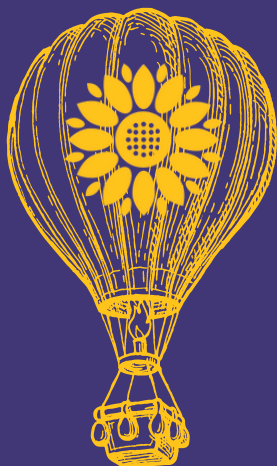


Fort Leavenworth Spouses' Club

International

Spouse

Luncheon



2025

Recipe Cards



VOL AU VENT

Belgium

CHARLOTTE FRANKEN

INGREDIENTS

- 2 large chicken breast.
- -1lb ground chicken / ground beef
- - 8 Oz mushrooms
- - 1 egg
- - 125 g butter
- - 125 f flour
- - 1 sheet puff pastry

DIRECTIONS

1. Boil chicken breast in water with chicken broth (for as long as needed, 45 min - 60 min)
2. Meatballs:
3. Ground beef or ground chicken (what you like), knead it with salt, pepper, 1 egg and panco untill you have a firma mixture. Roll small meatballs of them and let them boil with the chicken.
4. Mushrooms: Clean the mushrooms and cut them in slices. Bake them in butter.
5. When the meatballs and chicken are boiled, remove them out of the broth.
6. Sauce: Melt butter in a pot, when it is melted you put flour with it (like the base for bechamel sauce), let it bake for 2 min. Than you put the broth slowly with this so it will become a sauce. When it is thick enough you have to do an egg yellow in it for the texture and color.
7. When the texture is good, you can put in all the ingrediënts. And then you have vol-au-vent.
8. You have to pull the chicken with a fork before you put it in the chicken sauce.
9. Most of the times it is eaten with a puff pastry 'cookie'.
10. You can make the puff pastry in circles, put them on eachother with egg yellow and let them bake for 20 min in the oven on 180°C.





Bosnia&Herzegovin

MUSAKA (MOUSSAKA)

DRAGANA MARINCIC

Musaka has long been a favorite in family homes across the former Yugoslavia. It's easy to prepare, budget-friendly, and boasts a delightful flavor loved by both kids and adults. Here's a traditional recipe.

INGREDIENTS

- Ingredients for the musaka:
- 1 lb ground meat (beef, pork, or a mix)
- 1 medium onion
- Potatoes (about 3-4 medium-sized)
- Seasonings (salt, pepper, paprika, or other spices to taste)
- For the topping:
- 1 egg
- 1/2 cup milk (or use heavy cream for a richer flavor)
- Optional Tip:
- For quicker preparation, you can parboil the sliced potatoes for about 10 minutes. Replace milk with heavy cream in the topping for a creamier texture.

DIRECTIONS

- 1.Prepare the meat mixture:
 - Heat a bit of oil in a skillet over medium heat.
 - Finely chop the onion and sauté until softened.
 - Add the ground meat and cook until fully browned. Season with salt, pepper, and other spices as desired.
- 2.Prepare the potatoes:
 - Peel and wash the potatoes.
 - Slice them into thick rounds (about 1/4 inch thick).
- 3.Assemble the musaka:
 - Lightly grease a baking dish.
 - Arrange a layer of potato slices at the bottom of the dish.
 - Spread half the cooked meat mixture over the potatoes.
 - Add another layer of potato slices, followed by the remaining meat mixture.
 - Finish with a top layer of potatoes. Sprinkle with a little salt.
- 4.Bake the musaka:
 - Add a splash of water (about 1/4 cup) to the dish.
 - Cover tightly with aluminum foil and poke a few holes in the foil with a fork.
 - Bake in a preheated oven at 450°F for about 1 hour.
- 5.Add the topping:
 - Remove the foil.
 - Beat the egg with the milk (or cream) and pour evenly over the dish.
 - Reduce the oven temperature to 400°F and bake for another 30 minutes, or until the top is golden and the potatoes are tender.





Brazil

BRAZILIAN CHEESE BREAD

SIMONE FLORIANI

INGREDIENTS

- 1 cup sour cassava starch
- 1/2cup chopped mozzarella cheese
- 1/2 cup chopped parmesan cheese
- 1 cup whey-free cream
- 1 pinch of salt

DIRECTIONS

In a saucepan, mix the cheese with the cassava flour and salt, gradually add the cream, kneading the dough with your hands until it forms a texture that can be used to make mini balls. Line a baking sheet with parchment paper, make the mini cheese bread balls and bake in a preheated oven at 200 degrees for approximately 20 minutes or until golden brown. Serve while still hot.





Brazil

PÃO DE QUEIJO

LIVIA SILVA

INGREDIENTS

- 700g sour cassava starch (polvilho azedo)
- 250ml milk
- 190ml oil
- 200ml water
- 1 egg
- 450g grated cheese
- 1 level tablespoon salt

DIRECTIONS

1. Boil the water, milk, oil, and salt together. Pour the hot mixture over the sour cassava starch to scald it.
2. Let it cool, then add the egg. Mix well until the dough is smooth.
3. Add the grated cheese and let the dough rest in the refrigerator for 2 hours.
4. Shape the dough into small balls and bake in a preheated oven at 200°C (392°F) until golden brown.



ANNE VAILLANCOURT & JACKLYN PATRY

Anne: I was born in Montreal, Canada. I am from the French part of Canada in the Province of Quebec. I've been a military spouse for almost 28 years now. My husband and I have 2 young adults Samuel 20 yo and Béatrice 18 yo. I love to cook, try new recipes. I love to learn new things, I love to volunteer, help and support others, especially women to help them achieve their goals. I love to walk / hike and dance!

INGREDIENTS

- 2 tablespoons (30 ml) pickling spices
- 24 red tomatoes, peeled and diced
- 12 apples or pears, peeled, seeded and diced
- 6 onions, diced
- 1 red pepper, seeded and diced
- 1 green pepper, seeded and diced
- 2 cups (500 ml) white vinegar
- 5 cups (1.25 liters) sugar
- 2 tablespoons (30 ml) salt

DIRECTIONS

- Place the pickling spices in a tea ball or in a piece of cheesecloth
- In a large heavy pot, combine all the ingredients. Bring to a boil, stirring frequently. Simmer over medium heat for about 1 hour and 15 minutes, uncovered, stirring occasionally.
- Pour into hot sterilized jars. Let cool and refrigerate

Note:

To sterilize the filled jars with ketchup in boiling water, it will take about 15 minutes. This ensures a long shelf life at room temperature. Unsterilized ketchup will keep for three weeks in the refrigerator. You can also freeze the ketchup, without any sterilization.



ANNE VAILLANCOURT & JACKLYN PATRY

DIRECTIONS

- Base
- $\frac{1}{2}$ cup butter
- $\frac{1}{4}$ cup white sugar
- 5 tbsp cocoa
- 1 egg
- 1 tsp vanilla
- Mix together and cook on the stovetop until smooth & thickened, then add & stir in;
- $1 \frac{2}{3}$ cups graham wafers
- 1 cup coconut
- $\frac{1}{2}$ cup chopped pecans (walnuts)
- 2nd layer
- $\frac{1}{4}$ cup butter (softened)
- 1 egg
- 2 cups icing sugar
- Mix together until & pat onto the base.
- 3rd layer
- 4 squares of semi-sweet chocolate
- 1 tbsp butter

Melt and add to 2nd layer

ANNE VAILLANCOURT & JACKLYN PATRY

DIRECTIONS

Pie pastry ingredients:

- 2 1/4 cups (560 ml) unbleached all-purpose flour
- 1/4 teaspoon (1 ml) salt
- 3/4 cup (180 ml) cold unsalted butter, diced
- 6 tablespoons (90 ml) ice water, sour cream or cold plain yogurt

Preparation

- In a food processor: In a food processor, combine the flour and salt. Add the butter and pulse for a few seconds at a time until the butter is the size of peas. Add the water, sour cream or yogurt and pulse again until the dough just begins to form. Add water as needed. Remove the dough from the food processor and form two discs.
- By hand: In a large bowl, combine the flour and salt. Blend the butter into the flour with a pastry blender or with two knives to get a grainy texture where you can find small pieces of butter the size of peas. Add the water, sour cream or yogurt gradually, lifting and turning the mixture with a spatula to prevent spots from becoming wetter than others. Add water, as needed, a spoonful at a time, just until the mixture holds when pressed between the fingers. Form into two discs.
- Cover in plastic wrap and refrigerate the dough for at least 30 minutes.
- Roll out the dough on a floured work surface or between two sheets of parchment paper in a 3 to 4-mm (1/8-inch) thick sheet. Use the dough to make a 2-crust pie or line two 23 to 25-cm (9 to 10-inch) pie plates.

