

Food and Fun

It's a big world and we all come from different backgrounds with different traditions. Why not share these things with your friends?

Divide into several groups, or as a family, fix a dish that is a tradition in your family or your culture.* Write down the recipe and make enough copies for every other group or family. At your get together, everyone gets to sample the dishes, gets a copy of the recipe and gets to share in a new tradition.

*Note: if you just want to learn about cultures different than yours, you can always have each group pick a culture out of a hat, then give them the recipe card that corresponds to that culture. And you don't even have to create that recipe: you can be creative, do a little research and discover something else that "your" culture cooks!

Challenge: Do some research on your culture and discover something you didn't know. Be sure to share it with everyone as you share your dish.

Country/Culture Suggestions:

Brazil	Germany	Japan	Thailand
China	Greece	Mexico	Turkey
Cuba	Italy	Portugal	Venezuela
Ethiopia	India	Scotland	
France	Ireland	Spain	

We've also included a few recipes from Bill's Kitchen. Feel free to listen to "Big Big World" and "A Walk Around the Block" as you cook!

From Bill Harley's kitchen

Bill's Tomato Sauce

We LOVE this meal. Bill made this up one night when we were a couple of days behind in our grocery shopping (ever happen to you?). Rummaging through the various cupboards he put this together. I think we were out of salad ingredients too so we all just ate big plates of pasta.....very satisfying. This has become one of our staples - and we do usually have it with a nice salad and some warm bread. If you're well-stocked, roasted veggies are great with it too.

Ingredients

2-3 Tbs. Good olive oil	1, 28oz can diced tomatoes (we use Muir Glenn organic)
1 large onion, chopped	1, 8oz can tomato sauce (optional, we also use the Muir Glenn)
4-6 cloves garlic, chopped or minced	1 pound pasta (we like linguine or angel hair, ravioli is great too)
fresh or dried basil (2 tsp dried, 1/4 cup fresh)	
salt, pepper	

Directions

Start cooking the pasta cause this is fast!

Sauté onions and garlic in olive oil until fragrant and golden - add basil and sauté for a couple minutes more. Add tomatoes (and sauce if you want to) and cook for about 5 minutes. Toss with cooked pasta, top with parmesan cheese and fresh chopped parsley (if you have it) and eat!!

From Bill Harley's kitchen

Oven Fried Chicken

This is from the Jane Brody cookbook but I really learned about it from Renee Shield. Renee would make this recipe whenever Dylan would eat dinner with them - he'd come home and rave about 'this AWESOME chicken' and couldn't I please make chicken like this. Finally, I asked Renee who referred me to Jane Brody. It's really easy, wonderful and also good for you.

Ingredients

6 chicken legs and thighs, skinned and trimmed of fat (I often use boneless, skinless chicken thighs instead - they cook a bit faster...) Milk (skim or lowfat)	1/2 cup plain dry bread crumbs 1/3 cup grated Parmesan salt & pepper
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Directions

Preheat oven to 375. Place chicken pieces in a shallow bowl or pan and cover with milk. Refrigerate for at least 15 minutes - to an hour. Spray baking sheet with cooking spray. Combine bread crumbs, cheese, salt and pepper. Dip chicken pieces in crumb mixture - coating on all sides. Set chicken pieces on baking tray and lightly spray chicken with cooking spray. Bake 30-45 minutes until brown.

From Bill Harley's kitchen

Sour Cream Chocolate Cake

Ingredients

2 cups unbleached flour	1 tsp salt
2 cups sugar	1 tsp vanilla
1 cup water	1/2 tsp baking powder
3/4 cup sour cream	2 eggs
1/4 cup, butter	4 oz melted unsweetened chocolate – cooled
1 1/4 tsp baking soda	

Directions

Preheat oven to 350. Grease and flour oblong pan (13 x 9 x 2) or 2- 9 inch round pans. Measure all ingredients into large mixing bowl. Mix 1 minute on low speed scraping bowl constantly. Beat 3 minutes high speed, scraping bowl occasionally. Pour into pan. Bake until top springs back (40-45 minutes).

Sour Cream Chocolate Frosting

Ingredients

1/3 cup softened margarine (or butter)	1/2 cup sour cream
3 oz. Melted unsweetened chocolate (cooled)	2 tsp vanilla
3 cups confectioners sugar	

Directions

Mix butter with cooled chocolate. Blend in sugar. Stir in sour cream and vanilla. Beat until frosting is smooth. Refrigerator promotes "spreadability".

Brazil

Feijoada/Black Beans

Ingredients

8 cups dried black beans	2 bay leaves
3 pounds carne seca (Brazilian salted cured beef)	1 large onion
2 pounds sweet sausage (Portuguese choriço when available)	2 cloves garlic
2 pounds baby back spareribs	3 tablespoons olive oil

Directions:

Soak the beans overnight in a large bowl with water to cover at least 3-4 inches. Soak the carne seca in water to cover. The next morning, drain the beans and place in a large pot with water to cover by at least 3 inches. Bring the beans to a boil in medium heat.

