

**2010**  
**NCI-FREDERICK**  
**DIVERSITY TEAM**  
**COOKBOOK**

## MESSAGE FROM THE EMPLOYEE DIVERSITY TEAM

Thank you for visiting our display at the 2010 NCI-Frederick Spring Research Festival and we hope you enjoy our latest addition to the Diversity Cookbook series. As with our previous cookbooks, our goal for this 2010 edition was to include recipes from all the different countries and cultures represented here at the NCI-Frederick. Unfortunately, due to time and cost considerations, we had to settle for this small (but hopefully delicious) sampling. We hope you enjoy preparing and eating the dishes we've selected this time around. Remember, you can send us your favorite recipe, view previous Diversity Cookbooks as well as check out what other programs we are sponsoring by visiting our website at <http://diversity.ncifcrf.gov>.

# **APPETIZERS**

## **Gorton (Pork Spread)** **(French-Canadian)**

### **Ingredients**

- 2 pounds finely ground pork fat
- 2 pounds finely ground pork
- 2 onions, finely chopped
- 4 cups water
- 1 teaspoon ground cloves
- 3/4 teaspoon ground nutmeg
- salt and black pepper to taste

### **Directions**

1. Stir the pork fat, ground pork, onions, water, cloves, and nutmeg together in a large pot. Season to taste with salt and pepper. Bring to a boil over medium-high heat, then reduce heat to medium-low, and simmer until the pork is tender, at least 1 1/2 hours. Use a potato masher to mash the pork mixture every 15 minutes as it cooks.
2. The longer you simmer the gorton, the better the flavor will be. Add water as needed to keep the mixture from boiling dry. When you're ready to stop cooking, let the liquid reduce as much as possible without letting it burn. Refrigerate the gorton overnight. Remove and discard the fat layer, or stir it into the meat for a creamier spread.

# **Chicken Flautas**

## **(Mexico)**

### **Ingredients**

- 4 skinless, boneless chicken breast halves - cooked and shredded
- 1 (8 ounce) jar picante sauce
- 1/4 teaspoon ground cumin
- 8 ounces shredded Monterey Jack cheese
- 8 ounces shredded Cheddar cheese
- 36 (6 inch) corn tortillas
- 1 tablespoon vegetable oil

### **Directions**

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium bowl combine the shredded chicken, picante sauce and ground cumin. Mix together.
3. In a small skillet heat vegetable oil over medium high heat. Place a corn tortilla in the oil for 1 to 2 seconds on either side to soften. Repeat with all of the tortillas (if possible, have someone help you do this). Place tortillas on paper towel to soak up some of the oil.
4. Put 1 tablespoon of the chicken mixture in the center of a tortilla and sprinkle some cheese on top. Roll up tortilla and place on a lightly greased cookie sheet, seam side down. Repeat with all of the tortillas until chicken mixture is gone. If there is any cheese left over, sprinkle it over the rolled tortillas.
5. Bake tortillas in the preheated oven for 15 to 25 minutes or until tortillas are a little crispy and golden brown.

# **Baked Cheese Olives**

## **Ingredients**

- 1 cup shredded Cheddar cheese
- 2 tablespoons butter, softened
- 1/2 cup all-purpose flour
- 1/8 teaspoon cayenne pepper
- 24 pimento-stuffed green olives

## **Directions**

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a small mixing bowl, combine cheese and butter or margarine. Stir flour and cayenne pepper into the cheese and butter mixture. Blend well. Wrap a tablespoon of dough around each green olive. Arrange the wrapped olives on a cookie sheet.
3. Bake for 15 minutes, or until golden brown.

## **Stewed Korean Short Ribs (Kalbi Jim)** **(Korea)**

### **Ingredients**

- 2 pounds beef short ribs, trimmed
- 1 green onion, chopped
- 2 carrots, peeled and chopped
- 4 cloves garlic, minced
- 1 (1 inch) piece fresh ginger root, chopped
- 1/2 cup reduced-sodium soy sauce
- 1/4 cup brown sugar
- 2 cups water to cover

### **Directions**

Score the surface of each beef short rib in a diamond pattern. Combine beef, green onion, carrots, garlic, ginger, soy sauce, and brown sugar in a large skillet. Pour enough water to cover the beef. Bring to a boil over medium-high heat, and then reduce heat to medium-low. Simmer until beef is tender, about 1 hour. Skim off excess oil before serving.

# **Chinese-Korean Cucumber Kimchi**

## **Ingredients**

- 5 cucumbers, peeled and cut into 1/2 x1 1/2 inch sticks
- 1/2 cup sea salt
- 
- 1/2 cup white sugar
- 1/2 cup white vinegar
- 1 cup water
- 2 tablespoons chili bean sauce (toban djan)
- 1 tablespoon hot chili oil
- 2 (4 inch) fresh hot red chile peppers, sliced
- 1 small onion, sliced
- 5 cloves garlic, sliced and crushed

## **Directions**

1. Mix the cucumbers and sea salt together in a bowl, let stand for 30 minutes to let the cucumbers soften. Drain, and rinse with fresh water.
2. While the cucumbers are standing in salt, whisk together the sugar, vinegar, and water in a saucepan; bring to a boil. Reduce heat, and stir in the chili bean sauce and hot chili oil.
3. Mix the cucumbers with sliced chiles, onion, and garlic in a heatproof airtight container, and pour the hot vinegar mixture over the vegetables. Cover and refrigerate for 2 to 3 hours to blend the flavors. Serve chilled.



# **Broccoli Chicken Roli**

Original Recipe Yield 16 servings

## **Ingredients**

- 2 cups chopped, cooked chicken meat
- 2 cups fresh chopped broccoli
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1 1/2 cups shredded Cheddar cheese
- 1/2 cup mayonnaise
- 2 tablespoons Dijon-style prepared mustard
- salt and pepper to taste
- 1 tablespoon minced garlic
- 1 (8 ounce) package refrigerated crescent rolls

## **Directions**

1. In a large bowl, combine the chicken, broccoli, onions, bell pepper, cheese, mayonnaise, mustard, salt, pepper and garlic. Mix all together.
2. Preheat oven to 400 degrees F (200 degrees C).
3. Cover a cookie sheet with aluminum foil. Place a glass upside down in the center of the cookie sheet. Roll out crescent rolls around the base of the glass, with pointy ends away from the glass; when you're finished, the arrangement will look like the sun. Spoon some of the chicken mixture onto the thick part of each crescent roll. Fold the pointy end of each roll over the top of the mixture and tuck in the middle. Remove glass from cookie sheet. Arrangement of rolls will now look like a fluted tube cake.
4. Bake in preheated oven for 25 to 30 minutes, or until rolls are golden brown.

# Tiny Chicken Turnovers

Original Recipe Yield 2 1/2 dozen

## **Ingredients**

- 3 tablespoons chopped onion
- 3 tablespoons butter
- 1 3/4 cups shredded, cooked chicken meat
- 3 tablespoons chicken stock
- 1/4 teaspoon garlic salt
- 1/4 teaspoon poultry seasoning
- 1/4 teaspoon ground black pepper
- 1 (3 ounce) package cream cheese, diced
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1 cup butter, chilled
- 5 tablespoons cold water

## **Directions**

1. In a large skillet saute the onion in the butter until tender. Stir in the chicken, chicken broth, garlic salt, poultry seasoning, pepper and cream cheese. Remove from heat and set aside.
2. Preheat oven to 375 degrees F (190 degrees C).
3. In a large bowl mix together the flour, salt and paprika; cut in butter until mixture resembles coarse crumbs. Gradually add water, tossing with a fork until a ball forms.
4. On a floured surface roll out the pastry to 1/16 inch thick. Cut with a 2 1/2 inch round cookie or biscuit cutter. Reroll scraps and cut more circles until the pastry is used up.
5. Mound a heaping teaspoon of filling on half of each circle. Moisten edges with water and fold pastry over filling to make a half moon shape. Press edges with a fork to seal. Prick tops with a fork for steam vents.
6. Place turnovers on a baking sheet and bake at 375 degrees F (190 degrees C) for 15 to 20 minutes or until golden brown.

