

Recipes from Around the World



Cultures United in Christ

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## **CHINA**

### **Chicken Cabbage Egg Roll**

By Teresa Lu

1. Cut Chicken Breast meat in very small stripe pieces
2. Marinade the chicken meat with soy sauce, a little wine, a little sugar and com starch.
3. Chop cabbage and carrot into small pieces. If you don't know how to chop cabbage and carrot, you can buy a bag of prepared raw coleslaw for the substitute.
4. Put 2 tablespoons of canola oil in a pan. When the oil gets hot, stir fry the chicken meat. When the meat changes color, remove. Add an additional tablespoon of oil in the pan. Stir fry the cabbage and carrot. Season it with a little salt and soy sauce. Cook it only in a short while.
5. Mix the cooked cabbage and carrot with the cooked chicken meat and cool.
6. Spoon into and wrap in thawed egg roll skins (frozen skins can be found at Hong Kong Supermarket at Beamer & Scarsdale)
7. Use a deep pan with 3 – 4 inches of oil for frying the egg rolls.
8. Once hot, you can fry 4 or 5 egg rolls at a time. The egg roll is done when its color becomes golden brown

## **ENGLAND SCOTLAND AND WALES**

### **Welsh Cakes**

#### **Ingredients**

8oz self-rising flour (2 cups) 4oz butter cut into cubes

Pinch of salt 3oz of castor sugar (2/3 cup)

1/2 teaspoon of mixed spice 3oz of dried fruit

1/4 teaspoon of mace (or nutmeg) 1 egg beaten

1 tablespoon of milk

Sift the flour, salt and spices together into a mixing bowl. Rub in the butter until the mixture resembles breadcrumbs. Stir in the sugar and dried fruit. Add the beaten egg and just enough milk to form soft dough. The result should be firmer than a scone dough (refer to scone recipe). Roll this out on a floured board to a thickness of about 1/4". Using a 3" pastry cutter, cut into rounds.

Lightly grease a bake stone or griddle and bake to medium-hot. Cook in two batches for 4-5 minutes on each side, or until golden brown on both sides, but still soft in the middle. For a crunchy exterior, sprinkle with extra castor sugar. Eat warm

# ENGLAND SCOTLAND AND WALES

## Currant Scones

Submitted by Monica Kruest

### **Ingredients:**

2 cups all-purpose flour  
2 tablespoons granulated sugar  
1 tablespoon light brown sugar  
1 tablespoon baking powder  
½ tablespoon cream of tartar  
½ teaspoon salt  
6 tablespoons unsalted cold butter cut in 1 inch cubes  
½ cup dried currants or raisins (*see note*)  
1 cup of heavy cream plus extra for brushing tops of scones.

In a large bowl, sift flour, sugars, baking powder, cream of tartar and salt. Add butter and work in with a fork or pastry cutter. Mix until flour forms marble size clumps. Stir in currants. Make a well in the center and pour in cream. Using a fork and your hand, mix until just combined. Wash and dry your hands and then dust with flour.

Turn dough out onto a lightly floured work surface. Gently knead a few times to gather it into a ball. Pat the dough into a circle about  $\frac{3}{4}$  inch thick. With a biscuit cutter, preferably 1 ½ inches in diameter, cut out circles close together. Gather scraps and pat back together to cut out remaining dough. With a thin spatula, transfer scones to a parchment lined baking sheet, placing them 1 inch apart, and place in the freezer.

A half-hour before serving, adjust the oven rack to the middle position and preheat the oven to 425 degrees. When proper temperature is reached, remove scones from freezer and brush tops with remaining cream. Bake for 12 minutes, or until light golden brown.

Remove from oven and allow to rest for 8 minutes before serving.