Meanwhile, cut the carne seca and the sausage into 1-inch pieces. (if you use the Portuguese sausage prick it with a fork and simmer it for ten minutes in enough water to cover; then cut it.) Cut the ribs into 2-rib sections. Add the carne seca, sausage, ribs and bay leaves to the beans. Simmer for about 2 hours or until soft (Goya brand black beans usually take about 2 hours), stirring from time to time, adding water as necessary to keep beans covered. Keep an eye on the beans so they don't burn at the bottom!

Chop the onion and garlic. Heat the olive oil in a cast iron skillet over medium heat. Add the onion and garlic and cook until golden brown. Add two ladlefuls of beans and mash them. Put this back into the pot. It will thicken and season the beans.

Continue to simmer gently for at least another hour, adding water as necessary. A good feijoada should have a creamy consistency when done. Remove the bay leaves. Serve with Rice.

Brazil

Arroz (*Brazilian Style Rice*)

Ingredients

4 cups long grain rice	3 tablespoons olive oil
8 cups water	Salt to taste
1 medium onion, chopped	

Directions

Heat the olive oil in a large heavy saucepan over medium heat. Add the chopped onion and cook until limp. Do not let it brown! Add the rice and sauté until the grains become shiny. Add the water, cover the pan, and cook over low heat until all the water is absorbed and the grains are tender. Serves 12.

This recipe can be made with chopped onions and garlic combined, or with garlic alone.

China

Stir Fry Mixed Vegetable (Rainbow) qi cai cao shu cai (Mandarin)

Ingredients

1 cup Carrot	1 medium Green Pepper
1 cup Radish	1/4 cup Green Bean Spout
4 Dry Black Mushrooms	2 Tbsp peanut oil

Sauce

Salt 1 tsp	Sugar 1/3 tsp
Light Soy Sauce 2 tsp	

Directions

- 1) Peel and wash carrots and radishes, soak the dry black mushroom in water
- 2) Wash green bean spouts and green pepper, removing the seeds
- 3) Shred everything but the sprouts, then boil in hot water for 1/2 minute; wipe dry
- 4) Heat wok with oil and pour in shredded green pepper & black mushroom
- 5) Stir fry well, then add all other shredded materials and green bean spouts
- 6) Stir fry and mix well, add sauce and mix well again, dish up

China

Dim Sum : Steam Rice Noodle Roll W/ Shrimps niu rou chang fen (Mandarin)

Ingredients

1 cup shrimp, without shell	2 stalks Spring Onion
4 pieces Rice Noodle Sheet	some Chinese Parsley

Seasoning 1	Seasoning 2
1 Egg White	5 Tbsp Oyster Sauce
1/3 Tbsp cornflour	1/2 cup Chicken Stock
Salt / sugar / pepper	1 Tbsp Sugar and Cornflour
	some Pepper / Sesame Oil

Directions

- 1) Wash and wipe dry shrimp, then marinate with seasoning (1)
- 2) Cut the rice noodle sheets into 4" x 8" in size
- 3) Put marinated shrimp on surface of noodle sheet, roll into long strip
- 4) Steam the rice noodle roll for 8-10 minutes, sprinkle with parsley
- 5) Heat the wok, cook seasoning (2) until it boils; use as dip.

Notes:

Instead of shrimp minced beef or shredded pork can be used.

Cuba

Platanos Dulces Fritos (fried sweet plantains)

Ingredients

1 ripe plantain per person olive oil

Directions

The plantain peel should be all black, meaning that it is very ripe. Peel the plantain and cut into one inch thick slices. Heat the oil and fry the plantain slices until golden brown. Drain.

Cafe con leche (coffee with milk)

Ingredients

milk espresso sugar

Directions

Heat half a coffee mug of milk until just at the boiling point. Pour into cup and add espresso to fill the cup. Sweeten to taste. Coffee should be very strong and sweet.

Cuba

Caserola de Camarones Enchilados

This is the easy version of a Cuban Classic.

Ingredients

2 cups shrimp, cooked and peeled	1 garlic clove, pressed
2 cups crushed canned tomatoes	2 Tbsp butter
1 onion, minced	Salt and pepper to taste
1 green pepper, chopped	2 cups cooked white rice

Directions

Saute the onion, garlic and green pepper in the butter. Add the shrimp, salt and pepper. Stir in the canned tomatoes. Add the cooked rice. Place in casserole dish and bake at 375oF for 30 minutes.

Ethiopia

INJERA (Flat bread)

Ingredients

4 cup Self-rising flour	1 tsp Baking powder
1 cup Whole wheat flour	2 cup Club soda

Directions

Combine flours and baking powder in a bowl. Add club soda plus about 4 cups water. Mix into a smooth, fairly thin batter. Heat a large, non-stick skillet. When a drop of water bounces on the pan's surface, dip enough batter from the bowl to cover the bottom of the skillet, and pour it in quickly, all at once. Swirl the pan so that the entire bottom is evenly coated, then set it back on the heat.

