



# *International Cookbook 2021*

# Dedication

International Night 2021:

This book is dedicated to the diverse administration, teachers, students, and families of Saint Peter's School Olney, MD.

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# Argentina – Dulce de Leche

Description of dish:

Dulce de Leche is a Latin American/Argentine treat that can be eaten by itself, on a piece of toast or in a crepe. It is also used in cookies and cakes. This a super simple way to make dulce de leche at home.

## Ingredients

4 cups milk  
1 ¼ cups sugar  
¼ tsp baking soda  
1 tsp vanilla



## Directions

1. Stir together the milk, sugar and baking soda in a 3-4 quart heavy saucepan.
2. Bring to a boil, then reduce. heat and simmer uncovered.
3. Stir occasionally until caramelized and thickened, about 1 ½ - 1 ¾ hours.
4. After about an hour, stir more often as milk caramelizes to avoid burning.
5. Stir in 1 tsp vanilla. Transfer to a bowl to cool.
6. Makes about 1 ½ cups.

Contributed by the Woods family (Katie - Gr. 7)

# Armenia – Rice Pilaf

Description of dish:

Traditional Armenian Side Dish

## Ingredients

1 cup rice (original; not instant)  
1/3 cup vermicelli broken into 2" lengths (can substitute thin spaghetti or angel hair pasta)

1/2 stick butter  
2 1/4 cups chicken broth  
(preheated) salt and pepper

## Directions

1. Melt butter and brown vermicelli.
2. Add Rice; mix well. Add salt and pepper to taste.
3. Add broth. simmer covered for 20 minutes. let stand for 5 minutes.
4. Fluff with a fork and serve.

Can easily double or triple this recipe for larger gatherings.



Contributed by the Baratian family (Reilly - Gr. 8)

# Austria – Tyrolean Dumplings (Bacon Balls)

Description of dish: One of the many types of dumplings from the rural mountain area of Tyrol, Austria.

## Ingredients

1 bag Pepperidge Farm  
Unseasoned Cubed Stuffing (12 oz) 2  
oz Butter  
½ Medium Onion (diced)  
8 oz Bacon or Pancetta  
(cubed) 2 large eggs  
10 oz Milk  
1 bunch Chives  
Salt and  
Pepper  
6 cups chicken broth

## **Equipment**

### **Needed:**

Large Mixing Bowl  
Steamer Pot  
Medium Frying Pan  
Medium Saucepan  
Cutting Board  
Knife  
Egg Beater



Contributed by the Benavides family (Belen - Gr. 6)

# Cont - Austria - Tyrolean Dumplings (Bacon Balls)

## Directions

### Preparation:

1. Dice the onions and bacon.
2. Pour stuffing into a large mixing bowl. and set aside for later.

### Cooking:

1. Melt butter in a saucepan over medium heat.
2. Add diced onions to saucepan and cook for 3 to 4 minutes until transparent.
3. Add salt and pepper to taste.
4. Add milk to saucepan stirring frequently until small bubbles form. Do not let it come to a full boil as it will burn the milk.
5. Pour the milk mixture over the stuffing. and stir to evenly coat the stuffing.
6. Cover the bowl with a clean towel and. leave for 30 minutes. It will not seem like enough liquid, but it will soften everything as it sits and steams.
7. Cook the cubed bacon in the pan and set aside.
8. Dice the chives and set aside.
9. Beat the eggs. After the stuffing has been soaking for 30 minutes:.
10. Set-up steamer pot and start heating the water.
11. Add the cooked bacon to the stuffing mix.
12. Add the eggs to the stuffing mix.
13. Add the chives to the stuffing mix.
14. Stir everything together.
15. Make ½ cup sized balls from the stuffing. mixture and set aside until you have all your dumplings. The mixture will mash together and stick like a meatball.
16. Steam the dumplings for 15 minutes in the steamer pot.
17. Steam in batches if your steamer pot is small. They will expand as they steam, so do not have them touching when you start.
18. Heat up broth in separate pot.

### Plating:

1. Place two bacon balls in a bowl. Pour ½. cup of the broth over the balls.

# Barbados – Bajan Sweet Bread Recipe

## Description of dish:

This richly textured coconut bread is a traditional favorite of all Barbadians. When offered, it is seldom refused. It will be eaten anytime, day or night. The sweet aroma from a Bajan Sweet bread in the oven will draw neighbors you never knew you had.

## Ingredients

2 lb Self Rising Flour 1 lb brown Sugar 3/4 lb Butter 1/4 lb Shortening (optional) 1 grated coconut (approx 3 cups) tsp Salt tsp Vanilla	1 tsp nutmeg Raisins - Optional Cherries  Optional Coconut Filling: 1/2 cup grated coconut tbs Sugar tsp essence tbs water
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## Directions

1. Preheat oven to 350 degrees.
2. Mix all dry ingredients together (except fruit)
3. Mix butter & Shortening into mixture, using fingers, until mixture resembles large bread crumbs.
4. Add fruit to mixture.
5. Use enough liquid to bind mixture together. This could be coconut water, milk or just plain water. Knead dough for a few minutes. The longer you knead the dough, the firmer the bread becomes. Sweet bread is traditionally a firm bread, but some people like it soft & crumbly. The choice is yours.
6. Grease & flour loaf pan. Fill pan halfway with dough. Place a slender line of coconut filling lengthwise down middle of dough. Put remaining dough on top.
7. Cut light crisscross pattern on top with a knife for decoration (optional)
8. Bake for 30-45 minutes or until an inserted knife comes out clean.
9. For the coconut filling: Put all ingredients in small pan and place on low fire. Stir continuously for approximately 3 minutes or until sugar is dissolved.

Contributed by the Muhammed family (Miles—(Miles - Gr. 4)

# Belize (and all of Latin America) – Abuela Shish's Tortillas

## Description of dish:

The well-known flatbread of Latin America was first made by indigenous people of Mesoamerica as early as 500 BC.

Abuela Shish was known to spend hours making dozens of tortillas from scratch for her large family in Belize over open flame. She did not measure her ingredients, but this is our best imitation. There's nothing like a fresh, hot tortilla!

## Ingredients

- Two cups of flour
- Two tablespoons of butter or shortening
- One tablespoon baking powder
- One pinch of salt 3/4ths cups of water

## Directions

1. Mix all ingredients
2. Knead and then roll into 6-7 balls.
3. Flatten and fry on the skillet or flatgriddle.
4. Flip to cook on both sides



Contributed by the Shish Family (Ela-Lucia, Gr. 4 & Anson Gr. 2)

# Bolivia – Pique Macho

## Description of dish:

There is no dish more typically Bolivian than Pique Macho (also called Pique a lo Macho). It is a huge plate filled with beef, sausage, boiled eggs, French fries or potatoes, onions and red and green peppers. Ingredients vary from one city and also one restaurant to another. Two legends surround the creation of this dish. The first one goes back to the size of the serving. You're a macho if you can finish one by yourself. My advice? Don't even try. Just share it with a friend.

The second legend says that a group of hungry workers arrived at a restaurant late in the night. The owner had already closed up and told them she didn't have food anymore. But the workers insisted that they would eat anything that she could make. So, the woman threw together a plate of "anything", added lots of chilies to help with the workers' drunkenness and said "piquen si son machos". That roughly translates to "eat if you're manly enough" and later turned into the name of the dish.

That second legend mentions chilies. They are a huge part of pique a lo macho and can make the dish so spicy that I wouldn't be able to eat it anymore. If you ever go to Bolivia when ordering a Pique make sure to specify the degree of spiciness you would like. Picante is spicy in Spanish, so if you want it mild, just say "no picante" and they should understand.



## Ingredients

6 oz. skirt steak	1 oz Soy sauce
1 Argentinian Chorizo	salt and pepper to taste
1 Ballpark hot dog	1 tsp Cumin
1/2 each red onion (julienne)	5 oz French fries
3 oz. Red and green peppers	1 tomato on a vine cut 1/4
1 tbsp Extra virgin olive oil	2 Hard boiled eggs cut in half with seeds

## Directions

1. Bake or Fry French fries ahead. I prefer Baked.
2. Meat: In a saute pan, preheat pain with 1 tbsp of EVOO.
3. Add Red onions until almost caramelized then add and cook peppers.
4. Add the Chorizo and hotdog and cook it until halfway done.
5. Add the steak to pan and season it with salt/pepper and cumin to your taste.
6. Add Soy sauce little by little, make sure to taste as you go to much soy sauce makes the dish inedible.
7. Serving. Served on a large platter with French fries then add the ingredients cooked in the sauté pan. Garnish dish with tomatoes and the Jalapeños on top.

Pique Macho goes excellent with a very nice IPA, Stella Artois or with a Coppola Claret wine.

Contributed by the Bustamante family (Mikael - Gr. 8)

# Bolivia – Pique a lo Macho

Description of dish:

French fries with steak sauteed with green pepper.



## Ingredients

Steak (fajitas)  
Potatoes  
Red Onions  
Green peppers  
Eggs  
Tomatoes  
Soy sauce  
Salt  
Pepper  
Adobo

## Directions

1. Cut steak into squares, fry them with onions on a separate pan.
2. Add soy sauce. Season steak with salt, pepper and adobo.
3. Cut potatoes into rectangular pieces and fry them with a lot of oil. They have to bathe in oil. Cook until done.
4. Boil eggs in a separate pot. Until hard.
5. Cut peppers into thin pieces and cut tomatoes into 4 pieces.
6. When serving, place French fries first, then add the sauté steak on top, then add the green pepper on top, then add the tomatoes to the side, then add hard boiled eggs to the side, then add tomatoes.

Contributed by the Russin family (Mariana - Gr. 5)

# Chile - Charquican

Description of dish: Vegetable and beef stew



## Ingredients

small yellow onion – diced small  
1 pound of ground beef  
2 cups of winter squash  
(butternut) peeled & cubed  
5 red potatoes peeled & cubed  
1 teaspoon paprika

½ teaspoon dried oregano  
Pinch of cumin  
2 cups of vegetable broth  
½ cup each of  
corn, green peas, and green beans  
(frozen is fine)  
Salt, pepper, oil  
Eggs – to serve optional

## Directions

1. In a medium skillet over medium heat, put on tablespoon of oil.
2. Add onion and cook 6-8 minutes.
3. Add the meat and saute.
4. Add the squash, potatoes, salt, pepper, oregano, cumin and paprika. Stir.
5. Add broth and cook for 15 minutes- simmering. Reduce heat if needed.
6. With a fork, mash potatoes and squash.
7. Add corn, peas, and green beans. Stir and cook for 34 minutes.
8. Fry egg if using.
9. Taste and adjust seasoning if needed.
10. Serve hot with a fired egg on top.

Contributed by Finan family (Paloma - Gr 6)

# Columbia – Arepas

Description of dish:

The Arepa is one the most popular foods in Colombia. They're served in almost every home and are the equivalent of tortillas in Mexico and bread in Italy. They are delicious to eat with coffee or hot chocolate. There are different versions of arepas throughout Colombia and South America.

## Ingredients

1 cup of water  
1 cup pre-cooked white corn meal ( i.e. brand PAN®)  
1 tablespoon butter

1 cup grated or shredded mozzarella cheese  
1/2 teaspoon of salt or add to taste  
butter or cooking spray for griddle pan

## Directions

1. Mix water, corn meal, mozzarella cheese, butter, and salt together in a large bowl. Knead until mixed well and the dough has a soft consistency. Form 3 level tablespoons dough into 1 ball and flatten between your palms, gently pressing to form a 1/4-inch-thick patty (2 1/2 to 2 3/4 inches wide), then gently press around side to eliminate cracks.
2. Coat a griddle with cooking spray and heat to medium-high. Add arepas and grill until golden brown, about 5 minutes per side.

Serve immediately.



Contributed by the Washington family (RJ - Gr. 8 and Wesley - Gr. 7)

# Colombia - Caramel Flan

Description of dish: This Caramel Flan recipe is a traditional Colombian dessert. It's made with just 5 ingredients, and it's so easy to make. Delicious!

## Ingredients

- 1 can Sweetened Condensed Milk
- 1 can Evaporated Milk
- 4 large eggs
- 1 tsp Vanilla Extract
- 1/3 cup Sugar



## Directions

1. In a medium bowl mix Condensed milk, evaporated milk, eggs, and vanilla. Mix well with a whisk. You could also use a blender. Set aside.
2. Pour your sugar into a saucepan and take it to simmer over low heat to make Caramel. It will start melting. Some crumbs will form but eventually it will get liquid. Wait for it to be completely melted and get a beautiful amber color. Remove from heat. Immediately pour your caramel in a stainless steel flan mold and start spreading the caramel all over. Be careful since it's really hot.
3. Next, pour your milk mixture in the stainless steel flan mold. Cover it with the lid. Cook it on bain-marie (double boiler) over medium heat for about 45 min.
4. Use a big pot and put your stainless steel flan mold inside, add in water to the big pot until it gets 1/4 of the mold (not the pot). Cover the pot with its lid too.
5. Past the 45 minutes, remove from heat and let it cool until warm but not cool. You should be able to hold it with your hands and still feel it warm.
6. Once it's warm, replace the mold lid with a dish or cake stand and turn it over to unmold it. Serve and enjoy!

Contributed by the Barcelo family (Aden - Gr. 8 and Adrian - K)

# Colombia – Empanadas

## Description of dish:

These Colombian Empanadas are a popular snack in Colombia and are served by most Colombian restaurants in the US. Traditionally, these delicious fritters are served with ají (pronounced ah-hee, which is pico de gallo with hot sauce) and lime wedges on the side.



## Ingredients

Vegetable oil for frying

1½ cups precooked yellow cornmeal (e.g.

P.A.N. brand)

2 cups water

1 tablespoon of melted butter

½ tablespoon of Sazon Goya Azafran

Seasoning

½ teaspoon Salt

1 Quarter gallon zip lock bag

Filling:

2 cups peeled and diced white potatoes 1 chicken bouillon

Filling:

2 cups peeled and diced white potatoes

1 chicken bouillon

1 tablespoon olive oil

¼ cup chopped white onions

1 cup chopped tomato

½ teaspoon salt

¼ cup chopped green onions

1 chopped garlic clove

2 tablespoon chopped fresh cilantro

2 tablespoon chopped red bell pepper

¼ teaspoon black pepper

½ pound of ground beef

Contributed by the Giraldo family (Simon - K and Isabella Gr. 4)

# Cont - Colombia - Empanadas

## Directions

Prepare the dough:

1. Pour the cornmeal in a large bowl. Add water, butter, and season to taste with a pinch of salt. Mix ingredients by hand. Make sure to knead dough for about 2 minutes or until smooth. Cover. with plastic and set aside for 20 minutes. Make the filling:
2. Cook the potatoes in a pot with water and the bouillon for 20-25 minutes or until tender. Drain. and gently mash the potatoes. Set aside.
3. Heat 1 tablespoon olive oil in a large, heavy skillet. Add the onion and garlic and cook over. medium-low heat stirring frequently until onion is translucent. Add the tomatoes, green onions,. bell pepper, cilantro, salt, and black pepper. Cook for about 15 minutes.
4. Add the ground beef and Goya Azafran Seasoning. Cook for 10 to 15 minutes while breaking up. the meat with a wooden spoon until the mixture is fairly dry.
5. Transfer the meat mixture to the mashed potatoes bowl and mix well to combine. Fill the dough:
6. Break small portions of the dough, about 1 ½ tablespoons each one, into balls by rolling each. portion between the palms of your hands.
7. Using scissors, cut the two sides of the zip lock bag—you should now have one long strip of. plastic.
8. Place one ball near the halfway mark of the plastic strip. Fold the other half of the bag over the. ball and press down. Roll each ball out very thinly to form a thin dough circle. Remove the top. plastic and place 1 tablespoon of the filling in the lower half of the dough circle.
9. Using the top part of the plastic fold the dough over to enclose the filling, forming a half circle. Tightly seal the edges by crimping pressing with the tips of your fingers. Place uncooked. empanada on a tray.
10. Repeat steps 7-9 for the remaining of the dough and filling,. Fry the empanadas.
11. Fill a large pan with vegetable oil and heat over medium heat to 360° F.
12. Carefully fry batches of empanadas (as many as will fit on your pan without overcrowding) until. golden on all sides. Make sure you have added enough oil to submerge the empanadas.
13. Using a slotted spoon transfer the empanadas to a plate lined with paper towels. Serve with ají. and lime on the side.
14. Enjoy!

# Croatia – Slavjanka

Description of dish:

These little doughnuts are a traditional Christmas treat and also served during Carnival leading up to Lent.

## Ingredients

- 1 Cup unsifted flour
- 1 Tbsp baking powder
- ½ tsp salt
- 1 Tbsp granulated sugar
- 1 Egg
- 1/3 Cup water



## Directions

1. Mix together ingredients. The batter is thick, but will drop off of a tablespoon.
2. Heat to 2 inches of oil (I used peanut oil but vegetable oil will work too) to medium/high around 375 degrees.
3. Drop tablespoons of batter in the hot oil. The doughnut will drop to the bottom of the pan float up within a few seconds. Wait about 30 seconds, then flip over to cook the other side for an additional 30 seconds.
4. Drain. on a paper towel lined plate then sprinkle with additional sugar.
5. Enjoy hot!

Contributed by the Zadecky family (Veronica - Gr. 5)

# Cuba – Cubano Sandwich

Description of dish: The ultimate Cuban sandwich piled high with ham, cheese, roasted pork and pickles.

## Ingredients

2 tbsp. Mayonnaise (optional)  
1/2 cup shredded pork  
3 slices deli ham  
3 slices Swiss cheese

10 dill pickle chips  
1 tbsp. yellow mustard  
1 tbsp. canola oil  
1 (8") Cuban Roll  
\*French bread or baguette can be substituted



## Directions

1. Cook pork tenderloin according to package. and shred.
2. Spread mayonnaise on bottom half of roll. and top with pork, ham, cheese, and pickle. chips. Spread mustard on top half of roll; put together.
3. Heat oil in a 10" skillet over medium-high. heat, and cook sandwich, weighing it down. with a cast-iron skillet and turning once,. until golden brown and cheese is melted,. 8–10 minutes.
4. Cut in half and serve hot.

Contributed by the DeLisi family (Ally - Gr. 8)

# Cuba – Grandma Mima's Papas Rellenas with Picadillo and Garlic Sauce

Description of dish:

Papas rellenas are the perfect Cuban comfort food! Combining the rich flavors of Cuban picadillo, velvety smooth potatoes and a crispy crunch, Papas Rellena will soothe the soul with their delectable taste!

## Ingredients

Mashed potatoes ingredients:

2 lbs large potatoes (peeled and cut into quarters)  
1 lb picadillo (seasoned ground beef - recipe below)  
Vegetable oil for frying  
1 cup dry bread crumbs,  
1 cup panko bread crumbs 4 eggs  
1 tsp salt

Cuban Picadillo ingredients:

1 onion, diced  
1 green pepper, seeded and finely chopped 2 table-  
spoons olive oil for sautéing  
8 cloves garlic, minced  
1 pounds ground beef  
1/2 can of tomato paste, with a little water 1 tea-  
spoon cumin, ground  
1 teaspoon oregano  
1/2 cup green olives, chopped  
1/2 teaspoon salt and black pepper (to taste)  
2 packets of Sazon Goya con culantro y achiote

Garlic sauce ingredients:

-One head of Garlic peeled  
-1 bottle of mexican crema  
-½ a bunch of Cilantro  
-1 Lime  
-Salt and Pepper to taste



Contributed by the Sanz family (Cole - Gr. 3 and Lilyana Gr. 1)

# Cont. – Cuba – Grandma Mima's Papas Rellenas with Picadillo and Garlic Sauce

## Directions

Mashed potatoes instructions:.

1. Add salt to a pot of cold water, and boil the potatoes until they are soft. Drain the potatoes, and then mash them, then set aside to allow them to cool.
2. Separate the egg yolks from the whites in two bowls. Mix the egg yolks into the mashed potato. mixture, whisk the egg whites for a minute.
3. Take a 1/4 of a cup of the mashed potatoes, and form it into a ball. Make a dent in the ball, to give it more of a bowl shape.
4. Fill the indentation with a tablespoon of picadillo, and then reseal it. Reshape the potato as a ball again. Dip the ball in the egg whites, then roll the ball around in. bread crumbs until it is coated. Repeat: dip the ball into the egg whites again and coat it with. another layer of bread crumbs.
5. Refrigerate the potato balls for at least four hours before frying. After the potato balls are set in refrigerator roll each ball in the panko bread crumbs for added. crunch \*Do not skip this step or balls will open when fried!
6. Deep fry the papas rellenas at 375° until golden brown. Usually 2-3 minutes, taking care not to. overcook. Drain the stuffed potatoes on paper towels, and place them into an oven set at 300 to. keep warm.

Cuban Picadillo instructions:.

1. Sauté onion and green pepper in olive oil in a large frying pan. Sauté about 5 minutes, until the. onion is softened, then add the garlic.
2. Add the tomato paste, a little water cumin, sazón packet #1. and oregano and lower heat to medium low. This should form a loose “tomatoey” paste.
3. Cook the ground beef in a separate pan until browned. Drain and add to sauteed onions, green. peppers, and garlic. Reduce heat to low, add Sazon Packet #2 cover and simmer for about 15 minutes.
4. Add olives and simmer 5 minutes longer. Salt and pepper to taste.

\*\*\*Allow to cool before using in Papas Rellenas.

Garlic sauce instructions:.

1. In a blender or food processor add peeled and smashed garlic, ½ a bunch of cilantro, the juice of. one lime, salt and pepper to taste and the bottle of crema. Blend until well mixed and cilantro is chopped up.
2. Pour back into the crema bottle and refrigerate until ready to use.

# Cuba - Pork Roast

## Description of dish:

This is a slow roasted pork cut that produces tender, succulent meat. This meal requires all day cooking, and preferably, the preparation of the pork should occur the day prior to cooking so the roast can marinate overnight (although this is not mandatory).



## Ingredients

- |   |  |
|---|--|
| 1 large 6-8lbs pork butt/shoulder bone (preferred) can use boneless | 1 packet Goya Sazon sin Achiote Adobo seasoning (to taste) |
| 1 tsp cumin   | Kosher salt (to taste)                                     |
| 2 tsp oregano (fresh preferred)                                     | Pepper (to taste)  |
| 1/2 cup of orange juice or Goya mojo juice                          | Full head of garlic cloves (approx. 8 cloves)              |
| 2 limes juiced  | 1/4 cup of olive oil                                       |
|   | Chicken broth  |

## Directions

1. Combine all the spices, seasonings, orange/lime juice and olive oil in a mixing bowl. Use a garlic press to grind ALL of the garlic and add to the sauce. Mix well.
2. Place the pork in a deep roasting pan. You may want to spray some PAM or line it with foil. Cut several large slits into each side of the pork, each cut deep enough to hold the sauce (at least ½ inch each). Then spoon/stuff the sauce into each slit and ensure the inside and out of the pork butt is covered well with the mixture. You may also sprinkle the roast with additional salt, pepper and Adobo but that is optional. You can cook the pork on the day of preparation, but for best results, cover the pork with foil and refrigerate overnight to marinate.
3. Preheat oven to 275. Pour chicken broth into the roasting pan so the bottom of the pan is covered (approx. ½ inch broth). Slow cook for 12 hours with foil tented over the roast. During the cooking process, remove the pan from the oven every 2-3 hours to baste the roast with the juice from the pan. If needed, add chicken broth or water to the pan. If you would like to crisp the skin at the end, remove the foil and cook for an additional 20 minutes or so at 450 F to make it nice and crispy on the outside, but be sure to check it frequently to avoid burning. You can also broil for 5-10 minutes or so watching closely.
4. Remove from oven and let it rest for 15 minutes or so and slice to serve. You may also shred the meat using two forks and serve as 'pulled' pork rather than slicing.
5. Serve with whatever suits you, but we recommend black beans and rice to keep in the Cuban tradition! Fried plantains or yucca are also a nice touch. This dish requires some time but it is worth the wait. Great for occasions when you are entertaining. Enjoy!

Contributed by the Loudermilk family (Gabriella - Gr. 7)

# Cuba - Ropa Vieja

## Ingredients

2 1/2 lbs flank steak, cut  
in strips  
2 cloves of garlic  
1/2 teaspoon cumin  
1 small bay leaf

Sauce :  
3 tablespoons Olive oil  
2 1/2 teaspoons minced  
garlic  
1 large onion, diced  
1/2 green pepper, sliced  
1/2 red pepper sliced  
1 teaspoon salt  
1/4 teaspoon black pepper  
3 oz red cooking wine  
1 (8 ounce) can tomato  
sauce  
1/2cup of broth from boiled  
meat above

## Directions

1. First boil in a pot the first ingredients until the meat is tender.
2. Remove from water and cool. Once cooled, shred the meat with two forks.
3. In a separate pan, sauté the olive oil, garlic, onions, green and red peppers, cook until translucent.
4. Stir in salt, black pepper, tomato sauce, red cooking wine, shredded meat, and broth.
5. Simmer about 20 minutes.



