



# Cookbook

Celebrating the diversity of  
our school community

June 2020



# Contents

|  |           |
|--|-----------|
| <b>Africa</b> .....                                      | <b>1</b>  |
| Koshari (كشيري).....                                     | 1         |
| Ogen’s Special Pepper Soup .....                         | 4         |
| Stewed Beans.....  | 5         |
| Smokey Party Jollof.....                                 | 6         |
| <b>Asia</b> .....  | <b>7</b>  |
| Gyudon – Japanese Beef Bowl.....                         | 7         |
| Rainbow Tofu .....                                       | 8         |
| Paneer Makhani.....                                      | 9         |
| Spanky’s Lumpiang Shanhai – Philippine Egg Roll .....    | 10        |
| <b>Europe</b> .....                                      | <b>11</b> |
| Great Grandma Rosie’s Borekas .....                      | 11        |
| Basic Noodle Kugel.....                                  | 12        |
| Soft and Chewy Challah .....                             | 13        |
| Yiayia Margarita's Famous Greek Kourabiedes Cookies..... | 14        |
| Welsh Cookies.....                                       | 15        |
| Blini – Breakfast Crepes .....                           | 16        |
| Vanilla Crepes .....                                     | 17        |
| Almond Cherry Biscotti.....                              | 17        |
| <b>North America</b> .....                               | <b>18</b> |
| Tortiere – French Canadian Pork Pie .....                | 18        |
| Shrimp and Grits .....                                   | 19        |
| Pimento Cheese .....                                     | 20        |
| Tomato Sandwiches.....                                   | 20        |
| Chocolate Pie .....                                      | 21        |
| Braised Red Cabbage .....                                | 22        |
| Chicken and Collard Rainbow Rolls.....                   | 22        |
| Tex-Mex White Bean Soup.....                             | 23        |

|  |           |
|--|-----------|
| <b>Caribbean &amp; South America.....</b>                    | <b>24</b> |
| Tostones.....  | 24        |
| Asopao de Pollo – Caribbean Chicken and Rice Casserole ..... | 24        |
| Salvadoran Pupusas con Curtido .....                         | 25        |
| Peruvian Ceviche.....  | 26        |
| Fugazza.....   | 28        |
| Torta Gallega.....   | 28        |
| <b>Australia.....</b>  | <b>29</b> |
| Fairy Bread .....  | 29        |

# Africa

## Koshari (كشري)

Country: Egypt

Submitted by: Seif-Eldin/Hassan Family

*It is one of the most popular dishes in Egypt. It is a delicious vegan combination prepared with chickpeas, lentils, macaroni, and rice and topped off with tomato sauce and fried onions.*



Prep Time: 20 min.    Cook Time: 1 hr. 20 min.    Total Time: 1 hr. 40 min.

### Ingredients

#### For the crispy onion garnish

2 onions cut into thin rings

½ cup vegetable oil

Salt



### For the tomato sauce

1 onion grated  
4 cloves garlic crushed  
1 teaspoon ground coriander  
1 teaspoon red pepper flakes (if you want it spicy)  
3 cups tomato sauce  
Vegetable oil  
3 tablespoons white vinegar

### For the koshari

1 cup brown lentils well-rinsed and drained  
15 oz can chickpeas drained  
1 cup medium grain rice previously soaked in cold water for 15 minutes, then drained  
2 cups macaroni pasta (ditalini or elbow)  
½ teaspoon salt  
½ teaspoon pepper  
½ teaspoon ground coriander  
Vegetable oil  
Water

## **Directions**

### Crispy onion garnish

1. Pat dry the onion rings (you can use a paper towel)
2. Cut into thin ring slices
3. In a large skillet, heat the vegetable oil over medium-high heat, fry the onion rings, stirring often, for 12 to 15 minutes or until they turn to a caramelized brown color. The onions should be crisp, but not burnt. Set aside.

### Tomato sauce

1. In a saucepan, heat 1 tablespoon of vegetable oil.
2. Add the grated onion, cook over medium-high heat until the onion becomes a little golden and translucent (do not brown it).
3. Add the garlic, coriander and red pepper flakes, and sauté briefly.
4. Add the tomato sauce and salt.
5. Bring to a boil and cook for about 15 minutes or until the sauce thickens.
6. Add the white vinegar and lower the heat.
7. Cover and keep warm until ready to serve.

### Lentils

1. Bring the lentils and 3 cups (750 ml) of cold water to a boil in a saucepan over high heat.

2. Reduce the heat and cook over low heat for 15 minutes or until the lentils are slightly tender. Drain and season with salt. Lentils should not be fully cooked. They should only be pre-cooked.

### Rice

1. Drain the rice.
2. Mix the pre-cooked lentils and the rice in a bowl. Season with salt and pepper and add the coriander. Mix well.
3. In a pan heat 1 tablespoon of oil over medium-high heat.
4. Sauté the rice and lentil mixture for 3 minutes, stirring regularly.
5. Add about 3 cups (750 ml) of hot water to cover the rice and lentil mixture.
6. Bring to a boil, the water level should reduce a little.
7. Cover and cook on low to medium heat for about 20 minutes or until all of the liquid has been absorbed and the rice and lentils are cooked through. Remove from heat.

### Macaroni

1. While the rice and lentils cook, prepare the macaroni according to the directions on the package by adding them to boiling salted water. Cook until the pasta is al dente. Drain.

