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**Culinary Diplomacy: Promoting Cultural  
Understanding through Food**

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**Cookbook**

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"Food is our common ground, a universal experience".

James Beard

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## **Bosanskalutma (Bosnia- Herzegovina - Mr. Vjekoslav Kramer)**

### **Ingredients:**

- 7 eggs
- 7 tablespoons sugar
- ¼ kg of walnuts
- 200 g semolina
- 600 g of sugar
- 2 cups of water

### **Directions:**

1. Preheat the oven to 180 C.
2. Separate the eggs, setting the yolks aside for later.
3. Meringue the whites to soft but steady peaks.
4. In a separate bowl from the meringue, whisk the 7 egg yolks with 7 tablespoons of sugar then add 250g ground walnuts, 200 g of semolina and fold in the meringue you made earlier. Mix together and slowly stir in pan.
5. Bake biscuit in the oven for about 20 min at 180 C.
6. During this time make the sugar syrup by combining 600g of sugar and 2 cups water and optionally a bit of rum in a sauce pan over medium heat. Cook until it thickens.
7. Once cool, pierce the biscuit with a small toothpick and pour hot sugar syrup over the biscuit. Once chilled, cut into desired shapes.

## **Escondidinho de Carne Seca/Dried Meat Surprise (Brazil- Mr. Marcelo Fonseca)**

### **Ingredients:**

- 1 cup of olive oil
- 2 onions cut in rings
- 1 kg of dried meat unsalted, cooked and shredded
- 1 cup of chopped parsley
- 2 kg of cassava cooked in salted water
- 1 cup of milk
- 2 table spoons of butter
- 3 cups of requeijão (type of cheese spread)
- 1 cup of parmesan cheese roughly grained

### **Directions:**

1. Preheat oven to 356 F.
2. In a frying pan, warm the olive oil and fry the onions until they brown a little. Add the dried meat, sauté and add the parsley. Reserve.
3. In another pan, add the peeled and cooked cassava, add milk, butter and requeijão. Mash these ingredients into a smooth purée.
4. In a heat-proof baking dish, add a layer of cassava purée, add the dried meat and cover the meat with the rest of the purée.
5. Sprinkle the parmesan cheese on top of the last layer and grill in a pre-heated oven at 356° for 15 minutes.

## Mohinga/Rice Noodle in Fish Soup (Burma- Ms. Phyu Phyu Tin)

Mohinga , or rice noodle served with fish soup, is the favorite Myanmar dish mostly enjoyed at breakfast or on special occasions

### Ingredients:

#### **Stock:**

- 1 kg whole catfish
- 5 sticks fresh lemon grass, pounded lightly
- 1 tablespoons turmeric powder
- 1 cup water

#### **Garnish:**

- 300 gm rice noodle
- 4 eggs, boiled
- ½ cup chopped coriander leaves
- Split-pea crackers
- ½ cup lime juices
- 2 tablespoons fish sauce
- ½ teaspoon roasted dry chili powder

#### **Soup:**

- 150 gm roasted rice powder
- 12 cups (3 liters) water
- 4 dried chili
- 4 onions, chopped
- 3 cloves garlic, diced
- 1 tablespoon ginger, crushed
- 2 tablespoons salt
- 1 teaspoon black pepper
- 12 small onion, peeled
- 200gm banana steam, slice & separate

### Directions:

1. Make the stock first by putting all the stock ingredients in large stock pot and bring to boil.
2. Reduce the heat, cover and cook for 20 minutes. Remove fish & lemongrass stick, set aside.
3. To prepare the soup, blend chili, onion, garlic, ginger and lemongrass to paste.
4. Put water in a small bowl, add rice powder and stir.
5. Heat oil in a pan and sauté chili paste with turmeric till fragrant. Stir in fish then add salt, pepper, fish sauce and whole small onion. Continue to cook for 5 minutes.
6. Add banana stem, rice powder mix. Transfer to fish stock pot and bring to boil.
7. Reduce to low heat and simmer for 20 minutes, stir occasionally to prevent lumps forming.
8. Prepare all the garnishes on the table.
9. In a serving bowl, put little of each and add hot soup.
10. Add a drop or two of fish sauce and sprinkling of chili powder to taste.

## **Amok (Cambodia- Ms. Rapytha Bonamy)**

Amok is a traditional dish in Cambodia where a curry is gently steamed in banana leaves. It's usually made with fish (called amok trei), but is also made with chicken or tofu.