## **Hummus bi Tahina (Chickpea and Sesame Dip)**

125 g (4 oz) chickpeas, soaked for a few hours  
juice of 2 lemons  
3 Tbs. tahina  
2 garlic cloves, crushed  
salt

### GARNISH

1 Tbs. olive oil  
1 tsp. paprika  
a few sprigs of parsley, finely chopped

1. Drain the chickpeas and simmer in fresh water for about an hour or until tender.  
Reserve the cooking water.
2. Process the chickpeas in a blender (or food processor) with the lemon juice, tahina, garlic, salt and enough of the cooking liquid to obtain a soft creamy consistency.
3. Serve on a flat plate, garnished with a dribble of olive oil, a dusting of paprika (this is usually done in the shape of a cross) and a little parsley.
4. Serve with warm pita bread for dipping. Serves 4-6.

## **TAHINAT EL BEID** **(Lebanon)**

2 tablespoons sesame oil

Lemon juice

Water

1 Clove garlic, crushed

1 Tablespoon chopped parsley

Salt

1 Hard-boiled egg

Put the oil in a salad bowl and add lemon juice drop by drop – the quantity depends on how astringent you want it. Thin with a little water.

Add the garlic, parsley and salt and the egg very finely chopped. Sprinkle on cayenne.

This is another bread dip.

# **BREADS**

# **Yummy Peanut Butter Bread**

## **Ingredients**

- 1 cup warm water (110 degrees F/45 degrees C)
- 1 tablespoon white sugar
- 1 tablespoon brown sugar
- 2 tablespoons honey
- 1 teaspoon salt
- 3 tablespoons crunchy peanut butter
- 1 tablespoon vegetable oil
- 1 egg
- 3 cups bread flour
- 1 1/2 teaspoons active dry yeast

## **Directions**

1. Place ingredients in bread machine pan in the order suggested by the manufacturer. Select white bread setting. Start.
2. To bake bread in oven: select dough or manual cycle. Once cycle is complete, shape dough and place in a greased loaf pan. Allow to rise in a warm spot until doubled in size. Bake in a preheated 350 degrees F (175 degrees C) oven for 35 to 45 minutes or until a thermometer inserted in the center of the loaf reads 200 degrees F (95 degrees C).

# Argentine Chimichurri Bread

## Ingredients

- 1 3/4 teaspoons active dry yeast
- 3 cups bread flour
- 3 tablespoons wheat bran
- 1 tablespoon sugar
- 1 1/2 teaspoons salt
- 3 tablespoons parsley, chopped
- 3 tablespoons onion, chopped
- 1 1/2 cloves garlic, finely chopped
- 1/4 teaspoon dried oregano
- 1/8 teaspoon cayenne pepper
- 3 tablespoons olive oil
- 1 1/2 tablespoons white wine vinegar
- 1 cup water

## Directions

1. Add all ingredients in order suggested by bread machine manual.
2. Process on bread cycle.

# **Ambrosial Bread**

## **Ingredients**

- 1 1/3 cups water
- 3/4 cup chocolate-covered crispy peanut butter candy
- 1/3 cup honey
- 1 1/2 teaspoons salt
- 3 tablespoons dry milk powder
- 4 cups bread flour
- 2 3/4 teaspoons active dry yeast

## **Directions**

Place ingredients into the pan of the bread machine in the order recommended by the manufacturer. Select Sweet Bread setting or White Bread setting. Start.



# **Brownie Bread**

## **Ingredients**

- 1/2 cup unsweetened cocoa powder
- 1/2 cup boiling water
- 2 1/2 teaspoons active dry yeast
- 2 teaspoons white sugar
- 1/2 cup warm water (110 degrees F/45 degrees C)
- 3 cups bread flour
- 2/3 cup white sugar
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 1 egg
- 1 egg yolk

## **Directions**

1. In a small bowl, dissolve cocoa powder in boiling water.
2. In a separate bowl, dissolve yeast and 2 teaspoons sugar in warm water. Let stand until creamy, about 10 minutes.
3. Place cocoa mixture, yeast mixture, bread flour, remaining 2/3 cup white sugar, salt, vegetable oil and egg in bread machine pan. Select basic Bread cycle; press Start.

# Savory Bubble Bread

## **Ingredients**

- 1 egg, beaten
- 2 tablespoons butter, softened
- 1/2 cup water
- 1/2 cup milk
- 1 teaspoon salt
- 1 tablespoon white sugar
- 2 1/2 cups bread flour
- 1 (.25 ounce) package active dry yeast
- 1/4 cup butter, melted
- 1 teaspoon paprika
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon garlic powder
- 1 teaspoon dried minced onion
- 1/2 teaspoon rubbed sage
- 1/2 teaspoon dried tarragon

## **Directions**

1. Measure the egg, 2 tablespoons butter or margarine, water, milk, salt, sugar, bread flour and yeast into dough pan according to manufacturer's directions. Select Dough setting, then Start. When unit signals and display reads 0:00, press Stop and remove dough.
2. Place melted butter or margarine in a small bowl. In a separate small bowl mix together the paprika, cheese, garlic powder, onion flakes, sage and tarragon. Cut prepared dough into 20 to 25 pieces and roll in butter or margarine then in savory rolling mixture. Stack coated dough pieces in a lightly greased Bundt pan or 9x3 inch tube pan. Cover with a damp cloth and let rise 30 minutes or until doubled.
3. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
4. Bake at 350 degrees F (175 degrees C) for 30 to 35 minutes or until golden. Serve warm.

## **Bread with Meat(Aish Bel-Lahm)** **(Saudi Arabia)**

### DOUGH:

4 cups flour  
3 tablespoons vegetable oil  
1 tablespoon yeast  
3 eggs  
1/2 teaspoon powdered bread spices (black pepper & cumin)

### STUFFING:

3/4 pound ground beef  
2 black peppercorns  
2 onions (finely chopped)  
3 tablespoons corn oil (to grease tray)  
1/2 bundle leeks  
1 tablespoon poppy seeds (for decoration)  
6 tablespoons sesame cream (Tahini)  
2 teaspoons salt

1. Dissolve yeast in half a cup of warm water and set aside to soften.
2. Put flour in a large bowl, make a well in center and add eggs, oil, yeast, salt and bread spices. Mix well, adding the water a little at a time until you have a firm dough.
3. Grease a large tray with oil. Put dough on tray and cover with a damp cloth. Place dough in a warm place for at least two hours.
4. In a saucepan put ground beef, onion and salt. Place over medium heat, stirring until meat is cooked. Set aside until cool.
5. Finely chop leeks and wash several times through a strainer. Spread leeks on paper towel to absorb excess water. Add leeks to ground meat.
6. Mix sesame cream with vinegar, a little water and black pepper. When you have a smooth paste, add to leek and meat mixture, mixing thoroughly.
7. When dough has risen, roll out into circular shape of medium thickness, spread the meat mixture over the dough leaving edge uncovered. Sprinkle with poppy seeds, and place in a 350-degree oven for half an hour or until bread is baked.

*Recipe from "Saudi Arabia Magazine" (an official publication of the Information Office of the Royal Embassy of Saudi Arabia), Spring 1996*

## **Sweet Bread Rings(Ka'kat)**

2 tsp. dry yeast  
1/4 cup sugar  
2 cups warm water  
4 to 5 cups hard unbleached white flour  
1-1/2 tsp. salt  
4 Tbs. unsalted butter, melted  
1/4 tsp. mahleb, ground  
1 egg beaten with 1 Tbs. water, for egg wash  
3 to 4 Tbs. sesame seeds

You will need a medium-sized bread bowl, two large baking sheets, and a pastry brush.

In a medium-sized bread bowl, dissolve the yeast and sugar in the warm water. Add 2 to 3 cups flour, a cup at a time, stirring constantly in the same direction to help activate the gluten, until a thick dough begins to form. Then stir 100 times in the same direction, about 1 minute. Let rest for 10 minutes.

Add the salt, butter, and mahleb, stir, and continue to add more flour, using a wooden spoon to stir it in. When the dough will no longer take any more flour, turn it out onto a lightly floured surface. Knead for 8 to 10 minutes, or until smooth and elastic, adding flour only when necessary. Rinse out the bread bowl, oil lightly, and return the dough to the bowl. Cover with plastic wrap and allow to rise until doubled in volume, approximately 1-1/2 hours.

Punch down the dough and divide into 16 pieces. On a lightly floured surface, roll each piece under your palms into a cigar-shaped rope 6 to 7 inches long. (You can also roll them in the air between your palms, letting the bread hang down vertically from your hands.) Pinch together the ends of each rope to form an oval-shaped loop. Place the ka'kat on lightly oiled baking sheets, at least 1/2 inch apart. Cover and let rise for 30 minutes.

