.
9. When the tinga is ready. Cover top of tostada with sour cream. Put tinga on the tostada. Then you can add the crumbled queso fresco on top.

Enjoy.

	<b>Chicharrones De Pollo</b>	
	<b>Main Course</b>	Shirval Moore Family and Consumer Sciences

Measure	Ingredient	Measure	Ingredient
1 pound	Skinless, boneless chicken breast cut into chunks	½ cup	Dark rum
1/2cup	Lemon juice	½ cup	Minced garlic
¼ cup	Worcestershire sauce	3 tbsp	Garlic powder
1 tsp	Adobo seasoning	1 tsp	Onion powder
1 tsp	Ground black pepper	1 tsp	Ground coriander
2 (.18 oz)	Packets sazón with coriander and achiote	3 cups	All purpose flour
4 cups	Corn oil for frying		

**Directions:**

Combine the chicken, rum, lemon juice, garlic, Worcestershire sauce, garlic powder, adobo seasoning, onion powder, pepper, coriander, and sazón seasoning in bowl; stir. Cover and allow to marinate in refrigerator for 4 hours.

Heat the oil in a large pot over medium heat to about 300 degrees F (150 degrees C).

Spread the flour into the bottom of a shallow dish. Coat each piece of marinated chicken with flour.

Fry the coated chicken pieces in the hot oil in small batches until no longer pink in the center and golden brown on the outside, 5 to 10 minutes.



## Beef and Coleslaw Slider

The “hamburger” is believed to originate from Germany but the “slider” adaptation comes from the USA



Shirval Moore  
Family and Consumer Sciences



### Description of Dish: Main Courses

Measure	Ingredient	Measure	Ingredient
	Green leaf lettuce		Muenster cheese slices
1 pound	Ground beef		
Coleslaw			
1 cup	Mayonnaise	1 cup	Green cabbage
¼ cup	Grated carrot	1 tbsp	White sugar
1 tbsp	Old Bay seasoning	1 tbsp	Dijon mustard
1 Pinch	Salt	1 Pinch	Petter

### Directions:

Pre form your patties in to small 2-2.5 oz balls. I generally use a straight chuck with a 75/25% meat to fat ratio but obviously feel free to use your preferred mix. Let the beef come to room temperature before cooking. Season with salt.

Cook until golden brown on the outside and cooked through inside, 3-4 minutes per side.

Top with lettuce, cheese, and coleslaw



## Bul-go-gi (Korean Beef Stir-fry)



2011  
International Bazaar



### Description of Dish: Main Dishes

Measure	Ingredient	Measure	Ingredient
5 LB	Beef tenderloin(Sliced as thin as possible)		Salt
10 tbsp	Soy Sauce(Korean or Japanese style)	2.5	Onions
7.5 tbsp	Sesame oil(Korean or Japanese style)	10 cloves	Garlic(Minced)
2.5	Asian pear	2.5 bunch(abou t 20)	Green Onions(or scallions)
10 tbsp	Sugar	10 oz.	Mushroom
7.5 dashes	Black pepper	5 tbsp	Cooking rice wine

### Directions:


1.Place onion and pear into food processor or blender until liquid and pour into large bowl.

2.Mix all the ingredients thoroughly except the sliced beef.


3.Add the beef and marinade for about 1 hour.

4.Heat some cooking oil in a large frying pan.

5.Put the sliced beef in a few at a time and sear on both sides for about 1 minute per side.



# V's Noodle Surprise




Andrea Henderson  
Equal Opportunity  
and Access

**Description of Dish: Main Courses**

Measure	Ingredient	Measure	Ingredient
6 pkg	Square ramen noodle soup	3	Boneless, skinless chicken breasts,cubed
1 large	Onion	1 large	Green pepper
1 sm. Can	Mushrooms, drained	1 stick	margarine

**Directions:**

Melt margarine in skillet over medium heat.

Remove seasoning packets from soups, sprinkle over chicken and sauté in skillet until done.

Remove chicken from skillet.

Add onion, green pepper and mushrooms to skillet, cook until tender.

Cook noodles in boiling water for 1 minute. Drain.

Toss all ingredients together, salt and pepper to taste, serve.



# Spicy Beef and Blue Cheese Slider




The “hamburger” is believed to originate from Germany but the “slider” adaptation comes from the USA

Shirval Moore  
Family and  
Consumer  
Sciences

**Description of Dish: Main Courses**

Measure	Ingredient	Measure	Measure
	Green leaf lettuce		Crumbled blue cheese
	Portabella mushroom		Hot buffalo sauce
1 pound	Ground Beef		

**Directions:**

Pre form your patties in to small 2-2.5 oz balls. I generally use a straight chuck with a 75/25% meat to fat ratio but obviously feel free to use your preferred mix. Let the beef come to room temperature before cooking. Season with salt.

Cook until golden brown on the outside and cooked through inside, 3-4 minutes per side.

Top with lettuce, cheese, mushrooms and hot buffalo sauce



## Beef and Bacon Sliders

The “hamburger” is believed to originate from Germany but the “slider” adaptation comes from the USA



Shirval Moore  
Family and  
Consumer  
Sciences



### Description of Dish: Main Courses

Measure	Ingredient	Measure	Ingredient
8	Frozen dough dinner rolls	1 lb	Ground beef
½ tsp	Onion powder	½ tsp	Garlic powder
2 tbsp	Worcestershire sauce	½ tsp	Freshly ground black pepper
½ tsp	Salt	½ cup	Bacon (cooked and crumbled)

### Directions:

Keeping a package of frozen roll dough in the freezer is a great idea. You can take them out individually as you need them and can be used in all kinds of recipes. If you were in a hurry you could use “bake N serve” or frozen baked rolls but these are particularly good and just the right size. Prepare the number of frozen rolls you will need to rise according to the package directions.

