

2004 NCI-Frederick Diversity Recipe Collection

NCI-Frederick Employee Diversity Team
<http://diversity.ncifcrf.gov>

SAMOSAS

(India)

Filling:

2 large potatoes, mashed	1 C finely minced onion
2 medium cloves of garlic, crushed	½ tsp. ginger
½ tsp. mustard seed	½ tsp. coriander
½ C carrots cooked till just tender	½ C cooked green peas
1 tsp. salt	Juice of ½ lemon
2-3 Tbsp. butter	

Heat butter in skillet, add garlic, ginger, onion, salt, and mustard seed. Saute until onion is clear. Add everything except the peas and stir together, add peas.

Pastry:

2 C white flour	1 tsp. salt
1 tbsp. melted butter	1/3 C yogurt
cold water	

Mix together flour and salt, add butter and yogurt. Add cold water to make dough. Knead until smooth and elastic. Cut into 4" circles. Seal with a fork.

Sauce:

1 medium cucumber	3 C plain yogurt
1 tsp. cumin seed	1 tsp. salt
dash cayenne	

Peel, seed and grate cucumber. Mix in yogurt and rest of ingredients. Chill.

Marjorie Smithhisler

SAMOSAS

(India)

1 lb. ground beef, brown and drain	1 large onion, chopped very fine
5 hot peppers, chopped very fine	1 inch piece fresh ginger root, grated
5 cloves garlic, minced	2 tsp. tomato paste
pinch of salt	1 tsp. accent
1-2 tsp. soy sauce	

Mix all together and then add 1 heaping teaspoon of spice mix and blend all together.

Spice Mix:

1 can allspice	1 tsp. cardamom
1 tsp. ground cloves	1 tsp. cinnamon

Mix all together and use 1 heaping teaspoon per recipe, saving extra for future use.

Use wonton wrappers (round are best), brush one side of the wrapper with oil and place a second wrapper on top of the oiled side. Place 1 teaspoon of meat mixture on wrapper. Put water on edges fold over, and seal edges. Deep fry until golden brown.

Mark Shrader

CHOCOLATE FONDUE

12 oz. semi-sweet chocolate pieces	1/4 - 1/2 C sugar
1/2 C evaporated skim milk	

Melt the chocolate pieces, sugar and milk. Pour into fondue pot.

Dippers:

Angel food cake, sponge cake, apples, maraschino cherries, bananas, pineapple chunks, strawberries, grapes and oranges.

Mary Burness

CRISPIX

12 oz. butterscotch morsels 6 oz. chocolate chip morsels
1-1/2 C salted peanuts 5-6 C Crispix

Melt chips, stir in Crispix and peanuts. Place on wax paper to harden.

John Lambert

BEEF AND CHEESE STROMBOLI (Italy)

1 tube refrigerated French bread dough 8 oz. Six cheese Italian shredded
4 oz. slice deli beef or pastrami cheese
1/3 C chopped red bell pepper 1 egg beaten
2 Tbsp. Parmesan shredded cheese

Carefully unroll dough. Cut into two 12 x 6 inch rectangles. Place on lightly floured surface. Sprinkle Italian blend cheese evenly over dough leaving a 1/2 inch border on long sides; top with beef and bell pepper. Starting with long sides of rectangles, roll up dough; pinch dough together to seal and tuck in ends. Line baking sheet with foil and grease lightly; place rolls seamside down 2 inches apart. Bake in preheated 350 oven 22 minutes. Brush baked stromboli with egg and sprinkle with Parmesan cheese. Bake 4 minutes more or until deep golden brown. Cool 15 minutes; cut rolls crosswise into 1 inch slices with serrated knife.

CHEESE BALL

1 small can crushed pineapple, drained 1/4 C chopped green pepper
1/4 or less C chopped onion 2 - 8 oz. pkgs. Cream cheese,
dash of seasoned salt softened

Mix all together and shape into 1 large or 2 smaller balls and refrigerate. After the ball sets and firms up (probably still a little sticky), roll in chopped pecans. Serve with crackers or whatever you like.

Liz Battle
HOT CREAMY SAUSAGE DIP

1 lb. hot sausage	5 green onions, chopped
1 C sour cream	½ C mayonnaise
¼ C grated Parmesan cheese	2 oz. chopped pimento, drained

Preheat oven to 350. Brown and crumble sausage until no longer pink. Remove and drain; add all remaining ingredients except 1 green onion. Pour into 1 quart baking dish. Bake 20-25 minutes. Garnish with green onion. Serve with wheat crackers, chips, pretzels, etc.

Liz Battle

MUNCHIE CRACKERS

10 oz. pkg. oyster crackers	1 ½ C vegetable oil
1 oz. pkg. Hidden Valley Ranch dressing mix (2 tbsp).	1 T dill weed
	½ tsp. garlic salt

Pour oil over crackers and let stand 20 minutes. Add dry ingredients and stir.
Note: These are also good used as you would croutons in salads or as a garnish in soups.

Liz Battle

MARINATED MOZZARELLA (Italy)

1 lb. fresh mozzarella cheese	1 tbsp. parsley, coarsely chopped
2 Tbsp. fresh basil, chopped	½ C strong olive oil
2 tsp. lemon juice	

Cut the mozzarella into 1 inch cubes. Place in a bowl. Add the parsley, basil, oil, and lemon juice and toss to coat. Let sit at room temperature for 3-4 hours before serving.

TZATZIKI (Greece)

32 oz. plain yogurt
1 large cucumber, peeled and
shredded
5 cloves garlic, minced

3 tbsp. distilled white vinegar
1/4 C extra virgin olive oil
salt to taste

Place a cheese cloth over a medium bowl and strain the yogurt 6 hours in the refrigerator, or overnight. Drain as much excess liquid from the cucumber and garlic as possible. In a large bowl, mix together the yogurt, cucumber, garlic, vinegar, olive oil and salt. Stir until a thick mixture has formed. Serve as dip with veggies or pita chips.

OLIVADA (Greece)

3 C whole, pitted kalamata olives
1/3 C olive oil

2 cloves garlic

Place olives and garlic in an electric blender. Add olive oil in a stream while pureeing; process until mixture becomes a thick, but not too smooth paste. Serve with good bread.

SHARP ALE CHEESE (Ireland)

1/2 lb. grated sharp cheddar
1 Tbsp. Dijon mustard
1/2 - 2/3 C dark ale

4 oz. cream cheese
1 tbsp. celery seed
Dash of paprika

Blend all ingredients except paprika in food processor. Place in serving bowl and sprinkle paprika on top as garnish. Serve with toasted breads, crackers, or crudites.

TOMATILLO SALSA (Salsa Verde) (Mexico)

1 lb. tomatillos, husks removed,

1/2 C cilantro leaves

rinsed, coarsely chopped
2 tbsp. diced onion

2 cloves garlic, roughly chopped
salt

Place tomatillos in a saucepan and barely cover with water. Bring to a boil, then simmer until soft - about 10 minutes. Place half of the tomatillos in a blender jar. Add the cilantro, garlic, and onion. Blend until smooth. Add the remaining tomatillos, and pulse a few times, just enough to break up any larger pieces. Return sauce to the pan and cook for another 10 minutes. Season with salt.

CHARRED HABANERO SALSA (Mexico)

3 Roma tomatoes, pan roasted
until blistered, deeply browned,
and soft
1/4 C water

3 habanero chiles, pan roasted
until dark brown, then seed cores
removed
1/8 tsp. kosher salt

Put all the ingredients in a blender and blend until smooth. Use within several hours.

FRIED OLIVES (Spain)

9 oz. green olives
4 C flour

1 egg, beaten
2 C olive oil

Coat the olives with egg and flour. Fry them using plenty of hot oil until golden brown. Drain them on paper towels. Serve warm.

EGGPLANT WITH VINEGAR (Sirkeli Patlican) (Turkey)

1 large eggplant
4-5 cloves garlic, chopped

Olive or salad oil for frying
3-4 tbsp. vinegar

salt and pepper to taste
1 medium tomato, sliced (optional)

few springs flat-leaf parsley
Turkish flat bread, or pide

Peel and cut eggplant in 3/4 inch cubes. Soak in salted water for about 20 minutes, wash and dry. Heat oil in frying pan and fry eggplant cubes until golden brown. Drain and place in a serving platter. Sprinkle with chopped garlic and vinegar and mix well with a spoon. Season with salt and pepper to taste. Decorate edges with parsley and tomato slices. Place toothpicks in the eggplant cubes and serve with Turkish flat bread, pide, or crackers.

HOT REUBEN DIP (Germany)

4 tbsp. butter flavored shortening
½ lb. corned beef, sliced and
shredded
2 tbsp. sweet pickle relish
2 tbsp. dill pickle relish
½ C mayonnaise

1 large onion, finely diced
8 oz. cream cheese
1-1/2 C sauerkraut, drained and
and chopped fine
½ C ketchup
2 C grated Swiss cheese

Melt shortening in a heavy 4 quart sauce pot. Add diced onion and cook until golden brown. Add corned beef and cook for 3 minutes, stirring often over medium heat. Drain excess fat. Add cream cheese in chunks, stirring after each addition. Add sauerkraut and pickle relish. Add ketchup, mayonnaise and Swiss cheese. Stir until well blended and melted. Serve in fondue pot or chafing dish with toasted mini rye triangles.

MINCHOFF'S FAVORITE BREAD
(Germany)

1/3 C oil	2 tbsp. dark molasses
1/3 C light brown sugar	1 tsp. salt
1 C evaporated milk	1 C hot water
1/3 C lukewarm water	1 package dry yeast
1/3 C wheat germ	5-6 C unbleached flour

Measure oil, molasses, brown sugar, salt, evaporated milk and hot water in a large mixing bowl. Sprinkle yeast into lukewarm water. Stir to dissolve. Stir yeast mixture into liquid mixture. Add one cup of flour with wheat germ: mix well. Stir in remaining flour until mix is stiff enough to handle. Knead about 5 minutes. Let rise in a warm place until doubled, about 90 minutes. Turn only lightly floured surface and divide dough into two equal portions. Roll each ball of dough into a rectangle. Roll sides up and press together at seam, turning under ends. Place loaves into greased 9x5x3 inch loaf pans with the seam side down. Cover with tea towel, let rise until the dough reaches about 1 inch above the edge of the pan. Bake in a preheated 400 degree oven for 10 minutes; reduce heat to 325 degrees and bake for 30 minutes more. Turn out of pans and place on a cooling rack.

Paul and Lois

Minchoff

PIZZA CRUST (Focaccia)
(Italy)

1 C warm water	1 package yeast
1 tsp. sugar	2 tsp. salt
4 tbsp. olive oil	1 1/2 C bread flour
garlic oil made from olive oil and fresh garlic	fresh rosemary leaves

Place the water in a large, warmed bowl. Add the yeast and sugar, and let sit for 5 minutes. Stir in the salt and olive oil. Gradually add the flour. Dough should be firm. Place dough on a flour surface and knead until smooth, adding flour as necessary. Place dough in a greased bowl, cover, and let sit in a warm place for 90 minutes. Punch down dough. Knead for a minute, then let sit for 10 minutes. Grease cookie sheet. Spread dough onto cookie sheet, forming a rectangle. Brush on the garlic oil. With the tips of your fingers, make dents in the surface of the dough, about one inch apart. Sprinkle on the rosemary leaves. Allow focaccia to rise for 30 minutes. Preheat oven to 400. Bake for 20-25 minutes, or until golden.

BANANA BREAD
(Caribbean)

3/4 C pecan halves	1/4 C raisins
2 C flour	1 tbsp. baking powder
1/4 tsp. freshly grated nutmeg	1/2 tsp. salt
2 large bananas	8 tbsp. butter, softened
1 tsp. vanilla extract	1/2 C sugar
1 egg	

Preheat the oven to 350. Chop 1/2 cup of the pecan halves coarsely and add to the raisins in a small bowl, along with 1 tablespoon of flour. Set aside. Sift together the remaining flour, baking powder, nutmeg, and salt; set aside. Peel the bananas and mash in a bowl; set aside. In a large bowl, cream the butter and sugar together until light and fluffy. Add the egg and bananas. Stir in the pecan-raisin mixture. Then combine with the remaining flour mixture. Place the banana bread batter into a greased loaf pan. Decorate with remaining pecan halves and bake for 50-60 minutes. Serve warm or at room temperature.

FRUIT BREAD (Kletzenbrot)
(Austria)

2 C whole wheat flour	1 c white flour
2/3 C brown sugar	3 tsp. baking powder
2 tsp. baking soda	1/4 tsp. salt
2 C buttermilk	1 C chopped nuts (walnut, almonds)
1 C chopped prunes	1 C chopped dried figs
1 C chopped dried dates	1/2 C raisins
1/2 C currants	

Sift the flours, sugar, baking powder, baking soda, and salt into a bowl. Slowly add the buttermilk and stir the mixture into a smooth dough. Mix in the nuts and dried fruits. Place into a loaf pan and bake at 350 for 60 minutes.