Place the racks in the upper part of the oven, and preheat the oven to 400° F.

Just before baking, brush the breads with egg wash and sprinkle on the sesame seeds. Bake for 20 minutes, or until nicely browned; switch the baking sheets after 10 minutes. Cool slightly on a rack, then wrap in a cloth to keep warm. Serve warm.

Makes 16 oval bread rings about 3-1/2 inches across.

*From "Flatbreads & Flavors" by Jeffrey Alford and Naomi Duguid*

## **Portuguese Sweet Bread** **(Portugal)**

2 packages active dry yeast  
1/2 cup warm water (105-115 degrees Fahrenheit)  
1 cup milk  
1/2 cup butter or margarine  
2 teaspoons salt  
6 eggs  
1 1/2 cups sugar  
8 to 9 cups all-purpose flour

Sprinkle yeast into water in large bowl. Scald milk, add butter and salt and cool to lukewarm. Meanwhile, beat eggs and sugar until light. Add milk mixture to eggs, then stir into yeast mixture. Gradually beat in 3 cups of flour with a wooden spoon. Stir in enough additional flour to make a soft dough that is workable and leaves the side of the bowl. Turn dough out onto a lightly floured board and knead for about 10 minutes, adding additional flour as necessary. Knead until dough is smooth and elastic. Put dough in lightly greased bowl, turn once to grease top. Cover and let rise in warm, draft-free place for 1 to 1 1/2 hours until doubled in bulk. Punch down and let rest for 10 minutes.

# **SOUPS, SALADS, AND SAUCES**

# **Quinoa Vegetable Soup** **(Peru)**

## **Ingredients**

- 1 tablespoon vegetable oil
- 2/3 cup quinoa
- 1 carrot, diced
- 1 stalk celery, diced
- 1/2 onion, finely chopped
- 1/2 green bell pepper, seeded and chopped
- 2 cloves garlic, crushed
- 2 (15 ounce) cans chicken broth
- 3 1/2 cups water
- 2 large tomatoes, finely chopped
- 1/4 head cabbage, chopped
- salt and pepper to taste
- 1/4 cup chopped fresh parsley, for garnish

## **Directions**

Heat the vegetable oil in a large pot on medium-high heat. Stir in the quinoa, carrot, celery, onion, bell pepper, and garlic. Cook for a few minutes, until lightly browned, stirring frequently.

Pour in the chicken broth, water, tomatoes, and cabbage. Increase heat to high and bring to a boil. Reduce heat to medium and simmer until the quinoa and vegetables are tender, about 10 minutes. Season to taste with salt and pepper. Garnish with parsley before servings.

## **Turkish Salad Recipe** **(Turkey)**

2 medium onions  
4 medium green peppers  
1 large red pepper  
3 medium tomatoes  
100 grams/3-1/2 oz. tomato paste  
1 Tablespoon vegetable oil  
50 grams/almost 2 oz. pitted green olives  
1 bay leaf  
salt, pepper, turmeric to taste

Dice all of the vegetables, separately.

Heat the oil in a large frying pan. Add the onions and saute' until limp. Add the green and red peppers; saute' until soft. Add the tomatoes, olives, bay leaf and seasoning. Saute' until the tomatoes are soft. Add the tomato paste and smooth out by adding water. Cook until all is heated through. Discard the bay leaf. Adjust seasonings. Cool, then refrigerate. Serve chilled.

In any event, this should give you a good frame of reference for experimenting to achieve the flavor you want.

For those not familiar with the dish, it is usually served as a first course with other Mediterranean salads, hummus, tahina, and the like; as a topping in pita sandwiches; or as a side/condiment with the meat course.



## **Herb Dressing**

1 gill yoghurt  
1 tablespoon parsley, finely chopped  
1 tablespoon lemon juice  
1 tablespoon grated horseradish  
1/2 teaspoon salt  
6 celery leaves, finely chopped  
1/2 tablespoon chives, chopped  
1 tablespoon orange juice  
1 tablespoon paprika pepper  
1 tablespoon mint, finely chopped

Beat yoghurt a few times and add lemon and orange juice. Stir well, then add all other ingredients. Whisk for 5 minutes before serving.

*From "Arab World Cook Book" by Nahda Salah*

## **Cucumber Sauce**

350 grams (3/4 lb.) cucumber, coarsely grated  
4 ml. (3/4 tsp.) whole cumin seeds  
10 ml. (2 tsp.) green chili peppers, seeded and chopped (optional)  
250 ml. (1 cup) plain yogurt  
5 ml. (1 tsp.) olive oil  
2.5 ml. (1/2 tsp.) garlic, crushed or finely chopped  
salt to taste

Toast cumin seeds in small heavy skillet until browned. Do not burn. When they start to crackle, remove from heat, shaking skillet. Combine all ingredients. Blend well and chill for one hour.

## **Artichoke Salad With Oranges**

4 artichokes (about 2 pounds)  
1 lemon, halved crosswise  
4 oranges  
6 radishes, thinly sliced  
12 Kalamata olives  
2 tablespoons extra-virgin olive oil  
1/2 teaspoon sweet paprika  
salt to taste

In a large pan of boiling water, cook the artichokes and half a lemon, covered, until the artichokes are barely tender, 20 to 25 minutes. Drain and set aside to cool. Pull off the artichoke leaves and cut the fuzzy choke out of each artichoke. Slice the hearts into <-inch wedges and set aside. Squeeze the juice of the other lemon half and set aside. Over a large bowl, peel and section the oranges, discarding the seeds and the white pith. To serve, alternate the orange sections and artichoke wedges on individual plates. Garnish with radish slices and olives. Mix the olive oil with the lemon juice. Drizzle over the salad. Sprinkle with paprika and salt.

## **Looz Shorba (Almond Soup)**

2 T. butter  
1/2 cup chopped onions  
2 T. flour  
1 quart boiling chicken stock  
1/2 cup ground blanched almonds  
1/2 cup heavy cream  
Salt and freshly ground white pepper

Melt the butter in a saucepan, add the onions, and cook until soft but not browned. Stir in the flour. When blended add the boiling stock, stirring briskly. Allow to simmer a few minutes. Stir in the ground almonds. Cook at the simmer 20 minutes. Stir in the cream and allow to heat through. Season with salt and pepper to taste. Serve hot.

Serves 4-5.

*From "Mediterranean Cooking" by Paula Wolfert*

## **Hamud (Chicken Soup with Lemon)**

Carcass and giblets of 1 chicken  
3-4 stalks celery with leaves, sliced  
2 leeks, sliced (optional)  
2-3 cloves garlic, slivered  
Salt and black pepper  
Juice of 1-2 lemons  
2-3 zucchini, sliced (optional)  
3/4 cup rice, boiled (measure uncooked)

Collect a chicken carcass, giblets, and bones to make a rich stock. The giblets must be very fresh, and the bones and carcass those of a chicken prepared the same day, otherwise any meat on them will be hard and dry, and the marrow in the bones very stale. Crack the bones slightly to release more flavor.

There are two ways of preparing this soup. The stock can be made beforehand and strained through a fine sieve, the vegetables then being cooked in the clear broth. However, I usually cook all the ingredients together in the following manner.

Put the carcass, bones, and giblets in a large pan. Add the celery and, if you like, sliced leeks. (The basic recipe is made with celery only.) Add the slivered garlic and cover with about 9 cups water. Bring to the boil and skim the scum off the surface. Season with salt and pepper, and squeeze the juice of 1 lemon into the pan. Simmer gently for about 1 hour. Remove the pan from the heat and discard all the bones, leaving only pieces of chicken in the broth. Add the zucchini, if using them, and cook for 15 minutes longer. Adjust seasoning, adding more lemon juice if necessary. The soup should have a distinctly lemony tang. It is this and the taste of garlic which give it an Oriental flavor

Add cooked rice just before serving so as not to give it time to become sodden and mushy.

Serves 6.