### **Ingredients:**

#### **Curry Paste (kroeung)**

- 3 dried chillies, soaked
- 6 cloves garlic
- 2 shallots or 1 red onion, diced
- 2 inch piece fresh turmeric root or 1 tsp turmeric powder
- 4 sticks of lemongrass, trimmed of woody bits
- 2 inch piece of galangal, peeled
- 2 inch piece of ginger, peeled
- 6 kaffir lime leaves or the zest of a citron fruit
- 1 Tbsp shrimp paste

#### **Curry (amok)**

- 400g of meaty fish (with skin if possible)
- 400ml coconut milk (a standard can)
- 1 Tbsp palm or brown sugar
- 1 Tbsp fish sauce
- 2 eggs
- 2 large banana leaves, washed (look in Asian or Caribbean shops)
- 1 Tbsp Vegetable Oil

#### **To garnish**

- 1 fresh red chilli, seeds removed
- 2 kaffir lime leaves

### **Directions:**

1. Make the curry paste in a blender.
2. Heat 1 Tbsp vegetable oil in a saucepan and then add the curry paste and fry till fragrant (about a minute). Then add the coconut milk, sugar and fish sauce and simmer for 5 minutes. Leave to cool.
3. Remove the fish skin, slice it into small strips and keep to one side. Dice the fish into bite sized chunks.
4. Beat the eggs gently into the cooled coconut milk mixture and add the chunks of fish. This is your amok. Set the amok to one side.
5. Take one banana leaf and fold in half so it makes a square. Overlap two corners of the square and secure with a cocktail stick. Overlap the other two corners and do the same. You should get a rough bowl or cup shape with no gaps. Repeat with the other banana leaf to get two bowls.
6. Place the banana leaf bowls in a steamer and divide the amok into them equally. Steam the amok for 20 minutes. It should form a lightly set custard.
7. Meanwhile, dust the fish skin strips with flour, salt and pepper and then fry in a little vegetable oil till crisp. Drain and set to one side.
8. Sliver the fresh red chilli and the kaffir lime leaves for the garnish.
9. When the amok is ready, just before serving, scatter the fried fish skin, slivered chilli and slivered lime leaves on top. Eat with steamed rice.

## **Pan-fried or Baked Bannock (Canada- Mr. Andrew Alyson George, Jr.)**

### **Ingredients:**

#### **Large Recipe:**

- 8 cups white flour
- 7 cups whole wheat flour
- 5 heaping table spoons of baking powder
- 3 tsp salt
- 3 Tbsp. Sugar
- 8.5 cups Luke warm water

#### **Small recipe:**

- 3 cups flour (whole wheat and white flour mix)
- 1 heaping table spoons of baking powder
- 1 tsp salt
- 1 Tbsp. Sugar
- 3 cups Luke warm water

### **Directions:**

1. Mix all dry ingredients
2. Mix warm water slowly in to dry mix
3. The bannock dough should have a wet dough consistency, place dough on to a floured surface and knead into soft dough.

#### **Pan-fried**

4. Cut dough into 2oz rounded pieces.
5. Place pieces into a preheated fry pan with a ¼ cup canola oil until golden brown about 4 minutes per side.

#### **Baked**

4. Pour wet dough into to an oiled and floured baking pan and place into a pre heated oven at 375 degrees for 20 minutes.
5. Take out of oven and brush with butter and place back into oven for 20 minutes.



## **Fish Wrapped in Banana Leaf (Colombia- Ms. Ana Ariza Retamozo)**

### **Ingredients:**

- 880 Gr. white fresh fish fillets (defrost frozen fillets first)
- 8 ripe tomatoes
- 4 spring onion wedges
- 10 basil leaves
- 8 tablespoons vegetable oil
- Salt
- Pepper
- 250 gr. Coconut milk (not canned) or 1/2 fresh coconut
- 1 banana leaf
- Bamboo small sticks or cotton thread

### **Directions:**

1. Cut the fish fillets in pieces of about 100 grs. each, put salt and pepper on both sides of the fish. Set aside.
2. Wash and chop the tomatoes, the onions and basil leaves. In a pan, at high heat, put two or three tablespoons of vegetable oil, and when it is hot put the chopped vegetables, salt and pepper to taste, mix for a minute and then add the fresh coconut milk, cover and simmer for 10 minutes, take off the lid and let it simmer for 3 more minutes. Taste for seasoning. Set aside.
3. Preheat the oven at 320 F.
4. Arrange the banana leaves: wash and dry them, cut the leaves apart from the stalk and turn on the stove on high heat; pass each leaf gently over the fire on both sides from one end to another.
5. Cut the leaf in 11 x 11 inches squares and set aside.
6. Put a large pan on high heat and add 4 tablespoons of vegetable oil; when it is hot, sear the fillets for two minutes on one side and then turn them over for another two minutes.
7. To wrap the fish: Put a banana leaf square on a flat surface, then put two tablespoons of the coconut-basil sauce, two fish fillets and two more tablespoons of the sauce. Close the leaf, folding all four sides like a gift wrap and insert a stick in a threading motion to close it. Put the fish in the oven for 15-20 minutes (depending on the thickness of each fillet).
8. Serve the fish with coconut rice, salad or baked vegetables on the side.

