

Employee Diversity Team

National Cancer Institute at Frederick / Fort Detrick

Spring Research Festival Cookbook



2007



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Message from the Employee Diversity Team

Thank you for visiting our display at the 2007 Research Festival. Our hope is you have learned a little something about our committee, our programs and the NCI-Frederick Community. Although efforts were made to include recipes from all countries and cultures, we realize this is a small sampling. Hope you enjoy this edition of our cookbook. Please visit our website at <http://diversity.ncifcrf.gov>. All recipes will be posted on our web site.

REPTILE RECIPES

(Special Section)



Alligator Etoufee

2 onions chopped
2 cloves garlic chopped
4 stalks celery chopped
1 can Rotel tomatoes
1 pound alligator meat cut in thin strips
2 sticks butter
1/2 cup green onions chopped
1/4 cup parsley minced
Salt and pepper to taste
Cayenne pepper to taste
3 cups rice cooked

Saute onions, garlic and celery in butter until soft. Add Rotel tomatoes and simmer for 20 minutes in covered iron pot. Add alligator meat and let cook over low heat until tender, about 1 hour. If gravy is too thick, add a little hot water. Serve over cooked rice.

Alligator Jambalaya

1 pound marinated alligator fillet cut into small pieces
1 pound hot sausage (Italian) cut into chunks
3 tablespoons oil
2/3 cup bell peppers chopped
2 cloves garlic crushed
3/4 cup parsley
1 cup chopped fresh parsley
1 cup chopped celery
2 cans tomatoes (16 oz each)
2 cups chicken stock
1 cup green onion
2 teaspoons oregano
2 dashes red hot sauce (optional)
Cajun spices (blackened or Cajun king herbed spice excellent) to taste
Salt to taste
2 cups raw white rice

In deep frying pan (cast iron preferably) sauté the bell pepper, garlic parsley and celery. While this is cooking, add tomatoes and their liquid, the chicken stock and, green onion to a pot that can cook on the stove and in the oven (corning ware) Stir in spices, sautéed vegetables raw rice, sausage and alligator fillet pieces. Cook on medium-high heat until liquid is absorbed and then bake covered in the oven for 25 minutes.

Alligator Sausage

The early Cajun trappers of bayou country considered alligator a versatile and tasty ingredient. From sausage to sauce piquant, the white lean meat of alligator found its way into their black iron skillets. Today, this once endangered species is farm raised and available at seafood and meat markets everywhere.

PREP TIME: 1 Hour

2 pounds ground alligator
2 pounds ground pork
1/2 pound ground pork fat
1/4 cup chopped onions
1/4 cup chopped celery
1/4 cup diced garlic
1/4 cup chopped red bell pepper
1/4 cup chopped parsley
1/4 cup sliced green onions
1/4 cup chopped sage
1/4 cup chopped basil
salt and black pepper to taste
Louisiana Gold Pepper Sauce to taste
15 feet casing for stuffing

In large mixing bowl, combine all of the above ingredients with the exception of the casing. Add one cup of ice water to the mixture and using both hands, blend the ingredients well. Continue to mix in a rolling motion until the fat content of the pork coats the surface of the mixture. This is imperative if the sausage is to be moist and juicy since alligator by nature is quite dry. Once the ingredients are well blended, you may wish to check the seasonings by sautéing a small patty in a frying pan. Correct seasonings if necessary. Stuff the sausage mixture in the hog casing and tie off in six inch links. To cook, poach the sausage in lightly salted water for three to five minutes. Grill over pecan wood or bake in a 375 degree F oven until golden brown, approximately ten to twelve minutes.

MAKES: 25-6 inch links

APPETIZERS



Aubergine Croquettes (Melitzanokeftedes)

(Greece)

Aubergines (enough to make at least 2 cups of aubergine pulp)
2 eggs
Bread crumb
1/2 cup grated cheese (kefalograviera or parmesan)
1 small onion, chopped
1/2 cup chopped parsley
Flour for coating
1 tsp baking powder
Salt
Pepper

Wash the aubergines and pierce them in several places. Boil them in salted water until tender. Drain them well, peel off their skin, remove seeds and mash them well until they become a pulp. Place in a bowl. Beat the eggs with a fork and mix with the pulp. Add the bread crumb, 1 tspn baking powder, chopped onion and parsley. Work the mixture until all ingredients are unified. Taste and add salt and pepper as desired. If the mixture is very soft and not thick enough add more bread crumb or some flour. Shape the mixture into croquettes or balls, dredge flour over them and fry until brown.

Tip: To soften the aubergines you can bake them for an hour in 190 C, if you prefer.

Spinach and Feta Pita

Cook Time: 30 min

Preparation Time: 10 min

6 (6 inch) whole wheat pita breads
1 (6 ounce) tub sun-dried tomato pesto
2 roma (plum) tomatoes, chopped
1 bunch spinach, rinsed and chopped
1/2 cup crumbled feta cheese
3 tablespoons olive oil
4 fresh mushrooms, sliced
2 tablespoons grated Parmesan cheese
1 pinch ground black pepper to taste

Preheat the oven to 350 degrees F (175 degrees C).

Spread tomato pesto onto one side of each pita bread, and place them pesto side up on a baking sheet. Top with spinach, mushrooms, feta cheese, and Parmesan cheese. Drizzle with olive oil and season with pepper.

Bake for 12 minutes in the preheated oven or until pita breads are crisp. Cut into quarters and serve.

Servings: 8

Sesame Tempura Green Beans With Soy Dipping Sauce

(Japan)

About 4 cups vegetable oil
2 tablespoons soy sauce
2 teaspoons fresh lime juice
1 teaspoon superfine granulated sugar
1 cup all-purpose flour
1/4 cup sesame seeds
1 cup beer (not dark)
3/4 lb green beans, trimmed

Heat 2 inches oil in a 4-quart heavy pot over moderate heat until a deep-fat thermometer registers 365°F.

While oil is heating, make dipping sauce by stirring together soy sauce, lime juice, and sugar until sugar is dissolved. Whisk together flour and sesame seeds and whisk in beer until batter is smooth.

Toss about 10 beans in batter until coated. Add to oil 1 at a time (to keep separate) and fry, turning, until golden, about 1 1/2 minutes. Transfer with tongs to paper towels to drain and sprinkle with salt to taste.

Coat and fry remaining beans in same manner.

Serve beans with dipping sauce.

Roasted Pepper Bruschetta

(Italy)

1 mini loaf of ciabatta bread, sliced into 1/2 or 3/4 inch thick
1 12 oz. jar of roasted peppers, cut into slices
3 oz. of goat cheese
2 cloves of garlic, one minced and one whole
2 tbsp. of toasted pine nuts
1/4 cup of chopped basil
a little extra virgin olive oil and some salt and pepper to taste

Toast bread in 450 oven for about 5 minutes on each side.

Combine peppers, olive oil, basil, salt, and pepper in a small bowl.

Rub each slice of bread with garlic.

Spread cheese and layer peppers. Sprinkle with extra basil and enjoy!!

Chicken Egg Noodles

Cook Time: 30 min

Preparation Time: 20 min

30 ml peanut oil

Chicken Thighbone

- Remove skin & slice finely
- Slice rest of thigh into strips

1 Egg

2 cups Fresh Hokkien Egg Noodles

½ Punnet Cherry Tomatoes cut into halves

2 tablespoons light Soy sauce

1 teaspoon sugar

Handful dry wild mushrooms

- Soak in 50 ml water, drain and reserve liquid for stir fry stock
- Squeeze mushrooms dry & chop into small pieces so kids don't know they are eating mushrooms

Cup Bean Sprouts

Handful chopped Coriander leaves

Get everything nearby and ready, you have to work really quickly to wok this dish!!

Heat wok dry until very hot.

Add oil to wok.

Add chicken skin and crisp, add diced wild mushrooms

Break an egg into wok & let it the white set, pop yolk.

Add chicken and egg noodles followed by tomatoes.

Add sugar and reserved 60 ml of mushroom stock to steam noodles through, then Toss in bean sprouts and coriander.

Finally add soy, mix all ingredients and serve. Take care not to cook too long after adding soy as it will reduce and make the dish too salty.

Servings: 1

Thai Chicken Pizza

(Thailand)

Cook Time: 30 min

Preparation Time: 10 min

1 (12 inch) pre-baked pizza crust

1 (7 ounce) jar peanut sauce

1/4 cup peanut butter

8 ounces cooked skinless, boneless chicken breast halves, cut into strips

1 cup shredded Italian cheese blend

1 bunch green onions, chopped

1/2 cup fresh bean sprouts (optional)

1/2 cup shredded carrot (optional)

1 tablespoon chopped roasted peanuts (optional)

Preheat the oven to 400 degrees F (200 degrees C).

In a small bowl, stir together the peanut sauce and peanut butter. Spread over the pizza crust. Arrange strips of chicken on top. Sprinkle on the green onions and cheese.

Bake for 8 to 12 minutes in the preheated oven, until cheese is melted and bubbly. Top with bean sprouts, carrot shreds and peanuts, if using. Slice into wedges and serve.

Servings: 7

Chicken Drumsticks

(India)

Cook Time: 25

Preparation Time: 10

6 drumsticks Chicken
2 medium Onion
5 pods Garlic
2.5 inches Ginger
3 tsp Red Chili Powder
1/2 tsp Turmeric powder
2 tsp Tandoori Masala Powder
Salt to taste
3 tbsp Cooking Oil

Mix Chicken with 1/2 tsp Turmeric powder and 1 tsp Red Chili Powder and salt. Keep it aside for 30 min. Then deep fry the chicken drumsticks.

Chop Onion, Garlic and Ginger finely. Heat oil in a frying pan and fry the chopped onion, garlic and ginger till it turns golden brown.

Add the fried chicken drumsticks, 2 tsp Red chili powder, Tandoorie masala powder and salt.

Cover the pan and keep on stirring it till the oil leaves the sides of the pan, and all the water is dried. Cook it till the chicken is properly fried with all the spices.

Servings: 3

Paneer wheels

(India)

Cook Time: 15

Preparation Time: 10

Ingredients:
Paneer - 1 cup (grated or mashed)
Fresh Bread - 1/2 loaf (large sized pieces)
Green Chillies - 5 (finely chopped)
Ginger - 1" piece (grated)
Salt - to taste
Carrot - 1 (grated)
Butter - 1 tbsp

Directions:

Trim the edges of all bread slices.

Dry grind edges to crumbs in a mixie.

Lightly mix together paneer, chilli, ginger, salt and carrot.

Press each slice thin with a rolling pin.

Spread some paneer filling over the slice. Roll tightly.

Secure with a toothpick if required. Repeat for all slices.

Cover rolls in a wet muslin cloth.

Refrigerate for 30 minutes.

Remove, brush with butter and roll in the crumbs.(u can use readily available bread or rusk crumbs from the market)

Grill till golden, turning once if required. (Keep the oven preheated and bake at 300 degree C.)

Or deep fry if desired, instead of baking.

Cut into 1" thick wheels.

Servings: 4

Stir-Fried Shrimp

(Mexico)

Cook Time: 80 min

Preparation Time: 20 min

- 2 tablespoons lime juice
- 2 teaspoons cornstarch
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 lb uncooked deveined peeled large shrimp (about 24), thawed if frozen, tail shells removed
- 1 large yellow bell pepper, chopped (1 1/2 cups)
- 1 large red bell pepper, chopped (1 1/2 cups)
- 1 medium onion, chopped (1/2 cup)
- 1/3 cup chicken broth
- 2 cloves garlic, finely chopped
- 1/8 teaspoon ground red pepper (cayenne)
- 2 tablespoons chopped fresh cilantro

In medium glass or plastic bowl, mix lime juice, cornstarch, cumin, salt and black pepper. Stir in shrimp. Cover and refrigerate 1 hour.

Heat 12-inch nonstick skillet over medium heat. Add yellow and red bell peppers, onion, broth, garlic, red pepper and cilantro; cook and stir 2 minutes. Add shrimp mixture; cook and stir 3 to 4 minutes or until shrimp are pink and firm.

Servings: 4

Pineapple Salad

(Mexico)

Cook Time: 12 min

Preparation Time: 10 min

- 1 tablespoon vegetable oil
- 3 cups cauliflowerets
- 6 to 9 medium green onions, sliced diagonally (3/4 cup)
- 1 large red bell pepper, cut into strips
- 1 1/2 pounds uncooked turkey breast slices, cut into 1/2-inch pieces
- 6 cups bite-size pieces leaf lettuce
- 2 cans (20 ounces each) pineapple chunks in juice, drained and 6 tablespoons juice reserved
- 3 tablespoons white wine vinegar or white vinegar
- 1/2 teaspoon freshly ground pepper

Heat wok or 12-inch skillet over high heat until 1 or 2 drops of water bubble and skitter when sprinkled in wok. Add oil; rotate wok to coat side. Add cauliflowerets; stir-fry about 3 minutes or until crisp-tender. Add onions and bell pepper; stir-fry 1 minute. Remove vegetable mixture from wok.

Add turkey to wok; stir-fry about 4 minutes or until no longer pink in center. Remove turkey from wok. Toss lettuce, pineapple chunks, vegetable mixture and turkey in large salad bowl. Shake reserved pineapple juice, the vinegar and pepper in tightly covered container. Pour over turkey mixture; toss to coat.

Servings: 6

Black Bean Taco Dip

(Mexico)

Cook Time: 90 min

Preparation Time: 20 min

- 1 (15-ounce) can black beans, rinsed, drained
- 1/2 cup thick and chunky salsa
- 1/2 cup Sour Cream
- 4 ounces (1 cup), shredded
- 1 small (1/2 cup) tomato, chopped
- 2 tablespoons sliced green onions
- 2 tablespoons chopped fresh cilantro

Vegetable Dippers Ingredients: Carrot sticks, celery sticks, broccoli florets, jicama sticks, light tortilla chips or pretzels

Mash beans in small bowl; stir in salsa.

Spread bean mixture onto medium serving platter. Layer with sour cream, cheese, tomato, green onions and cilantro. Cover; refrigerate 1 hour. Serve with vegetable dippers.

Servings: 30

Festive Dilly Roll-Ups

(Mexico)

Cook Time: 30 min

Preparation Time: 15 min

- 1/4 pound Cheddar Cheese, shredded
- 1 (8-ounce) package fat free cream cheese, softened
- 1/2 teaspoon seasoned pepper
- 4 (8-inch) fat free flour tortillas
- 8 thin red bell pepper strips
- 12 dilled pickled green beans, drained, trimmed
- Salsa, if desired

Stir together cheese, cream cheese and seasoned pepper in medium bowl.

Spread each tortilla with 1/4 cream cheese mixture. Arrange 2 strips pepper and 3 green beans on center of each tortilla; roll up tightly. Wrap each tortilla in plastic food wrap, twisting ends tightly. Place onto large plate, seam-side down. Refrigerate until chilled (2 to 3 hours).

To serve, trim ends of each roll-up. Cut each roll-up into 1/2-inch slices. Serve with salsa, if desired.

Servings: 16

Herbed Popovers

Cook Time: 60 min

Preparation Time: 15 min

2 oz. herbed chevre (fresh soft goat cheese), cut into either 6 or 12 pieces*
3 eggs
1 cup all-purpose flour
1/2 tsp. salt
1/4 tsp. black pepper
Pinch of ground nutmeg
1 cup milk
1/4 cup heavy cream
Vegetable oil, for greasing pan

These popovers may be baked in either a standard 6 cup popover or muffin pan, or a 12 cup mini popover or muffin pan.

Preheat oven to 400 degrees F (200 C).

Brush 6 standard size or 12 mini popover cups with oil and place in preheated oven so the pan will be very hot when you pour the popover batter in them (this is a very important step for your popovers to rise properly during baking).

Place eggs, flour, salt, pepper and nutmeg in blender and blend about 10 seconds until well combined. Scrape down sides of blender if needed.

With blender running, slowly pour in milk and cream and blend until smooth.

Remove popover pan from oven and fill each cup half way with batter. Place a piece of cheese in the center of each cup and pour remaining batter to fill each cup 2/3 full.

Bake popovers at 400 degrees F (200 C) for 25 minutes, then reduce heat to 350 degrees F (180 C) and bake for an additional 15 minutes until popovers are puffed and golden. Popovers are best served warm.

Makes 6 regular size popovers or 12 mini popovers.

Cheddar Pita Crisps

Cook Time: 15 min

Preparation Time: 10 min

1/2 cup low-fat mayonnaise
1/4 cup thinly sliced green onions
1/2 pound slice, shredded
1/8 teaspoon ground red pepper
Salt to taste
1 (2-ounce) jar diced pimientos, drained
4 (7-inch) pita breads

Heat oven to 350°F. Combine mayonnaise, green onions, cheese, pimientos and red pepper in medium bowl. Set aside.

Cut each pita bread into 6 wedges; place onto ungreased baking sheets. Bake for 6 to 7 minutes or until lightly browned.

Spread wedges with cheese mixture. Continue baking for 6 to 8 minutes or until edges are lightly browned.

Servings: 22

Cheesy Artichoke Tarts

Cook Time: 20 min

Preparation Time: 30 min

- 32 (3 1/4 x 3 1/4-inch) won ton wrappers
- 1/4 pound (1 cup), shredded
- 1 (8-ounce) package nonfat cream cheese
- 1 tablespoon Dijon-style mustard
- 1/4 to 1/2 teaspoon ground red pepper
- 1/4 cup chopped red bell pepper
- 1 (14-ounce) can artichoke hearts, drained, chopped

Heat oven to 350°F. Spray 32 mini muffin pan cups with no stick cooking spray. Gently press 1 won ton wrapper into each muffin cup, allowing ends to extend above cups. Spray edges of wrappers with no stick cooking spray. Set aside.

Combine cheese, cream cheese, cayenne pepper and mustard in medium bowl; mix well. Stir in red pepper and artichoke hearts.

Spoon about 1 tablespoonful cheese mixture into each cup. Bake for 18 to 20 minutes or until cheese mixture is set and edges of wrappers are lightly browned. Garnish with fresh parsley, if desired. Serve warm.

Servings: 30

Asparagus Guacamole

"Guacamole without the fatty avocado."

- 24 spears fresh asparagus, trimmed and coarsely chopped
- 1/2 cup salsa
- 1 tablespoon chopped cilantro
- 2 cloves garlic
- 4 green onions, sliced

Place the asparagus in a pot with enough water to cover. Bring to a boil, and cook 5 minutes, until tender but firm. Drain, and rinse with cold water.

Place the asparagus, salsa, cilantro, garlic, and green onions in a food processor or blender, and process to desired consistency. Refrigerate 1 hour, or until chilled, before serving.

Recipe yield: 4 servings

Lentil Pate

"A 'pate' made out of lentils, flavored with truffle oil. Tastes just like real pate!"

- 1 cup dry lentils
- 2 cups chicken or vegetable broth
- 1 teaspoon extra virgin olive oil
- Kosher salt and ground black pepper to taste
- 1 1/2 tablespoons truffle oil

Boil the lentils in broth in a covered pan until the lentils are soft and all the broth has been absorbed, about 30 minutes. Remove from heat, and let cool.

Place lentils in a food processor. Pour in olive oil and truffle oil, and pulse until almost smooth. Season with salt and pepper to taste, and add additional truffle oil if desired. Pulse to preferred thickness and consistency. If too thick, pour in a few teaspoons of water or broth to thin.

Recipe yield: 4 servings

Herring Salat (Herring Salad)

(Germany)

- 1 large jar cut up herring in vinegar
- 1 can/jar pickled beets
- 1 large (or 2 small) apples, peeled and diced
- 2 German gherkin pickles, diced fine
- Sour Cream

Mix all of the above ingredients together and add a small amount of finely chopped onion, lemon juice, and sugar - to taste. (Optional - add a chopped hard boiled egg)

Potato Pie Recipe

For the Dough:

- 1 cup all purpose flour
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil
- 1/4 cup water
- 1 teaspoon dry active yeast

For the Filling:

- 4 large potatoes, peeled and shredded
- 1/2 lb. ground beef
- 1 small onion, chopped
- 1 tablespoon lemon juice
- Salt and pepper to taste
- 1 tablespoon vegetable oil

In a medium bowl, combine flour and salt. Add oil and begin to knead dough. Once oil is absorbed, add warm water and yeast. Knead into an elastic dough.

Shape dough into 2 inch diameter balls. Cover and set aside.

Preheat oven to 425 degrees.

Peel and shred potatoes with grater. Wash and thoroughly drain water from potatoes by placing them in thick paper towel and squeezing.

Combine remaining filling ingredients and toss.

Flatten dough balls with palm of hand. Place 2 teaspoons of filling in the center of each ball of dough. Cover filling with dough and form into triangular shape.

Bake for 10-15 on greased baking sheet, until golden brown.

Allow to cool 5 minutes and serve immediately.

From: Saad Fayed

Thai Spiced Barbecue Shrimp

(Thailand)

- 3 tablespoons fresh lemon juice
- 1 tablespoon soy sauce
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1 tablespoon brown sugar
- 2 teaspoons curry paste
- 1 pound medium shrimp - peeled and deveined

In a shallow dish or resealable bag, mix together the lemon juice, soy sauce, mustard, garlic, brown sugar and curry paste. Add shrimp, and seal or cover. Marinate in the refrigerator for 1 hour.

Preheat a grill for high heat. When the grill is hot, lightly oil the grate. Thread the shrimp onto skewers, or place in a grill basket for easy handling. Transfer the marinade to a saucepan, and boil for a few minutes.

Grill shrimp for 3 minutes per side, or until opaque. Baste occasionally with the marinade.

Recipe yield: 8 servings

Fried Carrots with Yogurt

(Turkey)

Large Carrots (3 lbs)

Flour (10 oz.)

Oil (1 ½ Glass)

Yoghurt (18 oz.)

Salt

Boil 10 glasses of water in a saucepan. Scrape the carrots and cut them lengthwise into thin slices of ½ - 1 inch. Cook them in boiling water until they start to get soft. Drain and let cool. Put the flour and 1 teaspoon of salt in a flat bowl. Slowly add 5 ½ cups of water, stirring constantly, until it becomes smooth and creamy.