### Chickpeas

1. Rinse and drain the chickpeas.
2. Cover and briefly warm them in the microwave before serving.

### Assembly of the koshari

**\*\*Make sure a everything is warm for serving\*\***

1. To serve, fluff the rice and lentils with a fork and transfer to a serving dish.
2. Garnish with macaroni, half of the tomato sauce, before adding the chickpeas and finally half of the reserved crispy onions.
3. Serve with the rest of the tomato sauce and crispy onions separately.
4. Enjoy

Serves 8 (can half recipe for a family of four)

# Ogen's Special Pepper Soup

---

Country: Nigeria

Submitted by: Newman Family

Pepper Soup is a deeply flavorful, light, and peppery broth, full of assorted meats. It is a staple in Nigerian homes and no festive occasion is complete without Pepper Soup. While it's usually served as an appetizer at events, it can also be served as a main dish with rice, cut up pieces of boiled Yam or "Iyan" (Pounded Yam - boiled yam traditionally pounded with a mortar and pestle into a dough - a food processor may be used). Ogen's preferred option is alone or with rice. It has been his favorite dish since he was 1.5 yrs old and considering the amount of heat in Pepper Soup, it is such a delight to watch him slurp it down. It's especially interesting at events where adults attempt to warn him of the heat only to be pleasantly surprised to watch him eat multiple servings. Photo courtesy of 9jafoodie.com.



## Ingredients

- ¼ cup Pepper Soup seasoning mix
- 2 tablespoons dry blended hot chili
- 2 teaspoons turmeric powder
- 2-3 habanero peppers, chopped
- 2 large onions, chopped
- 4-5 small cloves of garlic, chopped
- 3 tablespoons Knorr chicken seasoning powder
- Salt, to taste
- 3lbs goat meat, cleaned and cut in bite-sized cubes
- 1lb tripe, cleaned and cut into bite-sized pieces
- 1lb cow skin, cleaned and cut into bite-sized pieces
- 1 teaspoon Uziza seeds
- ¼ cup, finely chopped, Uziza leaves (may substitute with fresh basil)



(Note: Pepper Soup may be made with beef, chicken or fish instead of goat and beef offals listed below. Additional beef offals may be added in as desired)

## Directions

1. Combine tripe, cow skin, 1 habanero pepper, 1 teaspoon turmeric, 1 tablespoon Knorr seasoning, and 1 large onion in a medium sized pot with two cups of water. Set on medium heat, stir, cover and cook until meat is tender.
2. In a separate pot, combine goat meat, garlic, 1 large onion, remainder Knorr seasoning, habanero peppers, and turmeric, with 3-4 cups of water, stir, cover and cook on medium heat for 20-30 mins. Sieve goat meat broth and set aside.
3. Combine all meats in one pot, with goat meat broth, and add in pepper soup spice and a pinch of Uziza seeds.
4. Stir and simmer on low heat for 10 minutes
5. Gradually add in chili pepper to the desired level of heat
6. Add salt and additional Knorr seasoning to taste, cover and simmer on low heat for 10-15 minutes or until the meats are tender. Add in additional water as desired or use the broth from the tripe/cow skin.
7. Add in Uziza leaves, gently stir, and let simmer (lots of simmering!) for an additional 5 minutes.
8. Serve and enjoy!!!

Serves 6

## Stewed Beans

---

*Country: Nigeria*

*Contributed by: Newman Family*

*Stewed Beans is probably the quickest and most versatile Nigerian meal to make in a pinch. Most Nigerian dishes require complex and layered preparation - beans is an exception as probably the easiest, delicious 'one pot and you're done' fave! May be served with bread, yam slices, fried plantains, potatoes or Garri (cassava grain). Photo courtesy of 9jafoodie.com*



## Ingredients

- 2lbs Black-eyed peas
- ¼ cup ground crayfish
- 2 tablespoons dry blended hot chili

1 teaspoon turmeric powder  
1 large onion, sliced  
2 cubes maggi crayfish or 3 tablespoons Knorr chicken seasoning powder  
Salt, to taste  
1 cup Palm Oil  
6-10 cups of water

### **Directions**

1. Fill medium sized pot with water and add black-eyed peas
2. Add palm oil and onions, cook on medium heat uncovered for 20-25 minutes
3. Add in turmeric, chili pepper, maggi and crayfish, stir and cook for additional 20minutes on low-medium heat
4. Beans should be soft but not mushy, keep an eye on it and add in additional water as needed and adjust seasoning as needed
5. Taste for texture, when ready, beans should maintain a thick saucy consistency that continues to thicken and absorb as it cools
6. Serve and enjoy!!!

Serves 6

## **Smokey Party Jollof**

---

*Country: Nigeria*

*Submitted by: Newman Family from <https://9jafoodie.com/>*

### **Ingredients**

2/3 cup oil  
Small onion (chopped)  
4 cups rice  
4 cups broth (stock, omi-eran)  
2 cup parboiled blended stew base (see below)  
3 tablespoons tomato paste  
1 teaspoon each (curry, thyme, white pepper)  
2 bay leaves  
Salt - to taste  
Seasoning cube - 2--3 cubes  
Sliced tomato and onion (to taste)  
2 tablespoons butter

## Directions

1. Place a pot on medium heat, heat up oil
2. Add in sliced onion. Fry until slightly browned. Add in spices and bay leaf. Stir
3. Add in tomato paste. Stir fry. Cover and cook for 2--3 mins
4. Add in pepper mixture. Stir-Fry. Cover and cook 5 mins
5. Add in stock, seasoning cube and salt. Stir. Cover and simmer for 15 mins. Taste and adjust for seasoning.
6. Stir in drained washed rice. Reduce heat to medium low (2-3 on marked cooker). Seal pot with foil then cover with lead.
7. Leave to cook for 30 mins. No need to stir or open. LET IT GO
8. Stir in butter, sliced tomatoes and onions. Increase heat to high (This is where the smokiness happen). Leave for 5-8 minutes or just until you can smell the burn. Turn off heat. Leave to rest covered for 10 minutes before serving.