Contributed by the Rodriguez family (Christian - Gr. 8)

# El Salvador – Pupusas

## Description of dish:

Pupusas are a traditional Salvadorian dish made of a thick, handmade corn tortilla made using masa de maiz, that is filled with a blend of cheese, cooked pork meat

## Ingredients

### CURTIDO ingredients:

- ½ head green cabbage, cored and shredded (can also get already shredded package)
- 1 small white onion, sliced
- 2 medium carrots, grated
- 4 cups boiling water
- 1 cup distilled white vinegar
- 1 tablespoon dried oregano
- 2 teaspoons kosher salt

### CHICHARRON ingredients:

- 1 teaspoon vegetable oil
- 1 lb boneless pork shoulder, cut into 1-inch (2-cm) cubes
- 1 teaspoon salt
- 1 medium tomato, diced
- ½ green bell pepper, diced
- 1 small white onion, diced

### PUPUSA DOUGH:

- 4 cups masa harina
- 2 teaspoons salt
- 3 cups cold water

### FILLING:

- 1 cup grated mozzarella cheese
- 1 cup refried bean, cooked
- 1 tablespoon vegetable oil, for frying



Contributed by the Cogliandolo family (Alessia - Gr. 2)

# Cont - El Salvador - Pupusas

## Directions

1. Make the curtido: In a large bowl, combine the cabbage, onion, and carrots. Pour the boiling water over the vegetables and toss. Let sit for 10 minutes, then drain.
2. In a liquid measuring cup or small bowl, combine the vinegar, oregano, and salt. Pour over the slaw and toss to coat. Once thoroughly mixed, transfer the curtido and any leftover liquid in the bowl to an airtight jar or container.
3. Chill for at least 20 minutes in the refrigerator, or chill overnight for best results.
4. Make the chicharrón: Heat the vegetable oil in a large pan over medium-high heat. Add the pork shoulder and salt. Cook for 15 minutes without disturbing. If the pork is browning too quickly, reduce the heat to medium. Turn the pork over and let cook on the other side for 10 minutes more, or until crispy and golden brown.
5. Transfer the pork to a food processor and add the tomato, green bell pepper, and onion. Pulse until a thick paste forms. The mixture should not be watery. Set aside.
6. Make the pupusa dough: In a large bowl, whisk together the masa harina and salt, then add the water. Use your hands to mix until the dough comes together with a claylike texture.
7. Fill a small bowl with water and a bit of oil and set near your workstation. You'll wet your fingers with the mixture as you work to keep the dough from sticking to your hands.
8. Take a golf ball-sized portion of dough and roll into a ball, then flatten into an even round.
9. Fill the dough round with ½ tablespoon chicharrón paste, 1 teaspoon refried beans, and 1 teaspoon mozzarella cheese. Fold the dough over the filling until it's completely sealed. Then, pat out the ball between your hands until flat. If the pupusa cracks, patch it with a bit of dough and a little oil (it's okay if they crack, it's hard to keep everything inside, so okay if some of the filling comes out). Repeat with the remaining ingredients.
10. Heat a large pan or griddle over medium heat. Brush with vegetable oil, then place 2-3 pupusas on the pan and cook for 2-4 minutes, or until the bottoms are golden brown. Flip and cook on the other side for 2-4 minutes more, until golden brown and warmed through. Repeat with the remaining pupusas.
11. Serve the pupusas with curtido.
12. Enjoy! <https://tasty.co/recipe/salvadoran-pupusas-as-made-by-curly-and-hisabuelita>.

# England - Winter's Ye Old Cottage Pie



## Description of dish:

This is a meat dish of vegetables topped with mashed potatoes. Easy to make and great on a cold winter's day.

## Ingredients

3 -4 large potatoes, peeled and quartered  
8 Tablespoons (1 stick) butter  
1 medium onion,  
chopped Mushrooms, chopped and diced (1 cup)

1-2 cups of diced carrots, corn, peas  
1 1/2 lbs ground beef or sirloin  
1/2 cup beef broth  
1 Tsp Montreal steak seasoning

## Directions

1. Preheat oven to 350 degrees F. Boil potatoes until tender (about 20 minutes).
2. Sauté vegetables in olive oil or butter (4 Tsp) in a large pan until tender. Start with the carrots, after a few minutes add onion, corn, peas and then mushrooms. Cook until tender, about 610 minutes.
3. To the sauté pan, add the ground beef to brown it. Cook until no longer pink.
4. Once meat is cooked add the beef broth and seasoning. Cook uncovered 10 minutes. Add more broth if needed to keep meat from drying out.
5. While meat simmers, check the potatoes. Potatoes should pierce easily with a fork. Drain potatoes, mash with a fork or potato masher and add 4 Tsp. butter and stir.
6. Layer the meat and vegetable mixture in the bottom of a greased casserole dish (9x13). Spread evenly. Then spread the potatoes over the top. Rough the surface with a fork so there are peaks that will get browned.
7. Bake at 350 o F for 35 to 45 minutes until slightly brown on top and meat mixture is bubbly on sides. Remove from oven and let stand 5 minutes.
8. Spoon onto plates. You can also add beef gravy to the top of the potatoes for extra flavor if you prefer.

Contributed by the Loudermilk family (Gabriella - Gr. 7)

# France – Spinach Quiche Lorraine

## Description of dish:

Easy cheese and bacon quiche, with spinach. Good recipe for kids to help with, and ideal for a school night .

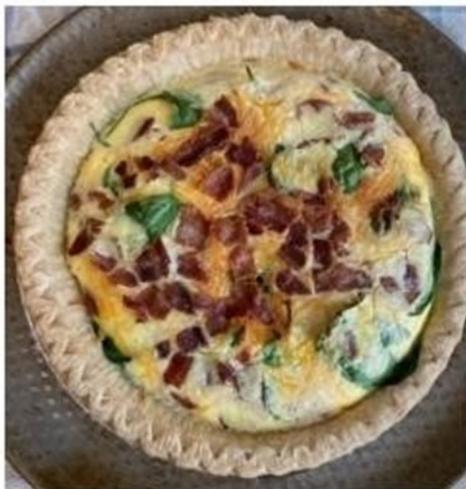
## Ingredients

1 pastry pie shell (thawed)  
4 strips of bacon  
4 eggs  
1 cup half and half  
1 cup spinach leaves

2/3 shredded cheese (any kind, or combo)  
1 Tablespoon cream cheese  
½ teaspoon dry mustard  
Dash salt  
Dash pepper

## Directions

1. Thaw pie shell while preparing other ingredients.
2. Cook bacon until crispy. Let cool a few minutes then break into small bites. Set aside.
3. In blender, combine eggs, half and half, mustard, salt, and pepper. Blend until smooth.
4. When pie shell is thawed, spread cream cheese across bottom of pie shell. Layer spinach leaves, cheese, and bacon into pie shell.
5. Pour egg/cream mixture into pie shell. Bake at 350. degrees for 35-45 minutes, or until eggs set and top is golden. Let cool a few minutes before serving.



Contributed by the Czyn family (Alexander - Gr. 2 and Ella - K)

# Germany – Grandpa Bieber's Sausage Stuffing

## Description of dish:

This sausage stuffing recipe has been a Bieber Thanksgiving tradition for decades and Pops celebration meals throughout the year. You will not be disappointed or hungry.



## Ingredients

- 2 (14 oz) bags - seasoned breadcrumbs (pepperidge farm)
- 64 oz - Chicken broth
- 6 oz Uncle Bens Box of wild rice (cook as directed)
- 2 Yellow onions (diced)
- 2 Sticks of butter
- 1 tbsp of Minced Garlic
- 1 tsp or less Lemon Pepper
- 1 tsp or less Red crushed pepper
- 1 tbsp Worcestershire sauce
- 1 celery bundle chopped
- 1 lb carrots chopped
- 3 cans (15 oz) mushrooms (pieces and large mix) drained
- 1 lb - ground italian sausage ( Johnsville)
- 1 lb - ground breakfast sausage ( Jimmy Dean)
- 1 lb - italian sausage links (cut into small pieces)

## Directions

1. Preheat oven to 325.
2. Cook rice as directed.
3. Brown ground sausage (use fork to mash fine).
4. Brown italian sausage (cut into small pieces).
5. Chop carrots and celery. Drain mushrooms. Chop and dice onions. Saute diced onions, worchestershire sauce, minced garlic, lemon pepper, red crushed pepper, and 1 stick of butter.
6. Place all the above ingredients in a large turkey roasting pan and mix. Add breadcrumbs and mix. Add chicken broth and mix thoroughly.
7. Extra: Add small 15 oz can of beef or chicken broth to mix in (only if too dry)
8. Cut one stick of butter into small squares and place on top. Cook covered for 1 hr. 45 minutes (cover/tin foil on top).

Contributed by the Bieber family (Michael - Gr. 1)

# Germany - Kielbasa and Potatoes



## Ingredients

- 1 pound red potatoes (3-4 medium), cut into 1-inch pieces
- 3 tablespoons water
- 2 tablespoons brown sugar
- 2 tablespoons cider vinegar
- 1 tablespoon Dijon mustard
- 1 1/2 teaspoons minced fresh thyme or 1/2 teaspoon dried thyme
- 1/4 teaspoon pepper
- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 3/4 pound smoked kielbasa cut into 1/4-inch slices (Polish Sausage cane used if desired)
- 4 cups fresh baby spinach
- 5 bacon strips, cooked and crumbled

## Directions

1. Preheat oven to 325.
2. Cook rice as directed.
3. Brown ground sausage (use fork to mash fine).
4. Brown italian sausage (cut into small pieces).
5. Chop carrots and celery. Drain mushrooms. Chop and dice onions. Saute diced onions, worchestershire sauce, minced garlic, lemon pepper, red crushed pepper, and 1 stick of butter.
6. Place all the above ingredients in a large turkey roasting pan and mix. Add breadcrumbs and mix. Add chicken broth and mix thoroughly.
7. Extra: Add small 15 oz can of beef or chicken broth to mix in (only if too dry)
8. Cut one stick of butter into small squares and place on top. Cook covered for 1 hr. 45 minutes (cover/tin foil on top).

Contributed by the Cheatwood family (Annaston - Gr. 2 and Joshua - Gr. 1)

# Germany – Pancake

## Ingredients

3 large eggs  
1 ½ tablespoons sugar  
1 pinch salt  
¾ cup milk, warm  
2 teaspoons vanilla extract  
¾ cup all-purpose flour  
1 tablespoon melted butter  
2 tablespoons butter  
powdered sugar, fruits, and much  
more for toppings

Description of dish:

Popover style pancake



## Directions

1. Preheat the oven to 400°F.
2. Combine the eggs, sugar, salt, milk, vanilla, flour and 1T melted butter in a blender and blend until smooth.
3. Preheat oven-safe skillet over medium-high heat for 3-4 minutes. Melt the 2T butter in the skillet.
4. Pour the batter into heated skillet and place skillet into the oven and bake for 25-30 minutes.
5. The pancake is done when it is a rich golden color and the sides have risen. After a few minutes remove the pancake from the skillet and let cool slightly on a wire rack.
6. Serve while it's still warm and top pancake with powdered sugar, fruits, whipped cream, really whatever you want.

Contributed by the Pixton family (Mikey - K)

# Germany - Stuffed Cabbage

## Description of dish:

A delicious dish consisting of tender cabbage leaves wrapped over top of a meat and rice mixture, sauerkraut and tomatoes.

## Ingredients

Large loose-leafed cabbage  
Large can sauerkraut  
Large can tomatoes  
1 lb. ground beef  
1//4 lb. ground pork  
1/4 lb. ground veal  
(can sub. pork or beef)

1 med. onion chopped  
1 egg  
1/4 cup regular rice  
salt and pepper to taste

## Directions

1. Cook cabbage whole for 20 - 30 minutes after first cutting around heart with knife. Cool.
2. Separate leaves and cut away thick part next to heart.
3. Mix together meat, onion, egg, rice and salt and pepper.
4. Roll cabbage leaf securely around small portions of mixture and place in deep pot which has a layer of rinsed sauerkraut in bottom.
5. Alternate layers of pigs in blanket and sauerkraut in pot. Add can of tomatoes over top.
6. Cook 2 hours on top of the stove, adding water when necessary to cover.



Contributed by the Wieland family (Connor - PreK)

# Great Britain – Bangers & Mash

## Description of dish:

Bangers and mash, also known as sausages and mash, is a traditional dish of Great Britain and Ireland, consisting of sausages served with mashed potatoes. They go back a long way, to around the 4th century A.D. At least that's when the Romans were thought to have introduced them to Britain. They are known as bangers because "bang" is precisely what they would do when you cooked them!



## Ingredients

### For the onion gravy:

- 2 TBS vegetable oil
- 2 TBS butter
- 2 medium onions
- 1 tsp sugar
- 1 tsp balsamic vinegar
- 1 1/4 pt beef stock
- 4 tsp cornstarch
- 4 tsp cold water
- salt & pepper to taste

### For the mash:

- 2 lbs peeled and quartered potatoes
- 6 TBS milk
- 1 stick cubed butter
- salt & pepper to taste

### For the sausage:

- 2 TBS vegetable oil
- 8 thick sausages

## Directions

1. Make the gravy by melting the oil and butter in a large saucepan on medium low heat. Add the onion and cover. Cook on low for approximately 10 minutes or until onion is soft.
2. Add the sugar and balsamic vinegar to the onions and stir well. Cover the lid and continue to cook for 5 more minutes.
3. Add the stock and boil gently uncovered for 5 minutes.
4. Mix together cornstarch with cold water to form a thin paste.
5. Pour a bit of the hot gravy into the starch mixture and mix thoroughly. Pour this back in to the gravy. Raise the heat to high and boil for 10 minutes or until the gravy is slightly thickened. Season with salt and pepper to taste. Keep warm.
6. Next, put all potato pieces in a pot with cold water, bring to a boil and reduce to simmer until fork tender. Drain and keep warm.
7. Cook sausages by heating the oil in a large pan over medium heat. Fry until golden brown and firm, turning them from time to time for about 20 minutes. Keep warm.
8. Finish the mash by placing milk and butter in the pan used to boil the potatoes, place over low heat and warm gently until butter has melted. Add potatoes and mash. Whip lightly with a wooden spoon and season with salt and pepper.
9. To plate, spoon the mash and cover with 2 sausages and pour the onion gravy over the dish. Serve and enjoy! CHEERIO!!!

Contributed by the Eynon family (London - Gr 2)

# Greece - Spanakopita

## Description of dish:

Spanakopita is a Greek pastry made with phyllo dough and a spinach and feta filling.



## Ingredients

- 2 Garlic cloves
- 2 Shallots
- 5 - 10 oz boxes of chopped spinach, frozen (thawed)
- 2 eggs, large
- 1.5 cups of crumbled feta
- 1 cup cottage cheese
- 1/2 tsp Pepper
- 1 tsp Salt
- cup melted butter
- 1 box phyllo dough

## Directions

1. Very important : thawed spinach: squeeze out as much water as possible, to prevent your pie turning soggy.
2. Saute garlic and shallots in butter, let cool.
3. Mix together: squeezed spinach, eggs, feta, cottage cheese, salt, pepper, garlic and shallots.
4. Melt the butter. To start the layering process, brush some butter on the bottom of a 9×13 tray. Place a single layer of phyllo. Butter every layer. Make sure you have a good brush so you don't have to worry about any hairs coming out when you're brushing the butter. Use 10 layers of phyllo, then add spinach mixture. Spread evenly with a spoon. Repeat layering of phyllo dough using another 10 layers, butter every layer. Use the palms of your hands or wooden spoon to gently compress the layers and press out any air pockets. Go around the edges and fold phyllo dough towards center with butter brush.
5. Then place in a 375 degree F oven for approx 20-30 minutes, or until the top is a beautiful golden brown.

Contributed by the Alexander family ( Jace - Gr. 8)

# Haiti - Fried Plantains

## Ingredients

- 3 Green Plantains
- 1 tablespoon of salt
- 1 cup of vegetable oil
- Tostonera (see amazon)



Description of dish:

Appetizer

## Directions

1. Peel plantains and angle cut each one into 5 equal pieces.
2. In a bowl, spread salt directly on the cut Plantains. Let Plantain rest for 5mns.
3. Heat oil on medium high heat in a deep fryer or frying pan. Lightly cook plantains in the oil until they are lightly brown.
4. Remove the plantains from the oil and flatten each plantain using the tostonera.
5. Place them back in the oil for approximately 5 minutes each.
6. Remove plantains from oil and place them on paper towel to remove the excess oil. Serve hot.

Contributed by the Jeudy family (Nathan - Gr. 6 and Amelia - K )

# Honduras – Baleadas

Description of dish:

Baleadas are a very popular meal in Honduras. It was first created in the North Coast of the country, and you typically have them for breakfast or dinner, but many are known to enjoy them for lunch as well! The traditional, simple Baleada consist of a flour tortilla, refried red beans, sour cream, and cheese. When you want to vamp it up you can add avocado, scrambled eggs, chorizo, and really, anything at all!

## Ingredients

Flour tortillas (we buy Mission Soft Taco Homestyle Flour Tortillas or Guerrero Soft Taco Flour Tortillas)  
Refried red beans (we use Ducal Refried Beans – Red)

Sour cream (your preference, but when we can find it we use Honduran Cream Olancho)  
Queso fresco or cotija cheese  
Add scrambled eggs or avocado (optional)



## Directions

1. Heat up your refried beans and tortillas—you can do this on the stove or in the microwave.
2. Spread a couple of spoonfuls of refried beans on one side of each tortilla.
3. Top the beans with crema, and cheese. (and anything else you decided to add!).
4. Fold each tortilla over to close, and enjoy!

\*If you'd like to try making everything from scratch, you can find a recipe for homemade tortillas at <https://thecafesucrefarine.com/best-ever-homemade-flour-tortillas/>, and for refried beans at <https://www.onehappyhousewife.com/authentic-refried-beans/>.

Contributed by the Secaira family (Rebecca - Gr. 2 and Sebastian - Gr. 8)

# Hungary – Hungarian Cake

## Description of dish:

A dense sponge cake with rich, chocolate, icing. The texture of this cake is very different and delicious. The recipe has been in Henry's grandmother's family for generations. Her family was from Germany, so perhaps this is a German variation of the recipe.



## Ingredients

### Cake Ingredients:

8 eggs (separated)  
¼ tsp. cream of tartar  
8 Tablespoons  
Sugar  
8 Tablespoons Flour  
½ tsp. salt  
1 tsp. vanilla

Beat egg whites with the cream of tartar until stiff peaks form. Set aside.

Beat the 8 egg yolks with the sugar for 15 minutes then add the flour, salt and beat for 1 minute, then

### Cake Icing Ingredients:

1 package chocolate chips (good ones)  
1 stick of butter  
4 eggs  
1 tsp. vanilla

## Directions

### Cake:

1. Beat egg whites with the cream of tartar until stiff peaks form. Set aside.
2. Beat the 8 egg yolks with the sugar for 15 minutes then add the flour, salt and beat for 1 minute, then add the vanilla. Beat for 10 minutes.
3. Fold the stiffly beaten egg whites into the egg yolk mixture.
4. Line two round cake pans with parchment paper and grease the paper.
5. Pour cake batter into the pans. Bake for 25-30 minutes in a 300 degree oven. Turn cake pans upside down on a rack to cool.

### Cake Icing:

1. Melt chocolate chips in a double boiler.
2. Stir in butter until it's melted and well mixed with chocolate.
3. Add 4 eggs – one at a time – beating after each addition. Then add the vanilla.
4. Let the icing cool a little bit so it's easy to spread and not too thin. Ice the bottom layer of the cake, then put on the top layer. T

The icing is so good, so be sure to ice the sides generously as well. The icing hardens up once it cools completely on the cake.

Contributed by the Bieber family (Michael - Gr. 1)

# India - Beef Fry

Description of dish:

Slow roasted beef in a spicy aromatic masala with coconut bites and curry leaves .



## Ingredients

2 ½ lb beef 25 shallots (thinly sliced)  
2-3 green chilies (slit)  
1 tbsp ginger garlic paste  
¼ tsp turmeric powder  
tbsp red chili powder  
1½ tsp coriander powder  
tbsp pepper powder  
1 tsp meat masala  
½ tsp garam masala

4-6 sprigs curry leaves  
¼ cup coconut bites  
a pinch of mustard seeds salt (as required)  
oil (as required)

## Directions

1. Clean and cut beef into cube shaped pieces.
2. Cook the beef in a cooker with salt, pepper powder, meat masala, and a little water just enough. to cover the meat. Pressure cook for 2 whistles and then remove the cooker from the flame. Allow it to rest until the pressure goes off. Keep aside.
3. Heat oil in a pan and splutter mustard seeds. Add curry leaves, sliced shallots, green chilies, and a little salt. Saute until the onions turn translucent.
4. Add ginger garlic paste, saute for a minute until the smell resides.
5. Add spice powders; chili, coriander, turmeric, garam masala, and mix well. Make sure to turn the heat to a low while adding the spice powders, so that it does not burn.
6. Remove the lid from the pressure cooker and transfer the cooked beef with the remaining water. to the pan, mix well with the masala and cook on a medium flame until the gravy dries out. Stir the gravy occasionally while cooking, to prevent it from sticking to the bottom of the pan. Add salt as needed.
7. Meanwhile, heat a little oil in another pan and fry the coconut bites. As it starts to brown, add curry leaves and fry it along with the coconut bites until browned. Keep aside.
8. When the gravy dries out, reduce the flame to a low and saute the beef in the pan for 10-15 minutes. Add the fried curry leaves and coconut bites, and mix well together. Scrape the sides of the pan, toss until the meat is brown -black and dried out completely.
9. Serve hot with Rice, Porotta, Naan, or any other bread.

Contributed by the Kalampanayil family ( Jyotna Gr. 7)

## Ingredients

For Kappa:

1 packet of frozen yucca  
(thawed)

½ tsp turmeric

½ tsp salt

For Beef and Assembly:

large handfuls of beef, cut  
small and rinsed

2-3 stems of curry leaves

½ cup each coconut slices  
&

grated coconut

7 tbsp coconut oil

½ large onion, diced

3 green chilies, diced in large  
pieces

4-5 cloves garlic, diced

1 inch knob ginger, diced

½ tsp turmeric 1 tsp salt

3 tsp coriander powder

3 tsp red chili powder

2 tbsp meat masala 2 tsp

garam masala

1 tsp ground black pepper

½ tsp mustard seeds 1 ½ cup  
boiling water

## India – Beef Kappa (Yucca) Biryani

Description of dish:

A traditional dish, it is a delicacy among Christian families in southern Kerala. It is a delicious and spicy blend of partially mashed yucca with beef. Also termed 'Ellum Kappayum', Kappa Biryani is a popular street food available with roadside vendors and thattukadas

## Directions

1. Boil the cut up, thawed yucca in water with the turmeric and salt until soft and mushy (roughly 20 minutes). Drain and set aside.
2. In a large pan add 3 tbsp oil and heat to medium high heat. Add coconut slices once oil is hot and fry to golden brown. Remove with slotted spoon and place in a bowl.
3. Using the same bowl, add the grated coconut and 4-5 curry leaves and fry until golden brown. Set aside with the coconut slices.
4. To the same pan, add 2 tbsp of the oil. Add the green chilies and fry for one minute.
5. Add the ginger and garlic and fry for another minute.
6. Add the onion and cook until slightly brown and reduced.
7. Add the red chili powder, coriander powder, meat masala, and 1 stem of curry leaves and cook until aromatic.
8. Add beef and boiling water. Cook for 1 minute then cover pan to cook until beef is almost cooked through. (You will see oil at the top to indicate this). Stir.
9. Add cooked yucca to the top of the curry. Sprinkle the fried coconuts, garam masala, and black pepper on top. Do not mix.
10. Cover the pan and cook for 5-10 minutes. Uncover and mix together.
11. Add ½ cup boiled water and stir until absorbed by yucca.
12. Remove from heat and set aside.
13. In a separate pan, add 2 tbsp oil at medium high heat. Add mustard seeds, 1 stem of curry leaves and fry for 1 minute. Pour this on top of the kappa biriyani in the other pan.



Contributed by the Joseph family (Kyle Gr - 3 and Nikash - PreK)

# India, Goa – Tuna Fish Croquettes

Description of dish:

Delicious and kid friendly snack made of canned tuna fish with a few condiments for flavor



## Ingredients

For the Croquette Mixture:

- 1 medium sized Onion (chopped)
- 3-4 Garlic cloves (chopped)
- 1-2 Green chilies (chopped )
- 1 tsp Black pepper powder
- 2 cans Tuna (well drained(Each tuna can weighed 142 grams) )
- 1/2 tsp turmeric powder
- 1 tbsp Vinegar
- Salt (as required)

2 small Potatoes (peeled and mashed)

2 tbsp Coriander (chopped)

Breadcrumbs ((See the recipe for use of breadcrumbs in the mixture) )

For Deep-Frying Croquettes:

1 Egg (egg beaten , add 1 tbsp water, mix well)

Bread crumbs (as required )

Oil (as required) In a pan / skillet, add 2-3 tbsp oil, fry on-ion till soft.

## Directions

1. Add the chopped garlic and green chilies. Sauté for 2 minutes.
2. Add the canned tuna fish along with pepper powder, turmeric, vinegar, salt. Mix well. Cook for 3-5 minutes till the mixture is almost dry.
3. Add the boiled mashed potatoes. Mix well.
4. Add the chopped coriander, mix well. Allow mixture to cool. If you feel there is still some moisture in your mixture, add breadcrumbs accordingly (I added about 4 tbsp). Mix well. Shape into croquettes (about 16-18). Dip in egg wash and then into bread crumbs. Repeat for all croquettes.
5. Deep fry them till golden brown.
6. Drain them on a paper towel. Serve while warm either plain or with ketchup.