**Note:** *You can replace currants with any dried fruit. You can also add 2 tablespoons of chopped nuts. For savory scones, add  $\frac{3}{4}$  cup grated cheese or crispy bacon and 2 tablespoons chopped scallions. Cut sugar to 1 tablespoon and salt to 1 teaspoon and butter to 7 tablespoons.*

# FRANCE

## Dessert Crepes

Submitted by Anne McLaughlin

### **Ingredients:**

1-3/4 cups flour

1/2 cup sugar

Pinch of salt

6 eggs

3 cups milk

Cooking spray

1. Mix or sift the dry ingredients together. Add the eggs, then the milk. Mix together with a whisk until well blended, getting most of the lumps out. Let stand in refrigerator for 1 hour. This will make the batter smooth and velvety, and get rid of the rest of the lumps.
3. Heat a frying pan or crêpe pan, over medium-high heat. Lower heat to medium and spray bottom with cooking spray. Using a ladle, place enough batter to thinly coat the bottom of the pan, swirl the pan around to spread it out evenly to the edge of the bottom of the pan. Cook about 1 minute on each side, until each side is a very light golden brown. Place on a plate and repeat with rest of batter.
4. Serve warm with your choice of toppings (the possibilities are endless): jam, honey, chocolate syrup, Nutella (chocolate hazelnut spread), sautéed sliced apples, sliced bananas, sliced strawberries, ice cream, etc. etc.!

Makes about 20-25 8-inch crêpes. Quantity will vary depending on size of your pan.

## **GERMANY**

### **German Potato Salad**

By Ruth Kaczmarek

5 pounds of small red potatoes, cooked (not too soft), peeled, and sliced  
Salt and pepper to taste  
1 to 1 1/2 cups chopped green onions (include the tops)  
1 pound of bacon diced and fried crisp-drain and add to potatoes

#### **DRESSING:**

Add the following to the bacon fat:

1 1/4 cups vinegar  
3/4 cups water  
1 1/4 cups Sugar (or to taste to cut the bitterness of the vinegar.)  
Simmer about 5 minutes.

Mix 1 to 2 teaspoons of cornstarch with a small amount of cold water to thicken dressing slightly. Cook 5 minutes more. If bacon fat separates, put it in blender to blend.

Pour hot dressing over potatoes, onions, and bacon pieces. Combine and serve warm.

Best when made about 3 hours before use.

## **HAWAII**

### **Haupia**

Submitted by Josie Travlos

#### **Ingredients:**

1/3 cup Cornstarch  
1/2 cup Sugar  
1/8 teaspoon salt  
2 cans Coconut milk

Combine cornstarch, sugar and salt. Stir in 1/3 cup of Coconut milk. Blend to form a paste (smooth).

Heat remaining coconut milk and add cornstarch mixture. Cook stirring (frequently) for about 20 minutes. Pour into an 8 x 8 inch pan.

Cool and refrigerate until firm. Cut into squares.

Servings depend on size of squares.

# INDIA

## Spicy Grilled Shrimp on Rice

By Michael Lobo

This shrimp recipe is especially colorful and makes a splendid company dish. If you're cooking the shrimp on a grill or under the broiler, thread them on wooden skewers (two parallel skewers, about one inch apart, works best) that have first been soaked in water for 30 minutes.

### **Ingredients for Grilled Shrimp:**

*18 oz. large Shrimp (about 18 to 20), peeled and de-veined*  
*1 ½ tablespoons fresh Lime Juice*  
*3 Garlic Cloves, crushed*  
*1 ½ teaspoons fresh Thyme leaves (or ¾ teaspoon dried)*  
*¼ - ½ teaspoon crushed Red Pepper (adjust to your taste)*  
*Cilantro sprigs*

### **Ingredients for Rice:**

*1 1/3 cups Long Grain Rice, preferably Basmati*  
*1 teaspoon ground Turmeric*  
*¼ teaspoon ground Cumin*  
*2 1/3 cups Water*  
*½ teaspoon Salt*

### **Directions:**

Toss shrimp with lime juice, garlic, thyme and red pepper.

Cover and marinate for at least one hour in the refrigerator.

When ready to cook, start with rice.

Place turmeric and cumin in a skillet and heat over low heat, just until fragrant (about 30 seconds).

Add water, rice and salt.

Heat until it boils, then cover and cook over low heat until water is absorbed and rice is tender (about 15 minutes).