## **Mackerel Fish Pie with Fried Plantains (Cote d'Ivoire- Ms Karidja Bomou)**

This is a recipe representative of my home country Cote d' Ivoire; women used to cook it for holidays.

### **Ingredients:**

#### **Fish Pie:**

- 1 pound of fresh mackerel
- red and green spice (measure according to your taste)
- 2 medium onions
- 4 fresh tomatoes
- garlic
- red palm oil

#### **Fried Plantains:**

- 1/4 of an onion
- garlic
- a dash of salt
- 3 pounds of ripe plantains

### **Directions:**

#### **Fried Plantains:**

1. Crush in a mortar: onion, garlic; add a dash of salt and a half of cup of water.
2. Peel and slice plantains.
3. Stir them together and let them rest for ten minutes.
4. Then, fry the plantains in boiling red palm oil.

#### **Fish Pie:**

1. Boil the fish in salt water for about 10 minutes.
2. Remove the skin and bones.
3. Crush in a blender the fish, onion, spices, tomatoes and garlic.
4. Put the paste into a pan and add half of glass of water and 5 tablespoons of red palm oil.
5. Let the mixture simmer over low heat.
6. Serve hot

## **Grilled Pike Perch with Potatoes and Hollandaise Sauce (Czech Republic- Mr. Ondrej Slanina)**

**Czech cuisine** has both influenced and been influenced by the cuisines of surrounding countries. Many of the fine cakes and pastries that are popular in Central Europe originated in the Czech lands. Czech cuisine is marked by a strong emphasis on meat dishes. Pork is quite common, and beef and chicken are also popular. Goose, duck, rabbit and wild game are served. Fish is rare, with the occasional exception of fresh trout and carp, which is served at Christmas.

### **Ingredients:**

- 4 pcs fillets of pike perch with skin per portion 200g
- 400g spring potatoes with skin
- Butter
- Salt
- Pepper
- 4 egg yolk
- 50ml fish stock
- Lemon juice
- 200ml clarified butter

### **Directions:**

#### **For the Fish and Potatoes:**

1. Grill the pike perch after basting with butter, salt and pepper to taste. Grill fillet on the skin side.
2. Roasted potatoes on the melted butter slightly tasted salt and pepper.

#### **For the Hollandaise:**

1. Heat the yolk and lemon juice and stock, using a double boiler at medium-high heat, whisking until light and frothy.
2. The mixture should become a pale yellow and expand to two or three times its volume.
3. Remove from heat, warm (not hot) butter (or clarified butter) is added slowly to the sauce in dribbles. Taste salt and white pepper. The sauce must be served promptly.

## **Bitter Herb Velout with Brousse Cheese (France- Mr. Armand Arnal)**

### **Ingredients:**

- 20 g chives
- 10 g mint
- 20 g flat-leaf parsley
- 10 g chervil
- 1.5 kg mixed green salad (spinach, mixed salad leaves, watercress, dandelion, wild rocket)
- 1 bunch scallions (spring onions)
- 1 liter vegetable bouillon
- Fleur de sel
- Pepper
- Vegetable bouillon heated, to taste
- 80 g Brousse, or other fresh soft cheese

### **Directions:**

1. Trim, wash and dry the herbs.
2. Remove the coarse stems from the salad leaves and wash them.
3. Peel and finely chop the scallions, then sweat them, without allowing them to brown, in a dribble of olive oil. Once they are soft, add the salad leaves, season with fleur de sel and pepper, and moisten with very hot vegetable bouillon.
4. Bring to a boil and cook for 3 minutes, then add the herbs and continue to cook for 1 minute. Mix with a hand-held beater, strain through a conical sieve and chill quickly on ice to fix the chlorophyll and preserve the bright green color.
5. Mix in the Brousse with the chives and a dash of olive oil.

## **Chakapuli (Georgia- Mr. Manuel Faundez-Baranda)**

This dish is another popular slow-cooked dish, with origin from Eastern Georgia- Kakheti. It can be made with almost any meat, although lamb or kid is preferred.

### **Ingredients:**

- 1500-1600gr lamb shoulder
- 200gr peeled onion
- 200gr green onion
- 20gr garlic
- 500 ml dry white wine
- 1 piece green chili pepper
- 100gr fresh cilantro
- 200gr fresh tarragon
- 2 pieces bay leaf
- 200gr tkemali (sour plums)
- 100gr butter (if meat is lean)
- 500gr potato
- 150ml olive oil

### **Directions:**

1. Coarsely chop onions, fresh herbs and green pepper.
2. Cut and place lamb meat in several layers in a flameproof casserole and top it with chopped onions, herbs, minced garlic, green pepper and salt.
3. Stir in the tkemali (sauce) and cover the casserole and simmer. Pour in the white wine. Cook the lamb until tender.
4. When the lamb is ready, let it sit 5 minutes before serving.