When the moisture has evaporated and small holes appear on the surface, remove the injera. It should be cooked only on one side, and not too browned. If your first one is a little pasty and undercooked, you may need to cook a little longer or to make the next one thinner. But, as with French crepes, be careful not to cook them too long, or you'll have a crisp bread that may be tasty but won't fold around bits of stew. Stack the injera one on top of the other as you cook, covering with a clean cloth to prevent their drying out.

Ethiopia

Yetakelt W'et (spicy mixed vegetable stew)

Ingredients

1 cup Onions; finely chopped	1 cup Tomatoes; chopped
2 Garlic cloves; minced	1/4 cup Tomato paste
1 tbsp Berbere	2 cup Vegetable stock
1 tbsp Sweet Hungarian paprika	Salt and black pepper to taste
1/4 cup Niter Kebbeh	1/4 cup Parsley; fresh, chopped
1 cup Green beans; cut into thirds	2 Batches Injera
1 cup Carrots; chopped	Plain yogurt or cottage cheese
1 cup Potatoes; cubed	

Directions

Sauté the onions, garlic, berbere, and paprika in the Niter Kebbeh for 2 minutes. Add the beans, carrots, and potatoes and continue to saute for about 10 minutes, stirring occasionally to prevent burning. Add the chopped tomatoes, tomato paste, and the vegetable stock. Bring to a boil and then simmer for 15 minutes, or until all of the vegetables are tender. Add salt and pepper to taste and mix in the parsley.

Spread layers of injera on individual plates. Place some yogurt or cottage cheese alongside a serving of w'et on the injera and pass more injera at the table. To eat, tear off pieces of injera, fold it around bits of stew, and eat it with your fingers.

France

French Poached Salmon

Ingredients

1/2 lb. French thin or regular green beans
1 1/2 Tbsp Olive oil
1/4 cup Chanterelles
1 tsp Garlic, minced to taste

Sea salt to taste
Pepper to taste
4 Skinless salmon fillets, 5oz.
1/4 cup Lemon juice, fresh
1 Tbsp Thyme, dried

1 Tbsp Tarragon, dried
1/4 cup Fish stock or water
1/4 cup White wine
3 Shallots, minced
Parchment paper, as needed

Directions

Preheat oven to 350°F and prepare a bowl of ice and cold water. Snip stems and ends of beans. In a saucepan of boiling, salted water cook beans until just tender, 3 to 5 minutes. Transfer beans to ice water to stop cooking. Drain and pat dry. In a large saucepan, heat 1 tablespoon oil over moderate heat and sauté re-hydrated chanterelles and garlic, stirring, until mushroom liquid is evaporated and mushrooms are tender. In a skillet, casserole, or roasting pan large enough to hold the fillets, combine beans, chanterelles, and garlic, and season with salt and pepper to taste. Arrange beans and chanterelles around edge of dish. Arrange salmon fillets in middle of dish about an inch apart and drizzle with lemon juice. Sprinkle fillets with thyme, tarragon, and sea salt and pepper to taste. Carefully pour stock and wine down side of dish. Sprinkle shallots over fillets. Brush 1 side of parchment paper with remaining 1/2 tablespoon oil and place parchment, oiled-side-down, on top of fillets and vegetables. Bake fillets in middle of oven until just cooked through, about 10 minutes. Make sure the liquid is gently simmering, not boiling rapidly, during the poaching process. Carefully tilt dish and pour cooking liquid into a small saucepan. Simmer liquid until reduced to about 1 cup. Adjust seasoning to taste. Serve fillets and vegetables with rice or potatoes, dressed with the sauce.

France

Crêpes 1,2,3: A Basic Recipe

Ingredients:

3/4 cup All-purpose flour	Fresh Fruit, your favorites
1/2 tsp Salt	Fruit preserves
2 Eggs, beaten	Peach preserves with cognac
2/3 cup Milk	Lemon curd
1/2 cup Water	Nutella
1/2 tsp Vanilla or grated lemon zest	Black cherry fruit spread

Directions

Sift flour, then resift with salt. Make a well in dry ingredients.

Blend eggs with milk, water, and vanilla or lemon zest.

Pour the wet ingredients into the well in the dry ingredients; combine with a few strokes. Do not overbeat. Cover and let rest, refrigerated, for up to 6 hours.

Grease a 5-inch sloping nonstick pan with a few drops of oil or clarified butter. Add a small amount of batter, about 2 tablespoons. Tilt pan so batter covers bottom completely. Cook over medium heat until light brown on the bottom. Flip crêpe and cook on other side until light brown. Transfer crêpe to a plate.

Repeat with remaining batter.

Fill crêpes with fresh fruit, preserves, lemon curd, or nutella spread.

