

# Cooking Around the World With the Fourth Grade Students

## Robert W. Carbonaro School



One of the best ways to teach our children to appreciate cultural diversity is through tasting and cooking foods from around the world. No matter where we are from or where we live now, we all have this in common: everyone eats! So, we invite you to enjoy the recipes from around the world.

Mrs. Anson, Mrs. Fowler, Mrs. Oestreich & Mrs. Quinn

2021-2022

# Roti and Curry

From the Kitchen of: The Moonesar Family

Country of Origin: Trinidad



## Ingredients:

### For Curry

3 boneless chicken  
1 bulb of garlic  
4 bay Leaves  
1 tsp ground clover  
3 tsp. ground ginger  
2 tsp. cumin  
1 tsp. marjoram  
¼ tsp. ground coriander  
¼ tsp. turmeric  
¼ tsp. mustard seed  
3 oz. curry powder  
1 chicken bouillon cube

### For Roti

4 cups of flour  
Hot water  
¼ cup butter, room temperature  
1 tsp. Salt  
4 pepper if you like  
1 eggplant



## Directions:

### Prep Chicken

Cut the chicken into bite size pieces. Add garlic. In a separate bowl mix all the spices and curry powder together (but not the bay leaves). Slowly add the spice mixture into chicken while mixing to ensure coverage. Set the chicken aside to sit for a while while you make the Roti.

### For Roti:

Boil water and let the water cool until you can handle it with your hands (you'll be kneading the roti dough.) Mix 4 cups of flour with the salt and then add the hot water until it is moist but not sticky. You want the consistency of a flat dough that will be rolled using a rolling pin. Take a little more than half a stick of butter and add it to the flour and water mixture. Flour flat surface and rolling pin. Roll balls out to about 6-7 inches. Heat up frying pan to medium/high heat. Take a paper towel and use it to rub oil onto pan before each roti that you cook. The roti will form small brown spots on each side. Do not overcook. It should never be stiff. When done put it on a plate lined with paper towels and cover with a dish towel to keep it warm .

### For Curry:

Pour just enough oil to cover the bottom of a large pot. Place 4 big bay leaves into pot and warm oil on medium for a few minutes. Turn the heat to high and add chicken. Cook at high heat, stirring every minute for 10 minutes. You don't want the chicken to stick or burn. Add water or chicken stock to keep moist. When finished, add cubed potatoes and eggplant. Serve when potatoes and eggplant are cooked. When finished you could eat now!

# Leche Poleada (Vanilla Custard)

From the Kitchen of: The Martinez Family

Country of Origin: El Salvador



## Ingredients:

2 egg yolks  
4 tbs. cornstarch  
3/4 cup sugar  
3 cups cold milk  
2 tsp. vanilla extract  
½ tsp. ground cinnamon



## Directions:

1. In a small bowl beat the egg yolks well and set aside.
2. In a medium saucepan off the heat, combine the cornstarch and sugar with a whisk. Slowly add in the milk and mix until smooth.
3. Heat the mixture over a medium flame, whisking continuously until it thickens. Once it reaches a boil, take 2 tablespoons of the custard mixture and quickly whisk into the egg yolks; this will temper the egg yolks to avoid curdling when they come in contact with the boiling custard.
4. Now, briskly whisk the egg yolks into the custard. Reduce heat to medium low, continue cooking, and constantly whisk for 10 more minutes. Turn off the heat, add the vanilla, and continue whisking for another 2 minutes to release the steam.
5. Serve hot for a creamy texture. If serving cold the custard will set and harden a bit. Sprinkle each serving with cinnamon.

# Blueberry Cobbler

From the Kitchen of: The Mercado Family

Country of Origin: Canada



## Ingredients:

4 cups of blueberries (fresh or frozen)  
1 tsp. lemon zest  
½ cup sugar

### For the batter

4 Tbls. of butter  
1 cup of flour  
1 cup sugar  
2 tsp. baking powder  
¼ tsp. salt  
¾ cup milk  
Ground cinnamon



## Directions:

1. Preheat oven 350 degrees
2. Slice butter into pieces and add to a 9 by 13 inch baking dish
3. Place pan in oven while it preheats to allow butter to melt. Once melted remove the pan from oven.
4. Add blueberries, sugar and zest to bowl and stir to combine.
5. In a separate bowl mix together the batter ingredients: Flour, sugar, baking powder and salt. Stir in milk just until combined.
6. Pour blueberries over melted butter in pan. Drizzle batter over the top. Sprinkle with a little bit of cinnamon.
7. Bake at 350 degrees for 35-40 minutes or until lightly browned on top.
8. Serve warm with ice cream.

# Spaetzle

From the Kitchen of: The Candelario Family

Country of Origin: Germany



## Ingredients:

3 eggs  
1 tbls. salt  
1 cup water  
4 cups flour  
Rice  
1 stick butter



## Directions:

1. Bring 6 cups of water to a boil. While water is boiling, beat eggs well. Add salt, water and flour. Beat with spoon to a stiff smooth batter comes together.
2. Using ricer, fill with mixture and squeeze thru cylinder over the boiling water. Let the noodles rise once or twice.
3. Pull noodles and put in strainer to rinse with cold water.
4. Continue until batter is gone.
5. Once all is made take a frying pan with a stick of butter and fry noodles till crisp.

Best served with a piece of meat and gravy

# Cannoli's

From the Kitchen of: The Smyth Family

Country of Origin: Italy



## Ingredients:

$\frac{3}{4}$  cup full fat ricotta cheese  
1 cup mascarpone cheese  
1 tsp. vanilla extract  
 $\frac{1}{4}$  cup powder sugar  
 $\frac{1}{4}$  tsp. cinnamon  
 $\frac{1}{2}$  cup mini chocolate chips  
8 cannoli shells



## Directions:

1. Mix the ricotta cheese with mascarpone cheese together
2. Add vanilla, powder sugar, and cinnamon and mix
3. Fold in chocolate chips
4. Chill mixture for 2 hours
5. Take filling and place in piping bag and fill cannoli shells.

# Haitian Spaghetti

From the Kitchen of: The Laurent Family

Country of Origin: Haiti



## Ingredients:

1 lb. spaghetti  
3 tbs. olive oil  
3 tbs. tomato paste  
1 tbs. garlic  
1 cup of white onions  
1 tsp. thyme (fresh, chopped)  
5 chicken sausages  
1 ½ tbs. chicken bouillon powder  
A tiny bit of salt  
1 ½ cup of reserved pasta water  
2 or 3 peppers  
½ tsp. red pepper (crushed or habanero pepper - optional)



## Directions:

1. Boil pasta according to the package.
2. In a heavy large saucepan, heat oil and add tomato paste and cook for 3-4 minutes while stirring occasionally. Add garlic, onion, thyme and cook for 4 minutes while stirring. Add chicken bouillon and stir.
3. In a separate pan cook sausage in a very little oil.
4. Add tomato mixture.
5. Add pasta to the pot and stir.
6. Add pasta water and cool for 5 minutes.
7. Add red pepper, salt and pepper.  
Serve hot with salad.

This recipe can be eaten at lunch, dinner and breakfast.

# Baklava

From the Kitchen of: The Radoncic Family

Country of Origin: Montenegro



## Ingredients:

1 package of phyllo dough  
1 pound chopped nuts (walnuts and almonds)  
1 cup butter  
1 cup water  
1 cup white sugar  
1 tsp. vanilla extract



## Directions:

1. Unroll phyllo dough. Place two sheets of dough in a pan and butter thoroughly. Sprinkle two - three tablespoons of nut mixture on top. Top with two sheets of dough, butter, nuts, layering as you go. The top layer should be about 6-8 sheets deep.
2. Using a sharp knife cut into diamond or square shapes all the way to the bottom of the pan. You may cut into 4 long rows to make diagonal cuts.
3. Bake for about 50 minutes until baklava is golden and crisp.
4. Make syrup while baklava is baking. Boil sugar and water until sugar is melted. Add vanilla and simmer for about 20 minutes.
5. Remove baklava from oven and immediately spoon syrup over it. Let it cool down uncovered because it gets soggy if it is wrapped up.

Enjoy!