Contributed by the Barretto family (Lucas - Gr. 4 and Lyla - K)

# India – Samosas

Description of dish:

Spicy Indian Meat Pie



## Ingredients

- 1 lb. ground beef
- 1 package of Puff Pastry sheets
- 2 or 3 large cloves of garlic (chopped)
- 1 1/2 piece of fresh ginger (chopped)
- 1 tsp. hot pepper flakes (more or less to taste)
- 4 tsps. curry powder
- 1 medium to large onion (chopped)
- about 1 tsp. salt
- about 3 tsp. vegetable oil

## Directions

1. Remove Puff Pastry sheets from freezer to thaw.
2. Preheat oven to 350 degrees F. Brown meat in a frying pan. Remove fat and place meat aside.
3. Add vegetable oil to pan and add onions, ginger and garlic, cooking until browned.
4. Place meat back in pan with onion mixture. Add salt, hot pepper flakes, and curry powder. Stir until combined. and cook a few minutes until it dries out a little.
5. Once Puff Pastry is thawed, cut each sheet into 6 pieces. Roll them slightly to make a square.
6. Put a couple of Tbsps. meat mixture onto each piece and fold over into a triangle. Seal the edges with a fork.
7. Place on uncreased cookie sheet and bake for about 30 minutes or until slightly browned and puffy.

Makes 12 Samosas, or approx. 4 servings. \* also good with frozen peas added to mixture.

Contributed by the Croker Family (Leila - Gr. 5)

# Iran – Kukuye Bademjan

Description of dish:

Kukuye Bademjan is a Persian style vegetable omelet or frittata. This variation uses eggplant and squash to make a heartier style dish for brunch or as a starter. Serve with a Persian style yogurt (or tzatziki) and flatbread, or top with diced tomatoes.

## Ingredients

5 tbsp. butter	5 eggs
1 medium onion- chopped	½ tsp. salt
2 tbsp. lemon juice (for onions)	½ tsp. pepper
2 oriental eggplants (or 1 normal eggplant)	½ tsp. cinnamon
4 squash (zucchini or crookneck)	¼ tsp. paprika
	2 tbsp. lemon juice (for squash)

## Directions

1. Dice eggplants and squash into 1-2" pieces. Sprinkle with salt and let stand for 15 minutes. Then thoroughly rinse and set aside.
2. Melt the butter in a large frying pan and sauté the onions until translucent. Remove the onions. using a slotted spoon to a bowl. Add 2 tbsp. of lemon juice to the onions and let rest.
3. In the pan, sauté the eggplant and squash until they are golden brown.
4. Beat the eggs well and add the onions to the eggs.
5. Add the salt, pepper, cinnamon, paprika and 2 tbsp. of lemon juice to the eggplant and squash. and mix.
6. Pour the egg mixture over the eggplant and squash mixture in the pan.
7. Cover and let cook for 20 minutes over medium heat. Makes 4 servings.



Contributed by the Caruana family (Tyler - Gr. 4, Danielle - Gr. 2 and Aiden - K)

# Iran - Kukuye Sabzi

Description of dish:

Kukuye Sabzi is a Persian style vegetable omelet or frittata that is a national favorite and is served year-round but especially on New Year's Day. This dish is delicious served hot or cold and can be served with a Persian style yogurt (or tzatziki) and flatbread. This is the Caruana kids' favorite!

## Ingredients

2 cups leeks (finely chopped)  
2 cups spinach (finely chopped)  
1 cup lettuce (finely chopped)  
1 cup parsley (finely chopped)  
1 cup green onions (finely chopped)

1 ½ tbsp. flour  
1 ¼ tsp. salt  
½ tsp. pepper  
1/3 cup chopped walnuts (optional)  
8 eggs  
1/3 cup butter



## Directions

1. Preheat oven to 325 degrees.
2. Put all the chopped vegetables and herbs in a large bowl.
3. Add the flour, salt and pepper and mix well.
4. Stir in the walnuts (optional).
5. Beat the eggs well and add to the vegetables.
6. Melt the butter in a 9" round cake pan (this can be done by putting the butter in pan in the heated oven).
7. Once the butter is melted, pour the egg mixture into the pan, and bake for 60 minutes, or until the top is slightly browned. Makes 4-5 servings.

Contributed by the Caruana family (Tyler - Gr. 4, Danielle - Gr. 2 and Aiden - K)

# Ireland - Cheesy Soda Scones

## Ingredients

3 cups all purpose flour  
1 teaspoon of kosher salt  
1 teaspoon of baking soda  
2 teaspoons of dill weed  
1.5 cups of buttermilk  
2/3 cups of aged cheddar cheese

Description of dish:

This dish has been a family favorite for generation! We use it for breakfast, lunch and dinner - and snack time too!



## Directions

1. Preheat the oven to 425 degrees and line a baking sheet with parchment paper.
2. Combine the flour, salt, and baking soda in a medium mixing bowl and whisk. Add the dill and stir. Make a well in the centre and add the buttermilk. Working quickly, use your hands or the end of a wooden spoon and mix until you have soft, moist dough.
3. Transfer the dough to a lightly floured work surface and shape it into an 8" round disk. Using a sharp knife or bench scraper, cut the dough into 6 equal triangular sections.
4. Set the scones on the prepared baking sheet and sprinkle each with some of the cheese. Bake for 15-20 minutes, or until a tester inserted into the center of one of the scones comes out clean. Another way to test the doneness of the scone is to tap on the bottom of it, and if it sounds hollow then it's baked through.

Contributed by the Costello family ( James - Gr. 1)

# Ireland – Guinness Soft Pretzels with Sea Salt and Cheese Sauce

Description of dish:

Homemade, flavorful soft pretzels with a yummy cheese sauce for dipping. Double recipe and freeze ½ for later

A comfort food treat for kids and adults alike from Ireland

## Ingredients

Ingredients for the Pretzels:

3/4 cup heated tap water (microwave 2 minutes) 2

1/4 teaspoon active dry yeast

1 tbsp granulated sugar

4 1/2 cup all-purpose flour

2 tsp salt

2 tbsp unsalted melted butter

3/4 cup Guinness

1/3 cup baking soda

8 cups water

1 large egg

Coarse sea salt

Ingredients for the cheese sauce:

2 1/2 cups shredded cheddar cheese

1 tbsp cornstarch

1/2 teaspoon garlic powder

1/2 teaspoon salt

1 (12 ounce ) can evaporated milk

1/2 cup (4 oz.) Guinness beer.



Contributed by the Hartzog family (Charlee - Gr. 6 and Keegin - Gr. 4)

# Cont -Ireland - Guinness Soft Pretzels with Sea Salt and Cheese

## Directions

Instruction for Pretzels:

1. Microwave the 3/4 cup water for 2 minutes. Add the yeast and sugar. Allow to rest for 10 minutes.
2. While this rests, in a separate bowl add 4 cups of flour and salt.
3. Measure out the Guinness and melt the butter.
4. When yeast has risen some after 10 minutes, slowly add the dry ingredients with a mixer on low. Followed by Guinness and melted butter. Add additional flour if needed if dough is not manageable.
5. Shape dough into a ball and transfer to a large greased bowl and flip once to coat completely with oil.
6. Cover and allow to rise in warm location for one hour or until doubled in size.
7. Preheat oven 450 and prepare 2 baking sheets with parchment paper. Bring 8 c of water to a boil with baking soda.
8. In a small bowl, beat egg with 1 tbsp water.
9. Grease hands with oil and divide dough into 8 equal portions. Shape each portion into a rope and form a U crossing the ends over each other and twisting to create the pretzel shape. Or to make it easier, make pretzel balls. Carefully place pretzel in boiling water one at a time for 30 seconds and using a spatula place pretzel for baking on the prepared baking sheet. Brush each boiled pretzel well with egg wash and immediately sprinkle with coarse sea salt. Bake for 12-14 minutes.

Instructions for cheese sauce:

1. Add all ingredients to a blender, blend until smooth.
2. Add to a saucepan over medium heat and heat to desired temperature.
3. Serve pretzels with the cheese sauce. Can be made up to 3 days in advance and stored in the fridge until ready to use.

# Ireland - Soda Bread

Description of dish:

This bread from Ireland is a rustic brown bread with a bit of crunch from the oats.



## Ingredients

- 1 3/4 cups plain white flour
- 1 1/4 cups whole meal flour
- 1/2 cups oats (plus extra to scatter on top)
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 1/4 cups neutral tasting dairy free milk
- 1 tablespoon apple cider vinegar

## Directions

1. Preheat your oven to 425 degrees F.
2. Line a baking sheet with parchment paper.
3. Mix all dry ingredients thoroughly. Add the oat milk and the vinegar, and stir to combine.
4. Keep stirring until the ingredients come together as a dough, then form into a ball.
5. Place the ball of dough on your baking tray and cut a deep cross in the center. This is very important as it allows the bread to bake evenly, so cut almost to the bottom.
6. Dust the load with flour and add oats on top.
7. Place the bread in the oven and cook for 30 minutes.

Contributed by the Friel Family (Maggie - Gr. 7)

# Ireland - Soda Bread

## Ingredients

3 cups bleached all-purpose flour  
1 cup cake flour  
¼ cup sugar  
1 ½ teaspoons baking soda  
1 ½ teaspoons cream of tartar

1 ½ teaspoons table salt  
5 tablespoons unsalted butter (4 tablespoons softened + 1  
tablespoon melted)  
1 ¼ cups buttermilk  
1 egg, lightly beaten  
1 cup raisins  
1 tablespoon caraway seed

## Directions

1. Preheat oven to 400 degrees.
2. Whisk flours, sugar, baking soda, cream of tartar, and salt in large bowl.
3. Work softened butter into dry ingredients with a fork or fingertips until the texture resembles coarse crumbs.
4. Add buttermilk, egg, raisins, and caraway seed and stir with fork just until the dough begins to come together.
5. Turn the dough out onto a flour-coated work surface; knead until dough becomes just becomes cohesive and bump (12 to 14 turns). Do not knead until the dough is smooth. This will make the bread tough. Pat the dough into a round about 6 inches in diameter and 2 inches high.
6. Place the dough on a greased or parchment-lined baking sheet. Place the loaf onto a cookie sheet. Make a cross on the top of the dough. (My grandmother always recommended that women use their wedding ring to make the cross.)
7. Bake for 40-45 minutes, until golden brown. (The bread will have reached 170 degrees. Also, if you put a skewer into the center of the bread, it will come out clean.). If the bread is browning too quickly, cover it with tinfoil.
8. Remove the bread from the oven and brush it with the melted butter. Cool the bread until it is room temperature (about 40 minutes).

Consider serving the bread with Irish breakfast tea!

Contributed by the Barczy family (Nicolas - Gr. 5)

# Ireland – Traditional Soda Bread (Brown bread)

## Description of dish:

Description of dish: Irish Soda Bread is a form of soda bread which is quick and easy to make. Traditional Irish bread was historically cooked on a griddle as flatbread because the domestic flours did not have the properties needed to rise effectively when combined with yeast. In Ireland, the flour is typically made from soft wheat, so soda bread is best made with a cake or pastry flour (made from soft wheat), which has lower levels of gluten than a bread flour. Because the leavening action starts immediately (compared to the time taken for yeast bread to rise), bakers recommend the minimum amount of mixing of the ingredients before baking; the dough should not be kneaded. Various forms of soda bread are popular throughout Ireland. Soda breads are made using whole meal, white flour, or both.

## Ingredients

- 1 3/4 cups whole wheat flour
- 1 3/4 cups all purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2 tablespoons butter (must be cold)
- 1 egg
- 1 2/3 cups buttermilk



## Directions

1. Preheat the oven to 425 F.
2. Mix all of the dry ingredients in a large bowl: both flours, salt and baking soda. Add the butter and mix it into the flour mixture until the consistency is like bread crumbs.
3. In a separate bowl, whisk the egg and buttermilk together. In the dry ingredients bowl which is now not dry, make a hole in the center (about 2 inches wide) but don't go to the bottom. You should still see the dry ingredients; not the bottom of the bowl when making the hole. The dough should be soft but not too sticky.
4. Lightly flour your work surface. Take the dough from the bowl and make it into a rounded oval, ballish shape about 1 1/2 inches thick. If you have a bread tin, place the dough in that tin. Make sure that the tin is well dusted with flour. If you do not have a bread tin, place the dough on the baking sheet that is well dusted with flour. Score the bread by blessing it with a deep cross on top. Next poke a hole in the four corners of the bread to release the fairies so that they don't curse the bread.
5. Glaze the bread with a small douse of buttermilk.
6. Bake for 15 minutes at 425 F. After 15 minutes, turn down oven to 400 F and bake for 30 more minutes.
7. When done, the soda bread loaf will sound slightly hollow when tapped on the bottom. Remove from baking sheet or tin and place on a wire rack to cool. Enjoy!

Contributed by the Hutchcroft family (Paige - Gr. 5, Paul - Gr. 5, Haley - Gr. 7 and Josie - Gr. 7)

# Ireland & England – Shepherd's Pie

## Description of dish:

This is a hearty dish of seasoned ground meat and vegetables topped with buttery, cheesy mashed potatoes! It is generally thought that Shepherd's Pie is purely an Irish dish, but the English also lay claim to its origins. Traditionally, the Irish "Shepherd's Pie" is made with lamb, while the English "Cottage Pie" is made with beef.



## Ingredients

### Meat Mixture:

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 onion, diced
- 2 pounds lean ground beef or lamb
- 1/3 cup all-purpose flour
- Salt and ground black pepper to taste
- 2 teaspoons minced fresh rosemary
- 1 teaspoon paprika
- 1/8 teaspoon ground cinnamon
- 1 tablespoon ketchup
- 3 cloves garlic, minced
- 2 1/2 cups water, or as needed
- 1 (12 ounce) package frozen peas and carrots, thawed

### Potatoes:

- 2 1/2 pounds Yukon Gold potatoes, peeled and halved (or chopped smaller for faster cooking)
- 1 tablespoon butter
- 1 pinch ground cayenne pepper
- 1/4 cup cream cheese
- 1/4 pound Irish cheddar cheese, shredded
- Salt and ground black pepper to taste
- 1 egg yolk
- 2 tablespoons milk

Contributed by the Giron family (Brady - Gr. 8 and Eli - Gr. 5)

# Cont - Ireland & England - Shepherd's Pie

## Directions

1. Preheat the oven to 375 degrees F (190 degrees C), and start a pot of salted water boiling for potatoes.
2. Place olive oil and butter in saute pan over medium heat. Stir in onion and ground beef/lamb; brown the meat, breaking it up into small crumbles as it cooks, about 10 minutes. Drain the meat, if necessary, but leave enough liquid to prevent things from sticking in the next step.
3. Stir in flour until incorporated, then mix in salt, black pepper, rosemary, paprika, cinnamon, ketchup, and garlic; cook and stir until garlic is fragrant, 2 to 3 minutes.
4. Stir in water and scrape up any brown bits from the bottom of the pan. Reduce heat to medium-low and bring mixture to a simmer; cook and stir until thick, about 5-6 minutes.
5. Remove beef/lamb mixture from heat and stir in peas and carrots until combined.
6. Spread mixture into the bottom of a 9x13-inch baking dish and set aside.
7. Meanwhile, as soon as the water comes to a boil, place potato pieces into the pot. Bring back to a boil, reduce heat to medium, and cook until tender, about 15 minutes. Drain well and return potatoes to pan.
8. Mash the butter, cayenne pepper, cream cheese, and Irish cheese into the potatoes. Mash until combined and potatoes are smooth. Season to taste with salt and black pepper.
9. Whisk together egg yolk and milk in a small bowl; stir into the mashed potato mixture.
10. Top the meat mixture in the baking dish with the mashed potatoes and spread evenly to cover.
11. Bake in the preheated oven until the top is golden brown and sauce is bubbling up around the edges, 25 to 30 minutes.

# Israel - Vegetable Salad

## Ingredients

- 1 (1 pound, 13 ounce) can of chickpeas (rinsed and drained)
- 1 cup Tahini (ground sesame paste)
- 1 cup freshly squeezed lemon juice (4-6 lemons), divided
- 3 tablespoons chopped garlic (9 cloves) 1 1/2 teaspoons ground cumin
- 1/2 teaspoon Sriracha Good olive oil
- Kosher salt and black pepper
- 1 large hothouse cucumber (unpeeled, halved, seeded, diced)
- 2 cups cherry tomatoes (halved)
- 1 cup orange or yellow pepper (diced) 3/4 cup red onion (diced, we use way less) Mint leaves for garnish (optional) Toasted pita bread, for serving

Description of dish:

Recipe courtesy of The Barefoot Contessa



## Directions

1. For the hummus, place the chickpeas, tahini, 3/4 cup of the lemon juice, the garlic, cumin, Sriracha, 2 tablespoons olive oil, 1 tablespoon salt, and 1 teaspoon black pepper in the bowl of a food processor fitted with the steel blade and process until the mixture is completely smooth. If the hummus is too thick, add a few tablespoons of warm water until it is creamy but still thick and spreadable.
2. In a large bowl, combine the cucumber, tomatoes, yellow or orange pepper, and red onion. Add 1/3 cup olive oil, the remaining 1/4 cup lemon juice, 2 teaspoons of salt, and 1 teaspoon of black pepper, and combine.
3. Spoon the hummus onto a large serving platter, spreading it out with a raised edge. With a slotted spoon, mound the vegetable salad on the hummus, leaving the edges of the hummus visible. Sprinkle the vegetables and hummus with the mint and extra salt.
4. To serve, brush small pieces of pita bread with olive oil, sprinkle with salt, and pop in an oven at 350 until toasty. We've also used Pita Chips.

Contributed by the Burritt family (Jules - Gr. 6, Ashton - Gr. 2 and Quinn Gr. 1)

# Italy - Chicken Piccata

## Ingredients

- 2 skinless and boneless chicken breasts, butterflied and then cut in half
- Sea salt and freshly ground black pepper
- All-purpose flour, for dredging
- 6 tablespoons unsalted butter
- 5 tablespoons extra-virgin olive oil
- 1/3 cup fresh lemon juice
- 1/2 cup chicken stock
- 1/4 cup brined capers, rinsed
- 1/3 cup fresh parsley, chopped

## Description of dish:

An Italian comfort food with thinly, sliced chicken cooked and topped with a lemony, butter, and caper sauce.



## Directions

1. Season chicken with salt and pepper.
2. Dredge chicken in flour and shake off excess.
3. In a large skillet over medium high heat, melt 2 tablespoons of butter with 3 tablespoons olive oil. When butter and oil start to sizzle, add 2 pieces of chicken and cook for 3 minutes.
4. When chicken is browned, flip and cook other side for 3 minutes. Remove and transfer to plate.
5. Melt 2 more tablespoons butter. and add another 2 tablespoons olive oil. When butter and oil start to sizzle, add the other 2 pieces of chicken and brown both sides in same manner. Remove pan from heat and add chicken to the plate.
6. Into the pan add the lemon juice, stock and capers. Return to stove and bring to boil, scraping up brown bits from the pan for extra flavor.
7. Check for seasoning. Return all the chicken to the pan and simmer for 5 minutes. Remove chicken to platter.
8. Add remaining 2 tablespoons butter to sauce and whisk vigorously. Pour sauce over chicken and garnish with parsley.

Great with rice or pasta with olive oil and freshly grated parmesan cheese. This sauce is also amazing with veal, fish or shrimp!

Contributed by the Cogliandolo family (Giovanna - Gr. 7, Luca - Gr. 5, and Simona - Gr. 2)

# Italy – Cheesy Lasagna Stuffed Peppers

Description of dish: Low Carb Italian

## Ingredients

Lasagna Stuffed Peppers :  
6 bell peppers, tops cut off and seeds removed  
6 lasagna noodles, cooked  
1 jar marinara sauce  
1 pound ground beef cooked (or ground turkey)

Cheese Filling :  
15 ounces whole milk ricotta  
1 cup shredded mozzarella cheese, plus more for topping  
1 cup grated Parmesan cheese, plus more for topping  
1/4 cup cooked spinach, finely chopped  
1 egg  
Salt and pepper, to taste  
Parsley, for garnish

## Directions

Cheese and Beef Filling:

1. In a medium bowl, add all cheese filling ingredients until combined.
2. Brown and drain the ground beef then add some of the marinara sauce. Lasagna Stuffed Peppers. 1. Preheat oven to 375 degrees.
3. Using one lasagna sheet, place the end of it inside a pepper, covering the bottom.
4. Add a spoonful of meat sauce followed by the cheese mixture. Lay the noodle on top of the mixture. Repeat the filling process, and place noodles over the filling in the other directions. You'll create a zigzag shape with the noodles as you layer.
5. Once peppers are full, top with additional sauce and sprinkle with mozzarella and Parmesan. Place peppers in a muffin tin so they don't fall over while baking.
6. Bake for 15 minutes, then turn oven to broil and cook for 5 more minutes. Top peppers with parsley and enjoy!



Contributed by the Basso-Luca Family (Mitchel - Gr. 8)

# Italy - "Favorite Cookies"

## Description of dish:

These cookies are a "favorite" for the Italian side of our family. They are relatively easy to make and ingredients can be substituted which speaks to the time when Grandma Gallo would make them-using what she had to make something everyone loved to eat!

We are including with our pictures, a copy of her handwritten recipe. She came to this country from Italy with only a 3rd grade education and she learned to read, write and speak in English through her years working at a glove factory, outside of Albany, NY. She worked there until she met her future husband, also from the same small town in Italy (they met in NY but never knew each other in Italy!)

With her limited English, her writing was impacted and you can see how she forgot details in her description of how to complete the recipe. She had all these recipes in her head and she didn't need to have them written down.



## Ingredients

- 2 ½ cup all purpose flour
- 2 tsp ground cinnamon
- 1 tsp baking soda
- ½ tsp salt
- 1 ½ cups of raisins or chopped pitted dates
- 1 cup coarsely chopped walnuts or pecans
- 1 cup butter (softened) or other oil
- 1 ½ cup brown sugar
- 3 eggs
- 1 orange peel, zested
- 1 Tbsp orange juice

## Directions

1. Stir in a bowl together-flour, soda and salt (and cinnamon).
2. Stir in raisins, nuts or dates.
3. Add eggs one at a time (We assume to add the oil/butter and sugar here).
4. Add orange peel and juice and flour, a little at a time.
5. Drop by spoon. 375 degrees in the oven for 8-10 minutes. Cool on the wire rack.

Contributed by the Douge family (Michael - Gr. 2 and Peter - PreK)

# Italy – Grandma Mary Perzella's Meatballs

## Ingredients

1lbs chuck ground beef  
Bread (make sure it is stale)  
Milk  
1 egg  
2 cloves of garlic (minced fine)  
3 tbsp grate parmesan cheese  
oregano, basil, and parsley to taste  
Salt and pepper to taste

## Directions

1. Use almost as much bread as meat (be sure the bread is stale)
2. Soak bread in milk and squeeze out thoroughly
3. Add 1 egg, 2 cloves of garlic—minced fine, and 3 tbsp grated parmesan cheese
4. Use oregano, basil, and parsley to taste
5. Use salt and pepper to taste
6. Mix thoroughly and form into balls
7. Cook on lightly greased pan and cook SLOWLY.

Description of dish:

Homemade Italian Meatballs



Contributed by the Hartinger family (Jojo—Gr. 3 and Brynne Gr. 1)

# Italy – Grandpa's Baked Lasagna

## Description of dish:

The perfect combination of Italian meat sauce and cheeses.

## Ingredients

### Sauce:

- 1 Quart Classico Spicy Red Pepper
- 3 Quarts Classico Tomato Basil

### Meat:

- 1 large onion - chopped Minced garlic – if you like garlic
- 2 lb. Ground Beef
- 1 lb. Boarman's Mild Italian Sausage

### Cheese:

- Large Whole Milk Ricotta – drain off any excess water. (Moisture keeps the lasagna from setting).
- 2 cups Grated Italian Cheeses – Parmesan, Romano
- 2 cups Mozzarella – also grated (or you can slice it which is preferred).

2 – 3 eggs

Salt and Pepper to taste

Dash of nutmeg

Mix all the cheese items together in a big bowl except the mozzarella if it is sliced.

### Noodles:

No cook noodles – you need two boxes.



Contributed by the McClure family (Harley - Gr. 1)

# Cont - Italy - Grandpa's Baked Lasagna



## Directions

1. Brown sausage and beef; chop it to a pretty fine grain. – Salt and Pepper to taste while it is browning.
2. Remove the meat, drain most of the fat that has rendered and then sauté the onion. When the onion is well along – add the garlic for about two minutes.
3. Return the meat to the pan and add the sauce. Let all this simmer for about an hour stirring regularly.
4. Preheat the oven to 375°.
5. Building the lasagna: In a deep sided pan. Thin layer of sauce. Layer of noodles. Sauce. Cheese mix. If you are slicing the mozzarella – then a layer of that. Layer of sauce. noodles. Cheese mix. If you are slicing the mozzarella – then a layer of that. Sauce. Noodles. Sauce.
6. Bake at 375° covered for about 45 minutes. Remove the foil and continue baking until the lasagna is bubbling (about 20 minute longer). Let rest for about 30 minutes.
7. Remove the foil and continue baking until the lasagna is bubbling (about 20 minute longer). Let rest for about 30 minutes.