Germany

German Beef Roulade Recipe

Ingredients

1 1/2 lb Flank steak	1/3 c Chopped dill pickle
4 tsp Dijon mustard	1/4 c Flour
6 sl Bacon, diced	13 3/4 oz Can beef broth
3/4 c Chopped onion	

Directions

With meat mallet or rolling pin, flatten meat to approximately a 10x8 inch rectangle. Spread mustard over meat.

In large skillet, over medium high heat, cook bacon and onion until bacon is crisp; pour off fat, reserving 1/4 cup. Spread bacon mixture over meat; sprinkle with pickle. Roll up meat from short end; secure with string. In large skillet over medium high heat, brown beef roll in reserved fat; place in a 13x9 inch baking dish. Stir flour into fat in skillet until smooth; gradually stir in beef broth. Cook and stir over medium heat until thickened. Pour sauce over beef roll. Cover; bake at 325 for 1 1/2 hours or until done. Let stand 10 minutes before slicing. Skim fat from sauce; strain and serve with meat.

Germany

German Cucumber Salad Recipe

Ingredients

2 medium Cucumbers, thinly sliced	3 small Tomatoes, sliced
4 Green onions, thinly sliced	2 Tbsp Snipped fresh parsley

DRESSING

1/4 cup Sour cream	1 Tbsp Milk
1/4 tsp Prepared mustard	1/2 tsp Salt
2 Tbsp Minced fresh dill	1/8 tsp Pepper
1 Tbsp Vinegar	

Directions

In a bowl, combine cucumbers, onions, tomatoes and parsley. Combine dressing ingredients; pour over cucumber mixture and toss gently. Cover and chill for at least 1 hour.

Greece

FASOULADA

Fasoulada is a very popular bean soup. It is usually eaten with feta cheese and crusty bread.

Ingredients

1 pound navy beans.	2 stalks celery, chopped.
1/2 cup olive oil.	1 6oz-can tomato puree.
2 cups chopped onions.	3 quarts water.
2 teaspoons minced garlic (optional.)	1 cup chopped parsley.
1 large carrot, chopped.	Salt and pepper to taste.

Directions

Soak the beans in hot water for 30 minutes.
Sauté the onion, garlic, carrot, and celery in oil until limp.
Add the tomato puree and the water.
Bring to a boil.
Drain the beans and add them.
Add salt and pepper to taste.
Simmer for about 2 hours, or until beans are tender.
Add the parsley 15 minutes before removing from the heat.

Greece

HALVAS

(Semolina and Almond Cake)

Ingredients

1 cup olive oil	4 cups of water.
2 cups coarse semolina	100 gr. blanched almonds
3 cups of sugar	2 tablespoons of cinnamon for sprinkling on top

Directions

Put the oil in a large saucepan on a medium heat and when it is almost smoking hot gradually add the semolina, stirring continuously until it turns light brown. Reduce the heat, add the almonds and brown together, stirring - it is a matter of taste how brown you let it get.
In a separate pan dilute 2 cups of sugar in the water and boil for 3-4 minutes.
Withdraw the semolina from the heat, and add the hot syrup while stirring.
Return to a gentle heat and keep stirring until the mixture looks smooth.
When almost all the moisture has been absorbed add the remaining sugar.
Cover the halva with a clean tea towel and let it stand for 10 minutes to absorb moisture.
Empty it into a fluted mould or a cake tin, and when cold unmould onto a platter and dust all over with cinnamon.

Nowadays, people reduce the amount of sugar from 3 to 2 cups and also instead of olive oil they may use sunflower seed oil.

India

Gingered Chicken Wings

Ingredients

1 kg chicken wings	2 tbsp. grated fresh ginger
4 tbsp. Soya sauce	2 tbsp. tomato ketchup
1 tbsp. honey	1 tbsp. Oil
2 tbsp. lemon juice	

Directions

Cut the chicken wings and divide each wing into 2 pieces. Mix the remaining ingredients together and marinate the chicken in this mixture, covered in the fridge, for 6-8 hours or overnight. Grill for about 15 minutes or until cooked through, brushing frequently with marinade and turning twice.

Do not Overcook.

Serve with Green mint chutney or chili sauce.

Pudina Chutney (Mint Chutney)

Ingredients

1 bunch mint leaves, washed and chopped	4-5 green chilies, chopped
1 small onion, chopped	2-3 tsp. lemon juice
3-4 cloves garlic, crushed	1 tsp. cumin seeds or powder
1 small piece ginger, sliced	Salt according to taste

Directions

Blend all ingredients into a smooth paste using a little water.

India

Baigare Baigan

(Deep fried brinjals cooked in a mixture of Spices and onions)

Ingredients

1 small brinjal (eggplant)	1 tsp. Mustard seeds
2 small onions	1 cup tamarind juice
2 tbsp. coconut	3-4 split green chilies
4-5 garlic coves	1/2 tsp. sugar
1 tsp. ginger	Salt according to taste
1/2 tsp. turmeric	Coriander leaves, chopped for garnish
2-3 curry leaves	4-5 tbsp. ghee (clarified butter) or cooking oil

Directions

Cut the eggplant into quarters and fry them in oil till well browned. Drain and set it aside.