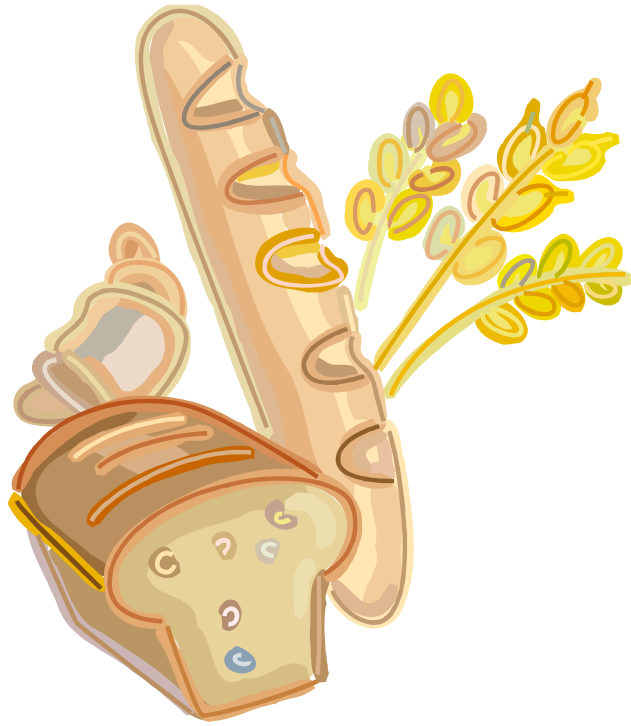
Heat the oil in a frying pan. Dip the carrot slices one by one into the flour paste and fry them in oil until they are golden brown on both sides (not more than 4-5 at a time).

Serve with the salted yoghurt.

Serves: 6

Efe Sezgin

BREADS



Barmbrak (Irish Bread)

(Ireland)

- 2 1/2 cups mixed dry fruit (currants, dark and golden raisins)
- 1 cup boiling black tea
- 1 egg
- 1 tsp. mixed spice (equal amounts of cinnamon, clove, nutmeg, allspice, and mace)
- 4 tsp. marmalade
- 1 heaping cup superfine granulated sugar
- 2 1/2 cups self-rising flour

Place the dried fruit in a bowl, cover with the hot tea and let soak overnight. The next day, add the remaining ingredients and mix well. Preheat the oven to 375 degrees. Pour the batter into a greased 7" square pan and bake in the center of the oven for 1 1/2 hours. Let cool in the pan on a wire rack. Slice and serve buttered with tea.

60 Minute Dinner Rolls

- 2 tablespoons active dry yeast
- 1 teaspoon granulated sugar
- 1/2 cup warm water
- 1 cup milk
- 4 tablespoons vegetable shortening
- 3 tablespoons granulated sugar
- 2 teaspoon salt
- 1 large egg
- 4 1/2 cups bread or all-purpose flour

Dissolve yeast in warm water with 1 teaspoon sugar, then set aside.

Heat milk, shortening, 3 tablespoon sugar and salt. Cool to luke warm and combine with dissolved yeast. Add egg and then flour. Mix well. Turn on to a floured board, cover and let stand for 10 minutes. Knead until smooth, then form into balls and place in well-greased pans. Let rise for 60 minutes.

Bake at 400°F (205°C) until done, about 20 minutes.

Makes about 1 1/2 dozen.

Ronnie Rackley

Cheddar Braids

- 1 cup warm water
- 1 (1/4-ounce) package active dry yeast or 2 1/2 teaspoons active dry yeast
- 1 1/2 cups all-purpose or bread flour
- 1 teaspoon granulated sugar
- 1 1/2 teaspoons salt
- 3/4 cup butter, softened
- 4 large eggs
- 1/2 cup all-purpose or bread flour
- 6 ounces cheddar cheese, diced
- 1 large egg
- 1 teaspoon milk
- 2 teaspoons celery seed

In a large bowl, combine warm water and yeast; stir to dissolve then let stand about 5 minutes.

Add 1 1/2 cups flour, sugar, and salt. Beat with an electric mixer on the lowest speed for 1 minute then beat on medium speed for 2 minutes. Add softened butter and continue to beat while adding 4 eggs, one

at a time, and remaining flour to make a soft, sticky dough. Continue to beat until the dough is glossy and elastic and pulls away from the side of the bowl.

Stir in diced cheddar cheese by hand. Cover and let rise in a warm place until doubled in bulk, about 2 1/2 to 3 hours.

Punch down and place in the refrigerator overnight.

Divide the dough in half and knead on a lightly floured surface until soft. Divide each dough halve into 3 equal parts and roll each piece into a rope 12 to 16-inches long. Braid the ropes, starting in the middle and working toward each end. Pinch the ends together to seal.

Grease a large baking sheet and place the finished braid on one side of the sheet. Repeat.

In a small bowl beat together one egg and milk.

Brush the braids with the egg mixture and let rise in a warm place until dough doubles in bulk, about 1 1/2 to 2 hours. Do not cover. Midway through brush with the egg mixture again.

Preheat the oven to 400°F.

When fully risen, brush with the egg mixture and sprinkle evenly with celery seed.

Bake for 40 minutes or until the center is firm. Remove from the baking sheet and cool on wire racks.

Makes 2 braided loaves.

Oatmeal Dinner Rolls

2 cups water
1 cup quick-cooking oats
3 tablespoons butter or margarine
2 (1/4-ounce) envelopes active dry yeast
1/2 cup warm water (100 to 110°F / 40 to 45°C)
1 tablespoon granulated sugar
4 cups all-purpose flour
1 1/2 teaspoons salt
1/3 cup firmly packed brown sugar

Bring 2 cups water to a boil in a medium saucepan; stir in oats and butter. Boil, stirring constantly, 1 minute. Remove from heat; let cool to 110°F (45°C).

Stir together yeast, 1/2 cup warm water, and 1 tablespoon sugar in a 2-cup measuring cup; let stand 5 minutes.

Beat oat mixture, yeast mixture, flour, salt, and brown sugar at medium speed with an electric mixer until smooth.

Turn dough out onto a lightly floured surface; knead until smooth and elastic (about 5 minutes). Place in a well-greased bowl, turning to grease top.

Cover and let rise in a warm place (85°F / 30°C), free from drafts, 1 hour or until dough is doubled in bulk.

Punch dough down, and divide in half; shape each portion into 16 (1 1/2-inch) balls. Place evenly into 2 lightly greased 9-inch round cake pans.

Cover and let rise in a warm place (85°F / 30°C), free from drafts, 30 minutes or until doubled in bulk.

Bake at 375°F (190°C) for 15 minutes or until golden brown.

Makes 32 rolls.

Bolillos (Mexican Rolls)

(Mexico)

SPONGE

3 tb Sugar
2 1/2 c Warm water (108F to 110F)
1 tb Active dry yeast
1 1/2 c Unbleached flour
1/4 c Gluten flour

DOUGH

Starter sponge (above)
1 tb Salt
1 tb Very soft butter
1/2 ts Cinnamon
3 1/2 c Unbleached flour
1/2 c Gluten flour (see note)
1/2 c Warm water mixed with
2 teaspoons salt

The starter sponge:

Whisk together all ingredients until well blended. Cover with plastic wrap or a damp towel, set in a warm place and let rise, undisturbed, for 1 hour.

The dough:

Combine the sponge, salt, butter, cinnamon, 3 cups of the unbleached flour and the gluten flour. Using the flat paddle attachment of a heavy duty mixer, beat the dough for at least 4 minutes. Turn out dough onto a board and knead in the remaining 1/2 cup flour. (If you do not have a heavy duty mixer, knead the dough by hand for at least 10 minutes, incorporating the 1/2 cup flour.) The dough tends to be sticky, so have patience. However, the finished dough should be on the softer-stickier side rather than being perfectly smooth. During the beating and kneading process, the dough should develop long, stretchy strands a sign that the gluten has been well developed. This is necessary to finished rolls. Place the dough in a greased bowl, turn to coat with grease, then cover with plastic wrap, set in a warm place and let rise for 1 hour, or until doubled in bulk.

To shape:

Punch down the dough and turn out onto a floured board. Pinch off 12 equal-size pieces of dough. With floured hands, roll each piece into an oblong, turning rough edges under with your fingers. To achieve the pointed tips, gently pull the ends of each oblong, giving a slight twist as you pull. If the bolillos have sort of a rough surface, all the better. They will look authentic. Place the bolillos on heavy baking sheets that have been greased or lined with parchment. Make a each roll. Cover with a kitchen towel and let rise for 30 minutes, or until almost doubled.

Preheat the oven to 400F. Pour the salted water into a spray bottle. Bake bolillos for 10 minutes, misting with the salt water at least 3 or 4 times. This will produce a crusty exterior. Reduce oven temperature to 375F and bake for 20 minutes longer, or until rolls are golden brown.

Makes 12 bolillos. (12 servings)

Note: Gluten flour may be found in natural food stores.

PER ROLL: 245 calories, 9 g protein, 47 g carbohydrate, 2 g fat (1 g saturated), 3 mg cholesterol, 712 mg sodium, 1 g fiber.

Jacquiline Higurea McMahan

Pumpernickel Rolls

Quick sponge:

- 1 cup warm water
- 1 tablespoon active yeast
- 2 tablespoons caraway seeds
- 2 teaspoons malt flour or syrup (or brown sugar)
- 1 cup coarse or dark rye flour
- 1/4 cup white bread flour

Dough:

- 1/2 cup warm water
- 2 to 4 teaspoons baker's caramel *
- 2 teaspoons salt
- 1/4 cup brown sugar, packed
- 2 1/2 to 3 cups white bread flour
- Beaten large egg white
- Caraway seeds for sprinkling

An hour before making dough, mix together water, yeast, caraway seeds, malt flour or syrup, rye and white bread flours. Stir to make a thick mixture and let stand one hour.

Stir down spongy mixture and add remaining water, salt, sugar, and most of white bread flour. Stir until dough can be kneaded (by hand or dough hook) adding additional flour as required to make a soft, springy dough (6 to 8 minutes).

Place dough in a well greased bowl, cover with plastic wrap and let rise until doubled, about 45 minutes.

Divide dough into 12 or 16 portions, depending on size of rolls required. Form each into a ball and place on a parchment paper-lined baking sheet, spaced three inches apart. Brush each roll with egg white and sprinkle on some caraway seeds. Let rise, until double in size, about 30 to 45 minutes.

Bake in a preheated 400°F (205°C). degree oven, 15 to 18 minutes, until rolls are slightly firm when pressed with fingertips.

Makes 12 to 16 rolls.

* Baker's caramel can be found at baking supply stores and some supermarkets or you can use Kitchen Bouquet.

Variations:

For Pumpernickel Onion Rolls: Add 1/2 cup finely minced onions at the end of step 2.

For Pumpernickel Cranberry Rolls: Add 1 cup dried cranberries at the end of step 2.

For Pumpernickel Currant Rolls: Add 1 cup currants at the end of step 2.

Sweet Potato Crescent Rolls

Dough Ingredients:

4 to 4 1/2 cups all-purpose flour
1/4 cup granulated sugar
1 (1/4-ounce) package quick rise active dry yeast
1 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon ground ginger
1/8 teaspoon ground cloves
1 cup mashed sweet potatoes
1/4 cup LAND O LAKES® Butter
1 cup milk
1 large egg, slightly beaten

Filling Ingredients:

2 tablespoons LAND O LAKES® Butter, melted

Topping Ingredients:

LAND O LAKES® Butter, melted, if desired

Combine 1 1/2 cups flour, 1/4 cup sugar, yeast, salt, cinnamon, nutmeg, ginger and cloves in large mixer bowl.

Combine sweet potatoes, 1/4 cup butter and milk in 2-quart saucepan. Cook over medium heat, stirring occasionally, until butter is melted and mixture is very warm (120°F to 130°F). Add to flour mixture. Beat at low speed, scraping bowl often, until moistened (1 to 2 minutes). Add egg. Beat at medium speed, scraping bowl often, 3 minutes.

Stir in enough remaining flour by hand to make dough easy to handle. Turn dough onto lightly floured surface; knead until smooth and elastic (6 to 9 minutes).

Place dough in greased bowl; turn greased-side up. Cover; let rise in warm place until double in size (about 30 minutes). (Dough is ready if indentation remains when touched.)

Punch down dough; divide dough in half. Roll half of dough on lightly floured surface into 12-inch circle. Brush with 1 tablespoon melted butter. Cut into 12 wedges. Roll up each wedge tightly from wide end to point, forming crescent.

Place crescents, point-side down, on greased baking sheet; curve slightly. Repeat with remaining dough. Cover; let rise until double in size (about 20 minutes).

Heat oven to 375°F . Bake for 10 to 12 minutes or until golden brown. Brush warm rolls with melted butter, if desired.

Makes 2 dozen rolls.

Nutrition Facts (1 roll):

Calories: 130, Fat: 3.5 g, Cholesterol: 15 mg, Sodium: 130 mg, Carbohydrates: 22 g, Dietary Fiber: <1 g, Protein: 3 g.

Chewy Italian Batter Breadsticks

Bread Ingredients:

- 4 to 4 1/2 cups all-purpose flour or bread flour
- 2 tablespoons granulated sugar
- 1 (1/4-ounce) package active dry yeast
- 1 teaspoon salt
- 1 cup water
- 1 (6-ounce) carton (3/4 cup) plain yogurt
- 2 tablespoons LAND O LAKES® Butter
- 2 tablespoons vinegar

Topping Ingredients:

- 1 egg white, slightly beaten
- Sesame seed or poppy seed, if desired
- Freshly grated Parmesan cheese, if desired
- Coarse salt, if desired

Combine 1 1/2 cups flour, sugar, yeast and salt in large bowl. Set aside.

Combine water, yogurt and butter in 1-quart saucepan. Cook over medium heat, stirring occasionally, until mixture reaches 120° to 130°F (2 to 4 minutes). (Butter may not melt completely.) Add warm yogurt mixture and vinegar to flour mixture. Beat at medium speed, scraping bowl often, until smooth. Stir in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured surface; knead until smooth and elastic (3 to 5 minutes). Invert large bowl over dough; let rise in warm place until almost double in size (30 to 60 minutes).

Divide dough in half; roll each half into 10 x 8-inch rectangle. Cut each into 8 (1-inch wide) strips. Stretch each strip to about 12-inches long. Fold strip in half; twist several times. Pinch ends to seal. Place onto greased baking sheet. Cover loosely with plastic food wrap; let rise in warm place until double in size (15 to 20 minutes).

Heat oven to 375°F. Brush breadsticks with beaten egg white. Sprinkle with desired topping. Bake for 20 to 25 minutes or until golden brown. Serve warm or cool.

Makes 16 breadsticks.

Tip: Sourdough originally had to be made with a fermented “starter” to get its distinctive tangy flavor. Today, we can use other products to get a similar flavor without the lengthy procedure of making and keeping a starter.

Variation: Sourdough Baguette: Prepare dough as directed. Shape each half into 14 x 8-inch rectangle. Roll up tightly, jelly roll fashion, starting with 14-inch side. Pinch sides and ends to seal. Place seam-side down onto greased baking sheet. Cover; let rise in warm place until double in size (45 to 60 minutes). Heat oven to 375°F. Make several diagonal cuts with sharp knife about 1/2-inch deep on top of loaves. Brush tops with cold water. Bake for 25 to 30 minutes or until golden brown. (For a crisper crust, brush tops of loaves one or two times with cold water during last 10 to 15 minutes of baking.)

Makes 2 loaves.

Nutrition Facts (1 breadstick):

Calories: 140, Fat: 2 g, Cholesterol: 5 mg, Sodium: 170 mg, Carbohydrates: 27 g, Dietary Fiber: <1 g, Protein: 4 g.

Conchas

(Coiled Sweet Rolls)
(Mexico)

3 1/2 c Flour (More If Necessary)
1/4 c Sugar
1 tsp Salt
1 pk Dry Yeast
Butter Or Margarine Softened
2/3 c Very Warm Water
2 Eggs, Room Temperature
1/2 c Honey
3/4 c Chopped Almonds

Mix 3/4 cup flour, sugar, salt and undissolved yeast in large bowl. Add softened butter. Gradually add water and beat 2 minutes on medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1/2 cup flour. Beat on high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make stiff dough. Turn out onto lightly floured board and knead until smooth and elastic, 5 to 10 minutes. Place in greased bowl, turning to grease top. Cover and let rise in warm place until doubled. Punch dough down. Divide in halves.

On lightly floured board, roll half of dough to 15- x 12-inch rectangle. Spread with 2 tablespoons softened butter. Fold in half. Roll out again to 15- x 12-inch rectangle. Spread with 2 tablespoons more butter. Fold in half and roll out to 18- x 6-inch rectangle. Cut dough lengthwise into 6 (1-inch) strips. Fold each strip in half lengthwise so that it is 1/2-inch wide. Gently roll to round and lengthen each strip to rope 1/4 to 1/2 inch in diameter. Hold one end of each rope firmly and wind dough loosely around to form coil. Tuck end underneath. Place on greased baking sheets about 2 inches apart. Repeat with remaining dough. Cover and let rise in warm place until doubled.

Heat honey until thin. Gently brush rolls with half of honey and sprinkle with almonds. Bake at 400° F 15 minutes or until browned. Remove from baking sheets and cool on wire racks. Drizzle while hot with remaining honey.

Yield: 12 servings

French Bread

9 1/2 ounces (1 cup 3 Tbsp.) water, 90-100 degrees F
3-1/2 cups bread flour
1-1/2 teaspoons sugar
1-1/4 teaspoon salt
1 tablespoon butter or margarine
2 teaspoons active dry yeast or
1 1/2 teaspoon bread machine or fast rise yeast
1 egg white, slightly beaten
1 teaspoon water

Add lukewarm water to pan. Add bread flour, sugar and salt to pan. Tap pan to settle dry ingredients, then level ingredients, pushing some of the mixture into corners. Place butter into corners of pan. Make a well in center of dry ingredients; add yeast. Lock pan into bread maker.

Program for DOUGH. Program TIMER if being used. Start bread maker. When done, remove pan from bread maker. Place dough onto floured surface. Let rest 15 minutes.

Roll dough into a 15 x 12-inch rectangle. Roll up tightly from long side, seal and taper ends. Place seam side down on greased baking sheet sprinkled with cornmeal. Cover and let rise in a warm, draft-free place for 45 to 55 minutes or until nearly doubled in size. With sharp knife, make 3 or 4 1/4-inch deep diagonal cuts on top of loaf. Combine egg white with water and brush mixture on top of loaf.

Bake in preheated 375 degree F oven for 40 minutes or until golden brown. Cool slightly before slicing.

Yields: 1 loaf

Almond Bread (Mandelbrød)

(Denmark)

3 eggs -- beaten
½ cup sugar
2 teaspoons baking powder
1½ cups flour -- sifted
½ cup blanched almonds -- chopped

Add sugar to the beaten eggs and beat until very thick. Add sifted flour with the baking powder. Blend in the chopped almonds and mix well.

Place in a greased loaf pan and bake 45 minutes in a preheated moderate oven (375°). Frost with a powdered-sugar glaze if so desired.

Makes 1 loaf

Lebanese thyme bread (Manaeesh)

(Lebanese thyme bread)

1 Tbsp (1 envelope) active dry yeast (or 1/2 oz compressed yeast)
1 tsp sugar
1 1/4 c lukewarm water
3 1/4 c all-purpose flour
1/2 tsp salt
6 Tbsp extra virgin olive oil
4 Tbsp zaatar (= 2 heaped tsp dried thyme +
1 heaped tsp dried marjoram +
3 Tbsp sesame seeds)

Proof the yeast in a few tablespoons of the warm water, with the sugar mixed in.

Sift the flour and salt into a large bowl and make a well in the center. Add the yeast mixture and remaining water and knead until you have a firm dough. Transfer to a floured work surface and continue to knead for 10-15 minutes or until smooth and elastic.

During this time, knead in 1 tablespoon olive oil into the dough - this will make it softer.

Wash and dry the mixing bowl and grease with a little oil. Add the dough and roll around in the bowl until well oiled. Cover with a clean cloth and leave in a warm place to rise for about 2 hours or until doubled in bulk.

Punch down the dough and knead for a few minutes. Divide into 10 portions and roll each between your palms until smooth and round. Flour a work surface. Flatten each round with a rolling pin until it is circular, even, and about 1/4 inch thick. Cover and leave in a warm place to rise for 20 more minutes.

Preheat the oven to 450F. Put 2 large oiled baking sheets in the oven to heat.

Brush the tops of the rounds with a little of the olive oil, Mix the remaining oil with the zaatar and spread the mixture over the surface of each round.

Slide the bread onto the hot baking sheets and bake for 8-10 minutes. Remove from the oven and place on wire racks to cool.

Sophie Laplante

Chappati

(India)

The most common bread in north Indian homes. In many homes, it is cooked twice a day along with the meal so that it can show up at the table, right off the fire.

1 cup whole wheat flour (or 1/3 white and 2/3 whole wheat)
1/2 cup water

Put flour in a large bowl with half the water. Blend the two together until it holds. Beat and knead well until it forms a compact ball. Knead dough into it is smooth and elastic and set aside for 30 minutes. Knead and divide dough into 4 to 6 parts. Roll each ball into a tortilla like flat, about 1/8" thick. Heat an ungreased skillet and lay the rolled out dough on it and let cook for about 1 minute. Turn and cook the second side for 2/3 min. until small bubbles form. Turn again and cook the first side pressed lightly with a towel until it puffs. Serve warm (maybe slightly buttered).

Note: As the rolled out chappatis will dry out if they are left stand while cooking other, it is advantageous to roll them out individually before cooking them.

Makes 4-6 pieces

Sanjiv Singh

Chipas (Argentinean Cheese Bread)

(Argentina)

"These delicious, Argentinean breads are small balls of cheese bread made from tapioca starch. They are quick and very easy to make. You could even make the dough ahead of time and keep it in the freezer. If you cannot find Argentinean cheeses, Italian cheese will do just fine."

PREP TIME 15 Min

COOK TIME 15 Min

READY IN 30 Min

1 egg
2/3 cup milk
6 ounces shredded Italian cheese blend
3 tablespoons butter, melted
1 3/4 cups tapioca starch
1 cup self-rising flour

Preheat oven to 350 degrees F (175 degrees C). Oil a baking sheet with cooking spray and set aside.

Stir together egg, milk, cheese, and butter in a large bowl. Sprinkle in tapioca starch and flour; stir in to form a dough. Knead dough for two minutes on a lightly floured surface, then roll into golf ball-sized pieces, and place onto prepared baking sheet.

Bake in preheated oven until golden brown, 10 to 15 minutes.

Original recipe yield: 8 servings

Barbari Bread (Nan-e Barbari)

Barbari bread is a flat 1 - 1 1/2 inch thick loaf. It may be round or oval shaped.