## For Stew Base

4 red bell peppers (tatashe) – remove the seeds from the peppers if you prefer to

2 scotch Bonnet pepper (ata rodo)

6 large tomatoes

1 medium size onion

- Chop all ingredients listed above and combine them in a blender.
- Puree to a fine paste (you might need to add some water to help make blending easier)
- Pour the mixture into a sieve and let set aside for 10-20 minutes (this process separates out the excess water and reduce cooking time)
- Pour the sieved mixture into a large pot, boil on medium heat until the mixture is well reduced (excess water removed) 10-20 minutes
- Your sauce is ready. Use mixture in your favorite stews and sauce.

# Asia

## Gyudon – Japanese Beef Bowl

---

*Country: Japan*

*Submitted by: Mallett Family*

*Our favorite Japanese dish that we often eat for our dinner! It's very easy and tasty. Kids can easily cook it.*



## Ingredients

6 cups cooked rice  
1 lb shaved beef steak  
1 large onion  
2 tablespoon soy source  
2 tablespoon sake (or white wine)  
1 tablespoon brown sugar  
1 teaspoon sesame oil (or olive oil)

## Directions

Cut onion and shaved beef steak. Sauté the onion until it is brown, then add the steak. Add sugar, sake, and soy source and mix. Place them on cooked rice. Takes approx. 15 minutes to prepare.

Serves 4

## Rainbow Tofu

---

*Country: China*

*Submitted by: Zhu Family*

*The colorful dish contains protein and veggies which provides a balanced nutrition source to all ages. Since tofu is easy to digest, it is really nice to have it on the table especially if there is someone at home is allergic to milk.*

Prep: 10 min

Cook: 15 min

Total: 25 min

## Ingredients

4 oz. of natural 90% lean 10% fat ground pork  
1 teaspoon of light soy sauce, ½ teaspoon of sesame oil, ¼ teaspoon of kosher salt, 1 teaspoon of cooking wine (if no sesame oil, any cooking oil is fine)  
2 tablespoon of olive oil  
½ cup of mixed vegetables of peas, corn, green beans and carrots (or any kind of thawed frozen veggies)  
1 block of silken tofu  
1 tablespoon of light soy sauce

## Directions

Add the soy sauce (1 teaspoon), sesame oil, salt, and cooking wine to the ground pork and mix well. Let it stand for 5 min. Heat the pan to medium high and add olive oil. Add mixed ground

pork to the pan and stir constantly until well cooked. Add the vegetables and tofu to the pan and cook at high temperature for 5 min, stir occasionally to prevent unevenly cooked. Add the remaining soy sauce to the pan and mix well.

## Paneer Makhani

---

*Country: India*

*Submitted by: The Patel Family*

*This is a vegetarian dish that I learnt how to prepare from my mother. Meera and Vihaan both really enjoy this dish too and it has become our family's all-time favorite dish that we eat either with naan or rice.*

### Ingredients

200 grams Paneer (Indian cottage cheese) cut into bite size cubes  
2 1/4 cups tomatoes (fresh/canned)  
1 tablespoon Butter  
2 green cardamoms  
1 inch cinnamon stick  
2 cloves  
1 green chili  
1 teaspoon ginger and garlic paste  
1 teaspoon red chili powder  
Salt as needed  
1/4 teaspoon turmeric powder  
2 teaspoon garam masala  
1 cup water  
1/2 teaspoon dried fenugreek leaves (optional)  
1/2 cup cream  
2 tablespoon fresh chopped Cilantro to garnish

### Preparation

1. Grind the cashews and tomatoes to a smooth purée so the cashews are blended in.
2. Heat the butter in a pan. Add the Cardamom, cinnamon, cloves and chili and mix for one minute till you hear it pop.
3. Next add the ginger-garlic paste and mix for 2 minutes.
4. Add the tomatoes-cashew purée to the pan and keep mixing and reduce the heat as the purée will splash around. Cook till the purée thickens.
5. Add the turmeric, red chili powder, salt, and garam masala and mix well. Let it cook till the mixture is well done and there is no raw tomato smell and the mixture leaves the sides of the

pan.

6. Add the cup of water and let cook for about 5 minutes.
7. Add the paneer cubes and let cook for 5 minutes.
8. Next add the dried fenugreek leaves and cook for one minute.
9. Reduce heat to low and add the cream. Let cook till the cream mixes in and the gravy is boiling.
10. Turn off the heat and garnish with cilantro.

Serves 4

## **Spanky's Lumpiang Shanhai – Philippine Egg Roll**

---

*Country: Phillipines*

*Submitted by: Rita Matta, retired MCPS ESOL teacher*

### **Ingredients**

- ¼ to 1 pound ground pork
- ¾ to 1 pound chopped shrimp
- 1 cup diced jicama (peeled, sliced, and diced finely)
- 1 cup diced shitake mushrooms (if dried, soak 3 big pieces in water until soft)
- 1 cup diced carrots (2 carrots cut in strips then diced)
- ½ cup green onions, finely chopped
- 1 teaspoon MSG
- ¼ teaspoon ground pepper
- 2 eggs beaten

Lumpia wrappers (available at Asian grocery stores)

Sweet and sour sauce

### **Directions**

Prepare all ingredients and mix thoroughly. Roll in lumpia wrappers. Put 2 to 3 teaspoon of mixture in the wrapper. Roll tightly, folding sides in, moistening with water to close. Lumpia should be about 6 inches long. Deep fry in medium heat using deep fryer. Drain and then cut into 3 pieces. Serve with sweet and sour sauce.