# Empanadas

From the Kitchen of: The Espinoza Family

Country of Origin: Ecuador

## Ingredients:

2 ¼ cups purpose flour  
1 tsp. of salt  
1 stick unsalted butter (½ cup) cut into small pieces  
⅓ cup ice-cold water  
1 tbs. distilled white vinegar  
1 ½ tbs. oil  
1 large onion (finely chopped)  
Salt  
1 large egg  
1 ½ tbs. water



## Directions:

1. Place 2 ¼ cup of flour into bowl. Add salt and unsalted butter, ⅓ cup of ice cold water, vinegar, oil, large onion ( finely chopped), salt, egg and water.
2. Mix all up and shape it like a crescent shape
3. Put in oven at 400 degrees
4. Cook for 10 - 15 minutes

# Boiled Plantain (Mangú)

From the Kitchen of: Almonte Family

Country of Origin: Dominican Republic



Ingredients:

Plantains  
Onions  
Butter



Directions:

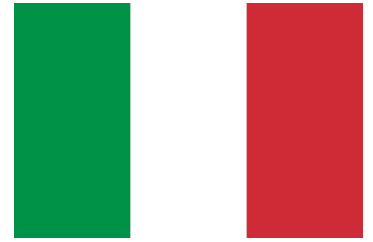
1. Remove skin from plantains
2. Boil until brown and soft
3. In a separate pan dice onions and fry in oil.
4. Once plantains are soft, mix onions and butter and smash until you get a puree consistency.

Enjoy!

# Sunday Sauce

From the Kitchen of: Sousa Family

Country of Origin: Italy



## Ingredients:

¼ cup olive oil  
4 28 oz. pastene tomatoes  
1 large onion diced  
4 cloves garlic chopped  
½ cup red wine  
1 can water  
4-6 leaves fresh basil and parsley  
2-3 pieces of pork  
1 lb. italian sausage

## For Meatballs:

2 ½ lbs chopped meat  
4 cups Italian style bread crumbs  
Salt, pepper oregano to taste  
½ cup parmesan cheese  
3 large eggs  
1 tsp. salt, garlic & onion powder



## Directions:

### For Sauce

Put oil in pot and brown sausage and meatballs.  
Remove meat from pot and put onion in pot stirring frequently until translucent.

Add garlic, red wine, salt & pepper

Deglaze pot.

Add tomato sauce and water, chopped basil and parsley.

### For Meatballs

Mix ¾ cup bread crumbs, parmesan cheese, 3 large eggs, onion, garlic powder, parsley, salt and pepper.

Roll into meatballs and bake at 350 for 20 minutes.

Add all the meat to sauce and let simmer for 3-5 hours.

Enjoy with family!

# *Moro de Habichuelas Negras / Bisteca*

From the Kitchen of: The Hernandez Family

Country of Origin: Dominican Republic

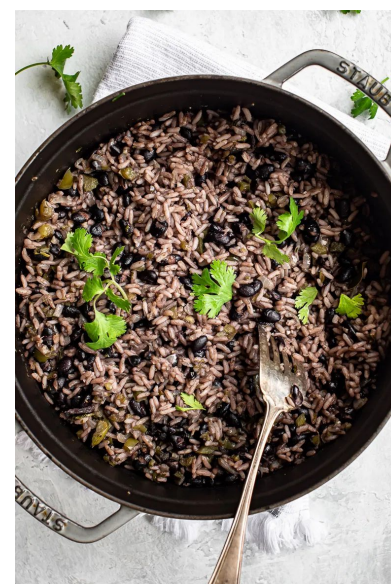


## Ingredients:

1 can black beans  
1 cup rice  
3 tbs. oil  
2 piece garlic  
1 tsp. adobo  
1 tsp. lemon  
1 tsp. cilantro  
1 tsp. oregano  
Half onion  
1 pepper quartered  
2 lbs. beef chuck roast

## Steak seasoning

1 tsp. limon/lemon  
About 1 tsp. oregano  
1 tsp. garlic  
1 tsp. adobo  
½ tsp. black pepper



## Directions:

1. Put the oil, garlic, adobo, lemon and oregano to fry it up a little then add the black beans with water to boil.
2. Once water is boiling add the rice, let the rice boil and dry up on low flame. Cover the pot and cook the rice for about 35 minutes.
3. To make the steak first wash it with vinegar. Then season and cool until it gets very tender/soft.
4. Add the peppers and onions, Keep adding water as needed to get soft.
5. After 20 minutes add the rice and Enjoy.

# *Lentil Dahl*

**From the Kitchen of: The Ali-Baretto Family**

**Country of Origin: India**



## **Ingredients:**

1 tbs. canola oil  
½ tsp. cumin seeds  
1 onion diced  
½ tsp. ginger root grated  
1/2 tsp. turmeric grated  
1 green chili minced  
2 cloves garlic minced  
1 tsp. curry powder  
½ tsp. cinnamon  
½ tsp. salt  
2 cups vegetable stock  
1/2 can coconut milk  
1 cup dried red lentils, uncooked



## **Directions:**

1. In a pot heat oil and toast the cumin seeds for a minute. When they sizzle, add diced onion and saute until soft and translucent.
2. Add the ginger, turmeric, chili and garlic and saute for 1 minute.
3. Add curry powder, cinnamon and salt. Cook for 20 seconds, then add the stock and lentils.
4. Add the coconut milk and give it a good stir. Cover and simmer for 20 minutes.
5. Stir the dhal every 5 minutes to make sure that it doesn't stick to the pan.

# Colombian Hot Dogs

From the Kitchen of: The Calderon's family

Country of Origin: Colombia



## Ingredients:

2 cups of fresh pineapple (chunks)  
1 small bag of potato chips crushed into fine pieces.  
1/3 cup water  
Mayonnaise  
2 1/2 tlbs. sugar  
Ketchup

1 1/4 teaspoon cornstarch  
12 quail eggs( boiled and peeled)  
Juice of 1/2 lime  
Bacon  
6 hot dogs buns  
6 pork and beef hot dogs



## Directions:

1. Put the pineapple and water in a blender until smooth.
2. Press the pineapple mixture through a sieve into a small saucepan. Discard the pineapple on the sieve.
3. Place the saucepan with the pineapple mixture over medium-low heat and add the lime juice and sugar. Cook, stirring for about 15 minutes.
4. In a small bowl blend the cornstarch with 1 tablespoon of water and then stir the mixture into the pineapple sauce.
5. Bring to a slow boil, stirring until the sauce thickens. Simmer gently for 4 minutes while stirring.
6. Let it cool and transfer to a serving bowl.
7. In a medium pot bring water to boil. Add the hotdogs to the boiling water and cover. Cook for about 7 minutes.
8. Remove and drain on paper towels.
9. Place the hotdogs in the buns and top with the pineapple sauce, mayonnaise, ketchup, crushed potato chips, quail eggs and bacon.

# Arroz con gandules (Rice with pigeon peas )

From the Kitchen of: Monroe Gibbons

Country of Origin: Puerto Rico



Tradition: Pascua (Easter), NocheBuena (Christmas Eve)

## Ingredients:

4 cups of rice	¼ tsp. adobo
4 tbsp. of oil	½ tsp. of salt
2 tbsp. of recaito	4 cups of water
2 tbsp. of sofrito	½ of olivers
1 cup of tomato sauce	2 tsp. capers
1 can of pigeon peas	1 bay leaf
1 packet of sazón (culantro y achiote)	



## Directions:

1. Add 4 cups of water in a large pot.
2. Place all the ingredients in the pot with the water - but not the rice.
3. Bring all the ingredients to a boil.
4. Add the rice.
5. Mix everything together.
6. Bring it back to a boil.
7. Reduce the heat and simmer.
8. Add olives, capers, and bay leaves on top.
9. Cover with a lid.
10. Let it cook for 15-20 minutes on a low low flame.
11. Keep turning the rice to mix it.
12. Turn off the flame. Fluff rice and add salt for personal taste.

**Recipe Notes:** *Pegao*, the tasty rice at the bottom of the pot. It is customary for

Puerto Ricans to eat the crusty rice leftovers. You have to use enough oil and don't simmer with high heat to get it to the right crispiness.