COFFEE BREAD RING (Pulla)

(Finland)

2 eggs
2 C milk
3 tsp. salt
½ lb. butter or margarine
1/3 C raisins
almonds for decorating

2/3 C sugar
1-1/2 oz. yeast
1 tbsp. crushed cardamom
about 1-1/4 lb. flour
egg yolk for glazing

Get the ingredients for the dough ready the previous evening. If they are cold the dough will take too long to rise. Heat the milk to hand temperature. Beat the eggs and sugar, add the milk, yeast, salt and cardamom. Add enough of the flour to give a thick, elastic mixture. Beat it vigorously to get air into the dough. Mix in the rest of the flour and finally the butter or margarine. Knead the dough until it separates completely from your hands and sides of the bowl. Add the raisins just before shaping the ring. Cover the dough with a cloth and leave to rise in a warm place. When the dough has doubled in bulk, place on a lightly floured surface and knead well. Add the raisins. Form the ring by braiding together three or four strands of dough. If you think it is too difficult to make a ring like this, form into two or three separate curved sections and place on a baking tray. Bake at 400 for 30 minutes.

CORNMEAL BREAD (Polenta)
(Italy)

6 C water, salted

2 C coarse cornmeal

Bring water to a boil in a large pot. Gradually whisk cornmeal into the water, whisking constantly. Reduce heat and continue stirring with a spoon, occasionally, as mixture thickens. This should take about 35 minutes in all. Polenta is cooked when it pulls away from side of pot. Pour polenta on to a wet work surface. Shape and flatten to a uniform thickness of ½ inch. Let cool. Slice or cut into rounds. These can be served as is, fried in olive oil, or grilled, topped with cheese.

POPPY SEED OR NUT ROLL
(Poland)

8 C flour	1 pkg. yeast
1 stick of butter or margarine, melted	5 eggs
3/4 C sugar	1 tsp. salt
2 C of warm milk	

Filling:

1 lb. poppy seed or ground nuts	1 C sugar
1 1/2 sticks margarine or butter	1 C milk, hot
1 lemon rind	

Combine all filling ingredients and beat well.

Dissolve yeast in 1/2 cup of the warm milk. Combine the flour, sugar, salt and eggs. Add remainder of the milk, butter and yeast mixture. Beat until elastic. Sprinkle top with a little flour and cover with a cloth. Let stand in a warm place until double in size. Punch down. Divide the dough into 2 pieces. Put on floured board and roll out into a rectangle. Spread cool filling and sprinkle with raisins. Roll like a jelly roll. Place in greased pan and let stand to rise again. Brush top with margarine or butter. Bake for 45-60 minutes at 350.

CORN BREAD (Green Mealie Bread)
(South Africa)

2 cups biscuit mix	1 cup creamed corn
1 tbsp. sugar	1 egg
1/2 c whole milk	2 oz. butter, melted

In a large bowl, place the biscuit mix, creamed corn, and sugar. Add the egg and milk, and stir just until combined. Preheat the oven to 400. Grease a 9" baking pan. Place the mealie mixture into the pan, and coat with the melted butter. Bake for 20 minutes.

GLUHWEIN (Germany)

1 bottle dry red wine	2 broken cinnamon sticks
juice of ½ to 1 lemon	10 cloves
1 orange peel	ground nutmeg
1 lemon peel	honey or sugar to taste

Heat all ingredients in sauce pan. Simmer 30 minutes, stirring occasionally.
Serve in a glass mug.

Note: The Germans use dry red wine, the English use fortified wines like port and madeira. You also could use white wine or apple juice.

Mary Burness

BASIC MIXED GRILL MARINADE

½ C loosely packed parsley	¼ C red wine vinegar
2 tbsp. olive oil	1 tsp. soy sauce
½ tsp. Worcestershire sauce	2 cloves garlic, peeled
¼ tsp. fresh ground pepper	1 tsp. dried oregano
1 bay leaf	Dash crushed red pepper flakes

Place all ingredients in the chopping bowl of a hand blender or mini food processor. Pulse until pureed. Marinate steaks, chops, chicken or turkey pieces at least 2 hours or preferably overnight, refrigerated.

JERK SEASONING (Caribbean)

1 ½ tsp. onion powder	1 ½ tsp. garlic powder
¾ tsp. dried thyme leaves	½ tsp. dried oregano
½ tsp. allspice	½ tsp. ground ginger
½ tsp. paprika	¼ tsp. nutmeg
½ tsp. black pepper	¼ tsp. to ½ tsp. cayenne pepper

Combine all ingredients and store in an airtight container until ready to use.

MEATBALLS (Keftedakia)

(Greece)

2 slices bread, trimmed	1/4 C ouzo
2 tbsp. olive oil	1 small onion, diced
1 lb. ground beef	1 egg
1 tbsp. chopped fresh mint	1 clove garlic, minced
1/2 tsp. dried oregano	black pepper
1 C flour	1/4 C oil

Soak the bread in the ouzo for 5 minutes. Meanwhile, in a large, heavy skillet, heat 2 tablespoons olive oil and saute the onions for 5 minutes over medium low heat. Remove with a slotted spoon and place in a large bowl. Add the ground beef, egg, mint, garlic, and oregano. Season with black pepper. Mix well. Shape meat mixture into 1 inch balls. Roll the balls in the flour lightly. Refrigerate for about 1 hour. Add 1/4 cup of oil to the skillet and heat over high heat. Cook one layer of meatballs for 8 to 10 minutes, browning on all sides. Transfer the meatballs to a platter and repeat.

FRESH PASTA

(Italy)

1 -1/2 C semolina flour	1 C flour
4 eggs	2 tbsp. olive oil
1 tsp. salt	

In a large bowl, combine the two flours. Add the remaining ingredients and using a wooden spoon, combine until smooth. Dough should be somewhat sticky. Cover and let relax for 30 minutes. Using flour as necessary, knead dough by hand or with pasta machine.

PINA COLADA

(Caribbean)

2 C coconut milk	3 C pineapple juice
2 C crushed pineapple	½ C shredded coconut, sweetened
1 C rum, preferably golden	½ C sugar
1 tsp. clear vanilla	

Combine all ingredients in a large bowl. Blend in batches using a blender. Serve over ice.

CHILI OIL (China)

1 C peanut oil	½ C sesame oil
1 C dried hot chilies, quartered	5 tsp. ground cayenne pepper

Heat peanut oil in a small saucepan. Add sesame oil and warm for a minute. Stir in chopped peppers and ground cayenne. Stir well and let stand for 1 hour. Strain and pour into jar. Store in the refrigerator.

SWEET SYRUP FOR PASTRIES (Middle East)

3 C sugar	1 ½ C water
1 lemon	1 tbsp. orange-blossom water or rosewater

Boil the sugar with the water until dissolved and viscous, about 10 minutes. Stir in the remaining ingredients and remove from the heat.

Note: The general rule for syrup is to pour hot syrup over cold (or room temperature) pastries and to serve cold syrup over hot pastries.

POLISH SAUSAGE (Kielbasa)

1 ½ lb. lean boneless pork
1 tsp. salt
1-2 cloves garlic, crushed
1/4 C crushed ice

1/1 lb. boneless veal (optional)*
1 tsp. pepper
1 tbsp. mustard seed
casing

Cut the meat into small chunks, then grind the meat with the seasonings and ice, mix this well. Stuff the meat mixture into the casing. Smoke in your outside smoker following the manufacturers directions, or you can place the sausage in a casserole, cover it with water. Bake at 350 until water is absorbed, about 1 ½ - 2 hours. This only makes about two pounds. When making sausage by hand, tie a knot about 3 inches from one end of a cleaned sausage casing and fix the open over the spout of a wide based funnel, easing most of the casing up onto the spout. Then spoon the mixture into the funnel and push it through into the casing with your fingers. Knot the end and roll the sausage gently on a firm surface to distribute the filling evenly.

*If you do not add the veal, then add 1 lb. of pork.

TAIWAN PICKLES

1 English cucumber, sliced in half salt to taste
length-wise and sliced

DRESSING:

1 tbsp. sesame oil 1 tsp. chile oil (or to taste)
1 tbsp. rice vinegar

GARNISH:

Chopped dried chilies to taste.

Place sliced cucumbers in serving bowl and sprinkle with salt. Mix dressing ingredients in a small bowl and pour over cucumber slices. Stir to coat. Sprinkle with dried chilies to taste. Stir. Serve cold.

CABBAGE KIMCHEE (Korea)

1 lb. Chinese cabbage	1 lb. white radish
3 tbsp. salt	2 tbsp. finely minced ginger
1 ½ tbsp. minced garlic	5 scallions with tops, cut into thin rounds
1 tbsp. red cayenne pepper	
1 tsp. sugar	

Cut cabbage into 2 inch lengths. The inner, tender leaves can be left whole for appearance. Peel the white radish and cut it lengthwise into two halves. Cut these halves into 1/8 inch “half moons”. In a large bowl, add 5-6 cups of water and 2 tablespoons plus 2 teaspoons of the salt. Mix to dissolve the salt. Place the cabbage and the radish slices in the bowl and dunk them repeatedly to wet. Put a weighted plate over the bowl resting on the cabbage and radish to keep it under the salt water. Leave for 12 hours, up to 1 day. Turn a few times as well. Mix the ginger, scallions, garlic, red pepper, sugar and 1 teaspoon of salt in a separate large bowl. Remove the cabbage and radish and allow it to drain some back into the soaking liquid. Reserve the soaking liquid. Place the drained vegetables into the seasonings and mix. Put the spiced vegetables into one or more bail-type canning jars or a crock. Pour enough of the soaking liquid over it to cover the vegetables, leaving 1 inch of head space at the top of the jar. Cover loosely with a cloth and allow it to ferment for 3 - 8 days, depending on the temperature. The bail on the canning jars can be secured, but in place of the rubber ring, put a folded paper towel. There will be bubbling during the fermentation, so sealing the jar is not advised. Start tasting after 3 days for desired sourness. When well soured, cover and refrigerate.

Note: Typically, this dish is used like pickles or sauerkraut, as an accompaniment to almost any meal. The liquid in the jar can be added to soups or stews when the cabbage is gone.

KALE (couve minerá) (Brazil)

1 lb. kale	1 clove garlic, minced
1 medium onion, chopped	2 tbsp. olive oil

Wash and drain kale thoroughly. Bunch the leaves together and cut into 1/4 inch strips. Saute the garlic and onion in oil. Add kale and cook over moderate heat for about 5 minutes. Kale should be soft but not discolored.

VEGETABLE BUNS

(India)

1 onion, chopped	2 cloves garlic, minced/grated
1" piece ginger, minced/grated	2 green chiles, minced
1 green pepper, chopped	½ C peas
1 C carrots, chopped	½ tsp. turmeric
½ tsp. coriander powder	½ tsp. cumin powder
½ tsp. cayenne pepper	juice of 1 lime or lemon
salt and pepper to taste	4 hot dog buns

Heat oil in a pan, add chopped onions, garlic, ginger and chiles. Saute until onions are caramelized. Add green pepper and saute for a couple of minutes. Add carrots, peas and saute again. Add all the spices, salt and pepper and fry well. Split the hot dog bun; add some of the filling. Place on the filled buns in an oven proof dish and toast in a toaster oven till the top of the bun is slightly browned. Serve hot with a squeeze of lime/lemon.

Note: Can use regular sliced bread with this filling and toast in a sandwich maker.

Shyamala Naganathan

COO-COO
(Caribbean)

6 C water	1 tsp. salt
16 young okra, stemmed, sliced	4 tbsp. butter
8 oz. cornmeal	1 C cooked corn

Bring a pot of water to a boil on the stove. Add the salt and the okra. Add 2 tablespoons butter and stir until dissolved. Stir in the cornmeal and continue stirring mixture over low heat for about 10 minutes. Stir in the corn. Grease a serving dish with the remaining 2 tablespoons of butter. Pour mixture into dish. Can garnish with fresh tomatoes, sweet bell peppers, and parsley.

BRUSSELS SPROUTS ALMONDINE
(France)

1 tbsp. oil
3/4 C water
1 pkg. (16 oz.) Brussels sprouts
dash pepper

1/4 C sliced almonds
1-1/2 tsp. instant beef bouillon
granules

Heat oil in medium saucepan. Add almonds. Saute over moderate heat until light golden brown. Drain on paper towels. Combine water and bouillon granules in medium saucepan. Heat to boiling. Add Brussels sprouts. Return to boiling. Cover. Reduce heat. Simmer, stirring once to break apart Brussels sprouts, 8-12 minutes, or until tender. Drain. Stir in almonds and pepper.

