



REFUGEE IMMIGRATION MINISTRY

COOKBOOK FROM AROUND THE WORLD

BRINGING OUR FAVORITE FAMILY
RECIPES TO YOU



MALABAR CHICKEN BIRIYANI

Ingredients

- 3 garlic cloves
- 1" ginger
- 1 big green chili
- 1/2 tsp ground turmeric
- salt to taste
- 3 medium onions, sliced
- 2 tsp yogurt
- 1/4 tsp fennel seeds
- 1 big tomato, chopped
- 2" cinnamon stick
- 1 bay leaf
- 4 cloves
- 1 sprig coriander (cilantro) leaves
- 4 cardamom pods
- 2 tsp ground black pepper
- 1 tsp ground coriander
- 2 tsp ground chilies
- 3 cups basmati rice or jeera rice
- juice of 1 lemon
- 1 kg chicken pieces, bone-in
- oil
- 3 Tbsp ghee
- 6 1/3 cup water
- 1 tsp rose water
- 20 cashew nuts
- 3 Tbsp raisins

Directions

1. Grind garlic, ginger, and green chillies to a smooth paste. Add little water to make the process easier. Marinate chicken using half of the paste, ground turmeric, 1 tsp ground red chilies, 1/2 tsp garam masala and salt. Keep it in the refrigerator for an hour. Then shallow fry the pieces in oil. Set aside.
2. Soak 7 cashew nuts in 1/2 cup water. Set aside for half an hour. Then grind the nuts to a smooth paste. Set aside.
3. Soak basmati rice in water for half an hour and set aside.
4. Heat some oil in another pan and fry 1/4 cup sliced onions, 13 cashew nuts and raisins separately. Set aside.

To prepare rice for the biriyani:

1. Heat 2 tbsp ghee in a deep pan and splutter fennel seeds. Fry one medium onion until translucent. Add cloves, cardamom pods, cinnamon stick and bay leaves. Fry again.
2. Add 8 cups of water along with 3 cups of washed rice. Add lemon juice. Season with salt. Let it come to boil. Then turn down the heat and cover the pan with a lid. Once cooked, drain and keep it aside.

To prepare gravy for chicken:

1. Heat oil in a pan and fry the rest of onions until golden brown. Then add remaining paste and fry for a few seconds. Throw in tomatoes, the rest of the spices (ground coriander, ground red chilies, ground black pepper, garam masala), enough salt and cashew nut paste. Fry again for 3-4 minutes.
2. Add chicken pieces along with 1/3 cup water. Finally, add 2 tsp yogurt and 1 tsp vinegar. Cook again for a couple of minutes.

To arrange the layers :

1. Take a deep heavy bottomed pan and place a layer of chicken. Then add a layer of rice. Pour 1/2 tsp rose water. Use chicken and rice alternatively until finished. But make sure the top layer is rice. Pour 1/2 tsp rose water. Add 1 tbsp ghee. Now you can garnish biryani with fried cashew nuts, raisins, onions and chopped coriander leaves.
2. To 'dum' biryani, place the pan on a large tawa over low heat for 10 minutes.

WHOLE WHEAT PANCAKES WITH CHAI

PANCAKE

Makes 6 medium sized pancakes

- 1 1/2 cups of sifted whole wheat flour
- 1 tablespoon of baking powder
- 1 cup raw sugar
- 1/2 cup of whole milk or full fat yogurt
- 2 tablespoons of powder milk
- 1 extra large free range organic chicken or duck egg
- 1 tablespoon Buffalo ginger powder (Vietnam)
- 1/4 tablespoon of Royal cinnamon (Vietnam)
- 1 tablespoon cloud forest cardamom powder (Guatemala)
- A few strands of Herati saffron (Afghanistan)
- 1 tablespoon of canola oil

Mix all ingredients and let stand til the baking powder reacts causing bubbles in the mixture. Heat pan, add butter. Cook as any other pancake. Serve with organic Vermont maple syrup and organic butter. Have a good quality plant-based breakfast sausage on the side.



CACAO/BLACK TEA CARDAMOM SAFFRON CHAI

- 2 cups of whole milk
- 1/2 cup of raw sugar
- 2 tablespoons of Danedar (Pakistani black tea)
- 1 tablespoon of Morogoro cacao (Tanzania)
- 3 Cloud forest cardamom pods (Guatemala)
- Herati saffron (Afghanistan) a few strands
- 1/2 cup of water

Combine all ingredients, bring to boil, strain into cups. Serve with extra milk and sugar on side to adjust to desired sweetness and creaminess.

Kofta Curry

Kofta

INGREDIENTS

- 1lb of keema (chicken, beef, mutton or goat)
- 1.5 T wild mountain cumin (Afghanistan)
- 1.5 T coriander seed
- 1 black cardamom pod
- 1 small stick of cinnamon
- 1 T salt
- 1 teaspoon of hot red chili powder or Cobanero chili flakes (Guatemala)
- 1/2 cup of besan (chick pea flour)
- 2-3 tsp of water

DIRECTIONS

- Toast spices and grind to a powder. Combine all ingredients and let mixture stand for an hour.
- Heat 2 cups of oil (canola, vegetable or peanut) til hot. Form keema mixture into kofta (meatballs) and fry in oil til golden brown, drain and set aside. Begin making curry.

Curry

INGREDIENTS

- 1 large onion sliced
- 10 large garlic cloves
- 1/4 cup of oil
- 1/2 cup of full fat yogurt (Greek yogurt works great)
- 2 tablespoons salt
- 3 tablespoons Kashmiri chili powder
- 2 tablespoons of coriander powder
- 2 tablespoons of wild mountain cumin powder (1 toast whole seeds and grind into a powder)
- 1 black cardamom pod
- 1 small stick of cinnamon
- 3 cups of water

DIRECTIONS

- Sauté onion and garlic til golden brown then purée in food processor. Return to pot and continue sautéing.
- Now add yogurt and spices , sauté til fragrant. At this point add water and bring to a boil. Add kofta , lower heat, cook til shorba (gravy) is reduced by at least half. Put 4 kofta in a serving bowl with some shorba. Serve with Nan or chapati. Traditionally not sprinkled with chopped cilantro, but if you like, go ahead. I like to have some Pakistani pickles , chutney and onions on the side, or a small salad. Makes about a dozen kofta.

GOAT PALAO

INGREDIENTS

2lbs of halal goat meat curry cut clean
3 red onions
1 tomato chopped
4 tablespoons of ginger garlic paste
5 cloves
1 stick of cinnamon
1 tablespoon First harvest Turmeric
1 tablespoon of peppercorns
3 tablespoons Kashmiri chili powder
2 tablespoons red silk chili powder
3 black cardamom pods
6 cardamom pods
3 tablespoons Wild mountain cumin
1 tablespoon Coriander seeds
1/4 teaspoon of nutmeg grated
2 tablespoons of salt
3 laurel bay leaves
2 1/2 cups of Basmati rice preferably from Pakistan (superior quality) rinsed and soaked



DIRECTIONS

Rinse and clean meat. In two tablespoons of oil lightly brown two onions. Add garlic ginger paste, and spices sauté til fragrant add meat sauté til brown, add tomato cook until it starts to break down, add water bring to boil, cook until meat is tender.

When tender add soaked basmati, stir reduce heat and cook until rice is done, meanwhile brown remaining onion with some Thai bird chilies and sprinkle of Garam masala. When pulao is ready add brown onion, chilies and masala mixture. Stir and serve with mint/cilantro garlic yogurt chutney, lime and Pakistani pickles.

Mint Cilantro Garlic Yogurt Chutney

Fresh mint 4 tablespoons
Fresh cilantro 4 tablespoons
5 cloves of garlic
1 cup of yogurt
Juice of one lime
Water to help blend
Salt /pepper
Blend all ingredients til smooth
Eat with hand or a spoon.



DANISH RED CABBAGE

by Heather V.

INGREDIENTS

- One medium-large head of red cabbage (approx 2 pounds), chopped small
- 4 Tablespoons butter (or 2 Tb butter + 2 Tb oil)
- 1 Tablespoon sugar
- 1 teaspoon salt
- $\frac{1}{2}$ cup vinegar
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ apple, peeled and grated or finely chopped
- $\frac{1}{2}$ cup red currant jelly (or similar)

"My grandparents (father's side) were from Denmark. This is a family favorite that we eat at Christmas and Thanksgiving. "

PROCEDURE

- 01** Melt butter, then add sugar, salt, vinegar and water.
- 02** Bring to boil, then mix in cabbage.
- 03** Cook covered on low boil for around 1 hour, with occasional stirring (add a little water if getting dry).
- 04** After one hour, add jelly and apple, and cook for about 10 minutes more.