CONTINUED ON NEXT PAGE

ANNE VAILLANCOURT & JACKLYN PATRY

DIRECTIONS

Meat Filling

- 2 large Russet or Yukon Gold potatoes about 1 pound
- 1 tablespoon extra - virgin
- 1 small onion finely chopped
- 1 clove garlic finely minced
- 1 pound ground pork
- 1 pound ground beef
- 1/2 teaspoon ground savory or your favorite poultry seasoning
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon celery seeds
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon kosher salt
- 1/8 teaspoon pepper
- 1 large egg scrambled for glazing

Instructions:

- Make the Filling:
- Peel and cut potatoes into 2-inch chunks, add them to a medium saucepan, and fill with water until it covers the potatoes by 2-inches.
- Bring the saucepan to a boil over high heat and then reduce the heat to medium -high and boil until the potatoes are until tender, about 12 minutes.
- Reserve 1/2- cup of potato water and drain the rest. Mash potatoes and set aside.
- Heat a large skillet over medium heat.
- Add olive oil, onions, and garlic, and sauté until softened, about 3 minutes.
- Add the ground beef and pork and cook until the meat is no longer pink. Drain off excess fat.
- Add the poultry seasoning, cinnamon, cloves, nutmeg, salt, pepper, and reserved potato water. Mix well and simmer for about 10 minutes until the liquid is absorbed.
- Remove the skillet from the heat, stir in mashed potatoes, and set the filling aside to cool slightly.
- Assemble the Pie:
- Preheat oven to 400°F/205°C
- On a lightly floured surface, divide dough in half and flatten one ball of dough with your hands. Roll dough to about 12-inches in diameter to fit a 9-inch pie pan.
- Place the pastry into the pie plate and add the meat filling. Brush around the outer edge of the pastry with the beaten egg.
- Roll out the top pastry and place on top of the filling. Fold the top crust under the bottom crust and pinch or flute the edges. Brush with egg wash and cut vent holes.
- Bake the Meat Pie:
- Bake the pie in a preheated oven for 30 to 35 minutes or until the pastry is golden brown.
- Remove the tourtière from oven and let it cool at least 10 minutes before serving.
- Yield: Makes 1 pie, about 8 servings.



Chile

EMPANADA CHILENA

ALEJANDRA ESPINOSA

My Name is Alejandra Espinosa. I am a mom of three, a nutritionist, and a University professor. I like to read and run!

INGREDIENTS

For the dough:

- 600g flour
- 1 teaspoon salt
- 120g vegetable butter (melted and warm)
- 40ml white wine
- warm water

For the filling:

- 1 tablespoon vegetable oil
- 2 onions chopped into fine cubes
- 500g meat in very small cubes or ground meat
- 1/2 teaspoon Garlic Powder or ground garlic
- 1 teaspoon Color Chili Pepper
- 1 teaspoon Oregano
- 1 teaspoon Ground Cumin
- Salt
- Ground Black Pepper
- 24 blonde raisins (optional)
- 12 black olives
- 3 hard-boiled eggs cut into quarters
- 2 eggs lightly beaten to Paint

DIRECTIONS

- How do you make the dough for the traditional Chilean empanada?
- Mix the flour, salt, and butter in a bowl and integrate with your hands to form crumbs. Add the wine and enough warm water (approximately 3/4 cup) until you have a soft but not sticky dough. Transfer the dough to a floured counter and knead for about 5 minutes or until it is smooth and elastic. Let it rest covered while you prepare the filling.
- How to make the filling?
- Heat the oil in a frying pan. Add the onion until it is transparent and well cooked (it should not brown). Add the meat, Garlic, Color Chili Pepper, Oregano, and ground cumin; cook until the meat is cooked. Finally, add the salt and Ground Black Pepper to taste. Let cool.
- Assembling empanada:
- To assemble the empanadas, Spread the dough on a floured counter to approximately 1/2 cm thick. Cut circles about 15 cm in diameter. Then, fill each empanada with a tablespoon of pine, two raisins, an olive, and a piece of hard-boiled egg. Moisten the edges of the dough with a bit of water, close and fold the edges, and flatten slightly to seal the edges. Brush the empanadas with the beaten egg and place them lightly greased with oil or butter on a baking tray. Prick them twice with a cocktail stick and put them in the oven preheated to 180°C for about 40 minutes or until the dough is cooked and golden.





Czech Republic

VALAŠSKÁ KYSELICE

BARBORA VALKOVA

I'm friendly, love cats and horses, I like doing sports and going to the nature. My favourite food is pasta.

INGREDIENTS

- 500g of sauerkraut
- 2-3pcs of sausages
- 2pcs of chop onion
- 3pcs of chop potatoes
- 200g of whipping cream
- flour
- allspice
- ground pepper
- 2 pcs of bay leaves
- marjoram
- 2 cloves of garlic
- salt
- cumin





8 FRENCH CREPES

France

ASTRID MARIE MARION
ALIX COLLOT D'ESCURY
ANNE-SOPHIE CAHNDOUNEAU

Astrid Marion was born on January 24, 1989, and is 35 years old. She got married in 2011. During her studies, she obtained a degree in philosophy, followed by a Master 2 in education. Before deciding to give priority to her family, she worked as a primary school teacher. She is the mother of five children. She enjoys reading, sports, traveling, and continuing her education.

Hello I am Alix from France. I am 36 years old. My husband currently at SAMS. We have four wonderful children, two girls and two boys. I am from the Loire valley. We are enjoying Time in the us. Even if we do miss a little bit France

Anne-Sophie de la Chesnais: I am 41 years old, and come from Brittany in the north west of France, where the world famous culinary specialty are crepes! I am the mom of 5 little monsters from age 11 to 2 years old, we have a six months old golden retriever puppy that we named Kansas. I love books, worked 10 years in different publishing houses in Paris, and several years in marketing and communication. I am at the moment a fulfilled stay at home mom. I arrived in Fort Leavenworth in the summer of 2023 following my husband and will go back to France next summer.

INGREDIENTS

- 1 cup milk
- $\frac{3}{4}$ cup all-purpose flour
- 2 large eggs
- 2 $\frac{1}{2}$ teaspoons of melted butter
- 1 pinch salt

Financiers (for 20 people)

750g of sugar

500 g of butter

300 g of flour

400 g of almond kernels
powder

20 g egg whites

DIRECTIONS

Step 1 Mix the egg whites, flour, sugar and almonds by whipping vigorously. Step 2 Add the melted butter. Pour into a buttered mould. Step 3 Cook for 20 minutes at 200 C (thermostat 6/7)



FLSC INTERNATIONAL SPOUSE LUNCHEON 2025



PIA FALKENSTEIN
LEA POST
VIOLETTA KOPP

We are 8 military families living on post in Fort Leavenworth.

Pia Falkenstein's husband is a CGSOC student, and they are parents of a daughter.