# Europe

## Great Grandma Rosie's Borekas

---

*Country: Israel*

*Submitted by: Riley Cypes and Sloane Cypes*

*Riley and Sloane's Great Grandma Rosie was an incredible lady, who was born in Jerusalem. She used to make these Borekas with Riley and Sloane's mom, Jackie, and their Aunt Kerry and Aunt Haylie. All of the first born Great Granddaughters in the family are named after her: Cecilia Rose, Riley Rose, and Julianne Rose.*

### Ingredients

#### Dough

8 cups flour  
4 tablespoons salt  
2 cups water (ice cold)  
1.5 cups oil

#### Cheese filling

1/2 package ricotta (about 1/2 lb)  
1/2 package feta (about 1/2 lb)  
1 package farmers cheese (about 1 lb)  
1 sliced and boiled potatoes (then mashed)  
3 XL eggs

#### Toppings

2 beaten eggs for egg wash  
Sesame seeds

### Directions

Make filling:

Add cheese to potatoes to melt, then add eggs, which won't cook because it will be cool by then.

Make dough:

Mix flour and salt.

Separately mix water and oil.

Pour liquid into flour/salt and stir.

Make dough into ball with hands and cover with towel.  
Make 40 balls with each batch of dough (80 total).  
Roll balls with rolling pin into circle.

Put in a heaping scoop of filling.  
Fold circle with filling in half.  
Press edges with fork.  
Brush with egg wash.  
Put on sesame seeds.

Cook 10 Borekas at a time at 400 degrees for 20-25 minutes (or until gold brown). Can freeze and then reheat on day of party. Enjoy with sour cream and/or applesauce! Makes 40 Borekas

## Basic Noodle Kugel

---

*Country: Israel*

*Submitted by: Debbie Taylor, BMES Staff Development Teacher*

### Ingredients

One 8 oz package medium egg noodles  
6 eggs, separated  
1/4 lb of butter, melted  
8 oz. package of cream cheese  
1 lb. cottage cheese  
1 pint sour cream  
1/2 cup sugar

### Topping

2/3 cup graham cracker crumbs  
1/4 pound butter, softened  
1/2 cup sugar

### Directions

Cook noodles in a saucepan for 6 minutes and drain. Beat egg yolks, sugar and cream cheese in a bowl until light and fluffy. Place noodles, cream cheese mixture, cottage cheese, sour cream and butter in a large bowl and mix.

In a separate bowl, beat egg whites until stiff; fold into noodle mixture. Pour into a large greased Pyrex dish.

Mix topping ingredients together. Sprinkle over noodles and bake for 1 hour in 350 degrees oven.

Serves 6+

## Soft and Chewy Challah

---

*Country: Israel*

*Submitted by: Friedson Family*

*Challah is supposed to have originated in Israel and has been a traditional bread for the sabbath with the Jewish diaspora. This is a bread that is made for the sabbath and holiday meals. As the recipe as I first found it yields two loaves of bread I often make both and give one away to share the goodness. We hope you enjoy it as much as we do. Best when warm, but just as good after a few days as French toast.*

### Ingredients

2 packages quick-rising yeast  
½ cup water, warmed to 110°F  
3 tablespoon sugar  
2 eggs (for dough)  
¼ cup vegetable oil  
8 cups all-purpose flour  
1 tablespoon salt  
2 ½ cup water  
1 egg, beaten (for egg wash)  
½ cup honey

Yield: 2 loaves

### Directions

1. Cut a liner from parchment paper to fit the bottom of a 9-inch round cake pan. Insert the liner and coat with vegetable spray.
2. Dissolve yeast in warm water. Add 1 tablespoon sugar. Set in warm place to proof for about 10 minutes (mixture will bubble when yeast is proofed).
3. Place eggs and oil in small bowl and beat until combined.
4. Sift together flour, remaining 2 tablespoons sugar and salt into bowl of standing mixer fitted with a paddle attachment. Make well in center of dry ingredients, add proofed yeast and mix about 10 seconds. Add egg mixture and beat to combine. Slowly add 2



- 1/2 cups of the water and honey. Remove paddle attachment and replace with dough hook and knead for about 6 minutes at medium speed.
5. Oil large bowl. Place dough in bowl and turn dough so that all surfaces are covered with oil. Cover with towel. Put in warm place and allow to rise until double in size (about 1 hour). Punch down dough and divide in half.
  6. Divide one half of the dough further into thirds. On lightly floured surface, roll the three dough pieces into ropes about 18 inches in length.
  7. Pinch the three ends of the ropes together.
  8. Braid the dough ropes and pinch together the remaining ends.
  9. Hold one end of the braided loaf and gently wrap around, creating a circular bread shape. Pinch the end of the bread to loaf so it stays together.
  10. Place loaf into pie pan and let rest until double in size (about 30 minutes). Repeat with remaining half of dough.
  11. Heat oven to 375°F. Brush tops of challah loaves with beaten egg. Bake 22-24 minutes or until light golden in color. Remove from pan and cool on rack to room temperature.
  12. Store in airtight container or wrapped in plastic wrap once cooled, if it lasts that long.