*From "A Book of Middle Eastern Food" by Claudia Roden*

## **Toasted Bread and Salad (Fattoush)**

2 or 3 tomatoes, cubed  
1 small cucumber, peeled, quartered lengthwise, and chopped  
1 medium green pepper, seeded, deribbed, and diced  
5 scallions, chopped  
1/2 small lettuce, shredded  
2 Tbs. finely chopped parsley  
1 Tbs. finely chopped fresh mint or 1 tsp. dried mint  
1 pita bread (or 2-3 slices of bread), toasted and cut into cubes  
A dressing made from equal amounts of olive oil and lemon juice and seasoned with salt and black pepper. (Make plenty of dressing and store whatever you do not use in the fridge.)

Combine the vegetables, herbs, and bread. Make the dressing, pour it over the salad, toss well, and chill for 30-60 minutes before serving. For an authentic Arabic flavor, the dressing should be made of equal parts of oil and lemon juice. However, you may prefer to use more oil - perhaps two to three parts of oil to one of lemon juice. Serves 4 to 6.

*From "Recipes for an Arabian Night" by David Scott*

## **Oriental Green Bean Salad (Fasooleyah Khodra bi Zeit)**

1 pound green beans, fresh or frozen (cut into pieces, or French-cut)  
2 onions, chopped  
2 tbsp. olive oil  
1 serrano chili, seeded and chopped  
1/4 cup water  
1/2 tsp. salt  
juice of 2 lemons

1. If you are using fresh beans, steam them until crispy-tender. Drain.
2. Sauté the onions in the olive oil until softened and transparent.
3. Add the drained fresh green beans or the frozen beans and the chili, stirring to mix well. Sauté for 2 minutes.
4. Stir in the water and the salt and bring to a boil. Reduce the heat, cover, and steam for about 7 minutes, until the beans are tender. Uncover and raise the heat to evaporate as much of the water as possible.
5. Toss with the lemon juice. Taste and adjust seasoning. Serve at room temperature or slightly chilled.

*From "The Arabian Delights Cookbook" by Anne Marie Weiss-Armush*

## **Egyptian Meat Soup** **(Egypt)**

1 lb. lean beef or lamb, cut into small pieces  
6 c. water  
salt and pepper to taste  
1 medium onion  
3 tablespoons butter  
5 cloves garlic, crushed  
1 teaspoon vinegar  
1 loaf Arabic pita bread, dried in the oven until crisp  
2 cups cooked rice

Make a broth by simmering the meat in the water with the salt, pepper and the whole onion, until the meat is tender. Then skim off the froth, and discard the onion. Remove the meat with a slotted spoon and drain on paper towels. Set aside.

Melt 2 tablespoons of the butter in a frying pan. Fry the meat over high heat until well browned, then remove to a serving bowl and keep warm.

Fry the garlic in the remaining butter until golden brown. Stir the contents of the frying pan and the vinegar into the broth; then bring to a boil.

Just before serving, break up the bread into the soup; then divide into individual bowls. Present the meat and the rice separately, allowing each person to serve themselves.



## **Kale Soup** **(Portugal)**

1 large yellow onion, peeled and minced fine  
1 large garlic clove, peeled and minced  
4 tablespoons olive oil  
6 large potatoes, peeled and sliced thin  
2 quarts cold water  
6 oz chorizo, pepperoni, or other dry, garlicky sausage, sliced thin  
2 1/2 tsp salt  
1/4 tsp freshly ground black pepper  
1 lb. kale (or collards, turnip greens) washed, trimmed of coarse stems and veins, then sliced in a chiffonade

Saute the onion and garlic in 3 tbs of oil in a large, heavy saucepan 2 to 3 minutes over moderate heat until they begin to color and turn glassy; do not brown or they will turn bitter. Add the potatoes and saute, stirring constantly, 2 to 3 minutes, until they begin to color also. Add the water, cover, and boil gently over moderate heat 20 to 25 minutes until the potatoes are mushy. Meanwhile, fry the sausage in a medium heavy skillet over low heat 10-12 minutes until most of the fat has cooked out; drain well and reserve.

## **Aioli** **(Spain)**

1 cup mayonnaise  
4 crushed garlic cloves  
pinch sugar  
pinch cayenne

Blend mayonnaise with crushed garlic cloves and a pinch each of sugar and cayenne. Serve slightly chilled or at room temp., with hot or cold seafood or meat, cold poultry or vegetables. Also good floated on gazpacho.

To make a pourable sauce, use 1/2 cup milk and 1/2 cup mayo instead of 1 c mayo. Cold mayo sauces will be more flavorful if allowed to stand 15-20 mins at room temp before serving.

## **Shata** **(Sudan)**

1 cup lemon juice  
3 cloves garlic  
3 tablespoons crushed red pepper  
1 teaspoon freshly ground black pepper  
1 teaspoon salt

Add ingredients to food processor and give a few pulses to mix or use a hand blender.  
Serve to accompany main courses.

# **MAIN DISHES**

# Shepherds' Pie (England)

Submitted By: **Gemma Corley**

Description: A delicious, well balanced one pot meal. Even the kids will like it!

## Ingredients

4 cups of mashed potatoes (recipe below)  
1 pound of cooked lean ground beef or lamb  
1 medium onion (finely diced)  
2 cups of cooked baby carrots  
1 small can of early peas  
1 packet of brown gravy mix  
3/4 cups of water  
1 tablespoon of creamy horseradish  
2 tablespoons of Dijon mustard  
2 tablespoons of Worcestershire sauce  
salt and pepper to taste  
2 cups of shredded sharp cheddar cheese

Brown the ground meat (seasoned with salt and pepper) in a skillet pan. While the meat is browning, boil your carrots (about 8 mins.). Add the Worcestershire sauce and onion. Sauté until onions are translucent.  
Mix in the gravy mix and 3/4 cups of water. Add horseradish and Dijon mustard to meat and mix thoroughly.  
Gently fold in the drained peas and carrots. Let this mixture simmer on the stove while the potatoes are boiling.

## Mashed Potatoes:

2lbs of  
red skin potatoes (peeled or unpeeled) quartered and boiled  
1 cup of warm milk  
3 tablespoons of butter  
salt and pepper

Boil potatoes for 10 mins or until fork tender. Drain the potatoes and add the milk and butter to the hot pot. Add the potatoes, salt and pepper to the pot and mashed to desired consistency.

Transfer the meat mixture to a casserole dish. Spread the mashed potatoes on top of the mixture and top it with the shredded cheese.  
Bake at 375 degrees, until bubbly (about 20 mins).

Prep time: 30 minutes, Total time: 60 minutes, Servings: 6

# Apostate's Chili

**Submitted By:** Scott Keimig

This is really a turkey and bean soup that some people have termed “white chili”. Orthodox followers of the chili pepper consider it to break two cardinal rules of a true chili, 1) it doesn't include ground red chili pepper, and 2) it includes beans (and non-American beans at that!) All that said, it makes a delicious meal. This is a slight modification of a recipe given to me by a wonderful friend who, if truth be told, beat my red chili in a contest with her recipe.

## **Ingredients**

- 1 onion, medium chopped
- ¼ cup olive oil for sauté
- 3-6 cloves garlic, minced
- 2 pounds ground turkey (or substitute chopped left-over turkey)
- 2 Jalapeño chili peppers, minced
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano (or 2 tablespoons of fresh)
- 1/2 teaspoon ground cinnamon
- 1 pinch fresh-ground nutmeg
- ground cayenne pepper to taste
- ground black pepper to taste
- salt to taste
- 3 (16 ounce) cans cannellini beans
- 6 cups chicken broth
- 2 cups shredded Monterey Jack cheese
- Sprigs of fresh cilantro leaves

## **Directions**

1. In a large pot sauté the onion and garlic in oil over medium heat until translucent.
2. Add turkey to pot and cook until turkey takes on cooked color.
3. Reduce heat and add the Jalapeño peppers and all dry spices, then cook into the meat for 10 minutes being careful not to brown the turkey.
4. Puree one can of beans in food processor. Add to the pot with the remaining two cans of intact beans and chicken broth. Bring to low boil then simmer for 30 minutes.
5. Add cheese to pot and simmer until cheese melts and incorporates into soup, err... chili. Garnish with fresh cilantro and serve.