# Philly Cheese Steak Taco

From the Kitchen of: The Vilsaint Family

Country of Origin: Mexico

Tradition: They eat it every day

Ingredients:

Steak

Shredded white or yellow  
cheese

Large tacos

Lettuce

Diced white onion

Directions:

1. Put garlic butter on the taco, place it on a medium temperature grill and turn over every 30 seconds.

When it is soft, place it on a plate.

2. Slice the steak into 8 pieces then place them on the grill with high temperature for about 20 minutes then chop into many smaller pieces and put it on the taco.

3. Dice white onion with garlic butter, place it on a pan on medium heat and brown.

4. Place the onion on top of the steak and put on your shredded cheese and shredded lettuce.

5. Put some more cheese on top.

6. Now the last step is to put it in the oven on medium temperature and that is your philly cheese steak taco. I hope you enjoy it.





# Milanesas de Pollo

From the Kitchen of: The Casale Family

Country of Origin: Argentina



## Ingredients:

4 pieces of boneless chicken breast  
500 grams of breadcrumbs  
4 eggs  
1 pinch of salt  
1 pinch of garlic and parsley  
1 pinch of black pepper



## Directions:

1. The first step in making our chicken breaded recipe is to pre-list the ingredients.
2. Cut the chicken breast very thin and add salt.
3. In a bowl add eggs with a little salt and the parsley and garlic, and beat them as if you wanted to make an omelette. In another bowl add the breadcrumbs.
4. Take the piece of chicken and dip it in the mixed eggs and then put the chicken in the breadcrumbs, then put the chicken in the breadcrumbs and meat will eventually join together.
5. Now cook the chicken. Bring a pan over medium heat and add a little oil. Once it's hot, put the chicken milanesas in the oven and when brown on each side they are ready. 8 to 10 minutes and then flip it over for another 8 to 10 minutes.
6. Serve the homemade chicken milanesas with a few slices of lemon, this dish is used to accompany fried potatoes or roasted potatoes and the sauce you want.

# Arroz Con Gandules



From the Kitchen of: The Burrell Family

Country of Origin: Puerto Rico

## Ingredients:

1 tbsp olive oil  
¼ country ham chopped - may substitute other meat like bacon  
½ cup green bell pepper chopped  
½ cup yellow onion chopped  
2 packets sazón  
1 tbsp minced garlic  
1 tsp. oregano

1 ½ cup white rice medium grain - may also use long grain  
1 can pigeon peas (gandules verdes)- variance with coconut water.  
¼ cup green olives stuffed with Pimentos  
4 oz. tomato sauce



## Directions:

### Step 1

Heat oil in a medium, heavy saucepan over medium-high heat. Add ham to pan; cook until brown, about 5 minutes. Stir in peppers and onions; cook, stirring occasionally, scraping up brown bits from bottom, until vegetables are soft and translucent, 10 minutes. Add sazón, garlic, cilantro and oregano. Cook until fragrant, about 30 seconds.

### Step 2

Add rice to the pan. Cook, stirring frequently, until coated in oil and toasted, about 1 minute. Stir in pigeon peas, tomato sauce, olives and 1½ cups water; using a wooden spoon, stir once and bring rice mixture to a boil. Cook, uncovered, until water has evaporated, about 10 minutes. Gently stir rice from bottom up.

### Step 3

Lower heat to medium low and cook, covered, until rice is tender, about 15 minutes. Remove the saucepan from heat. Gently fluff rice with a fork. Cover pan and let stand 5 minutes.

### Step 4

**Buen provecho (enjoy your meal.)**

# Buko Fruit Salad

From the Kitchen of: The Arnaldo Family

Country of Origin: Philippines



## Ingredients:

- 2 apples
- 2 peaches
- 1 cup grapes
- 1 cup coconut strips
- ½ cups cherries
- 1 can nata de coco
- 2 cans condensed milk



## Directions:

1. Cube apples and peaches grapes and cherries.
2. Mix in the coconut strips
3. Pour condensed milk.

ENJOY!

# Turkish Rice Pudding

From the Kitchen of: The Astekin Family

Country of Origin: Turkey

## Ingredients:

½ cup short grain rice  
2 cups of water  
4 ½ cups whole milk  
¼ cup heavy cream  
¾ cup sugar  
3 tbs. cornstarch  
1 pinch of salt  
1 Tbs. vanilla extract  
Ground cinnamon for sprinkling



## Directions:

1. In a saucepan add rice and water and bring to a boil. Lower heat and cook covered for 25 mins.
2. Add 4 cups of milk, heavy cream and sugar bring to a boil.
3. In the meantime, dissolve, the cornstarch in the remaining milk.
4. Now gradually add it to the rice mixture stirring constantly.
5. Add the salt and vanilla extract and simmer uncovered on low heat, stirring frequently for about 15 minutes.
6. When done, divide between individual ovenproof dishes and let cool to room temperature,
7. Sprinkle sugar on top and place in over under the broiler until surface is slightly browned.
8. Sprinkle with some cinnamon and serve right away or let cool down and refrigerate until chilled. In this case sprinkle cinnamon before serving.

ENJOY!

# Chicken Chow Mein

## From the Kitchen of: The Hodge Family

My parents are Guyanese. Their culture is made up of seven races: Amerindian, African, East Indian, Chinese, European, Portuguese and Mixed Raced. Chicken chowmein is a main dish that stemmed from the Chinese culture in Guyana. It is a type of noodle that is cooked with either one, chicken or pork or beef and chicken, or pork, chicken, and beef. It is easy to prepare and very tasty.

## Country of Origin: Chinese Culture in Guyana



## Ingredients:

2 lbs of boneless skinless chicken thighs, cut into 1-inch cube	1 teaspoon salt or 1 vegetable cube
1 lb. chow mein noodles	5 cloves of garlic grated
1 large red bell pepper, diced	1 teaspoon of grated fresh ginger
2 large carrots, diced	1 teaspoon of Chinese 5-spice
2 medium onions, chopped	A pinch of cayenne pepper or black pepper
8 oz. cabbage	2 tablespoon of olive oil
1 parcel bora	
3 blades eschalot, chopped	

## Directions:

**In a large bowl season chicken with onion, grated garlic, grated ginger, salt or cube, Chinese 5 spice and cayenne pepper or black pepper let it marinate for at least 30 minutes.**



**Cut vegetables finely.**

**Boil chowmein/noodles in salted water for 7-10 minutes; strain and pour cold water over noodles to loosen it.**

**Heat oil on high heat in a wok or large frying pan suitable for stir-frying.**

**Add the seasoned or marinated chicken and sauté until fully cooked and all the chicken juices have cooked down.**

**Add the veggies, finely cut; *keeping a handful of onions and eschalot for garnish.***

**Sauté for about 2 minutes; add cube.**

**Add chowmein to chicken and vegetables; stir fry for about 5 minutes.**

**Remove from heat. Pile onto dish; garnish with onions and eschalot. Serve!**

# Chicken Curry



From the Kitchen of: The Awal Family

Country of Origin: Guyana

## Ingredients:

Whole chicken cut into curry size  
1 whole onion ( chopped )  
garlic ( cloves )  
1 tsp. roasted geera  
1 tsp. curry powder  
1 tsp. turmeric powder  
1 tsp. garam masala

stem of fine leaf  
1 tsp. garlic powder  
1 tsp. onion powder  
bird pepper  
½ green onion ( scallion and chopped )  
1 tsp. oil of ( your choice )



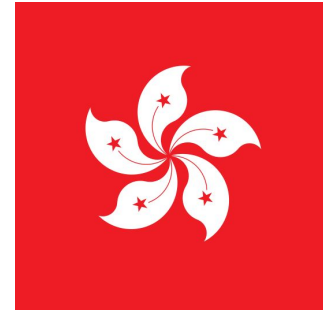
## Directions:

1. In a nonstick pot add 1 tsp oil, about 1 minute until oil is hot.
2. Add onion and garlic cloves, stir for 3 seconds.
3. Add roasted geera, curry powder, turmeric, garam masala, salt and black pepper.
4. Stir for 2 minutes until everything is mixed.
5. Add ½ cup water and let it start bubbling for 10 seconds.
6. Add the washed chicken to the blend.
7. Mix until chicken is covered with mixture.
8. Cover and let it sit for 5 minutes until the water starts burning out.
9. Add 3 cups of water until chicken is covered or can't be seen
10. Once it starts boiling, 10 minutes into cooking add all 4 cut potatoes..
11. Cover and let it boil , turn every 10 minutes until 45 minutes passes or until the gravy is to your liking.
- 12 . Eat with white rice.