This recipe is slightly modified from the following:

<http://lifessimplemeasures.blogspot.com/2011/04/best-ever-mamas-challah-bread.html>

## Yiayia Margarita's Famous Greek Kourabiedes Cookies

---

*Country: Greece*

*Submitted by: Stella Abramson and Family*

*My yiayia Margarita used to make this Greek cookies every Christmas! I used to help my mom make them and my yiayia make them! It was a tradition. We would make so many that we would give them away to teachers and other people in our lives! Now Stella is part of that tradition. - Mrs. Abramson*

### Ingredients

- 1 lb whipped sweet butter
- 4 cups of flour
- ½ cup powdered sugar
- 1 teaspoon. vanilla
- 1 egg

### Directions

1. Beat butter and sugar for 15 min.
2. Add vanilla

3. Add flour with beater
4. Shape round
5. Bake at 350 degrees for 20 minutes
6. Cover in Confectioner powder sugar after baking after only letting cool slightly.
7. Enjoy!

## Welsh Cookies

---

*Country: Wales*

*Submitted by: The Fleischer Family*

*Ben Fleischer's great, great grandfather Harry Danvers came from Wales in 1884 when he was 8 years old. His family brought the recipe for Welsh cookies with them. They are also known as "Welsh cakes" or "Welsh miner cakes." They are a bit of a cross between a pancake and a scone. Some people sprinkle them with sugar or cinnamon sugar.*

### Ingredients

- 1 egg
- ½ cup milk
- 1 ¼ cup raisins (dark or golden; some people use currants)
- 1 cups all-purpose flour (sifted)
- 1 cup sugar
- 2 teaspoons nutmeg
- 1 ½ teaspoons baking powder
- 1 ¼ teaspoons salt
- ½ teaspoon baking soda
- 1 cup butter

### Directions

Beat the eggs and milk together in a smaller bowl. Add the raisins and let them soak in the milk and eggs until the dry ingredients are ready. This makes the raisins plump.

In a large bowl, mix the flour, sugar, nutmeg, baking powder and baking soda together. Then cut the butter into small pieces and mix with the dry ingredients. You will have to mix these together with your hands. Crumble together until the pieces of butter are smaller than peas. Then add the combined milk, eggs, and raisins. You will have to mix this with your hands because it is very thick and heavy. When everything is mixed well (no dry pieces), wrap it in a plastic bag or waxed paper and put in the refrigerator for at least two hours.

Then take the dough and cut pieces off, roll them out on a floured board and use a biscuit cutter or small glass to cut round shapes. I usually make them about 2 inches in diameter and about ¼ inch thick. Heat a griddle to medium heat (350 degrees) and fry them on the griddle. You usually won't need anything to grease the griddle because they have a lot of shortening. Flip them over once to cook the other side. They should be golden brown. Cool and store in a covered container after they cool.

## Blini – Breakfast Crepes

---

*Country: Russia*

*Submitted by: Diana Galustyan*

*Traditional breakfast dish that can be easily turned into a lunch or dinner just use it as a wrap and stuff it with some ground beef, mushrooms or cheese.*

### Ingredients

3 eggs  
0.5 liters of milk  
1 teaspoon salt  
2 tablespoons sugar  
280 grams flour  
3 tablespoons of olive/avocado oil  
1 cup boiling water

### Directions

1. Mix together eggs, salt, sugar, and half of the milk
2. Sift the flour into the wet ingredients and mix together (it will form a thick dough)
3. Add the remaining milk, it will make the dough very runny (there might be tiny lumps remaining)
4. Add olive oil
5. Slowly add a bit of boiling water and continue to whisk vigorously while you keep adding water
6. Cook on a medium-high heat
7. Drizzle the pan with a small amount of olive oil for the first crepe (no need to do that after)
8. Pour a kitchen spoon of batter onto the pan and swirl to evenly distribute the batter over a pan
9. Turn over when edges start to turn golden brown
10. Serve sweet (Nutella, fruit jams, honey...) or sour (cheese, cottage cheese, caviar, smoked salmon...)

## Vanilla Crepes

---

*Country: Belgium*

*Submitted by: Devin Donaldson from [www.thehungrybelgian.com](http://www.thehungrybelgian.com)*

### Ingredients

7 oz of pastry flour or self-rising flour  
4 eggs  
2 cups of whole milk  
 $\frac{3}{4}$  oz of butter  
2.5 oz of white sugar  
2 vanilla beans

### Directions

Melt the butter and combine with flour, eggs, milk & sugar. Split vanilla beans and with the tip of a knife scrape out the seeds. Add vanilla seeds to batter. The batter should be a thick liquid that can easily be swirled or poured.

In a non-stick lightweight pan, heat a teaspoon of peanut oil until your pan is very hot. Depending on the size of your pan, pour about  $\frac{1}{3}$  cup of your batter in the pan and immediately swirl it around so you get an even, thin coating. Use a bit less for smaller pans, a bit more for larger pans. You want to achieve a thin pancake or crepe.

Crepes cook quickly, and you'll notice tiny bubbles appear on the top within a matter of 1-2 minutes. When you see these tiny bubbles or air holes, it's time to flip your crepe and cook the other side. Loosen the edges and use a spatula to flip your crepe.

Serve with butter, sugar, honey or jam.