## **Beshbarmak (Kyrgyzstan- Ms. Altynay Ryskulova)**

Beshbarmak is one of the most famous dishes of the traditional Kyrgyz and Central Asian cuisines that were cooked mainly during holidays or special occasions like wedding, birth of the children, or funerals. Linguistically “beshbarmak” consists of two words “besh” and “barmak”, which translates from Kyrgyz language as “five fingers”. The dish got its name from the way nomadic peoples of Central Asia used to eat most of the food, i.e. with their hands. Beshbarmak is a simple dish that can be described as noodles served with chopped boiled meat and onions. However, in nomadic societies that didn’t grow flour crops and flour was often unavailable. Therefore, sometimes beshbarmak was just boiled chopped meat that was eaten with hands. Nowadays it may seem rather odd how a dish consisting of simple chopped meat may have been a special and festive.

### **Ingredients:**

- 1,5 kg of beef, lamb or horseflesh
- 4 onions
- black pepper
- salt
- 0,5 kg of wheat flour
- 2 eggs

### **Directions:**

1. Meat is cut into large pieces and is boiled in a pan with 2-3 liters of water, salt and pepper to taste. The foam that appears while boiling should be removed regularly. The meat has to be boiled for nearly 2 hours so that it gets soft and fibrous, and the broth has a saturated taste and color.
2. When the meat is soft enough to be easily pierced with a knife or a fork, it is removed from the broth and put into a different pan with a closing cap so that it stays hot.
3. While the noodles are cooking the meat is chopped into very small, tiny pieces. The smaller – the better.
4. 300 ml of the boldest part of the broth are taken out to be used in preparation an onion sauce later. Cut onions into semirings, put them into broth, and add black pepper heavily. Cook it on a medium fire until the broth boils once again.
5. Half an hour before the meat stops boiling, prepare the noodles. The dough kneaded for noodles has to be stiff. To make the dough more flavorful use 2 eggs and some of the broth to the dough. After being kneaded the dough rests for 15 minutes.
6. Then the dough is rolled out flat, to approximately 2 mm. Shred the dough into thin long noodles.
7. The noodles are put into the same broth that the meat was boiled in. The noodles are cooked till they start floating.
8. The noodles are taken out and put into a wide large plate. The chopped meat is put on top of the noodles. The onion sauce is poured on meat and noodles.

## **Tabbouleh (Lebanon- Mr. Chadi Zeitouni)**

Tabbouleh originated in Lebanon, Tabbouleh is a healthy, rich and super-green Lebanese salad. In 2009 Lebanon entered Guinness book for making the largest dish of Tabbouleh and it weighted 3557 kilograms.

### **Ingredients:**

- 2 bunches Flat leaf parsley
- 1/2 bunch Mint
- 5- 100g Spring onions (with the green parts)
- 2- 200g Tomatoes
- 1/2 cup (100g) Fine burghul (cracked wheat)
- 1/2 cup (125 ml) Lemon juice
- 1/4 cup (60 ml) Olive oil
- Salt and Pepper to taste

### **Preparation method:**

1. Rinse all vegetables and let dry, especially the parsley and mint.
2. Cut stems off parsley then chop finely. Put in a mixing bowl.
3. Cut stems off mint, and finely chop the leaves. Put in the mixing bowl.
4. Dice tomatoes into small cubes (the tomato should be firm not juicy, place into the mixing bowl.
5. Finely chop the spring onions and add to the mixing bowl.
6. Add the dry burghul on top of the freshly chopped vegetables.
7. Add the freshly squeezed lemon juice on top of the dry Burghul, add the olive oil, salt and pepper all over the ingredients and then mix lightly with a spoon and avoid over-mixing.
8. Serve the Tabbouleh on a lettuce or cabbage leaf.