Note: taste improves if kept for a day or so and reheated.

PAKORAS

"Pakoras are a Pakistani savory snack which is also cooked in neighboring countries in South East Asia. They are mostly enjoyed at Iftar in Ramadan (at the time of breaking the fast). Also, on a rainy day with a hot cup of chai (black tea with cardamoms, milk and sugar) and a chutney (tamarind, mint/yoghurt or cilantro/tomato one)."



INGREDIENTS

Gram Flour 1 1/2 cup
Salt 1 tsp or to taste
Red pepper powder 1 tsp or to taste
Coriander seeds 2 tsp
Cumin 1 tsp
Onion 1 small (finely chopped)
Potato 1 small (finely chopped)
Cilantro (fresh) A few sprigs (chopped)
Mint (fresh) Leaves minus the stem (chopped)
Chat masala powder (optional) for sprinkling on the pakoras before serving

Any other veggie like broccoli, spinach, eggplant slices, Green peppers, cauliflower can be added to the batter and fried. Cut up slices of bread dipped in batter is also loved by children as a snack.

METHOD

Mix all the ingredients in a medium sized bowl and slowly add water, until it's like a thick paste.

Heat oil in a wok and add the pakoras batter, a few tablespoons at a time, spread out in the oil and deep fry to a golden color. Cook in batches.

Drain on paper towels and serve hot with tomato ketchup or any chutney of your choice.

STUFFED CHEESE

CHEESE: 1 LARGE BALL DUTCH EDAM CHEESE

- 1 — Cut a square cap on top of the cheese and carefully scoop out the cheese with a small spoon to avoid breaking the rind.
- 2 — Peel the outside of the cheese to remove all the red paraffin. Use to peel the cheese, preferably, the special vegetable peeling knife.
- 3 — After the cheese has been peeled, place it in a glass container with water that covers and let it soak during the night, so that it softens.
- 4 — Next day drain it out well.
- 5 — Cover the bottom of a cauldron or casserole dish with previously washed and buffered pieces of banana leaf. (one can replaced aluminum foil, greased, for the banana leaf)
- 6 — Place cheese on leaves, ready to be stuffed.

SOFRITO

- | | |
|--------------------------------------|---|
| Salt, pepper | 1 tomato |
| 2 cloves garlic minced | 3 sprigs of cilantro (coriander) |
| 1 tablespoon vegetable oil or butter | 6 olives, stuffed with bell peppers |
| 1 ounce bacon | 1 — teaspoon capers |
| 1 ounce of minced ham | 2 — tablespoons vegetable oil with achiote (annato) |
| 1 medium onion | 1/4 cup tomato sauce |
| 2 green bell peppers, fresh | |

Filling: ground beef A- 1, 1.5 or 2 pounds of ground beef

- 1 — Put a large frying pan or similar pan on the fire. Add the oil, heat, and brown the bacon and minced ham.
- 2 — Immediately add the ground beef and brown them lightly over medium-high heat, turning them back and forth.
- 3 — Lower the heat to moderate and add the following: onion, peeled, washed and split into wheels, garlic, salt and pepper, Green pepper, washed, seeded and chopped. Add tomato, the cilantro, washed and chopped. Add the 6 olives and the teaspoon of capers.
- 4 — Move it occasionally where the onion is softened.
- 5 — After the onion is softened, add the oil with achiote and tomato sauce. Mix well. Cook until well done.
- 6 — Fill the cheese with the ground beef and place the stuffed cheese on the banana leaves in the cauldron. Place the square cap to close the cheese ball.
- 7 — Top with banana leaves. Cover and bake for 45 minutes in an oven preheated to 350 degrees F

Chana Dal

ingredients

1cup of Chana dal
2 tablespoons of oil
3 tablespoons of grated ginger
2 tablespoons of grated garlic
2 tablespoons of wild mountain cumin (Afghanistan)
1 tablespoon of coriander seed
1 tablespoon of new harvest turmeric (India)
3 Tablespoons of Cobanero chili flakes
Kashmiri chili powder
Salt and pepper
3 cups of water
Chopped cilantro
Thai birds

directions

Sauté all ingredients up to water, till fragrant, add water, bring to boil. Lower heat and simmer till Chana dal are tender, add water if looking for a thinner consistency, add cilantro and Thai bird chillies, squeeze lime on it and serve with chapati.



SHRIMP FRA DIAVOLO

by Christian F.

Ingredients

- 2 pound of Large Shrimp, peeled, deveined.
- Two tea spoon salt.
- Two tea spoon of Dried crushed red pepper flakes.
- 6 table spoon of Olive Oil.
- 2 medium onion Slice
- 2 can diced tomatoes(14 ounces)
- Two cups of dry white wine
- 6 garlic cloves, chopped.
- Half a tea spoon of Oregano leaves.
- 6 table spoon chopped fresh parsley.
- 6 table spoon chopped fresh Basil.

Directions

1. Toss the shrimp in a medium bowl with 2 teaspoon of salt and red pepper flakes.
2. Heat the 6 tablespoons oil in a heavy large skillet over medium-high heat. Add the shrimp and sauté for about a minute, toss, and continue cooking until just cooked through, about 1 to 2 minutes. Transfer the shrimp to a large plate; set aside.
3. Add the onion to the same skillet, adding 1 to 2 teaspoons of olive oil to the pan, if necessary, and sauté until translucent, about 5 minutes. Add the tomatoes with their juices, wine, garlic, and oregano. Simmer until the sauce thickens slightly, about 10 minutes.
4. Return the shrimp and any accumulated juices to the tomato mixture; toss to coat, and cook for about a minute so the flavors meld together. Stir in the parsley and basil. Season with more salt, to taste, and serves 8 people.

"This an old style Italian dish with a little heat to it, best served over pasta, it's an old family Christmas favorite from New York"

SPICY KOREAN CHICKEN STEW

INGREDIENTS

Chicken and Vegetables

- 2.2 pounds chicken (any part is fine, thighs/wings are recommended), cut into medium sized chunks
- 1 cup water
- 2 medium-sized potatoes, cut into medium pieces
- 1 carrot, cut into medium pieces
- 1 onion, cut into medium pieces
- 3 perilla leaves, thinly sliced
- 1 stalk of green onion, thinly sliced
- 1 tsp roasted sesame seeds

Sauce (Mix in a bowl)

- 3 Tbsp gochujang (Korean chili paste), use 2 Tbsps if prefer less spicy
- 2 Tbsp gochugaru (Korean chili flakes)
- 2 Tbsp rice wine
- 1 Tbsp soy sauce (best if you use the Korean soup soy sauce)
- 1 Tbsp sugar or ½ Tbsp honey
- 1 Tbsp minced garlic
- 1 tsp minced ginger
- 1 tsp sesame oil
- A few sprinkles ground black pepper

DIRECTIONS

1. On medium-high heat, boil some water (5 to 6 cups) in a medium sized pot. Once it's rolling boiling, parboil the chicken for 1 minute. Drain the water.
2. In a clean pot, add the chicken, sauce, and the water. Boil them over medium-high heat for about 10 mins, covered.
3. Add the potatoes, carrots, and onions and boil for a further 5 mins, covered. Reduce the heat to medium and stir gently to change the position of the chicken and the vegetables. Add the perilla leaves. Simmer for a further 15 mins (or until the chicken and the potatoes are fully cooked), covered.
4. Garnish with the green onion and toasted sesame seeds. Serve hot with a bowl of steamed rice.

HOMEMADE PLAY DOUGH

INGREDIENTS

3 cups flour
1 1/2 cups salt
1 Tablespoon cream of tartar
3 cups water
3 Tablespoons cooking oil
food coloring

METHOD

Put all of the ingredients into a saucepan and mix well. Cook over medium heat until the mixture blends together to form play dough, stirring constantly. Cook the dough 2 to 3 minutes longer to make sure that it is ready (it should not be sticky). Put mixture on foil and knead when cool. Store in airtight plastic container.

BARK

INGREDIENTS

Cooking spray
35 to 40 saltine crackers (one sleeve works)
2 sticks (1 cup) butter
1 cup light brown sugar
8 ounces semisweet chocolate chips (about 1
1/3 cups)
Walnuts or pecans optional

DIRECTIONS

Preheat the oven to 425 degrees F.