Prepare shrimp when rice is almost done.

either, grill, broil or cook the shrimp quickly in a preheated non-stick skillet until lightly browned on both sides. Don't overcook

Spoon cooked rice onto a platter and top with shrimp.

Garnish with sprigs of cilantro.

*Makes 4 servings. Contains 325 calories and 1 gram fat per serving.*

# INDONESIA

## Nasi Uduk (coconut rice)

By Nani Lucardi

### **Ingredients:**

Rice, Coconut milk, Shallots, Bay leaves, Lemon grass and Salt.

1. Wash the rice.
2. Thinly slice the shallots.
3. Mix rice, coconut milk and water ( the measurement is like when we use the rice cooker only make it half and half), shallots, bay leaves, lemon grass and salt.

Cook until all the liquid absorbed, then transfer to steamer.

The rice can be accompanied with thinly slice omelet, cucumber, bakmi goreng (fried noodles).

## Bakmi Goreng (Fried Noodles)

### **Ingredients:**

Rice sticks or egg noodles, prepared according to the package

shallots

garlic

onion

carrots, shredded

mushrooms

chicken, cut into small cubes (if desired)

Sautee shallots and garlic, add onion, chicken, vegetables, put in the noodle, seasoned with pepper, salt and kecap manis (sweet soy sauce) or regular sugar.

## IRELAND

### "Downey Chowder" aka Down East Chowder

Recipe from Fr. J.J.

The Irish are well known for their abundant potatoes. Here is a recipe that weds the potato with local fish for a great taste.

1/4 lbs. salt pork cut in 1/2" cubes cooked until brown and crisp in a large pot  
3 medium onions sliced and cooked in fat from the pork until translucent  
5 medium potatoes, pared, sliced or diced, add to pot  
4 teaspoons pepper  
3 cups of boiling water simmer all above with lid on until potatoes are tender  
1 1/2 lbs. fresh haddock or cod fillets, cut in medium pieces, cook until tender with all above. If bones or skin are in or on fish, remove when fish is cooked.  
Then add:     1 qt. scalded milk  
                  1 cup undiluted evaporated milk  
                  3 Tbs. butter

Cook on medium heat until hot but not boiling, or milk will separate.  
Serve with crackers. For lent, eliminate the pork. It still tastes great.

### Irish Soda Bread

#### **Ingredients:**

4 cups all purpose flour  
1 teaspoon Baking Soda  
1 teaspoon Salt  
1 cup Sugar  
1/4 cup Margarine  
1 cup Currants  
1 1/2 cups Buttermilk

Heat oven 325 degrees

Sift Flour, soda, salt and sugar together. In large bowl with pastry blender, cut margarine into dry ingredients. Mix until coarse like oatmeal. Add Currants. Gradually add buttermilk, mixing until blended. Turn out onto floured board. Knead 2 minutes till smooth. Divide dough in half. Shape each half into a ball, place on ungreased baking sheet. Flatten each ball with the palm of your hand and cut a cross on top of dough.

Bake 50-60 minutes. Makes 1 large or 2 small loaves

# ITALY

## Baked Ziti

Submitted by Erica Stepchinski

### Ingredients:

- 1 lb. ziti or penne pasta
- 1 lb. Ricotta cheese
- 2 c. shredded mozzarella cheese
- 3 c. bottled spaghetti sauce
- ½ c. grated parmesan cheese

Preheat oven to 350 degrees. Cook ziti or penne in boiling water until al dente, drain, and put in large bowl. Mix together ricotta cheese and half the mozzarella with the pasta. Grease a 9 x 13 baking dish. Cover bottom of dish with half of the spaghetti sauce. Spoon pasta mixture into pan. Cover with remaining spaghetti sauce. Sprinkle with parmesan cheese and remaining mozzarella cheese. Bake 20-25 minutes. Yields 8-10 servings.