## Almond Cherry Biscotti

---

*Country: Italy*

*Submitted by: Julie Kemp, Ben Fleischer's grandmother*

### Ingredients

2 cups all-purpose flour  
1 cup sugar  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup cold butter  
2 eggs

1 tablespoon milk  
½ teaspoon vanilla extract  
1 cup coarsely chopped blanched almonds  
1 cup halved candied cherries

### **Directions**

In a bowl, combine flour, sugar, baking powder, and salt. Cut in butter until crumbly. In another bowl, beat eggs, milk, and vanilla until blended; stir in dry ingredients. Add almonds and cherries. Divide dough in half; shape each half into a ball. On an ungreased baking sheet, roll each ball into a 10 inch by 2-1/2 inch rectangle. Bake at 350 for 30-35 minutes or until golden brown. Place on wire rack; cool for 20 minutes. Move to cutting board and cut diagonally into ¾ inch slices. Place cut side down on baking sheet and bake for 15 minutes. Place on wire rack to cool. Store in airtight container.

## **North America**

### **Tortiere – French Canadian Pork Pie**

---

*Country: Canada*

*Submitted by: Lorraine Rogstad (Jack's Grandmother)*

*This recipe holds special memories of Christmas past as her mother served it to friends and family each Christmas Eve.*

### **Ingredients**

1 & ½ pounds ground pork  
1 medium onion, chopped  
1 clove garlic, minced  
1 teaspoon salt  
½ teaspoon celery salt  
1 teaspoon poultry seasoning  
½ teaspoon ground pepper  
¼ teaspoon ground cloves  
½ cup water 1 Tablespoon white wine  
½ instant cup potato flakes

2 pie crusts for 9" pie

### **Directions**

Combine pork and onion, cover with water and bring to boil slowly.



Simmer till no longer pink.  
Add seasonings.  
Add potato flakes.  
Let stand for 10 minutes.  
Add more potato flakes if juices are not sufficiently absorbed.  
Cool slightly, then place filling in crusts.

Bake at 425 for 10 minutes then 350 for ½ hour

Serves 6

## Shrimp and Grits

---

*Country: United States (Savannah, Georgia)*

*Submitted by: The McClellan Family (Langston, Kindergarten)*

*Langston's maternal ancestors emigrated from France in the 1700s to Savannah, Georgia. Both of his parents lived in Georgia all of their lives before moving to the DC region 10 years ago this summer. Savannah is known as the "Hostess City of the South" and these three recipes are always crowd pleasers! We have enjoyed having some BMES families to our house and sharing these recipes with them and hope you enjoy them too!*

### Ingredients

4 cups water  
1 cup stone ground grits  
Salt and pepper to taste  
3 tablespoons butter  
1 pound shrimp, peeled and deveined  
2 cups shredded sharp cheddar cheese or parmesan  
10 strips bacon, chopped  
4 teaspoons lemon juice  
2 tablespoons chopped parsley  
1 cup thinly sliced scallions  
1 large garlic clove, minced

### Directions

Bring water to a boil and add salt and pepper to taste. Cook grits until the water is absorbed, above 20 minutes. (You may also bring the water to boil in the top of a double boiler, add the grits and as soon as the grits and water return to a boil, place it over boiling water in the bottom of the double boiler and the grits will cook without your attention.) When ready to use stir in butter and cheese. Taste for seasoning. While grits are cooking rinse shrimp and pat dry.

Fry bacon in a large skillet until brown and crisp. Drain well on a paper towel reserving bacon fat in the pan. Add shrimp to the fat and cook until they turn pink. Add lemon juice, parsley, scallions, and garlic. Cook for 3 minutes. Spoon grits unto a serving bowl or onto individual plates. Pour shrimp over grits and garnish with bacon. Serve immediately.

Serves 4.

## Pimento Cheese

---

*Country: United States (Savannah, Georgia)*

*Submitted by: The McClellan Family (Langston, Kindergarten)*

### Ingredients

1 4 oz jar pimentos, drained  
4 oz medium cheddar cheese, shredded  
4 oz Colby jack cheese, shredded  
¼ to ½ teaspoon hot red pepper sauce  
¼ cup mayonnaise  
¾ cup cream cheese, at room temperature  
Salt and cayenne pepper, to taste  
½ cup minced green onions  
Additional cheddar cheese and minced garlic (optional)

### Directions

Combine the pimentos, cheddar cheese, and Colby jack cheese in a food processor and pulse to combine. Transfer to a large bowl. Add the hot sauce and mayonnaise and mix well. In a separate bowl, whip the cream cheese until fluffy. Add to the cheddar cheese mixture and mix well. Season with salt and cayenne pepper to taste. Add any optional ingredients and mix well. Serve right away or refrigerate.

Makes about 2 cups

## Tomato Sandwiches

---

*Country: United States (Savannah, Georgia)*

*Submitted by: The McClellan Family (Langston, Kindergarten)*

## Ingredients

8 ripe tomatoes, in season  
80 slices white sandwich bread  
3 cups mayonnaise  
2 tablespoons Lawry's Seasoned Salt

## Directions

Peel the tomatoes by first cutting an X across the bottoms, then dipping in boiling water until the skins pop (about 1 minute). Slice each to yield 5 slices. Put the slices on a tray between paper towels and refrigerate them overnight to drain.

Cut the bread into rounds with a 3-inch biscuit cutter. Mix together with the mayonnaise and seasoned salt in a small bowl until evenly combined.

Spread bread rounds with the mayonnaise mixture, place a tomato slice on one piece of bread, and close with the other. Repeat until all the bread rounds and tomato slices are used. Arrange on a serving tray lined with doilies.