Lea Post's husband is a SAMS student, and they are parents of two daughters.

Violetta Kopp's husband is the German Liaison Officer in Fort Leavenworth.

Beside these 3 families to the German Community belongs:

The German exchange instructor for CGSOC,

The German instructor for SAMS,

A student in the ASLSP,

An additional CGSOC student

A Sergeant Major, who is working for CAC with the German Liaison Officer.

INGREDIENTS

- 1 pound ground beef
- 3 stalks of leek
- 700 ml beef or vegetable broth
- pepper and salt
- nutmeg
- garlic powder
- onion powder
- 250 g cheese spread
- 250 g cream cheese or sour cream

DIRECTIONS

1. Fry the ground beef in a bigger pot.
2. Chop the leek in fine slices.
3. Add the leek to the ground beef and let it fry with the meat.
4. Add the spices and the broth and cook for 10 min.
5. Add the cheese spread and cream cheese or sour cream.
6. Stir until everything is combined.
7. Maybe more of the spices for taste.
8. Serve with baguette or dinner rolls.



PIA FALKENSTEIN
LEA POST
VIOLETTA KOPP

INGREDIENTS

- 6 German brats (Aldi)
- 150 g pickles in small pieces
- 150 g onion in small pieces
- 60 g butter
- 40 g sugar
- 40 g curry powder
- 1000 g tomato puree
- 500 g ketchup
- 20 g vinegar
- bouillon paste, salt pepper, Sambal Olek

DIRECTIONS

1. Fry the brats and put them beside.
2. Stir all other ingredients together in a pan and blend everything to a sauce.
3. Cook it for a 5 min.
4. More of the spices for taste.
5. Cut the brats in pieces and pour sauce over it.
6. Serve with a dinner roll or slice of baguette.



VINCE AFAISEN

My name is Vince Afaisen and I'm from Guam & Saipan located as part of the Marianas Islands in the Pacific Ocean. I grew up as a military child and now military spouse, but the traditional meals of the islands still make its way to the table. You can take the guy off the island, but can't take the island out of the guy! I love sharing cuisines from my little tropical paradise.



INGREDIENTS

- 2 pounds barbeque chicken or 1 rotisserie chicken, diced small
- 1 cup minced yellow onion
- 1 cup fresh grated coconut
- 1 cup green onions
- $\frac{3}{4}$ cup lemon juice
- 2-5 hot peppers minced (optional for heat)
- Salt to taste

DIRECTIONS

1. Mix everything in a bowl and salt to taste.
2. Chill in refrigerator for at least an hour and serve.

VINCE AFAISEN

INGREDIENTS

- Sponge cake or pound cake
- 1 can evaporated milk
- 2 cups cold water (split into 1 cup measurements)
- $\frac{3}{4}$ cup granulated sugar
- 4 tablespoons salted butter
- 1 tablespoon vanilla
- 3 whole eggs
- 2 tablespoons of cornstarch
- Cinnamon

DIRECTIONS

1. Slice cake into $\frac{1}{2}$ thick pieces and place in single layer on tray.
2. Separate bowl mix 1 cup of water and cornstarch until smooth consistency
3. In a saucepan on medium heat mix evaporated milk, 1 cup water, sugar, butter and vanilla and bring to low boil. Set $\frac{1}{2}$ cup in a bowl on the side
4. In a separate bowl beat eggs and then pour $\frac{1}{2}$ cup warm custard into in and mix well.
5. Pour mixture back into saucepan, mixing well, and bring back to boil while stirring.
6. Stir in cornstarch mixture slowly into the custard in saucepan. Bring to boil for about 2 minutes.
7. Once custard starts to thicken, take it off heat and pour over the cake.
8. Finish by sprinkling cinnamon all over the top.





VINCE AFAISEN

INGREDIENTS

- 1 pound lean ground beef
- 2 tablespoons olive oil
- 1 onion, diced
- 1 cup halved cherry tomatoes
- 1 cup (1-inch) sliced green onions
- ¼ cup light soy sauce, divided
- 1 lemon, juiced, divided
- 3 cloves garlic, minced
- 1 cube beef bouillon (Optional)
- ½ teaspoon ground black pepper
- 1 cup 1-inch cut green beans
- 1 (13.5 ounce) can coconut milk
- 1 hot red chile pepper (donne'sali), chopped (Optional)

DIRECTIONS

1. Place beef in a large skillet over medium heat; cook and stir until browned, about 8 minutes. Transfer to a plate lined with paper towels to drain excess grease.
2. Heat oil in a large skillet over medium-high heat. Add onion, tomatoes, green onions, 3 tablespoons soy sauce, 1/2 the lemon juice, garlic, beef bouillon, and black pepper. Cook and stir until flavors combine, 2 to 3 minutes. Stir in green beans; cook and stir until tender, 8 to 10 minutes.
3. Stir drained ground beef, remaining 1 tablespoon soy sauce, and lemon juice into the skillet. Pour in coconut milk slowly; add chile pepper. Reduce heat to low and simmer until coconut milk is heated through, 2 to 3 minutes. Remove from heat.



EDIT HIDI

Hello dear spouses! My name is Edit. I come from Hungary. I have been a military spouse for 12 years. I have three children, a boy, and two girls. I am a food engineer, and I work as an agriculture project inspector at the Hungarian government. In my free time I love crocheting, reading a good book, and hiking with my family.

INGREDIENTS

- 3 tablespoons oil or lard
- 5 medium onions, diced
- 2 1/2 teaspoons salt
- 2 1/2 liters (2 1/2 quarts) water, plus a few extra spoonfuls
- 3 tablespoons Hungarian paprika (sweet)
- 1/2 teaspoon black pepper
- 1 tablespoon caraway seeds (cumin)
- 1.5 kg (3 1/4 lbs) beef, chopped into bite-sized pieces
- 2 cloves of garlic, chopped
- 5 medium carrots, sliced into bite-sized rounds
- 2 medium parsnips, sliced into bite-sized rounds
- 2 large potatoes, cubed
- 2 tomatoes, diced
- Galuska (pasta)



EDIT HIDI

DIRECTIONS

1. Heat the oil or lard in a large pot. Add the onions along with a few spoonfuls of water (so they don't brown) and a pinch of the salt. Cook slowly over very low heat for about 15 to 20 minutes, or until the onions are clear and glassy.
2. Remove from the heat and add the paprika, pepper, and caraway seeds. Stir quickly to combine and add a tiny bit of water (to prevent the paprika from burning).
3. Add the meat and garlic and cook over high heat, stirring, until the meat is slightly browned (about ten minutes). Turn the heat down to low, add a few spoonfuls of water, and cook for about 15 more minutes, until the meat is nearly cooked through.
4. Add the rest of the water and keep cooking, over low heat, for at least an hour, or until the meat is cooked and nearly tender enough to serve. This could take hours, depending on the cut of beef you used.
5. When the meat is nearly done, add the tomatoes, carrots, parsnips, and potatoes and cook for about 15 more minutes, or until they are tender (being careful not to overcook them). Taste the soup and add more salt and pepper, if needed.
6. Add galuska to the soup Galuska 370g (13 oz) Fine wheat flour (all purpose without backing powder) 2 chicken eggs 2.7 dl (1, 1/3 cup) of water 1 pinch of salt Place the ingredients in a bowl and mix with a wooden spoon in a few movements. (do not mix for a long time) Scoop the dumplings into the soup with a teaspoon. If the pasta rises to the top of the soup, it's ready.
7. You can serve this soup with hot pepper or hot pepper paste.



GIULIA MARRASE

Giulia is a person with many facets: a strong, loving, and passionate woman. In 2008, she met her life partner, Gianluca, with whom she has built a beautiful family, now blessed with two children—Leonardo, a lively 5-year-old, and another boy expected at the end of March 2025. Graduated in management engineering, Giulia is a manager at a multinational consulting company specializing in IT, where she balances her career and family life.