## Pasta Fagioli

### Ingredients:

- 2 t. olive oil
- 1 lb. ground beef
- 1 large onion, chopped
- 2 c. each diced carrots and celery
- ½ c. instant bouillon granules
- 2 t. dried oregano
- 1 t. black pepper
- 1½ - 3 T fresh chopped parsley
- 6 c. chunky pasta sauce
- 1 15-16 oz. can red kidney beans, drained and rinsed
- 1 15-16 oz. can white kidney beans, drained and rinsed
- 2 c cooked pasta (macaroni or small shells)

Heat oil in large skillet or soup pot over medium high heat. Add beef and sauté about 5 minutes until it is brown. Add onion, carrots, and celery; simmer 10 minutes. Place 1 c. hot water in small bowl and add bouillon granules to dissolve. Add bouillon mixture, oregano, black pepper, parsley, and pasta sauce to skillet. Simmer 10 minutes. Add 1 quart water or enough to reach desired consistency; stir and simmer about 30 minutes. Stir in beans. Add pasta to soup just before serving.

Makes about 1 gallon of soup.

## MEXICO

### Benito's Bizcochitos

Submitted by Maricarmen Wells

1 cup shortening	3 cups flour
½ cup sugar	1 1/4 tsp. Baking powder
1 1/2 tsp. Aniseed	½ tsp. salt
1 egg, beaten	½ cup water
1 tbsp. Honey	1 1/2 tsp Cinnamon mixed with 3/4 cup sugar

1. In a big bowl, cream shortening. Mix in sugar and aniseed.
2. Stir in beaten egg and honey.
3. In another bowl, sift flour, baking powder and salt together. Add this slowly to the creamed mixture along with water. Work it into a ball. Chill.
4. Preheat oven to 350.
5. Divide the dough into four pieces. Sprinkle tabletop or breadboard with flour. Roll out each piece one at a time to about 1/16 to 1/8 inch thick. Now, you may use cookie cutters and go on to step 8. Or, to make butterflies, continue with step 6.
6. Slice dough across and up and down to get squares 1 1/2 x 1 1/2 inches.
7. Make a tiny slit at each corner of each square. Pinch together each section of dough. You will have four sections.
8. Roll the top of each cookie in cinnamon sugar mixture.
9. Place on cookie sheets. Bake at 359 for 15 to 20 minutes or until golden brown.
10. While the cookies are still hot, dip them again in cinnamon sugar. Be careful not to burn yourself. Eat the cookies only after they have cooled.

### Guacamole

#### **Ingredients:**

6 TO 8 Avocados  
2-3 red tomatoes, chopped  
Cilantro , chopped fine  
Salt  
1 Serrano pepper, chopped  
Few drops of lime (limon)  
Onion, finely chopped (if desired)

Remove skin from avocados and place the avocado in a container without the seed. Add tomatoes, cilantro, pepper, salt to taste and lime, mix all together and ENJOY.

It is not necessary to add lime. It is up to you.

It can be placed on lettuce, on tostadas, on tacos, in a sandwich, use it as dip.

# NIGERIA

## Jolof Rice, Stewed Beef and Baked Chicken

Submitted by Patience Aurora Ogedegbe

### Ingredients

Stewing Beef	Rice	Garlic Powder
Onions	Chicken Bouillon	Black Pepper
Cayenne Pepper	Spanish paprika	Canola Oil
Bay Leaves	Curry Powder	

### Procedure

1. Half-cook rice, rinse in cold water and allow to cool at room temperature.
2. Slice onions.
3. In a deep clean pot, add a measure of canola oil and allow to heat for 3-5 minutes.
4. Add salt as needed.
5. Add the slice onions.
6. After three minutes, add the stew (without the beef).
7. Add chicken bouillon, garlic powder, curry powder, and black pepper as needed.
8. Then add cayenne pepper and Spanish paprika as needed.
9. Next, add 3-5 bay leaves as needed.
10. Cover mixture and allow to steam for 10 minutes while turning frequently to prevent burning.
11. Add the rice into the mixture and turn with a wooden spoon.
12. Taste for salt.
13. Add water if necessary and turn the mixture again.
14. Cover the pot and allow to cook.
15. Serve with stewed beef, baked chicken, and vegetables.

## NORWAY

### Mussels with Aquavit, Cream, and Tarragon

*Adapted from Kitchen of Light*

Serves 4-6 (first course) or 2 (main course)

Active time: 30 min - Start to finish: 35 min

Any mussels that have cracked shells or that don't close when you scrub them should be discarded before cooking.