Line 1 large or 2 small jelly-roll pans with aluminum foil, spray with nonstick spray and arrange the saltines salt-side down in a single layer. In a medium saucepan, melt the butter and brown sugar together and boil until it turns a caramel color, a few minutes. Remove from the heat and pour over the crackers, covering them evenly.

Put the jelly-roll pan into the oven and bake for 3 to 5 minutes, or until just bubbly, watching carefully. Remove from the oven and pour the chocolate chips over the crackers. When the chips melt a bit, spread them over the crackers with a knife. You may add chopped walnuts or pecans to the top.

Transfer the pan to the freezer for 15 to 20 minutes, or until completely cold. They will form one big sheet. Break up into pieces. Store in an airtight container.



TURKISH BUTTERNUT SQUASH AYRAN

INGREDIENTS

Leftover roasted butternut squash or roasted fresh 1 whole large squash

1 medium red onion chopped

5 cloves of garlic chopped

2 tablespoons of Wild mountain cumin

2 tablespoons of Red silk chilies

1 tablespoon of chili flakes

3 tablespoons of Purple stripe garlic powder

1/2 tablespoon of Black lime powder

Kashmiri masala

Salt and pepper

6 cups of water

1cup of Ayrar, curds or Greek yogurt

Chopped cilantro

Cured Sumac (Turkey)

Cumin /chili oil

3 tablespoons of oil or ghee

2 tablespoons of wild mountain cumin

1/2 Tablespoon of Cobanero chilies flakes

Thai bird chilies: to make oil heat oil, very hot, add cumin and chili flakes , wait till cumin starts to pop, add Thai birds whole.... til aromatic.... pour a tablespoon on hot soup in individual bowls

DIRECTIONS

Sauté onions and garlic in a couple tablespoons of ghee or oil when translucent, skin roasted butternut squash cut in manageable cubes add to onion garlic mixture, continue sautéing and add spices, when spices are aromatic, add water and bring to a boil, reduce heat and simmer for 1 hour turn off and let cool

When the soup has cooled to a safe temperature, blend smooth with a blender. Pour soup back in pan add the Ayrar, curd or Greek yogurt blend and slowly heat til soup is hot.

Right before serving add cilantro and pour cumin/ chili oil while very hot. Serve with lime and Cured Sumac allowing the diner to add their personal preferences. Have plenty of good Turkish flat bread, Nan or Chapati to serve alongside. Pair with a fresh salad, tabouli and hummus, olives and Turkish cheese. A nice pot of tea with mint and lemon also goes well with this delicious lunch.



GREEK LENTIL SOUP

BY HEATHER V.

PREP AND COOK TIME: APPROX. 90 MINUTES

INGREDIENTS

- 1 cup French lentils (or brown)
- ¼ cup extra virgin olive oil
- ½ medium onion, finely chopped
- 1 large carrot (or handful of "baby" carrots), thinly sliced or chopped
- 1 Tablespoon garlic, minced
- 1 Quart (1 Liter) chicken broth (low sodium, ie. Imagine)
- ¼ tsp. dried oregano
- ¼ tsp. dried rosemary
- 2 bay leaves
- ½ tsp. (or less) salt
- ¼ tsp. (or to taste) fresh ground pepper
- 1 Tablespoon tomato paste
- large bunch Swiss Chard, stems removed and leaves chopped small

DIRECTIONS

1. Put lentils in a large saucepan and add water to cover by 1 inch. Bring water to boil and cook on medium heat for about 10 minutes. Drain and set aside.
2. Heat oil in a large pot over medium heat. Add onion & carrots and cook for 5-10 minutes, until almost soft. Add garlic and cook 1-2 minutes.
3. Add cooked lentils, chicken broth, oregano, rosemary and bay leaves. Bring to boil, then reduce heat to medium-low, cover and simmer for 10 minutes.
4. Stir in tomato paste and season with salt & pepper. Cover again and simmer for 25-30 minutes with occasional stirring (add some water if soup gets too thick).
5. Add Swiss chard and cook about 10 minutes more.

Kale Parmesan Salad

BY RACHEL T.

Ingredients

- 2 bunches of kale, fibrous stems removed
- 1/2 head of thinly sliced purple cabbage
- 1/2 cup of grated parmesan cheese
- 1/2 cup slivered almonds

Dressing:

- 4 Tbs fresh squeezed lemon juice
- 1/2 cup extra virgin olive oil
- 1 tsp grated garlic
- 2 tsp dijon mustard
- 1 tsp salt
- 1/4 tsp pepper

Procedure

Remove kale stems, pile leaves on top of each other and massage for 3-5 minutes until the leaves are no longer bitter. Cut kale into bite size pieces. Combine dressing ingredients and whisk until thoroughly combined. Build your salad with the kale, cabbage, almonds and parmesan in a large bowl. Top with 1/2 of the dressing and store other half in fridge. Toss to combine and enjoy!

Tip: This salad is great with a dollop of cottage cheese on the side.



Libyan Soup



INGREDIENTS

200 g of lamb
small cubes of onion
chopped small tomatoes
1 Tbsp dried mint
1/4 cup oil
2 Tbsp tomato paste
1/2 tsp cinnamon

2 Tbsp fresh parsley
boiled chickpeas
1 1/2 cup hot water
1 tsp turmeric
1 tsp ground red pepper
1 tsp salt
1/2 cup orzo

DIRECTIONS

In a pot, heat the oil and add the meat and onion. Stir for a few minutes over medium heat.

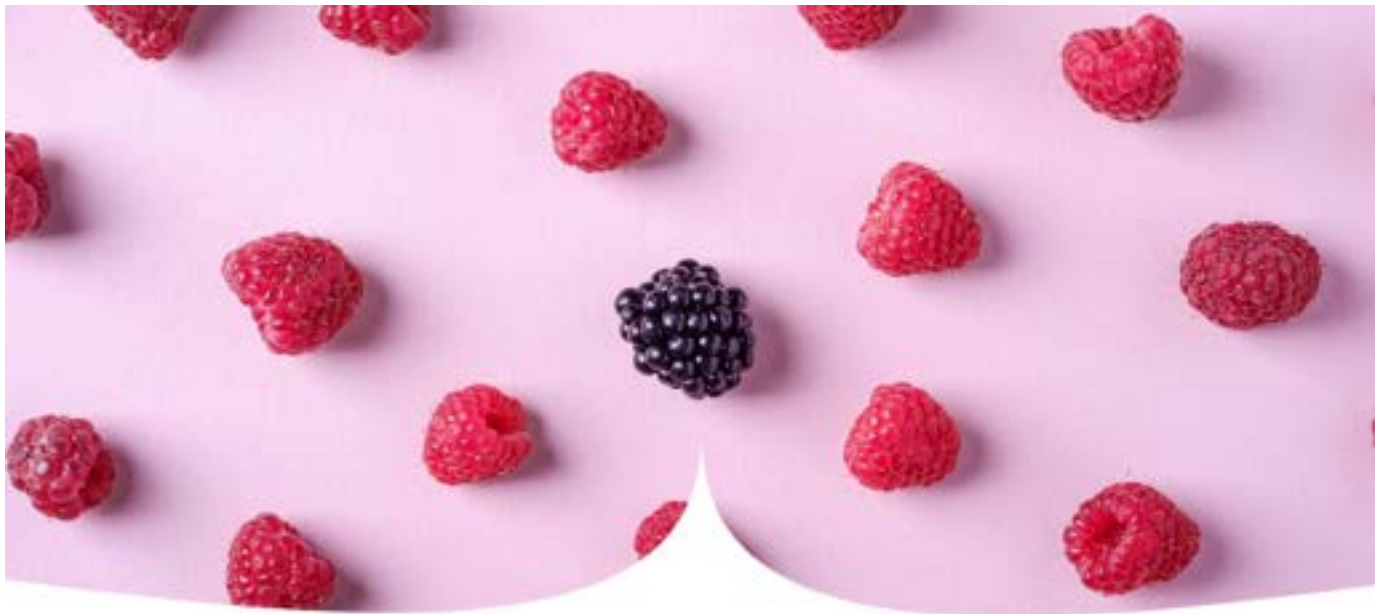
Add ground spices, chickpeas, tomato paste and chopped tomato. Stir for a few more minutes.

Add 1/2 cup of the water and 2 Tbsp parsley then cover the bowl and leave it on a low heat for 30 minutes or until the meat is tender.