When the rolls have risen, put them in to bake and start preparing the meat. Mix together the remaining ingredients and form the 8 burger patties.

I prefer grilling, but you can fry them either in a skillet or in one of the “as seen on TV” pans. I found that pan formed them evenly but only cooked 5 at a time and made a huge splattering of grease that covered my kitchen.

Slice the buns and serve your sliders – ready for whatever you want to put on them!



## Seafood and Sausage Etouffe



Andrea Henderson  
Equal Opportunity  
and Access



### Description of Dish: Main Courses

Measure	Ingredient	Measure	Ingredient
1 stick	Butter	1 large	Onion
1	Green pepper	1 stalk	Celery
3 cloves	Garlic	1 large can	Cream of Mushroom Soup
1 can	Golden Mushroom Soup	1 lb	Sausage
1 lb	Shrimp or crawfish tails		

### Directions:

Cut up onion, green pepper, celery and garlic.

Saute in stick of butter (5 minutes).

Add both soups and small can of water. Simmer 45 minutes.

Add water as needed. (I like my roux a little darker, so I add a capful or two of Kitchen Bouquet or Gravy Master.

Add sausage (cut in cubes) and continue to simmer 10 minutes.

Add shrimp and simmer until shrimp are done (5-10 minutes).

Enjoy.



# Grampa and Mom's Cabbage and Steak



Dwight White  
Physical Plant –  
Building Services



## Description of Dish: Main Courses

Measure	Ingredient	Measure	Ingredient
1 large	Round steak, cut into cubes	1 head	Cabbage, shredded
	Carrots, grated	1	Onion, chopped
1 can	Cream of chicken soup	1 can	Cream of celery soup
1pkg	Grated cheddar cheese		

### Directions:

Brown steak, without flour.

Mix everything together except cheese.

Add enough milk to make everything moist, but not soupy.

Bake at 350 degrees.

It is done when the cabbage is done.

Put the cheese on, leave uncovered and put back in the oven long enough to melt the cheese.



# Turkey and Bacon Wraps



Shirval Moore  
Family and  
Consumer  
Sciences



## Description of Dish: Main Courses

Measure	Ingredient	Measure	Ingredient
To taste	Salt/pepper	1 large	Tortilla
2 leaves	Leaf lettuce, washed	5 slices	Deli turkey meat
1/2	Cucumber, sliced lengthwise, thin	4 slices	Bacon, fully cooked
2 tbsp	Mayonnaise	Desired amount	Alfalfa sprouts




### Directions:

Lay out a piece of waxed paper a little larger than the tortilla you are using. Put the tortilla on the waxed paper. Spread a thin layer of mayo over the surface of the tortilla (you can also use ranch dressing, thousand island dressing or anything else you choose). Place leaf lettuce over spread. Next, add 4-5 slices of deli turkey meat. Sprinkle sprouts over the meat. Next add thin long slices of cucumber and top with fully cooked bacon.

Carefully fold in two sides approximately 2 inches in toward the center of the sandwich. Then start from one end, with the sides still folded in, and roll the tortilla into a wrap. Place wrap at the end of the waxed paper and roll the waxed paper around the sandwich.

Cut the wrap in the middle on a diagonal and serve. The waxed paper acts as a plate for the wrap; just tear the paper down as you eat. Perfect for picnics or other on the go activities.



	<h2>African Stew</h2>	
		<p>Andrea Henderson Equal Opportunity and Access</p>

**Description of Dish: Main Courses**

Measure	Ingredient	Measure	Ingredient
1 large	Onion	1	Green bell pepper
1 box	Frozen spinach	2-3 lbs	Meat of choice
1 can	Tomato paste		
To taste	Salt, pepper, curry powder, garlic powder, red pepper		

**Directions:**

Decide on choice of meat. I prefer chicken or pork neck bones. You can also try beef stew meat, tripe, or beef neck bones.

Season and boil meat with 1/2 onion and 1/2 green pepper until 3/4 of the way done.

Add spinach, remaining onion and green pepper, and tomato paste.

Add water as needed – you don't want the stew to be too thick, or too thin.

Start with 1 tsp curry powder and add to taste. Add red pepper.

Time your meat so you can continue cooking for 20-30 minutes after adding the seasonings and spinach.

Taste the stew after about 15 minutes and continue to cook until the taste you prefer is achieved.

Serve over rice.

	<h2>Norma's Lip Smacking Toe Tapping Bacon Spaghetti</h2>	
	<p>This is a recipe Mama cooked often when we were kids</p>	<p>Grandmother of Andrea Henderson Equal Opportunity and Access</p>

**Description of Dish: Main Courses**

Measure	Ingredient	Measure	Ingredient
2 lbs	Spaghetti	2 1/2 lb	Bacon
1 large	Onion	1 large	Green pepper
1 sm. Can	Mushrooms (optional)	1 tbsp	sugar
2 jars	Prego spaghetti sauce or 2 large cans tomato sauce		

**Directions:**

Brown and drain bacon.

Saute mushrooms, onions and green peppers in bacon grease.

Boil spaghetti until done, drain. Mix spaghetti, spaghetti sauce, vegetables and bacon.

Cook 5 to 10 minutes and serve.