NOTE: To make baked Ziti: In place of the lasagna noodle, cook a pound and a half of ziti to al-dente. Put some of the sauce in the bottom of your baking dish. What I do here is mix the remaining sauce, all of the cheese mixture, and the ziti in a large bowl. Then put all of that mix into the baking dish. If it doesn't fit, put the rest in a second dish – it can be frozen.

# Italy – Great Grandma Rose’s Meatballs and Spaghetti with Sausage and Marinara Sauce



## Description of dish:

Gabriella's Great Grandma Rose was known for her delicious homemade meatballs. She loved pairing her meatballs made from scratch with the convenience of marinara sauce from a jar! Gabriella's grandfather's favorite memory was eating one of the freshly cooked meatballs before his mom added it to the sauce.

## Ingredients

### For the Meatballs :

- 1 small onion, chopped
- 1 tsp olive oil
- 4 slices day-old bread, crusts removed
- ½ c milk
- 2 lbs. ground beef
- 4 eggs
- 1 Tbsp parmesan cheese
- 1 tsp salt
- 1 tsp oregano
- 1 tsp Morton Nature’s Seasons seasoning blend
- 1 Tbsp water
- 4 cloves garlic, chopped
- About ¼ cup olive oil for frying

### For the Spaghetti:

- 1 lb uncooked Italian sausage
- 1 small onion, chopped
- 1 box of your favorite spaghetti
- 2 jars of your favorite marinara sauce (we like Rao’s)
- Shredded parmesan cheese for serving

Contributed by the Nupp family (Gabriella - K)

# Cont -Italy - Great Grandma Rose's Meatballs and Spaghetti with Sausage and Marinara

## Directions

For the meatballs:

1. Leave out 4 slices of bread the night before to dry out. Alternatively, you can dry them out in a 300 degree oven on the day you make the meatballs.
2. Soak the dried bread in the milk in a 9x13 pan until it is almost all absorbed, then tear or chop into small pieces.
3. While the bread is soaking, cook 1 small chopped onion in olive oil over medium heat until soft and browned, stirring occasionally. Add a bit of water to the pan if the onion begins to stick.
4. Place ground beef into a large bowl and add the eggs, parmesan, salt, oregano, Morton's seasoning, water, garlic, and cooked onions. Mix well with a fork.
5. Shape beef mixture into meatballs each about 1 heaping tablespoon in size. Fry meatballs over medium heat in batches using 1 tbsp oil in the pan for each batch. Use 2 spoons to turn the meatballs in the pan to cook all sides. You may need to carefully clean the pan in between batches to prevent burning. We use a cast iron pan. Set half of the meatballs aside for later use. Freeze them in a single layer on a baking sheet before transferring to a Ziploc bag.

For the spaghetti:

1. Bring a pot of water to boil for your spaghetti and cook according to package instructions.
2. Meanwhile, remove the Italian sausage from the casings and cut into ½ inch slices.
3. Add sausage and chopped onion to a medium-sized pot and cook until sausage is no longer pink.
4. Drain off extra grease and discard.
5. Add marinara sauce and half of the cooked meatballs to the pot with the sausage and simmer for 30 minutes.
6. Serve meatballs with sausage and marinara sauce over spaghetti, topping with extra parmesan cheese if desired.

# Italy - Lasagna

## Description of dish:

This lasagna is a wonderful combination of a homemade meat sauce, creamy filling and a cheesy topping.



## Ingredients

1 1/2 lbs Ground beef, lean  
1 lb Italian sausage  
2 tsp Basil, dried  
5 Garlic cloves  
1/3 cup Parsley, fresh  
3 cups Tomatoes  
1 White onion, large  
1 Egg, large  
1 Egg yolk, large  
1 (6 ounce) can Tomato paste  
2 cups Tomato sauce  
1 lb. lasagna noodles

1/2 tsp Black pepper, freshly ground  
1/2 tsp Black pepper, ground  
2 tbsp Brown sugar 1/8 tsp  
Cayenne  
1/2 tsp Fennel seeds  
2 tsp Italian seasoning 1/4 tsp Red pepper flakes 2 1/2  
tsp Salt 3 tbsp Olive oil  
16 oz Mozzarella, soft  
1 cup Parmesan cheese  
3/4 cup Parmesan cheese, grated  
4 cups (2 ib.) whole milk ricotta cheese

Contributed by the Carrigg family (Ryan - Gr. 3 and Robbie - K )

# Cont -Italy - Lasagna

## Directions

### FOR THE MEAT SAUCE:

1. In a large dutch oven, heat the olive oil over medium heat.
2. Once it is hot, add the diced onion and minced garlic. Toss around with a wooden spoon and cook until onions are softened and slightly browned, about 5-6 minutes. Be careful as the garlic can easily burn.
3. Once the onions are cooked, add the Italian sausage and ground beef. Cook until it is no longer pink, breaking it up with a wooden spoon. Once meat is browned, drain any juices in the pot.
4. Return to heat and pour in the crushed tomatoes and tomato sauce and add a little water to the jars, shake a bit and pour into the pot.
5. Add tomato paste, sugar, salt, pepper, dried basil, Italian Seasoning, fennel seeds and red pepper flakes. Stir to make sure everything is combined. Turn the heat to low and simmer for at least 1 and 1/2 to 2 hours to reduce the water and enhance the flavor. Skim the fat on top and stir occasionally, tasting the sauce and adjusting the seasonings to your preference.
6. Once sauce is finished cooking, turn off the heat and preheat the oven to 375F.

### FOR THE CHEESE FILLING:

1. In a large mixing bowl, beat the egg and egg yolk.
2. Add the ricotta, mozzarella pieces and parmesan and stir until well combined.
3. Mix in salt, pepper, cayenne (if using) and chopped parsley. Set aside.

### FOR THE NOODLES:

1. Fill a large pot with water and add 1/2 teaspoon of salt and 1 tablespoon of olive oil. Bring to a boil.
2. Add the lasagna noodles to the boiling water and cook according to package directions. Once noodles are cooked, drain and rinse and place in a large bowl with cold water.

### ASSEMBLY:

1. Spread 1/4 of the meat sauce into the bottom of a deep 9x13 inch baking dish. Top with 1/3 of the noodles and spread 1/2 of the cheese filling on top.
2. Repeat with 1/4 meat sauce, 1/3 noodles, remaining cheese filling, 1/4 meat sauce, remaining noodles and remaining meat sauce.
3. Top with mozzarella pieces and shredded parmesan. Loosely cover the dish with aluminum foil, making sure the foil is not touching the cheese. Place dish on a larger baking sheet in case anything leaks out.
4. Bake in preheated oven for 30 minutes. Remove the foil and bake for an additional 30 minutes, or until the top of the lasagna is nice and golden and bubbling.
5. Remove from oven and allow to set for 20 minutes before slicing.

# Italy – Orange Almond Biscotti (Biscotti di Greve)

Description of dish:

Twice baked Almond cookies perfect for dipping in drinks like coffee or wine

## Ingredients

2 cups unbleached all-purpose flour  
1 cup sugar  
1 teaspoon baking soda  
1/4 teaspoon salt  
2 large whole eggs  
1 large egg yolk  
1 teaspoon vanilla  
1/2 teaspoon orange extract  
1 tablespoon freshly grated orange zest  
1 1/2 cups natural whole almonds, toasted  
lightly  
& chopped coarse

An egg wash made by beating together  
1 large egg & 1 teaspoon water



## Directions

1. Preheat oven to 300 degrees F.
2. In the bowl of an electric mixer (paddle attachment works best) blend the flour, sugar, baking soda and salt until combined well.
3. In a small bowl, whisk the whole eggs, yolk, extracts & zest, and add to the flour mixture, beating until a dough forms, then add the almonds. Turn the dough out onto a lightly floured surface, knead it several times and halve it.
4. Grease a large baking sheet and lightly dust with flour. Flour your hands, then form each piece into a log about 12 inches long, flatten the top so the log is 2 inches in width. Arrange the logs on the sheet so they are 3 inches apart and brush lightly with the egg wash.
5. Bake the logs in the middle of a preheated 300 degree oven for 50 minutes, then let them cool on the baking sheet on a rack for 10 minutes.
6. Move to a cutting board and cut the logs crosswise on the diagonal into 1/2 inch slices.
7. Arrange the biscotti, cut sides down, on the baking sheet, and bake them again in the 300 degree oven for 15 minutes on each side.
8. Makes about 36 biscotti. Transfer to racks to cool and store them in an airtight container. They also freeze well.

Contributed by the Larkin family ( James - Gr. 3 and Rose - K)

# Italy - Penne Alla Vodka

## Ingredients

1/2 lb prosciutto  
2 tbsp olive oil  
2 tbsp butter  
1 1/2 large white onion finely chopped  
1 qt. tomato sauce or canned peeled Italian tomatoes

3 tbsp finely chopped Italian parsley leaves  
1 qt. heavy cream reduced by half (1/2 quart)  
3/4 cup vodka (optional)  
salt and pepper  
2 lbs penne

## Directions

1. Finely dice the prosciutto.
2. In separate sauce pan, add heavy cream and let reduce by half. Takes about 15 minutes.
3. In heavy pan add the olive oil and the butter. When the butter melts and becomes foamy, add the chopped onions. Let it saute until crispy and do not let it brown. Add the diced prosciutto, mix it in, lower the flame and let it sweat for about 15 minutes, stir it occasionally.
4. Add the tomato sauce, mix it in, let it simmer for another 20 minutes, then add the parsley, simmer for 3 minutes, add the reduced heavy cream and the vodka (optional), mix it all well and let simmer for 20 minutes.
5. Check the consistency, simmer for another 10 minutes - mix into the cooked penne and serve it HOT!!

Can add fresh steamed broccoli or peas to this and it's a meal. My family likes it better with the vodka (can't really taste as most of it evaporates but does give the sauce great flavor). I have often doubled this recipe to have extra sauce on hand. Original recipe is enough for 2 lbs of pasta.



Contributed by the Gibbs family (Emma - Gr. 6)

# Italy – Pizzaiola Napolitana

## Ingredients

- 1 ½ pounds sirloin steak (sliced thin and cut into 1 inch pieces)
- Salt and pepper Olive oil
- 1 medium size onion (sliced thin)
- 1 tablespoon finely chopped carrots
- 1 bay leaf
- 1½ teaspoons dried oregano
- 2 cloves garlic (minced or crushed)
- Fresh parsley (about ¼ cup finely chopped)
- 28 ounce can crushed tomatoes
- ½ cup Marsala wine
- ½ pound thin spaghetti
- ¾ cup freshly grated Parmesan cheese
- Sliced green peppers and black olives for topping
- 9x13 casserole pan, greased with olive oil

## Description of dish:

Tomato sauce that was used for pizzas was also used for other recipes. Steak strips are simmered in the pizza style sauce which braises the meat to make it tender. This version is a family recipe from Matthew's great, great Aunt



## Directions

1. Salt and pepper the steak pieces and saute them in a couple of tablespoons of olive oil until browned. Remove from heat and set aside.
2. In a Dutch oven add about ¼ cup olive oil, the onion, carrots, bay leaf, oregano, garlic, and parsley, simmer covered for about ½ an hour (until the onion is golden brown).
3. Add the steak and crushed tomatoes and simmer covered for another ½ hour.
4. After simmering for ½ an hour add the Marsala wine and simmer an additional 10 minutes. While the sauce is near the end of the simmering time you can prepare the spaghetti. Cook in boiling water until al dente and drain.
5. Arrange a layer of ½ of the cooked spaghetti in the greased casserole pan.
6. Remove the bay leaf from the sauce and then spoon the meat over the spaghetti layer reserving about ½ of the sauce (without the meat). Layer the remaining spaghetti on top of this and then top with the remaining sauce. Sprinkle the Parmesan cheese over the sauce and top with the sliced green peppers and olives.
7. Place in a 350 degree oven and cook until the cheese is melted.

Contributed by the Stripling family (Matthew - Gr. 7)

# Italy – Polenta Casserole

## Description of dish:

Polenta is a traditional Italian dish, referred to as “poor man’s food” by our great-grandmother Bianconi. She wouldn’t dream of serving it to our PopPop the first time our Grammy brought him home to meet her family, even though it’s what Grammy requested. It is true “stick-to-your ribs” comfort food. We love it in



## Ingredients

- 3 cups chicken stock or water
- 1 cup cornmeal
- 1 tsp. salt
- 1 cup cold water
- 1 jar of your favorite pasta sauce (or homemade!)
- 2 cups of shredded mozzarella cheese grated Parmesan cheese
- 1 lb. Italian sausage links, cut & browned (optional)
- 1 bunch kale or other greens, sauteed (optional)

## Directions

### For the Polenta:

1. Bring 3 cups of chicken stock or water to a rapid boil.
2. In a separate bowl, mix cornmeal and salt with 1 cup of cold water, stirring to mix well. Slowly pour into the boiling stock or water, stirring constantly with a large wooden spoon to prevent lumps. Continue stirring constantly until mixture starts to thicken. Turn down the heat (and continue stirring) to prevent large bubbles from forming and popping.
3. Once polenta has reached desired consistency (similar to oatmeal or grits), remove from heat.

### For the Casserole:

1. Layer a small amount of pasta sauce on the bottom of a 2.5 quart casserole dish.
2. Pour a layer of polenta on top, covering the bottom. Add a layer of sausage and kale if using.
3. Sprinkle with about ½ cup of mozzarella cheese.
4. Repeat layers of sauce, polenta, sausage, kale and cheese.



Contributed by the Myers family (Lucy - Gr. 4 and Henry - Gr. 1)

# Italy - Red Lentil Soup

## Description of dish:

This warm and cozy comfort food is just what the doctor ordered on these cool, cold winter evenings and served with some good Italian crusted bread even makes this dish that more scrumptious and can further be described as some of the best healthy, comfort foods.

As you may or may not know, Italians celebrate New Year's Eve, known as the Vigilia, Capodanno, or Festa di San Silvestro, with a cenone (big feast). The foods served are symbolic of wishes for the coming year and are accompanied by plenty of festive drinks like Prosecco or spumante (sparkling wine). When hosting an Italian feast in the beginning of the New Year, you are encouraged to serve foods that encourage luck, healthy, and prosperous new year.

Some of the foods that are believed to bring good luck to families for the New Year are lentils (lenticchie), pork but specifically pork sausage (contechino), white risotta (risotta in bianco), Milanese panettone Veneziana, a sweet buttery cake, almonds, raisins, and greens (money) which this dish contains three of these items.



## Ingredients

2 medium carrots  
1 medium yellow onion  
4 cloves garlic  
2 cups dried red lentils (about 1 pound)  
3 tbsp olive oil  
1 teaspoon ground cumin

1 teaspoon dried thyme  
1/2 teaspoon kosher salt  
1 (15 - ounce) can tomato sauce  
6 cups low-sodium chicken or vegetable broth  
5 cups baby spinach (about 5 ounces)  
1 pound of italian sweet fennel sausage  
2 chicken breast (meat is optional for those who prefer a vegetarian dish).

Contributed by the Carlini family (Sadie - Gr. 3 and Peyton - PreK)

# Cont -Italy - Red Lentil Soup

## Directions

1. Peel and dice 2 medium carrots and 1 medium yellow onion. Mince 4 cloves garlic.
2. Place 2 cups dried red lentils (about 1 pound) in a fine-mesh strainer. Pick through the lentils, discarding any broken or discolored ones. Rinse under cool water until the water runs clear, about 1 minute. Set aside to drain while you cook the vegetables and saute the sausages cut into 1/4 inch pieces and chicken cut into small 1/2 inch chunks.
3. Heat 3 tablespoons extra virgin olive oil in a large pot or Dutch oven over medium - high heat until shimmering. Add the carrots and onion and saute until softened, about 5 minutes. Add the garlic, 1 table-spoon curry powder, 1 teaspoon ground cumin, 1 teaspoon dried thyme, and 1/2 teaspoon kosher salt. Cook until fragrant, about 1 minute.
4. Add the lentils, 1 (15 ounce) can tomato sauce, and 6 cups broth, stir to combine, and bring to a simmer. Cover and reduce the heat to maintain a gentle simmer. Cook, stirring occasionally until the lentils are tender, 18 to 22 minutes.
5. Remove from the heat and stir in 5 cups of spinach until wilted. Serve immediately and with some great crusted Italian bread for dipping.
6. You may before serving sprinkle some good grated Pecorino Romano cheese on top with a drizzle of good Extra Virgin Olive Oil - Buon appetito



# Italy - Sfinge/Bigne di San Giuseppe

## Ingredients

- 2 cups of water
- 2 tbsp sugar
- 2 tbsp shortening
- 2 tsp baking powder
- 2 cups flour
- 6 eggs, if small add one or two more.
- 2 tsp. vanilla
- 2 tsp. whiskey

Description of dish:

This is Dominic's great grandmother's recipe. An Italian pastry.



## Directions

1. Bring water, shortening, sugar, and salt to a boil, in a good sized saucepan.
2. Add baking powder and flour immediately, stirring until mixture cleans side of the pan. Remove from heat. Let the pan cool for about 2 minutes.
3. Now add eggs one at a time, beating after each addition.
4. Add vanilla and whiskey and beat again. Drop batter by teaspoonfuls into deep hot fat and fry until golden brown.
5. Drain on paper towels and sprinkle with powdered sugar when ready to serve. (Good also when drizzled with honey).

A treat to eat not only on St. Joseph's Day, but any day.

Contributed by the Lunacek family (Dominic - Gr. 5)

# Italy - Sunday Gravy

## Description of dish:

An Italian meat sauce (“gravy”) that has been simmered all day and served with pasta. Our family tradition is to serve this on Christmas day.



## Ingredients

### For the sauce:

- 2 tablespoons olive oil
- 1 pound meaty pork neck bones or spareribs
- 1 pound veal stew meat, in 1-inch cubes OR
- 2 veal shoulder chops, cut in 1-inch cubes
- 1 pound Italian-style plain or fennel pork sausages
- 4 cloves garlic, sliced in half
- 1/4 cup tomato paste
- 3 cans (28- to 35 ounce size) Italian peeled tomatoes
- 2 cups water
- salt and freshly ground pepper
- 6 fresh basil leaves, torn into small pieces

### For the Meatballs:

- 1 pound ground beef or a combination of beef and pork
- 1/2 cup plain bread crumbs, preferably homemade
- 2 large eggs
- 1 teaspoon very finely minced garlic
- 1/2 cup freshly grated Pecorino Romano or Parmigiano-Reggiano cheese
- 2 tablespoons finely chopped fresh flat-leaf parsley
- 1 teaspoon salt
- freshly ground black pepper
- 2 tablespoons olive oil

### To Serve:

- 1 pound rigatoni pasta, cooked and still hot
- freshly grated Pecorino Romano or Parmigiano-Reggiano cheese,
- fresh basil

Contributed by the Kissal family (Vas - Gr. 4)

# Cont -Italy - Sunday Gravy

## Directions

1. To make the sauce, heat the oil in a large heavy pot over medium heat. Pat the pork dry and put the pieces in the pot.
2. Cook, turning occasionally, for about 15 minutes, or until nicely browned on all sides. Transfer the pork to a plate.
3. Brown the veal in the same way and add it to the plate. Place the sausages in the pot and brown on all sides. Set the sausages aside with the pork.
4. Drain off most of the fat from the pot. Add the garlic and cook for about two minutes or until golden. Remove and discard the garlic.
5. Stir in the tomato paste and cook for 1 minute. With a food mill, puree the tomatoes, with their juice, into the pot OR for a chunkier sauce, just chop up the tomatoes and add them.
6. Add the water and salt and pepper to taste.
7. Add the pork, veal, and sausages and basil and bring the sauce to a simmer. Partially cover the pot and cook over low heat, stirring occasionally for 2 hours. If the sauce becomes too thick, add a little more water.
8. Meanwhile, make the meatballs. combine all the ingredients except the oil in a large bowl. Mix thoroughly.
9. Rinse your hands with cool water and lightly shape the mixture into 2-inch balls.
10. Heat the oil in a large heavy skillet, add the meatballs and brown well on all sides. They will finish cooking later - transfer the meatballs to a plate.
11. After the sauce has simmered for two hours, add the meatballs, and cook for 30 minutes or until the sauce is thick and the meat is very tender.
12. To serve, remove the meats from the sauce and set aside. Toss the cooked pasta with the sauce, top with the meats and add fresh cheese and basil on top. Enjoy

# Italy - Wedding Soup

## Description of dish:

Wedding soup is not traditionally served at weddings. The term "wedding soup" comes from the Italian phrase "minestra maritata" ("married soup"), which references the flavor produced by the "marriage" of greens and different types of meat. This hearty soup is a delicious combination of chicken broth, beef meatballs and spinach.

## Ingredients

- 1/4 cup acini de pepe or other small pasta
- 1 chicken breast, no skin
- 1 lb fresh spinach
- 2 qt chicken broth
- 1/2 lb ground veal
- 1/2 cup bread crumbs
- 1/4 cup parmesan or romano cheese, grated
- 1 tbsp parsley, minced
- 1 clove garlic, minced
- 1/2 tsp salt
- 1 dash black pepper
- 1 egg, beaten



## Directions

1. Cook pasta according to package directions; drain and set aside.
2. Cook chicken (poach, saute, grill, microwave); cut into small cubes and set aside.
3. Wash and saute spinach until wilted; drain; chop finely and set aside.
4. In large pot, heat chicken broth to boiling.
5. Mix veal, bread crumbs, cheese, parsley, salt, pepper, egg; form into tiny meatballs (about the size of a dime). Drop meatballs into boiling broth; cook 20 minutes.
6. Add pasta, chicken and spinach; cook 10 minutes. Serve with additional cheese (optional).

Contributed by the Scanlon family (Meghan - Gr. 8)

# Jamaica – Beef Patties

## Description of dish:

Jamaican beef patties are considered a culinary expression of the history of Jamaican culture. The Jamaican Beef Patty is a derivative of the Cornish pasty, brought to the Caribbean by British colonialists during the 17th century and enhanced by the African and Indian people of the Caribbean. The Indian influence can be tasted in the curried filling, and the African influence can be tasted from the Cayenne pepper. Usually, a Jamaican Beef Patty will also contain the ubiquitous scotch bonnet chili pepper – a favorite ingredient in many Jamaican recipes. From these multicultural roots, the Jamaican people made the patty their own. It is now a staple food of many busy Jamaicans and is most popular at lunch time.

## Ingredients

### Pastry:

2 Cups flour; all purpose  
1/2 teaspoon turmeric salt  
2/3 Cup shortening or butter; cold, diced  
ice water or  
1 egg; lightly beaten

### Filling:

2 Tablespoons olive oil  
1 onion; finely chopped  
3 cloves garlic; finely chopped 1 pound  
ground beef; lean 1 Tablespoon curry  
powder salt  
freshly ground black pepper 1/2 Cup  
bread crumbs, dry  
1/2 Cup chicken stock; or water 2 green  
onions; finely chopped

## Directions

1. Heat oil in large heavy skillet. Add onions and garlic. Cook, stirring till onion wilts. Add ground meat. Cook, stirring until meat is browned and combined with onions. Sprinkle with curry, salt and pepper. Cook about 5 minutes. Stir in breadcrumbs and stock or water. Cook, stirring often, about 20 minutes. Mixture should be thick but not dry. Stir in green onions.
2. Make pastry by combining flour with Turmeric and salt. Cut in butter or shortening until in tiny bits. Add water; gather into a ball. Roll out to about 1/4-inch thickness and cut into 4-inch circles. Gather remaining dough together and lightly cut out again.
3. Place about 1 Tablespoon filling on each circle. Brush edges with lightly beaten egg, fold over and seal.
4. Preheat oven to 400 degrees F. Place patties on cookie sheets lined with aluminum foil. Brush lightly with remaining lightly beaten egg.
5. Bake 25 to 30 minutes till browned.



Notes: Jamaican Beef Patties are ground beef encrusted in pastry. These can be made mild or very spicy with the addition of Scotch Bonnet peppers. When eating these out, it is best to ask how hot they are.

Contributed by the Brown-Collie family (Nicholas - Gr. 5)

# Japan - Teriyaki Chicken

Description of dish:

Teriyaki is a sweet and tangy sticky sauce form that goes well with any protein. Our family loves it with chicken but you can use shrimp or beef strips.

## Ingredients

- 2 lbs boneless skinless chicken thighs (cut into small pieces)
- 3/4 cup Teriyaki marinade/stir-fry mix (La Choy)
- 2 cloves of minced garlic
- 1 tsp minced ginger
- 1 lime
- 1 broccoli crown cut into small pieces
- salt to taste (1 tsp)
- pepper to taste (1/4 tsp)
- 2 tbsp extra virgin olive oil
- 1 tsp sesame seeds for garnish



## Directions

1. In a nonstick skillet, add olive oil, chicken, lime juice, garlic, ginger, salt and pepper and cook on medium heat for about 20 minutes until the liquid is dissolved and the chicken starts to have a fried look.
2. Add teriyaki marinade to the pan and cover.
3. Cook on simmer for 10 minutes.
4. Remove cover and add broccoli and cook for another 3-5 minutes until broccoli is tender.
5. Sprinkle with sesame seeds for garnish and serve on top of white or brown rice and enjoy

Contributed by the Rueda family (Layla - Gr 6)

# Jordan - Baklava

## Description of dish:

Baklava is a middle eastern dessert made of layers of filo pastry filled with chopped nuts and sweetened with syrup or honey. The way its made differs from what Middle-Eastern country it comes from. This is a Jordanian recipe.