Beyond her professional life, Giulia is a great cooking enthusiast. For her, cooking is an act of love, a way to care for those she loves, and an opportunity to spend quality time together. She loves preparing delicious dishes and, in particular, enjoys involving Leonardo in her culinary creations. The time spent with her family, especially now that they are in the United States, is truly a blessing for her, as it allows her to be close to her loved ones.

Mountains and hiking are another of her great passions. She loves being outdoors, taking long walks, and immersing herself in nature. In addition to being a focused and determined professional, Giulia is a creative mom who enjoys doing arts and crafts with Leonardo, encouraging his curiosity and creative spirit. Her life is a perfect balance of family, a passion for food, and love for nature.

INGREDIENTS

- Beef: thin cut + stew meat + hamburger meat
- Olive oil
- Carrots, chopped very fine
- Butter
- Onion, chopped very fine
- Boiled eggs, sliced
- Parsley
- Whole peeled tomatoes
- Salt





Italy

“SUGO” - SUNDAY BEEF AND SAUCE

GIULIA MARRASE

DIRECTIONS

1. Pound meat, sprinkle salt and parsley, top with a slice of egg and butter (a thin slice). Roll into wraps, and secure with a toothpick
2. Brown wraps in 1 Tbsp olive oil, in large pan
3. Put carrots and onion in a large pot with 4-5 Tbsp olive oil (cover the bottom of the pot)
4. Sauté until vegetable are softened
5. Add stew meat and brown
6. Puree all the tomatoes, including all juice in the cans
7. Pour into pot
8. Once all the wraps are browned, add them to the pot
9. Bring to a full boil
10. Stir frequently, and then turn to low (3 of 10), continue to stir

MEATBALLS

1. 1 ¼ - 1 ½ lbs. of Hamburger meat
2. 3 eggs
3. Salt
4. 1 Tbsp olive oil
5. ½ cup breadcrumbs
- 6.1. Mix all hamburger ingrediente
- 7.2. Make medium sized ball
- 8.3. Put into tomato pot while the sauce is boiling
- 9.

10.PASTA

- 11.1. Cook pasta in salted boiling water
- 12.2. Strain
- 13.3. Add the sauce to pasta
- 14.5. Top with fresh “Parmigiano reggiano or Grana Padano” cheese!

Mexico



PATTY TAGUBA MICHELLE MAKENS

Patty Taguba: Born and raised in the bordertown of El Paso, TX with its heavy influence of Mexican culture. Mexican roots are from Ciudad Juarez, Chihuahua and Silao Guanajuato, where her parents grew up.

Michelle Makens: From Casa Grandes, a small town in Chihuahua just a couple of hours from the border. The location is mostly known for Paquime archeological sites and pottery.



DIRECTIONS

3lb chicken breast

18 corn tortillas -mexican cheese

Enchilada sauce ingredients: - 2 tomatoes -3 jalapeños -1/4 onion -2 garlic cloves -cream of mushroom soup -4oz cream cheese -1tbsp chicken bullion -salt to taste

1. Turn oven on at 375 degrees
2. Boil tomatoes, jalapenos, onion and garlic until onion is translucent and jalapenos change color.
3. Blend with cream of mushroom soup, cream cheese, chicken bullion and salt to taste.
4. Boil and shred chicken breast
5. Fry 18 tortillas in oil of choice. Arrange in 9x13 casserole a thin layer or sauce.
6. Start with a layer of 6 tortillas followed by chicken, sauce and cheese, do 2 more times.
7. put in over for 20- 30 (until cheese melts and starts to bubble)

PATTY TAGUBA
MICHELLE MAKENS

MEXICAN RICE

2-cups of white rice

2- tomatoes

1/2 onion

2 garlic cloves

2 tablespoons of chicken bouillon (or tomato bouillon, your choice)

1 tablespoon of oil (your choice)

1. Blend tomatoes, onion, garlic and bouillon with 1 cup water
2. Use and pan(or pot) on medium high heat and add oil
3. Let it heat and add rice and stir until brown
4. Add tomato mixture and any additional water according to the rice-to-water ratio instructions
5. Let boil, turn to medium-low heat and let simmer for 20 minutes or until rice is fully cooked.

REFRIED BEANS

Step 1 - InstantPot beans

2-cups of pinto beans (cleaned and rinsed)

1/2 onion

3 garlic cloves

2 bay leaves

2 tables of beef bouillon

Pepper to taste

1. Blend onion, garlic, bouillon and pepper with 1 cup of water
2. Add beans to pot and pour mixture in.
3. Add enough water to cover beans (or right under the Max line)
4. Add bay leaves
5. Cover and pressure cook on high for 1 hour and 5 minutes

Step 2 - Refried Beans

1. In a pan heat about a tablespoon of oil (your choice)
2. Add beans with some of the soup water from the first step and let it heat up
3. Use a potatoes masher to crush beans until your ideal mashed consistency

SARA MARQUEZ

This causa is a little spicy, potato-layered dish with meat that everybody loves! Even if people don't like certain ingredients, the combination is sensational!

INGREDIENTS

- 8 russet potatoes, peeled
- ½ cup vegetable oil, or as needed
- 2 tablespoons minced aji amarillo
- salt and ground black pepper to taste
- 2 (5 ounce) cans tuna, drained
- 1 small red onion, diced small
- ½ cup mayonnaise, divided
- 2 avocados, cut into thin strips
- 3 hard-boiled eggs, thinly sliced

DIRECTIONS

Step 1 Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes. Drain.

Step 2 Mash potatoes with a ricer or hand mixer until smooth. Gradually stir in oil until potatoes come together; add aji amarillo, salt, and pepper. Cool potato mixture in the refrigerator, about 20 minutes.

Step 3 Stir tuna, onion, and 1/4 cup mayonnaise together in a bowl.

Step 4 Line a casserole dish with plastic wrap. Spread 1/2 the potato mixture on the bottom of the dish. Spread 2 tablespoons mayonnaise over potatoes, spread tuna mixture over mayonnaise, and place avocado slices in a single layer on top of tuna mixture. Spread remaining 1/2 of potato mixture over avocados, and top with remaining 2 tablespoons mayonnaise. Place sliced eggs over top. Cover casserole dish with plastic wrap and refrigerate until firm, about 30 minutes.

Step 5 Invert casserole dish onto a serving dish or baking sheet to remove potato casserole from dish. Remove plastic wrap and cut casserole into squares. It's ready to eat now!!



Philippines

**SEEN THEE - CINDY DJ
DOMI CAT
TRACY OLSEN**

Seen:

Mabuhay! I'm Cindy. My family and I are from Baguio City, fondly called the "Summer Capital of the Philippines" for its lush pine trees and cool climate. My husband is currently studying at CGSC, and we're thrilled to be stationed in Fort Leavenworth. What I love most about being here is that people are never strangers. There are so many activities where we come together like one big family, sharing what we have and what interests us. It's truly a welcoming and heartwarming community! My family and I love bonding by exploring new places, enjoying sports and physical activities, and, most of all, sharing meals together at our own table. While I may not be the best cook, I enjoy experimenting with Pinoy recipes—adding my own twist while trying to preserve their authentic local flavors feels like waving a magic wand in the kitchen. After all, we Pinoys are certified foodies!

Domi:

My Name is Dominique Dang. I love traveling with my family and being stationed in different countries to learn about their cultures and also learn how to cook their dishes so my family can keep enjoying international food and keep their memories alive.