# Fillets of Fish in Creamy Corn Sauce

From the Kitchen of: The Cheung Family

Country of Origin: Hong Kong



## Ingredients:

1 corn cob  
1-2 fish fillet (cod)  
1 egg  
cornstarch  
white pepper  
sugar  
salt  
1 can cream style corn



## Directions:

1. Cut the fillet of fish into 1 ½ inches wide pieces.
2. Season the fish with 2 teaspoons of salt, 2 teaspoons of sugar, 2 teaspoons of cornstarch, 1 teaspoon of white pepper powder, 1 teaspoon of oil and mix well.
3. Whisk 1 egg.
4. Use a deep pan put on high heat add 2 tablespoons of oil.
5. Evenly put the fish in the pan and sear, 5 minutes on each side, until turn golden brown.
6. Open 1 can of cream style corn and add 1/4 cup of water .
7. Carefully mix it and simmer for 3 minutes.
8. Add whisked egg and stir continuously until sauce thickens.

# Pasteles

From the Kitchen of: The Cumberbatch Family

Country of Origin: Puerto Rico

## Ingredients:

72 green bananas	
12 lbs. of yautia	
6 lbs. of calabazo/kanocha squash	1 jar of manzanilla olives
6 large batata/potatoes	1 or 2 garbanzo beans
6 lbs. of pernil	pasteles paper
6 lbs. of chicken	string
1 bottle of achiote seeds	olive oil



## Directions:

1. Season the pernil and chicken with sofrito.
2. Cook chicken for 30 minutes separately, cook pernil for 45 minutes.
3. Grind up green bananas, yautia, calabazo, potatoes, to make a masa
4. Season masa with 2-3 tablespoons of salt, cilantro.
5. When all of the meats are finished cooking add some of the liquid from the meat to the root vegetables to give the masa flavor.
6. Heat up about  $\frac{1}{3}$  of olive oil in a small pot and add 1 bottle of achiote seeds.
7. Take out the pasteles paper and spread 1 teaspoon of achiote oil.
8. Then take  $\frac{3}{4}$  serving spoons of the masa and put it on the achiote oil.
9. Flatten the masa then add chicken or pernil to the masa, also add olives, red pepper, 1 or 2 garbanzo beans to the center of the masa.
10. Take the pasteles paper with the masa and fold it in half and fold the top and the bottom.
11. Take string and tie it from top to bottom and side to side in a knot.
12. Boil a pot of hot water for 10 minutes then add the pasteles to the boiling water and let them cook for an hour. When you see it come to the top of the pot it is done and ready to eat. You can freeze pasteles for up to a month and they are still good to eat.
13. P.S. make sure to dice your meat .



# Doubles

From the Kitchen of: The Gebauer Family

Country of Origin: Trinidad



## Ingredients:

For the dough:

1/3 cup of warm water

1/4 teaspoon sugar

1 teaspoon dry yeast

2 cups of all purpose flour

1/2 teaspoon salt

1/2 teaspoon turmeric

1/2 teaspoon black pepper

1/2 teaspoon cumin

For the curried channa

2 dried cups of chickpeas

1 tablespoon of vegetable oil

1 onion

3 minced garlic

1 1/2 tablespoons of curry powder

salt and pepper.



## Directions:

Step 1. Stir water, yeast and sugar together and sit for 5 minutes.

Step 2. Stir flour, salt, turmeric, cumin and pepper. Then stir in yeast add warm water. Knead the dough for 2 minutes. Let the dough sit for 1 hour.

Step 3. Dried chickpeas, add 6 cups of water.

Step 4. Heat oil, add onions and garlic mix in pan for 1 minute, mix in curry powder for 30 seconds then add 1/4 cup of water.

Step 5. time for the chickpeas stir in chickpeas for 5 minutes Add 1 cup of water and cumin powder. Season it with salt and pepper bring to boil cook for 20 minutes.

## A S S E M B L E

Step 6. Punch down risen dough and sit for 10 minutes.

Step 7. Make dough into 4 1/2 inch circles.

Step 8. In a deep frying pan heat oil, fry dough circles until lightly brown for 40 seconds drain on paper towels.

Step 9. Put 2 tablespoons of filling on 1 piece of fried dough adding pepper sauce and cucumbers add another piece of fried dough.

# Kung Pao Chicken

From the Kitchen of: The Jiang Family

Country of Origin: China



## Ingredients:

1. Boneless chicken breast- 150g.
2. Peanuts- 80g.
3. Dried chili pepper- 30g.
4. Vegetable oil- 30g.
5. Peeled garlic- 20g.
6. Sliced ginger- 20g.
7. Sichuan pepper- 3g.
8. Scallion- white part- 5g.
9. Soy sauce- 10g.
10. Sugar- 3g.
11. Chinese vinegar- 5g.
12. Sesame oil 5g.
13. Cornstarch/ pea starch- 5g.
14. Chinese rice wine- 5g.
15. Salt- 3g.
16. Water- 15g.



## Directions:

1. Cut chicken breast into 2cm cubes and marinate with salt and rice wine.
2. Mix the following into a cooking sauce:  
sugar, cornstarch, chinese vinegar, soy sauce, sesame oil.
3. Cut peeled garlic and ginger into thin slices, cut the dried chili pepper and scallion (white part) into 2cm strips.
4. Put vegetable oil in a wok with 350F heat and add garlic, ginger slice, and sichuan pepper, stir fry until the aroma comes out.
5. Add chicken and dried chili pepper and stir fry with the 350F, heat for 3 minutes.
6. Add peanuts in the wok and stir fry for about 2 minutes.
7. Add scallion (white part) strips and put the sauce in the wok and stir well.
8. When the sauce becomes thick and shiny turn off the heat.
9. Put onto a plate and enjoy!

# Arroz

From the Kitchen of: The Mieses Family

Country of Origin: Puerto Rico



## Ingredients:

- 1 Can green pigeon peas
- 1 tbsp salt
- 1 tbsp pepper
- 2 cups of rice
- 1 tbsp of pure vegetable oil
- One full packet sazón
- 1 tbsp garlic powder
- 2 cups of water
- 3 tbsp sofrito



## Directions:

1. Boil all ingredients until water evaporates.
2. Then put the lid on the pot and cook over medium heat for 15 minutes.

Then enjoy!

# Flan

From the Kitchen of: The Pena Family

Country of Origin: Spain



## Ingredients:

- 1 cup of white sugar
- 3 eggs
- 1 (14 ounce) can sweetened condensed milk
- 1 (12 fluid ounce) can evaporated milk
- 1 tablespoon vanilla extract



## Directions:

Preheat oven to 350 degrees

1. Medium saucepan over medium low heat, melt sugar until liquefied and golden in color. Carefully pour hot syrup into a round dish.
2. In a large bowl, beat eggs. Beat in condensed milk, evaporated milk, and vanilla until smooth. Pour egg into dish. Cover with foil.
3. Bake in preheated oven for 60 mins. Let it cool completely.
4. To serve, carefully invert on serving plate with edges when completely cool.

# Mema's Spaghetti and Meatballs Sunday Dinner

From the Kitchen of: The Schmidt Family

Country of Origin: Italy



## Ingredients:

2 large cans of tomato puree  
1 cup of water  
1 teaspoon of garlic powder  
1 teaspoon of basil  
1 teaspoon of salt  
1 teaspoon of oregano  
1 teaspoon of parsley

2 pounds of ground beef  
¼ cup of grated cheese or pecorino  
¼ cup of dry breadcrumbs  
1 egg and secret ingredient  
can't tell  
vegetable oil ( use in pan )  
1 16 ounce box of spaghetti

## Directions

1. Mix cans of tomato, water, garlic powder, basil, salt, parsley, and oregano in large pot and simmer for 30 minutes.
2. Take the 2 pounds of ground beef, grated cheese, dry breadcrumbs and egg, mix ingredients to form a meatball.
3. Brown meatballs on all sides with vegetable oil in the pan.
4. Add browned meatballs to simmering sauce and cook for an additional hour.
5. Cook spaghetti by using a large pot with water let it come to a boil and slowly add in pasta to cook for 10 minutes or until tender.
6. Drain pasta and put back into the pot.
7. To serve, put pasta onto a large dish and put meatballs in a large bowl with extra sauce and grated cheese on the side. When ready to eat you can also chop fresh basil and sprinkle on top of meatballs.