- 1 package dry yeast
- 8 1/2 cups flour or more
- 3 cups warm water
- 4 Tbsp. oil or butter
- 1 tsp. sugar
- 1/2 cup yellow corn meal
- 1 tsp. salt
- 1 Tbsp. sesame seeds

Dissolve yeast in 1 cup warm water. Add sugar and set aside for 10 minutes. Pour yeast mixture in large bowl or food processor, add 2 cups warm water, and salt--mix well. Gradually add flour while stirring constantly. After 6 cups flour have been added, knead by hand, add the rest of the flour if needed until the dough is not sticky.

Pour oil in a large bowl and place dough in bowl. Cover with a clean damp towel and let rise 4 hours in warm dark place without moving. Punch air out while dough is in the bowl. Flip dough over and return to bowl. Cover with new damp towel and allow to rise 2 hours.

Place cookie sheet in center of oven and preheat to 500 degrees F. Divide dough into 11 parts, each piece about 5 inches in diameter. Dust a tray with corn meal and place loaves on tray. With damp hands, press fingertips into each loaf, then sprinkle tops with sesame seeds.

Put loaves on the cookie sheet, corn meal side down, and bake sesame side for 8 minutes in closed oven. Turn bread over and bake corn meal side down for 4 minutes in closed oven. Remove loaves from oven. Cover with clean towel, serve hot or wrap in foil and freeze (toast before serving.)

Sarah Henderson

Buttermilk Nut Bread (Kærnemælksbrød med Nødder)

(Denmark)

- 5 teaspoons baking powder
- 2 teaspoons baking soda
- 3/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 1/2 cups white flour
- 3 cups whole-wheat flour
- 1 1/2 cups brown sugar
- 2 eggs
- 3 cups buttermilk
- 2 tablespoons melted butter
- 1 1/2 cups nut meats -- chopped

Sift baking powder, soda, salt and spices together with the white flour. Add the whole wheat flour, sift again. Add the sugar.

Beat the eggs until light and frothy and add the buttermilk and the butter, mixing well. Stir in the nuts.

Pour into 2 buttered and floured loaf pans (9x5x3) and bake in a preheated 325° oven for 1 hour.

Makes 2 loaves

Naan

(India)

3 cups all-purpose white flour
1/2 cup + 3 tablespoon milk
1 egg, beaten
3/4 teaspoon salt
2 teaspoon sugar
1 teaspoon baking powder
1/2 packet dry yeast
2 tablespoon vegetable oil
4 tablespoon plain yogurt

Sift the flour into a bowl. Place the milk in a small pot and warm slightly. Remove from heat. In another bowl combine the egg, salt, sugar, baking powder, yeast, 2 tablespoon oil, yogurt, and 5 tablespoon of the warm milk. Mix well. Pour mixture over flour and rub it in with the hands. Add 1 tablespoon warm milk at a time to the flour and begin kneading. Add up to 6 tablespoon or enough so that all the flour adheres and kneading is easy. Knead well for about 10 minutes or until dough is elastic. Form into a ball, brush with oil, cover with a damp cloth, and leave in a warm place to rise, 2-3 hours.

Preheat broiler to about 550oF. Line 3 cookie sheets with aluminum foil. Brush them lightly with oil. Knead the dough again for a minute or two and divide into six balls. Flatten the balls one at a time, keeping the rest covered, and stretch them and pat them with your hands until you have a teardrop shape about 11 inches long and 4 inches wide. Do all balls this way, placing 2 naans on each baking sheet as you do so. Cover with moistened cloths and leave for 15 minutes n a warm place.

Remove moistened cloths. Brush the center portion of each naan with water, leaving a 1/2 inch margin. Sprinkle the center portion with onion flakes or poppy seeds. Place sheets under the broiler, about 2 1/2-3 inches away from the heat and broil quickly for about 2 1/2 minutes on each side or until lightly browned. Serve hot.

Jody Prival

Easter Bread (Tsoureki)

(Greece)

This bread is only baked on Good Friday. It is the traditional Greek Easter Bread. A red egg is place in the center of the bread, it represents the blood of Christ.

This will make one large round loaf and several smaller loaves.

4 to 5 lbs. flour, sifted
1 tablespoon salt
4 yeast cakes, dissolved in 1 cup of warm water
10 eggs, beaten with 2-1/2 cups sugar
2 cubes, butter, melted in 1-1/2 cups milk
1 teaspoon allspice
1-1/2 teaspoons anise
3 eggs yolks
1/3 cup sesame seed
5 hard-boiled eggs, dyed red

Boil the allspice and anise in 1 cup of water and strain well, reserving the water. Place 4 lbs. of sifted flour and salt in a large bowl, and make a well in the middle of the flour. Add the yeast with water and the eggs with the sugar and milk. Do not knead at this time. Add the melted butter and milk and the reserved liquid from the allspice and anise. Mix this with your hands to blend the ingredients. Add more flour if it is needed. Then knead until the dough is smooth.

Place the dough on a floured board and knead until firm, smooth and not sticky. Brush the dough with some melted butter, cover and set in a warm place to rise until double in size. Knead again, brush with butter and allow this to rise until it is double in size. Repeat this one more time.

The traditional Greek Easter bread is baked in a large round pan, about 12-inches in diameter and 2 inches deep. You can make smaller loafs as Easter gifts.

Place about 2/3 of the dough in a greased pan, and divide the rest of the dough for smaller pans. You can press one red Easter egg in the center of the dough and the other four around the edge. Cover the pan and let rise for several hours. When risen, brush the dough with egg yolks. Sprinkle the top of the bread with sesame seeds, and place one Easter egg in each of the smaller loafs, brush them with the egg yolks and sprinkle with sesame seeds.

Bake about 45 min., according to the size of your pans, until the bread is brown and the dough inside does not stick to a knife. Bake in a 350 degrees F oven.

Garlic Cheese Flatbread

"Golden brown, chewy and cheesy, this recipe is a hit with Italian dishes."

PREP TIME: 15 Min

COOK TIME: 15 Min

READY IN: 30 Min

- 1 (.25 ounce) envelope active dry yeast
- 1 cup lukewarm water
- 2 cups bread flour
- 1 teaspoon salt
- 2 teaspoons white sugar
- 2 tablespoons olive oil
- 1/3 cup butter or margarine, softened
- 2 tablespoons garlic powder
- 1/4 cup grated Parmesan cheese
- 1/3 cup shredded mozzarella cheese

In a cup or small bowl, sprinkle yeast over the surface of the lukewarm water. Let stand for 5 to 10 minutes to dissolve.

In a large bowl, stir together the flour, salt and sugar. Pour in the yeast mixture along with the olive oil. Beat with a sturdy spoon until dough is stiff enough to pull away from the sides of the bowl. Cover, and set aside until doubled in size, about 35 minutes.

Remove the dough from the bowl and knead briefly on a floured surface. Roll the dough out to 1/4 to 1/2 inch thickness or to the size of your baking sheet. Place on a greased baking sheet and spread butter over the top. Sprinkle with garlic powder, Parmesan cheese and mozzarella cheese. Let rest while you preheat the oven to 350 degrees F (175 degrees C).

Bake for 20 minutes in the preheated oven, until golden brown and cheese is bubbly. Serve warm.

Original recipe yield: 10 servings

Focaccia

2 packages active dry yeast
1 teaspoon sugar
1 3/4 cups lukewarm water (105-115oF)
1/3 cup extra virgin olive oil, plus extra to drizzle on the bread
1 1/2 teaspoon salt
4-5 1/2 cups unbleached all-purpose flour
Coarse salt

Dissolve the yeast and sugar in 1 cup lukewarm water in a bowl and let sit until foamy. In another bowl, add the remaining 3/4 cup water, the olive oil, and the salt. Pour in the yeast mixture. Blend in the flour, 1 cup at a time, until the dough comes together. Knead on a floured board for 10 minutes, adding flour as needed to make it smooth and elastic. Put the dough in an oiled bowl, turn to coat well, and cover with a towel. Let rise in a warm draft-free place for 1 hour, until doubled.

Punch down the dough, knead it for about 5 minutes, and gently roll it out to fit a jelly roll pan, 15 1/2 by 10 1/2 inches. Let rise for 15 minutes, covered. Oil your fingers and make impressions with them in the dough, 1 inch apart. Let rise for 1 hour.

Preheat the oven to 400oF. Drizzle the dough with olive oil and sprinkle with coarse salt. Bake for 15 to 20 minutes, until golden brown. Sprinkle with additional oil if desired. Cut into squares and serve warm.

Jody Prival

VEGETABLES



Stuffed Figs with Marsala

1 cup sweet marsala
1/4 cup orange juice
2 Tbs. sugar
12 dried Calimyrna figs
3 oz. Neufchatel cheese, softened (or dairy free tofu cream cheese)
1/4 cup grated fresh Parmesan cheese (use dairy free parmesan or soymage)
1 Tbs. chopped pine nuts

Garnish

Orange rind curls
Mint sprigs
Pine nuts

Combine first 4 ingredients in a small saucepan; bring to a boil. Remove from heat; cover and let stand 15 minutes. Remove figs from pan with slotted spoon; set aside, and keep warm. Bring Marsala mixture to a boil; cook 10 minutes or until reduced to 1/4 cup.

Combine cheeses and chopped pine nuts in a small bowl; stir until well-blended. Cut each fig, to but not through, stem end. Stuff about 1 1/2 teaspoons cheese mixture into center of each fig. Spoon 1 tablespoon Marsala sauce onto each dessert plate; arrange 3 stuffed figs on top of sauce. Garnish with orange rind curls and mint sprigs and pine nuts, if desired.

Note: To cut down on fat grams use fat free cream cheese.

Per serving using neufchatal cheese: Calories 284; Fat 9.3g (sat 4.6g, mono 2.8g, poly1.4g); Protein 6.5g; Carb. 48.4g; Fiber 9.7g; CHOL. 20mg; IRON 1.6mg; CALC. 172mg

Serves 4

African Vegetable Stew

1 Onion (very large) -chopped
1 Swiss chard bunch
1 can Garbanzo beans - (known also as chickpeas, ceci, etc.)
1/2 c Raisins
1/2 c Rice, raw
2 Yams
Several fresh tomatoes -(or large can)
1 Garlic clove - (or more to taste)
Salt and pepper, -to taste
Tabasco sauce, -to taste

Fry onion, garlic and white stems of chard until barely limp.

Add chopped greens and fry a bit.

Either peel the yams or scrub them well with a vegetable brush, then slice them into thick slices.

Add garbanzos, raisins, yams, tomatoes, salt and pepper.

Cook a couple of minutes.

Make a well in the center of the mixture in the pot.

Put the rice in the well and pat it down until it's wet.

Cover and cook until rice is done, about 25 minutes.

Add Tabasco sauce to taste.

Yield: 4 Servings

Jeff Lichtman

Concia

(Italy)

- 4 Eggplant or 8 zucchini
- 3/4 To 1 cup olive oil
- 2 tbsp Salt
- 2 tbsp Freshly ground black pepper
- 6 Garlic cloves, peeled, shaved
- 6 tbsp Fresh thyme, oregano or marjoram, chopped
- 1/2 To 3/4 cup balsamic vinegar

Slice the eggplant (or zucchini) 3/8 inch thick. Brush with 3 to 4 tablespoons of the olive oil. Grill until golden, about 10 minutes of the eggplant, 6 to 8 minutes for the zucchini. Arrange a layer of vegetables in a clean glass jar or dish with a lid. Sprinkle with some of the salt, pepper, shaved garlic and herbs. Continue until all the vegetables are used. Combine remaining olive oil and vinegar pour over the vegetables. Refrigerate. Turn every day for 1 week.

Makes 1 quart.

Yield: 1 serving

Per 1/4 Cup: 130 calories, 1 g protein, 6 g carbohydrate, 10 g fat (1g saturated), 0 mg cholesterol, 803 mg sodium, 3 g fiber.

From an article by Georgeanne Brennan

Stir-Fried Eggs with Tomato

(Shanghai, China)

- 5 eggs
- dash black pepper
- 1 tomato, diced
- 1/2 tsp sugar
- 1 tsp cornstarch
- 1/4 tsp salt
- 1 green onion, chopped finely
- pinch salt
- 1 T water

Add salt/pepper to eggs & beat lightly; add green onion & mix. Set aside.

Mix the salt, sugar, water and cornstarch together. Heat the wok then add 2 T oil; stir fry the tomato and then add cornstarch mixture. Stir briefly while the liquid thickens; remove. Clean the wok.

Reheat the wok then add 5 T oil. Hold the wok and rotate it to swirl the oil around the lower two-thirds of the wok. Turn the heat to high. Pour in the egg mixture and stir-fry until it becomes slightly firm; add the tomato liquid. Stir quickly to mix, do not overcook. Immediately transfer to a serving plate; serve.

Brittany Lay Shrader

Chayotes with Corn and Chiles

(Mexico)

- 1/2 c Chopped red onion
- 1 tbsp Olive oil
- 2 Chayotes
- 2 Fresh Anaheim or poblano chiles, charred, peeled, diced
- 1 c Frozen or fresh corn kernels (cut from 2 ears of corn)
- 1/2 tsp Salt
- Pepper to taste
- 1/2 c Evaporated milk
- 1/4 c Grated Parmesan cheese
- 1/4 c Grated sharp cheddar cheese
- 1/2 tsp Red chile powder, for garnish

This one is a bit more traditional and savory. In this dish, each vegetable beautifully complements the other. Serve as a vegetarian entree or as an accompaniment to grilled meats. Sauté the onion in olive oil in a 2-quart saucepan. Meanwhile, peel the chayotes (chayote has a very thin skin and is easy to peel with a swivel-blade peeler), then cut each in half, scoop out and discard the seed, and dice the flesh. Add to the saucepan, along with the diced chiles, corn, salt, pepper and milk. Cover, and simmer gently for about 15 minutes, or until chayote is tender. Stir in the Parmesan and cook a few seconds until the sauce thickens. Transfer to a serving bowl and sprinkle with cheddar cheese and chile powder.

Serves 4.

PER SERVING: 205 calories, 70 g protein, 20 g carbohydrate, 11 g fat (5 g saturated), 22 mg cholesterol, 487 mg sodium, 3 g fiber.

From an article by Jacqueline Higuera McMahan

Red Whole Grain Rice (Arroz Rojo Integral)

2 cups of red whole grain rice
4 cups of chicken broth
1 tomato
1/4 onion
1 clove garlic
1 carrot coarsely chopped
1/2 cup of peas
1 sprig parsley
Oil
Salt

Soak the rice in water 15 minutes, drain and rinse with cold water.

In a large pot, heat oil well. Add rice and stir constantly until the grains no longer stick together.

Liquefy the tomato with the onion and garlic. Add these to the rice and stir until the rice has absorbed all of the liquid.

Add parsley, carrots, peas, salt and broth and stir once or twice. When the liquid begins to boil, cover the pot and reduce heat. Cook until the water is completely evaporated and the rice is tender. (If the broth evaporates before the rice is tender, add more hot water.)

Spring Roll

(Shanghai, China)

1/2 med. head cabbage, shredded (2 x as much as carrots)
3 to 4 large carrots, cut matchstick (equal amount to bamboo shoots)
1/3 can white bamboo shoots, julienned
equal amount fresh bean sprouts
1/2 lb small shrimp, diced

Marinade:

1/2 T water
3/4 tsp sugar
1 tsp salt
1/2 to 3/4 tsp sesame oil
2 tsp cornstarch
Mix together.

12 spring roll wrappers

Assemble. Make sure the pan is hot before frying. Pan fry until golden brown on both sides

Brittany Lay Shrader

Indian Samosas

(India)

PASTRY

3 c Flour
1/2 tsp Salt
4 tbsp Melted butter
1/2 c Yogurt
1/4 c Water

FILLING

3 tbsp Butter
1 md Onion, finely chop chopped
1 Tart green apple, cored and finely chopped
1 Clove garlic, minced
2 tsp Ground cumin
1 tsp Turmeric
1/2 tsp Coriander
1 1/2 tsp Salt
1/8 tsp Ground black pepper
1/4 tsp Crushed dried red peppers
1 lb Potatoes, peeled, cooked and riced
1/2 c Fresh peas (or thawed frozen), cooked
3 To 4 tablespoons yogurt
Vegetable oil

Pastry: Sift flour and salt into bowl. Stir in melted butter, then yogurt, then water. Stir together until blended. Dough will appear dry and lumpy. Roll dough on pastry board and cut into 2 to 3-inch circles.

Filling: In a large frying pan, melt butter over moderate heat.

Filling: Add onion, apple and garlic and sauté until just tender. Add the spices, the salt, and the black and red peppers, and sauté, stirring for 5 minutes. Stir in potatoes and peas. Adjust seasoning. Add yogurt. Chill.

Assembly: Place 1 tablespoon chilled filling on dough circle. Fold over to form a semicircle. Moisten edges with a little water and pinch to seal. Repeat rolling and filling.

Place 2 cups vegetable oil in large frying pan or wok and heat over high heat. Fry pastries 4 or 5 at a time, turning once, until they turn a deep golden brown. Drain on paper tow towels. Serve hot.

Makes 25 to 30 pastries.

Adapted from "Ethnic Cuisine " by Elizabeth Rozin.

Ethiopian Lentil Bowl (Amhari Mesir Wat)

(Ethiopia)

1/2 c Red lentils
2 lg Onions
1/2 c Oil
3 tb Tomato paste
1/2 ts Paprika; sweet or hot
1 Garlic
1/2 ts Ground ginger
1/4 ts Black pepper
1 ts Salt
3 c Water

Sort the lentils and soak in tap water for 30 minutes.
Rinse in running water and drain.

Peel and finely chop the onions. peel and mash the garlic. Heat the oil in large pan and sauté the onion until golden. Add tomato paste and paprika and mix. Add half the water and the garlic, ginger pepper and salt. Stir well and then add the rest of the water, stir again, cover and bring to boil.

When the water boils, add the lentils, lower the flame and cook 20-30 minutes, until the lentils soften.

Serve hot.

Yield: 8 Servings

Gad S. Sheaffer

Eggplant au Gratin (Berenjenas Gratinadas)

3 eggplants
3 tomatoes
1/4 onion
2 cloves of garlic
1 cup of grated cheese
Oil
Salt and pepper

1. Slice the eggplants. Place them in water with salt and vinegar to soak for 10 minutes to take out the sticky juice.
2. Liquefy the tomatoes with the garlic and onion. Fry until the flavor peaks.
3. Place the eggplant in a greased casserole dish and cover with the tomato sauce and cheese.
4. Put them in a preheated oven on medium heat until the eggplants are tender and the cheese has melted.

Cauliflower and Potatoes with Black Mustard Seeds

(India)

2 1/2 c Cubed new potatoes
1 sm Cauliflower
2 tsp Black mustard seeds
12 To 15 fenugreek seeds
1 tsp Freshly ground cumin seeds
1/2 tsp Turmeric
1/2 tsp Powdered hot red chile pepper
Salt
6 tbsp Peanut oil
2 tbsp Minced garlic
1 Tomato, chopped
1 Or 2 fresh Serrano chiles, chopped
1 c Chopped cilantro leaves
1 tbsp Lemon juice, or to taste

Peel potatoes and cut into 1/2- inch cubes; place in a bowl of water. Separate cauliflower into flowerets about the same size as the potato cubes. Set aside. Mix mustard with fenugreek in a small bowl. Mix ground spices together in a small bowl, and add some salt. Place all ingredients near the stove.

Heat oil in a pan until very hot. Add whole seeds all at once, keeping face away from pan. Have a lid ready to cover pan, if needed. As mustard seeds turn gray, lower heat to medium and add ground spices. Cook for 1 or 2 seconds, then stir in garlic, then tomato and green chiles. Cook for about 5 minutes. Drain potatoes and add to pan, along with cauliflower; cook for 5 minutes, stirring to coat vegetables with spices. Add 1/2 cup water and 1/2 cup cilantro. Cover and simmer until vegetables are tender.

Check water level frequently, and add more as needed. Taste for salt, add lemon juice, stir well, and serve garnished with remaining cilantro.

Yield: 1 serving

Gnush (Samp and Beans)

(South Africa)

1 cup dried maize kernels (samp)
1/2 cup dried beans (brown/sugar/red speckled)
Several pinches of salt (to taste)
1 desert spoon margarine/olive oil (optional)

Clean the samp and beans by stirring in water and rinsing

Put the samp and beans in a pot/saucepan and cover with water to a level at least double that of the samp and beans

Bring to the boil and then remove from heat and leave to soak in the cooling water for about 8 hours (keep the lid on the pot)

Return to heat and simmer for 1 1/2 to 2 hours (until samp and beans soften and water thickens into a sauce)

Top up with water when necessary while cooking so that water level always covers samp and beans

Add salt and stir it in after at least 1 hour of simmering

Stir in margarine/oil when cooked and immediately before serving

Diced garlic and/or onion rings can be added towards the end of the cooking process

Finely cut parsley can be sprinkled over after serving. Delicious with a tomato side salad

To Serve 2:

Warwick Humphris

Brown Lentil Chili

This warming chili is great served with baked potatoes or rice. Be careful to warn guests about the whole chillies, or take them out as you serve out portions.

- 1tbsp sunflower oil
- 1 onion, chopped
- 2-3 cloves garlic, crushed
- 1tsp cumin seed
- 1tsp coriander seed
- 2 sticks celery, chopped
- 2 carrots, peeled and diced
- 1 red or green pepper
- 8oz / 225g courgettes, diced
- 8oz / 225g mushrooms, chopped
- 6oz / 175g brown lentils
- 3 whole dried chillies
- 2tsp chilli powder
- 14oz / 400g tin chopped tomatoes
- 1tbsp tomato puree
- 2 pints / 300ml vegetable stock
- ½tsp ground cumin
- salt and pepper

Heat the oil and fry the onion and garlic until quite soft.

Add the cumin and coriander seeds and cook until the seeds begin to pop.

Add the vegetables and sweat for about 10 minutes.

Add the lentils, chillies and chilli powder. Stir in well and cook for 2 minutes.

Pour over the tomatoes and stock or water.

Stir in the tomato puree and boil. Simmer for 50-60 minutes.

Add more stock if necessary.

Add the ground cumin, season to taste and cook for another 10 minutes.