## Ingredients

- 1 package phyllo dough
- 1 cups butter
- 1 cup sugar
- 1/2 cup water
- 1.5 cups chopped nuts of choice
- Pistachios recommended, walnuts, pecans or mixed nuts also work



## Directions

1. Grease 9x13in baking pan with butter.
2. Place phyllo dough in pan. Carefully unfold so middle of sheets is exposed. Evenly distribute chopped nuts on the dough. Fold top half back over to cover.
3. Cut dough into desired shapes and sizes. 4 pieces by 6 pieces is recommended. Cover with plastic wrap and refrigerate between 30 and 45 minutes to allow dough to rise.
4. In a small pot, place sugar and water. Heat until water boils and all sugar dissolves. Set aside. to cool. Note: do not stir while boiling or cooling this mixture to avoid sugar crystallization.
5. Preheat oven to 350 F. Remove pan from refrigerator and remove plastic wrap. Melt butter. and pour over cut phyllo dough and nuts in pan.
6. Bake for 45 minutes or until tops of pieces. are golden brown.
7. Remove pan from oven. Immediately pour sugar/water mixture evenly over entire pan. Allow to stand for at least 20 minutes before removing pieces for service.

Contributed by the Hopkins family - Randa Owais Hopkins cousin of Audrey - Grade 8

# Korea - Beef Bulgogi

## Description of dish:

Also known as Korean BBQ beef, is marinated thinly sliced beef, typically cooked over an open flame. “Bul” means fire in Korean, and “gogi” is a general term for meat. While this Korean marinated beef is most commonly char grilled at restaurants and homes, especially outside Korea, there are many regional variations of how this dish is prepared.



## Ingredients

- 2 pounds thinly-sliced beef (rib eye or top sirloin)  
see note
- 3 scallions, cut into 2-inch pieces
- 1 small onion, thinly sliced
- 1 small carrot, thinly sliced – optional

To serve bulgogi Seoul-style:

- 3 ounces potato starch noodles (soaked in hot water for 20 minutes and drained)
- 3 scallions
- 1 pack enoki mushrooms (stems removed)
- 2 cups water, dashima broth, or beef broth
- 1 teaspoon soy sauce

Marinade:

- 6 tablespoons soy sauce
- 3 tablespoons water
- 4 tablespoons sugar ( or you can use 2 T sugar 2 T honey) Use more if not using Korean pear or apple
- 2 tablespoons rice wine or mirin
- 2 tablespoons minced garlic
- 2 tablespoons sesame oil
- 2 teaspoons sesame seeds
- 4 tablespoons grated Korean/Asian pear 1/8 teaspoon pepper

## Directions

1. If using packaged pre-sliced meat, separate the slices. Remove any excess blood from the pre-sliced meat using paper towels.
2. Mix all the marinade ingredients in a bowl.
3. Place the meat and vegetables in a large bowl. Add the marinade and toss gently to combine. everything well. Marinate the meat for 30 minutes to an hour, up to overnight.
4. Grill the meat on a charcoal or gas grill or pan fry in a skillet over high heat until slightly. caramelized. If pan searing, preheat the pan nice and hot and cook the meat until slightly. caramelized. Do not crowd the skillet.
5. To serve bulgogi Seoul-style, season 2 cups of water or broth with 1 teaspoon of soy sauce. Heat. the pan, and add the bulgogi and top it with the scallions and mushrooms. Add about half of the. broth around the edges of the pan along with the noodles. Add more liquid when the liquid level. goes down as you cook.

Contributed by the Yang Song family (Gina - 6th grade)

# Korea – Bibimbap

## Description of dish:

Bibimbap simply translates to “mixed rice with meat and assorted vegetables“. You can make endless variations to this dish depending on your preference and dietary requirements (e.g. microgreens bibimbap) and also based on the dish/bowl it is served in.

## Directions

1. Prepare and cook ingredients as below. - For meat, mix the beef mince with the meat sauce listed above.
2. Marinate the meat for about 30 mins while you are working on other ingredients to enhance the flavour.
3. Add some cooking oil into a wok and cook the meat on medium high to high heat. It takes about 3 to 5 mins to thoroughly cook it. - Mix the Bibimbap sauce ingredients in a bowl. - Spinach and bean sprouts per linked recipe. -
4. Rinse, peel and julienne the carrots. Add some cooking oil and 1/4 tsp of fine sea salt in a wok and cook the carrots on medium high to high heat for 2 to 3 mins. - Clean/ rinse the shiitake mushrooms and thinly slice them.
5. Add some cooking oil and 1/4 tsp of fine sea salt in a wok and cook the mushrooms on medium high to high heat until they are all cooked. (It takes 2 to 3 mins.) - Make fried eggs. (While sunny side up is common, you can make them per your preference.)
6. Put the rice into a bowl and add the meat, assorted vegetables, seasoned seaweed, Bibimbap sauce and the egg on top of the rice.
7. Serve it. Mix the ingredients well in the bowl and enjoy!

## Ingredients

### Meat and meat sauce:

100g / 3.5 ounces beef mince (or other cuts)

1 Tbsp soy sauce

1 Tbsp sesame oil

1 tsp sugar – I used brown sugar

1/4 tsp minced garlic

Using leftover Bulgogi is also good application.

### Vegetables and other

500 g mildly seasoned spinach and bean sprouts  
– (cook vegetables in boiling water quickly and

drain the water and add salt and garlic powder

100g (3.5 ounces) shiitake mushroom

120g (4.2 ounces) carrots (1 small)

1/2 tsp fine sea salt (1/4 tsp each will be used when cooking shiitake mushroom and carrots)

3 to 4 serving portions of steamed rice

3 or 4 eggs (depending on the serving portion)

Some cooking oil to cook the meat, mushroom, carrots and eggs.

Korean seasoned seaweed, shredded (long thin cut)

### Bibimbap sauce:

2 Tbsp Red pepper paste (gochujang)

1 Tbsp Sesame Oil

1 Tbsp sugar 1 Tbsp water

1 Tbsp roasted sesame seeds 1 tsp apple vinegar

1 tsp minced garlic



Contributed by the Yang Song family (Gina - 6th grade)

# Korea – Kimbap (Sushi Roll)

## Description of dish:

Kimbap is a Korean dish made from cooked rice and other ingredients that are rolled in dried sheets of seaweed. Kim means seaweed and bap means rice. The classic ingredients are yellow pickled radish, fish cake, carrots, spinach, eggs, and beef. They are served in bite size pieces. It is a popular Korean fast food and a common sight at picnics.

Modified from My Korean Kitchen at <https://mykoreankitchen.com/easy-kimbap>



## Ingredients

- 4 dried seaweed sheets
- 4.2 ounces spinach (regular or baby spinach)
- 2 eggs, beaten
- 1 carrot, julienned
- 2 to 4 imitation crab sticks (depending on the length), cut in half length ways
- 4 sticks of BBQ Kimbap ham, cut into long strips (you can omit this if you prefer or use a different meat)
- 4 yellow radish pickle, cut into long strips if you didn't buy the pre-cut version (available at a Korean grocery store)
- 2 1/2 cups cooked short grain rice
- 2 Tbsp sesame oil, divided
- fine sea salt (or more to taste)

### Alternative Ingredients/Substitution

- Spinach > Cucumber
- Korean Kimbap ham > sliced double smoked ham
- Sliced cheese or cream cheese
- Bulgogi (Korean BBQ beef)
- Kimchi

## Directions

1. Rinse the spinach and parboil it in rapidly boiling water. Drain the water. Gently squeeze the spinach to remove any excess water. Put the spinach into a bowl. Add 1/8 tsp salt and 1/2 Tbsp sesame oil then mix them well.
2. Pre-heat a pan/skillet. Add a small dash of cooking oil or butter and spread it around the pan. Add the beaten eggs and cook both sides over medium heat. Place the egg omelette on a cutting board and cut it into long strips.
3. In a heated pan, lightly cook the carrots (or keep raw if you want a crunch), crab sticks and kimbap ham (about 1 min per ingredients), separately, and over medium heat.
4. Place the cooked rice into a mixing bowl then add 1/2 Tbsp sesame oil and 1/4 tsp fine sea salt (or more to taste). Mix them well with a rice spatula. Let the rice cool.
5. Place plastic wrap on a bamboo mat (this prevents seaweed sheet from sticking). Place one dried seaweed sheet on the bamboo mat (shiny side down). Put the rice on the seaweed sheet then spread it evenly and thinly to cover about 2/3 of the seaweed. (Leave about 2 inches gap at the top of the seaweed).
6. Now fill the seaweed with the ingredients (starting at ~1/3 of the seaweed sheet). Place one yellow radish pickle, one ham strip (or meat of choice), and one crab stick. Then pile up a few egg strips, carrot sticks, and some spinach. Then roll the seaweed using the bamboo mat.
7. If the seaweed doesn't stick, paste some water on the gap.
8. Repeat with the remaining ingredients to make additional rolls.
9. Line up all kimbap on a cutting board and slice into bite size pieces. Sliced kimbap in an air tight container can be refrigerated for several hours.

Contributed by the Stradley family (Amanda - Gr. 7)

# Korea – Mung Bean Patty (Bin-Dae-Jeun)

## Description of dish:

This traditional dish was available before Korea was divided. Description of dish: Small Pancake like dish made of Mung Bean batter with mix of vegetables and Kimchi. (Rainy days are the best day to make and enjoy this dish. Sound of hot frying oil is very similar to the sound of rain drops.)

## Ingredients

Mung Beans, Kimchi, and Bean Sprouts.  
(Sticky Rice Flower – Makes crispier.)  
Optional ingredients: Ground Pork & Bracken Stem. You can always add, eliminate or substitute ingredients]

Mung Beans – 250 gram.  
Ground pork – 150 gram.  
Bracken stem (edible fern) – 100 gram.  
Bean sprouts – 150 gram.  
Chopped Kimchi – 150 gram.  
Sticky rice flour – 2 tablespoon  
Chopped Garlic – 1 1/3 tablespoon  
Ginger – 1/4 tablespoon  
Sesame oil – 1 tablespoon  
Salt, Black Pepper, and Soy Sauce



## Directions

1. Making Bean paste: Soak Mung beans (250g) in the water and put it in the refrigerator for 3 days. Make sure to change water once a day. Put water (1 1/4 cup) and mung beans into a food processor and grind until it becomes watery bean paste (like thin pancake batter) and put it in the large mixing bowl.
2. Marinating Pork: Add Ground Pork (150g), Salt 1/4 tsp., Ginger 1/4 tsp., and pinch of Black Pepper in a small bowl and mix it well.
3. Marinating Bean Sprouts: Add 1/3 tsp. of salt into a pot of boiling water (1 liter) and add bean sprouts (150g) for 2 minutes. Drain cooked Bean Sprouts and run it through cold water. Drain water completely. Chop Bean Sprout and put it in a small bowl. Add a pinch of salt, sesame oil (1/3 tsp.) and mix it well.
4. Marinating Bracken Stem: Cook and chop as same as Bean sprouts as above and put it in a small bowl. Add chopped Garlic (1/3 tsp.), Soy Sauce (1/3 tsp.) and mix it well.
5. Marinating Kimchi: In a small bowl, add chopped Kimchi (150g), Sesame Oil (1/3 tsp.) and mix it well.
6. Mixing everything together: Large Mung bean paste bowl, add marinated Pork, Bean Sprouts, Bracken Stem, and Kimchi; mix it well. Add chopped Garlic (1 tsp.), Soy Sauce (1/2 tsp.) and mix it well. Add Sweet Rice Flour (2 tsp.), Salt (1/2 tsp.) and mix it well.
7. Mung bean paste should be like well mixed pancake batter.
8. Add vegetable oil (coating bottom of frying pan). [NO Olive Oil] and turn. heat on to medium-high.
9. When Oil/frying pan gets hot, add mixed Mung batter into the hot frying pan. and make it flat. (thinner the better and crispier).
10. Cook until golden brown and when it's done, put it on the plate with a paper towel to absorb excess oil from Mung Bean Patty.

Contributed by the Chang family (Yulia - Gr. 8)

# New Zealand – Pavlova

## Ingredients

- 4 large egg whites
- 1 cup (200g) superfine sugar
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon cream of tartar
- 1 teaspoon cornstarch
- Toppings  
Homemade whipped cream, fresh fruit, strawberry topping, lemon curd, or any desired topping



## Directions

1. Preheat the oven to 350°F. Line a large baking sheet with parchment paper or a silicone baking mat. (Preliminary note: you will quickly reduce the oven to 200°F in step.)
2. With a stand mixer fitted with a whisk attachment, beat the egg whites until soft peaks form, about 5 minutes.
3. Add the sugar in 2 additions, beating for 30 seconds between, then continue beating on high speed until glossy stiff peaks form, about 2 more minutes. The peaks should be stiff enough that you can hold the whisk upright and the peaks won't move.
4. Add the vanilla extract and beat for 1 more minute. The peaks should still be very stiff. If not, keep on mixing on high speed. Using a rubber spatula, fold in the cream of tartar and cornstarch.
5. Spread the pavlova mixture into an 8-9-inch circle. You can make decorative peaks with the back of a large spoon if desired. Make sure the edges are relatively tall and there is a nice dip in the center.
6. Place pavlova in the oven. As soon as you close the oven door, reduce heat to 200°F. The pavlova will stay in the oven as it cools down to 200°F. Bake until the pavlova is firm and dry, about 90 minutes total. Rotate the baking sheet if you notice some spots browning. Try to limit how many times you open the oven as the cool air will interrupt the baking.
7. Turn the oven off and let the pavlova cool inside the oven. Once cool, top the pavlova with whipped cream and berries.
8. Slice and serve.

Notes: Egg Whites: (1) Room temperature egg whites whip faster than cold egg whites. And (2) room temperature egg whites whip into a greater volume than cold egg whites. So make sure your egg whites are at room temperature before beginning. Sugar: Superfine sugar dissolves easier into egg whites. To avoid tasting sugar granules, pulse 1 cup granulated sugar a few times in a food processor. You now have superfine sugar to use in the recipe.

Contributed the Shioutakon family (Charlie - Gr. 2)

# Nigeria – Jollof Rice

Description of dish:

Rice steamed in tomato and pepper sauce.

## Ingredients

4 cups of long grain Rice  
4 fresh tomatoes / 1 can crushed tomatoes  
2 Red bell pepper  
2 scotch bonnet pepper  
2 large red/purple onion  
15 oz can of tomato puree  
4 Bay leaves  
1/2 Cup of Oil  
1 teaspoon thyme  
½ teaspoon Nutmeg  
1 Tablespoon salt  
Broth - vegetable, chicken, or beef  
Stock / Broth  
1 Tablespoon All-purpose Seasoning  
3 Knorr bouillon cubes



## Directions

1. Chop Tomato, 1 onion, red bell pepper and scotch bonnet pepper into a blender. Add a little water to help the blending process. Blend till smooth and set aside.
2. Chop the second onion. Place the oil into a pot, add the chopped onion and fry on medium heat till onion is translucent. Add the tomato puree and fry for about 5 minutes and stir frequently. Once the puree has fried add the blended tomato and pepper mixture and stir. Add seasoning, 4 bay leaves, thyme, salt, nutmeg, and bouillon Knorr cubes, stir and cover on medium heat for about 25 minutes until sauce is thickened.
3. While the sauce is cooking, wash the rice to rinse off excess starch until the water appears clear.
4. Add the rice to the sauce and stir well to ensure the rice is properly mixed in.
5. Add the Broth/stock to the rice sauce just enough to cover the level of the rice, (very important as too much broth/stock will make the rice soggy)
6. Cover and reduce heat to the lowest setting. For the next 1 hour and 10 minutes - Stir from the bottom up after every 20 minutes and cover. Then stir from the bottom up after 10 minutes.
7. After 1 hour and 10 minutes the jollof rice should be cooked. (the low steam will slowly cook the rice) Jollof rice is delicious and full of flavor!

Contributed by the Ihama family (Osayande - Gr. 5)

# Peru - Arroz Con Pollo

## Description of dish:

Crispy, fried chicken pieces lie on a mountain of rice speckled with carrot cubes, peas, and red bell peppers. Finally seasoned with generous amount of cilantro leaves to give it that characteristically green color. It is usually served with salsa criolla or papa a la huacaina.

## Ingredients

- 1 ½ cup cilantro leaves
- 4 spinach leaves
- 4 skinless chicken drumsticks and thighs
- Salt and pepper
- ¼ cup vegetable oil
- 1 cup finely chopped onion
- 1 tablespoon minced garlic
- ½ cup yellow pepper paste, (ají amarillo)
- 1 cup beer
- 2 cups chicken broth
- 1 tablespoon vegetable oil 2 cups long-grain rice
- ¼ cup sweet peas (petit pois) ¼ cup diced carrots
- ½ red bell pepper, cut into thin strips 1 cup white corn

## Directions

1. Blend, in blender cilantro with spinach and water to make homogeneous paste. Set aside.
2. Dry chicken with paper towel and season with salt and pepper. Place oil in a pot over medium heat and fry the chicken until chicken is golden brown on both sides, about 7 minutes. Remove from pot and place in plate.
3. In same pot, fry onion, garlic and yellow pepper paste, and stir for 5 minutes. Put in the blended cilantro and spinach, and fry for 3 minutes. Add beer, chicken broth and chicken to pot.
4. Bring to a boil, cover and lower the heat. Cook for 20 minutes. If necessary, season with more salt and pepper.
5. In another pot, heat 1 tablespoon of oil. Add rice and stir well. Add petit pois (sweet peas), carrots, pepper, corn and 3 1/2 cups of the broth you used to cook the chicken. Bring to a boil, cover, lower the heat to the lowest possible setting and cook for 20 to 25 minutes. Stir with a fork and cover again.
6. When rice is ready, serve in four plates; place a chicken drumstick over it and salsa criolla on the side. If desired, you may also add some of the juice in which the chicken was cooked.
7. To make the salsa criolla: Cut 1/2 red onion lengthwise into very thin slices, wash thoroughly and drain. Blend with 1/2 tomato (cut into very thin strips), cilantro leaves, salt, pepper, lemon juice from one lemon and one tablespoon of olive oil. If you wish, you may add pepper strips.



Contributed by the Sanchez family (Nicholas - Gr. 4 and Kelly - Gr. 8)

# Peru – Causa de Atun

## Ingredients

For the potato base:

- 3 pounds floury potatoes
- ½ cup olive oil
- 3 ají amarillo chili peppers very finely chopped
- Juice of two limes
- Salt and pepper to taste
- A few sprigs of chopped parsley

For the filling:

- 5 ounces canned of fresh tuna 1 can
- ½ onion chopped
- 1 tablespoon of mayonnaise
- ½ avocado sliced
- 2 hardboiled eggs chopped into cubes
- 1 ají limo chili pepper chopped finely, or another similar chili pepper

Description of dish:

This is “the” Peruvian appetizer or starter par excellence: a perfect dough of mashed potato made with ají amarillo chili pepper layered with tuna fillet and a slight hint of mayonnaise, topped off with a slice of boiled egg.



## Directions

1. Place the unpeeled potatoes in a large pot of cold water, adding 2 tablespoons of salt. Bring it to a boil and boil the potatoes until they're cooked and soft. Strain and set aside to cool.
2. When the potatoes have cooled sufficiently, remove the skin. Pass them through a potato ricer three times until the dough achieves a smooth and soft consistency. Add the olive oil, ají amarillo peppers, salt and pepper to taste and the sprigs of parsley. Knead the potato dough until you get a pliable and firm texture.
3. To serve, use a greased 3-inch diameter mini-springform pan to help you put each individual causa together. Spread the potato dough on the base, about 1 inch high. Then place a layer of avocado slices, followed by a layer of the tuna filling, and finish your causa with another 1 inch layer of potato dough. Remove the springform and repeat 3 more times.
4. Decorate each serving with chopped egg and ají limo chili pepper, and enjoy!

Contributed by the Urla family (Isabella - K and Ingrid - PreK)

# Peru - Ceviche

## Description of dish:

Ceviche, also cebiche is a South American seafood dish originated in Peru, typically made from fresh raw fish cured in fresh citrus juices, most commonly lemon or lime, and spiced with ají, chili

peppers or other seasonings including chopped onions, salt, and coriander. Because the dish is eaten raw, and not cooked with heat, it must be prepared fresh and consumed immediately to minimize the risk of food poisoning. Ceviche is often eaten as an appetizer; if eaten as a main dish it is usually accompanied by side dishes that complement its flavors, such as sweet potato, lettuce, maize, avocado, or fried cooking banana.

## Ingredients

a pinch of pepper salt to taste  
2 finely chopped cloves of garlic  
2 pounds of white fish  
1 julienne cut red onion  
¼ cup of finely chopped cilantro  
1 chopped ají amarillo chili pepper

1 chopped ají limo (for decoration)  
12 limes  
1 cup of fish broth

### Sides:

Cooked corn  
Cooked sweet potato  
Lettuce



## Directions

1. Juice the 12 limes.
2. Cut the fish in cubes of about an inch in size. Put them in a bowl.
3. Add the aji amarillo, the fish broth and cilantro.
4. Add the onions and the garlic.
5. Let it rest for 20 minutes.
6. Add salt and pepper to taste.
7. Serve with corn, sweet potato and lettuce.

Contributed by the Aguayo family (Sebastian Gr. 8 and Gabriella Gr. 6)

# Peru – Lomo Saltado

## Description of dish:

Lomo Saltado is one of the most popular Peruvian dishes and symbolizes like no other the fusion of Peruvian ingredients with Asian techniques of preparing food. Lomo Saltado is made of sliced beef stir-fried with red onions, tomatoes, yellow Peruvian chilies (aji amarillo), soy sauce, vinegar and cilantro. Mixed with French fries and served with rice Lomo Saltado can be found in simple restaurants and up-scale places alike



## Ingredients

1 (16 ounce) package frozen French fries  
Vegetable oil as needed  
1 pound beef tri tip, sliced 1/8 to 1/4 inch thick  
salt and pepper to taste  
1 large onion, sliced into strips

3 large tomatoes, peeled, seeded, and sliced into strips  
1 yellow chili pepper (preferably Peruvian aji amarillo)  
1/4 cup distilled white vinegar  
1 dash soy sauce to taste  
2 tablespoons chopped fresh parsley

## Directions

1. Prepare the bag of French fries according to package directions.
2. While the French fries are cooking, heat the oil in a frying pan over medium-high heat. Season the sliced meat with salt and pepper to taste. Fry the meat until just cooked, and the juices begin to release. Remove the meat from the frying pan, then cook the onions, with additional oil if needed, until they are transparent.
3. Stir in the tomato and aji amarillo; cook until the tomato softens.
4. Pour in the vinegar and soy sauce, add the French fries, cover, and cook until the beef is done, about 3 minutes.
5. Season to taste with salt and pepper, and sprinkle with chopped parsley to serve.

Contributed by the Ccance family (Fernando - Gr. 8)

# Peru – Papa Rellena (Stuffed Potatoes)

## Description of dish:

Papa rellena is a stuffed potato fritter. The potatoes are first mashed and then stuffed with deliciousness, like ground beef, onions, tomatoes, hard - boiled eggs, raisins and black olives, before being fried.



## Ingredients

- 1 1/2 lb mashed potatoes (Bintje, Charlotte, or Manon varieties)
- 1 1/2 tbsp flour (optional, depending on potatoes)
- 2 tablespoons olive oil
- 1 lb ground beef (or finely chopped beef)
- 2 green onions, chopped
- 2 cloves garlic, minced
- 2 tomatoes, peeled, seeded, and diced
- 2 hard boiled eggs, diced
- 1/2 teaspoon ground chili pepper
- 10 black olives, coarsely chopped
- 2 tablespoons raisins
- 1/2 teaspoon cumin
- 1 teaspoon fresh oregano chopped
- 1 cup flour or fine breadcrumbs
- 2 eggs, beaten
- salt
- vegetable oil (for frying)

## Directions

1. Cook the potatoes with their skin in a large pot of boiling salted water for about 30 to 40 minutes.
2. Peel the potatoes while still hot, and mash them immediately. Add 1½ tablespoons of flour and mix well with your hands. Set aside.

### Stuffing:

1. Heat 2 tablespoons of oil on medium heat in a Dutch oven.
2. Sauté the onions for a minute and then add the garlic. Sauté over low heat for 1 minute.
3. Stir in tomatoes, cumin, ground chili pepper and oregano and cook gently over medium heat for 3 minutes, stirring regularly.
4. Add ground meat and cook covered on low to medium heat for 15 minutes, stirring occasionally.
5. Finally add the eggs, raisins and olives and simmer over low to medium heat, covered for 10 minutes, stirring regularly.