## **Stuffed Potatoes/Embaten (Libya- Ms. Aisha Amair)**

### **Ingredients:**

- 6 large potatoes
- 250 mg minced meat
- 1 cup pureed onions
- 1 cup finely chopped parsley
- 1 Tablespoon pureed garlic
- 1/2 cup bread crumbs
- 5 eggs
- 2 Tablespoons ghee
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon turmeric
- 1/2 teaspoon Libyan allspice
- 1/2 teaspoon cinnamon
- 1 Tablespoon salt
- 2 Tablespoons tomato paste
- 2 cups flour
- 1 cup water
- Vegetable oil for frying

### **Directions:**

1. Peel the potatoes and slice into 1 inch thick, and drop the slice into cold water.
2. Combine the minced meat, onions, parsley, garlic, salt, cayenne pepper, turmeric, cinnamon, allspice, 1 Tablespoon of ghee, 1 Tablespoon of tomato paste, 2 eggs and bread crumbs, then knead by hand.
3. Drain the potatoes and salt them, then cut each slice halfway through
4. Carefully stuff the slices with the filling.
5. Cover in flour
6. Beat the remaining eggs with a pinch of salt and dip the stuffed potato slice into the egg wash.
7. Deep fry the stuffed potatoes, then place on kitchen paper and set aside.
8. In a pot pour 1 cup of water, and add 1 Tablespoon of tomato paste, 1/4 Tablespoon salt, a pinch of cinnamon, a pinch of turmeric, and 1 Tablespoon of ghee. Allow to simmer for 5 minutes.
9. To assemble, place the stuffed potatoes in a baking dish and pour the sauce on top, cover with aluminum foil and bake in a hot oven for 15 minutes.
10. Serve with traditional Libyan soup and/or a platter of mixed salad vegetables.



## **Royal Romazava (Madagascar- Mr. Mamy Andriamparany)**

### **Ingredients:**

- 200g Green leaves (anamalaho: special green leaves with flower which gives special spicy taste)
- 500 g Zebu meat or beef
- 1 Whole Chicken
- 200 g Shrimp
- Ginger
- Salt
- Cooked Rice

### **Utensils:**

- 2 Large stock pot
- Frying Pan

### **Directions:**

#### **For Chicken:**

1. Wash and cut up the chicken and then fry it until brown.
2. Add some water to create a natural jus
3. Add some ginger.
4. Boil for 30 minutes
5. Add salt to the jus to taste.
6. Wash the green leaves and incorporate into the chicken and jus, boil for 20 minutes.
7. Wash and slice the zebu or beef meat, fry until brown. Add water and reduce until the meat is tender.
8. Shell and wash shrimp, then boil shrimp in salted water for 10 minutes. Drain shrimp.
9. Add the zebu/beef and shrimp to the chicken and jus. Bring to a boil and cook for 10 minutes.
10. Serve with rice.

## Mopane worms and Ohifima (Namibia- Mr. Gerald Dobson)

### **Ingredients:**

- 2 cups Dried Mopani Worms
- 1½ tablespoons Salt
- 25ml Water
- Oil for Frying
- Dried Chili
- Oshifima (Mahangu maize)

### **Utensils:**

- You will need a pan for frying
- You will need to a pot for making Oshifima
- Whisk
- Stirring Spoon

### **Directions:**

#### **Mopani Worms**

1. Soak the worms in water for 15 – 20 minutes.
2. Remove worms and set aside.
3. Heat pan and add oil and add worms turning down the heat.
4. Add the salt and chili to taste.
5. Continue frying for about 15 min and remove from heat.

#### **Oshifima**

1. Boil Water in a pot and add pinch of salt.
2. Slowly add Mahangu to boiling water continue stirring with a whisk until thickened.
3. Turn down heat and remove the pot.
4. Eat with your hands.

## **Chicken Musakhan (Palestinian Territories- Mr. Johnny Marcos Coric)**

This is a classic Palestinian dish from the country side.

### **Ingredients:**

- 1 whole chicken
- 4 whole onions
- Special tabooun bread
- 1 sprig fresh rosemary,
- 1 sprig fresh thyme,
- 1 cup olive oil
- salt and ground black pepper to taste
- 1 teaspoon nutmeg
- 1 teaspoon cloves
- A dash of cinnamon
- Dash of cardamom
- 1 cup of sumac spice
- Juice from half a lemon
- Sweet paprika
- 3 cloves of garlic
- 1\2 cup pine nuts
- Fresh Greek yogurt

### **Directions:**

1. Clean the chicken and marinate in the lemon juice with the spices after cutting through the flesh of the chicken.
2. Boil the trimmings of the chicken to create a broth. The broth will be used to soak the bread later on and use it as a base for the plating.
3. Preheat oven to (175 degrees C). Arrange the chicken parts and roast for 30 minutes.
4. Cut the onions into julienne cuts and pan fry them with the olive oil and sumac spice confit style until very tender and transparent.
5. To present the dish, drizzle the bread with the broth and top it with the cooked onions and cooked chicken and bake them in the oven at 175 C for 5 minutes.
6. Pan fry the pine nuts in olive oil and place them on top of the chicken.
7. Serve with some cold Greek yogurt on the side.