MEXICAN STYLE CORN (Southwest United States)

2 tbsp. butter flavored shortening
1 pkg (16 oz.) frozen corn
4 oz. diced green chiles, rinsed and
drained

1/3 C chopped onion
1 medium tomato, chopped
2 tbsp. water
dash garlic powder

In 2-quart saucepan melt shortening. Add onion. Cook and stir over medium heat until tender. Stir in corn, tomato, green chilies, water and garlic powder. Cover and cook over medium heat for 7 minutes, stirring occasionally. Uncover and continue cooking for about 3 minutes, or until hot.

RED BEETS WITH HORSERADISH (Poland)

3 C cooked or canned beets,
drained, and chopped
1 tsp. vinegar

6 oz. prepared horseradish
1 tbsp. brown sugar
1/4 tsp. salt

Combine all of the ingredients. Cover and refrigerate for 3 days.

ROASTED CHILE PEPPERS (Mexico)

4 Anaheim chile peppers

Place chile peppers over a gas burner on high, or under a broiler flame. Turning often, broil until black all over. Place chiles in a paper bag. Seal bag and let sit for 30 minutes to steam-cook. Remove chiles from bag. Remove stem, then slice chiles lengthwise. Remove seeds. Turn chiles over and gently scrape off charred skin with a knife. Some skin will remain. Rinse and dry chile halves gently. Cut as desired.

STUFFED ZUCCHINI (Zucchini ripiene al prosciutto) (Italy)

6 medium zucchini	3 eggs
5-6 tbsp. dry bread crumbs	3 tbsp. freshly grated Parmesan
1 tbsp. butter, melted	6 oz. prosciutto, cut into strips
salt and pepper	2 tbsp. olive oil

Steam the whole zucchini for approximately 8 minutes, or until tender. Let cool. Remove ends and cut zucchini in half. Using a melon baller, scoop out center of the 12 zucchini boats. Reserve zucchini for another purpose. Preheat oven to 350. In a small bowl, beat the eggs. Stir in the breadcrumbs, cheese, butter and ham. Mix well. Transfer mixture to a small skillet and cook until no liquid remains. Season with salt and pepper. Fill zucchini boats with mixture. Pour the olive oil, plus 2 tablespoons water into a large baking dish. Bake for 20 minutes.

PEAS (petits pois) (France)

1 small head lettuce
12 pearl onions
4 oz. butter
1 tsp. salt

2 C fresh peas
4 parsley springs
1/4 C water
Pinch sugar

Remove outer leaves from the head of lettuce and remove stem. Cut lettuce head into quarters. Tie quarters together with kitchen string and place in a large pot. Add the peas and peeled pearl onions. Tie parsley sprigs together with fine kitchen string and place on top. Cut up butter and sprinkle on top of vegetables. Pour in the water. Sprinkle on the salt and sugar. Cover pot and bring to a boil. Simmer for 30 minutes over medium-low heat. Make sure water does not completely evaporate. Remove parsley and string from lettuce before serving.

CREAMED CURRIED SPINACH WITH CHEESE (sag paneer)
(India)

1/2 C water
3 tbsp. ghee or butter
1 tbsp. finely chopped ginger
1 tsp. salt
1/4 tsp. turmeric
1/2 tsp. garam masala

1 lb. fresh spinach, washed, de-
stemmed, coarsely chopped
1/2 C finely chopped onion
1/4 tsp. ground cumin
1/2 tsp. ground coriander
1 C cheese (paneer), cut into 1"
cubes

Combine 1/2 of the water and a handful of the spinach in a jar of a blender. Blend at high speed for 30 seconds. Keep adding spinach until about half is blended. Add a little more water, if necessary, to puree. In a large skillet, heat the butter over moderate heat. Add the ginger and saute for one minute. Add the onions and salt and continue sauteing for 5 more minutes. Stirring after each addition, add the cumin, turmeric, coriander, and garam masala. Then stir in the leafy and pureed spinach. Reduce the heat and cook the mixture uncovered, for 20-30 minutes. Most of the liquid should evaporate. At the last minute, gently add the paneer

KRIEK CABBAGE
(Germany)

1/3 C dried sweetened cherries

1 C cherry ale or kriek

1 tbsp. olive oil
1 tbsp. minced shallots
10-12 oz. red cabbage, tough outer
leaves removed and cored, quartered
and sliced thin

1 tsp. minced orange zest
1 tbsp. red wine vinegar
salt and pepper to taste

Place the cherries in an oven-proof dish and cover with the cherry-flavored beer. Cover the dish with plastic wrap and heat in the microwave for 1 minute on high power; remove wrap and let cool. Stir together the olive oil, orange zest, shallots in a 10 inch heavy saute pan placed over low heat. Saute gently until the shallots are translucent and tender, about 3 minutes. Add the cabbage, red wine vinegar, cherries and beer, stirring often, and cook for 15 minutes or until the cabbage is tender. Season to taste with salt and pepper, and serve.

VEGETABLES WITH GARLIC AND GINGER (yataklete kilkil) (Ethiopia)

6 small red potatoes, scrubbed
½ lb. fresh green beans, cut into
2" lengths
2 onions, coarsely chopped
2 jalapenos, stemmed, seeded, minced
2 tsp. finely chopped ginger root
½ tsp. white pepper

3 large carrots, scrubbed, cut
into pieces
¼ C oil
1 large green pepper, finely chopped
3 cloves garlic, minced
1 tsp. salt
6 green onions, cut into 2" lengths

Bring a large pot of water to a boil. Drop in the potatoes. After 5-6 minutes, add the carrots and green beans and cook for another 5 minutes. Drain in a colander. Set aside. In a stew pot, heat the oil over medium heat. Add the onions, green pepper, and jalapenos. Saute for about 5 minutes. Do not let brown. Then stir in the garlic, ginger, salt and pepper. Stir for one minute. Add the reserved vegetables and toss gently until coated. Sprinkle on the green onions. Cover the pot and cook over low heat for about 10 minutes. Vegetables should be tender-crisp.

STIR FRIED SNOW PEAS (China)

6 dried Chinese mushrooms
2 tbsp. oil

1 lb. fresh snow peas
½ C bamboo shoots, cut into

1 tsp. salt
½ tsp. sugar

1/8 inch pieces

Cover the mushrooms in a small bowl with warm water. Let sit for 30 minutes to soften. Drain mushrooms and reserve about 2 tablespoons. Cut mushrooms into 1/4 inch slices; set aside. Snap tips off of snow peas and remove strings from pods; set aside. Place 2 tablespoons of oil in a wok set over high heat. Add the mushrooms and bamboo shoots and stir fry for 2 minutes. Add the snow peas and stir fry for another minute. Add the salt, sugar, and mushroom water. Cook for another 2 minutes to evaporate liquid. Serve hot.

BAKED TOMATOES (Tomates a la Provencale)
(France)

8 ripe tomatoes
1/4 C chopped parsley
4 garlic cloves, minced
8 tbsp. breadcrumbs

Salt
2 tsp. fresh chopped thyme
1/4 C olive oil

Preheat oven to 400 degrees. Cut the tomatoes horizontally and remove core. Place cut-side up in a large, rectangular baking dish. Sprinkle on the salt, parsley, thyme, and garlic. Pour on the olive oil evenly. Sprinkle with breadcrumbs. Bake uncovered for about 30 minutes.

ROASTED EGGPLANT (Baigan Bartha)
(India)

1 large eggplant
2 green chillies, chopped
1" ginger coarsely, chopped

1 large onion, chopped
2 medium tomatoes, chopped
finely chopped cilantro

1 tsp. cumin seeds
1 tsp. oil

1 tsp. coriander powder
salt to taste

Oil the surface of the eggplant and roast it in the broiler till it is soft from inside. Turn it frequently to avoid burning. Cool it and gently peel off the coat. Mash it with a fork to form chunks but not a paste. In a pan heat the oil. Add the cumin and chopped onions, chillies, garlic and ginger. Fry till the onion is golden brown. Add the tomatoes and fry till the juices are thick. Now add cumin and coriander powders. Add the mashed eggplant and salt. Mix thoroughly. Cook for 5 minutes. Serve hot with Indian bread.

Shiva Krupa

WINTER VEGETABLE MELANGE (Belgium)

2 oz. bacon, diced	3 cloves garlic, finely chopped
2 medium onions, chopped	1 medium leeks, chopped
1/4 head savoy cabbage, shredded	2 medium carrots, cubed
2 medium turnips, cubed	1/2 lb. Brussel sprouts, halved
1/2 lb. celeriac, cubed	2 C chicken broth
1/2 bouquet barni	salt and pepper to taste
nutmeg to taste	1/2 lb red potatoes, peeled and cubed
1 tbsp. parsley, finely chopped	1 splash sherry

Fry bacon until crisp in dutch oven. Remove and set aside. Add onions, leeks, cabbage, carrots, turnips, Brussel sprouts, garlic and celery root. Saute for 12 minutes. Add chicken broth bouquet garni, salt, pepper and nutmeg. Cover and cook for 30 minutes. Add potatoes, sherry and bacon to pan. Cover and cook for 15 minutes or until potatoes are done and liquid has evaporated. Discard bouquet garni. Stir and sprinkle with parsley.

Note: Bouquet garni is 5 sprigs parsley, 1 sprig thyme, and 1 bay leaf tied with kitchen string.

SALAD MARINADE

For sliced tomatoes or Boston lettuce:

1/4 C vinegar
2-3 Tbsp. sugar
2-4 Tbsp. oil

3/4 C water
1/2 tsp. salt
Fresh chopped onion, if it's tomatoes

For cooked, peeled, cubed potatoes:

Use only 2 Tbsp. sugar

Add the fresh chopped onion

For peeled, thinly sliced cucumbers:

Omit sugar

Add caraway seed, garlic and pepper
to taste

Mary Burness

FOOL MUDAMMAS

(Egypt)

1 ½ C dried white beans (Great Northern)	1 tsp. salt
2 cloves garlic, or chopped garlic to taste	½ C olive oil
¼ C lemon juice	3 scallions, chopped fine

Wash beans thoroughly and soak over night in enough water to cover. Cook until skins split (about 1 ¼ hours). Drain well and allow beans to cool. Add other ingredients and mix. Flavor improves if served several hours after mixing.

Pressure cooker: Use 2 cups water for each cup of dried beans. Cook at 10 pounds of pressure for 15 minutes.

Note: A nice alternative to potato salad.

Nancy Dunlop

CREAMY COLESLAW

(Southern United States)

4 C shredded cabbage	1/3 C shredded carrot
1/4 C chopped celery	1 Tbsp. finely-chopped green onion
1/3 C mayonnaise	2 Tbsp. dairy sour cream
1/4 tsp. dry mustard	1/4 tsp. salt

Mix cabbage, carrot, celery and onion in medium serving bowl. Mix 1/3 cup mayonnaise and remaining ingredients in small mixing bowl. Add to cabbage mixture. Mix well. Cover and refrigerate at least 2 hours.

CHIMICHURRI SAUCE (Argentina)

½ C olive oil	2 tbsp. fresh lemon juice
1/3 C minced fresh parsley	1 clove garlic
2 minced shallots	1 tsp. minced basil, thyme or oregano, or mixture
salt and pepper to taste	

Combine all ingredients and let set for at least 2 hours before serving.

Served with everything from empanadas to grilled steak.

CUCUMBER SALAD (Caribbean)

2 large cucumbers, peeled	1 tsp. salt
1 small chile pepper, seeded, minced	2 tsp. lime juice
1 garlic clove, minced	

Slice cucumbers lengthwise and remove seeds with a melon baller or spoon. Slice each half into ½ inch pieces. Place them in a bowl and sprinkle on the salt. Toss gently and let sit for 30 minutes. Drain well. Place the cucumbers in a serving bowl and add the chilies, lime juice, and garlic. Toss well. Cover and let salad sit at room temperature for 1 hour before serving.

SPICY BEEF SALAD (Australia)

Dressing:

2 garlic cloves	2 small fresh red chili peppers
2 tbsp. light soy sauce	2 tbsp. lime juice
1 tbsp. fish sauce	1 oz. palm sugar

Salad:

2 lb. beef fillet	24 cherry tomatoes or 6 medium
1 red capsicum (sweet pepper)	tomatoes
1 small red onion	1 C fresh mint leaves
1 C fresh coriander leaves	2/3 C peanuts, roasted
1 - ½ tbsp. vegetable oil for cook beef	

To make dressing, peel the garlic. Mince together the garlic and chili peppers. Place in a bowl with the rest of the dressing ingredients. Mix together until the sugar has dissolved.