Take the onions, garlic, ginger, and coconut and blend into a smooth paste. Heat the oil and fry the mixture till browned. Add the turmeric, mustard, curry leaves and salt to taste. Cook for 5 minutes. Add the tamarind juice, the fried eggplant, the green chilies, sugar, some water and salt to taste. Simmer till gravy thickens. Garnish with chopped coriander leaves.

Ireland

Champ

Ingredients

8 potatoes	1/3 pint milk
6 spring onions	Pepper & salt
Water	2 ozs butter

Directions

This is a children's favorite. Peel the potatoes and steep in cold water for 1 hour. Cover with cold salted water and boil until tender. Drain well and mash. Chop the onions very finely (including the greeny bits!), put them into a bowl and scald by pouring boiling water over them (this keeps the tops bright green). Drain off water, add to the milk and bring to the boil. Pour the milk and onions into the mashed potatoes. Add pepper & salt to taste while beating until they are light and fluffy. Traditionally this dish is served in little mounds with the middle scooped out and small pieces of butter dropped into the centre. Serves 4-6

Ireland

Traditional Roast Leg of Lamb

Ingredients

1 clove garlic	1 carrot
1 oz butter	1 onion
1 leg of lamb (4 - 5 lbs)	1 tablespoon of water
10 to 12 stalks of parsley	

Directions

Crush the garlic and mix with butter. Put parsley, carrot onion and water in a roasting tin and put leg of lamb on top. Roast at 350F, reducing heat towards the end of cooking time. Allow 20 minutes to the pound and 20 minutes over, basting every now and again. The idea of the carrot and onion is to add flavor to the gravy.

Serves about 8.

Italy

Vegetable Carpaccio with a Rucola and Yogurt Sauce.

Ingredients

2 large ripe tomatoes	6 oz Yogurt
1 green tomato	1 small bunch basil
1 avocado	Juice of 1 lemon
1/2 small Pineapple	3 tablespoons extra virgin olive oil
1 small white onion	salt and pepper to taste.
1 small bunch rucola	

Directions

Remove the seeds from the tomatoes then dice. Cut all the other vegetables the same size and mix in a bowl. Add the lemon juice, salt and plenty of pepper, 2 tablespoons olive oil and half the basil cut up roughly. Brush 4-5 little bowls or cups with oil. Fill with the diced vegetables, and press with the back of the spoon or a glass. Refrigerate until needed.

Put the yogurt, the chopped rucola, the rest of basil, salt and 1 ice cube in a blender. Blend until you get light green smooth sauce

Remove vegetable cups from refrigerator, drain off any liquid that has formed. Turn over gently onto a plate, getting the vegetables to keep the shape of the little bowl.

Take yogurt mixture and pour around the mound of vegetables. Serve any remaining sauce on the side.

Italy

Ricotta Pudding

Ingredients

1 egg, separated	1 lb. ricotta
4 tablespoons caster sugar	1/4 cup whipping cream
1/8 cup espresso coffee	1/2 tablespoon grated dark chocolate
1 tablespoon finely ground espresso coffee	

Directions

In a medium bowl, beat egg yolks with 2 1/2 tablespoons of sugar, and both coffees.

Add ricotta and mix.

In a separate bowl, beat egg whites to peaks, gradually adding the remaining sugar.

Fold the cream into the ricotta, and then gently fold in the egg whites. Put the entire mixture into a small mold or a small bowl and refrigerate. (moisten the inside of mold with water before putting mixture into it.

After a few hours, take the pudding out of the mold and place on a plate.

Sprinkle the grated dark chocolate over the top.

Japan

Grilled Japanese Eggplant with Garlic-Chili G

Ingredients

8 Japanese eggplants	2 tsp Minced garlic
Olive oil	1 tsp Red pepper flakes
Salt and pepper	6 Basil leaves, shredded
1/2 lb Fresh mild goat cheese-(chevre)	

Directions

Prepare the grill. Cut the eggplants in half lengthwise. Brush the cut edges with olive oil and season with salt and pepper. In a mixing bowl, combine the cheese, garlic, red pepper flakes, basil and a pinch of salt and blend well. Refrigerate until ready to use. Place the eggplant halves on the grill, flesh side down, and cook until almost soft. about two minutes. Remove from the grill and let cool slightly. Spread the goat cheese mixture on the warm eggplant pieces and serve at once. Serves four.