## **Chicken Soup/Chicken Stew (People’s Republic of China- Ms. Liangzi Huo)**

Chinese cuisine could be extremely complicated and exquisite. This soup is believed to have warm energy and nutrition, especially good for the weak patients and new mothers. There are maybe hundreds of different chicken soup recipes in China, some with luxury ingredients; some with ingredients of Chinese traditional medicine. This recipe is quite typical and home-style. In Chinese traditional recipe, you never find any accurate measurements. It is always like “suitable quantity” “some” or “a few”. So the final quantity of ingredients is decided by the tongue of the chef. And Chicken is quite an important dish on Chinese dinner table. In Canton, there is a saying: you could not have a banquet without chicken.

### **Ingredients:**

- 1 free range chicken (hen), fresh if available
- 10 dried Chinese mushrooms
- 2 stalks of spring onion
- 5 pieces of old ginger
- 5 Chinese red dates (optional but recommended)
- 2 tsp salt
- 5 tbsp rice wine
- 10 Chinese pepper (optional but recommended)

### **Utensils:**

- A clay pot is recommended, a clay pot with thin neck is the best and it will hold the entire flavor in the soup
- A steel pot can be used as well

### **Directions:**

1. Soak the dried mushrooms in warm water until they re-hydrate, cut off the roots.
2. Clean and wash the chicken, remove the internal organs, but traditionally we will keep the head of chicken, you could cut it off as you wish.
3. Bring a stock pot of water to a boil, then place the chicken in it for 5 minutes or until there is no blood in the meat, keep the pot uncovered during the process.
4. Wash the chicken with cold water again, just to cool it.
5. Wash and cut the spring onions into smaller sections, only the white part close to the roots is needed
6. Put the chicken, mushrooms, ginger, spring onions, red dates, and the Chinese peppers in a clay pot.
7. Add enough water to cover the chicken, you should not need to add any water in the pot after one or two hours boiling
8. Bring the pot to a boil. When the water is boiling, remove the foam if there is any and add the rice wine.
9. Lower the heat as low as possible, just enough to keep it boiling for one hour (two hours may be better, keeping the heat very low). Keep the pot covered during the process.
10. Add the salt. Raise the heat and keep the soup boiling for 5-10 minutes. Keep the pot covered.
11. Turn off the heat, use a big spoon remove the thick oil from the soup, do it several times, until the soup is clear and ready to serve.

## **Picarones, Miel de Especias, Tartare de Pina and Vanilla Ice Cream (Peru- Ms. Ursula Lourdes Loayza)**

Picarones is a Peruvian dessert. The principal ingredients are squash and sweet potato. It is served in a doughnut form and covered with syrup, made from chancaca (solidified molasses). It is traditional to serve Picarones when serving Anticuchos, another traditional Peruvian dish. Picarones were created during the colonial period to replace Buñuelos, which were too expensive. Accidentally, they created a new dessert that rapidly increased in popularity throughout the country.

### **Ingredients:**

#### **Picarones dough:**

- 2 1/2 Cups Flour
- 20gr Fresh yeast
- 140gr Pumpkin squash puree
- 140gr Mashed sweet potatoes
- 1/2 Cup Pisco
- Pinch Salt
- 1 Tablespoon Sugar
- 1 Egg
- 1 1/2 Cup Warm water
- 1/2 teaspoon Whole anise
- 1 Tablespoon Vanilla essence
- 700gr Vegetable oil

#### **Chancaca-spiced syrup:**

- 1/2 ball Chancaca ball
- 2 Cups Sugar
- 1 Cup Water
- 6 Cinnamon sticks
- 6 Whole cloves
- 2 Orange (peel & juice)
- 2 Fig leaves
- 6 Star Anise
- 1/2 cdt. Cardamom seeds

#### **Quince Chips:**

- 100gr Quince
- 75gr Simple syrup
- 2 Juice of Lemons

#### **Vanilla ice cream:**

- 578gr Milk
- 37gr Milk powder
- 140gr Sugar
- 40gr Glucose
- 30gr Egg Yolks
- 3gr Stabilizer
- 1 Vanilla bean
- 169gr Milk cream

#### **Pineapple tart:**

- 50gr Sugar
- 2gr Mint
- 30ml Pisco
- 300gr Golden Pineapple

### **Directions:**

#### **Picarones dough:**

1. Proceed as shown in recipe of Picarones.

#### **Quince filling:**

1. Heat quince pulp. Add part of the sugar mixed with pectin and mix well. Boil and add the rest of the sugar and glucose.
2. Cook for a few more minutes; remove it from the heat and add the solution of citric acid and water.
3. Stir moderately to allow it to cool.
4. Place the quince filling into a pastry bag with a medium plain tip and make desired shape on silpat then freeze.

**Quince Teja:**

1. Mix the syrup with cold lemon juice.
2. Remove the quinces inside part and slice it as finely as possible, and place the slices in the syrup.
3. Place them on silpat lightly greased and take it to the oven at 80 ° C for half an hour approx.
4. Keep them in plastic containers with dehumidifier.