Philippines



PANDESAL

SEEN THEE - CINDY DJ
DOMI CAT
TRACY OLSEN

INGREDIENTS

- 250ml warm milk
- 55g butter, melted
- 1 large egg
- 6g instant yeast
- 405g all-purpose flour
- 50g sugar 5g salt
- Oil for the bowl
- 1/2 cup bread crumbs
- 1 tbsp ube flavoring optional

DIRECTIONS

Mix all well together and let it raise for 30 min
Knock out the air out and make little ball 45 gr each
Roll the top in bread crumbs Put them in a greased or
lined with baking paper baking pan Cover the bread
and Let them rise for 30-45min Baking at 180C/350F
for 18-20 minutes

Philippines



CHICKEN ADOBO

SEEN THEE - CINDY DJ

DOMI CAT

TRACY OLSEN

Serves: 4

Prep Time: 10 minutes

Cook Time: 35 minutes

INGREDIENTS

- 2 lbs chicken C (thighs, drumsticks, or a mix)
- 1/3 cup soy sauce
- 1/3 cup vinegar (white or cane vinegar)
- 4 cloves garlic, minced
- 2 bay leaves
- 1 tsp whole black peppercorns
- 1 tbsp cooking oil
- 1 cup water (or adjust for sauce consistency)
- Optional: 1 tbsp brown sugar for a touch of sweetness

DIRECTIONS

Marinate: Combine the chicken, soy sauce, vinegar, minced garlic, and bay leaves in a bowl. Marinate for at least 30 minutes (or overnight for more flavor).

Sear the Chicken: Heat cooking oil in a pan over medium heat. Remove the chicken from the marinade (reserve the marinade) and sear until lightly browned on both sides.

Simmer: Pour the reserved marinade, water, and peppercorns into the pan. Bring to a boil, then lower the heat and simmer for 20–25 minutes, stirring occasionally.

Adjust Sauce: Let the sauce reduce to your desired thickness. Stir in brown sugar if using.

Serve: Remove bay leaves and serve the adobo hot with steamed rice

Chicken Adobo





Philippines

KARE KARE OR PEANUT SOUP

SEEN THEE - CINDY DJ
DOMI CAT
TRACY OLSEN

Serves: 4-6

Prep Time: 15 minutes

Cook Time: 45 minutes

INGREDIENTS

- 2 lbs oxtail (or beef shank, tripe, or pork hock)
 - 1 medium onion
 - chopped 4 cloves garlic
 - minced 1 tbsp annatto powder (for color, optional)
 - 1/2 cup peanut butter
 - 1/4 cup ground toasted rice (or rice flour)
 - 6 cups water (for boiling)
 - 1 cup string beans
 - cut into 2-inch pieces
 - 1 cup eggplant, sliced
 - 1 cup banana blossoms (optional)
 - 1 bunch bok choy (pechay)
 - 2 tbsp cooking oil
- Shrimp paste (bagoong), for serving

DIRECTIONS

Boil Meat: In a pot, boil the oxtail in water until tender e (about 2-3 hours, or use a pressure cooker for 45 minutes). Skim off impurities. Reserve 4 cups of the broth.

Sauté Aromatics: In a large pan, heat cooking oil. Sauté onion and garlic until fragrant. Add annatto powder for color.

Make the Sauce: Add the reserved broth, peanut butter, and ground rice. Stir until smooth and thickened. Adjust consistency with more broth if needed.

Add Vegetables: Add the string beans, eggplant, and banana blossoms (if using). Cook for 5-7 minutes.

Add bok choy last and cook until wilted.

Combine: Stir in the tender oxtail and simmer everything together for 5 minutes.

Serve: Serve hot with steamed rice and a side of shrimp paste (bagoong)





Philippines

RELYENONG BANGUS OR STUFFED MILK FISH

SEEN THEE - CINDY DJ
DOMI CAT
TRACY OLSEN

Serves: 4-6

Prep Time: 30 minutes

Cook Time: 1 hour

INGREDIENTS

- 1 large milkfish (bangus), cleaned & scaled
- 1 medium onion, finely chopped
- 4 cloves garlic, minced
- 1 medium carrot, finely chopped
- 1/4 cup green peas 1/4 cup raisins (optional)
- 2 tbsp soy sauce
- 1 egg, beaten (for stuffing)
- 1 egg, beaten (for coating)
- Salt and pepper to taste
- Cooking oil for frying

DIRECTIONS

Prepare the Fish: Carefully remove the meat from the fish without breaking the skin. Gently scrape the fish meat from the skin and bones. Debone the meat and flake it finely. Keep the fish skin intact as it will be stuffed later.

Cook the Stuffing: In a pan, heat a little oil. Sauté garlic and onion until soft. Add the flaked fish meat, carrot, green peas, and raisins (if using). Season with soy sauce, salt, and pepper. Cook until well mixed and slightly dry. Remove from heat and mix in 1 beaten egg. Let it cool.

Stuff the Fish: Carefully stuff the cooked mixture back into the fish skin, shaping it like a whole fish. Do not overstuff to prevent bursting.

Seal the Fish: Brush or dip the stuffed fish with the second beaten egg to seal and coat the skin. Fry the Fish: Heat oil in a large frying pan.

Fry the stuffed fish over medium heat until golden brown on all sides. Use a spatula to carefully turn the fish.

Serve: Let it cool slightly, then slice into serving pieces. Serve with rice and a dipping sauce of vinegar, soy sauce, and chili.





Philippines

LUMPIA OR EGG ROLL/SPRING ROLL

SEEN THEE - CINDY DJ
DOMI CAT
TRACY OLSEN

Serves: 4-6 (makes about 25 rolls)

Prep Time: 20 minutes

Cook Time: 20 minutes

INGREDIENTS

- 1 lb ground pork (or beef /chicken)
- 1 cup carrots, finely grated
- 1 cup cabbage, finely shredded
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 egg, beaten
- 2 tbsp soy sauce
- 1/2 tsp ground black pepper
- Lumpia wrappers (spring roll wrappers)
- Cooking oil for frying

DIRECTIONS

Prepare Filling: In a large bowl, mix the ground pork, carrots, cabbage, onion, garlic, egg, soy sauce, and pepper. Combine well.

Wrap the Lumpia: Lay a lumpia wrapper on a flat surface. Place 1–2 tablespoons of filling near one edge of the wrapper. Fold the sides inward, then roll tightly into a log. Seal the edge with a dab of water. Repeat with the remaining filling and wrappers.

Fry the Lumpia: Heat oil in a deep pan over medium heat. Fry the lumpia in batches, turning occasionally, until golden brown and crisp (about 3–5 minutes per batch). Drain on paper towels.

Serve: Serve hot with a dipping sauce like sweet chili sauce or a mix of vinegar, minced garlic, and chili flakes





Philippines

SINIGANG OR SOUR SOUP

SEEN THEE - CINDY DJ
DOMI CAT
TRACY OLSEN

Serves: 4-6

Prep Time: 15 minutes

Cook Time: 1 hour

INGREDIENTS

- 2 lbs pork belly (or ribs), cut into chunks
- 8 cups water
- 1 medium onion, quartered
- 2 medium tomatoes, quartered
- 1 radish (daikon), sliced
- 1 cup string beans, cut into 2-inch pieces
- 1 cup eggplant, sliced
- 1 bunch water spinach (kangkong) or bok choy
- 1 packet tamarind soup mix (or 1/2 cup fresh tamarind pulp, boiled and strained)
- 2-3 green chilies (optional)
- Fish sauce (patis) to taste
- Salt and pepper to taste

DIRECTIONS

Boil the Pork: In a large pot, boil pork in water over medium heat. Skim off scum as it forms.

Add Aromatics: Add onion and tomatoes. Simmer for 30-40 minutes until pork is tender.

Add Vegetables: Add radish and cook for 5 minutes. Add string beans, eggplant, and chilies (if using). Cook for another 5 minutes.