## **Feijoada** **(Brazil)**

4 1/4 lbs black beans  
1 1/4 lbs dried beef  
1 lb salt cured pork  
1 lb bacon  
1 lb smoked sausage  
6 pieces dried sausage  
1 piece smoked beef tongue  
2 pigs ears  
2 pigs tail (or equal amount of ox tail)  
2 pigs trotters  
1 large chopped onion  
1 medium chopped onion  
1 tablespoon olive oil  
6 cloves garlic  
3 bay leaves  
oranges  
hot peppers  
rice, manioc, couscous or fried, shredded kale

Place beans and salted meats in separate bowls. Cover each with water. Keep covered with water for 24 hours; but change water every 6 hours. Put all of the ingredients into a very large cooking pan and cover with water. Add 1/2 orange, 3 bay leaves, 1 medium chopped onion and pepper. Cook everything over a low heat and gradually withdraw the meats as they are cooked to prevent them from becoming too soft. In a separate pan heat a tablespoon of soybean oil and fry the 6 cloves of garlic and the large chopped onion. Pour into the beans and mix well. Temporarily remove a cup of the beans and crush with a wooden spoon to thicken the sauce. Serve with white rice, manioc or fried, shredded kale along with hot peppers.



## **Ham in Beer** **(Denmark)**

1 ham -- tenderized  
½ teaspoon dry mustard  
4 tablespoons water  
1 cup brown sugar  
20 whole cloves  
10 bay leaves  
36 ounces beer  
Candied cherries  
Candied pineapple

Remove all but a thin layer of fat from the ham. Score the top. Place in a roasting pan. Mix mustard, water and sugar to the consistency of prepared mustard. Cover the ham with this mixture. Stick cloves in the ham surface. Fasten the bay leaves to the ham with small skewers or toothpicks broken in half. Pour the beer over the ham and bake, uncovered, 30 minutes to the pound in an oven preheated to 425 degrees. Just before serving, decorate with candied cherries and slices of pineapple fastened to the ham with toothpicks. Return to oven to brown for 20 minutes. Use the liquid in the pan as a sauce for the ham.

# **Bamya - Meat and Okra Stew**

**(Egypt)**

2 lb beef or lamb cut into 1" cubes  
2 onions finely chopped  
2 cloves garlic finely minced  
1 tsp ground cumin  
1 tsp ground coriander  
1 cup tomatoes peeled, seeded and chopped  
3 Tbsp tomato paste  
1 cup beef stock or water or more as needed  
2 Tbsp fresh mint chopped  
salt and freshly ground black pepper  
1.5 lb okra  
juice of 1 lemon

Okra must be cooked so that its slimy texture is eliminated. The Greeks have the best technique for achieving this. Trim the conical tops with a sharp knife then soak the okra in red wine vinegar (Khall) for 30 minutes allowing 1/2 cup of vinegar per pound. Drain, rinse and dry the okra and proceed with the recipe. This dish is popular throughout the Middle East and can be prepared with lamb or beef. Serve with rice.

Preheat an oven to 325F/165C. In a large frying pan over medium-high heat, warm 1 Tbsp butter or oil per serving. Working in batches, add the meat and fry, turning, until browned on all sides - about 10 minutes. Using a slotted spoon transfer to a baking dish or stew pot. Add the onions to the fat remaining in the frying pan and saute over medium heat until tender and translucent - 8-10 minutes. Add the garlic, cumin, coriander, tomatoes, tomato paste, stock and mint. Stir well. Pour over the meat and season to taste with salt and pepper. Cover and bake until all the liquid is absorbed - about 1.5 hours. Taste and adjust the seasoning.

Meanwhile prepare the okra as directed in the note above. In a saute pan over medium heat warm 1/2 Tbsp butter or oil. Add the okra and saute for 3 minutes, stirring gently. Remove the stew from the oven and arrange the okra on top in a spoked pattern. Sprinkle the lemon juice evenly over the surface. Recover the dish and return it to the oven. Bake for 35 minutes longer. Add stock or water if the mixture seems too dry. Serve the Bamia stew piping hot.

## **Maschi** **(Sudan)**

2 lbs. ground beef  
1 tsp. Salt  
1/2 tsp. Pepper  
2 cloves garlic, minced  
4 tablespoons chopped fresh dill or 1 tsp. dried dill  
2 tablespoons cooking oil  
1 cup cooked rice  
8 large tomatoes

Heat oil in a frying pan and add meat. Break up and brown meat then add salt, pepper, and garlic. When meat is cooked and juices have evaporated, mix in rice and dill.

Cut a slit in 8 large tomatoes halfway across the center. Squeeze the tomatoes at the sides to great a gap at the sliced area. Scoop out all the flesh from inside of tomatoes with a spoon. Refill tomato with beef mixture and close the tomato.

Melt 2 tablesoons each of butter and oil in a frying pan. Saute the tomatoes carefully, rolling them gently until they become dark red on all sides. Remove the tomatoes with the oil and place in a casserole just large enough to hold tomatoes.

Prepare the following sauce:

Combine: 2 6-oz. Cans tomato paste thinned with  
2 6 oz. Cans water  
1/2 tsp. Salt  
1 tsp. Cinnamon  
1 tsp. Garlic powder.

Simmer the tomatoes gently over low flame for 10 to 15 minutes until sauce is cooked.

Remove carefully to a 15-inch round platter.

Surround with raw tomatoes cut in thick slices.

Top each slice with green olives

## Milanesa (Uruguay)

2 lbs boneless eye of round steaks, cut 1/4 inch thick  
1 cup seasoned bread crumbs  
2 eggs  
1/2 cup milk  
3 tablespoons grated parmesan cheese or romano cheese  
2 tablespoons minced fresh parsley  
2 cloves garlic, minced  
1/4 teaspoon salt  
1/8 teaspoon pepper  
Flour  
oil (for frying)

Add flour to a shallow bowl.

Whisk the eggs and milk in a shallow bowl

Combine the bread crumbs, parmesan cheese, parsley, garlic, salt and pepper in another bowl large enough to fit each steak for coating.

Dip steak first in flour, then egg mixture, and finally coat with the crumb mixture.

In a large skillet, heat 1/2" of oil.

Brown steak over medium-high heat for 2-3 minutes on each side or until meat reaches desired doneness (keep in mind that the longer it is cooked, the tougher it gets).

Drain on paper towels.

Transfer to a baking sheet.

Serve with lemon wedges.

# **Tourtiers (French Pork Pie)**

## **Ingredients**

- 2 1/2 pounds lean ground pork
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground cinnamon
- 1 large onion, chopped
- 1 teaspoon salt
- 1 stalk celery, chopped
- 1 bay leaf
- 3 cups water
- 4 baking potatoes, peeled and cubed
- 2 (15 ounce) packages refrigerated pie crusts

## **Directions**

1. In a large saucepan, mix together the ground pork, cloves, cinnamon, onion, salt, celery, bay leaf and water. The water will help break up the raw pork. Simmer over medium-low heat for about 3 hours, or until the water has evaporated. Remove from the heat and discard the bay leaf.
2. Towards the end of the pork cooking time, place the potatoes into a separate saucepan and fill with enough water to cover. Bring to a boil and cook until tender, about 10 minutes. Drain and mash potatoes. When the pork is done, stir the mashed potatoes into that pan until evenly blended.
3. Preheat the oven to 375 degrees F (190 degrees C). Line two 9 inch pie plates with bottom crusts. Spoon equal amounts of the pork filling into each crust. Cover with top crusts and flute the edges to seal.
4. Bake for 45 minutes in the preheated oven, or until crust is golden brown.

## **Arabian Stuffed Vegetables (Hashwe)**

2 cups water  
1 cup long-grain rice

### THE STUFFING

1/2 lb. lamb, finely ground  
1/2 lb. beef, finely ground  
pinch of ground cinnamon  
1/4 tsp. freshly grated nutmeg  
1/4 tsp. ground allspice  
Salt and freshly ground pepper to taste  
3 Tbs. butter, melted

### VEGETABLES FOR STUFFING

Choose any of the following or any combination. The mixture will fill:

4 medium tomatoes, tops cut off and hollowed for stuffing or  
6 medium zucchini, cut into 3-inch lengths, hollowed out with a corer, placed on end for stuffing or  
4 medium bell peppers, tops cut off and cored and seeded for stuffing

### COOKING SAUCE

1/2 cup water  
1/4 cup canned tomato sauce  
Juice of 1 lemon

In a 2-quart covered saucepan bring 2 cups of water to boil. Add the rice, return to the boil, cover, and turn off the heat. Let stand for 5 minutes. Drain and cool before proceeding with the recipe.

Mix cooked rice thoroughly with the stuffing ingredients.