To make salad cut the beef into eight portions. Halve the cherry tomatoes or chop the tomatoes. Seed and slice the capsicum. Peel and slice the red onion. Place all the salad ingredients except the beef and vegetable oil into a bowl.

Cook the beef in a lightly oiled pan over a high heat. The cooking time depends on how well done you like your beef. Put the beef in a warm place to rest for 10 minutes.

To serve, thinly slice the beef and add it to the salad bowl. Ladle over just enough dressing to coat and toss well.

EGGPLANT SALAD

2 eggplants, peeled, diced	salt and pepper
juice of 1 lemon	1/3 C olive oil
2 cloves garlic, minced	3 C cooked black-eyed peas
2 tsp. sugar	

Place the diced eggplant in a bowl. Mix the salt and lemon juice together and pour over the eggplants. Let sit for 30 minutes. Sprinkle on the oil and toss well. Gently stir in the garlic, peas, and sugar. Season with black pepper.

MEDITERRANEAN-STYLE CHICKEN AND BEAN STEW

3 tbsp. extra-virgin olive oil	4 skinless whole chicken legs
1 fennel bulb, quartered, cored and thinly sliced crosswise	1 small onion, thinly sliced
15 oz. can Roman or pinto beans, preferably Goya, drained and rinsed	2 large garlic cloves, thinly sliced
12 oil-cured black olives, pitted and quartered lengthwise	12 oz. can whole tomatoes, finely chopped, juice reserved
2 tsp. coarsely chopped rosemary	6 sun-dried tomatoes, thinly sliced
Salt and freshly ground pepper	1 tbsp. tomato paste
	1 large dried red chile (optional)
	½ C water

Heat the olive oil in a large skillet. Add the chicken and cook over moderate heat until lightly browned, about 4 minutes per side. Transfer to a platter. Add the fennel, onion and garlic to the skillet and cook over moderately low heat, stirring occasionally, until softened, about 10 minutes. Stir in the beans to coat them with the oil, then add the chopped tomatoes with their juice, olives, sun-dried tomatoes, tomato paste, rosemary and chile. Season with salt and pepper and bring to a simmer. Cook over low heat until the juices thicken slightly, about 4 minutes. Add the chicken and water, cover and simmer until the chicken is tender, about 40 minutes; turn the chicken halfway through. Season the stew with salt and pepper and serve.

Paul Miller

MUSHROOM SALAD (Champignons en Salade)
(France)

3/4 lb. fresh mushrooms, cleaned	1 lemon, juiced
salt	pepper
1/3 C olive oil	chopped parsley

Remove stem end and cut mushrooms into 1/4" thick slices. Place in a bowl and sprinkle with lemon juice. Add salt and pepper, and pour on the oil. Toss gently. Let sit for 10 minutes. To serve, sprinkle with chopped parsley.

TOMATO SALAD
(Greece)

4 fresh, ripe tomatoes, peeled, seeded, sliced	2 oz. feta cheese, crumbled
1/4 C olive oil	Juice of 1 lemon, strained
Kalamata olives	Salt and pepper
	Purple onion, sliced

Place slice tomatoes on a serving dish. Sprinkle on the feta cheese, lemon juice, and olive oil. Season with salt and pepper. Garnish with olives and onion slices.

CRAB, TOMATO AND LEMON GRASS BROTH SOUPS
(Australia)

6 lemon grass stalks	12 large ripe tomatoes
2 small fresh red chilli peppers	4 red shallots or ½ red onion
2 inch piece fresh ginger	4 garlic cloves
12 C fish stock	1-1/2 C fresh coriander leaves
20 fresh lime leaves	Pinch of saffron threads
4 whole white peppercorns	4 whole coriander seeds
2 tbsp. fish sauce or to taste	2 C clear tomato extract

Soup Garnish

2 medium tomatoes, extra diced	1 large fresh red chili pepper finely sliced
4 fresh lime leaves finely shredded	
2 oz./per person crab meat	1/4 C fresh coriander leaves
1/4 C fresh mint leaves	

Peel off the outer layers of the lemon grass, leaving the tender center part. Roughly chop this. Chop the tomatoes, chilli peppers and shallots or onion. Peel the ginger and slice it. Peel the garlic and crush the cloves. Bring the fish stock to a boil in large saucepan over a high heat. Add all the soup ingredients except the fish sauce and the tomato extract. Reduce the heat to low and simmer for 45 minutes. Strain the soup through a fine sieve, discard the solids. Transfer the soup back to the saucepan, reheat and add the fish sauce and the tomato extract. To serve divide the tomatoes, chilli pepper, lime leaves and crab meat between the soup bowls. Ladle the hot soup over the garnish and serve topped with the coriander and mint leaves.

SWEET AND SOUR SAUCE (Sot Chua Ngot)
(Vietnam)

3 cloves garlic, finely chopped	1 tbsp. oil
2 tbsp. sliced shallots	2 pickled shallots, sliced
1 small carrot, diced	1 small green bell pepper, diced
1 medium red chili, diced	2 tbsp. sugar
salt and pepper	1 tsp. tomato sauce (recipe below)
1/4 C vinegar	1 tbsp. cornstarch mixed with a tsp. of water

Saute garlic in oil until slightly colored. Add sliced shallots, pickled shallots, carrot, green bell pepper, chili, sugar, and salt and pepper to taste. Keep frying,

add Tomato Sauce and vinegar. Bring combination to a boil. Add cornstarch mixture. Reduce heat, stir and simmer for one minute.

TOMATO SAUCE (Sot Ca Chua)
(Vietnam)

1 tbsp. vegetable oil	3 cloves garlic, finely chopped
3 medium tomatoes, peeled, seeded, and finely chopped	1 C chicken stock or fresh coconut pinch of salt
1 tsp. sugar	

Saute garlic in oil until slightly browned. Add tomatoes, then stir for 5 minutes, adding stock or coconut juice. Bring to a boil, add a small amount of water. Mix thoroughly, reduce heat, then season to taste with salt and sugar. Simmer until reduced by one-third or until desired thickness is achieved.

MIXED SALAD (Slata Tunisia)
(Tunisia)

1 C ripe tomatoes, peeled and chopped	1 C chopped onion
1 C green bell pepper, diced	½ C hot green chiles, minced
1-1/2 tbsp. vinegar	4 tbsp. olive oil
2 tbsp. mint leaves, chopped	salt and pepper to taste
1 small green apple	

Place all vegetables in a bowl. Sprinkle with vinegar, olive oil and mint. Peel and coarsely chop the apple, stirring the pieces to the bowl as you go so as to prevent discoloration. Salt and pepper to taste.

SPICY TOMATO SALAD (Ezme Salatasi)
(Turkey)

2 medium, ripe tomatoes, peeled	2-inch piece of cucumber, peeled
1 green bell pepper	2 scallions
1/4 tsp. dried mint	½ tsp. paprika
½ tsp. black pepper, freshly ground	½ tsp. salt
1 Tbsp. red wine vinegar	1 tbsp. olive oil

Remove the seeds of the tomatoes, cucumber and pepper. Chop vegetables into very fine pieces, using a sharp knife or a mini-food processor. Drain excess liquid. Add remaining ingredients and mix well. Make a few hours ahead for fuller flavor.

Note: A relish served with grilled or barbecued meat.

SHRIMP STEW, BAHIAN STYLE (Moqueca de Camarao)
(Brazil)

Juice of 1 lemon	1 onion, finely chopped
1 clove garlic, minced	1 - 2 tbsp. white vinegar
½ tsp. salt	1 lb. fresh shrimp, shelled and deveined
1 tsp. fresh cilantro, chopped	Black pepper to taste
2 tbsp. Tomato paste	½ C thick coconut*
1 C thin coconut milk*	
2 - 3 tbsp. dende oil**	

Shrimp needs to marinate for 30 minutes.

Make a marinade with lemon, onion, garlic, vinegar and salt. Marinate the shrimp for 30 minutes. Put mixture into a sauce pan and add cilantro, tomato paste and black pepper to taste. Add thin coconut milk and cook over low heat until the shrimp are cooked. Add the thick coconut milk and dende oil. Continue cooking for another 5 minutes.

* Bottle or canned coconut milk can be substituted.

**Dende oil is a palm oil high in saturated fat. It is available in specialty food stores.

EGG DROP SOUP
(China)

1-1/2 lb. pork bone	6 Cups water
1 slice fresh ginger root	1 tsp. rice wine
1/4 tsp. white pepper	½ tsp. salt
1 tsp. cornstarch combined with 1 tsp. water	2 eggs, beaten
2 tbsp. chopped ham	1 green onion, sliced
	1 tsp. sesame oil

Place pork bone in a large pot and add water and ginger. Bring to a boil, then simmer for 2 hours. Discard bone. Add wine, pepper, and salt. Give cornstarch mixture a stir, then add to soup while stirring. Bring soup to a boil and add beaten eggs. Quickly stir in one direction only. Remove soup from heat. Add green onion, ham and oil. Serve hot.

PASTA, WHITE BEAN AND TOMATO SOUP (Pasta e Fagioli)
(Italy)

1 C dried small white (navy) beans	4 Tbsp. extra-virgin olive oil
1 onion, peeled and finely chopped	3 garlic cloves, peeled and minced
3 tomatoes, peeled and seeded or	salt and freshly ground pepper
3 C chopped canned tomatoes	5 C chicken stock, vegetable stock
1 tbsp. finely chopped fresh rosemary	or water
5 oz. dried elbow pasta	

Rinse the beans; remove and discard any stones or damaged beans. Place in a bowl, add water to cover and soak for about 3 hours. Drain the beans and place in a saucepan over high heat with water to cover by 2 inches. Bring to a boil, reduce the heat to low and simmer gently, uncovered, until the skins begin to split and the beans are tender, 45-60 minutes. Drain and set aside. In a large pot over medium-low heat, warm 2 tablespoons of the olive oil. Add the onion and garlic and saute slowly, stirring, until the onion is soft, about 10 minutes. Add the tomatoes and salt and pepper to taste and simmer for 20 minutes. Add the chicken or vegetable stock or water and simmer, covered, for 20 minutes. Add the beans and simmer, covered, for 20 minutes. In a small saucepan over medium heat, warm the remaining 2 tablespoons olive oil. Add the rosemary and immediately remove the pan from the heat. Reserve, at room temperature, until serving. To the pot, add the pasta and simmer until it is al dente, 12-15 minutes. To serve, ladle into individual bowls and drizzle with the rosemary mixture.

STEW (Carbonada Criolla)
(Argentina)

3 Tbsp. olive oil	2 lb. stewing beef cut in 1" chunks
4 large tomatoes, coarsely chopped	1 green pepper, coarsely chopped
3 cloves garlic, minced	2 bay leaves
1 tsp. oregano, crushed	salt and pepper to taste
2 C chicken stock	1 C white wine
3 baking potatoes, 1" dice	3 sweet potatoes, 1" dice
2 zucchini or yellow squash, ½" dice	2 peaches, ½" dice
2 pears, ½" dice	

Heat oil in heavy pot. Brown beef in batches. Remove from pan and set aside. Cook tomatoes, pepper, onion and garlic until soft. Add seasonings, stock and wine. Bring to boil scraping up browned bits, then return beef to pot with

potatoes and sweet potatoes. Cover and simmer 15 minutes. Stir in corn and squash. Simmer 10 more minutes, until vegetables are almost fully tender, then add fruits and cook only 5 minutes more.

CREAM OF LETTUCE SOUP (Potage Creme de Laitue)
(France)

4 potatoes	2 heads leaf lettuce
1-1/2 quarts water	1 chicken bouillon cube
salt and pepper	2 egg yolks
1/2 C heavy cream	

Peel and wash the potatoes, and cut into 1/2" pieces; set aside. Wash the lettuce leaves and chop them. Place the chopped lettuce, potatoes, water bouillon cube, and pinch of both salt and pepper into a large pot. Bring to a boil, reduce heat, and simmer until potatoes are well cooked. Puree the mixture through a food mill. Return to the pot. Mix the egg yolks and cream together in a small bowl. Whisk in about 1 cup of the hot soup. Gently whisk the egg mixture into the soup.

CARAWAY ALT POTATO SALAD
(Germany)

Dressing:

1/2 C olive oil	1/3 C alt beer
3 oz. light cream cheese	1 tsp. caraway seeds
1/2 tsp. celery seeds	1 tsp. brown mustard seeds
1 tsp. kosher salt	1/4 tsp. hot red pepper flakes
2 tbsp. minced parsley	

Blend all ingredients in a blender, and place in refrigerator to chill.