Season the Soup: Stir in the tamarind soup mix or fresh tamarind extract. Adjust to your desired level of sourness. Season with fish sauce, salt, and pepper to taste.

Finish with Greens: Add the water spinach or bok choy. Let it wilt for about 2 minutes.

Serve: Serve hot with steamed rice for a comforting, tangy meal.





PALITAW

Philippines

SEEN THEE - CINDY DJ
DOMI CAT
TRACY OLSEN

Serves: 4-6

Prep Time: 10 minutes

Cook Time: 15 minutes

INGREDIENTS

- 1 cup glutinous rice flour
- 1/2 cup water
- 1/2 cup grated coconut
- 1/4 cup sugar
- 1 tsp toasted sesame seeds

DIRECTIONS

Make the Dough: In a bowl, mix the glutinous rice flour and water to form a soft dough.

Shape the Palitaw: Take a small piece of dough (about a tablespoon) and roll it into a ball. Flatten it into a disc about 2 inches in diameter.

Cook the Palitaw: Bring a pot of water to a boil. Drop the flattened discs into the boiling water. Cook until they float to the surface, about 2-3 minutes.

Coat with Coconut: Remove the palitaw from the water using a slotted spoon. Drain well and coat with grated coconut.

Add Toppings: Mix sugar and toasted sesame seeds in a small bowl. Sprinkle generously over the palitaw.

Serve: Arrange on a plate and serve at room temperature as a delightful snack or dessert.



Palitaw



HALO HALO

Philippines

SEEN THEE - CINDY DJ
DOMI CAT
TRACY OLSEN

Serves: 4

Prep Time: 15 minutes

INGREDIENTS

- 1/2 cup sweetened red beans
- 1/2 cup sweetened jackfruit (langka) sliced
- 1/2 cup sweetened banana (saba), sliced
- 1/2 cup sweetened macapuno (coconut strings)
- 1/2 cup nata de coco (coconut jelly)
- 1/2 cup sweetened white beans (optional)
- 1/4 cup leche flan, cubed
- 1/2 cup ube halaya (purple yam jam)
- 2 cups shaved ice
- 1/2 cup evaporated milk
- Optional: Ice cream (ube or vanilla flavor)
- Optional toppings:
Pinipig (pounded rice flakes) or crushed cornflakes

DIRECTIONS

Prepare the Glasses: 1. In a tall glass, layer the ingredients: sweetened red beans, white beans (if using), jackfruit, banana, macapuno, nata de coco, and leche flan. Add Shaved Ice: Fill the glass with shaved ice, gently pressing down to pack it. Pour Milk: Drizzle about 2-3 tablespoons of evaporated milk over the ice.

Top It Off: Add a dollop of ube halaya on top. Optionally, add a scoop of ice cream and sprinkle pinipig or cornflakes for crunch.

Serve: Serve immediately with a long spoon for mixing (halo halo means "mix-mix" in Filipino).





Philippines

LECHE FLAN OR CREME CARAMEL

SEEN THEE - CINDY DJ
DOMI CAT
TRACY OLSEN

Serves: 6-8

Prep Time: 15 minutes

Cook Time: 45 minutes

Cooling Time: 2-3 hours

INGREDIENTS

- For the Caramel:
- 1 cup granulated sugar
- 1/4 cup water
- For the Custard:
- 10 large egg yolks
- 1 can (14 oz) sweetened condensed milk
- 1 can (12 oz) evaporated milk
- 1 tsp vanilla extract

DIRECTIONS

Make the Caramel: In a saucepan, combine sugar and water. Heat over medium heat without stirring until the sugar dissolves and turns into a golden caramel. Quickly pour the caramel into a llanera (or a round baking pan), tilting to evenly coat the bottom. Let it cool and harden.

Prepare the Custard Mixture: In a mixing bowl, gently whisk the egg yolks. Add the condensed milk, evaporated milk, and vanilla extract. Mix until smooth but do not over-whisk to avoid bubbles.

Strain the mixture through a fine sieve to remove any lumps for a smooth texture.

Assemble the Flan: Pour the custard mixture over the hardened caramel in the llanera.

Steam or Bake: To steam: Cover the llanera with foil and steam over low heat for 40-45 minutes, or until the custard is set (a knife inserted in the center should come out clean). To bake: Place the llanera in a larger baking dish filled with about 1 inch of hot water (bain-marie method). Bake at 350°F (175°C) for 45 minutes to 1 hour.

Cool and Serve: Let the flan cool to room temperature, then refrigerate for at least 2 hours. To serve, run a knife around the edge and invert the flan onto a plate.

Leche Flan or "creme caramel"



Philippines



PUTO BUMBONG

SEEN THEE - CINDY DJ

DOMI CAT

TRACY OLSEN

Serves: 4-6

Prep Time: 10 minutes

Cook Time: 20 minutes

INGREDIENTS

- 2 cups glutinous rice flour
- 1/2 cup rice flour
- 1 cup water
- 1/2 tsp ube extract (for color and flavor)
- Banana leaves, cut into small squares (for serving)
- Butter or margarine (for brushing)
- Toppings: Grated coconut Muscovado sugar or brown sugar Grated cheese (optional)

DIRECTIONS

Prepare the Dough: In a bowl, mix glutinous rice flour, rice flour, water, and ube extract until a soft, pliable dough forms.

Shape the Puto Bumbong: Take small portions of the dough and roll them into long thin logs about 4-5 inches long.

Steam the Logs: Arrange the dough logs in a steamer lined with banana leaves. Steam over medium heat for about 15-20 minutes, or until cooked and firm.

Serve: Brush the cooked puto bumbong with butter or margarine.

Serve on banana leaf squares, and top with grated coconut, muscovado sugar, and optional grated cheese





South Korea

EUNJIN JO
MIHYE SONG
SANGYEON PARK
DA UN JEONG

I'm an active-duty officer from Korea, currently on a two-year break. Thanks to my husband, who's studying at CGSC, I get to enjoy this amazing adventure in the U.S. I'm a big fan of trying delicious food and discovering great wine—cheers to new experiences

Before marriage, I worked as a social worker.

I like to cook and eat delicious food :D





South Korea

TTEOKBOKKI (SPICY RICE CAKES)

EUNJIN JO
MIHYE SONG
SANGYEON PARK
DA UN JEONG

INGREDIENTS

- Rice cakes: 500g(1.1 lbs)
(soaked in cool water for 10 minutes, optional)
- Fish cakes: 150g(0.33 lbs), sliced
- Green onion: 2~3 (The size of two finger joints or chopped)
- Water: 600ml(2 ½ cups)
- Sauce:
 - 2 Tbsp gochujang (Korean chili paste)
 - 4 Tbsp gochugaru (Korean chili flakes)
 - 2 Tbsp soy sauce
 - 3 Tbsp sugar
 - 1/2 Tbsp minced garlic
 - ½ Tbsp black pepper
 - 1 Tbsp oil
 - 2 Tbsp oyster sauce (optional)

DIRECTIONS

①Prepare Ingredients:

Soak rice cakes in water for 10 minutes if they're hard (optional).

②Make the Sauce:

Mix all the sauce ingredients together.

③Cook:

Bring the sauce and water to a boil, then add the rice cakes and fish cakes. Simmer for 10~15 minutes, stirring occasionally.

④Finish: Add the green onion and cook for another 2 minutes.