## Chocolate Pie

---

*Country: United States*

*Submitted by: Mary Ann in Ms. Hickey's class*

## Ingredients

### Dough

3-4 tablespoons of sugar  
4-5 tablespoons cacao powder without sugar  
1 teaspoon of baking soda  
2 cups of flour  
4 oz butter

### Filling

1 1lb cottage cheese  
2/3 cup of sugar  
3-4 eggs  
Raisins



## Directions

Mix together dry ingredients for dough. Add butter and mix carefully with hands. Separately, mix together ingredients for filling.

Put 3/5 of dough into form, put the filling on top, and sprinkle the rest of the dough on top.

Bake in an oven heated for 370 degrees for 25-30 minutes.

## Braised Red Cabbage

---

*Country: United States*

*Submitted by: Hughes Family*

### Ingredients

4 shallots, thinly sliced  
1 head red cabbage, cored and thinly sliced  
1 c dry red wine  
2 bay leaves  
1 tablespoon sugar  
Salt and pepper

### Directions

Thinly slice four shallots and add to large greased pot. Cook 2 minutes on medium-high until golden. Core and thinly slice 1 small red cabbage. Add 1 cup dry red wine to pot. Add 2 bay leaves to pot. Reduce heat to medium and simmer 5 minutes until wine is reduced by half. To pot, add cabbage and 1 tablespoon sugar. Season with salt and pepper. Cover and cook 15 minutes until cabbage is tender.

## Chicken and Collard Rainbow Rolls

---

*Country: United States*

*Submitted by: Hughes Family*

### Ingredients

6 large collard green leaves (about 1 lb)  
1 8oz package shirataki noodles  
1 red bell pepper  
½ 14 oz can light coconut milk  
½ cup roasted salted peanuts  
2 tablespoon red curry paste

1 tablespoon lime juice  
1 ½ cups rotisserie chicken meat  
1 cup matchstick carrots  
1 cup cilantro leaves

### **Directions**

1. Fill a deep skillet with 2 inches water and heat to a boil on high. Add the collard greens and cook 2 minutes. Remove and let cool. Drain shirataki noodles and add to pan. Heat 1 minute then drain well and set aside. Pat collard greens very dry.
2. Stem and seed the bell pepper, then thinly slice. In a food processor or blender, combine the coconut milk, peanuts, curry paste, and lime juice. Pulse until combined and peanuts are chopped. Season with salt and set aside.
3. With the tip of a sharp paring knife, cut thick center stems from collard greens, leaving leaves connected toward the top. Arrange 1 leaf shiny-side down, overlapping cut edges slightly to close any gap. Add some chicken to center of leaf, along with noodles, carrots, cilantro, and pepper. Fold bottom of leaf up and roll halfway. Fold sides of leaf in and roll up to close. Repeat with remaining leaves, chicken, noodles, carrots, cilantro, and pepper. Cut each roll in half and serve with peanut sauce.

## **Tex-Mex White Bean Soup**

---

*Country: United States*

*Submitted by: Hughes Family*

### **Ingredients**

1 cups roasted carrots  
2 cups garlicky white beans  
1 ½ cups frozen corn  
1 ½ cups cooked quinoa  
4 cups reduced sodium vegetable broth  
2 cups water  
Salt and pepper

### **Directions**

In a large pot, combine carrots, white beans, corn, quinoa, broth, and water. Season with salt and pepper.

Heat to boiling on high. Reduce to simmer and cook for 5 minutes until hot, stirring often.



# Caribbean & South America

## Tostones

---

*Country: Puerto Rico (US) and Cuba*

*Submitted by: The Nwadike Family*

*Tostones are an appetizer common in Puerto Rico and Cuba. The Nwadike family suggests adding a sauce made of half a cup of olive oil, a head of garlic (smashed or pureed not minced or diced), salt and pepper to taste as a drizzle for the finished product.*

### Ingredients

5 tablespoons oil for frying

1 green plantain

3 cups cold water

Salt, to taste

### Directions

1. Peel the plantain and cut it into 1-inch chunks.
2. Heat the oil in a large skillet. Place the plantains in the oil and fry on both sides, approximately 3 1/2 minutes per side.
3. Remove the plantains from the pan and flatten the plantains by placing a plate over the fried plantains and pressing down.
4. Dip the plantains in water, then return them to the hot oil and fry 1 minute on each side. Salt to taste and serve immediately.

Serves 2

## Asopao de Pollo – Caribbean Chicken and Rice Casserole

---

*Country: United States (Puerto Rico)*

*Submitted by: Lorraine Rogstad, Jack's Grandmother*

*Ms. Rogstad initially made this for Jack's Dad Erik's United Nations party at Wayside Elementary in 1981.*

## Ingredients

2 pounds boneless chicken cut into serving size pieces  
2 teaspoons salt  
1 teaspoon dried oregano  
½ teaspoon ground coriander  
¼ teaspoon pepper  
2 cups water  
1 16 oz can stewed tomatoes  
1 chopped onion  
1 clove minced garlic  
1 cup uncooked white rice  
1 10 oz package frozen peas  
1 green pepper, chopped  
½ cup cubed smoked ham  
½ cup small pitted olives  
1 tablespoon capers

## Directions

Place chicken in Dutch oven, sprinkle with spices. Add water, undrained tomatoes, onion and garlic. Cover and simmer gently for 30 minutes. Stir rice into mixture. Cover and simmer about 20 minutes until chicken and rice are cooked. Add peas, green pepper, ham, olives, and capers. Simmer for 5 minutes.