Serves 4

Sarah Brown

Baked chickpeas

- 1 lb Dried chickpeas (garbanzos) -Soaked overnight in water
- 2 tb Dried oregano divided
- 1 c Olive oil (approx)
- 3 md Onions sliced
- 1 Fresh chili pepper -finely chopped
- 4 Garlic cloves

Minced Sea salt Drain chickpeas and place in a pot. Cover with cold water and bring to a boil. Skim surface reduce heat and sprinkle with 1 tablespoon of oregano. Simmer for 1 hour. Strain the chickpeas reserving the liquid. Preheat oven to 300 degrees. Heat oil in a skillet over medium heat and sauté onions and pepper until soft about 5 minutes. Remove from heat and add garlic remaining oregano and chickpeas. Mix well season with salt and transfer to an earthenware or glass oven-proof casserole with a cover. Add about 2 cups of reserved liquid mix well cover and bake for 1 to 1-1/2 hours or until chickpeas are tender. Add a little more liquid during cooking if needed.

Yield: 6 Servings

Authentic Hungarian Green Beans (Kapros zoldbabfozelek)

(Hungary)

Hungarian style green beans are unusual in that it combines, beans, onions, fresh dill, vinegar and sugar to make a dish that is sweet, sour, and dilly. This could only come from Hungary, where variety of taste in a meal is commonplace.

Use fresh or frozen cut green beans for this dish. Not canned! It has always been received by non-Hungarians as a new and delicious taste sensation.

- 2 packages of green beans
- 2 Tbl. Lard or butter
- 2 Tbl. flour
- 1/2 cup of sliced onion
- 1/4 cup of good vinegar
- 2 tsp. sugar
- 1 Tbl. chopped fresh dill

Cook beans in salted water till tender, not soft.

Melt lard or butter, add onions and saut till limp, add chopped dill.

Then add flour making a roux.

Add 1 cup of water, sugar and vinegar and stir while the sauce gets thick.

Add drained beans, and mix, if too thick add a little more water.

Serves 4 to 6.

June Meyer

Italian Zucchini Lasagna

(Italy)

- 1 lb. lasagna noodles, cooked
- 1 16oz can(1 lb.) stewed tomatoes
- 3 or 4 lg. zucchini
- grated parmesan cheese
- 1/2 lb. mozzarella cheese, shredded
- 3/4 C. chopped onion
- 4 to 6 cloves garlic, chopped or minced
- 1 sm. can tomato paste
- 1/2 cup sliced mushrooms
- 1 lb. lean ground beef
- 1/2 tsp. oregano
- 1/4 tsp. thyme
- 1/4 cup fresh basil/chopped
- ground pepper
- optional: 1/4 cup red wine

Cook lasagna noodles according to package directions or until tender but still firm. Drain, keep warm.

Meanwhile, to make lasagna sauce, saute ground beef, garlic and onion in a large heavy skillet or cast iron frying pan until beef is done. Add sauce, mushrooms, oregano, thyme, basil, wine or 1/4 cup water, touch of pepper and mix well. Simmer 45 to 50 minutes.

To prepare Zucchini, cut in half or cook whole in a large covered pot with 1 to 2 inches of water. Boil gently for about 5 minutes, drain and cut lengthwise into 1/4 inch slices.

Grease a 9" x 13" or larger, deep sided baking pan. Arrange a first layer of noodles so the ends hang over both sides of the pan. These will be folded back-over the top on the final layer which will help to hold serving portions together when cutting. Next, add a layer of the cooked zucchini, a layer of sauce, a layer of mozzarella cheese. Repeat but this time lay the pasta lengthwise in the pan. For the top layer, fold the

ends of the pasta from the first layer over the top and add more sauce. Top with parmesan cheese and cover with foil. Bake at 350 degrees for about 35 to 40 minutes, uncover and bake until brown, approximately 10 minutes. Serve this Italian food with french bread and have additional parmesan cheese at the table.

Artichoke and Fennel Tart

Crust

2/3 cup millet
1 cup short-grained brown rice
1/3 cup wild rice
3 1/3 cups of vegetable broth or water

Topping

1 tsp. mustard seeds
1 Tbs. toasted sesame oil
3 cups chopped fennel bulbs (2 medium)
3 Tbs. minced fennel fronds
1/2 cup vegetable stock or water
2 1/4 cups roasted and diced red bell peppers (3 medium)
15 oz. can diced artichoke bottoms, drained, rinsed and diced, or 5 large artichokes
1 Tbs. chopped fresh thyme (1 tsp. dried)
1 Tbs. chopped fresh dill (1 tsp. dried)
2 Tbs. capers
1 lb. firm tofu drained
2 1/2 Tbs. arrowroot powder, or cornstarch
2/3 cup water
1 1/2 Tbs. light miso
2 Tbs. Umeboshi plum vinegar or lemon juice

Garnish

Roasted red bell pepper in five pointed star

Crust: Toast millet in heavy saucepan over moderate heat until darkened. Add brown rice, wild rice, stock or water; bring to a boil. Reduce heat to low and simmer until water is absorbed and rice is soft, about 50 minutes. Oil or line with parchment a 10 by 15 by 1 inch baking tray or, use a round tray. Spread rice mixture evenly over the tray and pack down with a spatula or spoon.

Topping: Warm mustard seeds and 1 teaspoon of the toasted sesame oil in a large nonstick pan over moderate heat. Cover and cook until seeds sputter and turn gray. Add fennel and stir-fry for 2-3 minutes. Add 1/4 cup of the stock or water and cook until it evaporates.

Add bell peppers, artichokes, thyme, dill, and remaining 1/4 cup of stock or water. Cook until liquid evaporates. Sprinkle with capers.

Preheat oven to 375 degrees F. In a food processor, combine tofu, arrowroot powder or cornstarch, water, miso, lemon juice, or vinegar, remaining 2 teaspoons of toasted sesame oil; process until smooth. Salt and pepper to taste.

Pour tofu mixture into artichoke mixture and combine gently. Spread evenly over the rice. Bake 45 to 50 minutes, or until topping is firm and browned. Cool 10 minutes before slicing.

Serves 6

Per Serving: 296 CAL.; 15G PROT.; 9G FAT; 37G CARB.; 0 CHOL.; 140 MG SOD.; 6G FIBER.

Greens with Pumpkin Seeds

(South Africa)

This is a very quick South African meal for one. Nutritious and tasty too.

- 2 tablespoons canola or olive oil
- 1 large onion
- 1 small bunch of spring onions
- 1 small bunch of spinach or any cooking greens
- 2 marrows or zucchini
- A handful of crushed pumpkin seeds
- Pinch of salt
- Pinch of black pepper

Roughly chop onion, spring onions, spinach and marrows.

First slightly fry onion, then mix in spring onions, spinach, marrows and crushed pumpkin seeds. Season with pinch of salt and black pepper. Leave to cook on very low heat, allowing natural veggie juices to cook the meal. Add a few tablespoons of water if necessary. Should be ready in under 10 minutes. Eat with new potatoes or whole meal dumplings or stuff a pita bread with it. Delicious!

Moroccan Vegetable Tajin

(Morocco)

Preparation time: 1 1/2 hrs

- 4 cups water two potatoes
- 1 can or 1/4 lb. of chick peas
- Two carrots
- 1/2 onion
- 5 cloves of garlic
- 1 zucchini (optional)
- Two tablespoons cumin
- 1 teaspoon turmeric
- 2 teaspoon cayenne pepper
- 1 can tomato paste
- 1/2 cup TVP

Lightly sauté half the garlic and the onion in olive oil add spices.

Dump in the water and the potatoes and the carrots (after you chop them up of course).

Once it boils for seven minutes add zucchini and rest of garlic.

Stir until vegetables are cooked.

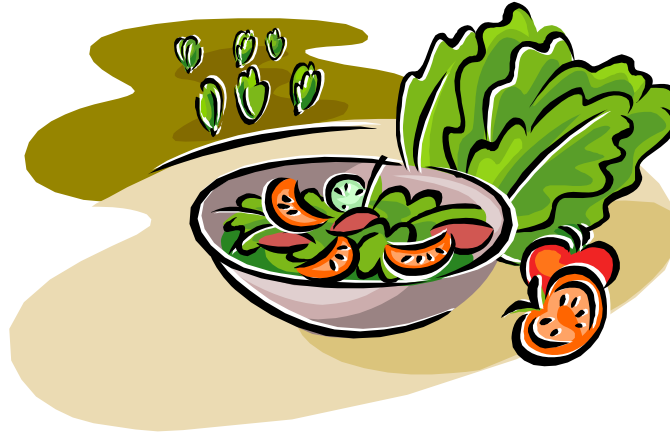
Finally add TVP, then two minutes later add Tomato paste.

Salt and pepper to taste.

Serve with couscous.

Serves: 6

SOUPS, SALADS, AND SAUCES



Balkan Cucumber Soup (Tarator)

(Bulgaria)

10mins (plus chilling)

Cold Vegetarian Soup Starter

- 1 Large Cucumber, peeled and chopped
- 1 garlic clove, minced
- 480ml/16fl.oz. Plain Yoghurt
- 120ml/4fl.oz. Water
- 1/4 tsp Salt
- 2 tbsp Freshly chopped Dill
- Toasted Almond Flakes to garnish

Place the cucumber and garlic in a food processor or blender and process to a puree.

Transfer to a large bowl, add the dill, salt, water, and yoghurt and mix well.

Cover with clingfilm and refrigerate at least 2 hours before serving.

When ready to serve, ladle into bowls and sprinkle with toasted almonds

Serves 4

Chilled Cucumber Soup with Dill

(England)

10mins plus chilling

Cold Vegetarian Starter Hors d'oeuvre

- 2 Cucumbers, cut into 2.5cm/1 inch cubes
- 120ml/4fl.oz. Soured Cream
- 480ml/16fl.oz. Single Cream or Milk
- 2 tbsp Fresh Dill
- Salt and White Pepper
- A large pinch Nutmeg (check ingredients label)

Place all ingredients in a food processor or liquidizer and process until smooth and lump free. Taste for seasonings and add more salt and pepper if you like.

Place in a container and refrigerate for one hour before serving.

Serves 4

Tofu Miso Soup

(Japan)

10mins

Hot Vegetarian Vegan Soup

960 ml/32 fl.oz. Dashi(Stock)
200 g/7 oz Firm Tofu, cut into small cubes
3 tbsp Red Miso Paste
4 Spring Onions, thinly sliced

Place the dashi in a large saucepan and bring to a boil.

Add the tofu cubes and spring onion and mix well.

Place the miso paste in a small bowl, add a ladle of the hot stock from the pan and stir to dissolve miso.

Add the miso mixture to the pan and immediately remove from the heat. Do not boil the soup once the miso has been added. Serve hot.

Serves 4

Stracciatella (Egg Soup)

(Italy)

15mins

Hot Vegetarian Soup

1.25L/2pints Vegetable Stock
2 Eggs
2 tbsp Semolina
2 tbsp Pecorino Cheese
1 tbsp Fresh Parsley, finely chopped
1/2 tsp Fresh Basil, finely chopped
Salt
A pinch of Sugar
A pinch of Nutmeg

In a large saucepan heat the stock to boiling.

Mix the other ingredients together in a large mixing bowl and pour into the boiling liquid.

Continue to cook over a medium heat, stirring, for 5 minutes. Serve immediately.

Serve 4

Greek Lemon Soup

(Greece)

30mins

Hot Vegetarian

1.1L/40fl.oz. Fresh Strong Vegetable Stock
125g/5oz Long Grain Rice
3 Egg Yolks
60ml/2fl.oz. Lemon Juice
Salt and Pepper
4 thin slices Lemon to garnish
Freshly chopped Parsley to garnish

Place the stock in a large saucepan, bring to the boil, add the rice and stir well.

Reduce the heat, cover and simmer for about 20 minutes or until the rice is tender.

In a measuring jug whisk together the egg yolks and lemon juice until well blended.

Once rice is cooked, remove from heat and add about 240ml/8fl.oz. of the hot soup to the egg and lemon mixture and whisk vigorously to combine, then pour it back into the saucepan containing the soup and whisking constantly until well blended.

Return the pan to a medium heat, and bring to a simmer stirring constantly. Do not boil or it will curdle. Season with salt and pepper to taste and serve immediately garnish with the lemons slices and parsley.

Serves 4

Sauce a la Creme D'ail - Garlic Cream Sauce

(French)

12 Cloves garlic, peeled
100 g Mushrooms, sliced
1 c Skim milk
1 tbsp Strong stock
1 tsp Parsley, chopped
1 pn Nutmeg
Salt and pepper to taste

Cover 12 peeled cloves of garlic with water and bring to the boil. Simmer for 10 minutes, then drain and discard the water. Return the garlic cloves to the saucepan and add 100 g sliced mushrooms, a cup of skim or fat modified milk, a tablespoon of very strong stock, 1 teaspoon chopped parsley, a pinch of nutmeg and salt and pepper to taste. Simmer gently for 20 minutes then puree the mixture in a blender or food processor. Taste and adjust seasoning if necessary.

Good with grilled or roasted poultry.

Servings: 4

Meryl Constance

Cucumber with Goat Cheese

(India)

This ultra-simple entree depends absolutely on the quality of its ingredients. The cucumbers must be at their peak, the goat cheese the best you can buy and the oil hazelnut if possible but, in any case, a well-flavored nut oil. As hazelnut oil can be difficult to find, you could substitute a walnut or macadamia nut oil. Score 750 g of cucumbers lengthwise with the tines of a fork or peel them if you prefer. Slice paper thin, put in a colander, sprinkle with salt and let them degorge for half an hour.

Turn out of the colander, rinse and dry with paper towels. In a bowl toss the slices with 50 mL lemon juice, then arrange them on six plates. Dust with white pepper.

Cut about 100 to 120 g firm goat cheese into thin slices and arrange two or three on each plate. Sprinkle 50 mL of hazelnut oil over the six servings.

Makes 6 servings.

From "Raw Materials" by Meryl Constance

Brazilian Bean Soup

(Brazil)

2 cups dry black beans, soaked
6 cups water
1 Tablespoon olive oil
3 cups chopped onion
10 medium cloves garlic, crushed
2 teaspoons cumin
1 teaspoon salt
1 medium carrot, diced
1 medium bell pepper, diced
12 ounces orange juice
Cayenne pepper to taste
2 medium tomatoes, diced (optional)
4 cups brown rice, cooked
Optional topping: cilantro, salsa (see below)

Providing the beans have soaked 8 hours or overnight, drain.

Then place soaked beans in a kettle or Dutch over with 4 cups water.

Bring to boil, cover, and simmer until tender (about 1 1/4 hours).

Heat oil in a medium-sized skillet. Add onion, half the garlic, cumin, salt, and carrot.

Saute' over medium heat until carrot is tender. Add remaining garlic and bell pepper.

Saute' until everything is very tender (another 10-15 minutes). Add the sautéed mixture to the beans, scraping in every last morsel.

Stir in orange juice, cayenne, cooked rice and optional tomatoes. Puree' all or some of the soup in a blender or food processor, and return to kettle. Simmer over very low heat 10 to 15 minutes more. Serve topped with an artful arrangement of cilantro and/or salsa.

I've used different salsas each time I've made it

Susan K. Snow

Caribbean Black Bean Soup

2 1/2 cups water
1 14 oz can "lite" coconut milk
1 14.5 oz can diced tomatoes w/green chiles*
1 7 oz pkg Fantastic Foods Instant Black Beans
salt to taste
Tabasco sauce to taste
1/4 cup chopped fresh cilantro for garnish

In a soup pot or large saucepan, bring the water, coconut milk, and tomatoes (with liquid) to a boil over high heat, stirring often.

Whisk in the Instant Black Beans and season with salt and Tabasco.

Cover, turn off the heat, and let stand for 5 minutes.

Stir well and reheat if necessary.

Serve in soup bowls garnished with cilantro.

Serving Size: 4

NOTES: * or substitute one can of diced tomatoes plus 1 chopped jalapeno

Karen C. Greenlee

Japanese-Style Potato Salad

(Japan)

Cooking time: 30-40 minutes

Servings: 4

This potato salad tastes very close to the kind you buy in Japan. You could also add chopped apple slices to surprise your taste buds.

1 lb. russet potatoes
1/2 cucumber (see directions)
1/2 small white or yellow onion, thinly sliced (see directions)
1 teaspoon yellow mustard (a touch of Dijon mustard is also nice)
3 large sandwich slices of ham, cut into small squares
1/2 cup mayonnaise
Salt and black pepper to taste

Boil the unpeeled potatoes. Meanwhile, cut the cucumber lengthwise and remove the seeds. Cut the cucumber into thin slices and place them in a small bowl. Add one teaspoon salt and mix well. Cut the onion into thin slices and soak them in cold water until you're ready to use them. When the potatoes are done, remove the skins and cut the potatoes lengthwise, then cut them into pieces about 1 inch wide.

Wash the cucumber with water and squeeze the water out. Also squeeze the water from the onion.

Place the potatoes, cucumber and onion slices, ham, and the rest of the ingredients in a large bowl and mix well.

Recipe courtesy of Hiroyuki Sato

Shorba (Chicken Soup)

(Algeria)

1 1/2 lbs chicken, cubed
1 yellow onion, grated
1/2 zucchini, grated
1/2 small potato, grated
1/2 rib celery with ribs, halved
1 carrot, halved
1/4 cup dried chick-peas, soaked overnight in water and drained OR canned chick-peas
2 tsp. salt
1/2 tsp. black pepper
1/2 tsp. cinnamon
1 tbsp. paprika
2 tbsp. tomato paste
1 tbsp. olive oil
8 cups of water
1/2 cup orzo or another soup pasta
1 tbsp. chopped parsley
1 tsp. chopped fresh mint leaves
lemon slices

Put meat, onion, zucchini, potato, celery, carrot, salt, pepper, cinnamon, paprika, tomato paste, oil, chick-peas (if using dried kind) and 1/2 cup of water in a large pot. Cover and sauté over low heat for 20 minutes. Add the rest of the water, bring to a boil and simmer for 45 minutes. Add pasta and chickpeas (if using canned). Cook for 10 minutes. Add parsley and mint. Serve with lemon slices.

Salad With Nuts, Cheese Tomatoes And Honey Vinaigrette

(Aragon [Spain])

Mixed lettuces
1 bunch of green onion, chopped.
1 oz. pine nuts
2 oz. walnuts
1 lb cheese
1 salad tomato
3 tbsp. honey
Extra-virgin olive oil
Apple cider vinegar
Salt and pepper

For the vinaigrette

Combine the honey and the vinegar in a small saucepan and heat. Adjust amounts of vinegar and honey until you have a sweet but not overpowering combination. Remove from the heat and cool. Add salt, pepper and olive oil to taste. Mix.

For the salad

Wash, dry and cut lettuce leaves. Arrange at the bottom of a salad bowl. Add the green onion, the walnuts and pine nuts. Add the vinaigrette.

Thinly slice the tomato. Sprinkle salt and pepper and cover with a cheese slice. Broil until the cheese melts. Add the tomato slices to the salad and serve.

Hazar Aghtsan(Romaine Salad)

(Armenia)

1 head of romaine lettuce
1/2 a small cucumber, peeled and thinly sliced
1 bunch of scallions, chopped
1/4 cup fresh mint leaves, chopped
1/4 cup parsley, chopped
1/4 cup olive oil
Juice from one lemon
Salt and black pepper to taste.

Tear lettuce leaves on bite-size pieces. Combine lettuce leaves, cucumber, scallions, mint and parsley. Mix olive oil and juice, season with salt and pepper and whisk well. Pour over the greens, toss gently and serve at once.

Shopska Salad

(Bulgaria)

1 green bell pepper, thinly sliced
1 red bell pepper, thinly sliced
2 large tomatoes, thinly sliced
1 onion, thinly sliced
Olive oil
Vinegar
1 tbsp. Italian parsley, chopped
Salt & pepper to taste
1/4 lb. Bulgarian feta cheese, cubed (Sirene)

Combine the vegetables, sprinkle with oil and vinegar, top with parsley and season. Add the cheese and serve.

Curried Carrot Soup

Total Time: 30 mins

Active Time: 10 mins

1 tablespoon canola oil
2 teaspoons curry powder
1 clove garlic, smashed
1 (1/2-inch) piece ginger, smashed
1/2 medium onion, coarsely chopped
1 pound carrots, sliced into 1/4-inch-thick rounds
1 medium bay leaf
2 1/2 cups low-sodium vegetable broth
1/2 cup canned coconut milk
Toasted unsweetened coconut flakes for garnishing (optional)

Heat oil in a medium saucepan over medium heat. Add the curry powder and garlic, and toast until fragrant, about 30 seconds.

Add ginger, onion, carrots, bay leaf, and broth. Increase heat to medium-high and bring mixture to a boil, then reduce to medium-low and simmer until carrots are soft when pierced with a fork, about 20 minutes. Discard the bay leaf.

Working in batches, puree in a blender until smooth. (Be very careful when blending hot soup, as steam could blow off the blender lid.)

Pour soup into a clean pot and return to the stove over medium heat. Stir in coconut milk and adjust seasoning.

To make appetizer portions, serve small amounts of soup in shot glasses or demitasses. Garnish with a few flakes of toasted coconut, if using.

Note: This soup can be served hot or cold. If you're serving it cold, you may need to thin it with a little water.

Makes: 24 hors d'oeuvre portions (6 regular servings)

Ray Lee

Caldo Gallego

(Spain)

2 cups white beans*, such as navy or cannellini beans
8 new potatoes
1/2 bunch thyme
5 cloves garlic
1 bay leaf
1 teaspoon black peppercorns
1 large carrot, peeled and coarsely chopped
1 yellow onion, coarsely chopped
Salt
1 head red chard, stems removed and leaves coarsely chopped
6 cups Roasted Pork Stock (or low-sodium chicken broth)
4 cooked pork or garlic sausages, cut into 1/4-inch slices
Chopped fresh flat-leaf parsley, for garnish

Soak the beans overnight in fresh, cold water.

The next day, place the potatoes in a saucepan with salted water to cover and bring to a rapid boil. Cover immediately with a tight-fitting lid, remove from the heat, and let the potatoes finish cooking in the residual heat until you can easily pierce them with a paring knife, about 1 hour. Drain and let cool.

While the potatoes are cooking, drain the beans. Wrap the thyme, garlic, bay leaf, peppercorns, carrot, and onion in cheesecloth, and tie with a string. Combine the beans and the aromatics in a large pot, cover with water, and bring to a boil. Turn down the heat and simmer until tender, 30 to 45 minutes. Salt the beans to taste about halfway through the cooking time. Remove the cheesecloth sack and discard. Drain the beans and set aside.

Meanwhile, blanch the chard in salted water for 5 minutes. Drain.

Cut the potatoes into eighths and add them to a large pot with the beans, chard, stock, and sausage. Bring to a simmer over medium-high heat and cook until all the ingredients are heated through, about 10 minutes. Ladle into bowls and top with the parsley.