South Korea

BOSSAM (KOREAN BOILED PORK WRAPS)

EUNJIN JO
MIHYE SONG
SANGYEON PARK
DA UN JEONG

INGREDIENTS

- ① For the pork:
 - 1 kg (2.2 lbs) pork belly or pork shoulder
 - 10 cups water
 - 1 onion, quartered
 - 1 leek or green onion, cut into large pieces
 - 10 garlic cloves
 - 1 thumb-sized piece of ginger, sliced
 - 3-4 dried bay leaves
 - 1 tbsp whole black peppercorns
 - 2 tbsp soybean paste (Doenjang)
 - 1 tbsp rice wine (optional)
 - 1 cup beer
- ② For the wraps:
 - Napa cabbage leaves
 - Pickled radish or perilla leaves
 - Kimchi
- ③ For the dipping sauce:
 - 2 tbsp ssamjang
 - 1 tbsp garlic, minced
 - 1 tsp sesame oil
 - 1 tsp sesame seeds

DIRECTIONS

① Prepare the Pork:

Rinse the pork under cold water to remove any impurities.

② Boil the Pork:

In a large pot, bring water to a boil. Add all the boiling ingredients (onion, leek, garlic, ginger, bay leaves, peppercorns, soybean paste, rice wine, and beer). Carefully place the pork in the pot.

③ Simmer:

Reduce the heat to medium and simmer the pork for 1.5 to 2 hours, turning occasionally for even cooking. Skim off foam or impurities that rise to the top.

④ Check for Doneness:

Test the pork with a fork or skewer; it should insert easily.

Remove the pork and let it rest for a few minutes.

⑤ Slice and Serve:

Thinly slice the pork and arrange it on a platter.

⑥ Make the Dipping Sauce:

Mix ssamjang, minced garlic, sesame oil, and sesame seeds in a small bowl. Adjust seasoning as needed.

⑦ Assemble and Enjoy:

Wrap a slice of pork in a napa cabbage leaf or pickled radish, add dipping sauce and kimchi, and enjoy!





South Korea JAPCHAE (KOREAN GLASS NOODLE STIR-FRY)

EUNJIN JO
MIHYE SONG
SANGYEON PARK
DA UN JEONG

INGREDIENTS

- ①Main ingredients:
- Glass noodles (Dangmyeon): 200g
- Beef or pork: 150g, thinly sliced
- ②Vegetables:
- Spinach: 100g
- Carrot: 1, julienned
- Onion: 1, thinly sliced
- Shiitake mushrooms: 4, thinly sliced
- Egg: 1-2 (optional)
- ③Seasoning sauce:
- Soy sauce: 4 tbsp
- Sugar: 2 tbsp
- Minced garlic: 1 tbsp
- Sesame oil: 2 tbsp
- Toasted sesame seeds: 1 tbsp
- Black pepper: a pinch

DIRECTIONS

①Prepare the Ingredients:

Soak glass noodles in hot water for 20 minutes, then boil for 5 minutes. Rinse with cold water and drain.

Slice meat thinly and marinate with 1 tbsp soy sauce and 1 tbsp sugar.

②Cook the Vegetables and Meat:

Blanch spinach, squeeze out excess water, and season lightly with sesame oil and salt.

Stir-fry carrot, onion, and mushrooms separately until tender.

Stir-fry the marinated meat until cooked through.

③Combine Ingredients:

In a large pan or wok, add cooked glass noodles, stir-fried meat, and vegetables.

Pour the seasoning sauce over the ingredients and mix well.

④Garnish and Serve:

Optionally, top with thinly sliced omelet strips or sprinkle with toasted sesame seeds.





Spain

TRADITIONAL SPANISH POTATO OMELETTE

GEMA ELENA DELVALLE GALVEZ

Hi! My name is Gema, and I'm from Madrid. I live there with my husband and our 3-year-old son. My husband is studying at SAMS, and we're so excited to be stationed at Fort Leavenworth. While I deeply love my country, I've also learned to appreciate every moment and experience we're having here. This has been a unique and incredibly enriching opportunity for us, both personally and as a family. What I love most about living in the United States is the chance to travel, explore new states, and immerse myself in such a rich and diverse culture. This has definitely been the second best year of my life. Living here feels like being in a never-ending movie, just like the ones that have always made me dream when I watch them in the theater. This country already has a piece of my heart, and it will definitely stay with me forever, along with the friends I've made along the way, who have become such a special part of my life

INGREDIENTS

- 6 medium potatoes
- 1 onion (optional, to taste)
- 6 eggs
- Extra virgin olive oil
- Salt





Spain

TRADITIONAL SPANISH POTATO OMELETTE

GEMA ELENA DELVALLE GALVEZ

DIRECTIONS

1. Peel and cut the potatoes: Peel the potatoes and cut them into thin slices or small pieces, depending on your preference. Some people choose to cut them into thin slices, while others prefer thicker chunks.
2. Fry the potatoes: In a large pan, heat enough olive oil to cover the potatoes. Add the potatoes, and if you decide to include onion, chop it into small pieces and add it to the pan. Cook over medium-low heat, stirring occasionally to prevent burning, for about 20-25 minutes, until the potatoes are soft and cooked through. Be careful not to fry them on high heat so they don't brown too much.
3. Drain the oil: Once cooked, remove the potatoes (and onion) with a slotted spoon and place them in a colander or on paper towels to remove excess oil. Sprinkle with a little salt to taste.
4. Beat the eggs: In a large bowl, beat the 6 eggs with a pinch of salt and, if desired, a little pepper.
5. Mix the potatoes with the eggs: Add the drained potatoes (and onion) to the bowl with the beaten eggs. Stir well so the potatoes are evenly coated in the egg mixture. Let the mixture sit for about 10 minutes.
6. Cook the tortilla: In a large pan (preferably non-stick), heat a little olive oil. Pour the egg and potato mixture into the pan, spreading it evenly. Cook over medium-low heat for about 5-7 minutes, occasionally moving the pan to prevent sticking. When the edges are golden and the center is still a little runny, it's time to flip it.
7. Flip the tortilla: Place a large plate over the pan and, carefully, flip the tortilla. Then, slide it back into the pan to cook on the other side for another 5 minutes or until fully set. If you prefer a more runny tortilla, remove it when it's still a bit creamy in the center.
8. Serve: Let it rest for a few minutes before cutting and serving. The potato omelette can be enjoyed both hot and at room temperature.



Taiwan

TAIWANESE THREE CUP CHICKEN (SAN BEI JI)

ATHENA TOLBERT

My name is Athena. I'm from Baltimore Maryland and I've been married to a Taiwanese Army Officer for 11 years. We have one daughter who is 7 years old. I have collectively spent around 8 years living in Taiwan and it is our primary home. I learned most of my personal cooking skills and preferences while living in Taiwan. Therefore I tend to gravitate more towards cooking Asian cuisine, especially the delicious foods of Taiwan!



INGREDIENTS

- 1 lb bone-in chicken drumsticks, chicken thighs or combination of both. You could use chicken wing drumettes if preferred
- 1 tablespoon baking soda, optional to tenderize the chicken
- 2 tablespoons sesame oil
- 2- inch piece of ginger, peeled and cut into thin slices
- 6 - 8 cloves garlic, peeled but kept whole
- 1 dried chili, optional for a bit of spice
- 2 tablespoons of Taiwanese rice wine or Shaoxing wine if that's easier to locate.
- 2 tablespoons of water
- 2 tablespoons of lower sodium soy sauce
- 2 teaspoons of sugar
- 2 - 3 teaspoons of premium dark soy sauce, optional for extra flavor and richer color.
- 1 bunch of Thai basil leaves, which is the authentic way to serve this dish but if you can't locate the Thai basil, use about 2 to 3 green onions sliced in 2- inch length.