Add the rest of the water and parsley. Add the orzo. Cover the bowl for another 15 minutes.

Remove the pot from fire and add dried mint and ground cinnamon. Stir the soup, pour into serving bowl and enjoy!





Raspberry Applesauce Jello Mould

BY RACHEL T.



You will need:

- 2 packages of raspberry jello
- 2 cups of boiling water
- 15 oz. jar of applesauce
- 10 oz. frozen raspberries



Instructions:

Thaw raspberries. Mix all ingredients in a bowl until jello dissolves. Pour into a 5-6 cup mould and chill until set. Serve with sour cream and mini marshmallows.

TOURTIÈRE

INGREDIENTS

- 1 pound ground organic pastured pork
- 1 pound ground organic pastured beef
- 1 large onion, finely chopped
- 2 Tbsp olive oil
- 2 medium-large baked potatoes, mashed with skins removed (or about 1 cup of mashed potatoes)
- 3/4 cup beef or vegetable broth (or just water)
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1/2 tsp. ground cloves
- 1/4 tsp. pepper
- 1 tsp. salt
- For the Butter Pie Crust:
 - 2 1/2 cup flour of choice (I use a mix of spelt and whole wheat)
 - 1/2 tsp salt
 - 1 cup (2 sticks) unsalted butter
 - 1 cup ice cold water
- For the egg wash:
 - 1 egg
 - 1 Tbsp. water

DIRECTIONS

1. In a large skillet or wok, combine the finely chopped onion with the olive oil and sauté for about 10 minutes on medium heat, until onions are soft and golden. With your hands, mix the ground pork and beef together in a bowl. Add the mixed ground meat to the onions and cook for about 10 minutes, stirring it to break up the meat so it doesn't clump together. Add all the remaining ingredients (broth, spices, mashed potato, salt and pepper) and mix together. Reduce the heat to medium-low, cover, and simmer for about 20 to 30 minutes, stirring occasionally, until most of the liquid is absorbed. Remove from heat. Taste the meat mixture and add a bit more salt, pepper, or spices, to suit your preferences. Cool in the fridge for about 2 hours, until completely chilled.

2. To make the pastry, cut the butter into small cubes and chill them so they are very cold. Using a food processor or a pastry blender, chop up the butter into the flour and salt until it is small and crumbly, the size of very small peas. Pour in 1/2 cup of the ice cold water and mix into the flour. Add more water, 1 tablespoonful at a time, until the dough comes together into a ball. I find using my hands works best for bringing the dough together and judging whether or not to add more water. The dough should not feel dry and should be pressed into a ball fairly easily. But it should not feel sticky either. Form two balls and flatten them slightly into discs. Wrap and cover them in wax paper or plastic, and let them rest in the fridge for 1 hour. Remove from the fridge and allow to sit at room temperature for 5 minutes. Roll out each disc on a floured surface to about 1/8 to 1/4 inch thickness.

3. Line a 9 inch pie plate with the first circle of dough. Spoon in all the meat filling, patting it down lightly to compress it a bit. Brush the pie rim with water and place the second circle of dough on top, pressing the edges together to seal. Trim and flute as desired.

4. The egg wash is what will give your tourtière a golden glow, so don't skip this step! Beat the egg and water together and brush the mixture all over the top of the crust and around the edges.

5. Cut some steam vents on top of your pie.

6. With the rack in the bottom third of the oven, bake at 375F for about 50 minutes or until the top of the crust is golden.



LUBA'S MERINGUES

by Gabriela R.

Ingredients

- 2 egg whites
- a pinch of salt
- a pinch of cream of tartar
- 1 tsp. of vanilla
- 3/4 cup of sugar
- 6 oz. of chocolate chips



Directions

1. Preheat oven to 300 F.
2. Beat whites, salt, cream of tartar and vanilla until soft peaks form. Add sugar gradually, beating until peaks are stiff. Fold in chips.
3. Cover cookie sheet with parchment or wax paper. Drop by rounded teaspoons.
4. Lower oven to 250 when putting in the meringues, and bake for 25 minutes or until firm, but not brown.

Note: It may take a while for the meringues to be firm.



SHAKSHUKA

INGREDIENTS

- 2-3 Tbsp cooking oil (I use avocado oil)
- A sprinkle of salt
- 1/2 large onion, finely chopped
- 5-6 fresh tomatoes, chopped (best ones are the "on the vine" tomatoes)
- 1/2 Tbs (or to taste) Baharat Spice Mix (I use a finely ground combination of black peppercorns, cumin, coriander seeds, cloves, cardamom, paprika, cinnamon and nutmeg)
- 4-6 large eggs

"IT IS A VERY SPECIAL ONE FOR ME BECAUSE I LEARNED IT FROM MY FATHER WHO USED TO COOK IT FOR US ON WEEKENDS. I DO THIS TRADITION NOW WITH MY FAMILY."



DIRECTIONS

1. Heat oil in large frying pan (flat bottom and raised sides, approximately 10" diameter) over medium heat. Add chopped onion and salt. Let it cook at medium heat while stirring with a wooden spoon for 5 minutes.
2. Add spice mix and keep stirring until onions are soft and browned.
3. Add the tomatoes and cover with the lid. Increase heat to medium high heat and simmer for about 15 minutes or until the liquid evaporates and the tomato/onion mixture is thickened.
4. Make a small indent in the tomato mix for each egg. Crack the eggs and add them on top of the mix to cook.
5. Reduce heat to medium, cover and let eggs cook briefly until the whites are settled and the yolk is cooked to preference.
6. Since I make this meal for breakfast or brunch, we always serve it with whole gran or garlic naan.

"Belafya!"

('bon appetit' in Iraqi dialect)



CHICKEN TORTILLA SOUP

Christ Church Honduras Mission Team

"This hearty soup was often our supper choice at the end of long, hot, rewarding work days in the areas around Tegucigalpa, Honduras."

INGREDIENTS

- 8 cups chicken stock
- 3 large boneless chicken breasts
- 2 15 oz. cans black beans
- 2 15 oz. can corn
- 1 28 oz. can fire roasted diced tomatoes
- 1 large white onion, chopped
- 4 cloves of garlic
- 1 tsp chili powder (or more to taste)
- Salt to taste
- Pepper to taste
- Cayenne pepper to taste (optional)
- Onion and garlic powder to taste (optional)
- Tortillas, corn preferred
- Optional garnishes: cheese, avocado, sour cream, cilantro and thinly sliced lime

PROCEDURE

01

Heat oven to 400 degrees. Boil chicken with chicken stock until cooked, in large, covered pot. In skillet, cook chopped onion and garlic until onion is translucent (about 5 minutes); set aside.

02

Add rinsed black beans, cooked onions and garlic and fire roasted tomatoes to soup pot. Bring soup to boil. Add salt, pepper, chili powder and optional other spices. Reduce heat and let soup simmer.

03

Thinly slice the corn tortillas into strips and arrange in single layer on a baking sheet. Heat tortilla strips until crisp (about 8-10 minutes). Add corn to simmering soup and continue to simmer, uncovered for 30 more minutes.

04

Divide soup into 6-8 serving bowls and top with tortilla strips. Add optional toppings and serve with warm tortillas.



CRISPY VEGETABLE PAKORAS

A RECIPE FROM INDIA

INGREDIENTS

- 1 cup chickpea flour
- 1/2 tsp ground coriander
- 1 tsp salt
- 1/2 tsp ground turmeric
- 1/2 tsp chili powder
- 1/2 tsp garam masala
- 2 cloves garlic, crushed
- 3/4 cup water
- 1 qt oil (for deep frying)
- 1/2 head cauliflower florets
- 2 onions, sliced into rings

DIRECTIONS

- Sift the chickpea flour into a medium bowl. mix in the coriander, salt, turmeric, chili powder, garam masala and garlic.
- Make a well in the center of the flour. gradually pour the water into the well and mix to form a thick, smooth batter.
- Over medium high heat in a large, heavy saucepan, heat the oil to 375 degrees F (190 degrees C).
- Coat the cauliflower and onions in the batter and fry them in small batches until golden brown, about 4 to 5 minutes. Drain on paper towels before serving.