Serves 6-8

## Salvadoran Pupusas con Curtido

---

*Country: El Salvador*

### Ingredients

For the curtido:

1/2 head cabbage, shredded  
1 large carrot, grated  
1/2 medium yellow onion, sliced  
1/2 cup apple cider vinegar  
1/4 cup water  
1/2 teaspoon salt  
1/2 teaspoon brown sugar  
1 teaspoon dried oregano  
1/2 to 1 teaspoon red pepper flakes

For the pupusas:

2 cups masa harina

½ teaspoon salt

1 1/2 cups warm water

1 cup grated cheese (quesillo, queso fresco, Monterey Jack, or mozzarella)

Vegetable oil

## **Instructions**

Make the curtido:

Mix the cabbage, carrot, and onion in a large bowl. Add the remaining ingredients in a separate bowl and then pour over the cabbage mixture and stir. Cover and refrigerate for at least 2 hours and preferably at least a day before serving.

Make the pupusas:

Combine the masa harina, salt, and water in a mixing bowl. Knead to form a smooth, moist dough with a playdough-like consistency. If the mixture is too dry, add more water, one teaspoon at a time. If the mixture is too sticky, add more masa harina, one teaspoon at a time. Cover the bowl with a clean towel and let stand for 10 minutes.

With lightly oiled hands, form the dough into 8 balls about 2 inches in diameter. Using your thumb, make an indentation into one of the balls, forming a small cup. Fill the cup with 1 tablespoon of cheese and wrap the dough around the filling to seal it. Making sure that the filling does not leak, pat the dough back and forth between your hands to form a round disk about 1/4-inch thick. Repeat with the remaining balls.

Heat a lightly oiled skillet over medium-high heat. Cook the pupusas for 2 to 3 minutes on each side until golden brown. Serve while still warm with curtido on the side.

## **Peruvian Ceviche**

---

*Country: Peru*

*Submitted by: Alfredo Cupe*

### **Ingredients**

1 ½ pounds very fresh and high quality white fish filets

1 red onion thinly sliced

1 cup freshly squeezed lime juice from about 35- 40 key limes, or 15-20 Peruvian limes

½ yellow hot peppers ground, without seeds.

1 teaspoon ground garlic

½ teaspoon pepper

1 tablespoon Salt to taste

Finely chopped cilantro or parsley to taste

To serve:

Lettuce leaves

2 fresh boiled white corn

3 sweet potatoes

### Directions

Cut the fish in half-inch cubes, place in a glass bowl and cover with 1 tablespoon of salt, ½ teaspoon pepper, 1 teaspoon ground garlic, ½ teaspoon pepper, yellow hot peppers ground and the lime juice, and refrigerate for 30 minutes.

Rub the thin onion slices with 1/2 tablespoon of salt and rinse in cold water.

Place the cubes of fish, mix with the chopped cilantro or parsley and the red onion sliced.

Taste the fish ceviche and add additional salt if needed. Serve immediately with lettuce and with halved sweet potatoes and corn.



## Fugazza

---

*Country: Argentina*

*Submitted by: Jeanne Terrile, Ben Fleischer's aunt*

*Fugazza is a tomato-less pizza with a thick pizza crust topped with onions and cheese. These recipes come from Jeanne's in laws, who were from Buenos Aires.*

### Ingredients

Thin focaccia bread  
3 big onions  
Dried oregano  
Salt and pepper  
Shredded mozzarella  
Parmesan cheese

### Directions

Start with a thin focaccia bread. Thinly slice a few big onions, caramelize them in olive oil and butter. Put on top of focaccia, top with dried oregano, a little salt and pepper, parmesan and shredded mozzarella. Bake at 400 for 20 plus minutes until the cheese is well melted but not really brown.

## Torta Gallega

---

*Country: Argentina*

*Submitted by: Jeanne Terrile, Ben Fleischer's aunt*

Some refer to this as a giant empanada made with two pastry crusts. Thick crusts work best.

### Ingredients

2 pastry crusts  
Pint of cherry tomatoes  
Olive oil  
Herbs de Provence  
2 medium onions, sliced  
Red pepper, to taste  
1 can drained tuna fish in water  
3 chopped hard boiled eggs  
1 egg (raw)

## Directions

Split small cherry tomatoes and lay on a cookie sheet. Sprinkle with olive oil, herbs de Provence and bake at 425 for about 20 minutes. They can burn so watch them! Then turn off the oven and leave them in there for at least an hour to allow them to dry.

Sauté onions, red pepper, olives in a little olive oil until the vegetables soften but are still a little firm. Add the dried tomatoes, drained tuna fish, and some chopped hard boiled eggs. Season to taste. I have also added a raw egg to bind it all (off the burner).

Put in the pie pan on top of the bottom crust, top with the second crust, poke a few holes in the top to let out steam.

Mrs. Terrile used to brush a little olive oil or mayo on the top crust and then sprinkle a tiny bit of sugar on that before baking. This gives it a kind of "agro-dulce" effect that enhances the savoriness of the filling.

Bake at 375 for about 25-30 minutes or follow the crust directions.

# Australia

## Fairy Bread

---

*Country: Australia*

*Submitted by: Karamalikis Family*

*This is a favorite at kids' parties in Australia. Angela and her sister have made it. In Australia they call sprinkles "100s and 1000s."*

### Ingredients

8 slices white bread, with crusts trimmed

¼ cup margarine, softened

¼ cup multicolored candy sprinkles

### Directions

Spread margarine onto slices of bread. Cover with sprinkles. Cut into triangles to serve.