#### **Ingredients**

- 1 tablespoon unsalted butter
- 3 tablespoons finely chopped shallot (1 medium)
- 1 garlic clove, smashed
- 1 teaspoon fennel seeds
- 1 tablespoon aquavit or brandy
- 2 teaspoons tarragon white-wine vinegar
- 1 tablespoon chopped fresh tarragon
- 2 lb mussels (preferably cultivated), scrubbed and beards removed
- 2 tablespoons heavy cream or crème fraîche

- Heat butter in a 4- to 5-quart heavy pot over moderate heat until foam subsides, then cook shallot and garlic, stirring, until shallot is golden, 2 to 3 minutes. Add fennel seeds, thyme, aquavit, vinegar, ½ tablespoon tarragon, and mussels and cook, covered, over moderately high heat until mussels just open wide, checking frequently after 3 minutes and transferring opened mussels with a slotted spoon to a serving bowl. Discard any mussels that remain unopened.

- Add cream to cooking liquid and simmer, uncovered, until reduced to ¼ cup, about 1 minute. Season sauce with salt and pepper, then pour over mussels and sprinkle with remaining ½ tablespoon tarragon.

# PANAMA

## Patacones

(Twice-fried Plantain)

### Ingredients

- 4 – 5 green plantains
- Oil for frying
- Salt

### Directions

1. Peel plantain.
2. Cut into ½ inch slices.
3. Heat 2 inches of oil in a heavy duty frying pan.
4. Fry plantain a little at a time until it is slightly golden.
5. Remove, drain on paper towels.
6. Take a glass and flatten the plantain pieces.
7. Return to the frying pan and cook until golden.
8. Remove, drain on paper towels.
9. Sprinkle with salt

## Arroz con Pollo

(Rice with chicken)

### Ingredients

1 large chicken	1/2 cup peas
1 onion, chopped	1/4 cup raisins
1 tomato, chopped	1 small jar of capers
1 green bell pepper, chopped	1/2 teaspoon achiote spice
3 cups rice	2 teaspoons Worcestershire sauce
1/2 cup shredded carrots	2 tablespoons oil
1 small jar of green olives	Salt and pepper to taste

### Directions:

Cook chicken with salt, 5 cups of water, 1/2 the onion, 1/2 the tomato and 1/2 the bell pepper until tender. Strain the liquid and add more water to make 5 cups of broth.

1. Shred the chicken and put to the side.
2. Heat oil in a large pan and add the achiote spice. (If unable to find, you can use tomato sauce to give the rice the yellowish color)
3. Sauté the other half an onion, tomato and bell pepper until tender.
4. Mix in the rice, peas, carrots, capers, olives, raisins, Worcestershire sauce, and broth.
5. Cover and cook for 30 minutes approx.

## PERU

### Papa a la Huancaína

(Peruvian Potatoes with Hot Cheese Sauce)

This Peruvian specialty gives a new meaning to the term side dish. Just drizzle the seasoned cheese sauce over cooked potatoes and garnish with Goya Black Olives for an authentic finishing touch. Serves 6

#### **Ingredients:**

2 packages (1 lb.) *Goya Yellow Potatoes, (Papa Amarilla)* thawed and cut into ½ inch thick slices  
2 tsp. salt or to taste  
1 Goya Aji Amarillo (Yellow Chili), seeds removed  
1 hard-boiled egg, peeled  
1 can (12 oz.) Evaporated Milk  
½ cup diced onion  
1 packet Sazón Goya without Annatto  
1 lb. queso fresco cheese, cubed or Feta Cheese  
Salt and Pepper to taste

**Garnish:** Boston or other leafy green lettuce. 4 hard-boiled eggs peeled and cut in quarters .  
1 can (6 oz.) black pitted olives

In saucepan put potatoes and salt and water to cover by 1 inch. Bring to boil and simmer on medium until potatoes are just tender, about 20 minutes. Drain and set aside.