**Mongaiare!! - Eat!**

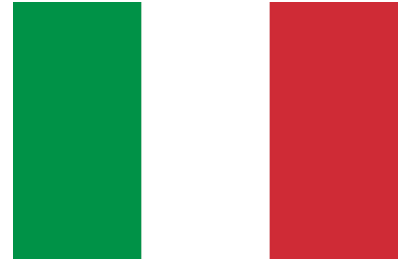
# Nona's Pizza

From the Kitchen of: The Rizzo Family

Country of Origin: Italy

## Ingredients:

Pizza pan 16 -18 inches  
Rolling pin  
Pizza dough  
1 jar of tomato sauce  
1 pack of mozzarella cheese  
salt to taste  
1 cup of olive oil



## Directions

**Step 1:** Preheat oven to 400°.

**Step 2:** Knead the dough.

**Step 3:** Flatten out dough with rolling pin and fit it to the pan (grease pan).

**Step 4:** Add sauce spread sauce around with the spoon until you have a light coating of sauce.

**Step 5:** Add chunks of mozzarella cheese.

**Step 6:** Bake pizza until crust is golden brown.

**Step 7:** Slice and eat!

# Haitian Brown rice

From the Kitchen of: The Sylla Family

Country of Origin: Haiti



## Ingredients:

2 cups of brown rice  
1 cup of black beans  
2 tsp. of salt  
1 tsp. of adobo  
1 cup of maggi seasoning



## Directions

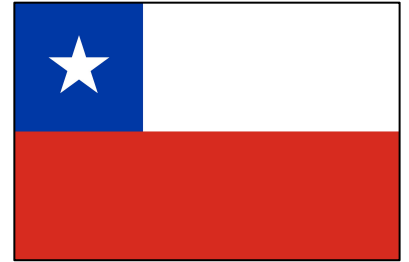
1. Boil 3 cups of water for 7 mins.
2. Add 1 cup of black beans cook for 10 mins.
3. Add two cups of rice, boil to 5 mins.
4. Then add all seasoning
5. Finally, serve on a plate with your favorite side.

# Sopaipillas

Sopaipillas are a fried dough snack with pumpkin puree and are a traditional Chilean food normally eaten during rainy days.

From the Kitchen of: The Yanez Family

Country of Origin: Chile



## Ingredients:

1 cup pumpkin puree ( I use canned in the USA)  
2 cups flour  
2 teaspoons baking powder  
1 teaspoon fine salt  
3 tablespoons vegetable shortening, margarine  
or butter melted.



## Directions

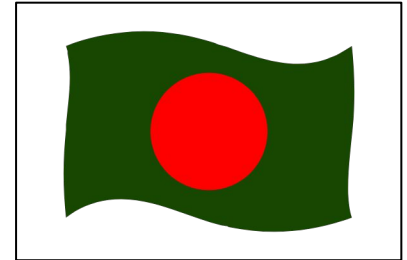
1. Place the flour, baking powder and salt in the food processor and pulse a few times to mix, add the remaining ingredients and pulse until dough forms should be smooth and pliable.
2. Take out of the food processor and knead a couple of times. Let stand, cover with a cloth for 20 minutes.
3. Roll onto a floured counter until the desired thickness; I prefer thin,  $\frac{1}{2}$  cm. More or less or  $\frac{1}{4}$ '.
4. Heat oil to 180C or 350F.
5. Fry for 2-3 minutes per side. They should be golden brown.
6. Remove to a plate lined with a paper towel to absorb excess oil.  
Serve warm.



# Chicken Biryani

From the Kitchen of: The Choudhury Family

Country of Origin: Bangladesh



## Ingredients:

rice 1kg	2 bay leaves
chicken 1kg	black pepper
yogurt ½ kg	4 cloves
onions 1 kg	4 cardamom
2 tomatoes	2 tsp. red chili
1 tbs. ginger paste	6 tsp. salt
1 Tbl.s garlic paste	6 tbs. oil



## Directions:

1. Soak rice in plain water, put a pan on medium heat and add oil and chopped onions. Keep stirring so that onions get brown.
2. When the onions are dark brown put tomatoes, garlic and onion paste, chili powder, salt, turmeric and saute for five minutes.
3. Now add chicken and saute for ten minutes on medium heat. Mix the remaining ingredients in yogurt then add in the cooking pot.
4. Add chopped green chili and cover it. In another open mouthed cooking pot pour water and salt. When the water boils add rice.
5. Cook the rice until almost done and drain the remaining water.
6. Use a third pot to make the layers of the rice and chicken curry.
7. The first layer should be of rice, then another layer of rice, then chicken.
8. Put out the flame and leave it on the hot cooking range for 15 minutes. This is a very important part of the cooking process.

# Black Christmas Cake

From the Kitchen of: The Bryan Family

Country of Origin: Jamaica



## Ingredients:

2 ounces bread  
crumbs  
8 ounces  
butter/margarine  
6 ounces flour  
1 teaspoon salt

4 medium eggs  
8 ounces brown sugar  
1 ½ pounds mixed fruits  
Grated rind of lemon or  
lime



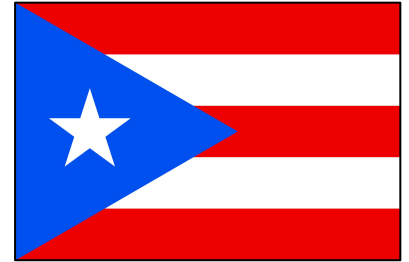
## Directions

1. First cream butter and sugar until fluffy.
2. Second, add one egg each time to the butter and sugar blend, beating well after each addition.
3. Sift all dry ingredients and pour into butter and cream mixture, alternatively with fruit as well as the grated rind of lime or lemon. after that add vanilla, almond essence and rose water to this mixture.
4. Finally pour mixture into greased and/or lined baking tin and bake at 300'f for 1 ½ hours and then at 275'f for another 1 ¼ hours.

# Pastelillos

From the Kitchen of: The Delvalle Family

Country of Origin: Puerto Rico



## Ingredients:

2 lbs of ground beef  
3 tbsp. of sofrito  
½ adobo  
½ pkg. sazón  
½ onion diced  
8 pastry discos  
cooking oil  
American cheese



## Directions

1. In a pot add ground beef and seasoning and cook until brown.
2. Add onion simmer for 15 minutes.
3. After cooking the meat, take one spoonful into the center of each piece of pastry.
4. Fold dough in half using a fork press around the edges to seal. Flip and press the edges of the other side.
5. In a pan add oil once hot and then add pastelillos. Fry in batches of two about 2 ½ minutes per side until deep golden brown.
6. Transfer to a paper towel to drain.
7. Serve warm and enjoy.

You can substitute the meat with the cheese with the pastelillos.

# Pupusas

From the Kitchen of: The Alvarez Family

Country of Origin: El Salvador



## Ingredients:

Mozzarella cheese	Bell pepper
Can refried red beans	Onion
Chicharron(chicken)	Oil
Meat	Maseca flour
Water	
Salt	
Tomato	



## Directions

1. Take a pot, put the meat in with water and salt and let it cook for an hour until it's tender.
2. Let it cool down for a little while then shred it in pieces
3. Cut the tomato, onion and pepper in pieces.
4. Then put everything together in a bowl.
5. Then blend everything together.
6. Then put everything together to fry in a casserole.
7. Let it cool down and put it in the fridge. Take the mozzarella cheese and knead it until its soft.
8. Then take the maseca flour and put it in a bowl and mix it with water until it is soft.
9. Then take the dough and flatten it.
10. Then take the chicharron, cheese and beans inside the dough and make a ball, once its flat put it on the burner, griddle to cook.