Salad:

1-3/4 to 2 lb. small red potatoes	1 C chopped celery (2 stalks)
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½ C cucumber, peeled, seeded and diced	3 scallions (include some green leaves)
1/3 C chopped kosher dill pickles	Salt and pepper to taste
6-8 radishes, sliced	

Boil the potatoes in 1 quart water until tender. Place the remaining raw vegetables in a large bowl and mix well with the dressing. Remove the potatoes from the heat and drain well in a 2 quart colander. When cool enough to handle, cut the potatoes into quarters. Toss the warm potatoes with the dressed vegetables, and let cool to room temperature. Season to taste with salt and black pepper. Add dressing.

LENTIL SALAD (Yemiser Selatta) (Ethiopia)

½ lb. dried lentils	3 tbsp. red wine vinegar
3 tbsp. olive oil	1 tsp. salt
black pepper	3 cloves garlic, minced
2 jalapenos, stemmed, seeded, minced	

Rinse the lentils under running water in a sieve. Then drop them into boiling water - enough to cover by 2 inches. Simmer the lentils for 30 minutes. Do not overcook. Drain thoroughly and set aside. Combine the vinegar, oil, salt, and black pepper in a deep bowl. Mix well. Add the lentils, garlic, and jalapenos, and toss gently. Let sit for at least 30 minutes before serving.

GREEK SALAD

3 roma (plum) tomatoes, chopped	1/4 C olive oil
1 green bell pepper, sliced	1 tsp. red wine vinegar
1 small English cucumber, chopped	1 tsp. lemon juice
1 small onion, chopped	1 clove garlic, minced
1/4 C sliced black olives (optional)	½ tsp. dried oregano
2 oz. tomato basil feta cheese, crumbled	salt and pepper to taste

In a salad bowl, combine the tomatoes, bell pepper, cucumber, onion and olives. Whisk together the oil, vinegar lemon juice, garlic, oregano, salt and pepper. Let sit for 1 hour, occasionally stirring to blend flavors. Pour dressing over salad, add feta cheese and toss before serving.

PASTA SALAD

(Italy)

½ C canola oil	2 tbsp. red wine vinegar
½ tsp. sugar	½ tsp. dried oregano
3-4 cloves minced garlic	½ C chopped onions
2 C chopped ripe tomatoes	½ C chopped fresh basil
salt and pepper	1 lb. uncooked pasta

In a bowl whisk together the oil, red wine vinegar, sugar, and oregano, and blend well. Add the garlic, onions, tomatoes, and basil; gently stir to mix well. Add salt and pepper to taste and gently mix. Let stand at room temperature for 2-3 hours. Cook the pasta and drain well. Place the cooked pasta in a large bowl; add the sauce and mix well. Serve with grated Romano cheese.

ICED CUCUMBER SOUP

(Korea)

2 cucumbers	2 C chicken broth, degreased
1 C water	½ C cider vinegar
¼ C soy sauce	1 tbsp. sesame oil
1-1/2 tsp. sugar	1 tsp. white pepper
4 green onions, chopped on the diagonal	2 tbsp. toasted sesame seeds
	15-20 ice cubes

If the cucumbers are waxy, peel them. If the skin is thin and unwaxed, leave it on. Cut the cucumbers into matchstick julienne, about 2 inches in length. To make the soup more attractive, cut the ends of the matchsticks on the diagonal. In a large serving bowl, mix together the chicken broth, water, cider vinegar, soy sauce, sesame oil, sugar and white pepper. Stir in the cucumber and green onions. Chill well. Just before serving, stir the ice cubes and sesame seeds into the soup. Taste the soup to correct the seasonings. It should be pleasantly tart and slightly

salty, with a hint of sesame. If the flavorings seem too strong, then dilute with additional water, but keep in mind that the ice cubes will thin down the flavors as they melt.

EGGPLANT MISO SOUP (Japan)

1 quart boiling water	2 tbsp. miso
1 carrot, chopped	2 scallions, chopped
½ C tofu, cubed	1 C eggplant, julienned

In boiling water, add miso. Mash to dissolve. Add carrots, scallions, tofu and eggplant. Cook until vegetables are tender.

CORN SOUP (Mealie Soup) (South Africa)

2 oz. butter	1 C finely chopped onions
2 tomatoes, chopped	2 C canned whole corn, well drained
2 C creamed corn	3 C chicken stock
1 C evaporated milk	1 tsp. black pepper
1 Tbsp. salt	

In a large sauce pan, heat the butter over moderate heat. Add the onions and saute for 5 minutes. Stir in the tomatoes and cook for a few minutes. Add the corn, milk, stock, salt, and pepper, and simmer for 15 minutes. Serve with crackers.

EASTER SOUP (Zurek Wielkanocny) (Poland)

2 C rolled oats
crust of rye bread
1-1/2 qt. water
1 tsp. brown sugar

2 C warm water
1-1/2 lb. Polish sausage
1 tbsp. prepared horseradish
salt and pepper to taste

Mix the oats and warm water, add bread crust. Let this stand until mixture sours (at least 24 hours). Strain, reserve the liquid. Cook sausage in water for about 1 hour. Remove the sausage, skim off the fat. Combine skimmed broth and oatmeal liquid. Add horseradish, brown sugar, salt and pepper. Slice the sausage, add to the broth then bring it to a boil.

SLIPPERY CHICKEN POT PIE (Germany)

Precooked chicken
4 medium potatoes
2 large carrots
2 stalks celery
Salt, pepper, poultry seasoning to taste

Broth from chicken, may need to
supplement with canned broth
2 medium onions
Parsley flakes

In a large crock pot combine potatoes, carrots, celery, broth, onions, parsley flakes, salt, pepper and poultry seasoning. Cook until potatoes are tender (about 30-45 minutes).

Pot Pie Dough:

2 eggs
1- 1/2 C flour (may need to add more)
1/4 tsp. baking powder

3 tbsp. milk
dash of salt

Combine all of the above. Stir well. Roll out dough on floured board with rolling

pin. Cut into 2 inch squares. Add the dough and cut up chicken to the large pot of items. All items need to be covered. You may need to add water. Cover pot with lid and cook for about 30 minutes. Stir periodically gently as to avoid breaking up the dough squares.

Paul and Lois Minchoff

Pan-Broiled Scallops
(Japan)

8 shelled sea scallops	2 tbsp. soy sauce
1 tbsp. sake or dry sherry	2 tbsp. oil

Wash scallops. Mix soy sauce and sake in a bowl. Heat oil in a frying pan and saute the scallops till they change color. Add soy sauce and sake. Shaking the pan to prevent sticking, continue cooking until the scallops are well-seasoned.

SWEET AND SOUR MEAT LOAF

1 ½ lb. ground beef	1/4 tsp. pepper
1 C bread crumbs	8 oz. tomato sauce
½/ tsp. salt	1 small onion, chopped

Combine the above, form a loaf and bake in a 350 oven for 50 minutes.

Sauce:

8 oz. tomato sauce	½ C sugar
2 tbsp. brown sugar	2 tsp. prepared mustard
1 tbsp. vinegar	

Combine all in saucepan and bring to a boil. Pour over meat loaf and bake another 10 minutes.

Retta Parsons

CABBAGE ROLLS (Golabki) (Poland)

1 head of cabbage	1 lb. ground beef
½ lb. ground pork or veal (optional)	16 oz. tomato sauce
8 oz. can of tomatoes	2 C cooked rice
2 eggs	1 onion finely chopped
2 tbsp. margarine	Salt and pepper to taste

Remove the core from the cabbage. Put the cabbage in boiling water and remove the leaves as they soften. Saute the onions in the margarine for a short time. In a bowl add the onions, meat, rice, eggs and salt and pepper, mix this well. Place about 2 tbsp. of the meat mixture in the center of a cabbage leaf and roll. Put the meat rolls in a large pot and pour the tomato sauce onto the rolls. Then squeeze tomatoes from can and arrange on top of the rolls. Simmer over low heat for 2 hours.

SHEPHERD'S PIE

Recipe for Shepherd's pie and tips for assembly submitted by Kevin Scott are located at the end of the Main Dishes section.

GARDEN BURGER (India)

1 C cooked carrots	1 C cooked beans
1 C cooked peas	1 ½ C cooked masked potatoes
1 tsp. lemon juice	1 tsp. turmeric
1 slice of white bread	1 pinch of garam masala, optional
1 tsp. cayenne pepper	2 tbsp. cilantro, chopped
salt to taste	1 tsp. pepper powder
4 tbsp. all purpose flour	4 tbsp. bread crumbs
oil to deep fry	

Drain all excess water from cooked vegetables, and semi-mash them together. Add ½ tsp. of cayenne pepper, ½ tsp. of turmeric, garam masala, pepper, lemon juice, cilantro and salt and mix well. Take one slice of white bread dip it in water and squeeze out the water then add to the vegetables to bind the mixture. Make burgers out of this and keep aside. In a pie place, mix together flour, bread crumbs, remaining ½ tsp. of cayenne pepper and turmeric. Roll the burger in the flour mixture and deep fry. Alternately, bake at 400 for 20-25 minutes.

For the Burger:

8 hamburger rolls	1 tbsp. butter
1 cucumber, grated, excess water squeezed out	½ C yogurt
salt and pepper to taste	1 tsp. sugar
cheese slices	lettuce
	tomato slices

Mix yogurt, cucumber, sugar, salt and pepper. Cut the hamburger roll horizontally; toast with a little butter. Apply yogurt mixture. Place the burger in between; top with cheese, lettuce and a slice of tomato.

Syyamala Naganathan

FISH AND RICE (Cape Kidgere)

(South Africa)

2 oz. butter	4 C cooked fish, flaked
2 C cooked rice	4 hard-boiled eggs, separated into white and yolks
2 tsp. salt	½ C evaporated milk
½ tsp. pepper	

In a saucepan, heat the butter over medium heat. Add the fish and rice and stir gently to combine. Chop the egg whites and add to the pan, along with salt, pepper, and milk. Stir gently until heated through. To serve, garnish with egg yolks, passed through a fine wire sieve.

SHRIMP WITH GARLIC (Spain)

1 ½ lb. shrimp	2 garlic cloves
½ hot dried red pepper	1 tbsp. olive oil
salt	

Peel the shrimp and discard the heads. Heat the oil in a frying pan or in a casserole and add the garlic, cut into thin slices. Leave on low heat until the garlic is golden brown. Add the hot red pepper, flaked. Add the shrimp and saute for a minute. Sprinkle with salt and serve immediately.

TENDERLOIN STUFFED WITH MUSHROOMS, PISTACHIOS AND CHEESE (Sultan Sarma) (Turkey)

1 lb. tenderloin, sliced crosswise into 6 pieces, pounded thin	3 large mushrooms, chopped
3 tbsp. oil	1 small onion, finely chopped
½ C kasar cheese, grated*	1 tbsp. pistachios, while
1/4 tsp. paprika	salt and pepper to taste

Pound the tenderloin into thin pieces. Fry the mushrooms and onion in oil until brown. Remove from heat and add pistachios, cheese and spices. Put a heaping tablespoon of stuffing on each piece of meat. Roll the meat around the stuffing. Secure with toothpicks, if necessary. Grill. Do not overcook.

*can substitute with a pale, mild or medium cheddar.

BEEF WITH FINE RICE NOODLES (Bun Ho) (Vietnam)

6 oz. rice noodles	1 clove garlic, crushed
1 medium onion, slice fine	2 inches of lemon grass root, thinly sliced
1 tsp. salt	4 tbsp. nuoc mam (fish sauce)
1 tsp. black pepper	1 lb. fillet or sirloin steak, thinly sliced
Pinch of sugar	3 tbsp. shredded cucumber
3 oz. bean sprouts	2 tbsp. oil
4 oz. crisp salad greens, shredded	
1 small bunch mint	
4 tbsp. chopped peanuts	

Blanch rice noodles for 5 minutes, drain and set aside. Combine garlic, onion, lemon grass, salt, pepper, half the nuoc mam and sugar and marinate beef in this mixture for 30 minutes. Divide bean sprouts, salad greens, cucumber, and mint, put in individual deep bowls and top with rice noodles. Heat oil in skillet and fry beef to preferred taste. Divide into four and add to bowls. Dribble over with remaining nuoc mam, add chopped nuts, and serve.

MINCED PORK (Picandinho de Porco) (Brazil)

1 tbsp. butter or bacon fat	1 onion, finely chopped
2 tomatoes, peeled, seeded and diced	2 lb. pork, finely chopped
½ lb. smoked chourico sausage*	juice of 1 lemon
salt and pepper to taste	2 eggs, hard-boiled and sliced
2 tbsp. fresh parsley, minced	1 malagueta pepper, chopped (optional)

Saute onion in butter or bacon fat until softened. Add tomatoes and stir over medium heat until thickened. Add the pork and sausage, after removing the casing. Mix well, breaking the sausage into small pieces. Cook for 20-25 minutes, or until the meat is done. Stir in lemon juice and malagueta pepper, salt and black pepper to taste. Cook over low heat for 5 minutes. Transfer to serving bowl and garnish with egg slices and parsley.