Makes: 8 servings

Mushroom and Pancetta Soup

(Japan)

Total Time: 40 mins

Active Time: 10 mins

- 2 ounces dried shiitake mushrooms
- 4 cups low-sodium vegetable broth
- 1/2 cup dry sake
- 1/2 pound pancetta, fine dice
- 8 ounces fresh spinach, coarsely chopped
- 2 tablespoons dark sesame oil
- 2 tablespoons chile-garlic sauce
- 2 scallions, thinly sliced

Combine the mushrooms, 1 cup of the vegetable broth, and sake in a medium bowl, and set aside for 30 minutes to let the mushrooms reconstitute.

Heat a large frying pan over medium-high heat, and brown the pancetta until it is golden brown and crisp, about 5 to 7 minutes. Drain the pancetta on paper towels and discard all but a few tablespoons of the pancetta fat.

Bring the remaining 3 cups of vegetable broth and 2 cups water to a boil, then add the mushroom mixture, spinach, and pancetta. Add the sesame oil and chile-garlic sauce. Adjust seasoning to taste.

Top with scallions just before serving.

Makes: 6 servings

Aïda Mollenkamp

Fire-Roasted Eggplant Soup

- 2 pounds Japanese eggplant, trimmed and cut lengthwise
- 3 tablespoons blended oil (1 part olive oil, 3 parts canola oil)
- 1 tablespoon balsamic vinegar
- Salt and pepper
- 1 tablespoon unsalted butter
- 2 medium onions, sliced thin
- 1 quart chicken stock
- 2 tablespoons lemon juice
- 2 tablespoons dijon mustard
- 1/4 cup crème fraîche
- 1/4 cup roasted red pepper thinly sliced

Toss the eggplant gently with 2 tablespoons of the blended oil, the balsamic vinegar, salt and pepper in a stainless steel bowl. Char the eggplant on a grill, turning to cook evenly. Set the eggplant aside.

Heat the remaining tablespoon of blended oil and the butter over medium heat in a large saucepan and sauté the onions until translucent. Chop the grilled eggplant and add to the sautéed onions. Cover with the chicken stock. Bring to a boil and cover. Reduce the heat and simmer for 30 minutes.

Purée the soup mixture in a blender and add the lemon juice and Dijon mustard. Adjust the seasoning with salt and pepper. Ladle the soup into bowls and garnish with crème fraîche and roasted pepper slices.

Makes: 6 servings

Sondra Bernstein

Tom Kha Kai (Thai Chicken Soup with Coconut Milk and Galangal)

(Thailand)

4 cups chicken stock
1/4 cup Thai fish sauce
Juice of 1 lime
2 crushed wild lime leaves
2-inch section lemongrass
1-inch section galangal
1/4 pound chicken breast, cut into bite-sized pieces
1 13.5-ounce can coconut milk
2 to 10 (to taste) small red chiles, slightly crushed
Cilantro leaves for garnish

Bring 4 cups chicken stock, 1/4 cup Thai fish sauce, the juice of 1 lime, 2 crushed wild lime leaves, a 2-inch section of lemongrass, and a 1-inch section of galangal to a boil. Simmer 20 minutes. Strain if desired (though left unstrained in Thailand, the lemongrass, lime leaves, and galangal are not meant to be eaten).

Add 1/4 pound bite-sized pieces of chicken breast, 1 13.5-ounce can coconut milk, and 2 to 10 (to taste) small red chiles, slightly crushed, and return to a boil. Lower the heat and simmer until the chicken is cooked through, about 2 minutes. Garnish with cilantro leaves and serve.

Aliza Green

Schav (Chilled Polish Sorrel Soup)

(Poland)

1/4 pound sorrel
1 teaspoon paprika
3 beaten eggs
Sour cream

Wash 1/4 pound sorrel, leaving the water on the leaves.

Shred the leaves and place them in a nonreactive soup pot. Add 6 cups boiling water, 1 teaspoon paprika, and salt to taste. Simmer, covered, for 5 minutes, or until the sorrel is quite soft.

Pour the hot soup over 3 beaten eggs, whisking vigorously so the soup thickens. Strain, cool, and refrigerate. Serve chilled and garnished with dollops of sour cream.

Aliza Green

Crushed Tomato Salad

(Turkey)

Ripe Tomatoes (1/2 lb)
1 Sweet Green Pepper
1/2 Cucumber
2 Spring Onions
1 Tsp. dried mint
Salt, pepper, paprika
1 Tbsp paprika paste
1 Tbsp olive oil
2 Tbsp vinegar

Peel the tomatoes and the cucumber. Remove the stalk and seed of pepper. Remove the outer layer of spring onions.

Chop them into very small pieces without actually pulverizing them.

Add all the other ingredients and mix well.

Efe Sezgin

MAIN DISHES

Beef



Shabu Shabu

(Chinese)

Shabu-shabu means "swish-swish," referring to the swishing action when you cook a very thin slice of beef in hot water.

On a portable range, place a medium-sized pot (1/2 gallon should do). Place a couple of slices of kombu (a sort of kelp) and cover with cold water. Gently bring the water to a boil and remove the kombu just before it actually starts to boil. When the water is boiling very, very gently, you're set.

On your table you should have: (for 4 people)

Ingredients

- * 1 lb very thinly sliced beef (sirloin), preferably grain-fed. Beer-fed Kobe beef is the best. I MEAN VERY THIN (less than 1/16 inch)
- * 8 shiitake mushrooms
- * 1/2 lb enoki mushrooms
- * 1/2 lb shimeji mushrooms
- * 1/2 lb shirataki
- * 1 lb chinese cabbage
- * 1/2 lb watercress, to substitute for spring chrysanthemum leaves
- * 1 lb tofu, cut in 1 in. cubes, pressed and drained
- * any other ingredients you want to use

Dipping sauce

- * In a small bowl, you should have soy sauce and lemon juice 2:1, as a dipping sauce.

Simply take one of the items, swish it around in the hot water for from a few seconds for beef to a few minutes for vegetables. Serve with hot steamed rice.

Enjoy!

Servings: 4

Ken Lisaka

Corned Beef Fritters

(England)

15mins

- 225g/8oz Corned Beef, cut into slices 1cm/½ inch thick
- 50g/2oz Plain Flour
- 1 Egg, beaten
- 2 tbsp Milk
- Salt and Pepper
- Oil for frying

Heat the oil until hot.

In a bowl, mix together the flour, egg, milk and seasoning and beat to form a smooth batter.

Dip the slices of corned beef into the batter and fry on both sides until crisp.

To serve - drain on kitchen paper and serve with mashed potatoes and vegetables of your choice.

Serves 4

Beef in Whisky Sauce

(Scotland)

20 mins

15 g/½ oz Butter
2 teasp Olive Oil
675 g/1 ½ lb Sirloin Steak
1 Large Onion, chopped
4 tbsp Drambuie
90 ml/3 fl.oz. Double Cream
Salt and Pepper

Cut the steak into strips 2.5cm x 5cm/1 x 2 inches.

Melt the butter and oil in a frying pan, add the onion and fry for 2 minutes.

Add the meat and cook for 5-10 minutes, according to taste.

Stir in the Drambuie and cream and heat gently. Season with salt and pepper and serve immediately.

Serves 4

Egyptian Kofta

(Egypt)

20 mins (plus chilling)

450 g/1 lb finely minced Beef
1 Medium Onion, grated
4 tbsp Fresh chopped Flat-leaf Parsley
2 tbsp Freshly chopped Mint
1 tsp Salt
1 tsp Black Pepper
1 tsp Ground Cumin
1 tsp Ground Cinnamon
1 tsp Ground Allspice
Olive Oil

Pita Breads

Finely chopped Tomatoes
Finely sliced Spring Onion
Shredded Lettuce

Place all the ingredients (apart from the oil) in a large mixing bowl and knead well with your hands making sure the mixture is well blended. Cover with cling film and chill for 1 hour.

Preheat the grill and rack or a griddle to hot. Form the meat mixture into 8 patties or mould around skewers.

Lightly oil the hot grill rack or griddle then place the koftas onto the hot rack/griddle and cook for 5 minutes on each side, brushing with a little oil.

Serve in pita breads with the tomato, onion and shredded lettuce.

Serves 4

Rempah (meatballs)

(Indonesia)

25 mins

350 g/12 oz Minced Beef
75 g/3 oz Desiccated Coconut
1 teasp ground Coriander
1/4 teasp Ground Cumin
1 Egg
Salt and Black Pepper
Oil for shallow frying

In a large bowl, beat together the mince, coconut, coriander and cumin. Add the egg, salt and pepper and mix well.

With floured hands, make small balls, pressing the mixture together tightly, about 12mm/1/2inch in diameter.

Heat 12 mm/ 1/2 inch of oil in a frying pan add the meatballs and fry until brown, turning frequently.

Drain on kitchen paper and serve hot.

Serves 4

Bubble and Squeak

(England)

30mins

25g/1oz Butter
1 Onion, chopped
450g/1lb Cooked Potatoes, mashed
225g/8oz Cooked Cabbage, chopped
4-6 sliced cooked Beef chopped
Salt and Pepper

Melt the butter in a large frying pan, add the onion and sauté gently for 5-6 minutes until soft, stirring from time to time.

Raise the heat to medium hot, add the potatoes, cabbage, beef, salt and pepper and continue to fry for 15 minutes, stirring from time to time, until browned and crispy. The crispy bits should be mixed throughout. Serve immediately.

N.B. This is a classic British dish for using up leftovers from the traditional vegetarian version (just omit the meat).

Serves 4

Nikujaga

(China)

Cooking time: 40 minutes

Ofukuro no aji -- Mom's cooking: This is a typical Japanese dish served at dinner. The main ingredients are russet potatoes, onions, and beef. The flavoring is based on soy sauce and sugar, very common for a Japanese dish.

- 1 lb. russet potatoes, peeled and cut into 4 to 5 pieces each
- 1/3 lb. beef, thinly sliced
- 2/3 lb. yellow onions, sliced (about 1/3 inch wide)
- 1 tablespoon vegetable oil
- 400 cc water (about 1 1/2 cups)
- 3 tablespoons or more soy sauce (to taste)
- 3 tablespoons or more brown sugar (to taste)
- 2 tablespoons sake or white wine

Prepare vegetables as described above. Heat a deep pan and add oil and beef.

Sauté for a couple of minutes, then add onion and potato. Continue sautéing for 3 minutes. Add water, soy sauce, brown sugar, and sake or wine. Bring to a simmer half covered. Skim off any foam and cook for about 20 to 30 minutes until potatoes are done.

Servings: 4

Recipe courtesy of Hiroyuki Sato

Japanese-Style Curry Rice

(Japan)

Cooking time: 3 hours

Read the instruction on the box of commercial curry roux and find out what ingredients you need first.

You may increase or decrease the amount of vegetables and meat by as much as 50% if you wish.

However, the amount of water you add should not be decreased. If the consistency of the curry stew is too thick, adjust it by adding water at the end. The commercial curry roux contains everything, so you do not need to add salt or pepper. Typical ingredients are listed below.

- 1 medium yellow onion, sliced
- 2 or 3 potatoes cut into big or small chunks
- 2 carrots, diced
- 1 cup whole mushrooms
- Up to 3/4 lb. beef or other meat, cut into bite-sized pieces
- 1 box curry roux (Japanese brand)
- One serving freshly cooked warm rice

Heat a deep pan and add one or two tablespoons of oil. Saute the sliced onion over medium heat until it softens. Brown the meat separately, then add it to the onion. Add water as specified, add a bay leaf, and simmer for 2 hours. Then add the potatoes, carrots and mushrooms and continue simmering. When the potatoes and carrots are tender add the curry roux. Simmer gently for 15 minutes while stirring. Serve with rice.

Recipe courtesy of Hiroyuki Sato

Rouladen (Braised Beef Rolls)

(Germany)

6 slices round steak
6 slices bacon
2 med. Onions, quartered
Salt & Pepper
2 Tbsp. Butter
2 Tbsp. Corn Oil
6 Cups water or beef stock
3 sm. German gherkin pickles, cut in half
12 toothpicks
3 Tbsp. Cornstarch
½ cup water

Slices of beef should be very thin - about 3- x 8-inches oblong. Lay out on counter. Sprinkle with salt and pepper. Put a strip of bacon on each slice of beef; a quarter of the onion and half a pickle. Roll up and fasten ends with toothpicks. Heat butter and oil in frying pan and add meat rolls. Brown on all sides and put any remaining onions in the pan with the beef. Add stock or water. Cover and simmer for at least 1 ½ to 2 hours. Remove meat from pan. Mix 3 tablespoons of cornstarch in the ½ cup of water. Add to simmering beef juices, stirring constantly until desired thickness for a gravy. Return meat rolls to gravy. Serve with mashed potatoes and red cabbage.

Hint: Make a day ahead, except for thickening the gravy. That way you can remove a hardened layer of fat before reheating and finishing the gravy.

Flemish Beef-and-Beer Stew

(Belgium)

1 1/2 lb Boneless chuck or Round steak; 1 inch-thick
1/4 lb Bacon
4 med Onions; sliced
1 clove Garlic; chopped
3 T Flour
1 c water
1 Can light or dark beer; 12 or 16 oz
1 Bay leaf
1 T Brown sugar; packed
2 tsp Salt
1/2 tsp Dried thyme leaves
1/4 tsp Pepper
1 Tbsp Vinegar
Snipped parsley
Hot cooked noodles

Cut beef into 1/2-inch slices; cut slices into 2-inch strips. (For ease in cutting, partially freeze beef about 1-1/2 hours.) Cut bacon into 1/4-inch pieces; fry in Dutch oven until crisp. Remove bacon with slotted spoon; drain on paper towels. Pour off fat and reserve. Cook and stir onions and garlic in 2 tablespoons of the reserved bacon fat until tender, about 10 minutes. Remove onions. Cook and stir beef in remaining bacon fat until brown, about 15 minutes. Stir in flour to coat beef; gradually stir in water. Add onions; beer, bay leaf, brown sugar, salt, thyme, and pepper. Add just enough water to cover beef if necessary. Heat to boiling; reduce heat. Cover and simmer until beef is tender, 1 to 1-1/2 hours. Remove bay leaf. Stir in vinegar; sprinkle with bacon and parsley. Serve with noodles.

Servings: 6

Judi Mae Phelps

Great Grandma Silva's Chilean Empanadas

(Chile)

PICADILLO FILLING

- 2 1/2 lb Round steak or boneless rump roast
- 1 Garlic clove
- 1 Onion stuck with 3 cloves
- 1 Carrot, peeled, cut into pieces
- 1/2 c Sherry
- 1 1/2 c Black raisins
- 3 tbsp Olive oil
- 1 Onion, minced
- 3 tsp Oregano
- 3 tsp Cumin seed, crushed
- 2 tbsp Ground Chile powder
- 1 tsp Salt
- 1/4 c Slivered almonds
- 1 c Sliced black olives, or
- 1/2 c Sliced stuffed green olives
- 2 tbsp Sugar for sprinkling over empanadas (optional)

PASTRY

- 1/4 c Vegetable shortening
- 2 tbsp Butter
- 3 c All-purpose flour
- 1/2 c + 1 tbsp water
- 1 tsp Salt
- 2 1/2 c Canola oil for frying

For best results, make the filling a day ahead.

Cut meat into 6 pieces, place in a heavy pot and cover with cold water. Add garlic, whole onion and carrot. Simmer gently for 2 hours. If the meat cooks over high heat, it will toughen. When the meat is tender, turn off heat and let it cool in the broth until warm to the touch. Reserve broth.

Using a sharp knife, chop meat very finely. You also can use a food processor but don't overdo. Grandma always minced her meat in a small wooden bowl using a hand chopper with a curved blade, but my ethnicity goes only so far...

Warm the sherry in a small saucepan; add the raisins and let steep while you prep the other ingredients.

Heat the olive oil in a large skillet; add the onion and sauté until softened. Stir in the oregano and crushed cumin and sauté for 1 minute. Stir in the chopped beef, ground chile and salt. Cook for 15 minutes, adding enough of the reserved broth to make the mixture glisten. It should not be soggy, just moist.

Remove picadillo from the heat, and stir in the plumped raisins, the almonds and olives. Taste, and add more salt, oregano, cumin or chile powder, if desired. If the picadillo seems a bit drier than you like, add more broth or (better yet) some of the raisin sherry. Refrigerate overnight, or up to 3 days.

The pastry: Using a large fork or pastry blender, cut the shortening and butter into the flour until crumbly. Stir the salt into the water. Drizzle water slowly over the flour mixture, adding just enough to make a soft pliable dough. Knead gently a floured board for 1 minute. The dough should be smooth but not overworked. Break off a golf ball-size piece of dough (keeping the remaining dough covered with plastic wrap) and roll into a 6-inch circle. Place 1/2 cup picadillo on half of the circle. Fold over the top half, pinching over the edges; press with a fork to seal. It is important to seal the edges well so the filling doesn't leak out during frying.

Heat the canola oil in a 2-inch deep skillet. When the oil is hot enough it will ripple. Ease in 1 empanada and spoon hot oil over the surface. After 1 1/2 minutes, turn the empanada. Total cooking time for each empanada is about 3 minutes, or until golden brown. Remove and drain on several thicknesses of paper towel, blotting the surface with more paper towels. Sprinkle empanadas lightly with sugar while still warm.

If you plan to serve the empanadas later, cool, cover, and refrigerate. To reheat, place on a cookie sheet and bake in a 350 degree F. oven for 10 minutes.

Makes about 12 very large empanadas

Per Large Turnover: 520 calories, 28 g protein, 44 g carbohydrate,
27 g fat (6 g saturated), 73 mg cholesterol, 572 mg sodium, 3 g fiber.

Jacquiline Higuera McMahan

Beef and Corn Pie

(Ireland)

2 pounds ground beef
1 medium onion, chopped
1 green pepper, seeded, halved and diced
1 can (1 pound, 13 ounces) crushed tomatoes
2 cups frozen whole-kernel corn
2 tsp salt
1/2 tsp black pepper
1/4 tsp garlic powder
1/2 cup all purpose flour
1/2 cup yellow cornmeal
2 tsp baking powder
2 tsp sugar
1/2 tsp salt
1 egg
3/4 cup milk

Shape beef into a large patty in a large skillet; brown for 5 minutes on one side and cut into quarters. Turn; brown 5 minutes on second side; remove to paper towels. Pour off all but 2 tbsp pan drippings; add onion and green pepper to drippings in skillet and cook til lightly browned. Add the tomatoes, corn, the 2 tsp salt, pepper and garlic powder. Bring to a boil; simmer for 10 minutes. Crumble meat into the mixture. Pour into a casserole dish. Mix together flour, cornmeal, baking powder, sugar and 1/2 tsp salt in small mixing bowl; add egg and milk. Stir until smooth. Pour over the top of the meat mixture. Bake in 400 degree oven for 30-35 minutes or until top is golden brown.

Julie

Beef in Guinness

(Ireland)

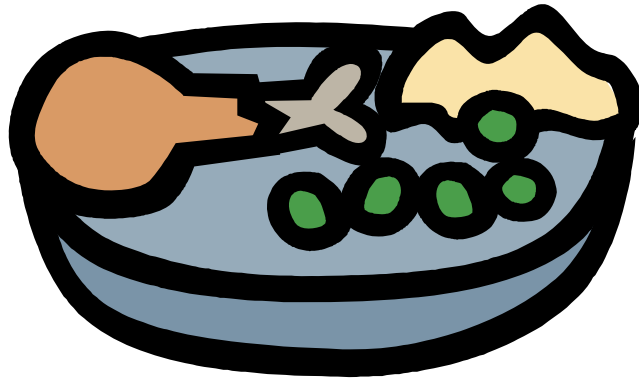
2 1/2 pounds/ 1 kilogram shin of beef
2 large onions
6 medium carrots
2 tablespoons seasoned flour
a little fat or beef dripping
1/2 cup dry cider
1/2 pint/ 250 milliliters/ 1 cup Guinness with water
sprig of parsley

Cut the beef into chunks and peel and slice the onions and carrots. Toss the beef in the flour and brown quickly in hot fat. Remove the beef and fry the onions gently until transparent. Return the beef and add the carrots and the liquid. Bring just to the boil, reduce the heat to a very gentle simmer, cover closely and cook for 1-1/2 to 2 hours. Check that the dish does not dry out, adding more liquid if necessary. Sprinkle with chopped parsley and serve with plainly boiled potatoes.

Serves 4

MAIN DISHES

Chicken



Yakitori

(Japan)

25 mins

- 4 Boneless Chicken Breasts, skinned
- 6 Fresh Shitake Mushrooms, halved
- 2 Spring Onions, cut into 2.5 cm/1-inch pieces
- 180 ml/6 fl.oz. Teriyaki Sauce

Cut chicken breasts into bite-sized pieces and pre-heat the grill to hot.

Skewer the chicken, spring onion and mushrooms alternately onto skewers.

Grill the skewered chicken for 15 minutes, turning frequently and basting with the teriyaki sauce. Serve hot.

Serves 4

Chicken and Clam Cataplana

(Portugal)

25 mins

- 2 tbsp Olive Oil
- 2 Garlic Cloves, chopped
- 1 Onion, chopped
- 450-g/1lb boneless Chicken, cut into 12mm/1/2-inch cubes
- 90ml/3 fl.oz. Fresh Chicken Stock or White wine
- 450g/1lb Fresh Clams in shells, scrubbed
- Freshly chopped Parsley to serve

Heat the oil in a Cataplana or wide saucepan with a close fitting lid, add the onion and garlic and sauté gently over a medium heat until soft and transparent, about 5 minutes.

Add the chicken turn to coat then cover with the lid and cook for about 10 minutes or until cooked through, turning once or twice during the cooking time.

Add the stock and bring to simmering point.

Add the clams, replace the lid and cook for five minutes, or until the clam shells have opened.

Discard any clams which haven't opened, sprinkle with the chopped parsley and serve immediately.

Serves 4

Chicken with Dill Sauce

(Poland)

25 mins

- 50 g/2 oz Butter
- 1 Onion, finely chopped
- 4 boneless Chicken Breasts, skinned
- Salt and White Pepper
- 60 ml/2 fl.oz. Sour Cream
- 1 level tbsp freshly chopped Dill

Heat the butter in a large frying pan, add the onion and sauté over medium heat for 5 minutes turning from time to time.

Meanwhile, pound the chicken breasts to 2cm/ ½-inch thick and season on both sides with salt and pepper.

Push the onion to the edge of the pan, add chicken and sauté over a medium/high heat for about 5 minutes on each side until lightly browned and cooked through.