Japan

JAPANESE NOODLE, SHRIMP AND CUCUMBER SALAD

Ingredients

DRESSING

2/3 cup Rice wine vinegar
1/4 cup Soy sauce
1/4 cup Vegetable oil
3 Tbsp Sugar
1 tsp Dry mustard
1 pinch Cayenne pepper

SALAD

1 lb Fresh bean sprouts
14 oz Dried chuka soba noodles
1/4 cup Oriental sesame oil
2 lb Cooked bay shrimp
3 large Cucumbers -- peeled- halved, thinly sliced
6 Green onions -- sliced
Red cabbage leaves

Directions

For DRESSING: Whisk together vinegar, soy sauce, oil, sugar and mustard in small bowl. Season with cayenne pepper. (Can be prepared 1 day ahead. Cover and leave at room temperature).

For SALAD: blanch bean sprouts in boiling water 30 seconds. Drain and refresh in cold water. Drain. Bring large pot of salted water to boil. Add noodles and boil until tender, stirring occasionally, about 3 minutes. Drain noodles. Refresh in cold water. Drain and place in large bowl. Add sesame oil and toss to coat. (Can be prepared up to 6 hours ahead. Cover and refrigerate bean sprouts and oriental noodles separately.) Add bean sprouts, shrimp, cucumbers and onions to noodles. Drizzle with dressing. Toss gently to combine. Line platter with cabbage leaves and mound salad in center.

Mexico

Chiles Rellenos (Stuffed Green Chiles)

Ingredients

8 fresh green chiles (stems intact) -- roast & peel 1 pound of combination cheese*

Batter

3 eggs 1 tsp pepper
3 Tbsp flour 1/4 cup oil
1 tsp salt

Garnish

4 cups Taco Sauce -- warmed 2 cups shredded combination cheese*

*Combination Cheese - It is equal parts shredded yellow cheddar, provolone and jack cheeses.

Directions

Stuff each chile with cheese, and set aside. Separate eggs and beat the whites until stiff. Beat yolks and fold into whites, along with flour, salt and pepper. Meanwhile, heat oil in a large skillet. Dip stuffed chiles, one at a time, into egg batter, then remove with a large spoon. Carefully lower coated chiles into hot oil, 3 or 4 at a time. Fry until golden brown on both sides.

To serve: arrange chiles on platter or individual plates and pour warm Taco Sauce over each chile.

Garnish with more cheese and run under broiler to melt cheese, if desired.

You may reheat chiles in a 400-degree oven about 10 minutes, then top.

Note: Chicken or tuna may be used to stuff the chiles, but cheese is always a garnish.

Mexico

Orange-Chipotle Pork Chops

Ingredients

2 Pork chops 3/4" thick Smoked if possible 1/4 cup Triple Sec, Cointreau, or Grand Marnier
1/2 cup Orange Juice 1 pinch Salt
2 Chipotles in Adobo (canned)

Directions

In a blender or food processor, combine Chipotles, salt and Orange Juice. Place in a shallow dish together with pork chops and marinade in the refrigerator for at least 1 hour. Take chops out of marinade. Reserve Marinade. Put marinade in a small saucepan and reduce until 1/3 of the liquid remains. In a frying pan, place pork chops and cook in medium-high heat until cooked through. Take chops out of the pan, and drain any excess oil. Put pan on high heat and cook until no liquid remains and a glaze is formed on pan. Take pan away from the heat and put the pork chops back on the pan. Add the 1/4 cup Orange Liqueur and Flambé. When the flames die out take chops out of the pan and keep warm. Put the pan back on the stove and add the reduced marinade. Heat until starting to boil. Put the chops in a serving platter and pour some sauce on top. Enjoy. It should be sweet and spicy.

NOTE: This dish requires a Flambé, so if you cannot Flambé (or are afraid to do so), you can always take the orange liqueur and add it to the marinade before you reduce it though the result is not the same.

Portugal

Pimentos Assados (Roasted Bell peppers)

Ingredients

2 or 3 large bell peppers

Dressing

1/2 cup olive oil	salt and pepper
wine vinegar to your taste	2 or 3 buds of minced garlic

Directions

Wash the peppers and dry them. Place them one at a time on a long fork and roast over open flame (gas stove or grill). Turn them often so that they blacken on all sides. Remove from heat and slip the black skin off by holding it under running water. Cut open, remove the stem and seeds and slice them into long strips. Pour dressing over them. Do not refrigerate, but keep them in a jar or other covered container.

Portugal

PORTUGUESE FIESTA SOUPAS

Ingredients

4-5 lb. roast (chuck)	1 large onion - chopped
1 tsp. cinnamon	1 small clove garlic - crushed
1/2 tsp whole cloves	1 small bottle sherry wine
1 tsp. whole allspice	1 can tomato sauce
1 tsp. whole cumin	4 sprigs fresh mint
4 bay leaves	salt to taste
black pepper	1 loaf "day-old" french bread

Directions

Place meat in large stew pot, cover with water. Add sherry wine and tomato sauce. Tie whole spices in cheesecloth or put in tea-ball and place in pot. Add garlic, onion, salt and pepper. Over medium heat, bring to slow simmer, reduce heat and simmer 4 to 5 hours. DO NOT BOIL! Slice french bread and place in large deep bowl. Place 2 sprigs of the mint on top of bread. When meat is done (should pull apart with a fork) place in large bowl and top with remaining mint. Remove spice ball from liquid and pour over the sliced bread, creating a "soup".