# Pan de Yuca

From the Kitchen of: The Espinoza Family

Country of Origin: Ecuador



## Ingredients:

4 cups of shredded mozzarella cheese  
2 cups of cassava flour  
1 teaspoon of salt  
1 teaspoon of baking powder.  
3 tablespoons of butter  
2 eggs  
¼ cup of milk



## Directions

1. First, you take out the ingredients.
2. Second, take out a bowl then you put all ingredients in the bowl
3. Then, shape it into balls.
4. Finally, put it in a tray then you put the tray in the oven and turn on oven to 375 fahrenheit.

# Rice BEANS it's the tradition

From the Kitchen of: The Nunez-Ballester Family

Country of Origin: Dominican Republic



## Ingredients:

1 cup of water	1 cup of dried beans
1 cup rice white rice	or 1 can of beans
1 tbs. vegetable oil	pepper
1 tsp. salt	chopped cilantro
1/2 cup diced onion	2 cups of water
2 garlic cloves	



## Directions:

1. Boil water with salt and oil.
2. Add rice and lower heat to medium, cover for 10 minutes.
3. Stir the rice with a spoon and cover for 20 minutes with a lid.
4. Add garlic onion, pepper and cilantro.
5. Enjoy with beans.

# Fry bake

From the Kitchen of: The John Family

Country of Origin: Trinidad



## Ingredients:

2 cups of flour  
1 tablespoon baking powder  
½ teaspoon salt  
1 teaspoon sugar  
1 teaspoon of butter  
1 cup of water  
2 cups of canola coconut oil for frying bake



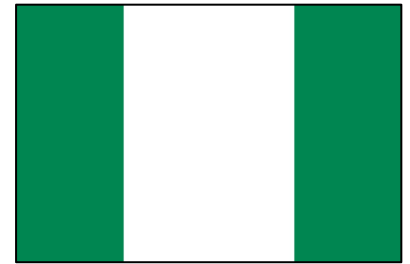
## Directions:

1. Mix together flour, baking powder, sugar and salt, add butter and mix with a fork.
2. Make a hole in the center dough, should begin to resemble really coarse crumbs at this stage.
3. Allow to rest for about 5 minutes, then dust the flour and knead to form smoother dough.
4. Rub some oil on top and the allow it to sit there for 30 minutes covered with plastic wrap.
5. Cut the dough into pieces.
6. Roll them up them into balls then place them on a clean surface and flatten the balls.
7. Add oil in a deep pan, when oil heats start adding rolled out dough and fry in hot oil until both sides are golden brown.
8. Drain on paper towel to take away extra oil.

# Jollof Rice

From the Kitchen of: The Michael Family

Country of Origin: Nigeria



## Ingredients:

rice	thyme
tomato	seasoning cube
pepper	salt
garlic	onion
ginger	chicken
vegetable oil	
curry	



## Directions:

1. Blend the pepper, tomato, onion, ginger and garlic in a blender
2. Pour the mixture in the pot and cook for 15 to 20 minutes
3. Cook the chicken with onion, pepper, seasoning and set the stock aside
4. Wash the rice and put it in the pot for 10 minutes
5. Bring it down, drain the water and set aside
6. Heat up the vegetable oil in a pot and add the chopped onion then add the blended tomato mix
7. Cook for 10 to 15 minutes



# Chicken Curry

From the Kitchen of: The Jasleen Singh Family

Country of Origin: Guyana



## Ingredients:

4 tbs. of masala-curry powder	
1 tsp curry (for chicken powder)	½ teaspoon ground cumin/jeera
1 medium chopped onion	⅓ cup boiling water
1 head of garlic, peeled	6 tablespoons cooking oil
a few sprigs of fresh thyme	2 medium potatoes, peeled and chopped
4 lbs. chicken	desired amount of wiri wiri pepper or scotch bonnet pepper
1 tsp. pepper	
4 tbs. of garam masala	
3 tbs. of curry powder	



## Directions:

1. In a blender, combine medium onion, head of garlic, thyme leaves, pepper and ¼ cup water. Blend until smooth and thick like a smoothie.
2. Wash and clean chicken. Remove fat, chop into 3 inch pieces. Pat dry with paper towel, set aside.
3. Add 2 tbsp of the seasoning to chicken plus 1 tsp curry powder. Massage into meat, let it rest for ½ hr minimum
4. In a bowl, mix 4 heaping tbsp seasoning, 4 tbs. masala, 3 tbs., curry powder, ½ tsp. cumin and ⅓ cup water into a paste.
5. Heat an iron pot with 6 tbsp oil. Add masala- curry powder paste and fry for 2-3 mins, stirring constantly until mixture looks darker and not watery.
6. Add chicken to pot and stir to coat with masala-curry powder mixture.
7. Cover the pot and let chicken cook for 15-20 mins on medium heat, stirring every once in a while. Remove the lid and allow water from the chicken to evaporate. Chicken will then start to look dry. Add salt and turn chicken.
8. Add boiling water to cover the chicken.
9. Add chopped potatoes, cover with lid.
10. Let curry boil on medium-high heat until gravy has reduced by one-third and thickens to your desire.

Make sure chicken has bounjayed (meat has been seared with the masala and looks dry) well before adding the boiling water. If water is added too soon, it will wash the masala off the chicken and you will end up with a watery curry.

# Coconut Fried Shrimp

From the Kitchen of: The Aguirre Family

Country of Origin: American



## Ingredients:

1 lb. large shrimp 21-25 count peeled and deveined with tails left on	1 ½ cups sweetened shredded coconut
¼ cup all-purpose flour	½ cup panko bread crumbs
½ tsp. garlic powder	light olive oil
½ tsp. salt	
2 large eggs beaten with a fork	



## Directions:

1. Rinse shrimp in cold water and pat dry with paper towels
2. Set up 3 shallow bowls. In the first bowl stir together ¼ cup flour, ½ tsp garlic powder and ½ tsp salt. In the second bowl beat 2 eggs with a fork. In the third bowl combine 1 ½ cup panko bread crumbs.
3. Dredge shrimp in the flour, then dip in the beaten egg and finally dip in crumbs mixture using your hands to press the coconut crumb mixture onto your shrimp - once all shrimp are breaded saute.
4. To saute: Place a large pan over medium heat and add enough oil to generously cover the bottom (1 ¼ deep) once oil is hot (350 f) add shrimp and saute 2 minutes per side until golden brown and shrimp is pink and cooked through, cook in batches and don't overcrowd the pan.

# Haitian Griot

From the Kitchen of: The Ismael Family

Country of Origin: Hati



## Ingredients:

3 lb pork shoulder or Picnic Shoulder. Cut in 5cm – 8cm (2" – 3")  
½ cup sour orange juice  
½ cup lime juice fresh, about 2-3 limes  
1 tablespoon kosher salt  
1 tablespoon parsley chopped  
½ tablespoon thyme leaves only  
2 stalks scallions chopped  
¼ teaspoon ground black pepper  
vegetable oil for frying  
1 scotch bonnet pepper



## Directions:

1. Juice the limes and set aside. Do not throw away the limes juices.
2. In a bowl add the meat and rub lime pieces on each meat pieces to clean. Rinse with cold water and set aside.
3. In a separate dish add all the remaining ingredients except the oil and stir to combine. Add the scotch bonnet pepper.
4. Add the meat in a bag or bowl with all spices and let marinate for at least 30 minutes before cooking. Marinate for a longer period of time for more flavor enhancement.
5. Add the meat and marinade into a heavy pan or pot and boil on low to medium high heat covered for about 30 – 45 minutes or until the meat is tender. Remove the meat from the pot and fry the cubes in batches in hot oil. Remove them from the oil and place on plate covered with paper towel to remove any excess oil.
6. If roasting in the oven, prepare a baking dish and add the meat pieces. Do not overcrowd pan. Preheat the oven 375°F degree and roast the meat until golden brown, about 20 – 25 minutes. Remove and serve hot with Pikliz or Sauce ti-malice or Noubess Hot and Spicy Sauces.