*Smoked andouille or keilbasa sausage can be substituted.

BIRYANI (India)

Curry:

1 kg. Chicken/mutton/beef, cut into bite size pieces	2 tsp. vegetable oil
2 plum tomatoes, sliced	4 medium yellow/red onions, sliced
2 tsp. freshly chopped garlic	2 tsp. freshly grated ginger
2 tsp. garam masala	3 green peppers
1 tsp. red chilli powder	2 tsp. coriander powder
	salt to taste

Rice:

1 C uncooked basmati rice	1/4 C butter/ghee
1 cinnamon stick	5 cloves
1/4 tsp. turmeric powder	1/2 C coriander leaves, chopped
cashews and dried grapes, to garnish	2 C water
	Salt to taste

Heat oil in a pan. Fry onions until brown. Add ginger, garlic, tomatoes and green peppers and fry for 5 minutes. Add Garam masala, coriander powder and red chilli powder and stir at medium heat for 2 minutes. Add meat; stir well to coat the gravy, add 1 cup water, cover and simmer until the meat is cooked. Add more water if desired. The curry should not be dry.

Heat butter/ghee in a large heavy-bottomed vessel. Fry cinnamon stick, cardamom, cloves and turmeric powder. Add washed rice and fry for 5 minutes. Add 2 cups water, boil well and simmer at medium-low heat until the whole water is absorbed. To serve, place half of the cooked rice on the bottom of a serving dish and spread the meat with gravy over it. Spread the rest of the rice over the meat. Garnish with onions, cashews and dried grapes (fried in ghee/butter) and chopped coriander leaves. Serve hot.

Sunaetha Thomas

BAKED FISH (Acapulco)

1 1/2 lb. fresh halibut, cod, scrod or	2 tbsp. lemon juice
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hake, cut into 1 inch pieces	1 C chunky-style salsa
1 ½ C four cheese Mexican shredded cheese	

Arrange fish in single layer in a 2-quart rectangular baking dish; sprinkle with lemon juice. Top with salsa and cheese. Bake in preheated 425 oven 12 minutes or until fish flakes easily with a fork.

VEAL CHOPS WITH APPLE BRANDY SAUCE - (Cotes de Veau au Calvados)
(France)

4 veal chops	Salt and pepper to taste
2 Tbsp. flour	3 oz. plus 3 Tbsp. butter
2 Tbsp. calvados (apple brandy)	1/4 C tomato paste
1/3 C half and half	2 egg yolks
1 tsp. lemon juice	1/4 C white wine

Season veal with salt and pepper. Coat lightly with one tablespoon of flour. Melt 3 tablespoons of butter in a large skillet. Add chops and fry for approximately 5 minutes on both sides. Arrange chops on a platter and set aside. Add remaining tablespoon of flour to skillet and stir into pan drippings. Add brandy and tomato paste. Bring to a boil and remove from heat. Stir in half and half well and set aside. Melt 3 oz. of butter in a small saucepan and set aside. In a small heatproof bowl, beat together the egg yolks along with the lemon juice. Place the bowl over a bowl of hot water. Whisking constantly, slowly add the melted butter, a few drops at a time. When the butter has been added, remove the bowl from the water bath and stir in the white wine. Then stir in the tomato paste mixture. Pour hot sauce over chops and serve.

CRISPY CATFISH
(Southern United States)

4 catfish fillets	1/3 C cornmeal
1/3 C flour	1 tsp. salt
½ tsp. salt	½ tsp. onion powder

1/8 tsp. freshly ground black pepper	1 egg, lightly beaten
1 tbsp. water	1 C oil
tartar sauce (optional)	

Rinse fish; pat dry. Combine cornmeal, flour, salt, paprika, onion powder and pepper in a small shallow dish or pie plate. Combine egg and water in shallow dish or pie plate. Dip fish in egg mixture. Coat with cornmeal mixture. Heat oil to 365 in an electric skillet or on medium-high heat in large heavy skillet. Fry fish for 5-7 minutes on each side or until crisp and browned. Drain on paper towels. Serve with tartar sauce, if desired.

STUFFED FLANK STEAK (Matahambre) (Argentina)

Flank steak (about 2 lb.)	1/2 C red wine vinegar
1/2 C beer	2 tbsp. olive oil
3 cloves garlic, minced	1 onion, coarsely chopped
1 large potato	2 carrots
salt and pepper to taste	6 coarsely chopped anaheim chiles, roasted and seeded
4 slices raw bacon, cut into 1/4 inch strips	1 bay leaf

Marinate the steak in the vinegar, beer, oil, garlic and half the onion for at least 3 hours or overnight. Remove the steak (reserving the marinade) and place between two sheets of plastic wrap. Flatten slightly with a meat pounder, wind bottle or rolling pin. Using a vegetable peeler, slice the potatoes (unpeeled) and carrots into long, thin strips. Remove the top sheet of plastic. Salt and pepper the top side of the beef to taste. Place a layer of chiles on top, then a layer of potatoes, then a layer of carrots. Roll up the steak, jelly-roll fashion and tie with kitchen twine. In a heavy Dutch oven or casserole, brown the bacon; when cooked, remove and set aside. In the very hot bacon fat, add the rolled steak and brown on all sides. Return the bacon to the pan with the remaining onions, bay leaf and marinade. Add 1 - 2 cups water, cover and simmer for two hours, turning every 30 minutes (adding more water if necessary). Taste the broth before serving, adding more seasonings to taste. To serve, slice the roll into 3/4 inch widths and serve each with some of the broth.

EGG ROLLS WITH PORK (China)

8 oz. bean sprouts	3 tbsp. oil
1/2 lb. ground pork	3 C finely-chopped celery
6 mushrooms, cut into 1/4-inch slices	1 tbsp. soy sauce
1 tbsp. Chinese rice wine	2 tsp. salt

½ tsp. sugar
16 oz. egg-roll wrappers
oil for deep frying

1 tbsp. cornstarch dissolved in
in 2 tbsp. water

Rinse bean sprouts in cold water and place on towel to drain well. Heat 1 tbsp. of the oil in a wok or large skillet over high heat. Add the ground pork and cook until browned, about 2 minutes. Add the rice wine, soy sauce, and mushrooms and cook for another minute. Transfer mixture to a large bowl and set aside. Pour remaining oil in wok and heat. Add celery and stir fry for about 5 minutes. Add salt, sugar and bean sprouts. Return pork mixture and mix thoroughly. Give the cornstarch mixture a stir, then add it to the wok, stirring until combined. Transfer mixture to large bowl and cool. For each egg roll, place about 1/4 cup of filling in center of wrapper, lying diagonally. Lift the lower corner over the filling and tuck the point under it. Bring both side corners over the filling, then roll up egg roll. To assure that top corner of wrapper stays put, first dab on a drop of water. Repeat with remaining filling. Heat about 3 cups of oil in a wok until the oil reaches about 375 on a deep frying thermometer. Place 5 or 6 egg rolls in hot oil and deep fry them for about 2-3 minutes. Serve while warm.

ASIAN SPAGHETTI

3 tbsp. oil, divided
3 tbsp. soy sauce
1 scallion or green onion, thinly sliced

8 oz. uncooked spaghetti
3 tbsp. sesame seeds

Bring large pot of salted water to a boil on high heat. Add 2 tablespoons of oil and spaghetti. Boil according to package directions until al dente. Drain. Heat remaining 1 tablespoon of oil in small skillet on medium heat. Add sesame seeds. Saute 2 minutes or until brown. Toss spaghetti with soy sauce, sesame seeds and scallion.

BOHEMIAN OMELET (Bohmische omeletten) (Austria)

3 egg whites
3 egg yolks
1 ½ oz. butter (unsalted)

1 ½ oz. sugar
1 ½ oz. flour
3 ½ oz. prune mix (see below)

5 1/3 oz. heavy cream

Prepare prune mix from 3 1/2 oz. fresh prunes, 3 1/2 oz. sugar and a small amount of water by slowly roasting mix in the oven, then blending and pureeing it and gently flavoring with dark rum.

Whip egg whites and sugar to an oily constancy, beat egg yolks until smooth, add to whisked egg white. Carefully fold in flour. Heat two omelet pans (diameter about 5 1/2 inches) and grease with unsalted butter, pour in batter, carefully bake on low heat for about 3 minutes. Turn omelets, slowly bake other side. Heat prune mix, beat with a small quantity of cream until smooth, coat omelets with prune mix, fold, serve on plates, dust with powdered sugar and garnish with whipped cream and prune mix sauce.

FRESHLY SALTED SALMON (graavilohi) (Finland)

4 1/2 lb. salmon	1/3 cup coarse salt
4 tbsp. sugar	3-4 tsp. roughly-ground white pepper
fresh dill	

Fillet the salmon. Do not remove skin. Wipe the fillets with paper towels without rinsing. Place one of the fillets, skin side down, on the bottom of a dish sprinkled with salt. Place the other fillet, skin side up, on top. Sprinkle the rest of the salt and dill over the fish. Cover the dish tightly with aluminum foil. Put a small weight on top and store in a cool place for 1-3 days. Scrape off the seasoning and cut the fillets, leaving the skin intact, into thin, oblique slices before serving. If desired, top with mustard dressing.

Mustard dressing: Mix together just before serving. Mix 2 tbsp. darkish prepared mustard, 2 tbsp. sugar and 4 tbsp. wine vinegar. Add 3/4 cup olive oil, in a thin stream beating continuously. Mix in plenty of finely-chopped fresh dill.

LEMON RICE (India)

2 C cooked rice	1 tsp. canola/peanut oil
1 tsp. cumin seeds	1/2 tsp. turmeric powder
2 green chiles	1/2 tsp. ginger, minced/grated
1/8 C broken cashews	salt to taste
1/4 C lemon juice	Cilantro, to garnish

Dissolve the salt in the lemon juice. Heat oil in a pan, add cumin seeds and let them pop. Add cashews and let them brow. Add chiles, ginger, and turmeric powder. Turn off the heat. Add this and the lemon juice-salt mixture to the rice. Mix well and garnish with cilantro. Best at room temperature.

Shyamala Naganathan

ROASTED POTATO CURRY

1 lb. new potatoes	2 onions, chopped
1 tsp. cumin seeds	½ tsp. turmeric powder
1 tsp. cayenne pepper	½ tsp. coriander powder
salt and pepper to taste	juice of one lemon/lime
chopped cilantro, to garnish	1/8 C oil

Rinse the potatoes well under clear running water. Dice or cut them into french-fry sized pieces. No need to peel them. Heat oil in a pan add cumin seeds and let them pop. Add onions and let them caramelize. Then, add the other spices, salt and pepper, potatoes and saute well. Reduce the heat to low, cover the pan and let the potatoes cook in their own steam. Check periodically to make sure that they don't overcook. When done, add the lemon/lime juice and cilantro. Mix well and serve hot.

Shyamala Naganathan

POTATO PANCAKES

(Germany)

2 C grated raw peeled potatoes	4 egg whites
1 tbsp. flour	1 ½ tsp. salt
1/8 tsp. pepper	Oil for frying

Grate potatoes in blender. Remove and drain off excess liquid. Put ½ cup potatoes egg whites, flour, salt and pepper back in blender. Blend about 2 minutes. Combine with remaining potatoes. Fry thin pancakes in hot oil until golden brown.

CHICK PEA FRITTERS (Yeshimbra Assa)
(Ethiopia)

3 C chick pea flour	2 tsp. salt
1 tsp. white pepper	3/4 - 1 C water
2 tbsp. minced onion	1 tsp. minced garlic
vegetable oil for frying	

Mix the flour, salt and pepper in a large bowl. Stir in the 3/4 cup water, onion, and garlic. If dough is too crumbly, add a little more water. Dough should form a compact ball. On a lightly floured surface roll out dough until it is 1/4" thick. Use cookie cutters to cut out shapes (fish shape is traditional). Pour oil into a skillet 2-3" deep. Heat oil until it reached 350 degrees on a deep-frying thermometer. Fry fritters for 3-4 minutes, turning them frequently until they puff slightly and are golden brown on both sides. Transfer to a towel to drain. Then prepare sauce:

Sauce:

2 onions, finely chopped	1/2 C oil
1/2 C berbere	3 cloves garlic, minced
1 1/2 C water	1 tsp. salt

Cook the onions in a dry skillet over the lowest heat for 5 minutes, or until they are soft and dry. Do not let burn or brown. Pour in the oil and when it's hot, stir in the berbere and garlic. Add the water, oil, and cook briskly over moderate heat until the sauce thickens. Season with salt. Place the fritters in the skillet and coat them with the sauce. Reduce the heat to low, cover the skillet partially and simmer for 30 minutes.