Fill the vegetables loosely with the rice mixture. It will expand during cooking, so do not pack; leave room at the top or the sides. Arrange the vegetables in a covered, deep skillet. Simmer, covered, along with the water, tomato sauce, and lemon juice on low flame (30 minutes for bell peppers and zucchini; 20 minutes for tomatoes). Check water to see that it is not evaporating. If it gets low, add more hot water.

### VARIATION

Use the same Hashwe to stuff a chicken or a turkey. Or wrap in partially cooked fresh grape leaves, Swiss chard, cabbage, or slices of eggplant. Cloves of garlic added to the cooking liquid impart authentic flavor.

Serve accompanied with Leban Sauce, if desired. Serves 4.

*From "The Frugal Gourmet On Our Immigrant Ancestors" by Jeff Smith*

## **Meat Cholent** **(Israel)**

Cholent, a heavy stew, became the answer to the age-old problem of how to have nourishing hot food on the Sabbath without violating injunctions in Jewish traditional law. Since it is permitted to prepare food in advance and keep it warm in an oven lit before the Sabbath began, cholent, which it is not impaired by long, slow cooking (indeed the process improves the flavor), was adopted as the principal Sabbath food in eastern Europe.

In Israel, cholent has become exceedingly popular with every segment of the population. There are even restaurants where one sees lines of customers standing with pot-in-hand waiting for their turn to get "take-home" cholent.

Cholent is served only on weekends. Anyone who partakes of this dish will understand why. It is a thick, heavy, and filling food which induces sleep.

2 cups dried lima beans  
3 lbs. brisket  
3 onions, diced  
2 tsp. paprika  
1/4 tsp. pepper  
1/4 tsp. ginger  
2 tbs. flour  
8 small potatoes (peeled)  
1 cup pearly barley  
8 eggs (uncooked)  
2 tsp. salt  
2 tbs. fat or margarine

Soak the beans overnight in water. Drain. Use a heavy saucepan or Dutch oven and brown meat and onions in the fat (or margarine). Sprinkle with salt, pepper and ginger. Add beans, barley, small potatoes (peeled) and sprinkle with flour and paprika. Place uncooked eggs in shells on top. Add enough boiling water to cover one inch above the mixture. Cover tightly. Cholent may be baked for 24 hours at 250 deg F (125 deg C) or for quicker cooking, bake at 350 deg F (180 deg C) for 4-5 hours.



## **Kosheree (Egyptian Lentils)**

1 c Lentils  
2 Fresh chili peppers  
1 1/2 c Regular rice  
1 1/2 c Tomato sauce  
1 c Elbow macaroni  
2 Tbs Vinegar  
3 Tbs Oil  
1 lg Onion

Place lentils in a saucepan and cover by 1". Turn heat to high, bring to a boil, turn down heat to simmer, and cook covered for 35 minutes or until tender. Drain and transfer to a large bowl. Set aside.

Bring 3 cups of water to a boil, add rice turn down to simmer for 20 minutes and fluff up rice with a fork and add to lentils.

Boil 2 quarts of water, add elbow macaroni and cook until tender. Add to lentils.

In a small skillet add 1 Tbs of oil and sauté finely chopped peppers for 2 minutes.

Add the tomato sauce, 1/2 cup of water, and the vinegar, bring to a boil and simmer for 5 minutes.

In another skillet heat 2 Tbs oil, add onions and sauté until brown around the edges.

Garnish lentil mixture with the onions and pour the tomato sauce over all. Serve immediately.

## **Sindhi biryani Recipe** **(Pakistan)**

2 lbs. lamb; boneless and cut into cubes  
1 lb. basmati rice  
2/3 cup natural yoghurt; unsweetened  
3 medium tomatoes; peeled and cut into wedges  
Vegetable oil  
3 medium potatoes, boiled until tender and cut in half  
3 medium onions, thinly sliced  
3 tbsp fresh ginger, minced  
1 tbsp garlic, minced  
10 cloves  
5-6 green cardamom pods plus 8 to cook rice  
4-5 cinnamon sticks  
1 tablespoon dried red chilli powder  
1/2 tsp turmeric  
1/2 tsp paprika  
5 bay leaves  
1 tablespoon coriander powder  
2 teaspoon cumin powder  
2 teaspoon cumin seeds  
9 dried plums (prunes), pit removed  
1 tablespoon salt  
10 black peppercorns, cracked  
2-3 black cardamom pods  
3 long green chillies, whole, plus 1 finely sliced  
1 bunch coriander, chopped  
1 bunch mint, chopped  
1 tablespoon saffron, soaked briefly in milk  
25 grams each of golden raisins, slivered almonds, walnuts and cashew nuts  
Fried onion rings, to garnish

Fry onions in a little vegetable oil over medium heat golden brown and translucent. Add lamb and stir for a few minutes to brown. Add ginger and garlic. Add yoghurt and all dried spices except saffron, mixing well to combine. Add 1 cup water, green chillies and salt. Turn heat to low and simmer for 45 minutes.

Soak rice for half an hour, drain and cook in boiling water with extra green cardamom pods. Drain when cooked and split into two lots. Add saffron to one half of the rice and stir through to distribute saffron evenly.

Combine tomatoes, mint, coriander, and sliced green chilli. Add 1/3 of the tomato mixture to the goat mixture. Cover and cook for a further 5 to 10 minutes. On a large serving platter, spoon out 1/2 the plain rice and top with the lamb curry.

Spoon over 1/2 the saffron rice and sprinkle with half the remaining tomato, mint and green chilli mixture. Add a layer of the boiled potatoes, then another layer of plain rice, saffron rice and finally onion rings. Top with remaining tomato, mint and green chilli mixture, then sprinkle over sultanas, almonds, walnuts and cashews.

Serve with cachumbar, made from red onions, tomatoes, vinegar and shredded lettuce and raita, made from yoghurt, mint, cumin and salt.

## **Leg of Lamb with Yogurt (Fakhitha Bel Laban)** **(Saudi Arabia)**

1 leg of lamb  
1 1/2 cups yogurt  
2 tablespoons tomato paste  
6 cloves crushed garlic (optional)  
1 teaspoon each: black pepper, cardamom, cinnamon, cumin, saffron  
salt to taste  
9 tablespoons corn oil  
3 tablespoons mayonnaise

Clean the meat, slash in several places and put in a baking dish. Mix the spices, salt, garlic, yogurt, tomato paste, mayonnaise and oil. Spread half of the mixture over the meat. Put the meat back in the dish, cover with foil, and put in the oven at 350° until the meat is cooked. Just before serving pour the remaining yogurt mixture on top of the meat.

*Recipe from "Saudi Arabia Magazine"*

# **SIDE DISHES**

## Okra in Oil

2 medium onions, chopped  
1 clove garlic, minced  
2 Tbs. olive oil or cooking oil  
3 medium tomatoes, chopped  
1 10-ounce package frozen whole or cut okra  
1/4 cup water  
2 Tbs. vinegar  
2 canned green chili peppers, rinsed, seeded, and chopped  
1/2 tsp. salt  
1/4 tsp. ground coriander  
1/4 tsp. pepper

In a large skillet cook onions and garlic in hot oil till onion is tender but not brown. Stir in tomatoes, okra, water, vinegar, green chili peppers, salt, coriander, and pepper. Bring to boiling; reduce heat. Cover and simmer 20 minutes. Serve warm or chilled.

Makes 6 servings.

## **Patlican (Fried Eggplant with a Yogurt Sauce)**

1 (3/4-pound) eggplant  
1 t. salt  
1 T. lemon juice  
Olive oil for shallow frying  
Yogurt prepared as in the recipe for Yogurt with Garlic

Peel the eggplant and cut it into 1/2-inch-thick slices. Lay the slices out flat on a board. Sprinkle with 1/2 teaspoon salt and 1-1/2 teaspoons lemon juice. Rub this in. Turn the slices over and repeat with another 1/2 teaspoon salt and the remaining lemon juice.

Put the salted slices in a bowl and leave for 30 minutes.

Heat 1/4 inch olive oil in an 8- to 10-inch skillet over a medium flame. When hot, put in as many slices as the skillet will hold in a single layer. Fry about 2 to 3 minutes on each side or until eggplant turns a rich reddish-brown. Remove with a slotted spoon and arrange on a serving plate. Do all the slices this way. Serve the yogurt as a sauce.

Serves 2-4.