### Shaping:

1. Dust the palm of your hands with flour. Take 1 to 2 tablespoons of mashed potato and form a ball within the palms of your hands. Flatten this ball and form the shape of a circle.
2. In the center of the flattened potato dough, place a teaspoon of stuffing. Enclose the stuffing and give an oval or torpedo shape. If it is difficult to close the papa rellena, add some mashed potato evenly on all sides to help close it.
3. Repeat the process until all the ingredients are used. Heat a large pot with vegetable oil. Gently roll each papa rellena in the flour and then in the beaten eggs.
4. Fry for a few minutes on all sides until golden. Serve hot, warm or cold.

Contributed by the De La Oliva family (Natalie - Gr. 8 and Mia - Gr. 5)

# Philippines – Auntie Nene's Bibingka

## Malagkit (Sweet Rice Cake)

### Description of dish:

This traditional Filipino dessert was a favorite of our Auntie Nene. She cooked it for all holidays and family celebrations.

### Ingredients

- 4 cups sweet (glutinous) rice, partially cooked (about 2/3 cooked)
- 1.5 cans coconut milk
- 24 oz dark brown sugar
- 1 tsp vanilla



### Directions

1. Preheat oven to 350
2. In saucepan over medium heat mix coconut milk, brown sugar, and vanilla. Boil until smooth, then remove from heat.
3. In cake pan, mix partially cooked rice with 2/3 of the coconut milk/brown sugar mixture. Cover with foil.
4. Bake until solid/dry (about 30 minutes).
5. Remove foil. Pour remaining coconut milk/brown sugar mixture over top.
6. Broil for 5 minutes.
7. Let cool.

Contributed by Shish family (Ela-Lucia, Gr. 4 & Anson, Gr. 2).

# Philippines – Arroz Caldo – instant pot (Filipino Chicken and Rice Porridge)

## Description of dish:

Arroz Caldo is a family favorite in our home which we find perfect on a cold day or when we're in the mood for a quick and easy to make Filipino comfort food. I've updated my beloved Lola's (Grandmother's) recipe to be cooked in an Instant Pot.

## Ingredients

2 tablespoons oil  
1 medium yellow onion chopped  
5 peeled and crushed garlic cloves  
1-2 inch long piece of ginger peeled and sliced thin  
2 pounds boneless chicken thighs cut into bite sized pieces  
1 cup uncooked rice (jasmine or sweet rice or combination of both)  
6 cups of low sodium chicken broth  
1 tablespoon fish sauce  
Thinly chopped scallions  
Sliced hard boiled eggs  
Lemon wedges  
Fried chopped garlic  
Fried shallots  
Crushed chicharron (pork rinds)



## Directions

1. Select the sauté mode on the Instant Pot and heat oil over medium heat.
2. Once oil is hot, add onions, garlic and ginger and sauté until onions are translucent, about 5 minutes.
3. Add chicken thighs and sauté until browned on all sides.
4. Season with salt and pepper to your preference.
5. Add rice, chicken broth and fish sauce and stir to combine.
6. Secure the Instant Pot lid with vent closed and pressure cook at medium pressure for 15 minutes.
7. After the pressure cook cycle is complete follow the manufacturer's guide for quick release and wait until the quick release cycle is complete.
8. Remove lid and select the sauté mode and simmer on low heat for 5 minutes until porridge is thickened making sure to stir occasionally.
9. Ladle into bowls and garnish with whatever toppings you like!
10. More chicken broth can be added for a soupier arroz caldo.
11. Garnish is meant to add based on individual preferences. This is what our family has the most fun with and we each have our favorite combinations!

Contributed by the Castro Dinh Family (Miles - Gr 8 and Camille - Gr. 5)

# Philippines – Chicken in Sprite

## Description of dish:

A whole chicken, marinated in soy sauce, calamansi juice, and oyster sauce. Served on a bed of carrots,



## Ingredients

- 1 whole chicken
- 1 tbsp salt
- 1 tbsp pepper
- 2 1/2 tbsp brown sugar 2 stems of lemon grass
- 2 cloves of garlic
- 1 medium onion
- 2 tbsp calamansi juice 2 tbsp soy sauce
- 2 tbsp oyster sauce 500 ml sprite
- 3 pcs bay leaves
- 3 tbsp butter
- 1 cup carrots
- 1 cup potatoes
- 1 can green peas
- 1 can whole mushrooms

## Directions

1. Season the chicken with salt, pepper, and brown sugar.
2. Insert the lemon grass, garlic, and onions into the cavity.
3. Pour in calamansi juice, soy sauce, and oyster sauce. Massage the marinade into the chicken for better absorption of the flavor.
4. Cover the chicken. Refrigerate it for 1 hour up to overnight.
5. In a big pot, place the chicken and the marinade. Add the sprite, bay leaves, and butter.
6. Simmer for 30 minutes, then add the carrots and potatoes.
7. Once the carrots and potatoes are tender, remove it from the pot and set aside.

Contributed by the Howard family (Lena- Gr. 5)

# Philippines - Lumpia (Egg rolls)



## Ingredients

Ingredients for the Meat Version:

Ground pork  
Celery  
Carrots  
Water Chestnuts  
Garlic

Ingredients for the Vegetarian Version:

Celery  
Carrots  
Cabbage  
Bean Sprouts  
Water Chestnuts  
Garlic

## Directions

Instructions for the meat version:

1. Cook ground pork with onion and garlic.
2. Chop the celery, carrots, water chestnuts, and garlic into small pieces. Mix the vegetables with soy sauce, salt and pepper.
3. Mix the vegetables with the pork.
4. Place 1-2 Tablespoons of mixture on the center of an eggroll wrapper.
5. Roll the wrapper, fold in the side edges, and brush with raw egg to seal.
6. Fry in oil, then place the lumpia on a paper towel in a strainer so the oil drains off.
7. Serve with dipping sauce: Soy sauce, sesame oil and garlic.

Instructions for the vegetarian version:

1. Chop the vegetables into small pieces.
2. Mix the vegetables with soy sauce, salt and pepper.
3. Place 1-2 Tablespoons of mixture on the center of an eggroll wrapper. Roll the wrapper, fold in the side edges, and brush with raw egg to seal.
4. Fry in oil, then place the lumpia on a paper towel in a strainer so the oil drains off.
5. Serve with dipping sauce: Soy sauce, sesame oil and garlic

Contributed by the Cabigas family (Sole - Gr. 8)

# Philippines – Pancit Palabok

## Description of dish:

This is a variant of famous Filipino pancit (noodle dish) topped with shrimp gravy, shrimp, smoke fish flakes, pork cracklings and eggs. It can be eaten as a light meal, main dish, or anytime snack.

## Ingredients

1 pack 1 lb rice noodles (bihon)

### Sauce ingredients:

2 tbsp cooking oil

1/2 lb ground pork

3 cups pork broth

1 piece shrimp cube

6 tablespoons all-purpose flour

2 tbsp fish sauce

1/2 tsp ground black pepper

### Topping ingredients:

1 cup boiled pork thinly sliced and cut into small pieces

2 pieces fried firm tofu (tokwa), cubed

½ cup bonito flakes smoked fish

½ cup chicharon pounded

2 hard boiled eggs sliced

½ cup cooked shrimps boiled or steamed

1/4 cup green onion or scallions finely chopped

3 tbsp fried garlic

2 pieces lemon sliced 4 hard boiled eggs



## Directions

1. Soak the rice noodles in water for about 15 minutes. Drain and set aside.
2. Cook the sauce by heating a saucepan. Pour in the cooking oil. When the oil is hot enough, put in the ground pork and cook for about 5 to 7 minutes.
3. Add the shrimp cube and stir and simmer for 3 minutes. Add the flour gradually while stirring. Add the fish sauce and ground black pepper then simmer until sauce becomes thick. Set aside.
4. Meanwhile, boil enough water in a pot. Place the soaked noodles in a strainer (use metal or bamboo strainer) then submerge the strainer in the boiling water for about a minute or until the noodles are cooked. (make sure that the noodles are still firm) Remove the strainer from the pot and drain the liquid from the noodles.
5. Place the noodles in the serving plate. Pour the sauce on top of the noodles then arrange the toppings over the sauce.
6. Place sliced boiled eggs on top. Serve with a slice of lemon. Share and enjoy!

Contributed by the Bustamante Family (Joelle - Gr. 8 and Jillian Gr 3)

# Philippines – Pandesal

## Description of dish:

Pandesal is a staple bread roll that's popular in the Philippines. It is often spelled pan de sal, which is Spanish for salted bread, although it is actually sweeter than salty. Pandesal is

generally served during breakfast or during the day, except for dinner. Its popularity rose in the early 1900's during the American colonial era, when American wheat became widely available for use as an ingredient. It is a sweet and fluffy white bread roll that is served best warm and fresh from the oven, and can be paired with different toppings like peanut butter or ham. Our family traditionally celebrates noche buena (Christmas eve) with a meal that includes pandesal, ham, and queso de bola (ball cheese)

## Ingredients

- 3 cups all-purpose flour
- ¼ cup sugar
- 1 teaspoon salt
- 1 cup milk - lukewarm
- 1 egg
- 2 tablespoon butter - melted (or margarine)
- 1 ½ teaspoon instant dry yeast
- ¼ cup breadcrumbs



## Directions

1. In a big bowl, mix together flour, sugar, salt.
2. Pour in milk, beaten egg and melted butter. Mix several times until well blended. Make sure that the milk is only mildly warm and not hot.
3. Add the instant dry yeast and fold until a sticky dough forms.
4. Tip the dough on a floured surface and knead until it becomes smooth and elastic, about 5- 10 minutes.
5. Form the dough into a ball and lightly coat with oil. Place it in a bowl and cover with a kitchen towel or plastic wrap and place it in a warm area and let it rise until it doubled in size. Depending how warm it is, could take 30 minutes to an hour.
6. Punch down the dough and divide into 2 equal parts using a knife or dough slicer. Roll each. into a log. Cut each log into 6 smaller pieces. .
7. Shape each piece into a ball and roll it in breadcrumbs, completely covering all sides.
8. Arrange the pieces on a baking sheet leaving some gaps in between (at least an inch). Leave. them to rise second time until double in size.
9. While waiting, preheat oven 370 degrees F /185 degrees C. Bake the pan de sal for 15 minutes or until the sides are a bit browned.
10. Remove from oven and serve while hot

Contributed by the Santos family (Keegan - K)

# Philippines – Taho

## Description of dish:

Taho is a Philippine snack similar to a drinkable custard that's made out of fresh tofu, sweetener, and sago pearls. It is a comfort food often sold by vendors across the country, most

of them carrying the snack through large buckets hanging at the end of a carrying pole. The dish has its origins in China, who introduced it to the Philippines through Chinese migrants. It can be eaten by a spoon, straw, or simply drinking it from a cup. As a child who grew up in Manila (the capital of the Philippines), I have fond memories of taho vendors, who would sell it while walking on the sidewalk in the city or in a neighborhood, calling it by its name to raise attention to anyone who craved it. [Tahooooooooo!]

## Ingredients

- 16 oz silken tofu
- 1 1 cup water
- 1 teaspoon vanilla
- 1 cup tapioca or sago pearls
- 1/4 cups brown sugar



## Directions

1. Bring a large pot of water to a boil. Cook the tapioca pearls according to your package. instructions. This can be done in advance; just be sure to store the prepped pearls with some water or a little brown sugar syrup (next step).
2. Combine the brown sugar, water, and vanilla in a small saucepan and place over medium-high heat. Bring to a boil, stir to dissolve the sugar, and lower heat to a simmer. Continue simmering for about 2-4 minutes and remove from heat. This syrup, or arnibal, can also be made in advance.
3. Place silken tofu in a parchment lined steamer. Steam for 10-15 minutes, or until heated through. Alternatively, you can microwave the tofu for about 2-5 minutes.
4. To serve, scoop slices of warm silken tofu into a small cup. Top with tapioca or sago pearls. Pour hot brown sugar syrup on top.
5. Serve immediately while warm.

Contributed by the Santos family (Keegan - K)

# Poland – Bapchie’s Pierogi Recipe



## Ingredients

### Pierogi Potato Filling Ingredients:

- 8 medium potatoes
- 1 teaspoon of salt
- 1/2 lb. of velvetta cheese( chopped into small cubes)

### Pierogi Dough Ingredients:

- 4 cups of flour
- 1 stick of butter (melted)
- 2 eggs beaten
- 1/2 a cup of water
- 1/2 teaspoon of salt

## Directions

### Pierogi Potato Filling Directions:

1. Boil Potatoes until tender.
2. Drain- Add chopped velvetta cheese and blend like you would for mashed potatoes.

### Pierogi Dough Directions:

1. Blend all of the dough ingredients together and knead the dough on a lightly floured surface until very smooth.
2. Divide dough into 3 parts and let it stand covered for at least 2 hours.
3. Roll each part out separately and cut into smaller dumpling size pieces.
4. Place about 1 1/2 tbs. of filling in to the center of each cut dough.
5. Overlap with another piece of dough and seal firmly.
6. After you are finished, Boil pierogi’s a dozen at a time. Once they are boiled you can sauté them in butter or freeze them for later.

Contributed by the Lynch family (Landon - Gr. 2)

# Poland – Borscht (White Mushroom Soup)

## Description of dish:

In Poland mushroom hunters, who seek out borowiki mushrooms in fall, dry them for use year-round.



## Ingredients

- 3-4 handfuls of polish dried mushrooms
- 1 tbsp salt
- 2 tbsp flour
- 2 tbsp cold water
- 4-5 eggs
- 3/4 pint of sour cream

## Directions

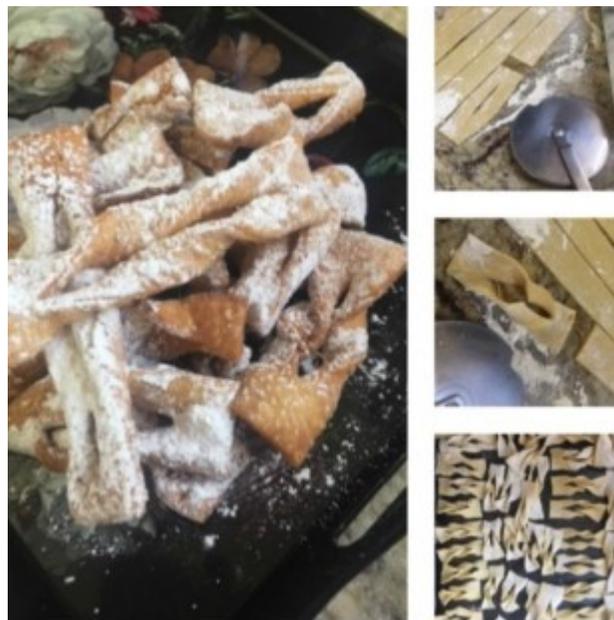
1. Soak 3-4 handfuls of Polish dried mushrooms. When soft, wash in the water that you soaked them in.
2. Remove mushrooms, strain the water through cheesecloth to remove any dirt.
3. Place the mushroom water in 4 qt pot and add enough water to fill the pot  $\frac{3}{4}$  full.
4. Add 1 tbsp salt. Cut mushrooms into small pieces and add to water. Boil until tender.
5. Make a paste by mixing 2 tbsp. of flour and cold water. SLOWLY add the warm soup mixture to the paste and keep stirring to avoid lumps. You want to get the paste to the same temperature as the mushroom soup.
6. Then add the entire paste mixture to the pot of soup and mix well. Allow soup to cool for 1 1/2 – 2 hours.
7. Beat 4-5 eggs with  $\frac{3}{4}$  pint of sour cream. Mix together and slowly add some of the cooled mushroom soup (do this slowly to keep from curdling) Add this back to pot. Refrigerate.
8. Heat slowly over very low to heat and serve.

Contributed by the Checkan family (Thomas - Gr. 8)

# Poland – Chrusciki (Angel Wings)

## Description of dish:

Chrusciki (“cookie” in Polish – loosely translated) are a traditional sweet crisp pastry made out of dough that has been shaped into thin twisted ribbons, deep fried and sprinkled with powdered sugar. They are a special treat that are most commonly eaten in the period just before Lent, especially on the last Thursday before Lent (Shrove Thursday). Besides the period before Lent, they are typically only served on special occasions like weddings, holidays, baptisms and feast days.



## Ingredients

- 2 Cups flour
- 1 tablespoon sugar
- ¼ teaspoon salt
- 3 egg yolks
- 3-5 tablespoons heavy cream or sour cream
- 1 tablespoon rum or whiskey
- ½ teaspoon vanilla extract
- Lard, for frying (you can use vegetable oil, but the taste will be slightly different)
- Powdered sugar, for dusting

## Directions

1. Combine flour, sugar and salt in a large bowl.
2. In a separate bowl, combine the egg yolks, 3 tablespoons of cream, rum or. whisky and vanilla.
3. Add the wet ingredients to the dry and stir until the dough comes together,. use a little more cream if necessary.
4. Roll out as thin as possible.
5. Cut into 1” x 4” strips, cutting a slit in the middle of each strip.
6. Pull one end through the slits, to create a twisted appearance.
7. Heat lard to 350 degrees in a large deep skillet (need at least 2 inches of. melted lard/ oil)
8. Fry in batches, turning to cook both sides, until golden brown. They cook. quickly – 1 minute each side.
9. Drain on paper towels.
10. Dust/roll in powdered sugar.

Contributed by the Waesche family (Catherine - Gr. 7)

# Poland – Filled Cookies

## Description of dish:

Kolaczki are one of the most loved Christmas time treats. They can be circular, square, or diamond-shaped, and the dough can be flaky or yeast- risen. They are made to celebrate not only holidays but can also be made for weddings and special occasions. Create several batches and celebrate your Polish heritage this Christmas and the year - round. Smacznego!



## Ingredients

8 ounces cream cheese (room temp)  
3 sticks butter (room temp)  
3 cups all purpose flour  
white granulated sugar (for rolling the cookies)  
confectioner's sugar (for dusting)

### Pastry filling options:

prune  
cherry  
Apricot  
Raspberry  
walnut  
almond  
pineapple  
poppy seed  
sweet cheese  
fruit jams/jellies  
blueberry  
strawberry  
peach  
plum

## Directions

1. Beat the softened cream cheese and butter until they are light and fluffy. Add the flour gradually and mix well. Form the dough into a ball and cover in plastic wrap. Refrigerate the wrapped dough for at least one hour or overnight. This raw dough may be frozen for later use as well.
2. Preheat the oven to 350 degrees.
3. Dust your rolling surface with white granulated sugar (to avoid the dough from sticking) and roll dough into a square 1/4 inch thick sheet. Using a pizza cutter or sharp knife, cut the dough into 2 inch squares.
4. Spread a small amount of filling into the center of each square and fold into the desired shape. Press the folded dough to seal.
5. Arrange the cookies on either a greased or parchment lined cookie sheet. Bake in oven for 15 minutes until edges are lightly browned.
6. Remove from the pan and cool.
7. Dust with confectioner's sugar and serve.  
Baking tips: If desired, a 1/2 teaspoon of vanilla or almond extract may be added to the dough. Allowing the cookies to rest for 15 minutes before baking will allow the gluten to develop which will help the cookies stay closed during baking. Fruit jellies may be used with 1/2 teaspoon of corn starch added and well-blended to thicken filling.

Contributed by the Gutowski family (Raleigh - Gr. 5)

# Poland – Pierogi

## Description of dish:

Pierogi is Poland's national dish and the recipes date back to the 13th century. Pierogi are stuffed dumplings that can be filled with potatoes, ground beef, cheese, cabbage, sauerkraut etc.

## Ingredients



### Potato - Cheese filling ingredients:

- 5 lbs Idaho potatoes
- 1 med onion
- 3 tbsp butter
- 1/2 lb. farmer's cheese
- 12 slices American cheese
- 8 oz. sour cream
- Pepper to taste.

### Dough ingredients:

- 5 c Gold medal flour (do not pack down)
- 5 egg yolks
- Dash salt
- 1 ¼ sticks of butter, melted. Add ½ c potato water to make 1 ¾ c
- 1 tbsp sour cream

## Directions

### POTATO-CHEESE FILLING: (prepare before making dough):

1. Boil 5 lbs. Idaho Potatoes 5-10 min (still a bit firm). Strain, save potato water. Mash the potatoes.
2. Add: Sautee 1 med onion in 3 tbsp butter, ½ lb. farmer's cheese, 12 slices American cheese, 8 oz. sour cream. Pepper, Salt to taste. Mix well. Can be refrigerated overnight if made the day before.
3. Form potato-cheese mixture into balls.

### DOUGH:

1. Knead dough, roll out, cut into circles (use cup, cookie cutter or donut cutter)
2. Place balls in dough circles, fold dough over and seal edges completely; place on towels until ready to boil.
3. Place in boiling water; when they rise to the top, remove with strainer and cool with cold water.
4. Dry thoroughly on cheesecloth sheets. When dry you can freeze. Heat to serve (microwave or pan fried). Add butter and sour cream as desired.

Contributed by the Checkan family (Thomas - Gr. 8)

# Poland - Stuffed Cabbage Rolls (Golzbki)

Description of dish:

An easy to prepare, low mess, traditional Polish entree.



## Ingredients

- 1 whole head cabbage (about 4 pounds)
- 1 pound ground beef
- 1 ½ cups cooked rice
- 1 can (15 ounces) tomato sauce
- ½ cup water

## Directions

1. Remove all large leaves (about 30). Cut thick center stem from each leaf.
2. Add meat and rice. Mix thoroughly. Place a heaping tablespoon of meat mixture. on each cabbage leaf. Tuck side over filling while rolling leaf around filling.
3. Place layers of cabbage rolls in a large Dutch oven (or large pot).
4. Combine tomato sauce with water; mix until smooth. Pour over cabbage rolls. Cover and bring to boiling. Reduce heat and simmer 1 hour.
5. Serve cabbage rolls with sauce.

Contributed by the Checkan family (Thomas - Gr. 8)

## Description of dish:

This tender and juicy pork and clams dish is best served over fried potatoes or French fries and served with a crisp green salad, sharply dressed with olive oil, vinegar, and salt. Be sure to enjoy with Portuguese bread from your local bakery and a bottle of Portuguese red wine (Monte Velho or Dão Grão Vasco if you can find it).



## Ingredients

Pork Marinade Ingredients (Marinate 2-3 hours before cooking):

- 2.5 lbs boneless pork tenderloin, cut up into 1-inch cubes
- 1 head of garlic, peeled and minced
- 1 medium yellow onion, finely chopped
- 1 tbsp salt
- 1 tbsp paprika
- 1 tsp black pepper
- ½ tsp cayenne pepper
- 2 tbsp olive oil, or more as needed to coat pork
- 1 cup dry white wine
- 6 large bay leaves, crumbled

Main Ingredients:

- 3 tbsp olive oil
- 3 tbsp lard (pork lard, not vegetable shortening)
- 1 small yellow onion, peeled and coarsely chopped
- 5 garlic cloves, peeled and minced
- 2 tbsp tomato paste
- 2 cups chicken broth, or more as needed
- 18 littleneck clams in the shell
- 1 tsp salt (or more, to taste)
- ½ tsp black pepper (or more, to taste)

# Portugal – Porco a Alentejana

## Directions

1. Make marinade: Combine pork, garlic, onion, salt, paprika, black pepper, cayenne pepper, and olive oil in a large, shallow nonmetallic bowl. Rub the pork pieces well all over with the marinade mixture. Add the white wine and bay leaves. Cover and let marinate about 2-3 hours, turning the pork occasionally in the wine.
2. While the pork is marinating, clean the clams by soaking them in a large bowl of cold water. Add 1 tbsp cornmeal or a few tbsp salt to the water and let stand at room temperature. Replace water solution every 30 minutes or so. This will ensure the clams release all grit.
3. When you are ready to start cooking, heat the olive oil and lard in a wide, large pot or deep skillet on medium-high heat until ripples appear. Lift the pork from the marinade (save the extra marinade to add in later) and brown in small batches, transferring browned pieces to a large heat-proof bowl.
4. Once all the pork has been browned and removed from the pot, lower the heat to medium and dump in the onion and garlic. Sauté 3-4 minutes until soft and golden.
5. Turn the heat to low and blend in the tomato paste, chicken broth, and leftover marinade. Cover the pot and gently simmer another 5 minutes.
6. Return pork to pot, adjust the heat so the mixture barely bubbles, then cover and simmer 30 minutes until the pork is fork-tender.
7. Now bring the mixture to a gentle boil and lay the clams on top of the pork, distributing them as evenly as possible, re-cover, and cook about 10 minutes more – or just until the clams open.
8. Season to taste with salt and pepper. Add more chicken broth if needed.
9. Ladle into large soup plates over French fries or fried potatoes.

Contributed by the Carretero Family (Cristiano - PreK)

## Description of dish:

Asopao is a hearty stew made with rice, chicken, sofrito seasoning and veggies. It's sort of reminiscent

and arroz con pollo! It's one of those foods that instantly reminds Puerto Ricans of home. Moms and Abuelas all over the island have their signature recipes for this comforting dish. It's a staple in the kitchen, whether it's for a family reunion, large gathering or simply a flavorful home-cooked meal.