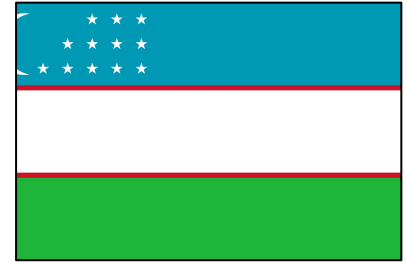
# Uzbeki Rice Pilaf

From the Kitchen of: The Kaminsky Family

Country of Origin: Uzbek

## Ingredients:

5 cups uncooked rice  
1lb. beef loin, bottom sirloin butt  
tri-tip roast  
1lb. ground beef 80%  
2 grams salt  
3 medium onions  
400 g. cilantro  
2 tsp. black pepper  
3 tbs. olive oil



## Directions:

1. Cut meat into small pieces.
2. Cut onion (1-3x.25 strips), cut cilantro(0.5-1 lengths with stalks)
3. Heat up oil and cook meat, stirring uncovered until done.
4. Add salt and pepper to taste.
5. Add and cook onion covered until all soft - stir.
6. Add cilantro and cook covered until all soft - stir.
7. Add rice stir and boil water and cover cook on high stirring until the water boils.
8. Lower heat cover and cook 30-40 minutes.

# Sweet Rice

From the Kitchen of: The Preet Singh Family

Country of Origin: Trinidad



## Ingredients:

½ cup white rice  
1 can condensed milk  
1 can carnation milk  
2 stick cinnamon  
½ grated nutmeg  
¼ cup chopped almonds



## Directions:

Put all ingredients in a pot with 3 cups of water and boil under low heat for 15 minutes until water is evaporated.

Enjoy!

# Pasteles

**From the Kitchen of: The Saez Family**

**Country of Origin: Puerto Rico**



## **Ingredients:**

green plantains	cilantro
green bananas	garlic
banana leaves	bell peppers
achiote oil	adobo
vegetable oil	
pork	
olives	



## **Directions:**

**Grate the green plantains and green bananas and set aside.**

**In a pan, heat up the vegetable oil with a few artichoke seeds until it reaches the desired reddish color. Set aside.**

**In a pot, season the pork with salt, pepper, adobo and garlic, fry until browned.**

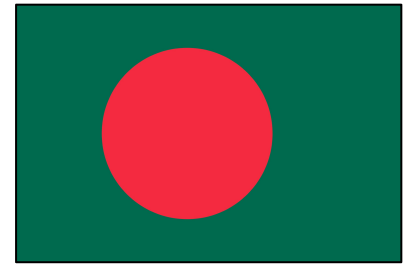
**Add sofrito (garlic, cilantro, and bell peppers) and tomato paste. Set aside.**

**Lay a piece of paper flat and place a banana leaf on top. Spread some achiote oil on the banana leaf. Take a large spoonful of the grated banana mixture and spread it onto the banana leaf. Add the seasoned pork and one olive. Fold the banana leaf over the top and with your hands, make it into a square. Wrap in paper and tie with twine. When you are ready to eat the pasteles, boil them in a pot of water for one hour. Unwrap and enjoy!**

# Chicken Biryani

From the Kitchen of: The Kamal Family

Country of Origin: Bangladesh



## Ingredients:

Chicken	Cardamom,
Basmati rice	2 pieces cinnamon
1 chopped onion	stick
Red chili powder	2 pieces bay leaves
Garam masala powder	Aloobukhara
Cumin powder	Nutmeg
Coriander powder	Mace
Ginger paste	Yogurt
Garlic paste	Ghee
	Oil
	Salt



## Directions:

1. Cut and wash chicken. Drain water from chicken.
2. Add all the spices to the chicken. Leave it to marinate around 1 hour.
3. Wash the rice. Add 5 cups water to a deep pan and bring the water to a boil. When the water boils, add rice, 2 pieces of cinnamon stick, 2 pieces bay leaves, and salt.
4. Cook the rice until  $\frac{3}{4}$  is done. Drain and keep aside.
5. Heat oil in a pan. Add 1 chopped onion and fry until deep golden brown. Remove the fried onion from the pan and keep aside.
6. Add the rest of the whole garam masala into the pan and stir. Add marinated chicken. Cook on medium heat for 25 minutes.
7. Mix rice and chicken.
8. Cook on low flame for 25 minutes.
9. Spread the fried onion over the biryani.

# Maiw Dist Cheese Pupusas

From the Kitchen of: The Portillo Family

Country of Origin: El Salvador



## Ingredients:

Pupusa dough	2 cups shredded green cabbage
3 cups masa harina (maseca)	½ cups apple cider vinegar
1 ½ of cold water	1 cup water (add more if needed)
Pupusa filling	½ onion
1 cup grated Mozzarella cheese	½ cup grated carrot
2 tablespoon of sour cream	1 tsp. ground oregano
	Salt to taste
	Curtido



## Directions:

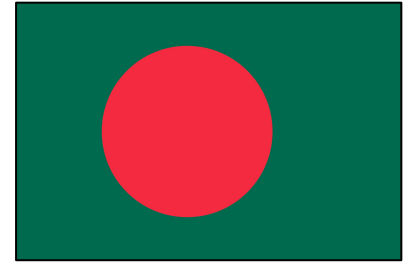
1. In a large bowl pour 3 cups of masa and 1 ½ cups of cold water.
2. Use your hands to mix dough until it becomes a clay-like mixture.
3. Stir the mozzarella cheese and sour cream together in a bowl to create a paste-like filling.
4. Bring a large pot of lightly salted water to a boil add cabbage and cook uncovered for 3 minutes. Drain in a colander and immediately immerse in ice water for several minutes - drain to stop the cooking process.
5. Mix cabbage, apple cider vinegar, water, onion, carrot, oregano, red pepper flakes and a pinch of salt together in a large bowl
6. REFRIGERATE unit flavors combine (preferably overnight).
7. Now, divide dough into balls. Press your thumb into the center of each ball to form an indentation with filling. Pinch edge together around the filling; flatten and smooth into round patties between your palms. Grease a skillet with medium heat.
8. Cook pupusas in batches unit browned, 2 to 3 minutes per side.
9. Finally, serve the pupusas with a side of curtido.



# Haleem

From the Kitchen of: The Ahana Family

Country of Origin: Bangladesh



## Ingredients:

Fresh beef	<u>Seasoning</u>
Latin	Turmeric powder
Rice	Salt
Onion half cut	Red chili powder
Garlic paste	Oil
Ginger	Haleem seasoning
Green chili	



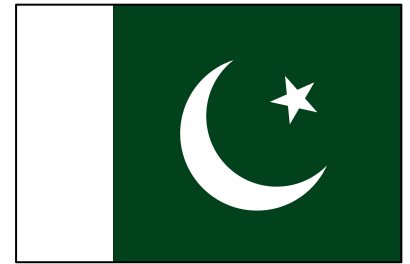
## Directions:

1. First, heat up a large pot
2. Next, put oil in the pot and fry onions (fry until light brown.
3. Then, put all the seasoning in the same pot and cook for 5 minutes.
4. Wash the beef and add it with the seasoning.
5. Cook until the beef is soft.
6. Add rice and latin in a different pot. Cook until rice is soft, then mix both pots together.
7. Once it is thick and has a soupy texture it is ready to be served with cut up ginger, parsley, green chili, and lemon.  
Enjoy!

# Chicken Karahi

From the Kitchen of: The Sultan Faisal Family

Country of Origin: Pakistan



## Ingredients:

½ cup oil	1 teaspoon red chili powder,
2 lbs. chicken whole without bone	1 tsp. garam masala
4 tbs. yogurt	½ tsp. kashmiri
1 lb. tomatoes	2 tsp. chili powder (not spicy)
1 lb. green peppers	1 tsp. black pepper,
1 tbs. cumin powder	2 tbs. dry fenugreek
1 tsp. chaat masala	½ tsp. crushed cumin,
2 peppers sliced,	4 tbs. yogurt
1 tsp. salt	1 handful cilantro
1 tbs. ground ginger	1 tbs. chopped ginger
1 tsp. coriander powder	2 tbs. lemon juice
2 tbs. ground garlic	
¼ tsp. turmeric	

## Directions:

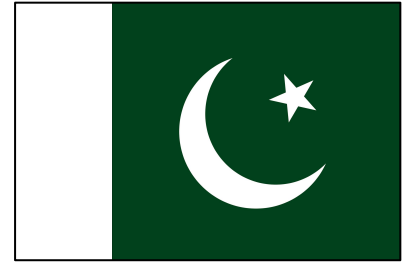
1. Add oil to your high heated pot then add the chicken.
2. After that mix until the chicken changes color then add yogurt and mix.
3. Add chopped tomatoes and cut 2 green peppers cut into pieces and cut 4 green peppers partly, add salt then cover the pot and cook 10 mins.
4. Add ground ginger and ground garlic then mix in coriander powder, cumin powder, turmeric, chat masala, red chili powder, garam masala, kashmiri chili powder, black pepper, crushed and roasted coriander, crushed and roasted cumin and mix.
5. Finally, add partly cut green peppers, add yogurt after that put your pot on medium and add dry fenugreek, cilantro, chopped ginger, lemon juice and mix and wait 2 mins and ENJOY!