Remove the pan from the heat and transfer the chicken to a warmed servng platter.

Add the sour cream and dill to the juices in the pan, stirring well then pour the sauce over chicken and serve immediately.

Serves 4

Coronation Chicken

(England)

10 mins

- 4 Cooked Chicken Breasts
- 4 tbsp Mayonnaise
- 400g/14oz Tinned Apricots
- 1 teasp Curry Powder (or more to taste)
- 8 Spring Onions, very finely sliced

Drain the apricots then liquidise until smooth or pass through a sieve.

Shred the chicken and place in a large mixing bowl together with the remaining ingredients. Mix well.

Cover and refrigerate until ready to serve. Serve with Salad.

Serves 4

Shantung Chicken

(Chinese)

CHICKEN-SHANT - Quick Asian-style chicken breast

Time: 20 minutes.

- 1 chicken breast, skinned and boned
- 2 Tbsp corn starch
- 3 Tbsp soy sauce
- 1 Tbsp sherry
- 1 garlic clove, minced
- 3 Tbsp oil
- 1 Tbsp toasted sesame seeds
- 1/2 lb bean sprouts
- 1 bunch green onions
- 1 Tbsp slivered fresh ginger root

Slice onions, separate white from green parts.

Cut chicken into thin narrow strips. Combine 1 Tbsp cornstarch, 1 Tbsp soy sauce, and sherry with garlic in dish, mix with chicken, and set aside.

Blend remaining 1 Tbsp cornstarch, remaining 2 Tbsp soy sauce, and 1 cup water; set aside.
Heat 1 Tbsp oil in a wok. Stir fry chicken for one minute; remove and set aside.
Heat 2 Tbsp oil in the wok. Add bean sprouts, white part of onion, and ginger. Stir fry for 3 minutes.
Return chicken to wok; add soy sauce mixture, green onions, and sesame. Bring to boil, cook till thick.
Serve over noodles or rice.
Serves 2-3

Oyako Don(Buri)

(Chinese)

Cooking time: 20-30 minutes

This dish belongs to the ten-ya-mono category of Japanese recipes. A tenyamonono usually consists of gu (topping) which is placed on top of freshly cooked warm rice in a donburi (porcelain bowl). The gu can be any of following: tempura; tonkatsu; beef cutlet; quick-cooked vegetables with beef, pork, or chicken (sometimes cooked with a beaten egg); or some types of seafood including sashimi (sliced tuna or other variety). O-yako means parent and child, reflecting the use of chicken and egg in this dish.

1/4 medium yellow onion, thinly sliced
About 2 oz. chicken breast, sliced
Shiitake mushrooms (fresh or dry), thinly sliced, if available
2 or 3 snow peas, julienned (cut into long thin strips)
2 stalks green onion, chopped in 1 to 2 inch lengths
1 egg, beaten

Dashi:

1/2 cup dashi no moto, dissolved in 1/2 cup of water, or you may substitute 1/2 cup chicken stock
2 tablespoons or more soy sauce*, as needed
1 tablespoon or more brown sugar*, adjusted for desired sweetness

You can adjust these while cooking the vegetables and meat.

* One serving freshly cooked Japanese-style rice

In a small skillet, place the sliced yellow onion, sliced shiitake mushrooms and dashi. Cook for 2 to 3 minutes until the onion is tender. While cooking, add the chicken slices and green onion. When the chicken is cooked, spread the beaten egg over the vegetables and meat. Sprinkle the julienned snow peas on top immediately. Cook until the egg hardens partially or completely, as you like.

To serve, you may put the rice on a dinner plate and place your gu on top of the rice. Or you may serve it in the same way in a donburi. If you cook for two or more, use a large skillet, divide the gu, then serve.

Servings: 1

Recipe courtesy of Hiroyuki Sato

Indonesian Chicken Sate (Sate Ayam)

(Indonesia)

25 mins (plus marinating)

NB: If serving as part of a traditional Indonesian meal, i.e. a rice/noodle dish plus 2-3 other dishes, reduce the quantity of chicken to 675g/1-1/2lb

900 g/2 lb boned and skinned Chicken Breasts,
cut into 2.5 cm/1-inch cubes
1 Onion, chopped
2 Garlic Cloves, crushed
60 ml/2 fl.oz. Kecap Manis
1 teasp Ground Coriander
1 teasp Ground Cumin
1 teasp Ground Lemon Grass
1 teasp Chili Paste or Sauce
60 ml/2 fl.oz. Water

Thread the meat onto skewers and place in a shallow dish. Set aside.

Place all the remaining ingredients in a food processor and process to a smooth paste.

Pour the mixture over the prepared sate's, cover with cling film and leave to marinate for 2-3 hours, turning 2 or 3 times during the marinating period.

Preheat the grill to medium hot. Cook the sate's under the grill for 8-10 minutes or until cooked through, basting with the remaining marinade and turning 2 or 3 times during the cooking period. Serve with a sate Sauce.

Excellent barbecued. Also good served as a starter – just halve the amount of meat.

Serves 4

Gai Pad Nam Tua

(Thailand)

25 mins (plus marinating)

- 4 Boneless Chicken Breasts
- 6 Spring Onions, roughly chopped
- *8 Dried Chillies
- *1-1/2 teasp Ground Coriander
- *1-1/2 teasp Ground Cumin
- *1 teasp Ground Lemon Grass or 1 tbsp finely chopped Lemon Grass
- * 1 teasp Dried Galangal or 1 tbsp finely chopped Galangal
- 1 tbsp finely chopped Garlic
- 1 tbsp finely chopped Ginger
- 1 teasp Chili Paste
- 225 g/8 oz Broccoli florets
- Peanut oil
- 240 ml/8 fl.oz. Coconut Milk
- 2 tbsp Peanut Butter
- 2 tbsp Roasted Peanuts, crushed
- 1 tbsp Fish sauce
- 1/2 tbsp Palm or Brown Sugar

Remove the skin from the chicken and cut the flesh into 12mm/1/2 inch cubes.

Place the lemon grass, galangal, dried chillies, coriander, cumin (or contents of spice pack if using) onions, garlic, ginger, and chili paste in a food processor and blend to a paste.

Place the chicken in a bowl, add the onion paste, mix well and set aside for 20 minutes.

Meanwhile blanch the broccoli in boiling water for 2 minutes. Drain well and set aside.

Heat the peanut oil in a wok or large frying pan until hot, add the marinated chicken mixture and stir fry 3 minutes until chicken goes opaque.

Add the coconut milk, peanut butter, crushed peanuts, fish sauce and sugar and cook, stirring, for 3 minutes until sauce begins to thicken.

Add the blanched broccoli and simmer, stirring until heated through. Serve immediately.

Serves 4

Country French Baked Chicken

(Belgium)

- 1 Medium chicken fryer
- 1/2 lb Potatoes, quartered
- 1/2 lb Carrots, thickly sliced
- 8 Small white onions
- 1 c Dry white wine
- 1 c Chicken stock
- 2 Slices bacon, diced
- 2 Cloves garlic, pressed
- 1/2 lb Mushrooms, sliced
- 1 tbsp Flour
- 2 tbsp Water

Place chicken, potatoes, carrots, onion, wine, and broth in small roasting pan. Season with salt and pepper.

Roast uncovered at 400° F basting chicken and vegetables occasionally.

Cook bacon until brown but not crispy. Add garlic and mushrooms, saute until mushrooms are slightly browned. Add to roasting pan after chicken has roasted for 30 minutes. Roast for an additional 15 to 20 minutes.

Remove chicken and vegetables to platter and keep warm. Blend flour and water, stir into pan liquid. Cook, stirring constantly, until gravy thickens. Serve with chicken.

Servings: 4

Vivienne de Graaf

Chicken Thighs with Aromatic Spices

(Mexico)

- 2 1/2 lb Chicken thighs, skinned
- 1/2 tsp Coarsely ground black peppercorns
- 1/2 tsp Cumin seeds
- 1/2 tsp Dried oregano
- 2 Bay leaves
- Salt
- 6 Cloves garlic, halved
- 1 1/2 tbsp Mixed-Spice Paste (recipe follows)
- 1 tbsp All-purpose white flour
- 1 md Onion, thinly sliced
- 4 Long banana peppers, cut into long strips
- 1 tbsp Vegetable or olive oil
- 2 tbsp Cider vinegar or to taste

Bring 7 cups water to a boil in a large saucepan; add chicken (and a little more water to cover if needed). Skim off any grayish foam that rises during the first few minutes of simmering. Add black pepper, cumin, oregano, bay leaves, 1 tsp. salt and garlic. Partially cover and simmer gently for 20 to 25 minutes, until the juices run clear when the thighs are pierced with a knife (boned thighs will cook in 15 to 20 minutes). Remove from the heat and cool the chicken in the cooking liquid, if time permits. With a slotted spoon, remove thighs from the broth and set them on a plate. Strain broth, skim fat and set aside 2 1/2 cups in the refrigerator.

Rub 1 Tbsp. Mixed Spice Paste over the side of the chicken that has been skinned and let it stand 1 hour uncovered in the refrigerator. Lightly dust the spice covered side of the chicken with flour, patting gently to evenly distribute it over the surface and remove any excess.

Rinse onions, drain thoroughly and set aside with chilies. Set a large nonstick skillet over medium heat, add oil, and when it is hot, add chicken, spice-side down, and fry until crisp, about 4 to 5 minutes. Drain on paper towels and keep warm in a 200 degree F. oven.

Return the pan to the heat and add onions and chilies. Cook over medium for 4 to 5 minutes, stirring occasionally, until the onions soften. Add vinegar, reserved broth and remaining 1/2 Tbsp. spice paste, stirring to dissolve the paste. Simmer for several minutes to blend the flavors. Taste for salt and vinegar. Place 2 thighs in each of 4 bowls. Top with a portion of the onion mixture and the broth.

Yield: 4 servings

234 Calories Per Serving: 30 G Protein, 7 G Fat, 13 G Carbohydrate; 208 Mg Sodium; 77 Mg Cholesterol.

Rick Bayless & Deann Groen Bayless

Indian Chicken Curry a la Mussoorie

(India)

2 medium onions, coarsely chopped
4 cloves garlic
1 tbsp. chopped fresh ginger
2 tbsp. water
3/4 C Ghee (Indian clarified butter)
1 tsp. whole cumin seed
2 small frying chickens (recommended using chicken pieces with bones!)
1 tsp. ground turmeric
1/4 tsp. ground cayenne pepper
1/2 tsp. ground cumin seeds
1 tsp. ground coriander seeds
6 crushed cardamons
1 cinnamon stick, medium sized, crushed
2 bay leaves
salt to taste
a pinch of nutmeg
2 tbsp. blanched slivered almonds
1 C chopped fresh coriander leaves (cilantro)

Puree the onions, garlic, ginger and water in a blender. In an 8 quart saucepan, heat the Ghee on medium high heat. When Ghee is hot, add the whole cumin, stirring briskly until the seeds sizzle. Add the puree and continue to stir. Regulate the heat to prevent the puree from sticking to the bottom of the pan, which it has a genuine tendency to do! Continue stirring until the puree is a rich golden color, has been fried well, and most of the moisture has evaporated from it. This should take around 10 minutes.

Add the chicken. Stir fry on high heat until the chicken starts to brown. This should take about 5 minutes. Stir briskly to prevent burning the chicken. Add the turmeric, cayenne pepper, cumin, coriander, cardamons, cinnamon, bay leaves, salt and nutmeg, stirring well until they give off a fragrance (about a minute) Add the sour cream, stirring constantly. Bring to a boil and reduce the heat to the lowest point possible. Cover tightly and cook for 30 minutes or until the chicken is absolutely tender. Just before serving, sprinkle on the almonds and the coriander leaves. Serve Hot!

Supremes de Volaille Rouge et Vert

(Boneless Chicken Breasts in Red and Green Sauce)
Chicken/Lime - Chicken breasts in tomato-lime sauce
(France)

1 whole chicken breast

MARINADE:

Juice of 1 lime
1/2 cup white wine
1 garlic clove, finely chopped
1 tsp ginger
Pinch tarragon

SAUCE:

Juice of 1 lime
3 oz white wine
Salted butter
3 oz tomato paste

PROCEDURE

- 1) Mix the marinade ingredients. Bone the chicken breast, obtaining 2 supremes, and marinate for at least 30 minutes. Reserve bones.
- 2) Cook a boullion using the bones. You will need about 3 oz.
- 3) Drain, flatten, and flour the supremes. Sauté quickly in clarified butter, about two minutes on each side. Remove and keep warm.
- 4) Raise the heat to high, add wine, lime juice, tomato paste, and bouillon. Cook down until it looks like it's been cooked too much. Remove from heat and swirl in a goodly chunk of butter. If you remove the sauce too soon, it will be too soupy. The sauce should be cinnamon-colored and shiny. There will be very little sauce-you may need a rubber scraper to get it out of the pan.
- 5) Serve with rice or some other bland vegetable.

NOTES

Experiment with the sauce, varying the ratio of ingredients. I have just strained the chunky bits from the marinade and used that. Wear a raincoat when making the sauce. It splatters.

Time: 30 minutes marinating, 10 minutes cooking.

Servings: 2

Tony Lill

Fricassee De Poulet a la Poitevine (Chicken in Onion Sauce)

(France)

- 2 lb onions
- 1 Chicken (3-4 lb)
- Salt, black pepper
- 1 oz butter
- 2 tbsp Flour

The regional recipes of France have evolved throughout time to complement the local wines. Hence the rich recipes of Burgundy, Poitou and Vendee produce wines of lesser glory and their recipes, in consequence, are more homely-but none the less appetizing when served with the 'little' wines of the region.

Peel the onions, quarter them and slice thickly.

Wipe the chicken inside and out with a cloth wrung out in boiling water. Cut into 10 serving pieces: 2 drumsticks, 2 thighs, 2 wings and 2 breasts halved. Season each piece on both sides.

Melt the butter in a sauté use or large frying pan over low heat and when foaming add the chicken and color to the golden stage on both sides. Remove from the pan with a slotted spoon, cover and keep hot.

Add the onions to the fats in the pan, season, increase the heat to medium, mix well and color to the golden stage, moving them around with a wooden spatula to prevent sticking and coloring too fast.

Sprinkle with half the flour and mix in thoroughly before adding the remainder. Cook for a few moments, stirring constantly, reduce the heat to low, add the vinegar, stir well and arrange the chicken on top.

Cover and cook slowly for about 40 minutes until the chicken is tender and the moisture from the onions has made the sauce. During this time shake the pan frequently and do not lift the lid except to stir the ingredients twice. Correct the seasoning if necessary and

serve very hot with plain boiled potatoes.

Servings: 6.

Eileen Reece

Chicken for Tinga

(Mexico)

- 1 Whole chicken, about 3 pounds
- 2 Garlic cloves, minced
- 1 tsp Salt
- 2 Bay leaves, crushed
- 1 tsp Oregano
- 1 tbsp Olive oil
- Juice of 1 lemon
- 14 1/2 oz Reduced sodium chicken broth

Pull off fat around the cavity of the chicken.

Blend together the garlic, salt, bay leaves, oregano, olive oil and lemon juice. Rub under the breast skin and over all surfaces of chicken. Place chicken in a Dutch oven and pour in the broth. Cover and roast in a preheated 375 degree F. oven for 20 minutes. Reduce

oven temperature to 350 degrees F. and roast 50 minutes longer. Check halfway through cooking to make sure there is still some broth in the pot. Add 1/2 cup water or broth if necessary.

Take chicken from pot and let cool. Remove and discard skin. Pull chicken into shreds or chunks.

Yield: 6 servings

Jacquiline Higuera McMahan

Nipponese Chicken Wings

(Japan)

Cooking time: 1 hour +

Soy-sauce based chicken wings, hot or mild, can be a great appetizer for your party. Marination takes some time but the rest is very easy to prepare.

Then beer or sake would be mighty good.

2 lb. chicken wings (cut off the tops of the wings)

Marinade:

2 tablespoons sake or white wine

2 tablespoons soy sauce

1 tablespoon ginger root, minced

Sauce: (Prepare this 2 to 3 hours before use)

1 clove garlic, minced

1 tablespoon ginger root, minced

4 tablespoons soy sauce

2 tablespoons vinegar

1 tablespoon sugar

1 tablespoon sesame oil

2 or 3 stalks green onion, finely chopped

Tabasco to taste (optional)

Marinate chicken wings at least 1 hour. Drain off the marinade and bake the wings at 400F on the top shelf of the oven for about 40 to 60 min. Turn the wings a couple of times while baking. Arrange the chicken wings on a plate and pour the sauce over the wings. Cheers!

Servings: 4

Recipe courtesy of Hiroyuki Sato

Chicken Kurma

(India)

- 4 Cloves
- 3 Cardamom pods
- 1 Cinnamon stick
- 1 tbsp Coriander seeds
- 1 tsp Cumin seeds
- 1 tsp Turmeric
- 6 Cloves garlic
- 1 Two-inch cube fresh ginger, peeled
- 2 c Yogurt
- Salt to taste
- 3 1/2 lb To 4 pound chicken *
- 2 tbsp Poppy seeds
- 2 tbsp Cashews
- 10 Blanched almonds
- 2 tbsp Unsweetened, shredded coconut
- 2 tbsp Ghee
- 3 lg Onions, finely chopped
- 4 Fresh green chiles, minced
- 2 tbsp Chopped cilantro

* skinned, boned and cut into about 2 inch pieces

Grind cloves, cardamom, cinnamon, coriander and cumin seeds with turmeric until you have a powder. Chop garlic and ginger into a paste. Combine both mixtures with yogurt and salt. Add chicken to this mixture and marinate 2-3 hours.

Grind poppy seeds, cashews and almonds in a blender or spice mill until you have a powder. Combine with coconut and set aside. Heat ghee in a large skillet and cook onions until golden brown. Add poppy seed mixture and mix well.

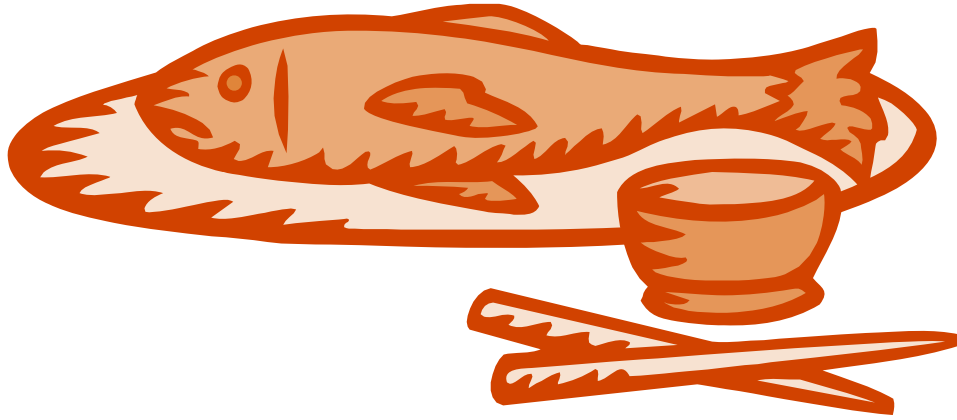
Put chicken and yogurt marinade into a heavy bottom pot. Add onion mixture, fresh chiles, half the cilantro and 1 1/2 cups water. Cook, uncovered, until chicken is tender and the sauce thickens.

Yield: 6 servings

Courtesy, Sue Sista

MAIN DISHES

Fish



Red Snapper Cebiche

(Peru)

10 mins (plus marinating)

- 450 g/1 lb Red Snapper
- The juice of three Lemons
- The juice of three Limes
- 1 Onion, thinly sliced
- Salt and Pepper
- A pinch of Cayenne Pepper
- 1 Garlic Clove, crushed
- 1 Chili, finely chopped
- 2 tsp freshly chopped Coriander (cilantro)

Wash the fillets under cold running water and pat dry on kitchen paper.

Cut the fish into bite-sized pieces and place in a shallow dish together with the remaining ingredients. Mix to coat well and refrigerate for 4-6 hours before serving, turning once or twice.

Serves 4 for lunch or 6 as a starter

Chinese Style Gyoza (Potstickers)

(Shanghai, China)

- 1/4 lb raw shrimp, shelled and chopped
- 1/4 lb raw ground pork
- 1/2 C cabbage, finely shredded
- 1/8 C green onions, finely chopped
- 1 T soy sauce
- 1/2 T dry white wine
- 1/4 tsp salt
- 1/2 tsp cornstarch
- dash of pepper

Mix ingredients for filling in a bowl. Place a tsp of mixture in center of Gyoza skin, moisten sides with water and fold in half. Gently press sides together to stick. To pan fry: Heat 2 T of oil in a large skillet. Add Gyoza, side by side, upright to fill pan. Cook over medium heat until bottoms are golden brown. Pour in 1/3 C water and immediately cover pan tightly. Lower flame and cook until all the water has been absorbed. Serve while still hot with soy sauce, vinegar, and chili oil on the side. Each filling makes about 25 gyoza.

Brittany Lay Shrader

Snapper with Mango Sauce (Huachinango con Salsa de Mango)

(Mexico)

15 mins

For the fish:

4 Red Snapper fillets

Olive Oil

Salt to taste

For the sauce:

4 tbsp Butter

1 tbsp Lime Juice

1 tbsp Orange Juice

1 tbsp of the juice from Chipotles in Adobo

The Flesh and juice of 1 large Fresh Mango

Salt

To serve:

1 Avocado, sliced into thin wedges

2 Limes, quartered

Preheat the grill to medium. Brush the fish with a little olive oil, season with salt and cook for 4-5 minutes on each side or until cooked through.

Meanwhile, make the sauce by melting the butter in a small saucepan. Chop the mango flesh finely and add to the pan together with the remaining sauce ingredients. Heat gently and simmer for one minute stirring frequently.

To serve - Place the fish on a warmed serving platter, pour the mango sauce over the filets, and garnish with avocado slices and lime wedges. Serve immediately.

Serves 4

Tunisian Snapper

(Tunisia)

15mins

4 large Red-snapper fillets

½ tsp Salt

¼ tsp Cumin Seeds, crushed

¼ tsp Coriander seeds, crushed

¼ tsp Fennel seeds, crushed

¼ tsp Harissa

2 tbsp Olive oil

2 Limes, cut into wedges

Place the salt, cumin seeds, coriander seeds, fennel seeds, and Harissa in a small mixing bowl and mix well.

Rub the spice mixture over flesh sides of fillets.