:In blender puree Aji Amarillo using a small amount of water/vegetal oil, if necessary.  
Pour into bowl.

:In same blender, add one hard-boiled egg and about half of evaporated milk and blend until smooth. Add onion and Sazón and blend until smooth. Continue blending while adding cubes of cheese and remainder of milk, each a little at a time. Use all the cheese and as much milk as needed to make a thick, smooth sauce.

·Add pureed Aji Amarillo a little at a time to desired heat level. Add salt and pepper to taste. Sauce should be thick and smooth.

Arrange the lettuce leaves on individual plates or one large platter. Place potatoes on lettuce and cover with sauce. Garnish with quartered hard-boiled eggs and whole black olives

# PHILIPPINES

## Kare Kare (Oxtail Stew)

By: Amie Payne

### **Ingredients:**

4 lbs. beef oxtail (1 pack)  
2 lbs honeycomb tripe (optional)  
1 lb fresh bok choy chop (separate the stem from green leaves)  
1 lb fresh long beans (cut into bite size)  
1-2 long eggplant (cut into bite size)  
1 onion (chopped)  
2 tbsp cooking oil  
2-4 cloves garlic (minced)  
3-4 cups of water (broth)  
1 tsp achiote powder  
3 tbsp. creamy peanut butter  
Salt and black ground pepper to taste

### **Directions**

1. Boil the oxtail and honeycomb tripe separately then reduce the heat to low and simmer until tender.
2. Remove the meat from the broth and set aside. Save the broth.
3. In separate pot, sauté the garlic and onions. Then add and stir the achiote powder to the sautéed garlic and onions and then add the broth slowly while stirring. After the mixture boils then add the oxtail, honeycomb tripe, eggplant, bok choy (stem), long beans and the cover the pot. Before the vegetable halfway cook add the peanut butter stirring it well so the peanut butter will evenly mix to the meat and vegetable and then lastly put the green part of bok choy to the mixture. Put salt and black ground pepper to taste. Then serve over rice.

### **Reminder!!!**

Vegetables in the recipe can be substituted with other vegetables like spinach green beans or even kale. Oxtail or honeycomb tripe can also be substituted with beef, pork or chicken or even shrimp. Enjoy and try it

## **PUERTO RICO**

### **Arroz con gandules (Rice with pigeon peas)**

1. Add two or three tablespoons of oil in a pan (“Cardero”) add green peppers, red peppers, onion, and garlic.
2. Fry over medium heat add “sofrito” Goya 2 or 3 tablespoons
3. Add 1 can tomato sauce
4. Add 1 can of “Pigeon Peas”(Gandules)
5. Add two cans of broth (beef Broth) add 1 cup of water
6. Heat until it boils
7. Add 3 cups long grain rice boiling to medium
8. When dry put to simmer until rice is dry or cooking well.

### **Tembleque (Desert)**

#### **Ingredients:**

2 - 14oz. cans Coconut Milk

1/3 can of Coconut Cream (Coco Goya or Coco Lopez)

1/2 cup cornstarch

2/3 cup sugar

1/2 teaspoon salt

Cinnamon to taste

In a bowl, mix cornstarch, sugar and salt.

Add coconut milk to mix, slowly, while mixing with a large spoon (Do NOT use Blender or Mixer).

Add Coco Goya or Coco Lopez and mix.

Pour into medium size pan and boil on medium high setting while stirring constantly. Continue stirring and reduce heat to medium. Continue stirring until mix becomes thick. It should become lumpy first, and then achieve an even thickness with no lumps. Mix will have a consistency similar to melted chocolate. Remove from heat. Quickly sprinkle a glass bowl with water and pour mix into the bowl. Allow mix to cool for several hours, outside or in the refrigerator. Mix will turn into Jell-O like consistency. At this point, turn tembleque onto a flat dish. Sprinkle with cinnamon to taste.