*From "World-of-the-East Vegetarian Cooking" by Madhur Jaffrey*

## **Aroz Saudi** **(Saudi Rice)**

1 lb. Lean meat, cut into 1/2 inch cubes  
3 cups Rice, soaked in water for 15 minutes, then drained  
1/4 cup Chopped onions  
1 tablespoon Crushed garlic  
1/2 cup Raisins  
2 tablespoons Tomato paste  
1/2 teaspoon each: Cloves, cinnamon, salt, pepper  
1 tablespoon Ground cardamon  
1/4 cup each, Pine nuts, almonds, toasted

Brown meat, with one tablespoon butter, from all sides.

Add seasoning to meat and stir. Pour three cups boiling water over. Cover and let cook for one hour on a medium high heat, till meat is done. Measure the broth left in a measuring cup. Add water to have 3 cups liquid.

Stir onions and garlic with 1/2 tablespoon hot melted butter, till slightly brown.

Add the meat and the liquid to the onion mixture. Stir tomato paste over. Let boil before adding the rice and raisins.

Cover pan and reduce heat to low, putting a thin layer of tin under the pan to prevent the rice from burning.

Let cook for 30 minutes. Open the pan and stir just the top layer. See if rice is cooked. You may need to cook, covered, a few minutes longer.

Serve rice and garnish with meat and nuts.

Serve with plain Yogurt and mixed green salad.

*From "One Thousand And One Delights" by Nahda Salah*



## **Samak Bil Tahini (Fish with Tahini)**

4 1/2 lbs. Red snapper  
3 cups Tahini (found in Greek and specialty shops)  
7 Chopped onions  
Vegetable oil  
1 cup Lemon juice  
1 tablespoon Crushed garlic  
Salt

Sprinkle inside and outside of fish, brush with vegetable oil.

Put in a pan and bake in oven for 30 minutes.

Fry onions with vegetable oil till tender. Add them to the fish.

Mix tahini with 1/4 cup water very well before adding to the rest of the ingredients. Mix well. (Add enough water to make it drip from a tablespoon.)

Pour tahini mixture over the fish and bake for 30 minutes longer.

Before serving, decorate with fried pinenuts and dash of red pepper. Serve with pickles, salads and fried pita bread.

*From "One Thousand And One Delights" by Nahda Salah*

## **Chicken with Olives** **(Morocco)**

1 large roasting chicken (about 4 lbs.)  
2-1/2 T. oil  
2 onions, sliced  
Salt and black pepper  
1/4 - 1/2 t. ground ginger  
1 t. paprika  
1 onion, finely chopped  
1/2 lb. green or black olives  
Juice of 1/2 lemon, or more

Wash the chicken and wipe it with a damp cloth.

Heat the oil in a large saucepan. Add about 3/4 cup water very gradually, stirring vigorously. Add onion slices, sprinkle with salt, pepper, ginger, and paprika, and lay the chicken on top. Cook over low heat, covered, for 1 hour, turning the chicken frequently. Add a little more salt if necessary, and the finely chopped onion, and cook for 1/2 hour longer.

Pit the olives. Put them in a pan, cover with cold water, bring to the boil, and leave for 1 minute. Drain off the water and repeat the process. This will remove excess salt. Add the olives to the pan and cook with the chicken for a few minutes only.

Just before serving, squeeze a little lemon juice over the dish. Sometimes a few pickled lemon slices are added just before serving. Serve with plain boiled rice or couscous.

Serves 6.

*From "A Book of Middle Eastern Food" by Claudia Roden*

## **Kofta Mlebissa (Batter Kofta)**

1 lb. beef  
2 onions, finely chopped  
3 T. rice  
1/4 bundle finely chopped parsley  
1 T. finely chopped fresh mint  
1 t. salt  
1 t. ground black pepper  
1 t. ground cinnamon  
4 eggs  
1/2 cup flour  
1 t. baking powder  
1-1/2 cups oil for frying

Wash the rice and add to the meat with the parsley, onion, mint, spices and salt. Mix thoroughly. Take a small piece of the mixture and roll into a ball between wet palms; place in a pan. Continue until all the mixture is used. Pour half a cup of warm water over the koftas, cover the pan and cook over low heat until the rice is soft. Remove from heat and leave aside until cool. Mix the eggs with the flour, baking powder, a pinch of salt and half a cup of warm water. Mix to a batter. Heat the oil, dip the koftas in the batter, place in hot oil and fry until golden brown. (Note: Koftas should be evenly sized and trimmed of excess batter.) Serve hot.

*Recipe from "Saudi Arabia Magazine"*

## **Kebab with Yogurt (Kebab Bel Laban)** **(Saudi Arabia)**

2 lb ground beef or lamb  
1/2 bundle parsley or dill (finely chopped)  
1 teaspoon ground cumin  
3 tablespoons corn oil  
2 medium sized onions  
1 teaspoon ground black pepper  
1 cup yogurt  
salt

Peel and finely grate the onion; add it to the meat with the parsley, half the salt and the pepper. With wet hands mix thoroughly and shape into small balls. Heat the oil in a pan, add the kebab balls and place over a low heat. Cover the pan and leave for fifteen minutes until the meat juices have reduced, leaving only oil. Mix the yogurt with the remaining salt and pepper. Arrange the kebabs on a serving dish, pour yogurt on top and serve hot.

*Recipe from "Saudi Arabia Magazine"*



## **Portuguese Tomato Rice** **(Portugal)**

1/8 cup olive oil  
1 Tbsp. butter (margarine is okay, too)  
1/2 a large yellow onion, chopped  
2 cloves garlic, minced  
1-2 large tomatoes, peeled, chopped and seeded (can also used canned)  
2 cups chicken or beef broth  
1 cup long-grain rice  
salt and pepper to taste

Heat olive oil and butter in saucepan until butter is melted. Add onion and garlic and saute until onion is soft, about 5 minutes. Add chopped tomatoes, cover and simmer for 15 minutes. Add broth and bring to a boil, then add rice, cover and simmer for about 20 minutes. Do not lift lid to peek! Salt and pepper to taste.

This serves 4 as a side dish.

## **Spanish Potatoes** **(Spain)**

2 old potatoes (large)  
4 Tbsp olive oil  
1 tsp paprika  
1/4 tsp cayenne pepper

Preheat the oven medium. Alternatively the cooking can be done on top of the cooker, either in a heavy frying pan or in a casserole which will resist direct heat. Peel the potatoes and cut them into thick wedges. Pour half the oil into 4 individual shallow earthenware casseroles or a small gratin dish. Put the casseroles or the dish into the oven and leave until the oil is smoking.

Arrange the potatoes in the hot oil in single layer. Trickle on the rest of the oil, sprinkle with salt and return to the oven. Cook the potatoes until soft inside and crisp on the outside - this will take 25-35 minutes. Mix together the paprika and cayenne and sprinkle over the potatoes. Serve them hot in their cooking dish.

## **Salted Peanuts** **(Zimbabwe)**

1 cup peanuts  
1/2 teaspoon salt  
1/4 cup warm water

Toast the peanuts in a frying pan, without oil, stirring frequently so they do not burn (a cast-iron pan works well).

When the peanuts are very hot, dissolve the salt in warm water. Pour this over the peanuts and keep stirring while the heat is high. Suddenly all the water will disappear and the nuts will be coated with salt.

Continue to cook for three minutes to remove any moisture.



## **Aroz Mofalfal (Arabian Rice)**

2 cups Rice (rinsed and drained) (long rice)  
2 cups Boiled water  
1/4 cup Vermicile noodles, very thin, broken to small pieces  
2 tablespoons Butter  
1/8 teaspoon Salt

Fry vermicile noodles with butter till slightly brown.

Add boiling water and salt. Stir till boiling.

Add rice slowly. Let it boil before covering. Stir.

Put a thin layer of tin under the pan to prevent burning. Reduce heat to low and leave to cook for 30 minutes.

Open the pan. Stir the top and see if rice is done. If rice is still a little hard, cover and cook longer.

Server with any hot vegetable dish.

*From "One Thousand And One Delights" by Nahda Salah*

## Saffron Rice

1 1/2 cup rice  
4 tablespoons pine nuts  
3 tablespoons olive oil  
3 medium onions, finely chopped  
3 tablespoons raisins  
1 teaspoon salt  
enough saffron to color, or 1/2 teaspoon turmeric

Wash and soak the rice for 2 hours. Rinse in a sieve under running water until clear, then drain. Brown the pine nuts in the oil, then add the onions and sauté them until soft and golden. Divide this mixture in half.