Heat the oil in a large frying pan then add the fish fillets, skin side down, and cook for 4 minutes. Turn the fillets and continue to cook for a further 4-5 minutes until cooked through. Serve garnished with the lime wedges.

Serves 4

Spicy Garlic Fish Fry

(Pakistan)

20 mins (plus marinating)

675 g/1-1/2 lb Skinless White fish fillets (sole, cod, monkfish)

Salt

1 tbsp Ground Cumin

Vegetable oil for-deep frying

2 teasp Ground Coriander

3 Garlic Cloves, crushed

1 teasp Ground Anise Seeds

1/2 teasp Chile Powder

1 tbsp Lemon Juice

Cut the fish into large chunks and place in a shallow dish. Set aside.

In a small bowl, mix together the cumin, coriander, ground anise, chili powder, garlic, lemon juice and salt. Spread over the fish, cover and refrigerate for 1 hour.

Heat the oven to low and heat the oil to 175 C/350 F. Add the fish to the oil a few pieces at a time, and fry for about 3 minutes, until golden brown. Drain on kitchen paper and keep warm in the oven whilst you cook the remaining fish. Serve hot.

Serves 4

Tuna with Chermoula

(Morocco)

20 mins (plus marinating)

4 x 175 g/6 oz Tuna or Swordfish Steaks

Olive Oil

For the Chermoula:

25 g/1oz freshly chopped Coriander

2 tsp toasted Cumin Seeds

1/2 tsp Cayenne Pepper

2 tsp Sweet Paprika

4 Garlic Cloves

The juice of 1 Lemon

2 tbsp Olive Oil

1/2 tbsp Sea Salt

Place all the ingredients for the chermoula into a food processor and process until well blended but still relatively chunky.

Rub the chermoula over the tuna steaks on both sides, place in a shallow dish, cover and marinate for at least 2 hours, turning from time to time.

Place a little olive oil in a large frying pan and heat until very hot. Add the tuna and cook for about 3-4 minutes on each side. Serve immediately.

Serves 4

Oriental-Style Sea Scallops

(China)

- 1 1/2 c Broccoli flowerets
- 1 c Thinly sliced onion
- 2 tbsp Sesame or vegetable oil
- 1 lb Sea scallops
- 3 c Thinly sliced Napa cabbage
 - or bok choy
- 2 c Snow peas, ends trimmed
- 1 c Shiitake or common
 - mushrooms, sliced
- 2 Cloves garlic, minced
- 2 tsp Ground star anise
- 1/4 tsp Ground coriander
- 1/2 c Chicken broth
- 1/4 c Rice wine vinegar
- 2 tsp To 3 tsp light reduced sodium
 - soy sauce
- 2 tbsp Cornstarch
- 1/4 c Cold water
- 2 tbsp To 3 tbsp NutraSweet Spoonful
- 4 c Hot cooked rice

Lots of oriental vegetables and an interesting blend of seasonings give this light and healthy scallop stir-fry its exotic flavor.

STIR-FRY BROCCOLI and onion 3 to 4 minutes in oil in wok or large skillet. Add scallops, cabbage, snow peas, mushrooms, garlic, anise and coriander; stir-fry 2 to 3 minutes.

ADD CHICKEN BROTH, vinegar and soy sauce; heat to boiling. Reduce heat and simmer, uncovered, until scallops are cooked and vegetables are tender, about 5 minutes. Heat to boiling.

MIX CORNSTARCH AND COLD WATER. Stir cornstarch mixture into boiling mixture; boil, stirring constantly, until thickened. Remove from heat; let stand 2 to 3 minutes. Stir in NutraSweet Spoonful; serve over rice.

NOTE: 2 teaspoons five-spice powder can be substituted for the star anise and Coriander; amounts of vinegar and soy sauce may need to be adjusted to taste.

Servings: 6

Endives Au Gratin

(Belgium)

- 6 large endives
- 100 g (4 oz) of soft bread, crust removed, shredded
- 3/4 cup milk
- 150 g (5 oz) of ham, cut in little squares
- 2 hard-boiled eggs
- 2/3 cup light cream
- 3 Tbsp grated gruyere cheese
- 2 Tbsp butter
- 1/4 tsp nutmeg
- salt, pepper to taste

Using a sharp, pointed knife remove the hard cone at the base of each endive. Remove also the not-so-nice-looking outer leaves, if any. Wash the endives under running water.

Boil salted water in a pot large enough to take the six endives. Boil the endives for 10 minutes.

Remove from water, let cool a bit and cut them lengthwise in two. BUT DO NOT CUT COMPLETELY. The two halves must stay attached to each other. Drain on paper towels.

Put the soft bread in the milk. Mash the hard-boiled eggs with a fork. Mix together the ham, the eggs and the bread/milk mixture. Add salt, pepper and the nutmeg. Mix well.

Butter a gratin dish. Fill each endive with the mixture and put, one by one, in the gratin dish.

Pour the cream over the endives, and the grated cheese. Add some little cubes of butter over the dish. Put in a warm 400 F oven for 15 minutes.

Serge Demers

Broiled Salmon with Spicy Sauce Verde

(Mexico)

- 4 Green New Mexican chilies
- or:
- 1/2 sm Green bell pepper plus:
- 2 Jalapenos
- 2 tsp Chopped scallions, including
- green tops
- 2 tsp Vegetable oil
- 3 tbsp Green peppercorns in brine,
- drained
- 2 tsp All-purpose white flour
- 1/2 c Dry white wine
- 1/4 c Skim milk
- 1 tbsp Hot-pepper sauce, preferably
- habanero chili sauce
- 1 tbsp Chopped fresh dill
- 4 Salmon steaks, 6 oz each

Note: In place of the fresh chilies, you can use canned green ones, which do not need to be roasted and peeled. Drain them well.

Preheat broiler. On a foil-lined baking sheet, broil peppers for 7 to 8 minutes, or until blackened, turning once. Place in a paper bag and set aside until cooled. Remove skin, stems and seeds. Chop finely.

In a medium-sized saucepan over medium heat, saute scallions in oil for 2 minutes until softened. Add green peppercorns and saute for 2 minutes more. Add flour and cook for 2 minutes, stirring constantly. Stir in wine and milk and blend well. Add chilies, hot-pepper sauce and dill. Bring to a boil, reduce the heat and simmer about 5 minutes, or until the sauce has been reduced and thickened.

Broil salmon for 3 to 4 minutes on each side, or until fish flesh is opaque. Remove the skin from the steaks before serving. Place some of the sauce on a plate and place the salmon on top of it.

Yield: 4 servings

268 CALORIES PER SERVING: 32 G PROTEIN, 11 G FAT, 4 G CARBO- HYDRATE;

100 MG SODIUM; 56 MG CHOLESTEROL.

Dave De Witt and Nancy Gerlach.

East: Calcutta Curried Fish with Crisp Vegetables

(India)

1/2 tsp To 3/4 tsp cayenne pepper
3 tbsp Mustard oil or light olive oil
1 lb Fresh salmon or red snapper filet
1/2 c Broccoli florets
1/4 c Red bell pepper julienne
1/2 c Peeled, sliced carrots
1/4 c Petite peas, fresh or frozen
5 Whole cloves
1 Two-inch piece cinnamon stick, broken
2 Green cardamom pods
1 Bay leaf
1/2 c Finely chopped onion
2 tsp Grated fresh ginger
1 tbsp Dijon-style mustard
4 tbsp Unflavored yogurt
1/2 tsp Salt
2 tsp Lemon juice
Fresh mint leaves for garnish

This bountiful combination of fish, simmered with plenty of fresh vegetables, comes from the bay of Bengal. The whole spices used in the recipe are not meant to be eaten; remove them just before serving.

Combine cayenne and tablespoon of the oil and rub over fish. Cover and marinate for 15 minutes.

Meanwhile, combine broccoli, bell pepper, carrots and peas in a steamer over boiling water. Steam until crisp-tender, about 4 minutes.

Heat remaining 2 tablespoons oil in a large, heavy skillet over medium-high heat. Add cloves, cinnamon, cardamom and bay leaf. Cook, stirring until fragrant, about 1 minute. Add onion and ginger; cook until onion is soft, about 3 minutes. Add fish in single layer. Stir in mustard. Cook for about 1 minute per side. Stir in yogurt and salt. Simmer over low heat stirring constantly, for 3 or 4 minutes.

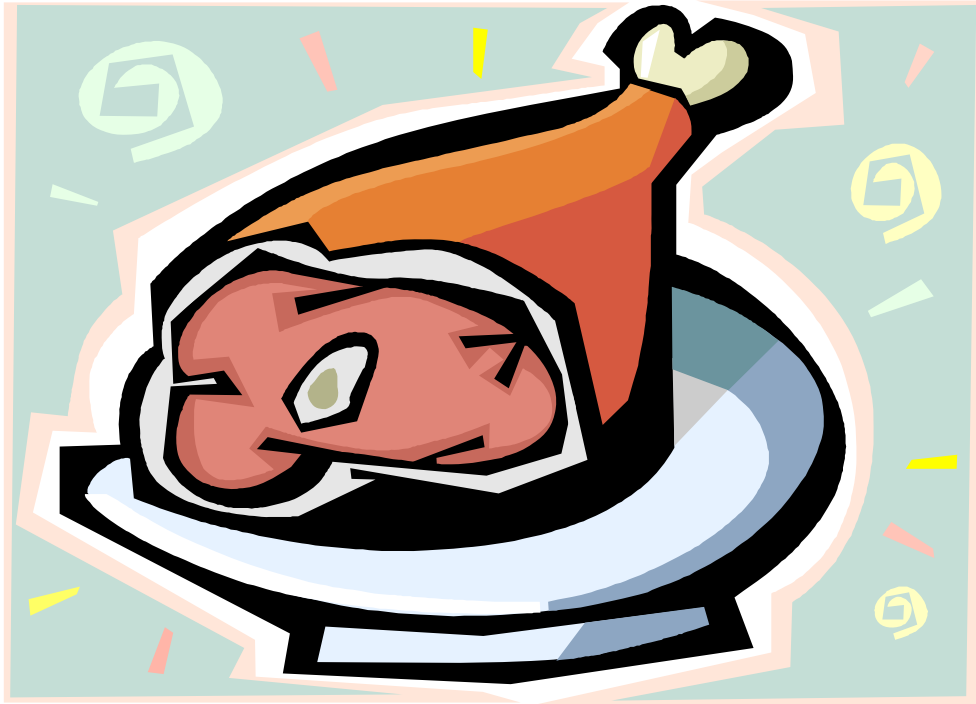
Mix in steamed vegetables. Transfer fish into a heated serving platter. Spoon sauce and vegetables over. Sprinkle with lemon juice and mint leaves.

PER SERVING (4 servings): 260 calories 25 g protein, 7 g carbohydrate, 15 g fat (2 g saturated), 60 mg cholesterol, 428 mg sodium, 2 g fiber.

Laxmi Hiremath

MAIN DISHES

Pork



Paupiettes De Bananes Aux Jambon (Bananas with Ham and Paprika)

(France)

Time: 5 minutes preparation, 20 minutes cooking.

4 bananas (fairly unripe, but not green)
4 slices of ham
6 Tbsp grated parmesan cheese
1/2 cup double cream (whipping cream)
paprika
salt and pepper

Peel bananas, sprinkle with salt, pepper, and paprika (be generous with this).

Wrap a slice of ham around each banana.

Place bananas in a greased, oven-proof dish and pour cream over them.

Sprinkle the parmesan cheese on top.

Bake at 400 deg. F for 20 minutes or until golden brown.

Serve cold (but not refrigerated).

NOTES: It seems to go down rather well as an appetizer, although it would make a nice supper snack, I suppose.

Serves: 4

Nigel Titley

Jiao Zi (Meat Dumplings)

(Shanghai, China)

Filling:

1 lb fresh ground pork, uncooked
2 1/2 to 3 + T cooking wine (rice wine)
2 to 3 scallions, diced small
7 to 10 large Napa cabbage leaves, finely chopped
1/8 to 1/4 tsp fresh ginger or powdered
1/4 C soy sauce, optional
1 T sesame oil, optional
1/4 tsp white pepper, optional
1 pkg round dumpling wrappers-Jiao Zi (also called Gyoza wrappers or JiaoZi Pi)

Sprinkle salt on chopped cabbage and let sit in a colander for 30 min. Squeeze dry (either by hand or in a potato ricer) and place into bowl. In a large mixing bowl, use your hands to thoroughly combine the pork, cooking wine, scallions, cabbage, and ginger. Cover bowl with plastic wrap, and refrigerate at least 1 hour and up to 1 day in advance (optional) Mix together with remaining ingredients for filling.

Place dumpling skin in the palm of your hand. Dip a finger in cold water and wet the edges of the dumpling skin.

Spoon a lump of filling (approx. 1 Tbsp.) into the middle of the skin.

Fold dumpling in half. Seal thoroughly by gently pressing edges of each half together. This means creating "pleats" in one half. Pinch top of semi-circle together.

Your dumpling should look like a half-moon with a big bulge in the middle. **If they are not well sealed, they fall apart when cooking.**

To cook, drop into a big pot of boiling water. Reduce heat and simmer for about 5 minutes. **When done they will float to the surface.**

Gently remove dumpling with a wire skimmer or slotted spoon and drain in a colander. Transfer dumplings to a platter and serve immediately with preferred dipping sauce if desired.

Alternate cooking method:

After you've boiled them, you can fry them. This is a wonderful way to serve the leftovers, and a very common Chinese breakfast!

To fry them, pour a little oil into a frying pan; when the oil is very hot, put the dumplings in the pan and fry until golden brown on one side. Turn and fry until the other side is golden. (They cook quickly—about 1 minute per side.)

Brittany Lay Shrader

Oriental Pork And Noodles

(Chinese)

Prep: 30 min Cook: 10 min

Fat-cutting tip: Rinse freshly cooked pasta with water, not oil, to prevent sticking.

8 ounces linguine
Nonstick cooking spray
8 ounces pork tenderloin, cut in thin strips
1 cup coarsely chopped red bell pepper
3/4 cup thinly sliced carrot
1 can (14 ounces) baby corn, drained, and corn cut in half
1/2 cup thinly sliced scallions
3/4 cup fat-free chicken broth
1/4 cup bottled teriyaki sauce
2 teaspoons cornstarch
1 1/2 teaspoons minced garlic
1 teaspoon dark Oriental sesame oil

1. Bring a large pot of water to a boil. Add pasta and cook according to package directions. Drain, rinse with cold water and return to pot.
2. While pasta cooks, spray a large nonstick skillet with cooking spray. Heat over medium-high heat. Add pork. Cook 2 to 3 minutes, stirring often, until golden and cooked through. Remove from skillet.
3. Spray skillet again. Add bell pepper and carrots. Stir over medium-high heat 2 to 3 minutes, until vegetables are crisp-tender. Stir in corn and scallions.
4. Mix remaining ingredients until well blended. Stir into skillet and bring to a boil. Boil 30 seconds, or until thickened and clear.
5. Stir in pasta and pork. Cook until heated through.

Serves 4. Per serving: 372 cal, 23 g pro, 55 g car,

6 g fat, 37 mg chol, 926 mg sod.

Exchanges: 3 1/4 starch/bread, 1 vegetable, 1 3/4 lean meat

Crepes with Ham and Gruyère Cheese

To ensure the crepes are exceptionally tender, refrigerate the batter overnight.

For the crepes:

- 1 egg
- 1 cup milk
- 5 Tbs. all-purpose flour
- 1/4 cup buckwheat flour
- 1/2 Tsp. salt
- 1/2 Tsp. canola oil
- 8 Tsp. unsalted butter

For the filling:

- 2 Tbs. butter
- 2 Tbs. all-purpose flour
- 1 cup milk
- Freshly grated nutmeg, to taste
- Salt and freshly ground pepper, to taste
- 8 thin slices ham
- 1/2 lb. Gruyère cheese, grated

To make the crepes, in a blender, combine the egg, milk, flours, salt and canola oil and process until smooth. Refrigerate for 2 hours or as long as overnight.

In a crepe pan over medium heat, melt 1 Tsp. of the butter to coat the pan evenly. Lift the pan at a slight angle and pour 1/4 cup of the batter into the center, tilting the pan to spread the batter to the edges. Cook until golden underneath, 1 to 2 minutes. Flip the crepe and cook until golden on the other side, 1 to 2 minutes more. Transfer to a plate and cover. Repeat to make 8 crepes.

To make the filling, in a small saucepan over medium-high heat, melt the butter, add the flour and whisk until smooth. Cook, stirring, until fragrant, 1 to 2 minutes. Whisk in the milk and cook until thickened, 3 to 5 minutes. Season with nutmeg, salt and pepper and keep warm.

Preheat an oven to 350°F. Place a slice of ham and equal amounts of the cheese in the center of each crepe and fold into a rectangular pouch. Arrange on a baking sheet and bake until the cheese melts, 5 to 7 minutes. Divide the crepes among 4 individual plates, top with sauce and serve immediately. Serves 4.

Laurel A. Carey

Tonkatsu (Pork Cutlet) Basics

(Chinese)

Cooking time: 1 hour +

This recipe also works very well with beef, chicken, oysters, and large shrimps or prawns.

Japanese-style potato salad [recipe here at this site] goes very well with this dish. Coleslaw would be nice, too. Also, Japanese or Chinese yellow (hot) mustard can give some sensation to your taste buds.

Here are the ingredients and directions. You can prepare biifu-katsu (beef cutlet) using the same directions.

- 4 slices pork sirloin, 1/2 - 3/4 lb. each (about 1 inch thick)
- 1 egg, beaten
- 2 cups bread crumbs
- 1 cup flour
- Peanut or canola oil for deep frying
- 1 lemon (optional)
- Hot yellow mustard
- Tonkatsu sauce or substitute

Use your favorite steak sauce and mix with ketchup to sweeten. You can also mix in lemon juice, to add a touch of sourness. A-1 or 76 steak sauce, or even Worcestershire sauce alone, goes well, too.

Garnish:

Thin slices of cabbage or lettuce leaves.

To prepare cabbage slices: Thin-slice 8 cabbage leaves and soak in cold water. Drain well and use them as a garnish for the tonkatsu.

Tenderize the meat and flatten to about 1/2 inch thick. Season the pork with salt and pepper. Coat the meat with flour and shake off the excess. Dip the meat into the egg, then the bread crumbs on a platter. Chill the meat in the freezer for 20 minutes or in the refrigerator for 2 hours. This chilling process gives the tonkatsu a crispy crust. Deep-fry (350F) until each side is light to medium golden brown. Drain the oil well and serve with the garnish. Slices of tomato will add some color.

To tonkatsu-fry seafood or other types of meat, follow the same directions. Of course, you have to peel the shells of shrimps. Oysters are our favorite choice. In Japan a bowl of miso soup usually comes with this dish. Bon Appetit!

Servings: 4

Recipe courtesy of Hiroyuki Sato

Carne De Cerdo (Lentils with Pork and Bananas)

(South America)

Yield: 6 servings

- 1 tbsp Olive oil
- 1 kg Boneless pork, cubed
- 2 lg Onions, chopped
- 2 Cloves garlic, minced
- 3 lg Tomatoes, diced
- 100 ml Boiling water
- Salt and pepper to taste
- 1 1/2 c Brown lentils
- 4 c Water
- 4 lg Firm bananas
- 3 tbsp Chopped fresh coriander

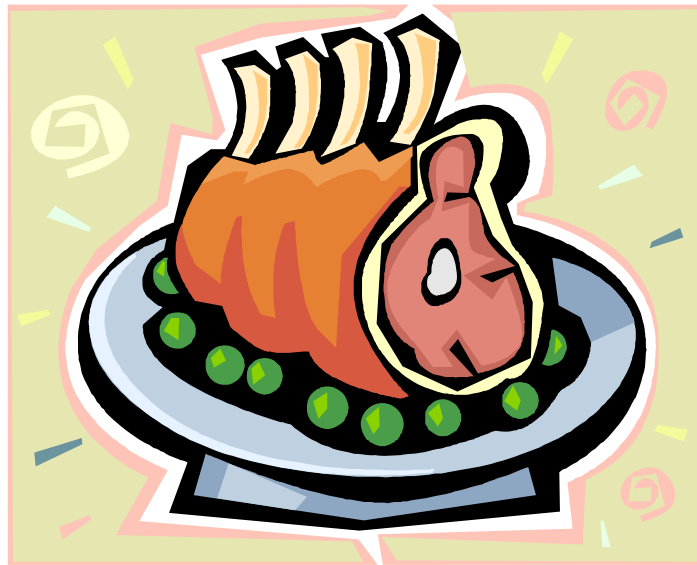
In a large saucepan, heat 1 tablespoon olive oil and brown on all sides 1 kg cubed boneless pork. Add 2 large onions, chopped, and 2 cloves of garlic, minced, and brown them. Add 3 large tomatoes, diced, 100 mL boiling water and salt and pepper to taste. Cover and cook very slowly for about 1 1/2 hour.

Meanwhile simmer 1 1/2 cups brown lentils in 4 cups water for 45 minutes; do not drain. Add the undrained lentils to the pork mixture, combine well, cover and cook over a low heat for a further 30 minutes, until both the pork and the lentils are tender. Taste for seasoning. Add 4 large firm bananas cut into 2 cm pieces and 3 tablespoons or more of chopped, fresh coriander. Cook 10 minutes longer. Serve with a little more coriander scattered on top. (You can use the coriander stems as well as the leaves, provided they are well washed. Finely chopped they add interesting crunch.).

Meryl Constance

MAIN DISHES

Lamb



Catalan Lamb (Garlic Lamb)

(Spain)

- 1 tbsp Olive oil
- 1 Shoulder of lamb
- 20 Cloves garlic, peeled
- Flour
- 300 ml Stock
- 1 tbsp Tomato puree

This recipe from northern Spain takes only minute of the cook's time but produces melting lamb in a lush sauce, thick with sweet (and innocuous) cloves of garlic.

In a wide casserole which can be used on top of the stove, heat a tablespoon of olive oil and brown a shoulder of lamb on both sides. Remove the meat and add to the saucepan 20 peeled whole cloves of garlic. Cook gently for a few minutes and sprinkle in a few tablespoons of flour, stir well, then continuing to stir, add 300 ml stock mixed with a tablespoon of tomato puree. Return the meat to the casserole, turn it over in the stock mixture, cover tightly and simmer very gently until the meat is cooked. Turn the meat over halfway through cooking and check at intervals, adding more stock if the sauce is getting dry.