**Vanilla ice cream:**

1. Prepare it as the usual English custard. Freeze for 12 hours and cream it with a blender.

**To Assemble:**

1. Heat oil and take the quince rings out of the fridge. Dip them into the picarones dough and fry them.
2. Serve them with syrup, vanilla ice cream and quince teja.

## **Duck's breast with spiced plums and baked apples (Poland- Mr. Grzegorz Lapanowski)**

### **Ingredients:**

- 4 Duck breasts
- 100 g frozen plums
- Pinch of ground anise, cardamom and cloves
- 100 g Butter
- 2 Apples
- 1 Tablespoon of marjoram
- 8 small potatoes

### **Directions:**

1. Scrub the potatoes thoroughly and bake until they become soft and golden.
2. Cut apples into 1 x 1cm cubes and macerate in marjoram.
3. Proceed accordingly with duck's breast cut across the skin.
4. Stew plums with butter and spices on low heat until it creates glue-like consistency.
5. Fry the duck on a pan, with skin down, until it becomes golden. Add the apples and swap the breasts to the other side.
6. After a moment, put the pan for 10 minutes into the oven. Afterward pull out the breasts to a board and let them rest for about 4 minutes.
7. Serve cut breasts with roasted potatoes, plum sauce and baked apples.

## **Borsch (Russia- Ms. Ekaterina Aleksandrovna Opokina)**

Borsch is a hot beef-based soup with cabbage and beetroot. It is a traditional soup of Russia and Ukraine. Russian and Ukrainian versions are somewhat different, but both nations serve borsch with garlic and sour cream. Any Russian woman shall be able to cook this soup, but each family has its own secrets and special techniques, which are usually transferred from mother to daughter. It is often said that the surest way to find the path to your husband's heart is to learn to cook borsch like his mother does. This is Ekaterina grandmother's recipe.

### **Ingredients:**

- 300g Beef for broth (a thick cut including the bone)
- 300g Beets
- 400g White cabbage
- 500g Potatoes
- 100g carrots
- 2 pieces Root parsley
- 2 Onion
- 3 Garlic cloves
- 2-3 Tablespoons Butter (can be substituted for vegetable oil or melted fat-Ukrainian style)
- 1 teaspoon Table vinegar (3%)
- 2 Tablespoons Tomato paste
- 1 Tablespoon Sugar
- 1 Sweet Bell pepper.
- 1 Laurel leaves (Bay Leaf)
- 150g Sour cream
- Parsley and dill for seasoning
- Crushed black pepper to taste
- Salt to taste

### **Directions:**

1. Prepare the broth, boiling the meat in 3 liters of water until meat is fully cooked, adding salt and pepper.
2. Julienne the beetroot, cabbage and onions. Slice the potatoes.
3. Melt the butter in the pan, then add the beetroot pieces. Sprinkle one teaspoon of vinegar and cook to softness adding a small amount of broth, 1 Tablespoon of sugar and 2 Tablespoon tomato paste.
4. Stew the roots (parsley, onion and carrots) in the remaining butter.
5. Slice the cabbage and sweet pepper into thin pieces (those should be able to fit into one's mouth).
6. Once the broth is ready, take the meat out and filter the broth to get rid of small flakes.
7. Cut the meat into cubes and place back into the broth along with potatoes and cabbage, cook for 15 minutes.
8. Now add the cooked beetroot, root vegetables, sweet pepper, spices and cook for another 15 minutes. Add crushed or finely chopped garlic, bring to a boil. Turn heat off and let cool for 20 minutes.
9. Serve the borsch with two small dishes, one filled with sour cream and another with chopped parsley and dill, so that everyone can add those to its own taste.



## **Arabian Coffee Recipe (Saudi Arabia- Ms. Reema Al Mokhtar)**

Nothing defines Saudi hospitality more than offering guests a cup of Arabic coffee. The ritual of serving Arabic coffee in Saudi Arabia is a sign that a guest is welcomed and honored. It is usually served with dates, chocolate or any type of local sweets.

Preparing and serving coffee is the same across the Arabian Gulf, although the ingredients and flavors differ. Saudis prefer their mocha beans to be from Yemen, but if it cannot be found, coffee beans from Brazil or Kenya are an appropriate substitute. The coffee beans need to be freshly roasted and ground to a very fine, soft powder before making the coffee.

### **Ingredients:**

- 3 cups water
- 3 tablespoons cardamom (coarsely ground)
- 10 cardamom pieces
- 2 tablespoons Arabic coffee
- 1/4 teaspoon saffron (optional)

### **Directions:**

6. Boil the water in a pot. Add the coffee and cardamom pieces to the water and bring to a boil over low heat.
7. Add the saffron. Remove from heat and allow coffee grounds to settle.
8. Add ground cardamom in the serving Dalla (the serving pot) and serve immediately.