CHICKEN CHAPLI KEBABS

Chapli Kebabs

- 1 lb of keema (ground chicken, beef, mutton or goat)
- 1 red onion finely diced or grated
- 1 jalapeño finely diced
- 4 Thai bird/green chilies diced
- 1cup of chopped cilantro
- 1/4 cup of chopped mint
- 3 tablespoons of wild mountain cumin
- 3 tablespoons of coriander seeds
- 2 tablespoons of Kashmiri chili powder
- 1 tablespoon of new harvest turmeric (India)
- 2 tablespoons of chili flakes
- 1 tablespoon of cayenne chili powder
- 1 tablespoon of salt
- 1 tablespoon of black pepper
- 1/2 cup of Chakki atta(whole wheat chapati flour)



1.Combine all ingredients and let stand for at least an hour. Meanwhile heat 2 cups of oil(canola, peanut or vegetable) hot. Form keema mixture into thin patties, slide into oil and cook to a crispy dark brown on each side and is cooked through.

2.Serve with mint chutney, pickle red onions , Pakistani spicy mango pickle and eat with chapati or Nan.

Mint Chutney

- 1/2 cup of Greek yogurt
- 2 cloves of garlic
- 1/4 cup of chopped mint
- Salt and pepper
- Juice of a lime

Combine all ingredients, add water to desired thinnest.

Pickled Red Onions

- One red onion sliced
- 1/4 cup of raw apple cider vinegar
- Salt and pepper
- Cover sliced onions with vinegar and let sit an hour

Note: Pakistani pickles can be found at Pakistan/ Indian markets, National is a good brand.



Swedish Apple Pie

Ingredients

- 1 cup granulated sugar
- 3/4 cup butter or margarine, melted
- 1 egg
- 1 cup of flour
- Apples, peeled and sliced
- To sprinkle on apples:
 - 1 Tbs. granulated sugar
 - 1 tsp. of cinnamon

Directions

- Heat oven to 350°F.
- Fill glass pie pan 2/3 full with peeled, sliced apples.
- Sprinkle sliced apples with sugar and cinnamon.
- In a small bowl combine: melted butter, sugar, flour and beaten egg.
- Mix until smooth and spread over apples.
- Bake for 45 minutes or until golden brown.
- Serve hot or cold.

VEGGIE PARMESAN SOUP

Rachel T.

INGREDIENTS

| | |
|---|---|
| 2 Tbs olive oil | 1 cup/can drained cannellini beans |
| 1 small onion, chopped | 1 cup/can drained kidney beans |
| 1/2 cup chopped celery | 1 cup sliced zucchini |
| 1/2 chopped leek (white part) | 1/2 cup green beans, trimmed and cut into 1/2 inch pieces |
| 8 cups of water | 1/4 cup pasta of choice |
| 1 cup chopped, peeled tomatoes (can use canned) | Salt to taste |
| 1/2 cup chopped carrots | Pepper to taste |
| 1/2 cup diced, peeled potato | Grated parmesan to finish |

INSTRUCTIONS

1. In a large sauce or stock pan, heat oil and add onion, celery and leeks. Cook until transparent.
2. Add water. You can also use vegetable or chicken stock instead of water if you prefer.
3. Add tomatoes, carrots and potato. Cover and cook for 15 minutes.
4. Add the cannellini beans, kidney beans, zucchini, green beans, pasta and salt.
6. Cook until the pasta is done.
7. Serve with parmesan and pair with crusty bread.

Tip: This soup also freezes well for fast and easy dinners. If you know you will want to freeze some soup for later, cook the pasta separately so that it does not absorb the broth.

Note: All the amounts of veggies and beans are approximate, feel free to adjust and use whatever you have on hand.



A recipe card for Easter Pizza set against a dark, textured background. The card features a title, an ingredients list, and directions. The background includes images of pizza slices, cherry tomatoes, and a bowl of flour.

EASTER PIZZA

INGREDIANTS

- 1 lbs cubed prosciutto (can substitute or combine with other Italian cold cuts)
- 1 lbs ricotta
- 1/2 lbs fresh grated cheese
- 1/2 lbs of mozzarella cubed
- 6 eggs
- 1 tsp black pepper

DIRECTIONS

- Prepare your favorite two crust pie recipe. Line extra deep baking sheet (approx. 9x13) with half of the pie crust.
- In a bowl, beat eggs, add ricotta, mozzarella, grated cheese, prociutto and pepper. Blend all ingredients together.
- Pour mixture into the prepared baking dish. Cover with remaining half of pie crust. Cut slits in upper crust to allow steam to escape.
- Bake in 375 degree oven for 45 minutes or until form in the center. Cool before serving.



Stuffed Peppers

ingredients

- 6 sweet green peppers
- 1 1/2 cup breadcrumbs**
- 6 anchovies
- olives
- oil
- salt

**This recipe can be adapted by changing the breadcrumbs to either cooked rice or cooked hamburger or a combination of both and not covering with a piece of bread

directions

- Preheat oven to 350 degrees
- Take seeds out of peppers, wash and dry
- Chop anchovies and olives into small pieces and add to bread crumbs
- Moisten mixture with oil
- Stuff the peppers and seal with a small piece of bread
- Pour a little oil over the peppers and sprinkle with salt
- Bake for about 45 minutes



THE FAMOUS UGANDAN ROLEX

CHAPATTI

- 2 tablespoon of salt
- 4 cups of all-purpose flour
- 2 table spoons of oil or butter
- 1 tablespoon of minced onion
- 1 tablespoon of sugar
- 4 cups of warm water.

Chapatti dough is pretty much the usual dough with all the ingredients above, When its ready cover it with foil for about 30minutes.

The next step is to roll the dough into balls of how much or how big you want your chapatti.

Make sure you have a clean dump cloth ready as you roll the balls just to cover them so that they don't harden or to keep the dough soft, this is so to have smooth chapatti.

When done rolling the balls, Get your rolling pin and start rolling one ball at a time, pour a table spoon of oil on the rolled dough and make a ball of it again. Do this for all the balls while keeping them all covered with the cloth.

DIRECTIONS

Next step is to roll the balls with a rolling pin just like tortillas, set your pan ready to fry the chapatti. First, put chapatti on a dry pan, after a minute flip to the other side add oil all around the chapatti then flip it again so that the side with oil is the one down, start rotating it for about a minute using a cooking turner. Flip it again and do the same process for all the rolls.

- 2 to 3 eggs' depending on how big the chapatti is.
 - 1 tomato cut into small pieces
 - Small onion cut into very small pieces or grated as needed
 - Green cabbage shredded as needed
- Salt.

Mix everything and get your pan ready, it's just like making an omelet. Put it on the chapatti and roll it, cut into pieces and ready to eat.

by Sophia G.



NAPA CABBAGE SALAD

1 HEAD OF NAPA CABBAGE

Shred cabbage. Chop 8 scallions.
Combine in large bowl.

IN FRYING PAN, BROWN:

1 Tbsp olive oil
2 Tbsp sesame seeds
1 package (small) sliced almonds
Uncooked noodles from 3 packages of
Ramen oriental flavor noodles
Sprinkle of garlic powder

IN SAUCE PAN, BOIL:

2 Tbsp of soy sauce
1/4 cup cider vinegar
1 and 1/2 packages seasoning mix from
Ramen noodle packages
1/2 cup sugar
3/4 cup of olive oil

POUR SAUCE IN BOWL RIGHT BEFORE
SERVING



Homemade Applesauce

Ingredients

4 washed, peeled and cored apples cut into small pieces
(some peel may be left on the apples)

1/2 teaspoon cinnamon

dash of salt

1/2 cup water

2 tablespoons sugar (you may use more or less)

Directions

Put all of the ingredients into a saucepan, stir, and put lid onto
saucepan

Cook on medium high heat for five minutes, then low heat until
apples are soft, usually about 10 minutes

You may strain to remove extra liquid

Store in refrigerator and enjoy! Tastes great on crackers!

Leah Goldman's Lamb and Dried Fruit

Ingredients

- 3 tablespoons olive oil
- 3 pounds boneless leg of lamb, trimmed of fat and cut into 1-inch cubes
- 1 large yellow onion, chopped
- 1 teaspoon cinnamon
- 2 teaspoon dry ginger
- 1 teaspoon cumin
- 1/2 bunch parsley, chopped
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups low-sodium beef broth
- 3 tablespoons honey
- 1 cup dried apricots
- 1 cup dried, pitted prunes

Directions

1. In a Dutch oven, heat the olive oil and brown the lamb on all sides. Remove the lamb to a platter.
2. Sauté the onion for about 5 minutes, until they begin to soften. Return the meat to the pan and add the cinnamon, ginger, cumin, parsley, salt, and pepper. Continue cooking for about two minutes.
3. Add the beef broth. Lower the heat, cover, and simmer for one hour 15 minutes.
4. Stir in the honey, apricots, and prunes, and cook for a further 15 minutes.
5. Remove the lamb and fruit from the tagine and place on a serving tagine or platter. Spoon the sauce over the meat and fruit.