## **SLAVIC NATIONS**

### **Czech Cabbage and Potato Soup**

(A quick and hearty soup for winter)

Submitted by Bettye Solcher

#### **Ingredients:**

3+ cups of coarsely cut cabbage

2 ½ cups of peeled diced potato

6 cups water

3 tbsp. diced onion

Salt and pepper to taste

¾ cup sliced sausage (optional)

Roux: ~9 tbsp. butter or margarine and 3 tbsp. flour

Place cabbage, potatoes, water, onion, salt and pepper, and sausage in large saucepan. Cook gently until cabbage and potatoes are soft (about 30 minutes)

To make roux, melt butter/margarine in small pan and add flour. Keep cooking and stirring roux until it becomes a golden brown (do not let roux burn). Add to potato/cabbage mixture and cook gently for another 5 minutes. Adjust seasonings if needed and add more water if soup gets too thick.

Makes 6 servings.

### **Kolacky**

(About 3-1/2 dozen)

#### **Ingredients:**

1 cup Butter or Margarine at room temperature

1 package 8 oz Cream Cheese at room temperature

¼ teaspoon Vanilla Extract

2 ¼ cups all-purpose Flour

½ teaspoon Salt

Thick jam or canned fruit filling, such as Apricot or Prune.

1. Cream butter and cream cheese until fluffy. Beat in vanilla extract..
2. Combine flour and salt; add in fourths to butter mixture, blending well after each addition. Chill dough until easy to handle.
3. Roll dough to 3/8 inch thickness on a floured surface. Cut out 2 inch circles or other shapes. Place on ungreased baking sheets.
4. Make a "thumbprint" about ¼ inch deep in each cookie. Fill with jam.
5. Bake at 350 degrees F 10 to 15 minutes, or until delicately browned on edges

# SLAVIC NATIONS

## Polish Noodles and Cabbage

### **Ingredients:**

¼ cup Butter or Margarine

½ cup chopped Onion

4 cups chopped or sliced Cabbage

1 teaspoon Caraway Seed

½ teaspoon Salt

1/8 teaspoon Pepper

1 package 8 ozs. Egg Noodles

½ cup Sour Cream (optional)

1. Melt butter in a large skillet. Add onion, sauté until soft.
2. Add cabbage; sauté 5 minutes, or until crisp-tender. Stir in caraway seed, salt, and pepper.
3. Meanwhile, cook noodles in salted boiling water as directed on package. Drain well.
4. Stir noodles into cabbage. Add sour cream, if desired. Cook 5 minutes longer, stirring frequently.

**6-8 servings**

# SLAVIC NATIONS

## Nut Rolls

Submitted by Marianne Gerek

### **Ingredients:**

8 cups flour  
2 cups milk (scalded)  
4 egg yolks  
1 cup sugar  
1 large yeast cake or 3 envelopes dry yeast  
½ pound butter  
½ pound oleo or Crisco  
1 tablespoon salt  
1 ½ teaspoons vanilla

Dissolve yeast in 1 cup lukewarm milk. Stir well. Add sugar, shortening and salt to rest of milk and cool. Beat egg slightly and add to mixture, then add the yeast mixture to the rest of the lukewarm mixture. Put half of the flour in a bowl and add the wet mixture a little at a time. Mix well. Add remainder of flour to make soft dough using just enough flour to knead without sticking. Cover. Let rise until double in bulk.

Keep in warm place. Takes about 2 hours to rise. Knead down a little to get out puffiness. Divide into 6 parts and let stand 10 minutes. Roll out and spread with nut mixture. Roll tightly and place on greased baking sheet and let rise about 1 hour. Brush each roll with slightly beaten egg before baking. Bake in 350\* degree oven 35 to 40 minutes. Brush with melted butter after baking.

### **Nut Mixture**

4 pounds nuts (ground)  
4 cups sugar  
1 stick butter (melted)  
¼ cup milk (enough to moisten nut mixture)

### **Poppy seed Filling**

½ pound ground poppy seed  
¾ cup sugar  
½ scalded milk  
1 tablespoon melted butter  
Combine all ingredients, mix well

# SLAVIC NATIONS

## Pirohy

Submitted by Marianne Gerek

### Ingredients

1 cup flour  
4 tablespoons water (approximately)  
1 egg

Mix flour and egg with enough water to make a soft Dough; knead well. Roll out on floured board until thin. Cut into squares. Place 1 teaspoon filling on each square. Fold in half, making a triangle. Pinch edges well to keep filling inside. Drop into boiling salted water and cook until they rise to surface. Cook 5 minutes longer. Rinse in colander with hot water. Drain. Pour melted butter over pirohy and serve. \*Extra good with sliced onions sautéed in the butter.