Taiwan

TAIWANESE THREE CUP CHICKEN (SAN BEI JI)

ATHENA TOLBERT

DIRECTIONS

- If using bone-in drumsticks and/or thighs: using a large knife carefully chop them through the bone into pieces. If using chicken wing drumettes: leave them whole. Rub prepared chicken with the baking soda then set aside for 10 minutes before rinsing the chicken with water. Make sure the baking soda is completely rinsed off. Pat the chicken pieces dry and set aside. (This baking soda step is optional.)
- Heat a heavy bottom pan with high sides, a Dutch oven or a wok over high heat and add the sesame oil. Add the ginger, garlic cloves and optional chili, then stir-fry until aromatic, just for 30 to 60 seconds. Add the chicken and stir quickly a few times, searing all sides.
- Add the wine, toss for a moment and then add in the water, soy sauce, optional dark soy sauce, and sugar. Toss to combine everything. Cover with a lid, lower the heat and simmer for 10-15 minutes, or until chicken is cooked through. Keep an eye on the liquid level to make sure it doesn't burn. Add small amounts of water if needed and make sure it simmers but doesn't boil.
- When the chicken is fully cooked, remove the lid. If some liquid remains, continue to cook on a med-high heat until reduced enough to a sauce that coats the chicken, but not too dry. Finally, add the basil leaves (or green onions) and stir well with the chicken to wilt. Dish out and serve immediately with freshly steamed white rice. Enjoy!



Tunisia

TUNISIA COUSCOUS

ZOUHOUR SOUIDI

My name is Zouhour Souidi from Tunisia (First name is Zouhour). I have been a military spouse since 2017. I am a proud mother of two children—a boy and a girl. I am excited to participate in the event and share delectable food from my country.



INGREDIENTS

Tunisian couscous is a classic traditional dish that is comforting and flavorful. The couscous is steamed and served with meat, vegetables, and chickpeas.

What is Couscous?

Couscous is granules of semolina that are steamed and served. It is a well-known dish in North Africa and is especially famous in Tunis, Algeria, Morocco, Libya, and Mauritania. Each country prepares couscous differently. In Tunis, the couscous is usually steamed and served with meat, vegetables, chickpeas and is typically spicy. The color of the couscous is generally orange to red depending on the amount of meat broth and harissa that is added to it.

What is Gluten-free Couscous?

Couscous is generally made of semolina. However, most gluten-free couscous on the market is made of corn instead.

Preparing the Vegetables:

The trickiest part of this recipe is preparing the vegetables. Therefore, here is a step-by-step guide on preparing the vegetables included in Tunisian Couscous.

vegetables in plates

Note: you can increase the number of vegetables in this recipe if you like.

Potatoes: You will need about two medium-sized potatoes. First, you will wash and peel the potatoes. Then cut the potatoes lengthwise in half. To prevent the potatoes from turning black while you prep the other ingredients, soak them in a bowl of cold water and salt.



COUSCOUS RECIPE CONTINUED

Carrots: Wash and peel the carrots. Then cut them lengthwise in half.

Zucchini: Wash the zucchini and slice the ends. Then cut each zucchini lengthwise into quarters.

Pumpkin: I used a small pumpkin for this recipe. You will want to slice the pumpkin into quarters and remove the seeds. See the photo above for size reference. If you can't find a pumpkin, you can substitute it with squash or kabocha instead.

Chill Pepper: Tunisian couscous is usually spicy and includes chili pepper or harissa. I have omitted the chili pepper. However, if you wish to use it, there is no need to prep it. You just add it to the pot as is.

How to make Tunisian Couscous

In a cooking pot over medium-low heat, add the olive oil and allow it to get hot. Then add the onions and garlic and sear for 3-5 minutes or until the onions are translucent in color. onions in a cooking pot and translucent in color.

Then, add the beef fondue, paprika, ground coriander, ground turmeric, salt, pepper, and ground ginger. Sear the beef for 3-5 minutes to brown the sides of the meat.

adding the meat and spices to prepare the meat broth for Tunisian couscous

Afterward, add all the vegetables, tomato paste and pour boiling water into the cooking pot until all the vegetables are covered in water. Next, cover the cooking pot with the lid and allow the pot to simmer over medium-low heat for 15 minutes. Now check the doneness of the vegetable. You can do this by inserting a fork into each vegetable. If the fork easily slides through the vegetable, it means it is cooked. Remove any cooked vegetable and set it aside for later.

covering the vegetables with water

Then, cook the meat for another 15 minutes and recheck on the remaining vegetables.

Remove any cooked vegetables, add the chickpeas and cook the meat for another 15 minutes with the lid on. Once the meat is cooked, separate the meat and chickpeas from the chicken broth and set them aside for assembling.

Cooking The Couscous:

Cooking the couscous depends on the couscous brand you purchased. Read the package instructions to know how much liquid is needed to steam the couscous. Then, add meat broth equal to the liquid measurement written on the package in a cooking pot and bring it to a boil. Then, turn the heat off and add the couscous. Stir the couscous and immediately cover the cooking pot. Allow the couscous to cook for 10 minutes without disturbing it. Then fluff the couscous using a fork to separate the granules.



Tunisia

TUNISIA COUSCOUS

COUSCOUS RECIPE CONTINUED

For example, the couscous I bought indicated that for every 100 grams of couscous, I need to add 75 ml of liquid. I'm using 500 grams of couscous, so I added 375 ml of meat broth and brought it to boil. Then I turned the heat off and added the couscous. I stirred the couscous and covered the cooking pot. I waited 10 minutes before removing the lid and fluffing the couscous.

bringing the meat broth to boil

adding the couscous to the cooking pot and covering it with a lid

Assembling The Dish

tunisian couscous in a traditional patterned plate

- Form a hill using the couscous. In the middle of the hill, add the meat, and decorate the sides with the cooked vegetables. Then add the chickpeas all over the couscous and serve while it is warm. On the side, serve the meat broth for individuals that would like to add more broth to their couscous.



ANASTASIYA TKACHUK

My name is Anastasiia Tkachuk. My husband's name is Oleh. We are from Ukraine. We have been together for 8 years, no children. We love active recreation and often travel by motorcycle. I am a history teacher and archaeologist. I was involved in the protection of architectural heritage. My hobbies are psychology, astrology and creativity. I like to study different countries and cultures, including through their cuisine. That's why I'd be happy to introduce you to our traditional cuisine.

INGREDIENTS

Head of fresh cabbage - 1 piece Meat - 0.5 kg Rice - 150 g Carrot - 2 pcs.

Onion - 2 pcs. Sour cream- 250 g Tomato paste- 2 tbsp. l. Ketchup - 2 tbsp. l.

Vegetable oil - for frying Salt, pepper - to taste Water - to taste



ANASTASIIA TKACHUK

DIRECTIONS

Boil the cabbage leaves Place a large pot of water on the stove. While the water is boiling, cut out the hard inner part of the cabbage. Dip the cabbage in boiling water and keep on low heat for five minutes. Turn over to the other side and cook for another 2-3 minutes. Place the head of cabbage on a plate and let it cool. Separate the cabbage into individual leaves, cut off the thick parts at the base. Prepare the filling and form the cabbage rolls Boil the rice until half cooked. Cut the meat into pieces and mince it. You can use ready-made minced meat. Combine the minced meat with boiled rice. 3. Finely chop the onion, grate the carrots on a coarse grater. Place the vegetables in a frying pan and fry in oil for 5-7 minutes until softness. Add half of the vegetable dressing to the meat and rice. Salt and pepper. Mix the stuffing thoroughly for the cabbage rolls. Place a small amount of filling on the prepared - cabbage leaves closer to the - base. Roll up the cabbage rolls, hiding the edges inside. Fry the finished cabbage rolls in vegetable oil until golden brown.

Stew cabbage rolls Place the cabbage rolls in a large, thick-bottomed saucepan. Spread a layer of vegetable dressing on top. 1. Dissolve tomato paste in two glasses of water, add sour cream and ketchup. Salt. Pour the sauce over the cabbage rolls. The liquid should almost completely cover the dish, leaving 3-4 cm from the top. 3. Place the cabbage rolls in a preheated oven and simmer for an hour at 180°C. Place on a plate, pour sour cream over and serve. Enjoy your meal.