"If you like lamb, you'll love this! Serve with rice."



Beef and Vegetable Soup



ingredients

- 12 cups water
- 5 lbs beef shanks with bone or short ribs, preferably grass-fed (can add another lb. for a meatier soup)
- 3 ears of corn, cut into smaller pieces
- 1 cassava root, peeled and cut into small pieces (can substitute with potatoes)
- 1/2 cabbage, cut into small wedges
- 2 Mexican squashes or zucchini, cut into 1-inch pieces
- 4 small carrots, roughly sliced
- 1 green bell pepper, chopped
- 1 small onion, chopped
- whole sprigs of cilantro roughly chopped
- 1 celery stalk, roughly chopped
- 2 bay leaves
- Salt & pepper to taste
- Lime wedges to serve

instructions

- In a large pot, add water, beef, bay leaves, salt, and pepper. Cook for 2 hours until the beef becomes tender.
- Add the corn, cassava, carrots, bell pepper, onion, celery, and herbs. Cook until the cassava is fork tender. Add the cabbage and squash and cook until all the veggies are tender, about 15 more minutes.
- Serve with lime wedges.

ANGEL'S COLD SESAME NOODLES



INGREDIENTS

Angel hair noodle, one sleeve/package
chopped garlic 1 tablespoon (ish)
1/4 cup soy sauce
1/4 cup Chinese vinegar
1-2 tablespoons sesame oil
2 tablespoons (or more) sesame seeds (toasted in a pan with
tiny bit of sesame oil)
Chopped Cilantro for topping

DIRECTIONS

Prepare a sleeve of Angel hair noodles and then run them under cold water to rinse well.
Mix soy sauce, vinegar, sesame oil and garlic in a bowl. You can add a couple teaspoons of sugar to sweeten the sauce if children are dining or a couple drops of hot chili oil if you like heat. These are optional.
Toss sauce in with the noodles. Top with sesame seeds and cilantro.

"This is a lovely chilled side dish but we have also served it warm with a seared green and a fried egg to make a whole meal. This recipe is from our friend from Taiwan who is a talented home chef and made this for a family style meal and it was a huge hit with adults and kids alike."



POACHED SALMON

INGREDIENTS

- 1 large sweet onion, cut into wedges
- 1 green or colored sweet pepper, cut into strips
- 2 cloves garlic
- 1/2 cup baby bella mushrooms
- 1/2 cup sliced carrots
- 1/2 bulb chopped anise
- 1/4 cup chopped Italian parsley
- 1 1/2 cup chicken broth
- 1 lbs salmon fillet, skin off, in portion sized pieces
- 1 tsp fresh thyme
- salt and black pepper to taste
- 1/4 cup currants
- 2 tsp sweet paprika, dissolved in 1/4 cup olive oil

OPTIONAL: for spicy dish, 2 tsp of hot sauce (either Russian chilly sauce or Harissa)

DIRECTIONS

1. Place onions, peppers, carrots, and anise in bottom of a large skillet, add broth and toss in mushrooms on top.
2. Sprinkle garlic and parsley over dish, salt and pepper to taste.
3. Add fish broth, should be about 1/4 way up, bring to a simmer, poach for 5 minutes.
4. Mix oil, paprika, and hot sauce and add to pan, blend into juices. Layer salmon on top.
5. Simmer covered for 12 minutes, basting fish with juices regularly.
6. Add currants over fish, and keep covered on very low. Keep warm setting until ready to serve over rice or couscous.

Variations:

1. Use any firm fish like cod or arctic char in place of the salmon
2. For less spicy dish, leave out the hot sauce.
3. For a sophisticated flavor, replace 1/2 cup of the body with Chardonnay added with the fish.



Matoke Ugandan Beef and Plantain

Yield: 4 Servings

Ingredients

- 6-8 plantains or green bananas, peeled and diced
- 1 lemon, juice only
- 2-3 Tbsp oil
- 1 onion, chopped
- 1 green capsicum (bell pepper), chopped
- 3-4 cloves garlic, minced
- 1-2 green chili peppers, finely chopped (optional)
- 3/4 Tbsp ground coriander, or to taste
- 450 g stewing beef, cubed (optional)
- 2 cups tomatoes, seeded and chopped
- 2 cups water or beef stock
- Salt to taste

Directions

- Peel the plantains, cut into cubes, sprinkle with lemon juice and set aside.
- Heat the oil in a large pot or pan over medium-high flame. Add the onions and capsicum, and sauté until the onion is cooked through and translucent, about 3 to 4 minutes. Add the garlic, chili peppers and coriander and sauté for another minute or so.
- Stir in the beef and tomatoes and cook for another 2 to 3 minutes.
- Add the beef stock or water and season with salt. Bring to a boil, then reduce heat to medium-low, cover and simmer for about 20 minutes.
- Stir in the plantains, cover, and simmer for another 30-40 minutes, or until the beef is tender and the plantains have softened. Adjust seasoning and serve hot.

MALABAR CHICKEN BIRIYANI

INGREDIENTS

- 3 garlic cloves
- 1" ginger
- 1 big green chilly
- 1/2 tsp ground turmeric
- Salt to taste
- 3 medium onions, sliced
- 2 tsp yogurt
- 1/4 tsp fennel seeds
- 1 big tomato, chopped
- 2" cinnamon stick
- 1 bay leaf
- 4 cloves
- 4 cardamom pods
- 3 tbsp raisins
- 1 sprig coriander (cilantro) leaves
- 2 tsp ground black pepper
- 1 tsp garam masala
- 1 tsp ground coriander
- 2 tsp ground red chilies
- 3 cups basmati rice or jeera rice
- Juice of 1 lemon
- 1 kg chicken pieces (bone in)
- Oil
- 3 tbsp ghee
- 6 cups water + 1/3 cup water
- 1 tsp rose water
- 20 cashew nuts

DIRECTIONS

1. Grind garlic, ginger, and green chillies to a smooth paste. Add little water to make the process easier. Marinate chicken using half of the paste, ground turmeric, 1 tsp ground red chilies, 1/2 tsp garam masala and salt. Keep it in the refrigerator for an hour. Then shallow fry the pieces in oil. Set aside.
2. Soak 7 cashew nuts in 1/2 cup water. Set aside for half an hour. Then grind the nuts to a smooth paste. Set aside. Soak basmati rice in water for half an hour and set aside. Heat some oil in another pan and fry 1/4 cup sliced onions, 13 cashew nuts and raisins separately. Set aside.

To prepare rice for the biriyani:

1. Heat 2 tbsp ghee in a deep pan and splutter fennel seeds. Fry one medium onion until translucent. Add cloves, cardamom pods, cinnamon stick and bay leaves. Fry again. Add 8 cups of water along with 3 cups of washed rice. Add lemon juice. Season with salt. Let it come to boil. Then turn down the heat and cover the pan with a lid. Once cooked, drain and keep it aside.

To prepare gravy for chicken:

1. Heat oil in a pan and fry the rest of onions until golden brown. Then add remaining paste and fry for a few seconds. Throw in tomatoes, the rest of the spices (ground coriander, ground red chilies, ground black pepper, garam masala), enough salt and cashew nut paste. Fry again for 3-4 minutes. Add chicken pieces along with 1/3 cup water. Finally, add 2 tsp yogurt and 1 tsp vinegar. Cook again for a couple of minutes.

To arrange the layers :

1. Take a deep heavy bottomed pan and place a layer of chicken. Then add a layer of rice. Pour 1/2 tsp rose water. Use chicken and rice alternatively until finished. But make sure the top layer is rice. Pour 1/2 tsp rose water. Add 1 tbsp ghee. Now you can garnish biriyani with fried cashew nuts, raisins, onions and chopped coriander leaves.
2. To 'dum' biriyani, place the pan on a large tawa over low heat for 10 minutes.



KARAHI GOSHT

By: Shazia M.