# Puerto Rico – Asopao de Pollo

## Ingredients

- 2 pounds boneless, skinless chicken thighs
- ½ teaspoon ground black pepper
- 1 serving light adobo seasoning (such as Goya )
- 3 tablespoons olive oil
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 medium onion, diced
- 4 cloves garlic, minced
- 2 tablespoons tomato paste
- 1 ½ cups medium-grain rice
- 2 (14.5 ounce) cans diced tomatoes
- 6 cups low-sodium chicken broth
- 1 bay leaf
- ¼ teaspoon red pepper flakes, or to taste
- 1 cup frozen petite peas, thawed
- 1 cup sliced pimento-stuffed green olives
- ¼ cup chopped fresh cilantro

## Directions

1. Season chicken thighs with black pepper and adobo seasoning.
2. Heat olive oil in a large pot over medium-high heat. Cook and stir green pepper, red pepper, onion, garlic, and tomato paste in the hot oil, until the vegetables have softened slightly, 3 to 4 minutes. Remove vegetables from the pot and set aside.
3. Pan fry chicken in the pot until browned, 4 to 5 minutes on each side. Return cooked vegetables to the pot along with rice, diced tomatoes, chicken broth, bay leaf, and red pepper flakes. Bring to a boil, then reduce heat to medium-low and simmer until rice is tender and chicken is no longer pink inside, about 20 minutes.
4. Stir in peas and olives and cook for another 5 minutes. Remove from heat and discard bay leaf. Stir in cilantro and serve.



Contributed by the Towson family (Abby PreK)

# Puerto Rico – Bacalaitos

## Description of dish:

Bacalaitos are salted codfish fried fritters.



## Ingredients

½ pound of the saved salted cod fish (Bacalao) from the above recipe.

2 cups of all-purpose flour

1 ½ cup of water

½ teaspoons of baking powder

½ teaspoon of dried cilantro\*

A small pinch of the Sazon with Achiote (Annatto)

Olive Oil for making fritters

\*You can also substitute ½ teaspoon of recaito.

## Directions

1. Mix flour, water, baking powder, dried cilantro (or recaito), and Sazon in a bowl.
2. Add saved boiled and crumbled cod fish and mix until cod fish is covered.
3. Allow to rest for about 15 minutes for the baking powder to activate.
4. In a deep-frying pan add olive oil and heat until oil sizzles.
5. Slowly add the mixture with a soup or deep spoon into oil and cook.
6. Once the fritter is done transfer to a plate with paper towels to drain excess oil.
7. Repeat steps 5 and 6 until all the mixture is cooked and enjoy.

Contributed by the Roberts family (Jacob - Gr. 8)

# Puerto Rico – Bacalao Guisado

## Description of dish:

Bacalao Guisado is basically a stewed salted cod fish. Bacalao is salted cod fish and guisado is stew. This is a food and recipe that has been in my family for many generations. My Great Grandmother made it for my Grandmother who made it for my Mother who taught it to me. I am teaching it to Jacob so that it continues in the family. This dish is popular in Puerto Rico and each family does it differently according to their taste. You can eat this dish with white rice and a variety of boiled root vegetables such as Yucca, Batata (white or yellow sweet potato), and Ñame (yam). You can also add boiled Yellow Plantain, or Green Plantain.

## Ingredients

- |  |  |
|--|--|
| 2 pounds of salted cod fish (De-boned if possible)       | 2 tablespoons of recaito**   |
| 3 tablespoons of olive oil                               | 2 medium tomatoes diced  |
| 3 tablespoons of water                                   | 1 medium green pepper sliced   |
| 1 small can of tomato sauce (No Salt Added if preferred) | 2 bay leaves   |
| ¼ sliced onion (Sweet Onion if preferred)                | 1 envelope of Spanish seasoning or Sazon with Achio-<br>te (Annatto) |

## Directions

1. Because this is salted cod fish you need to rehydrate and remove the salt on it. To do this it you can either soak the salted cod fish over night in cold water or wash off the excess salt on the cod fish and boil it in plain water 2 times. Removing the salted water and putting it fresh water after the first time. \*\*If you would like to add a root vegetable side save the salted water from the first boil and use it to cook the vegetables.
2. Taste a piece of cod fish if you still find it salty you can boil it once more.
3. Once it is ready and to your taste crumble the cod fish. This is a good opportunity to take out any bones if necessary.
4. In a skillet, heat olive oil, water, tomato sauce, recaito, bay leaves and Sazon envelope. Once it is simmering (after about 5 minutes) add the cooked bacalao, diced tomatoes, sliced onions and sliced green peppers, cover the skillet and cook for about 15 minutes.
5. Once it is cooked serve over white rice and add your boiled root vegetables if preferred.

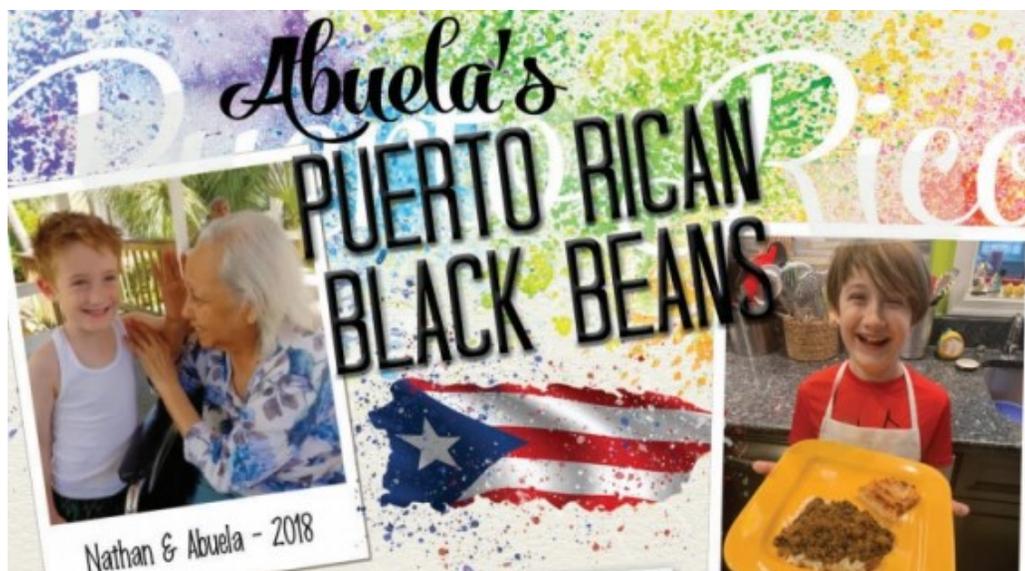


Contributed by the Roberts family (Jacob - Gr. 8)

# Puerto Rico – Black Beans

## Description of dish:

My Abuela made the most delicious Puerto Rican food and she was very secretive of her recipes! She cooked everything from scratch, but my Mom figured out how to make this the easy way, easy enough for a 3rd grader to make, with a little help. This dish is usually served over rice as a side with Pollo Asado (chicken) or Bistec Encebollado (steak). This recipe will make a large batch as it is a great leftover to add as a side with eggs for breakfast. This dish is also savory, vegan, and very healthy; most of the ingredients can be found in the international section at your favorite grocery store.



## Ingredients

- |  |   |
|--|---|
| 2 29-oz cans of Black Beans                | 4 Cloves of Garlic, minced                |
| 1 12-oz jar of Sofrito                     | 1 Bell Pepper, chopped                    |
| 1 12-oz jar of Recaito                     | 1 tsp Oregano                             |
| 1 packet Sazon Goya con Culantro y Achiote | 2 tbsp Olive Oil                          |
| 1 White Onion, chopped                     | 3/4 cup of water Salt and pepper to taste |

## Directions

1. Chop the onion, bell pepper, and mince the garlic.
2. Coat the bottom of a large pot with 2 tbsp of olive oil, heat on medium high.
3. Sauté the chopped onion, bell pepper, and minced garlic until soft; salt and pepper to taste.
4. While the vegetables are cooking, rinse the black beans.
5. Once the veggies are soft, add the rest of the ingredients into the pot, lower temp to medium low/low. Cook until thickened.

Contributed by the Mooney family (Nathan - Gr. 3)

# Scotland – Spectacular Wallace Stew



## Description of dish:

Spectacular, savory Scottish stew is an easy slow cooker recipe for a cold day that takes minimal prep. Once all of your ingredients are slow cooking in your crock pot, your home will smell amazing! The braised beef literally falls apart with each bite and the cranberry sauce and brown sugar give it a sweet taste. Sometimes we substitute sweet potatoes for the white potatoes. Both are equally great! Don't forget the red wine and garlic. Both are important to making this dish spectacular.

## Ingredients

2 tbsp. Extra Virgin Olive Oil  
2 lbs. angus braising/stewing beef  
2 tbsp. all-purpose flour  
1 large onion-peeled and chopped  
6- cloves of garlic-peeled and crushed  
2 tbsp. cranberry sauce  
2 cups red wine  
1 cup chopped carrots 1 cup chopped celery

2 medium potatoes peeled and chopped  
½ small rutabaga chopped  
2 ½ cups beef stock  
2 tbsp. tomato paste  
2 tbsp. Worcestershire sauce  
4 bay leaves  
2 teaspoons dark brown sugar  
1 teaspoon of salt  
1 teaspoon of pepper

Serve With: Fresh thyme sprigs on top and fresh bread

## Directions

1. Stir in garlic, cranberry sauce, and red wine and simmer for 5 minutes.
2. In crockpot add carrots, potatoes, rutabaga, tomato paste, Worcestershire sauce, bay leaves, brown sugar, beef stock, and salt and pepper.
3. Stir the beef and ingredients from the heated pan into the crockpot.
4. Cook on high for 5-6 hours or low for 7-8 hours.
5. Make a roux by using equal parts flour and butter to thicken according to your desire.
6. Salt and pepper to taste.

Contributed by the Wallace family (Morgan - Gr 5 and PJ - Gr 4)

# Slovakia – Palacinky

## Description of dish:

These crepes come from Slovakia and taste delicious cold or warm. They tend to come out slightly thicker than French crepes that have become popular in the United States.

In Slovakia, these Palacinky are eaten as breakfast or dessert.

The best part is they are so easy to make and take minimal ingredients!

## Ingredients

2 eggs  
2 cups milk  
2 cups flour  
2 tablespoons sugar

## Directions

1. In a medium bowl, combine eggs, sugar, milk, flour and salt.
2. Over medium-high heat, add 1 tsp oil and spread over frying pan.
3. Pour a thin layer of batter and spread over pan by tilting and rotating pan. Crepes should be as thin as possible.
4. Fry on both sides until golden brown.
5. Spread with jam, roll up and keep warm until served.
6. Dust with powder sugar before eating. Jam can be substituted with Nutella.



Contributed by the Khalaf family (Aidan Gr 6 and Briana Gr. 4)

# Sri Lanka - Crab Curry

## Ingredients

Crab curry:

- ½ tbsp raw long white rice
- 4 tbsp ¼ cup desiccated coconut  
(unsweetened) OR freshly grated coconut
- 1 inch ginger minced
- 6 garlic cloves left whole
- ½ yellow onion finely chopped
- 1 ½ tbsp of unroasted curry powder  
recipe below - see notes for substitutes
- ½ tsp cayenne pepper I use 1 heaped  
tsp because we like it extra spicy
- 2 tsp sugar
- 1 tbsp tamarind paste
- 6 - 8 curry leaves
- 1 - 2 pandan leaves fresh or dried
- 2 - 3 fresh red or green chili peppers or  
2 serrano peppers, sliced or slit in  
half
- 1 can of coconut milk good quality
- 5 - 6 FRESH blue swimmer crabs  
cleaned and cut in half (see video in  
post for cleaning instructions)
- Salt to taste
- Drumstick leaves traditional, but optional
- If can't find curry, pandan or drumstick  
leaves you can add some flat leaf  
parsley or cilantro instead
- Water as needed
- Unroasted Curry powder (Please see  
notes)
- 4 tsp whole coriander seeds
- 3 tsp whole cumin seeds
- ½ tsp mustard seeds
- 1 ½ tsp black peppercorns
- 1 tsp fennel seeds

Description of dish:

Spicy Sri Lankan Crab Curry - made with fresh blue swimmer crabs, and an aromatic and flavorful Sri Lankan curry base. It's a delicious, comforting, authentic Sri Lankan seafood curry dish.



Contributed by Rajaratnam family (Ariana - Gr. 1)

# Cont - Sri Lanka - Crab

## Directions

### Curry Powder:

1. Finely grind all the spices in a spice grinder. Set aside. If you are using roasted curry powder, add another 1 tsp of fennel seeds, ground to a powder (or ½ tsp ground fennel).

### Crab Curry:

1. Grind the raw rice and coconut until fine (or if using fresh coconut, grind until you have a fine paste). Set aside.
2. Add about 2 tbsp of coconut oil (or vegetable oil) into a large saucepan (there has to be enough space to gently stir the crabs) and heat over medium heat. Add the onion, ginger, garlic and saute for a few minutes until the onions have softened.
3. When onions are soft, add the 1 ½ tbsp of the curry powder, cayenne pepper and coconut/rice mix. Cook for 2 - 3 minutes until the spices become fragrant.
4. Add the tamarind paste, sugar, chili peppers, curry leaves and pandan and ¾ of the coconut milk from the can. Add a generous ¼ tsp salt (more can be added after you taste it later). Bring it to a boil.
5. Place the crabs in this gravy/sauce and gently mix to coat the crabs with the thickened gravy.
6. Bring it to a boil on medium high heat and then lower the heat to medium, cover and simmer for 15 - 20 minutes, until the crabs turn pink and are cooked through. Make sure to turn over/stir the crabs half way through cooking to make sure they are well coated with the gravy while being cooked.
7. Add extra coconut milk if you prefer it more creamy, or up to ½ cup of water to dilute the gravy. Add salt to taste.
8. Add the drumstick leaves or parsley or cilantro leaves and stir through while hot.
9. Serve warm with steamed rice. Enjoy! NOTE: If you're using 'Sri Lanka roasted curry powder', make sure to add an extra 1/2 tsp of ground fennel to the curry powder when you cook this crab curry.

# Sri Lanka - Fish Buns

## Ingredients

### Bread Roll Dough:

- 4 Cups all-purpose flour
- 2 Teaspoons instant yeast
- 1 Cup whole milk at room temperature
- ½ Cup of warm water
- 2 Tablespoons unsalted butter at room temperature
- 1 Teaspoon salt
- 1 Teaspoon sugar
- Egg Wash (one large egg yolk and 1/2 teaspoon water/milk)

### Fish Filling:

- 1 Can of Mackerel\*\*
- 2 Medium boiled potatoes (mashed with a fork)
- 1 Medium red onion finely chopped
- 2 Cloves garlic minced
- ½ Teaspoon freshly grated ginger
- 2 Green chilies sliced (optional)
- 4-5 fresh curry leaves chopped
- 1 Tablespoon vegetable oil
- ½ Teaspoon turmeric
- 1 ½ Teaspoons ground black pepper
- 1 ½ Teaspoon red chili powder (or paprika)
- Salt to taste

### Description of dish:

These are flavorful, soft, and savory. This recipe makes 12 medium-sized buns. Soft baked buns filled with savory fish filling.



Contributed by the Hettiarachchi family (Sahana - Gr. 1)

# Cont - Sri Lanka - Fish Buns

## Directions

### BREAD ROLL DOUGH:

1. Combine flour, yeast, sugar, salt, and butter in a large bowl and mix well.
2. Add warm water and milk to the flour mixture and knead it to form a soft dough.
3. Place dough on a floured surface and knead the for 10 minutes or until it springs back.
4. Place in an oiled bowl and cover with saran wrap. Leave in a warm spot for 1 hour to rise.

### FISH FILLING:

1. Place a pan on medium heat with 1 tablespoon of oil. Add the onion and fry for a minute.
2. Add the crumbled mackerel followed by chopped curry leaves, and fry for 3 minutes.
3. Add ginger, garlic, turmeric, and stir to mix. Cook for 2 minutes.
4. Add the mashed potatoes, salt, black pepper, red chili powder, and sliced green chilies. Mix. until well combined and cook for 5 more minutes. Take off the heat and cool completely. ASSEMBLING THE BUNS.

5. After an hour, punch the dough down, leave to rest for 10 minutes and shape the dough.
6. Divide the dough into half. Next, roll each half into a log and divide each log into 6 equal sized. pieces.
7. Roll each ball of dough into about 3-inch circles. Place 3/4 tablespoon of fish filling in the. center. Bring the upper right corner of the circle to the center. Next, bring the upper left corner of the circle and overlap it, and slightly pinch the edges.
8. Lastly, overlap the bottom part of the circle, slightly pinch to make a triangular-shaped bun.
9. Place the triangular buns on a parchment paper-lined sheet pan. Cover and let it rise until. double in size, about 40 minutes. (depends on how warm the room is)
10. Preheat the oven to 375° F.
11. After 40 minutes, gently brush milk or cream on top of the buns.
12. Bake the buns until golden brown (15- 18 minutes).
13. Serve warm.

NOTES: They freeze very well for up to 3 months. You may replace bread roll dough\* with frozen dinner rolls. You may replace the mackerel\*\* with another type of canned fish such as salmon or tuna. Spiciness can be adjusted to your preference.



# St. Kitts – Goat Stew

## Description of dish:

This Caribbean island dish is comprised of goat meat, lemon juice, water and rum to name a few items.



## Ingredients

- 1 lemon juiced
- 1 kg goat meat, cut into 5cm chunks
- 1 tbsp vegetable oil
- 1 tbsp brown sugar or molasses
- 2 tsp cloves
- 2 tsp allspice
- 2 tsp ground mace Few thyme sprigs
- ½ garlic bulb, cloves peeled and crushed
- 1 scotch bonnet chilli chopped
- 1 celery stick, chopped
- ½ green pepper, chopped into 1 ½ cm chunks
- 1 onion, chopped
- 1 tsp gravy browning 2-4 bay leaves
- 1 tsp cornflour
- 1 tbsp Rum (Optional)
- Bread, to serve with Stew/Soup

## Directions

1. Mix the lemon juice into a large bowl of water.
2. Rinse the goat meat in the lemon water, then drain. Pat the goat meat dry with kitchen paper. Set aside.
3. Heat the oil in a large sauce pan, set over a medium-high heat, then stir in the sugar and cook for a few minutes until golden and caramelized.
4. Add the goat meat and cook, turning, until browned all over.
5. Add the spices, thyme, garlic, chilli, celery, pepper, onion, gravy browning, bay and 1 litre water.
6. Bring to the. boil, then reduce the heat, cover and simmer for about 2-2 ½ hours until the meat is very tender.
7. Combine the cornflour with 50ml water, then add to the pan.
8. Simmer for another 10 minutes, uncovered, until the sauce has thickened slightly – it will be the consistency of single cream.
9. Stir in the rum, then serve with bread on the side.

Contributed by the Judd family (Darian - Gr. 8 and Dana-Gr. 7)

# South Africa – Steam Bread (Jeje)

## Description of dish:

Jeje is a traditional South African dish, which is best described as "steamed bread."



## Ingredients

- 4 cups of flour (1cup=250ml)
- 2 tablespoons of sugar
- 1 teaspoon of salt
- 1/2 pack of instant-yeast (fast acting)
- 2 spoons of melted butter (optional)
- 2 cups of lukewarm water (2cups= 500ml)

## Directions

1. In a large bowl, add 4 cups of all purpose flour, half a pack of instant yeast (fast acting) Add one teaspoon of salt. Add 2 teaspoons of melted butter (optional) Add 2 cups/ 500ml of lukewarm water. DO NOT POUR ALL YOUR WATER AT ONCE. Add the water gradually.
2. Knead/ mix the dough until the dough is well combined. If your dough is sticky, add a small amount of flour or if your dough is too hard, add a small amount of lukewarm water.
3. Transfer the dough into a clean bowl based in butter. In South Africa, we usually just cover the bowl and put it outside in the sun to rise. Another method is to place the covered dough in a warm place to allow it to rise for 45-60 minutes until the dough is double in size.

After 45-60 minutes. Cooking/Steaming the bread:

1. In a big pot add a cup of water and let it boil. Grease a baking tray with butter and put the dough in.
2. Cover the pot and allow the bread to steam for about 30 minutes on high heat.
3. After 30 minutes the bread is ready. We typically enjoy this bread with our traditional stew and curries also can be enjoyed with butter and tea.

Contributed by the Nunn family (Adrianna Gr. 5 and Aidan - PreK)

# Sweden – Sillsallad Herring Salad

Description of dish:

Sillsallad (Herring Salad) is a Swedish recipe prepared at Christmas as a side dish served as the first course in a smorgasbord like presentation along

## Ingredients

- 1 can pickled sliced beets
- 150 g marinated herring filets
- 1 apple peeled 1 small onion
- Non sweetened whipped cream



## Directions

1. Drain the liquid from the beets.
2. Chop the beets, herring, apple and onion and mix all together.
3. Put in bowl, cover and chill.
4. Add non sweetened whipped cream when time to serve and mix all together.
5. Serve on bread or separately as a side dish.

Contributed by the Terrazas family (Ayden- Gr. 7)

# Switzerland – Classic Cheese Fondue

## Description of dish:

Fondue is a gooey blend of melted cheeses, spices and wine (optional). It is traditionally eaten with cubes of bread, however, cut fruits and vegetables can be added. The Swiss Cheese Union made this dish famous as a way of increasing cheese consumption in the 1930's. After World War II ended, the organization sent Fondue sets to military regiments and event organizers around the country. Fondue became so popular that it is considered a symbol of Swiss unity. Fondue is a Swiss delicacy and the National dish of



## Ingredients

- 1 ½ cups shredded Gruyere cheese
- 1 ½ cups shredded Emmenthaler cheese (can substitute with Swiss cheese)
- ½ cup shredded Appenzeller cheese (can substitute with Cheddar cheese)
- 2-3 tbsp. all-purpose flour
- 1 clove of garlic (halved)
- 1 cup dry white wine (can substitute with 1 cup of low sodium chicken broth)
- 1 tsp. fresh lemon juice
- 1 dash Kirsch (Swiss liquor – optional)
- 1 pinch nutmeg
- Freshly ground pepper (to taste)
- Crusty slices of bread (cubed)
- Optional – cut pieces of apples, cauliflower, carrots and celery

## Directions

1. In a large bowl, mix together the three types of shredded cheeses with the flour and set aside.
2. Rub the garlic halves on the inside of the Fondue pot.
3. Pour the wine (or Chicken broth) into the pot and set it over medium-low heat. Heat up the wine (or broth) but do not allow it to boil.
4. Stir in the lemon juice and add the Kirsch (optional) to the hot liquid.
5. Gradually add handfuls of the cheese mixture to the wine (or broth), stirring constantly until it melts, then continue to add the rest of the cheese in handfuls.
6. When all of the cheese has been added and the fondue begins to bubble gently, season it with nutmeg and ground pepper to taste.
7. Transfer the Fondue pot to a tabletop burner so it stays hot.
8. Serve with cubes of crusty bread (and optional fruit and vegetables).

Contributed by the Whalen family (Delaney - Gr. 3)

# Thailand - Pad Thai

Description of dish:

Tangy, sweet, salty, stir - fry noodles



## Ingredients

- 3 oz dried thin (size s) rice noodles /rice sticks
- 2 tbsp tamarind water (or use tamarind paste)
- 1 tbsp fish sauce
- 3 tbsp palm sugar
- 3 tbsp vegetable oil
- 3 medium cloves chopped garlic
- 2 large eggs
- 1 tbsp preserved sweet radish
- 8 medium shrimp (shelled and deveined)
- 1 oz yellow bean curds or 4 oz firm tofu (cut into rectangles/cubes)
- 3 tbsp water
- 1 cup Chinese chive (cut into 1 inch pieces)
- 1 cup bean sprouts
- 2 tbsp peanuts (coarsely chopped/crushed, optional)
- 1 tsp roasted ground chili peppers (optional)

## Directions

1. Soak the rice noodles in water for 30 minutes, drain, rinse and cut into 3 sections.
2. Combine tamarind paste, fish sauce, palm sugar, and roasted ground chili (optional) in a bowl and stir until sugar has dissolved and set aside.
3. Heat a wok or sauce pan over medium heat until hot. Add 3 tablespoons of oil and chopped garlic. Cook until slightly golden.
4. Crack two eggs into the wok/sauce pan. Break the yolks, let it cook for 1 minute, and then break into large pieces with spatula. Add the radish and stir to mix.
5. Add the shrimp and cook it until it slightly pink (don't fully cook the shrimp at this point).
6. Add the tamarind, fish sauce, palm sugar, (chili) mixture. Add the tofu and stir gently to mix. Add the noodles and stir quickly to mix the noodles with the sauce.
7. Continue to stir and cook for 2 minutes or until the sauce is absorbed by the noodles.
8. Taste the noodles. If it's still firm, add 1 tablespoon of water at a time, and stir until you get to the desired tenderness.
9. Use low heat. Add chives and bean sprouts and stir until wilted. Add crushed/chopped peanuts (optional).
10. Remove from heat and serve – Optional: serve with additional chives, bean sprouts, chili peppers. and a squeeze of lime juice.

Contributed by the Brundage family (Tanya - Gr. 2)

# Trinidad & Guyana – Baigan and Tomato Choka (Roasted Eggplant Dish)

## Description of dish:

Baigan and tomato choka is a savory vegetarian dish, eaten at breakfast in the Caribbean. Baigan and tomato choka is traditionally served with roti (Indian flatbread) however, any flatbread will do. We hope you enjoy!