# Sawaia

From the Kitchen of: The Faisal Family

Country of Origin: Pakistan



## Ingredients:

- 2 Cups of sugar
- 2 Green cardamom
- 2 Tablespoons of oil
- 2 Cups of vermicelli



## Directions:

1. Boil 2 1/2 cups of water in a pan.
2. Add 1 cup sugar and mix well.
3. Add 2 green cardamom.
4. Boil until sugar is dissolved (done in 3-4 mins) when there are bubbles in the water stop the flame.
5. Get a second pan and add 2 tablespoons of oil. Turn the flame on low, for the 2nd pan add sawaiyan aka vermicelli (2 cups) break it up into tiny pieces. Fry it for a few seconds
6. Add the water from the 1st pan to the 2nd pan and mix together.
7. Put the cover on the pan, put the flame on low, then cook it
8. *Keep checking on them!!! Keep moving them with a spoon!!*
9. Cook until water is dry
10. Enjoy!

# Cuban Flan

From the Kitchen of: The Mohamed Family

Country of Origin: Cuba



## Ingredients:

5 eggs  
1 can evaporated milk  
1 can condensed milk  
1 tsp. vanilla extract  
½ cup sugar



## Directions:

- Add the sugar to a small metal pot. Cook over medium heat until sugar caramelizes. Set aside.
- In a blender, mix the remaining ingredients.
- Pour the mixture over the caramel in the flan mold. Close and place the flan in a larger pan filled with water.
- It is important that all surfaces of the flan mold are well coated with the caramel.
- Cover the small pot with aluminum foil.
- Then place a lid on top of the larger pot.
- Cook on medium heat, for about 35 minutes.
- Once the flan is cool, flip the flan onto a large plate.
- The caramel will cascade on top of the flan.
- Refrigerate for 2 hours before serving.

# Pupusa

From the Kitchen of: The Vasquez Family

Country of Origin: El Salvador



## Ingredients:

Chicharon	Tomato
Beans	Green pepper
Cheese	Onions
Masa	Salt
Rice flower	Oregano red chili
Jalapeno	Consome de pollo
Carrot	Cabbage
Vinegar	



## Directions:

First, make the salsa, add 5 slices of tomato in a pot that's half filled with water on the stove. Next, add half a green pepper to the tomato, add a half of onion and 2 red chillies and a half of a spoon of oregano.

Then get a pan put on the stove and add a little bit of oil and put in a sliced onion, cook the onion until it's brown and crispy.

Put some liquid beans into the blender, then add the cooked onions and add a half of a spoon of consome and some salt. Blend it and pour it into a pan and stir it for a minute.

Now chop half of a cabbage, jalapeno, onion, vinegar, oregano, salt, and a carrot and add a pinch full of oregano and some salt then add vinegar. Grab some gloves and mix it with your hands for 5 minutes.

Next, go back to the liquid beans and mix it for a minute and then go back to the Salsa earlier and put in a blender and put in a spoon full of consome, add some diced tomatoes but just a little bit and put in a tiny bit of water.

Have a pot that's filled with a tiny bit of oil and poor the salsa that you just blended, add a little bit of salt and mix it, then leave it there for a while.

Put the 3 spoonfuls of liquid bean in a container. Add some 5 spoonfuls of shredded cheese, mix it with your hands for 10 seconds then more of shredded cheese and mix it with your hands for 20 seconds but make sure your hands are cleaned and then add a tiny bit of more shredded cheese and mix it with your hands for 10 seconds.

Get a container and fill it up with water but make sure it's half filled and add some masa and mix it with your hand for 15 seconds, keep adding more masa and keep on mixing it until it gets kind of hard and then add a little bit of water and keep on mixing it for 33 seconds.

Add the liquid bean with the shredded cheese that you made earlier put it next to the masa and wash your hands and grab a little bit of the masa and make it flat and get the other bowl that's brown (i don't know what to call it) and put it on of the flat massa and close the hole and grab the extra on top and put it on the masa pile and flatten the masa. Put it on the stove and cook then you flip the pupusas until it's cooked.

Put the pupusas on the plate, the cabbage mixture from and the salsa for dipping sauce if you like it and enjoy!

# Baleada

From the Kitchen of: The Mendoza Family

Country of Origin: Honduras



## Ingredients:

2 cups of flour  
1 cup of water  
½ cup vegetable oil  
1 egg  
½ teaspoon salt

## Filling:

2 cups refried beans  
1 avocado  
fresh white cheese

## Directions:

**Step 1 -** Mix flour, water, vegetable oil, egg and salt in a large bowl. Work until the dough is smooth and no longer sticky.

**Step 2 -** Form the dough into 8 golf ball sized balls. Cover and let rest, about 20 minutes.

**Step 3 -** Stretch each ball of dough into a thick tortilla.

**Step 4 -** Heat a large skillet over medium high heat. Cook each tortilla until it is brown and lightly puffed, about 1 min per side.

**Step 5 -** Layer refried beans, avocado, fresh white cheese over a tortilla. Fold tortilla in half over filling.

# Molokhia

From the Kitchen of: The Elcheikh Family

Country of Origin: Syria



## Ingredients:

### For the chicken

1 ½ pounds chicken breast or thighs  
1 medium onion halved  
2 bay leaves  
2 cinnamon sticks  
1 teaspoon salt  
8 cups water

### For the molokhia

3-4 ounces dried molokhia  
3 medium onions cut into chunks  
4 tablespoons olive oil divided  
1 cup chopped cilantro  
6 garlic cloves *minced*  
1 tablespoon 7 spice  
1 tablespoon dried coriander  
1 teaspoon salt  
½ teaspoon black pepper  
1 lemon juiced  
½ lemon sliced



## Directions:

- **Start by cleaning the molokhia leaves.** They often have large thick stems or yellow or dark leaves that should be discarded. Do your best to pick out what you can.
- **Then rinse it well a few times while running your hands through it.** Make sure to squeeze out the liquid until the water runs clear. This step also takes about 15-20 minutes. But then you're ready to cook it all together.
- **Make the chicken broth** by cooking together chicken breast and thighs with onions, bay leaves, cinnamon sticks and water. You can skip this step if you already have cooked chicken and broth. Strain the chicken broth and set it aside.
- In the same pot, **cook the cilantro and garlic with olive** until it's fragrant. You can also cook the onions at this time.
- **Add the washed molokhia** along with the spices and sautee until well combine.
- **Add the chicken broth on top of the sauteed molokhia** and cook covered. This is a good time to roast some onions in the oven which enhances the flavor of the final dish!
- When the chicken broth thickens and the molokhia softens, **add roasted onions, shredded chicken and lemon juice or lemon slices.**
- Allow everything to simmer together so the flavors set, and then serve.

# Pupusa

From the Kitchen of: The Montalban Family

Country of Origin: El Salvador



## Ingredients:

Masa Harina Maseca  
1 tsp. Salt  
3 ½ cup Warm water  
3 cups Mozzarella cheese  
2 cups of beans  
Oil



## Directions:

- Mix the beans and cheese together in a bowl.
- Mix together maseca and salt then pour the water and oil into the bowl and mix.
- Take the dough and make a ball, then flatten the dough
- Place the bean and cheese filling in the center of the dough and flatten the pupusa.
- Put the pupusa on a skillet in the oven and cook it.
- ENJOY!