INGREDIENTS

- 2 lbs of 1, 1/2" to 2" cubed meat (goat, beef, mutton or lamb) or 1, 2 lbs, chicken cut up and skinned
- 1/4 cup canola oil
- 1 tablespoon Cumin ground
- 1 tablespoon Coriander ground
- 1 tablespoon Kashmiri chili powder (or any red chilli powder)
- 1 tablespoons each ginger and garlic paste
- 1 teaspoon of salt
- 1 teaspoon of ground black pepper
- 2 medium sized tomatoes, chopped
- Water (up to a 1/2 cup)
- Thai bird chili 2 or 3, chopped
- 1/4 cup fresh cilantro chopped
- Fresh ginger julienne (cut into long, thin slices): optional for garnishing

DIRECTIONS

1. Season meat with salt and pepper after cleaning and patting dry.
2. Put oil in a pot (karahi) and heat on medium/ high heat.
2. Stir fry meat in oil until it begins to brown.
3. Add the first 3 spices and continue frying.
4. When the spices become fragrant, add ginger/garlic paste and continue frying.
5. After 10 minutes or so, add chopped tomatoes and continue stir frying until oil and tomatoes separate.
6. Now depending on the thickness of the gravy add water, lower heat to medium /low and cook until meat is tender, stirring occasionally.
7. When meat is done, sprinkle chopped cilantro, ginger and Thai bird chili on top and stir.
8. Check for seasoning with salt and pepper, add to taste.
9. Serve with Nan or chapati.

KARAHI IS THE PAKISTANI NAME FOR A "WOK" WHICH IS A ROUND-BOTTOMED COOKING POT AS SEEN IN THE PICTURE. IT'S BASICALLY A ONE POT DISH WHICH IS VERY POPULAR, DELICIOUS AND IS ESPECIALLY COOKED ON EID-UL-AZHA, WHEN THERE IS LOTS OF MEAT (GOSHT).

Broccoli Rabe Saag

Ingredients

Large bunch of clean broccoli rabe, blanched
(this recipe can be done with any hearty
greens, kale, spinach, mustard greens, collards
or any combination of!)

8 cloves of garlic

3 inch ginger root peeled

1 red onion diced

1 large jalapeño deseeded

1 tablespoon of Cobanero chili flakes

1 tablespoon of kosher salt

1/2 cup of water

1/4 cup of canola oil

Procedure

After blanching greens, purée them to a coarse purée. Now add all ingredients but oil, and purée to a slightly smoother consistency, but not too much, you should be able to tell it's greens. Next sauté in

oil constantly stirring until the raw flavor of vegetables is gone, about 20 minutes at medium heat. Serve with Nan, chapati or Afghan red wheat bread. Meat, paneer or potatoes may be added to make a heartier fare, but meat and potatoes should be cooked first to a well-cooked doneness. Add butter just before serving and stir in.



POLLO RELLENO

by Meritzi G.

INGREDIENTS

- A whole chicken
- 5 Tomatoes (finely chopped)
- 5 Green bell peppers (finely chopped)
- 5 White Onion (finely chopped)
- Coriander (Finely chopped)
- A pound of Ground beef
- Pork Chop boneless center cut (Chopped in pieces as little as possible)
- Butter(Half of stick)
- 5 carrots(Finely chopped)
- Raisins(optional)
- Peas(Optional)
- Clear beer or White Wine.
- Garlic(Minced)
- Cumin
- Salt
- Salsa GOYA
- Worcestershire Sauce
- Salsa Lizano

INSTRUCTIONS

Stuffing:

- In a big bowl put all the vegetables, tomatoes, onions, peppers, carrots, potatoes, coriander, ground beef, Pork chop boneless center cut, and all the spices you want use to your own personal taste. * Goya Adobo all purpose seasoning, Worcestershire Sauce and LIZANO sauce are things that in Honduran Culture we use a lot, and this just gives a new flavor to everything, you can find all these online or in the supermarket.
- You are going to mix all this ingredients until you see that all of them look thoroughly.
- Sauté the stuffing until translucent with half a stick of butter(you can add more if you want). *Do not cook all stuffing all the way in because these all are going to cook together with the chicken once it's in the oven.

Chicken in the Oven:

- After stuffing chicken tied together whole, you will realize that you will have extra stuffing, the rest of the stuffing you are going to put in the trade.
- Pour ½ white wine
- Cook chicken until internal temperature reaches 165 degrees.

"This is a really special recipe for me because it's something my mother cooks every year from Christmas"

Chinese Chews

by Maureen L.

YOU'LL NEED

1 cup of peanut butter
1 pkg of butterscotch morsals
1 cup of nuts
1 container of Chinese noodles

ALL YOU HAVE TO DO

1. Melt together the peanut butter and butterscotch morsals
2. Ass the nuts and Chinese noodles
3. Drop by teaspoon
4. Refrigerate until hard

CHICKEN THIGHS TIKKA WITH SAFFRON BASMATI

CHICKEN MARINADE

- 1 cup of full fat yogurt
- 4 tablespoons of ginger paste
- 4 tablespoons of garlic
- 1 tablespoon of Cobanero chili flakes (Guatemala)
- 4 tablespoons of Kashmiri chili powder
- 1/2 tablespoon of first harvest turmeric (India)
- 1 tablespoon of hot chili powder
- Toast and grind the following :
- 3 tablespoons of wild mountain cumin (Afghanistan)
- 3 tablespoons of coriander seed
- 5 Pemba cloves handpicked (Tanzania)
- 1 organic black cardamom pod(bari elaichi)
- 3 cloud forest green cardamom pods(Guatemala)
- 15 purple peppercorns (Vietnam)
- 1/2 tablespoon of Desert fennel (Egypt)
- 1small cinnamon stick (Vietnam)
- 1 cup of fresh cilantro
- 5 or more (too heat likeness) Thai birds

Combine all ingredients in blender and marinade 3 lbs of 2 inch cubes of boneless chicken (also works on beef , lamb, mutton, goat ... delicious on liver)... works on whole chicken, goat legs , beef ribs... meat doesn't need to be boneless. For kebabs skewer chicken with onions and grill outside on gas or charcoal grill or under a broiler inside first at a high heat , later at a medium heat til completely cooked serve with broiled/grilled tomato , and saffron rice, have Nan on the side

SAFFRON RICE

- 1 1/2 cups of long grain Pakistani basmati, rinsed and soaked 20 minutes
- 1 onion diced
- 2 cloves of garlic diced
- 1/4 teaspoon of Herati saffron crushed and soaked in 1/3 cup of water
- 2 3/4 cups of water
- 3 tablespoons of ghee or oil(canola)
- Salt

While rice is soaking, sauté onions and garlic in ghee till translucent. Add drained soaked rice and sauté for a couple minutes, now add saffron water and water, bring to a boil, cover, reduce heat till rice is three quarters done, then shut heat down and let stand 5-7 minutes, add salt to taste, fluff with a fork, and serve.



Tomato and Egg Stir-Fry

Ingredients

- 3 ripe tomatoes
- 3 eggs
- 3 cloves garlic, sliced
- 2 tablespoons + 1 teaspoon cooking oil
- 1 tablespoon water
- ¼ teaspoon salt
- 1 pinch sugar
- 1 tbsp chopped spring onion (or cilantro) for garnishing

Directions

- Cut the tomatoes into small chunks. (optional: peel off the skin of the tomatoes)
- Beat the eggs with 1 tablespoon of water.
- Scramble the eggs: Heat 2 tablespoons of oil in a wok (or a frying pan) on high heat. Pour in eggs when oil smokes. When the edge is cooked, push to one side to let uncooked part touch the bottom of the wok. Take the egg out as soon as there is no more liquid (do not overcook).
- Put 1 teaspoon of oil to the same wok, cook the garlic on low heat until lightly browned and fragrance came out. Add tomatoes and cook on medium heat until tomato is a little mushy.
- Add the cooked egg. Roughly break up the egg with the end of a spatula. Sprinkle salt and sugar, then give everything a quick stir (~1 min).
- Garnish with spring onion/cilantro before serving if you wish. Serve with steamed white rice or use as a topping for noodle soups.