LITTLE RICE BALLS (bolinhos de arroz)
(Brazil)

1 egg, lightly beaten	1 small onion, finely chopped
1 green scallion, finely chopped	1 tbsp. fresh parsley, chopped
3-4 tbsp. flour	1/2 tsp. salt
1 tbsp. milk	1 C leftover rice
vegetable oil for frying	

Mix together the egg, onion, scallion, parsley, flour, milk and salt. Add rice. Fry

rounded tablespoons of the batter in hot oil until golden brown. Drain on absorbent paper.

CREAMY MUSHROOM RICE (Risotto al Funghi) (Italy)

1/3 oz. dried porcini mushrooms	4 oz. butter
1 small onion, finely chopped	1 2/3 C arborio rice
6 Cups beef or chicken stock, de-fatted	Parmesan cheese

Heat butter in a stew pot. Add the onion and saute over medium-low heat for 5 minutes. Add the rice and stir for about 2 minutes. Add 2 cups of stock and stir into rice. Stir often. Strain the mushroom water and add to stew pot, along with the mushrooms. Continue stirring, gradually adding stock, one cup at a time. Risotto should be creamy, and individual rice grains should be slightly al dente. Stir in Parmesan cheese and serve warm.

WHITE BEANS WITH VINAIGRETTE SAUCE (Spain)

1 C dried white beans	1 red or green pepper
½ medium size onion	6 tbsp. red wine vinegar
salt	Olive oil

Soak the beans in cold water overnight. Drain and bring to a boil in 7 cups of water cook at low heat, until they are tender. Drain well and mix with the vinaigrette sauce which is prepared separately.

Vinaigrette Sauce: Mince the onion and the pepper. With a wooden spoon mix both vegetables with the olive oil, the vinegar and the salt.

SPICY CHILI MAC (TexMex)

Vegetable cooking spray	1 ½ C onion, finely chopped
1 1/3 C green pepper, finely chopped	2 cloves garlic, minced
1 tbsp. chili powder	1 tsp. ground cumin
½ tsp. garlic powder	½ tsp. dried crushed red pepper
28 oz. can crushed tomatoes w/puree, undrained	½ lb. firm tofu, drained and and crumbled
2 15 oz. cans red kidney beans, drained	7 oz. wagon wheel pasta, uncooked

Coat a Dutch oven with cooking spray and place over med-hi heat until hot. Add

onion, green pepper, and garlic and saute vegetable mixture until tender. Add chili powder, cumin, garlic powder and crushed red pepper, saute 1 minute, stirring constantly. Stir in tomatoes and tofu. Bring mixture to a boil, reduce heat, and simmer, uncovered, 15 minutes. Add kidney beans and cook an additional 10 minutes or until bean mixture is thoroughly heated. Cook pasta according to package directions and drain. Spoon chili mixture over pasta.

STUFFED VINE LEAVES (zetinyagli yaprak dolmasi)
(Turkey)

8 large onions, grated	½ - 1 C olive oil
4 tbsp. pine nuts	1 C long grain rice, uncooked
1 medium can chopped tomatoes	4 tbsp. currants
2 C hot water	Salt and pepper to taste
1 bunch dill, finely chopped	½ - 2/3 lb. grape leaves, preserved
1 lemon	(drained weight)

Grate the onions finely in a food processor. Heat olive oil in a large pot, fry onions and pine nuts for 10 minutes, stirring frequently. Add rice, cook for another 5 minutes. Add tomatoes with their juice, currants, 1 cup hot water, and salt and pepper. Stir once, cover and simmer over very low heat until liquid is absorbed (20-25 minutes). Stir in finely chopped dill and let cool. Rinse and drain grape leaves. Line a large, deep frying pan with torn leaves. Place a whole leaf on the table with the stem toward you, matte side up. Trim the stem if more than 1/4" long. Place a tablespoon of stuffing near the stem end, roll the leaf away from you to cover the stuffing, fold the sides of the leaf toward the center and finish rolling. Make a firm little roll. Place the stuffed grape leaves in the frying pan (may make two layers if necessary). Pour one cup hot water and the juice of half a lemon over them. Cover with a plate, put a lid on the frying pan and simmer for 20-30 minutes. Pour off excess water and let cool. Transfer to a serving dish and garnish with lemon slices or wedges.

BASQUE POTATOES

3 lbs. Small new white or red potatoes	6 Tbsp. margarine
3 large garlic cloves, crushed	3 Tbsp. olive oil
1 Tbsp. minced fresh thyme or ½ tsp. dried	½ C chopped parsley
1-1/2 tsp. paprika	1-1/2 tsp. minced fresh or crushed rosemary
½ tsp. salt	dash of cayenne pepper
	1/4 tsp. black pepper

Preheat oven to 375. Scrub potatoes and pat dry. In a large roasting pan, melt

margarine in the oil over moderate heat. Add garlic, parsley, thyme, rosemary, paprika and cayenne. Add potatoes and roll them in the seasoned margarine to coat well. Bake, basting the potatoes occasionally with the margarine, for about 40 minutes or until tender. Season with the salt and pepper.

CREAMY CURRIED BEANS (Dal Makkhani) (India)

2 C cooked black beans	1 C cooked kidney beans
4 tsp. finely grated ginger	4 cloves garlic, minced
2 ripe tomatoes, finely chopped	2 tsp. ground cayenne pepper
2 tsp. salt	1/3 C butter
1/2 C half and half	2 tsp. garam masala

Place half the beans in a bowl. Using a potato masher, beat or mash until they form a coarse puree. Place mashed and whole beans in a large pot. Add the ginger, garlic, tomatoes, cayenne, salt, butter, cream, and garam masala to the beans. Cover with just enough water to cover beans. Cook for 30 minutes. To serve, sprinkle bowl of dal makkhani with finely diced purple onion and chopped cilantro, if desired.

YELLOW RICE (South Africa)

1 tbsp. sugar	1/2 tsp. turmeric
1 tbsp. salt	2 tbsp. Butter
1 cinnamon stick	1 C raisins
1 tsp. lemon rind	2 C white rice

In a large pot, bring 6 cups of water to a boil. Add sugar, turmeric, salt, butter, cinnamon stick, raisins, lemon rind and stir until the sugar has dissolved. Add the rice, cover, and simmer for 20 minutes. Remove cinnamon stick and lemon rind before serving.

PIGEON PEAS AND RICE
(Caribbean)

4 tbsp. oil	1 tbsp. brown sugar
1 lb. beef, cut into cubes	8 oz. white rice
4 oz. pigeon peas (fresh)	4 oz. coconut milk
salt and pepper	

In a stew pot, heat the oil. Stir in the brown sugar until it has almost caramelized. Add the beef with a little water and simmer, partially covered, until the meat is half cooked. Add the remaining ingredients. Simmer for 20 minutes. Cover and set aside for 15 minutes before serving.

PLAIN WHITE RICE
(Middle East)

1-1/2 C converted rice	2-1/2 C water
2 tbsp. butter or olive oil	salt

Place all ingredients in a nonstick saucepan and bring to a boil. Stir, and let the mixture cook uncovered over medium heat. When the water level is equal to that of the rice, and little bubbly holes have appeared in the rice, cover and reduce the heat. Simmer until done. The total cooking times is about 25 minutes. If the water has evaporated but the rice still seems a bit hard, sprinkle with a few spoonfuls of water and simmer for 5 more minutes.

BIRD'S NEST
(India)

4 potatoes	1 C green peas
1 big onion	1/2 tsp. ginger paste
1/2 tsp. garlic paste	1 tsp. cayenne pepper
pinch of turmeric	1/2 tsp. salt
500 gms vermicelli, broken into into about 1" bits	1 C flour
	Oil to deep fry

Cook the potatoes till soft. Peel and mash them. Cook peas separately. Chop the onion. In a pan, heat a tbsp. of oil. Add the chopped onions and fry well. When

it is transparent, add the ginger garlic paste and fry again. Then, add cayenne pepper, turmeric powder and salt and mix well. Turn off the heat. Add half of this to the mashed potatoes and the rest to the cooked peas. Take flour in a bowl and add little salt and water and make a thin batter. Take handful of mashed potato, roll in into a ball and stuff with the peas filling and seal it gently to form an oval shaped ball. In a deep fryer, heat the oil. Spread the vermicelli on a plate. Take one potato ball and dip into flour batter and roll it on to the vermicelli so that the ball is covered fully with vermicelli. Deep fry in hot oil till golden brown. Cut in two horizontally and serve hot. It will look like a bird's nest. Filing can also be made with spinach.

Shyamala Naganathan

MARINATED CUCUMBERS (Germany)

3 Tbsp. vinegar	3 Tbsp. water
2 Tbsp. sugar	1 ½ tsp. salt
3 long cucumbers, sliced	1 tbsp. dillweed (optional)

Combine all and refrigerate for a few hours before serving.

Paul and Lois Minchoff

RASPBERRY-CHOCOLATE ANGEL TORTE

½ C semisweet chocolate chips, melted	1/4 C fat-free sour cream
1 angel food cake	1/8 tsp. almond extract
½ container (4 oz) frozen reduced- calorie whipped topping, thawed	1/4 C raspberry all-fruit spread, melted (look for seedless)
	½ tsp. unsweetened cocoa

Melt chocolate and fruit spread in microwave.

Filling: Combine warm melted chocolate, sour cream, and almond extract. Cook until slightly thickened.

Assemble cake: Using serrated knife, cut cake horizontally into 3 layers and spread filling on bottom layer. Top with second layer and spread with the melted

and cooled fruit spread. Top with third layer. Frost top and sides of cake with whipped topping. Sift cocoa over top and sides of cake. Refrigerate until ready to serve. Serves 12.

Gretchen Jolles

VERMICELLI PUDDING
(India)

1 C vermicelli or angel hair pasta, broken in to 1" pieces	4 C milk
4 Tbsp. Butter	2 C sugar
18 C raisins	1/8 C cashews
Few strands of saffron (optional)	1/2 tsp. cardamom powder or 1 tsp. vanilla extract

If using saffron, soak in 1/8 cup of warm milk for about 20 minutes.

Heat 2 tbsp. Butter in a pan and saute the broken pasta until golden brown. Boil the milk in a heavy-bottomed saucepan. Once it comes to a boil, add the pasta slowly, stirring until all of it has been added. Let it simmer and stir occasionally till the pasta is cooked. Add sugar, cardamom, saffron-soaked milk and let it come to a boil. If using vanilla extract, add after the pudding has cooked. Heat the remaining 2 tbsp. Of butter and saute the cashews and raisins separately and add to the pudding. Serve hot or cold.

Shyamala Naganathan

CARAMEL BROWNIES

1 German Chocolate cake mix	3/4 C margarine, melted
1 C chopped nuts	Evaporated milk
60 light caramels	Chocolate chips

Bottom Layer:

In mixing bowl mix together the cake mix, margarine, chopped nuts and 1/3 C evaporated milk. Mix thoroughly. Press half of dough into 9 x 13 pan. Reserve the rest for topping. Bake at 350 for 8 minutes. Remove from oven and sprinkle with 1 cup chocolate chips.

Second Layer:

In a heavy saucepan or double boiler (or microwave), combine caramels and milk. Cook over low heat, stirring constantly until caramels are melted. Spread caramel mixture over bottom layer, then crumble remaining cake mixture. Bake

18-20 minutes. Cool slightly - refrigerate 30 minutes to set caramel layer.

Barbara Merrill

MOLASSES CAKE
(Germany)

2 ½ C flour	¾ C brown sugar
½ tsp. salt	½ C oil
½ C molasses	1 C hot water
1 tsp. baking soda	

Mix flour, brown sugar, salt and oil together in a large bowl. Take out ½ cup for topping. Add molasses, hot water and baking soda. Mix together and add to flour mixture. Makes one 9 inch square cake. Sprinkle crumbs on top. Bake at 375 for 35 minutes.

Paul and Lois Minchoff

ONE BOWL CHOCOLATE CAKE
(Germany)

2 C flour	2 C sugar
¾ C cocoa	2 tsp. baking soda
1 tsp. baking powder	½ C oil
1 C milk	2 eggs
1 C hot coffee	1 tsp. vanilla
½ tsp. salt	

Combine all ingredients and mix well. Bake in greased 9 x 13 inch pan or tube pan. Bake for 35 - 40 minutes in 350 degree oven.