Yield: 4 servings

Meryl Constance

Caldereta

(India)

- 2 lb Lamb, beef or goat, cut into 1 1/2-inch cubes
- 3 tbsp Distilled white vinegar
- 1 1/4 tsp Salt
- Freshly ground black pepper
- 4 tbsp Olive oil
- 3 Whole dried hot red chiles
- 5 Garlic cloves, peeled and minced
- 1 lg Onion, peeled and minced
- 1 tsp Whole black peppercorns
- 1 Two-inch cinnamon stick
- 2 Bay leaves
- 4 tsp Tomato paste
- 2 md Potatoes
- 1/2 lg Red bell pepper
- 8 Whole stuffed green olives

Put the cubed meat into a bowl and add the vinegar, salt and pepper. Set aside for 30 to 40 minutes. Drain the meat, saving the liquid, and pat it dry.

In a large heavy saucepan, heat the oil over medium heat. When it is hot, add the chiles. Stir for a few seconds or until they swell and darken. Remove chiles with a slotted spoon and set aside. Put as many cubes of meat into the pan as will fit without crowding. Brown the meat on all sides and repeat until all of the meat is browned. Remove meat from pan.

Put the onion and garlic into the pan and cook for 2 minutes, scraping up any pan juices. Put in the black peppercorns, cinnamon and bay leaves. Stir and cook another minute. Return the meat to the pan with its accumulated juices, the chiles, the reserved marinade and the tomato paste. Stir and cook for 1 minute. Add 2 cups water and bring to a boil. Cover, turn the heat to low and cook for 15 minutes.

Meanwhile, peel the potatoes and cut them into 1 1/2-inch cubes. When the meat has cooked for 15 minutes, add the potatoes. Cover and continue to cook for 45-60 minutes or until the meat is tender. Seed the bell pepper and cut it into 1/4-inch wide strips. When the meat is tender, put the peppers and olives into the stew. Stir and cook another 3-5 minutes.

Yield: 4 servings

Joyce Jumpering

Kashmiri Gosht (North: Kashmir Lamb Stew)

(India)

2 lb Boneless lamb, trimmed of all fat
1/4 c Cashew nuts
3 tbsp Mild vegetable oil
1 Two-inch piece cinnamon stick, broken
4 Whole cloves
4 Cardamom pods
1 tsp Cumin seeds
1 lg Onion, chopped
1 tbsp Minced fresh ginger
3 Garlic cloves, peeled, crushed
1/2 tsp Ground coriander
1/4 tsp Turmeric
1 tsp Paprika
1/2 tsp Cayenne pepper
1 tsp Salt, or to taste
2 md Tomatoes, peeled, seeded, chopped
3 md Boiling potatoes, peeled, diced
1 c Water
2 c Unflavored yogurt
1/4 c Whipping cream
1/2 c Fresh peas, or frozen, thawed
 Snipped fresh chives or green onion tops

Kashmir's cuisine combines the area's plentiful fruits and nuts with the rich ingredients and sophisticated cooking style of the Moghuls.

This rich stew makes a marvelous main dish. Serve it with rice or crusty breads.

Cut meat in 1-inch cubes and set aside. Grind cashews with a little water to make a paste. Set aside.

Heat oil in a large, heavy skillet over medium-high heat. Add cinnamon, cloves, cardamom and cumin seeds. Cook, stirring, until fragrant, about 1 minute. Add onion, ginger and garlic. Stir and cook until onion is soft, about 3 minutes. Add coriander, turmeric, paprika, cayenne and salt. Stir for a minute. Add lamb and stir-fry until it is no longer red. Add tomatoes and potatoes. Cook, stirring constantly, for 5 minutes. Add 1/2 cup water. Blend yogurt, cashew paste and remaining water and add to skillet. Reduce heat, cover, and simmer 30 to 45 minutes, or until meat is tender. Skim off fat from surface.

(May be prepared 1 day ahead. Cool, cover and refrigerate. Warm over medium heat before continuing.) Add cream and peas and heat through. Sauce should be thick. If too thick, add a few tablespoons water. If too thin, boil to reduce.

Serve stew in deep plates garnished with chives.

Yield: 4 servings

PER SERVING: 545 calories, 45 g protein, 24 g carbohydrate, 30 g fat
(9 g saturated), 135 mg cholesterol, 153 mg sodium, 4 g fiber.

Laxmi Hiremath

DESSERTS



Chayote Relleno

(Mexico)

- 3 sm Chayotes (about 6 ounces-each)
- 1/2 c Almonds
- 1/2 c Sugar
- 3 Eggs
- 1 tbsp Brandy
- 1 tsp Vanilla
- 2 tbsp Milk or cream
- pin Nutmeg
- 1 1/2 c Sponge cake or pound cake *
- 1/2 c Golden sultana or black-raisins
- 3 tbsp Slivered almonds
- 1 c Softly whipped cream, barely sweetened
- * crumbled into fine crumbs, plus 2 tablespoons for topping (see note)

Cut the chayote in half lengthwise and steam for 35 minutes, or until just tender. Do not overcook; you don't want the shells to collapse when you scoop them out.

Meanwhile, combine the almonds and sugar in a food processor and grind until the almonds are fairly fine.

Preheat oven to 375F.

When the chayote is cooked and cool enough to handle, remove the seed, and scoop out the pulp, leaving a 1/2-inch-thick shell. Set aside.

Place the chayote pulp in the processor with the ground almonds; add eggs and process to a puree. Add the brandy, vanilla and milk or cream. Blend. Pour mixture into a bowl and stir in nutmeg, cake crumbs and raisins.

Spoon the pudding mixture into the chayote shells (you will have about 1 1/2 cups left over) and place them in a greased baking dish.

Sprinkle slivered almonds and reserved cake crumbs over the tops. Bake stuffed shells for 30 minutes. Pour remaining pudding mixture into a greased loaf pan and bake for 25 minutes.

Serve warm, topped with whipped cream.

Serves 6 lucky people. (The pudding loaf serves 4.)

NOTE: I cheat and buy a frozen pound cake to use for this recipe.

PER SERVING: 420 calories, 10 g protein, 54 g carbohydrate, 20 g fat (7 g saturated), 192 mg cholesterol, 141 mg sodium, 3 g fiber.

Jacquiline Higuera McMahan

Tarte au sirop d'erable (Maple Syrup Tart)

(Quebec)

- 1 1/2 c. maple syrup
- 1 c. Whipping cream
- 1/4 c. Cornstarch
- 1/4 c. Cold water
- 1 baked, single, 9-inch pie crust

In a saucepan, combine maple syrup and cream. Blend cornstarch and water together until smooth and stir in to cream mixture. Bring filling to a boil over medium heat and cook for 2 minutes, stirring constantly until thickened. Pour filling in to baked pie shell and let cool until set.

Makes six to eight servings.

Cold Oven Glazed Coconut Pound Cake

2 sticks margarine
1/2 cup vegetable oil
3 cups sugar
5 eggs
1 1/3 cups milk
3 cups flour
1/2 teaspoon baking powder
1/4 teaspoon salt
1 tablespoon vanilla
2 teaspoons lemon extract
1 cup flaked coconut

All ingredients should be at room temperature.

Cream shortenings and sugar.

Add eggs, one at a time, and beat thoroughly after each egg.

Add milk and dry ingredients. Mix well.

Add flavorings and coconut, and stir.

Pour into a greased Bundt pan.

Put pan in COLD OVEN and turn oven on 350 degrees. Bake for one hour or until cake tests done.

Cool 15 minutes before turning onto rack.

GLAZE:

3 tablespoons lemon juice*
1 1/2 cups confectioner sugar
1 tablespoon margarine
1/4 cup flaked coconut.

Mix glaze with mixer to give proper consistency. Put on cool cake.

* NOTE: I use Sweetened Lime Juice instead of the lemon juice in glaze.

Sandy Stoner, sandyannstoner@aol.com

Easter Cookies (Koulourakia Paschalina)

(Greece)

2-1/2 cups sifted pastry flour
1/2 cup sifted powdered sugar
1/2 lb. sweet butter
1 tablespoon brandy
1/2 teaspoon vanilla extract
1/2 teaspoon almond extract
1 egg yolk
Whole cloves
Extra powdered sugar

Soften the butter at room temperature and then whip it for about 30 min. with the electric beater until the butter is white and fluffy. Add the sifted sugar, egg yolk, almond and vanilla extract and the brandy. Mix this well.

Add sifted flour and beat again until the dough is easy to handle, then you need to knead the dough for a few minutes by hand until the dough forms a soft ball. Shape the dough into walnut size balls and place them on a ungreased cookie sheet. Place a whole clove in the middle of the cookie. Bake for 15-20 min. in a 350F oven. When done place the cookies in some wax paper and let cool, cover the cookies with sifted powdered sugar. They must have lots of powdered sugar on the cookies.

Flódni (Hungarian-Jewish Hanukah-time cake)

Dough:

500 g flour
250 g margarine or 200 g goose grease
100 g sugar
3 egg yolk, and
half bottle dry white wine (or dry sherry)

Fillings:

700 g apple
200-300 g ground walnut
200-300 g ground poppy seeds (use a coffee-grinder)
1 jar plum jam

Flavoring:

Raisin

1 bar of grated chocolate
2-3 tablespoon apricot jam
2-3 Cinnamon
2-3 ground clove
2-3 grated orange skin

Crumb the margarine/goose grease together, then add the egg yolks, sugar, some wine (not all volume!), half teaspoon baking powder and half package dried yeast (soaked in 50 ml warm wine for 20 minutes) and knead to form soft dough. Divide into 5 pieces; make one slightly bigger than the other four. Let them stand covered for half hour. Roll the dough out thin, line the pan with the big dough and spread with the poppy seed filling. Then lay out second layer of dough covered with sliced apples, sauced in wine with sugar and spices (Add 2 tablespoons of grit to the ready filling to suck up extra moisture and some lemon juice to avoid discoloring). Then lay out the third layer of dough and walnut filling followed by the fourth layer spreaded with plum jam. The last layer of dough is glazed with egg yolk. Bake for about 1 hour at 300-350 F (until golden brown).

Poppy seed filling: Mix the ground poppy seed with 50-100 ml hot wine, add sugar, raisin, grated orange skin and apricot jam. (Avoid being too moist not to soak the dough)

Walnut filling: Mix the ground walnut with 50-100ml hot wine, add sugar, raisin and grated chocolate.

Hamantaschen

4 large eggs
1 cup oil
1-1/2 cups sugar
2 teaspoons vanilla
1 tablespoon baking powder
1/2 teaspoon salt
4 cups flour
pinch of lemon rind

Beat eggs, then add remaining ingredients, beating well after each addition.

Roll out dough and cut out circles. (I use the rimmed end of a drinking glass, dipped in flour each time.)

Put one teaspoon of filling in center.

Fold over edges in three sections.

Bake at 350F for about 20 min.

Chestnut Kintons or Cream Candy Recipe

(Japan)

1 Qt. chestnuts
1 pt sweet potatoes
1 lb sugar
3/4 pt of mirin sauce
1 tbsp vinegar

Blanch the chestnuts and place them in lukewarm water. Boil, changing water several times, until you can pierce the nuts with a needle. Strain off water, then add one pound of sugar, three-quarters of a pint of mirin sauce, and boil slowly.

Have ready sweet potatoes, which have been peeled and boiled for twenty minutes. Add to them the vinegar, and strain and press through a sieve. Gradually mix with the chestnuts, and slowly boil, stirring constantly, until dry, then mold into desired shapes. Roll in powdered sugar. This might be called the Japanese Fudge recipe.

Dutch Koekje

(Holland)

2 pounds of fine flour
1-1/2 pounds of good brown sugar
1/2 pound of butter
1/4 pound of fat
1/2 pound of almonds pounded
2 eggs
2 teaspoonfuls of baking soda
2 teaspoonfuls of ground cloves
2 teaspoonfuls of ground cinnamon
1/4 pint of claret

Method:

Rub the butter and fat into the flour, add the sugar, almonds, and spices. Dissolve the soda in a little warm water; beat the eggs, add the dissolved soda and wine to them, mix with the flour and knead well. Roll out thinly, stamp into small rounds, and bake gently until crisp.

The old Dutch people put a small piece of citron preserve in the center of each cake. Sufficient for 3 cakes. Seasonable at any time.

German Fruit Pie Recipe

(Germany)

Sift together a heaping teaspoonful of baking powder and a pint of flour; add a piece of butter as large as a walnut, a pinch of salt, one beaten egg, and sweet milk enough to make a soft dough. Roll it out half an inch thick; butter a square biscuit tin and cover the bottom and sides with the dough; fill the pan with quartered juicy apples, sprinkle with a little cinnamon and molasses.

Bake in rather quick oven until the crust and apples are cooked a light brown. Sprinkle a little sugar over the top five minutes before removing from the oven. Ripe peaches are fine used in the same manner.

Indian Fritter Recipe

(India)

3 tablespoonfuls of flour
Boiling water
4 eggs yolks
2 eggs whites
Hot lard or clarified dripping
Jam or marmalade

Put the flour into a basin, and pour over it sufficient boiling water to make it into a stiff paste, taking care to stir and beat it well, to prevent it getting lumpy. Leave it a little time to cool, and then break into it (without beating them at first) the yolks of 4 eggs and the whites of 2, and stir and beat all well together.

Have ready some boiling lard, oil, or butter; drop a dessertspoonful of batter in at a time, and fry the fritters of a light brown. They should rise so much as to be almost like balls.

Serve on a dish, with a spoonful of preserve or marmalade dropped between each fritter. This is an excellent dish for a hasty addition to dinner, if a guest unexpectedly arrives, it being so easily and quickly made, and it is always a great favorite.

Sufficient for 4 or 5 persons. Seasonable at any time.

Irish Apple Cake Recipe

(Ireland)

8 oz flour
1 teaspoon baking powder
4 oz sugar
4 oz butter
3 or 4 cooking apples
1 egg (beaten)
Milk

Put flour, baking powder and sugar into a mixing bowl. Mix together. Now add roughly chopped up butter. Do not cream or rub in. Peel the cooking apples and slice into the mixture, then stir in the beaten egg and sufficient milk to make a fairly stiff batter. This will be quite lumpy with apples and butter, but it is correct. Pour into a greased tin and bake for about an hour in a moderate oven (375°F).

In Ireland this is served hot with custard or cream, or cut into slices and spread with butter. A little sugar sprinkled on top, halfway through baking, improves the appearance.

—Erina

Mexican Date Meringue Pie Recipe

(Mexico)

1 cup white sugar
2 eggs yolks
1 cup sweet cream or milk
Chopped dates

Line pie plate with paste and put in a layer of chopped dates in bottom. Then add above mixture and bake till it appears done. Beat whites of eggs stiff, sweeten with sugar and spread over top. Put in oven to brown.

Pan-forte di Siena (Sienese Hardbake)

(Italy)

½ lb. Honey
1 Cup Almonds
¾ Cup Filberts
1/8 Cup Candied lemon peel
Pepper
Cinnamon
¼ lb. Grated Chocolate
1 Tbsp. Corn flour
Large wafers.

Boil half a pound of honey in a copper vessel, and then add to it a few blanched almonds and filberts cut in halves or quarters and slightly browned, a little candied lemon peel, a dust of pepper and powdered cinnamon, and a quarter pound of grated chocolate. Mix all well together, and gradually add a tablespoonful of corn flour and two of ground almonds to thicken it.

Then take the vessel off the fire, spread the mixture on large wafers, and make each cake about an inch thick. Garnish them on the top with almonds cut in half, and dust over a little powdered sugar and cinnamon, then put them in a very slow oven for an hour.

Recipe For Kissel a la Russe

(Russia)

2 quarts cranberries
1/2 pound sugar
4 tablespoonfuls cornstarch (or potato starch)
1 pint cream

Preparation:

1. Press the cranberries or raspberries through a napkin, pour their juice in a saucepan with 1/2 pound sugar, add 4 tablespoonfuls cornstarch mixed with 1 glassful water, boil the whole for 5 minutes.
2. Pour in a hollow dish and let cool. Serve with cream apart.

Serves 5 persons.

Scottish Scone Recipe

(Scotland)

2 cups sifted all-purpose flour
1/2 teaspoon cream of tartar
3 tablespoons sugar
1/2 teaspoon salt
3 teaspoons baking powder
2 tablespoons poppy seeds
6 tablespoons butter or margarine
1/2 cup seedless raisins
1/2 cup milk

Sift together flour, cream of tartar, sugar, salt, and baking powder. Blend in poppy seeds. Cut in butter or margarine with 2 knives or pastry blender until it is the size of small peas. Add raisins and blend well. Add milk gradually, blending until dough is fairly soft. Turn out on lightly floured board and pat into round cake about 9 inches in diameter. Place on greased cookie sheet and with back of knife, cut across in quarters, not cutting completely through the dough.

Bake in moderate oven (375°F) 1/2 hour. Split while hot, spread with butter and jam or jelly to suit your taste. Serve very hot.

Yields 6 servings. May be reheated and served later.

The Furrow

Spanish Bun Recipe

(Spain)

The bun or cake may be made without frosting, if you prefer. It is nice when made either way.

1 cup butter
2 cups brown sugar
4 eggs yolks
2 egg whites (other whites to be used for frosting)
1 cup sour milk
1 tsp vanilla
1 tsp cloves
1 tsp cinnamon
½ tsp nutmeg
2 cups flour
1 tsp baking powder

Frost and bake as instructed below. Sprinkle one cup of chopped nuts on top of cake. Cake to be baked in long pan.

Frosting: One cup brown sugar, two whites of eggs, vanilla, cinnamon, allspice, and cloves. Put on cake before baking. Bake in slow oven.

Swedish Pudding Recipe

1/2 lb. flour
½ lb butter
½ lb. sugar
8 eggs
Salt.

Rub the sugar and butter to a cream; add the yolks well beaten, the salt, flour, and, lastly, the whites of the eggs beaten to a stiff froth. Put the batter three-fourths of an inch deep into teacups.

Cook by steaming them in a steamer about half an hour. The batter will fill the cups. Turn them out on a hot platter. Serve immediately with a clear brandy sauce in the bottom of the dish. Half the above amount will be sufficient for a small family.

Soufflé a la Vanille (Vanilla Souffle)

(France)

3 eggs
1 pt milk
1/2 lb sugar
3 tbsp flour
Vanilla
The yellow rind of one lemon

Break 3 eggs, put the whites apart and the yolks in a saucepan. Add in this saucepan 1/2 pound sugar, 3 tablespoonfuls flour, some vanilla, the yellow peel (zest) of a lemon, 1 pint milk, allow it to cook while beating until thick (about 10 minutes). Beat the whites and pour in the saucepan little by little. Pour the whole in a buttered cake mold, and allow it to bake in an oven (not too warm) till it swells, and has a nice, yellow color. Serve with some granulated sugar sprinkled over it.

Serves 5 persons.

Swiss Cream Recipe

(Switzerland)

1/4 lb of macaroons or 6 small sponge cakes
Sherry
1 pt. of cream
5 oz of lump sugar
2 large tbsp of arrowroot
The rind of 1 lemon
The juice of 1/2 lemon
3 tbsp of milk

Lay the macaroons or sponge cakes in a glass dish, and pour over them as much sherry as will cover them, or sufficient to soak them well.

Put the cream into a lined saucepan, with the sugar and lemon rind, and let it remain by the side of the fire until the cream is well flavored, when take out the lemon rind. Mix the arrowroot smoothly with the cold milk; add this to the cream, and let it boil gently for about 3 minutes, keeping it well stirred. Take it off the fire, stir till nearly cold, then add the lemon juice, and pour the whole over the cakes.

Garnish the cream with strips of angelica, or candied citron cut thin, or bright-colored jelly or preserve.

Note: This cream is exceedingly delicious, flavored with vanilla instead of lemon: when this flavoring is used, the sherry may be omitted, and the mixture poured over the dry cakes.

Time: About 1/2 hour to infuse the lemon rind; 5 minutes to boil the cream. Sufficient for 5 or 6 persons. Seasonable at any time.

English Fruitcake Recipe

(England)

1 lb butter
1 lb light brown sugar
9 eggs
1 lb flour
2 tsp mace
2 tsp cinnamon
1 tsp soda
2 tbsp milk
3 lb currants
2 lb raisins, seeded and finely chopped
1/2 lb almonds, blanched and shredded
1 lb citron, thinly sliced and cut in strips

Cream the butter, add sugar gradually, and beat thoroughly. Separate yolks from whites of eggs; beat yolks until thick and lemon colored, whites until stiff and dry, and add to first mixture. Then add milk, fruit, nuts, and flour mixed and sifted with mace, cinnamon, and soda.

Put in buttered deep pans, cover with buttered paper, steam three hours, and bake one and one half hours in a slow oven, or bake four hours in a very slow oven. Rich fruit cake is always more satisfactory when done if the cooking is accomplished by steaming.

Egyptian Torte Recipe

(Egypt)

1 yellow cake mix, baked as directed
1 tsp. coconut extract
1 large container of cool whip or real whipped cream
one cup slightly toasted almonds

FILLING:

1 pkg. pitted dates, chopped (8 oz.)
1 1/3 c. evaporated milk
1 1/3 c. sugar
4 slightly beaten egg yolks
1/2 c. butter
1 tsp. vanilla

Add coconut extract to cake mix and bake as directed in 2 (9-inch) layers.

Cook and stir filling over medium heat until thickened.

Add one cup slightly toasted almonds. cool.

Split cake layers. Spread between layers and on top. Frost side with cool whip. Refrigerate.

Semolina Cake

(Turkey)

Fine semolina (8.5 oz)
Flour (2 oz.)
Sugar (8.5 oz)
Butter (2 oz)
9 Eggs
Grated lemon peel
Almonds (4 oz)
A pinch of salt

For the Pan:

1/2 Tbsp butter
1 Tsp flour

Syrup:

4 glasses sugar
3 1/2 glasses of water
Juice of 1/2 lemon

Butter a high-sided cake pan of 12 inches in diameter and sprinkle with flour. Boil the almonds in 1 glass of water and, drain, peel and chop with a knife.

Separate the egg yolks and whites. Add a pinch of salt and beat the whites stiff. Beat the yolks with sugar and grated lemon peel for 7-8 minutes until it is creamy. Add mixed semolina and flour to the egg yolks. Mix well. Add the egg whites and chopped almonds. Mix with a wooden spoon. Add melted but cool butter. Mix well and pour into the cake pan. Bake in medium hot oven for 1 hour until it is golden brown. Boil the syrup and let simmer for 10 minutes. Take the pan out of the oven and pour the boiling syrup over. Let cool. Put it upside down in a serving plate (let it rest for a day for a better taste).

Efe Sezgin