## Ingredients

- 2 eggplants
- 1 medium tomato
- 6 large garlic cloves
- ½ small onion
- ¼ Tsp of ground cumin (optional)
- 2 Tbsp of olive oil
- Hot pepper to taste (scotch bonnet or habanero)
- Salt to taste

## Directions

1. Slice the onion very thinly, and place in a medium sized bowl. Add ground cumin and hot pepper to the bowl, if using.
2. Slice the tomato in half. Slice garlic cloves lengthwise in half. Puncture each eggplant with a knife six times, insert garlic. Brush the tomato and eggplants with oil. Grill the tomatoes on the BBQ for approximately 4 minutes. Grill the eggplants on the BBQ for approximately 20 minutes. The eggplants are cooked when they have collapsed and are completely charred.
3. Place the grilled tomato and eggplants on a chopping board. Remove the skin and seeds from the tomato. Cut each eggplant in half lengthwise. With a spoon, scoop out the flesh of the eggplant and the garlic. Transfer tomato and eggplant to the bowl with onions. With a fork, mash the garlic, tomato and eggplant.
4. In a small frying pan, heat olive oil. When the olive oil has become hot (not smoking) pour over the tomato and eggplant mixture.
5. Mash the mixture until a fluffy consistency is reached. Serve warm. Enjoy!

Contributed by the Bacon family (Anjali - K)

# Trinidad & Tobago – Pelau

## Description of dish:

Pelau is a very popular dish of Trinidad & Tobago. It is basically a “one pot” mixture of rice, chicken and pigeon peas.



## Ingredients

3 lbs. chicken pieces, skinned.  
1 tsp. salt  
1/2 tsp. black pepper  
2 tbsp. green seasoning  
2 tsp. minced garlic  
1 tsp. Worcestershire sauce  
1 tsp. soy sauce  
1 tbsp. ketchup  
2 tbsp. vegetable oil  
2-3 tbsp. brown sugar  
2 cups parboiled rice  
1/2 cup chopped onion  
1/2 cup chopped pimento peppers  
1 1/2 cups cooked pigeon peas  
1 tbsp. salt  
2 cups coconut milk  
2 cups coconut milk  
2 cups chicken broth or water

## Directions

1. Season chicken with salt, pepper, green seasoning, minced garlic, Worcestershire sauce, soy sauce. and ketchup. (Marinate for 30 mins)
2. Heat oil in a large heavy iron pot.
3. Add sugar and allow to burn until brown.
4. Add seasoned chicken and stir until pieces are well coated with burnt sugar; brown for 5 mins.
5. Add rice and turn often until well mixed. Cook for 3 mins more.
6. Add onion, peppers, peas and cook for a few minutes, stirring a few times.
7. Add salt, coconut milk and broth. Bring to the boil, lower heat, cover and simmer until rice is cooked. and all liquid is evaporated. (about 25 - 30 mins)
8. Add more water or broth if rice is still hard and continue to cook for a few more minutes.

Contributed by the Solozano family (Sandyn - Gr. 8)

# Ukraine – Easter Bread (Paska)

## Description of dish:

Ukrainian paska (which means Easter) is a slightly sweet egg bread that is taken to church on Easter morning in a special basket with other foods to be blessed.



## Ingredients

### For the Sponge:

2 (.25 ounce) packages active dry yeast  
½ cup warm water (110 degrees F)  
½ cup white sugar  
3 cups warm milk  
4 cups all-purpose flour

### For the Dough:

6 eggs, beaten  
½ cup white sugar  
1 cup butter, softened  
¼ teaspoon salt  
¼ teaspoon lemon zest  
12 cups all-purpose flour  
1 egg  
1 tablespoon water

## Directions

1. Proof the yeast in 1/2 cup warm water in a large bowl until slightly frothy.
2. In the meantime, dissolve 1/2 cup sugar in the warm milk; allow to cool to lukewarm. Once cooled, add the milk mixture to the yeast mixture along with 4 cups of flour. Mix well with a wooden spoon. Cover and put in a dark, warm place until the mixture is bubbly and doubled in size, about 2 hours.
3. Stir in the beaten eggs, 1/2 cup sugar, 1 cup butter, salt, and lemon peel. Stir well to blend. Begin adding the remaining flour a cup at a time to form a very soft dough.
4. Knead the dough on a floured board until soft and elastic, about 10 minutes. Place the dough in a greased bowl, turning to coat all sides. Cover bowl with plastic wrap and allow to rise in a warm place until doubled, about 2 hours. Punch dough down and allow to rise again for 30 minutes.
5. Divide dough into three parts. To achieve the height, Ukrainians use tall lined coffee cans or other smaller sized cans for baking tall Paskas. Let rise until doubled, about 45 minutes to 1 hour.
6. Preheat oven to 350 degrees F.
7. Bake in preheated oven until loaves are deep brown, 45 to 50 minutes. Once they are done, the bread can be topped with thick white powdered sugar glaze and sprinkled with sprinkles.

Contributed by the Schaeffer family (Andrew - Gr. 5, Sofia - Gr. 3, and Victoria -Gr. 1)

# United States – Braised Venison Shoulder Roast

## Ingredients

3 lbs Venison Shoulder Roast  
3 stalks of Celery (cut in a large dice)  
3 Carrots (cut in a large dice)  
2 medium sized Yellow Onions (cut in a large dice)  
5-6 cloves of Garlic (minced)  
3 TBSP of Bacon Fat (can substitute canola oil)  
32 oz Beef Stock (unsalted)  
8 oz Red Wine  
1 Tsp Browning Sauce  
3 dashes Worcestershire sauce  
3 Bay Leaves  
5 sprigs of Rosemary  
5 sprigs of Thyme  
3 TBSP Cornstarch

## Directions

1. Generously salt and pepper the shoulder roast and allow to come up to room temperature.
2. Place a sauce pan or dutch oven on high heat and add the Bacon Fat.
3. Add the venison roast and brown on all sides.
4. Remove the roast, lower the heat to medium, and add the Celery, Carrots, and Onions. Cook for 5-10 minutes until the vegetables begin to take on color.
5. Add the garlic and cook 2 minutes more. Remove the vegetables and set aside.
6. Add the Beef Stock, Red Wine, Browning Sauce, Worcestershire Sauce, Bay Leaves, Rosemary, Thyme, and the Venison Shoulder Roast back to the pot. Bring to a boil and then lower heat to a simmer. Cover and cook for 4 hours.
7. After 4 hours, remove the lid and continue to simmer.
8. In a small bowl, add water to the cornstarch to create a slurry. Add the cornstarch slurry to the pot.
9. Add the reserved vegetables back to the pot. Cook for 45 minutes more, until both the meat and vegetables are tender and the sauce has reduced and thickened.
10. Serve with mashed potatoes (pictured), polenta, or even rice/pasta.

Description of dish:

A rich and succulent venison shoulder roast braised in stock and red wine with an aromatic vegetable base. Pairs wonderfully with mashed potatoes or polenta.



Contributed by Milcetch family (Tyler - PreK)

# United States – Mom–Mom Roe’s Cole Slaw Dressing

## Ingredients

3 eggs  
1 cup vinegar, slightly diluted (apple cider vinegar preferred)  
1 cup sugar  
1 cup cream or whole milk  
½ tsp of Coleman’s (dry) mustard  
2 Tbsp flour  
1 small piece of butter  
Pinch of salt

## Description of dish:

This is an old cooked cole slaw dressing from the Eastern Shore of Maryland. It was used on the farms in cole slaw, as a salad dressing with fresh Bibb lettuce, and added as a flavor enhancer to chicken salad, potato salad, and other mayonnaise based salad recipes by replacing a portion of the mayonnaise in equal amounts. As with most old farm recipes, portions are subjective and to the taste of the chef!



## Directions

1. Combine beaten eggs, vinegar, and cream.
2. Mix the dry mustard, flour, and salt with the sugar, and then mix all with the liquid.
3. Cook until bubbly, while stirring constantly. Reduce heat and cook until thickened.
4. Add butter and let melt, stir.

Will keep refrigerated for several weeks.

To make the farm style cole slaw:

1. mix the dressing with shredded cabbage, place in serving bowl and garnish with tomato wedges, cherry tomatoes and/or quartered hard boiled eggs.

Contributed by Milcetch family (Tyler - PreK)

# United States – New Mexican Sopapillas



## Description of dish:

Although there are similar dishes served throughout Latin American countries, this type of sopapilla recipe originated in New Mexico over 200 years ago. Description: Sopapillas are a pastry that can be served as an appetizer or dessert.

## Ingredients

2 cups all-purpose flour  
1 tablespoon baking powder  
1 tablespoon granulated sugar  
2 teaspoons kosher salt  
1 tablespoon honey  
3/4 cup whole milk  
Shortening (or canola oil for frying)

## Directions

1. In a large bowl, whisk together the flour, baking powder, sugar and salt. Next, create a well in the center of the dry ingredients and pour in the honey and whole milk. Using a spoon or your hands, mix the dough together until it forms a sticky mass. Cover the bowl with a clean kitchen towel and allow the dough to rest for about 20 minutes.
2. In a cast iron skillet (or medium pot), add enough shortening or oil so it reaches 3-inches up the sides of the skillet/pot. Heat up your oil to around 300 degrees.
3. Lightly flour your work surface and rolling pin. If the dough is at all sticky (it should not be after it rested) feel free to sprinkle it with a bit of flour so it does not adhere to the surface. Dump the dough onto the counter and roll the dough into a thin (1/8-inch thick) square. Cut the sopapillas into 4 x 3-inch rectangles.
4. Before you fry them, be sure to get your honey ready. Line a baking sheet or plate with a few layers of paper towels or clean kitchen towel. Heat the oil up again to 375 degrees F. Drop the sopapillas in the hot oil, frying two to three at a time, for about a minute, flipping them over at the halfway point. (If they do not puff up, they will still be tasty! But it may mean the dough isn't rolled thin enough.) They should be lightly golden brown—not too crispy. Transfer them to the bed of paper towels to drain. Repeat with the remaining sopapillas.
5. These taste best straight from the fryer to a plate to being consumed but if you want, you can keep the sopapillas warm in a 200-degree pre-heated oven while you fry up the rest. Serve them alongside some honey for dipping. Honey butter is also delicious and best used if serving them as an appetizer.

Contributed by the Mills family (Rosy - Gr. 2)

# United States – New Orleans Barbecue Shrimp

## Description of dish:

This is a recipe beloved to our family. Mandy and I first met while living on the Gulf Coast of Florida. New Orleans was a regular destination for us in those years, and our lives were forever changed when we first tried this incredible dish, a tradition in the Crescent City. Don't be fooled by the name. Though it's called "barbecue", there's no need for an outdoor grill or an open flame. For this dish, "barbecued shrimp" is shrimp sauteed in a rich sauce made with lots of butter and shot through with Worcestershire sauce. It very messy, which is part of the fun. When I eat it, I have three napkins: one on each leg and a big one tucked into the collar of my shirt as a bib! The shrimp are served head-on, and it's meant to be eaten with your hands. The heads of the shrimp are ripped off, the shrimp are peeled and then dredged through the amazing sauce. To complete the service, serve plenty of warm, crusty French bread to sop up even more of that yummy barbecue sauce!



## Ingredients

18 Jumbo Shrimp with heads on and unpeeled  
3/4 cup Worcestershire Sauce  
2 1/2 tbsp fresh lemon juice (roughly 2 lemons)  
2 1/2 tsp freshly ground black pepper

2 1/2 tsp cracked black pepper  
2 1/2 tsp Creole seasoning  
1 1/2 tsp minced garlic  
1 1/2 cups (3 sticks) cold, unsalted butter, cube  
Warm, crusty French bread to serve on the side

## Directions

1. Prepare the butter first by cutting the sticks lengthwise to form four rods, then crosswise seven times to give you 32 1/4 tbsp cubes per stick. Place all of the cubes back in the refrigerator to remain cold until you've assembled the rest of the ingredients and start cooking.
2. Remove the heads from 4 of the shrimp and combine them in a large, high-sided skillet with the Worcestershire sauce, lemon juice, both black peppers, Creole seasoning and garlic and cook over moderately high heat until the shrimp heads start turning pink, about two minutes. Reduce the heat to medium and add in the butter, one or two cubes at a time, stirring constantly and adding more only when the cubes have melted.
3. When you've added about half of the butter, add the shrimp to the skillet (including the ones whose heads you removed previously. Shrimp only require about five minutes to cook through; you don't want to overcook them, so that's why you add them so late in the cooking. Overcooked shrimp are tough and hard to peel.)
4. After you've added all the shrimp, stir in the remaining butter, again one or two cubes at a time. By the time you finish, the shrimp should be pink and cooked through. Remove the skillet from the heat.
5. Using tongs, place the shrimp in a large bowl and pour the sauce over the top. Serve immediately with lots of French bread for dipping, and enjoy.

Contributed by the Harper family (Harmony and Lily - Gr. 1)

# United States – Pasta Bean Bake



Description of dish:

This recipe is easy and fun to make!  
Perfect for kids and adults and tastes  
delicious topped with cheese and  
some hot sauce if you like it spicy.

## Ingredients

2 cans of diced tomatoes  
2 cans of any beans  
450g (1 box) of pasta of your choice  
Italian seasoning (if you want)  
1/4 of an onion  
3 - 4 table spoons of olive oil  
2 cloves of garlic or garlic powder  
3 tbs of sugar  
Salt and pepper to taste

## Directions

1. Finely chop the onion. Fry the garlic and the onion in the olive oil on low heat until the onions start to soften.
2. Add the caned tomatoes to the garlic and onion.
3. Add salt and sugar for taste and any Italian seasoning examples Thyme, Oregano.
4. Cover with lid and cook the tomato mixture on low to medium heat for 15 minutes.
5. Drain and rinse the caned beans (we used pinto and kidney beans).
6. Add 100 ml or a cup of water to the tomato mixture.
7. Add the beans to the tomato mixture. Let the beans and tomatoes cook for another 10 minutes.
8. Cook pasta of your choice according to the recipe on the package.
9. Mix together the bean sauce and cooked pasta then serve.

Voila there you have it Pasta Bean Bake :)

Contributed by the Ranchhoojee family (Rhea - Gr. 5 and Aaral - Gr. 3)

# United States – Stuffed Peppers

## Description of dish:

Peppers stuffed with ground beef, sweet potatoes, and spinach.



## Ingredients

6 red peppers  
1 onion yellow  
    chopped  
1 sweet potato diced  
1 garlic clove  
1 lemon juiced  
1 can (14 oz ) diced  
    tomatoes  
1 cup of spinach  
cilantro chopped  
1 lb of ground beef

## Spices:

1 tsp salt  
2 tsp chili powder  
1 tsp ground cumin  
1/2 tsp red pepper flakes  
1/2 tsp dried oregano

## Directions

1. Preheat oven to 400 degrees F.
2. Mix spices together and put to side.
3. Cut tops off peppers and set aside.
4. Heat pan with oil and saute onions then add garlic once onions are soft add sweet potatoes, lemon juice, diced tomatoes, and cook until soft.
5. In a separate pan, heat oil and cook ground beef. Combine ground beef with sweet potatoes in pan then add spices and cilantro. Cook for 10 minutes. Remove from heat and stuff peppers.
6. Place peppers on pan and put in oven for 30 minutes. Remove and eat.

Contributed by the Alnahhas family (William - Gr. 6)

# United States – Thompson Boys' Apple Pie

## Description of dish:

Introduced to the colonies by the European settlers. It became an instant hit and has since been adopted as one of America's favorite desserts!

Description of dish: God has blessed our family with three boys...and my husband and I agree that with three boys comes lots of eating! Although they don't agree on everything they are in complete agreement about their love of cinnamon and apples. After trying many recipes, this one has become a true family favorite! We make it several times a year, especially during the holidays, and have found it turns out best when listening to fun music while baking:)

## Ingredients

- 6 tablespoons unsalted butter
- 1/4 cup white sugar
- 1/2 cup brown sugar (Thompson Tip: use 3/4 cup for thicker caramelization of syrup)
- a pinch of salt
- 1/4 teaspoon ground cinnamon (Thompson Tip: you can never add too much cinnamon, we probably end up using 1/2 - 3/4 teaspoons)
- 1/4 cup water
- 1 package (15 ounce) double crust ready-to-use pie crusts
- 4 large red apples, cored and thinly sliced (Thompson Tips: Gala apples work great; we use 5-6 apples; we skin the apples and eat them with peanut butter as we bake)



## Directions

1. Preheat oven to 425 degrees.
2. Core and slice the apples.
3. Unroll pie crusts, press one into a 9-inch pie dish and add the apple slices. (Thompson Tip: you can toss apples slices in 2 tablespoons of flour before adding to dish for a more traditional approach)
4. Lay second pie crust on flat surface and cut into 1-inch wide strips.
5. Weave the crust strips into a lattice (under-over pattern) on top of the apples in pie dish.
6. Crimp the bottom crust over latticed crust strips.
7. Melt butter in saucepan over medium heat. Stir in white sugar, brown sugar, salt, cinnamon and water. Bring the syrup to a boil, stirring constantly to dissolve sugar.
8. Remove from heat. Spoon caramelized syrup over pie.
9. Bake at 425 degrees for 15 minutes.
10. Turn heat down to 350 degrees and bake for additional 35-40 minutes until lattice pie crust is golden.
11. Enjoy!

Contributed by the Thompson family (Sam - Gr. 6 and Charlie - Gr. 1)

# United States - Turkey Chili



## Ingredients

- 1 lb of ground turkey
- 2 cans of mild chili beans pinto (16 oz.)
- 1 can of tomato sauce (16. oz)
- 1 medium onion diced
- 1 jalapeno pepper diced
- 3 tbsp of olive oil
- 1 tbsp of chili powder
- salt and pepper to taste
- shredded mexican style cheese
- sour cream

## Directions

1. Add oil to a large pot and bring to medium heat.
2. Add onions and jalapeno peppers, salt, and pepper. Stir and cook for about 8-10 minutes or until onions are translucent.
3. Add ground Turkey and cook until browned.
4. Add chili powder, and tomato sauce and cook for 8-10 minutes.
5. Add chili beans and cook for 5 minutes.
6. Cover the pot with a lid and simmer for 30 minutes.
7. Remove from heat and serve. Optional top with shredded cheese, sour cream, and serve. Enjoy!

Contributed by the Ranchhoojee family (Rhea - Gr. 5 and Aaral - Gr. 3)

# Vietnam - Caramelized Shrimp

## Ingredients

- 1 kg (2.2 lb) fresh prawns
- 1 1/2 tbsp salt (or to taste)
- 3 tbsp sugar (or to taste)
- 1 tbsp chicken bouillon powder
- 1 tsp pepper
- 3 tbsp fish sauce
- 1 tsp dark soy sauce
- 4 tbsp cooking oil
- 3 cloves garlic (finely chopped)
- 1 red shallot (finely chopped)
- 1 sprig spring onion (divided into 5cm/2" segments)
- 1 chili (finely chopped; optional)

## Description of dish:

This is a classic recipe for glossy and fragrant Vietnamese Caramelized Shrimp. Enjoy the perfect balance of a thick, sweet and savory glaze!



## Directions

1. Start by cutting the sharp part of the head off. You are looking at cutting roughly 2cm (0.8 inches) off from the tip of the head. Tip: For preparing the prawns, it is easiest with a pair of scissors. Snip the legs off from tail to head. Cut the tail to remove it. Use a toothpick to devein the prawn by digging in between the pieces of shell, then scooping out the intestinal tract. You will be pulling out a long and thin string that is often black.
2. When the shrimps have all been prepped, marinate them with the garlic, red shallots, salt, pepper, chicken bouillon powder and dark soy sauce for a minimum of 20 minutes.
3. Heat up a pan or wok on high heat and pour in the oil. Test to see if the oil is hot enough by putting a wooden utensil (such as a chopstick) into the oil. If it bubbles, add the marinated prawns and sugar in. Note If the oil does not bubble, wait for another minute and test again until it does.
4. Cook the shrimp for 10 minutes or until the sugar has caramelized and thickened.
5. Pour the fish sauce in and stir it into the prawns, then cook for another 3 minutes.
6. Add the spring onions and chili in and let it cook for 2 minutes before turning off the heat.
7. Serve immediately with a bowl of hot rice!

## Notes:

Add the fish sauce in last.

This ensures the savory-ness stays light and robust on the shrimps surface.

Contributed by the Remy Family (Danielle - Gr. 3)

# Vietnam – Spring Rolls

## Ingredients

- 18 medium shell-on shrimp (about 3/4 pounds)
- 1/2 pound pork belly
- 4 ounces thin rice vermicelli
- 1 bunch of red leaf lettuce, washed, separated and at dry.
- 2-3 cucumbers (pickling), peeled and cut into matchsticks (Julienne).
- 1 pack of fresh mint, washed, separate leaves from stem and pat dry.
- 1 cilantro bunch, washed and pat dry.
- 1 package (12 ounces) 8 1/2-inch rice paper wrappers
- Peanut Sauce
- 2/3 cup hoisin sauce
- 1/3 cup chunky peanut butter
- 1/4 cup water
- 3 tablespoons fresh lime juice
- 1 teaspoon oil
- a clove of garlic, minced

## Description of dish:

These fresh and healthy Vietnamese spring rolls are made with shrimp, vegetables, herbs, and rice noodles wrapped in rice paper. The Vietnamese name for the rolls is gỏi cuốn which translates to “salad rolls.”



Photo A: Transfer all the vegetables, shrimp, herbs, and noodles into bowls and arrange them on your work top.



Photo B: Arrange 3 pieces of shrimp and 3 pieces of sliced pork over the vegetables.



Photo C: Finish rolling up the spring roll all the way to the end.

Contributed by Lisle family (Thomas - Gr. 7)

# Cont - Vietnam - Spring

## Directions

Prepare the Dipping Sauce:

1. Heat pan with some oil and brown minced garlic and remove from heat.
2. Fold in hoisin sauce, peanut butter, water, and lime juice. I like to prepare the sauce before making the spring rolls so that the flavors have a longer time to develop. .

Prepare the Shrimp and pork belly:

1. Fill a medium saucepan with water and add 1 teaspoon salt.
2. Cook pork belly until done (about 30 minutes). Remove pork and let cool before cutting into thin slices.
3. Fill a small pot with water and pinch of salt.
4. Bring water to a boil, add the shrimp and cook for about 2 minutes or until shrimps are no longer translucent. Remove the shrimp from the water and let them cool for 5 minutes.
5. Peel the shells and devein the shrimp. Lay a shrimp on its side on a chopping board. Gently press the shrimp down with one hand and use the other to slice the shrimp in half, horizontally (knife. parallel to the chopping board). Repeat with the remaining shrimp. .

Prepare the Noodles:

1. Fill a large saucepan or small pot with water and bring it to boil on high heat.
2. Add noodles and cook until done (5 to 8 minutes). Drain and rinse the noodles under cold water.

Set Up Spring Roll Station:

1. Fill a large bowl with hot water to wet the rice paper sheets.
2. Transfer all the vegetables, shrimp, herbs, and noodles into bowls and arrange them on your work top. Get a plate ready.

Roll the Spring Rolls:

1. Quickly dip a sheet of rice paper in the hot water to moisten the entire surface. This should take no longer than a few seconds.
2. Lay the wet rice paper on the plate. Place a piece of lettuce close to the bottom edge of the rice paper.
3. Arrange a small pinch each of rice noodles, cucumber, cilantro, and mint leaves over the center of the lettuce leaf.
4. Arrange 3 pieces of shrimp and 3 pieces of sliced pork over the vegetables. Grab the lower edge of the rice paper and lettuce and start rolling up the spring roll. Once you have reached the shrimp, fold in the left and right sides.
5. Finish rolling up the spring roll all the way to the end. .
6. Repeat the rolling process for each roll. Serve the spring rolls with the dipping sauce.

# Vietnam – Fresh Spring Rolls

## Description of dish:

Vietnamese Spring Rolls is a traditional Vietnamese appetizer dish consisted of shrimp, rice vermicelli, and vegetable that all wrapped in a thin rice paper. It is served with hoisin dipping sauce at room temperature and a perfect dish for a summer family party where all the kids could have fun making their own roll combination.

## Ingredients

2 ounces rice vermicelli  
8 rice wrappers (8.5 inch diameter)  
8 large cooked shrimp- peeled, deveined, and cut in half  
1 1/3 tablespoons chopped fresh Thai basil  
3 tablespoons chopped fresh mint leaves  
3 tablespoons chopped fresh cilantro  
2 leaves lettuce, chopped

For dipping sauce:

10 tablespoons water  
5 tablespoons Hoisin sauce  
1 tablespoon peanut butter  
1 tablespoon sugar



## Directions

1. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.
2. Fill a large bowl with warm water. Dip one wrapper into the warm water for 1 second to soften. Lay wrapper flat. In a row across the center, place 2 shrimp halves, a handful of vermicelli, basil, mint, cilantro, and lettuce, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining ingredients.
3. In a small sauce pan, pour water in and bring to boil, then turn heat to medium/low. Add in peanut butter, hoisin sauce and sugar. Stir until they are all blend evenly.
4. Serve rolled spring rolls with the hoisin dipping sauce.

Contributed by the Ho family (Minh - Gr. 7)