### Cheese Filling

½ cup dry cottage cheese  
1 egg yolk  
1 teaspoon butter  
Pinch salt  
Mix all together.

### Potato Filling

1 large potato cooked and mashed  
1 tablespoon butter  
(Optional – Grated sharp cheese, to taste)

### Sauerkraut Filling

Drain and rinse sauerkraut in cold water. Brown Diced onion in shortening, add sauerkraut and cook for a few minutes.

### Lekvar Filling

Lekvar may also be used as a filling. You may purchase canned lekvar or make your own.

Slovak Christmas Eve menu recipes  
From the “Jednota” Slovak Newspaper

# VIETNAM

## Bun Thit Nuong

(Vietnamese Grilled Pork and Vermicelli)

Submitted by Terri Tran

### **Ingredients: 4 servings**

1 package of vermicelli (recipe below)  
Grilled pork (recipe below)  
Fresh herbs: Mint (rau thom), Perilla (tia to), beansprouts (gia), cilantro (ngo)  
Cucumber, diced matchstick size  
Lettuce, thinly chopped  
Pickled carrots and daikons (recipe below)  
Roasted peanuts, coarsely crushed  
Scallion oil (2 tbs chopped scallions and to that, add about 2 tbs of hot olive oil)  
Fish sauce (recipe below)

### **Grilled Pork**

1.5 lb pork butt or shoulder thinly sliced just under 1/4 inch or so (not too thin as you do not want it to dry out when grilled. Ask your butcher to do this for you. Also, do not use lean pork as it will become dry.)

1/4 cup sugar  
2 tbs fish sauce  
1 tbs ground pepper  
2 green onions sliced (use both, the white and green part)  
3 tbs sesame oil  
1 Tbsp roasted sesame  
Flexible grilling mesh or bamboo skewer

Cut any large pieces of sliced pork into roughly 2-3 inch strips. Again, not too small as you do not want it to dry out and also so that it doesn't fall through the grilling mess. For best results grill outdoors using a flexible grilling mesh. For the marinade, combine in large mixing bowl chopped green onion, sugar, fish sauce, pepper, sesame oil. Add pork and mix well and marinade for at least 1-2 hrs. Spread out the meat loosely on the mesh and grill until nicely golden brown and slightly charred. To prevent from over drying since the meat is so thinly slice, keep lid on the grill. Remove cooked meat from mesh into platter or bowl and toss with roasted sesame. Of course you can use an indoor grill or even sauté in a pan if these options aren't available.

### **Vermicelli Preparation**

Place vermicelli in boiling water for about 8-10 min, stirring regularly so it won't stick to the bottom of the pot. To check for doneness, take a strand and taste. Should be still slightly firm but easily breaks apart. Drain and flush with cold water to stop cooking process.

### **Pickled carrots and daikons**

1 carrot, 1 daikon, 1/2 cup white distilled vinegar, 1/2 cup water, seasoned with salt and sugar to taste. Add the shredded carrots and daikon and vinegar together in pickling container with just enough vinegar to submerge the vegetables. Season with roughly equal amounts of salt and sugar to taste. It should be tart, sweet, and salty. We use a large plastic covered container. If you're only doing a small batch, a glass jar will do. Pickle for at least 1 hr before use. Keeps in the fridge for months.

### **Fish sauce**

1/2 cup fish sauce  
1/2 cup sugar  
1/2 cup fresh squeezed lime juice  
1 cup water  
1 tsp chili paste or fresh chili cut small  
1 clove garlic crushed/chopped small

In individual serving bowls, combine vermicelli with grilled pork (thit nuong) lots fresh herbs, cucumbers, bean sprouts, pickled carrots and daikons, crushed roasted peanuts, scallion oil and dress with fish sauce. Enjoy!