(Spices may be adjusted according to personal preferences. Chopped or wedged cabbage is often added during last hour of cooking. Any type roast may be used, but I generally save the "better cuts" for roasting. Goes well with a nice red wine.)

Scotland

HADDOCK LYONNAISE

Ingredients

1lb.Haddock Fillet	1 Onion
1 tablespoon Flour	1lb. Tomatoes
Salt	2 tablespoons margarine
1/2 level teaspoon Paprika	Chopped Parsley

Directions

Cut fish into 1" pieces. Mix flour, salt and paprika and toss fish in this mixture. Skin tomatoes, melt margarine and fry onion gently. Add fish and fry to brown. Add tomatoes and if necessary some water. Cover and simmer for 10 minutes. Sprinkle parsley and serve with creamed potatoes or steamed rice.

POTATO SCONES

1lb Mashed Potatoes	1/4 Stick Butter
2 teaspoons Salt	1 scant cup Flour

Directions

Add butter and salt to potatoes, beat well and then add flour. Knead dough lightly on a floured surface, roll out to 1/4" thick and cut into triangles. Cook on a hot greased griddle till brown both sides.

Scotland

SCONES

Ingredients

2 cups Self Rising Flour	1/4 cup Sugar
Seedless White Raisins (Optional)	1 Egg
Enough Milk to Bind	Pinch Salt
1/2 Stick Soft Butter	

Directions

Rub butter into flour. Add sugar and salt. Add beaten egg. Mix to soft consistency with milk. Bake @ 410 for 15 minutes. A biscuit cutter can be used, or the mixture can be dropped onto the baking sheet.

SUGAR SCONE

2 cups Self Rising Flour	1/2 Stick Butter
2 Eggs	1/2 cup Milk
1/2 cup Sugar	

Directions

Rub together butter, sugar and flour. Beat eggs and milk together. Grease a cake pan and dust with flour. Pour in mixture and sprinkle top with sugar. Bake @ 350 for 20 minutes.

Spain

Chicken with Tomato and Pepper (Pollo al Chilindrón)

Ingredients

3lbs chicken, cubed	1 large onion
oil	garlic cloves, to taste
4 large tomatoes	1/3 lb fresh ham
4 small green peppers	4-6 oz white wine (optional)

Sauté the chicken in oil until its golden brown and then put aside. Chop up vegetables to prepare a fried mixture of tomato, green pepper, onion, chili pepper and garlic.

Put the chicken and the fried mixture together and cook for five minutes. Then add thinly sliced ham and cook for another five minutes. With the ham a small glass of white wine may be added.

Spain

Castilian Garlic Soup (Sopa de Ajo Castellana)

Ingredients

1/2 cup olive oil	3 cloves garlic
4oz cured ham, cubed	6 eggs
4oz day-old bread in slices	1 quart water
1 tbsp sweet paprika	

Directions

Heat the oil and add the not-too-thinly sliced garlic. Before the garlic has turned brown, add the cubes of ham and the slices of bread.

Let it cook for a few minutes and then add the paprika, followed by water and salt. Bring to boil and then poach the eggs.

Thailand

Pad Thai

Ingredients

1 pack rice sticks	1 lb of cut white chicken meat (only half if fresh shrimp is also used)
1/2 cup dried shrimp (or 1 cup fresh shrimp, if one likes)	6 eggs
1/2 cup finely cut hard tofu (1/8"x1/8"x1/2")	2 teaspoon of pepper powder
1/2 cup grinded peanut	1/2 cup fish sauce
1 cup bean sprout	1/2 cup soy sauce
1/2 cup Chinese chives (cut about 1" in length) Could be substituted by green onion)	1/4 cup sugar
	1/4 cup cooking oil
	2 tablespoon smashed garlic
	2 tablespoon smashed onion

Directions

Soak the rice sticks in (room-temperature) water for about 15 minutes. Cut it into 3" lengths. Drain and leave it in the drainer. Heat the wok. Add the oil. Add garlic, onion, and tofu. Stir them well for a minute or two. Add the shrimp. Stir. Add peanut. Stir. Add fish sauce and soy sauce. Stir. Add sugar. Stir. Add pepper. Stir. Add the chicken (and/or the fresh shrimps). Stir. Add eggs. Stir. Add some water (about 1/2 cup). Stir. Add the rice sticks. Stir continuously or the noodle may get burnt. Add some water if necessary. Stir. Taste. Add fish sauce, soy sauce or sugar if needed. Otherwise, add bean sprout and chives. Stir. Remove wok from heat. Serve with side vegetable (e.g. cabbage, fresh bean sprouts). The batch should feed at least ten eaters. Encourage them to add anything to their tastes (peanut, sugar, lime juice, pepper).