YELLOW DAL TADKA

INGREDIENTS

- 2 cups dry masoor dal (aka red lentils), sorted and well rinsed
- 8 cups water
- 1 tbsp oil (coconut oil or neutral flavored)
- 1 large yellow onion, finely diced
- 6 cloves garlic, minced
- 1 tbsp minced ginger
- 2 green chiles, minced (can be seeded for less heat, use more or less to taste)
- 1 tbsp Indian curry powder
- 1 tsp whole mustard seed
- 1 tsp ground coriander
- 1/2 tsp ground cumin
- 1 1/2 tsp salt, more to taste
- 15-oz can diced tomatoes, or 1 1/2 cups chopped fresh tomatoes
- cilantro, for garnish
- basmati rice, to serve

DIRECTIONS

1. Combine the lentils and water in a large pot. Bring to a boil, then turn the heat down to simmer. Skim off any foam that collects on top. Cook, partially covered, until the lentils are tender, usually 15-20 minutes.
2. While the lentils are cooking, make the tadka. Heat a skillet over medium heat and add the oil and onion, garlic, ginger, chiles, and a pinch of salt. Fry until soft, about 5 minutes.
3. Add the spices: curry powder, mustard, coriander, and cumin, along with the salt. Stir to combine and cook for about 60 seconds, then add the tomatoes. Cook about 7 minutes to cook down the tomatoes if canned, or until the tomatoes are soft and saucy if fresh.
4. Add the tadka to the cooked lentils, and simmer over low heat for about 5 minutes to infuse with flavor.
5. Serve garnished with cilantro and with basmati rice.



EGGPLANT WITH YOGURT-GARLIC SAUCE

EGGPLANT

Eggplant 1 kg
Tomato 300g
Garlic 4 clove
Tomato sauce
Salt as needed
Black pepper as needed
Turmeric one tea spoon

First, Slice the eggplant and tomatoes in round or square shape Then fry them into oil. It must be enough oil that the eggplant easily fried. As soon as it slightly turns into pink color, take them out of the oil and put it on a separate plate. When eggplants are finished, pour the oil in a bowl and fry the tomatoes in the pan with a very little oil, when tomatoes are fried. In a new pan pour oil as needed and heat the oil for a minute,

when oil heats up, fry two garlic cloves into oil, add tomato sauce, turmeric, salt, black pepper then add the fried eggplants you fried earlier

Then add the earlier fried tomatoes on the top of fried eggplants Finally pour water as much as that eggplants will be well-cooked. Let them to be cooked for almost 20 minutes in an average temperature that water change to gravy and eggplants well-cook

YOGURT-GARLIC SAUCE

Pour 200g yogurt in a bowl, add two pressed garlic cloves and fresh mints. Then mix them together.

Finally, when the eggplants are well-cooked and water is dried and change to gravy, then carefully put the slice of eggplants on a plate and add yogurt sauce on the top that you have already provided. You can design with fresh coriander. Ready to eat

UGANDAN ROLEX

by Jireh

BACKGROUND

"Rolex is a popular delicious snack originating from Uganda (East Africa). Its name, similar to that of a Rolex watch, comes from its method of preparation which involves "rolling" a vegetable or meaty omelet inside a chapati, a type of flat bread. In Uganda, you will commonly spot the Rolex stands all over roadsides with sellers using a cast iron flat pan and a charcoal stove. Fun fact: This snack is just under a dollar on the streets in Uganda and a homemade Rolex is far much cheaper!"

INGREDIENTS

Ingredients for Chapati Flat Bread

- 3 cups all purpose flour
- 1 tsp salt
- 2 tsp sugar (optional)
- 3 tbsp vegetable oil
- 1 cup or 8 fl oz lukewarm water (added bit by bit, at a time)

Omelet Ingredients per one Rolex roll.

- 2 eggs
 - Salt (to taste)
 - Black pepper (to taste)
 - A handful of tomatoes (finely chopped)
 - 1 small red onion (finely diced)
 - A handful of chopped cabbage for garnishing (optional)
 - A handful of grated carrots
 - Small green bell pepper (finely diced)
 - 1/3 cup cilantro/parsley (finely chopped)
- NB: Use chopped baby spinach if you want to add more green to your omelet as a substitute to parsley or cilantro.

DIRECTIONS

In a large bowl, sieve the flour.

Add salt and sugar to flour and evenly mix.

Make a well in the middle of the mixture and add vegetable oil, mix oil and flour till satisfactorily combined.

Add water, a little bit at a time as you mix until you form a firm dough.
(You might use less water than stated)

Knead dough for about 15 mins till it is firm and does not stick to hands.

Cover with a damp cloth or plastic clean wrap for 30 mins to let it rest.

Get it out of bowl and knead dough again for about 3 mins, add some more oil (1tsp) in the dough and combine well.

Divide dough into four parts.

Make 8 equal balls from dough and coat them slightly with flour

Roll one ball at a time into a round 6 inch diameter shape. Make sure both the dough and the rolling surface is covered with some flour to prevent stickiness.

Heat a flat pan, cast iron preferably (if you don't have it, use a nonstick pan) on medium heat.

Add some oil and distribute it evenly then put your chapati. Wait for it to form bubbles around it, Meanwhile, evenly add more oil on the top side of chapati then flip it.

Let it cook for about a minute as you rotate it in the pan while pressing it down for it to cook evenly.

It is ready when having golden brown patches depending on how who like your chapati then set aside.

NB: This recipe makes 5 to 6 chapatis.

Procedure for veggie omelet:

In a bowl, beat eggs, add salt, pepper and mix thoroughly. Then add tomatoes, onions, bell peppers, carrots, cilantro/parsley and mix well.

Heat a pan on medium to low heat, add oil and pour egg mixture so quickly and let it spread evenly to cover the pan.

Cook for a minute and flip to the other side. Alternatively, one flipping hack to prevent omelet from breaking apart is to use a plate. Place a large enough plate face down onto pan and turn upside down to plate. Then add a little more oil in the pan then transfer the new side onto pan sliding it gently.

Spread your chapati onto a flat board or work surface, then transfer the omelet on top of the chapati, center aligned.

Garnish time! Spread a handful of cabbage all over the omelet. You can also add a few round thinly sliced fresh tomatoes. This step is optional. You can do without it.

Finally, gently roll everything from one end to another to form

The Magical Rolex!

Serve hot and enjoy!



CHICKEN KARAHI

(DANIYAL STYLE)

INGREDIENTS

2lbs of halal chicken thighs and legs bone in or bone less two inch pieces or whole chicken curry cut 16 piece.

5 tablespoons of ginger paste

5 tablespoons of garlic paste

3 tablespoons of wild mountain cumin (Afghanistan)

3 tablespoons of coriander seed

2 tablespoons of Kashmiri chili powder

1/2 tablespoon of new harvest turmeric (India)

1 tablespoon of kosher salt

1 tablespoon of Cobanero chili flakes (Guatemala)

1 tablespoon of red chili powder hot

3 medium tomatoes chopped

2 cups of water

2 cups of roughly chopped fresh cilantro

10 Thai bird chilies

2 cups of canola oil

INSTRUCTIONS

1.Heat ginger and garlic in oil , when fragrant add chicken. Stir fry till chicken browns, add spices continue cooking for 15 minutes medium high heat, stirring.

2.Now add tomatoes and stir fry until they break down and separate from the oil. Now add water lower heat cook until reduced by half.

3.Then add cilantro and Thai birds turn down heat, then serve in small bowls with chapati, Nan or Afghan red wheat bread.

4.Halve limes and sliced red onions to add to the karahi and some mango pickles on the side.



Date Bread



Ingredients

- 1 cup dates, chopped
- 1 tsp soda
- 1 cup hot water
- 1/2 cup sugar
- 1 egg, beaten lightly
- 1 1/2 cup flour
- 1 tsp baking powder
- 1 pinch salt
- 1 tsp vanilla

Directions

Dissolve soda into water. Pour over date pieces, Cool. Add 1/2 cup of sugar and beaten egg. Sift flour, baking powder and salt. Add to date mixture. Add vanilla. Bake in loaf pan, lined with waxed paper for 1 hour at 350.

CHRISTMAS RICE

INGREDIENTS

- 2 cups rice
- 1 cup Pinus Nut
- 1 cup white raisins (golden)
- 6 tablespoons Soy Sauce
- 2 cups water
- 2 tablespoons butter or olive oil

INSTRUCTIONS

- Heat the olive oil or butter.
- Add the Rice, Pinus Nut, Raisins and Soy Sauce.
- Sauté and add enough water for cooking.



Armenian Rice

ingredients

- 1 6oz pkg Uncle Ben's long grain and wild rice
- 3/4 cup long grain white rice
- 1 stick oleo (1/2 cup)
- 1/2 green pepper, diced
- 1 small onion

instructions

- Saute the oleo, green pepper and onion for 3 minutes.
- Place rice with herbs in large 3 qt. casserole, add sautéed vegetables.
- Pour over rice a mixture of 1 can beef bouillon, 1 can beef broth and 1 can water.
- Sprinkle sliced almonds on top.
- Bake at 350 degrees covered for 1 hour. Serves 12 to 14.