Paul and Lois Minchoff

SWEET BAKED RICOTTA WITH GLAZED PEACHES
(Australia)

3 C ricotta cheese	2 eggs
1 vanilla bean	1-1/4 C icing (confectioners sugar)
8 ripe freestone peaches	Icing (confectioners) sugar extra

To bake the ricotta, preheat the oven to 300 degrees. In a large bowl, whisk together the ricotta and the eggs. Split the vanilla bean and scrape in the seeds. Sift in the icing sugar and mix thoroughly. Spoon the ricotta mixture into a loaf pan (10x2x3") and cover with aluminum foil. Place into a slightly larger baking pan and pour in enough water to come about half-way up the side of loaf pan. Bake for 40 minutes or until firm. When the ricotta is ready, remove the loaf pan from the water bath and remove the foil. Let the ricotta cool, then cover it with plastic wrap and refrigerate. When it is cold, remove from pan and slice as required. Bring to room temperature before serving. To glaze the peaches, preheat the broiler to hot. Halve the peaches and remove the skins if desired. Sprinkle with the extra icing sugar and place under the broiler until the sugar is caramelized, about 2-5 minutes. To serve, arrange ricotta slices and two peach halves one each plate. Serves 8.

COTTAGE CHEESE DUMPLINGS (Topfenknodel)
(Austria)

2-2/3 oz. butter (unsalted)	2 egg yolks
5-1/3 oz. cottage cheese	7-3/4 oz. white bread, diced
4-1/2 oz. light cream	1-2/3 oz. cake flour
1-1/8 oz. wheat semolina	2 egg whites
1/10 oz. salt	

Pour light cream over diced white bread, allow to soak in, stir until smooth. Beat together butter and egg yolks until foamy, add cottage cheese and salt, fold in white bread soaked in cream.

Whip egg whites, add to mixture, then carefully fold in flour and semolina. Let mixture sit in refrigerator for about one hour. Form small round dumplings, drop these into simmering, lightly salted water, turn off heat, let dumplings heat for

about 12 minutes.

Toss finished dumplings in buttered breadcrumbs and serve with choice of fruit sauce(s): strawberry, raspberry, apricot, etc.

HOMINY DESSERT (Mugunza) (Brazil)

2 15 oz. cans white hominy	1 ½ C whole milk
¾ can sweetened condensed milk	1 C thick coconut milk*
¾ C unsalted peanuts, roasted and ground	Cinnamon (optional)

Wash and drain hominy. Add milk and cook over low heat for 20 minutes or until hominy is soft, stirring occasionally. Add condensed milk, coconut milk and peanuts. Simmer for another 10 minutes, stirring occasionally. Transfer mixture into a serving bowl. Chill. Serve with cinnamon sprinkled on top.

*Bottled or canned coconut milk can be substituted.

CHOCOLATE GANACHE TART (Eenvoudige Chocolade Taart) (Belgium)

Basic Flemish pie crust*	8 oz. bittersweet chocolate, chopped into small pieces
1 C heavy (or whipping cream)	1/3 C confectioners' sugar
1 tbsp. espresso powder	2 large egg yolks
2 large eggs	cocoa powder, for garnish
1 large egg yolk mixed with 1 tbsp. water (egg wash)	confectioners' sugar, for garnish
whipped cream, for serving	

Generously butter a 9-inch tart pan with a removable bottom. Roll out dough on a lightly floured surface into a circle, 1/4 inch thick. Line the tart pan with the dough, trim the edges, and prick the bottom evenly with a fork. Refrigerate for 20 minutes. Preheat oven to 425 degrees. Line the bottom of the tart pan with aluminum foil. Fill two-thirds full with dry rice or beans or pie weights. Bake 10 minutes. Reduce the heat to 375 degrees and bake until the pastry is lightly browned, 5-8 minutes longer. Remove the pie weights and foil and let the crust

cool completely. Meanwhile prepare the chocolate filling: Place the chocolate pieces in a mixing bowl. In a medium-size saucepan, bring the cream, espresso, and confectioners' sugar to a quick boil. Immediately pour the hot cream mixture over the chopped chocolate and stir with a wooden spoon until the chocolate is melted and smooth. Beat in the eggs and egg yolks, one at a time, until thoroughly combined. Brush the bottom and sides of the pastry with the egg wash. Pour in the chocolate ganache and bake in the preheated 375 degrees oven until set, 12-15 minutes. Transfer to a wire rack to cool. When cool enough to handle, remove the side of the pan and let cool completely. Chill in the refrigerator for several hours before serving. For garnish, use a fine sieve to sprinkle the cocoa evenly over the surface of the tart, place a doily on top of the cocoa, and sift a layer of confectioners' sugar on top. Very carefully remove the doily. Serve cold with a bowl of freshly whipped cream.

*Recipe on page 6.

BASIC FLEMISH PIE CRUST (Kruimeldege Pate Briseens) (Belgium)

2 C all-purpose flour	8 tbsp. unsalted butter, chilled
1 large egg	and cut into small cubes
½ tsp. salt	1/3 C ice-cold water

By food processor: Measure the flour into the bowl of food processor and pulse on and off for a few seconds. Add the butter, egg and salt and pulse the machine on and off a few times until the mixture has a very coarse texture and the pieces of butter are about the size of small peas. With the food processor on, add the water through the feed tube a little at a time until the dough just holds together. (Do not let the dough form into a ball or it will be over-worked and tough.) Stop immediately. Scrape the dough from the processor.

By hand: Sift the flour onto your work surface. Make a well in the center. Into the well, add the butter, egg, and salt. Use your fingertips to blend the flour into

the butter and egg until the mixture has a very coarse texture and the pieces of butter are about the size of small peas. Add the water a little at a time, blending with your fingertips until you have a dough that you can knead. Knead very briefly.

Either method: Shape the dough into a thick disk. Wrap in plastic wrap. Refrigerate at least 1 hour. When the dough is chilled, roll it out 1/8 inch thick on a lightly floured surface with a lightly floured rolling pin or between two sheets of plastic wrap or parchment paper. IF the dough is still a little sticky, let it harden in the freezer for a few minutes. Do not work with sticky dough. Drape the dough loosely on your rolling pin and unroll it onto the pie plate without stretching the dough. Pat it gently into place with your fingers. Trim away the excess so that the dough is just slightly bigger than the pie plate. Make a fluted edge by pinching the edges of the dough with your fingers or press the edges all around with the tines of a fork. Makes one 9-11 inch pie crust.

RICE KRISPIES TREATS

2 sticks butter (no margarine) 1 (10 ½ oz.) pkg. Mini Kraft
1 (16 oz.) pkg. mini Kraft marshmallows marshmallows
1 (19 oz.) box Kellogg Rice Krispies
cereal

Melt butter in large pot or pan over low heat. Add all of the marshmallows and stir occasionally until completely melted. Remove from heat. Mix in all Rice Krispies cereal. Stir until well coated. Pour mixture into a well-buttered 9x13x2 inch pan, and smooth out with hands (rub a little water over hands, and shake off excess). Use a large piece of waxed paper to finish smoothing out top. Let stand for 1-2 hours, and when cool, cut into desired squares.

Note: Do not use diet, reduced, or low fat butter.

Liz Battle

GUAVA MOUSSE (Caribbean)

10 guavas, peeled, chopped
½ C heavy cream

4 tbsp. sifted powdered sugar
4 egg whites

Place guavas and sugar in the jar of a food processor and puree until smooth. Force the puree through a food mill and refrigerate for at least 1 hour. Beat the cream until stiff peaks form; do not over beat. Using clean beaters, beat the egg whites until stiff. Gently fold the puree into the cream and egg whites until no white shows. Place mixture into serving dishes and refrigerate until serving time.

YOGURT CAKE (Yiaourtopitta Glykisma) (Greece)

2 C honey
juice of ½ lemon, strained
6 tbsp. unsalted butter, melted
2 C flour
2 C thick yogurt cheese

Peel of 1 lemon
¾ C sugar
4 eggs, separated
2 tsp. baking powder

Combine the honey, zest, 6 tbsp. of sugar, and 2 cups of water in a sauce pan. Bring to a boil and simmer for 10 minutes; syrup should lightly coat the back of a metal spoon. Remove lemon peel and stir in the lemon juice. Set pan aside to cool. Preheat oven to 375 degrees. Butter a deep, 9 inch round cake pan. Using an electric mixer, beat the egg yolks and remaining 6 tbsp. of sugar together until pale and thick. Sift 1-¼ C of flour and baking powder together. Add to the egg mixture and stir. Add remaining butter and yogurt cheese. Add just enough flour to make a dough stiff enough to come away from the sides of the bowl. Beat the egg whites until stiff. Add 1/3 to the yogurt batter and gently fold in. Carefully fold remaining whites into batter. Spread into cake pan and bake for 35 minutes. Cake should be golden brown. When cake is still warm, pour syrup over the cake. Let cake sit for at least 4 hours before serving.

NUT CAKE (Sweden)

2 C white sugar	2 C all-purpose flour
2 eggs	1 (8 oz.) pkg. cream cheese
½ C chopped walnuts	1 ¾ C confectioners' sugar
2 tsp. baking soda	½ C chopped walnuts
2 tsp. vanilla extract	½ C butter
1 (20 oz.) can crushed pineapple with juice	1 tsp. vanilla extract

Preheat oven to 350 degrees. Grease and flour a 9x13 inch baking pan. In a large bowl, mix flour, sugar, ½ cup nuts and baking soda. Add eggs, pineapple and 2 teaspoons vanilla. Beat until smooth and pour into baking pan. Bake for 40-50 minutes. Spread icing on hot cake. For the icing: In a large bowl, cream butter or margarine, cream cheese, 1 teaspoon vanilla and confectioners sugar until light and fluffy. Fold in ½ cup nuts. Spread on hot cake.

ALMOND COOKIES (China)

1 C shortening	¾ C sugar
2 eggs	1 tbsp. almond extract
2-¼ cups flour	½ tsp. baking soda
¼ tsp. salt	½ cup blanched almond halves
1 egg beaten	

In a large bowl with electric beaters, cream the shortening and sugar. Beat in the eggs, one at a time, and mix well. Add the almond extract. In another bowl, sift together the flour, baking soda, and salt. With a wooden spoon, gradually stir the flour mixture into the shortening. The dough should be fairly firm. Divide the dough in half and roll each into a log, about 1-½ inch in diameter. Wrap in waxed paper and refrigerate for 4 hours. Preheat the oven to 375. Cut the dough crosswise into ¼ inch thick slices. Place cookies on an ungreased cookie sheet. Top each cookie with an almond half. Brush cookies lightly with beaten egg. Bake for about 10 minutes, or until light golden brown.

HAZELNUT DIPPING COOKIES (Hazelnut Biscotti)

(Italy)

2 C flour	½ tsp. baking powder
¼ tsp. baking soda	¼ tsp. salt
3 eggs	⅔ c sugar
1 tsp. vanilla extract	½ tsp. almond extract
1 c hazelnuts, toasted	1 egg mixed with 1 tbsp. milk

Preheat oven to 350. Grease one large cookie sheet. Sift together the flour, baking powder, soda, and salt. Set aside. In a large bowl, combine the eggs, sugar, vanilla and almond extract. Stir in the flour mixture, then add the hazelnuts. Form the dough into a ball and chill for 1 hour. Divide the dough in half. Form each dough into a log about 12 inches long and place both on cookie sheet. Press down on log to make cookie about ½ inch thick. Brush cookies with egg-milk mixture. Bake for about 25 minutes. Cookies should be golden. Remove to a rack and let cool. Reduce oven to 325 degrees. When cook, cut cookies into ½ inch slices, cutting at a diagonal. Place cookies upright on the cookie sheet and return to the oven for 15 more minutes. Cookies should be complete dry. Store in sealable bags or tins.

RHUBARB PUDDING (Raparperikiisseli)
(Finland)

6 C rhubarb	1 C sugar
4 C water	4 tbsp. potato starch

Topping:

½ C whipping cream	1 tbsp. sugar
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Rinse the rhubarb and cut up into short sections. Put the sugar and rhubarb in layers into enamel or steel saucepan. Add a small amount of water. Simmer the

rhubarb over a very low heat, or bake in a slow oven at 300 degrees for 30 minutes. Add the water and bring to a boil. Mix the potato starch in a small amount of water, remove the pan from the heat and stir in the well mixed potato starch thickener. Put the pan back on the heat and bring to a boil without stirring. Pour the stewed rhubarb into a serving dish and sprinkle with a little sugar to prevent a skin from forming, or cover with plastic wrap. For special occasions, top with whipped cream.

Note: Keep the pudding at room temperature; its color and consistency may change if kept in a refrigerator.

QUICK KOLACKY (Czechoslovakia)

4 ½ C all-purpose flour	1 ½ tsp. sugar
2 tsp. baking powder	½ pint sour cream
2 C butter	5 eggs

Preheat oven to 350. Line baking sheets with parchment paper. Combine the flour, baking powder, butter or margarine, sugar, sour cream and eggs. Knead until dough is smooth. Sprinkle a work surface generously with confectioners' sugar. Roll dough out over the confectioners' sugar to 1/4 inch thick, adding more as needed. Cut out into 3 inch squares and fill with nut, poppyseed or prune filling. Bake for 15 minutes.