Add the raisins and one half of the mixture to the rice together with the salt and saffron or turmeric. Bring 3 cups of water to the boil, add the rice etc., and stir for 1 minute on a medium heat. Reduce the heat, and simmer until the water is absorbed, about 15-20 minutes. Stir in the rest of the onions and pine nuts, mix well, and serve immediately.

Serves 4.

*From "Cooking the Middle Eastern Way" by Christine Osborne*

# **DESSERTS**

## **Banana Loaf** **(Palestine)**

3 oz. butter  
8 oz. self-raising flour  
3 egg yolks  
few drops banana essence  
3 oz. soft brown sugar  
1 gill milk  
3 egg whites  
3 large bananas

Cream the butter and sugar, beat egg yolks for 5 minutes and add to the butter mixture. Add milk and then the flour. Stir well and add the bananas, mashed and banana essence. Beat egg whites stiffly and fold in.

Bake at 350° F. - Regulo 3, for 1 hour and serve cold, sliced and spread with a little butter.

*From "Arab World Cook Book" by Nahda Salah*

## **Butter Cream Cake** **(Denmark)**

3 eggs

½ cup sugar

1 cup flour -- sifted

4 tablespoons butter

1 tablespoon strong coffee extract

Almonds -- chopped

Beat the eggs and sugar together for 5 minutes. Add the flour, melted butter and the coffee extract, beating well with each addition. Pour into a small buttered square pan.

Bake in a moderate oven (350°F.) ½ hour.

When done, invert the pan on a cake rack and let cool. When the cake is cold cut it into two layers. Spread one with the filling and put the layers together; spread the rest of the filling over the top.

Press chopped almonds lightly around the edge of the cake.

## **Portuguese Doughnuts** **(Portugal)**

6 1/2 cups all purpose flour  
1 envelope active dry yeast  
2 tablespoons sugar  
1/2 cup warm water  
6 eggs  
1 cup sugar  
1/3 cup milk  
3 tablespoons butter or margarine, cut up  
1 1/2 teaspoons salt  
3 tablespoons cooking oil  
fat for shallow fat frying

In a large bowl, stir together 1/2 cup of the flour, the yeast and the 2 tbsps. sugar. Add warm water; stir till smooth. Cover; let rise in warm place about 1 hour or till tripled in volume. In large mixer bowl beat eggs until fluffy; gradually add the 1 cup sugar, beating about 5 minutes or till thick and lemon colored. In a small saucepan heat and stir milk till almost boiling; remove from heat. Add butter or margarine and salt, stirring till butter almost melts. Cool to lukewarm (115-120 deg. F). Rub the inside of a large bowl with some of the cooking oil. Pour in egg mixture. Stir in yeast and milk mixture. Gradually add the remaining flour, stirring to combine. Mix thoroughly with hands. Add remaining oil. Continue kneading the dough in the bowl to work with the oil. Knead about 5 min. more. Cover with clear plastic wrap, let rise in warm place 2-3 hrs. Punch dough down. For each doughnut, roll about 1/4 cup dough out on lightly floured cloth to 5-6 inch circle. Fry, a few at a time, in shallow hot fat (375 deg. F) about 1-1/2 min. or till brown, turning once. Drain on paper toweling. Roll in sugar if desired.

Makes 2 dozen.

## Egyptian Sweet Couscous Dessert (Egypt)

*Among the variations of couscous this recipe from Egypt is unrivaled for the sweet-toothed palate. Serve with a cold glass of milk or a demitasse of heavy Arabic coffee.*

Follow basic directions for steaming couscous, using:

- 1 cup couscous
- 2 cups fruit juice
- 2 Tbs. rose water

After first steaming, rub well into grains:

- 3 Tbs. melted sweet butter

After second steaming combine couscous with:

- 4 Tbs. melted sweet butter
- 1/4 cup each finely ground blanched almonds and pistachio nuts

Mound on serving platter and sprinkle with mixture of:

- 1/2 cup powdered sugar
- 1/2 to 1 Tbs. cinnamon

Surround with:

- 1 cup kufeta (candy-coated almonds)

Sprinkle with:

- 1/2 cup pomegranate seeds if in season

Serves 6.

*From "Middle Eastern Cookery" by Eva Zane*

## **Cherry Cake** **(France)**

1-1/2 cups milk  
4 eggs  
1/2 cup all-purpose flour  
1/4 cup sugar  
2 teaspoons vanilla extract  
2 to 3 cups fresh black sweet cherries, pitted; or  
drained, canned, pitted Bing cherries; or frozen  
sweet cherries, thawed and drained  
confectioners' (powdered) sugar

Preheat the oven to 350 degrees. To make the batter in a blender, combine the milk, eggs, flour, sugar and vanilla in the blender jar, and whirl them at high speed for a few seconds. Turn the machine off and scrape down the sides of the jar with a rubber spatula, then blend again for about 40 seconds. To make the batter by hand, stir the flour and eggs together in a large mixing bowl, and slowly stir in the milk, sugar, and vanilla extract. Beat with a whisk or a rotary or electric beater until the flour lumps disappear and the batter is smooth.

Pat the cherries completely dry with paper towels, then spread them evenly in a shallow, buttered baking dish or pan that holds 5 to 6 cups and is about 2" deep. Pour in the batter. Bake on the middle shelf of the oven for 1-1/2 hours, or until the top is golden brown and firm to the touch.

Dust lightly with confectioners' sugar, and serve warm.



## **Almond Pancakes(Lahooch Bel Loaz)** **(Saudi Arabia)**

4 cups flour  
1/2 teaspoon yeast  
1 cup milk  
water  
2 eggs  
1 cup confectioner's sugar  
3 tablespoons corn oil  
1 tablespoon ground cardamom  
1 teaspoon baking powder  
2 cups almonds, roasted and ground

Put the flour in a bowl, add the milk, eggs, baking powder, yeast and water; mix together to form a batter; set aside to rise. Grease a frying pan with a little oil, pour into the pan half a ladle of batter. Spread the batter quickly into a thin pancake and fry over medium heat until the top bubbles, then turn over and brown the other side. Repeat using all batter. Mix the sugar, cardamom and almonds together. Stuff each pancake with the mixture; roll into finger shapes, and arrange on a serving dish; sprinkle with some ground almonds. Serves 10-12 persons.

*Recipe from "Saudi Arabia Magazine"*

## Honey Cake (Israel)

3 1/2 cups sifted flour  
1/4 tsp. salt  
1 1/2 tsp. baking powder  
1 tsp. baking soda  
1 1/2 cup nuts, walnuts, or almonds  
4 eggs  
3/4 cup sugar  
4 tsp. vegetable oil  
2 cups dark honey  
1/2 cup brewed coffee

### Optional

1/2 tsp. cinnamon  
1/4 tsp. nutmeg  
1/8 tsp. powdered cloves  
1/2 tsp. ginger

Sift flour, salt, baking powder, baking soda, cinnamon, nutmeg, cloves and ginger together (spices depend on your personal taste).

Beat eggs, gradually adding the sugar. Beat until thick and light in color. Beat in oil, honey and coffee; stir in flour mixture and nuts. Grease an 11x16x4 inch baking pan and line with aluminum foil. For 2 smaller cakes, use two 9 inch loaf pans. Turn the batter into the pan(s). Bake at 325 deg F (170 deg C) 1-1/4 hours for the large cake, 50 minutes for the 2 smaller ones, or until browned and cake tester comes out clean. Cool on a cake rack before removing from pan.

## **Dates with Sesame Seeds (Tumr Bel Simsim)** **(Saudi Arabia)**

2 lbs. soft dates  
1/4 cup corn oil  
1/2 lb. almonds  
1 tablespoon ground cardamom seeds  
1 cup sesame seeds

Blanch, skin and split the almonds in two. Fry them in oil until golden brown. Remove, drain and spread out on a paper towel. Brown the sesame seeds in a pan without oil, until golden, stirring constantly. Spread sesame seeds on a tray. Remove the seeds from the dates and mix into the cardamom seeds to form a dough; take pieces the size of a date and stuff with a piece of almond. Close and mold into a finger shape. Roll in the sesame seeds and arrange on a serving dish. Serves 8-10 persons.

*Recipe from "Saudi Arabia Magazine"*