Thailand

"MiangKam"

Ingredients (for the combinations)

1 cup shredded coconut	1/2 cup dried shrimps (half a cup)
1/2 cup diced red onion	50-70 "shaploo" leaves
1/2 cup diced lime (half a cup)	1 Tbsp sliced hot greet pepper (optional)
1/2 cup peanuts (half a cup)	1/2 cup sliced lemon grass (optional)

Ingredients (for sauce)

1/3 cup shrimp paste	2/3 cup coconut sugar
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Directions

SAUCE: Heat the sugar until it is well melted syrup then add the shrimp paste, stir it while it is boiling or it will be burned; taste if it tastes between sweet and salty, it's right. **SHREDDED COCONUT:** Use a whole coconut, break its shell and drain the milk. Wash it thoroughly. Then shred it without peeling the brown skin that attaches the white part to the shell into a 1x1 millimeter shreds. Put the shredded coconut in a hot pan and stir it until it is all brown (should take about 20 minutes with medium heat)

SERVING: Arrange all the ingredients in a compartment dish or each in its own cup. Each guest will sit around preparing his/her own bite. If "Shaploo" leaves are not available, lettuce or spinach could be substituted. Take some of each ingredient and put on the leaf. Add about half at teaspoon of the sauce. Wrap the leaf then eat it.

Turkey

SPINACH WITH GROUND MEAT

Ingredients

4 1/2 lbs spinach	3 cups water or broth
3 tablespoons margarine	1 1/2 tablespoons tomato paste (unsalted)
3 medium onions	2 tablespoons rice
1/2lb ground meat	1 teaspoon salt

Directions

Cut the roots off the spinach and wash spinach several times. Place in fast boiling water and boil for 5 minutes. After boiling, drain the spinach by squeezing with the hands, then chop.

Put the margarine and chopped onions into a pan, sauté until the color of the onions changes. Add the ground meat and continue to sauté until the meat simmers, while occasionally stirring. Add the water or meat broth, salt, tomato paste, chopped spinach and rice. Cover the pan and cook until the rice becomes tender, then serve.

Turkey

ADANA SOUP

Ingredients

5 cups meat broth	2 tablespoons vinegar
1/3lb ground meat	2 tablespoons thyme
2oz chickpeas	1 tablespoon salt black pepper
1 large tomato or 1 tablespoon salt-free tomato paste	

Directions

Soak the chickpeas in water overnight and boil them next morning. If you are going to use a tomato in the soup, peel and grate the tomato. Put the chickpeas, the meat broth, the grated tomato or the tomato paste and 1/2 teaspoon of salt into the saucepan and boil. Add 1/2 teaspoon of salt and black pepper to the ground meat and knead it. Make small meatballs of almost hazelnut size and put them in the boiling soup. Let soup simmer for 20 minutes more. Remove saucepan from heat, add vinegar and, if desired, thyme, and stir before serving.

Venezuela

Chupe Criollo

Ingredients

2 chicken breasts	3 diced potatoes
3 cups of fresh cilantro	2 cups of diced mozzarella
4 large garlic cloves	2 quarts of water
1 teaspoon of ground cumin paste	1 cup of homogenized milk
1 medium sized onion	1 can of whole corn kernels (not creamed corn)

Finely cut up the onions and garlic. Wash and finely chop the cilantro. Cut the chicken into small pieces. With a small amount of oil in a large soup pot, brown the onions, garlic and cumin and half of the cilantro to be used. When these ingredients have browned, add the chicken and salt to taste. Once the chicken has browned as well, add the water and let the mixture boil for 15 minutes or until the chicken is tender. Take the chicken out, shred it in very small piece and put it back in the pot. Add the potatoes and check to make sure that the soup has been sufficiently salted. Let stand to boil until the potatoes are soft. Now you can add the corn (without the water in the can) and the rest of the finely chopped cilantro stir and cover the pot. Turn off the stove and wait at least 5 minutes before serving so that the cilantro has time to flavor the soup. Finally, add the milk and the cheese and serve hot to enjoy the cheese.

Note: Sometimes it's better to add the cheese only to the soup that will be eaten in one sitting. This avoids all the cheese melting and going to the bottom of the pot. It will harden and re-heating the soup and cheese will be more difficult.

Venezuela

Butter Cookies

Ingredients

2/3 lb unsalted butter	1 pinch salt
2/3 lb powdered sugar	1 lemon rind, grated
1/4 lb corn starch	4 cups flour
1 1/2 cups milk	

Directions:

Mix the butter, powdered sugar and the corn starch well (an electric beater works best).

Add the milk and lemon rind, and continue mixing.

Add flour and continue stirring until the dough is soft. If the mixture is too dry, add more milk; if the mixture is too wet, add more flour, as necessary.

Roll out the dough until it is 1/4 to 1/2 inch thick. Cut it into various shapes, as desired.

Place the shapes on a greased and floured cookie sheet and bake at 350 degrees for 10 to 15 minutes, or until golden.