## **Lamb Stew (South Africa- Mr. Sakhumzi Lungelo Maqubela)**

### **Ingredients:**

- 5kg Lamb Stew
- 2 Onions
- 3 Potatoes
- 3 Carrots
- 2 Green Peppers
- 1 Tablespoon Paprika
- 2 Tablespoon Steak/Chops Spice
- 2 Tablespoon BBQ Spice
- 1 teaspoon Salt
- 2-60gr Mutton and Vegetable Soup
- 250ml BBQ Sauce or Monkey Gland

### **Directions:**

1. Boil defrosted stew in 500ml of water until the meat browns.
2. Chop onions, potatoes, carrots, and peppers, add to boiling meat stew.
3. Cover the pot and cook until vegetables are soft.
4. Add salt, steak/chop spice, BBQ spice, and paprika to the stew and stir well.
5. Mix the mutton and vegetable soup with 500ml of water, set aside.
6. Add the monkey gland sauce or BBQ sauce to the stew, stir well.
7. Add the mutton and vegetable soup to the stew and mix.
8. Cover and simmer for 10 minutes, stir occasionally until ready to serve.

## **Sudanese Fetta/Lamb Shank on Rice (Sudan- Ms. Hiba Osman)**

### **Ingredients:**

- 3 Lamb shanks
- 2 Tablespoons flour
- 3 Bay leaves
- 2 Garlic cloves
- 3 Black pepper corn
- 2 Cinnamon sticks
- 2 Red onions
- 3 Cardamom heads
- 2 Tablespoons salt
- 3 liters Water
- Pita Bread
- **For the rice**
- 3 cups Egyptian rice
- 6 cups lamb shank soup
- Salt to taste
- **Sauce:**
- 2 Tablespoons tomato paste
- 3 Juice of tomatoes
- Vinegar
- Salt to taste
- 2 Tablespoons garlic paste

### **Directions:**

1. Create the topic, cut the Pita bread into cubes. Rub the Pita with cumin and salt. Fry in 2 Tablespoons ghee, a pinch of cumin and salt to taste. Put in paper so the extra fat is absorbed.
2. Wash the lamb shanks with vinegar and water; remove any fatty bits with a knife. Dust in flour.
3. In a large pan, brown and seal the meat in hot oil.
4. Pour 3 liters of water to the meat; add all the dry whole spices. Leave to boil for 2 ½ hours until the meat is very tender and would come out of the bone easily.
5. Take the meat out of the stock and filter the stock, set aside to make the rice.
6. In a pan put the rice and pour the lamb soup over, bring to the boil. Lower the heat and cover. It would be ready in 30 minutes.
9. Mix the tomato juice and tomato paste well, add the salt and vinegar to taste. Bring to the boil.
10. In a frying pan, fry the garlic in a tablespoon of ghee, this is the sauce.
11. Plate the dish the following order: Rice (bottom), Lamb Shank, Sauce, Pita croutons.

## **Thai Massaman Chicken Curry (Thailand- Pathummalai Pattaro)**

“ Massaman Curry” that was ranked as No. 1 on CNNGo in 2011 for World’s 50 most delicious foods. (www.cnngo.com) This is what they had said: Emphatically the king of curries, and perhaps the king of all foods. Spicy, coco nutty, sweet and savory, its combination of flavors has more personality than a Thai election. Even the packet sauce you buy from the supermarket can make the most delinquent of cooks look like a Michelin potential. Thankfully, someone invented rice, with which diners can mop up the last drizzles of curry sauce. “The Land of Smiles” isn’t just a marketing catch-line. It’s a result of being born in a land where the world’s most delicious food is sold on nearly every street corner. Enjoy !

### **Ingredients:**

- 500gr chicken (Any meat can be substituted)
- 3 Tablespoons masaman chili paste
- 3 Cups coconut milk
- 5 pieces peeled small onions
- 100gr small potatoes ( peeled and boiled)
- 2 Tablespoons roasted peanuts
- 3 bay leaves
- 5 pieces roasted cardamom
- 1 piece roasted cinnamon stick (4 cm. long)
- 3 Tablespoons palm sugar
- 3 Tablespoonstamarind juice (can be substituted by 2 Tablespoons lime juice)
- 3 Tablespoons fish sauce

### **Directions:**

1. Cut chicken into 2 inch chunks
2. Skim off 1 cup coconut cream and simmer over medium heat till the oil appears on surface then add the Massaman curry paste and fry until the mix darkens and gives off a fragrance.
3. Then add chicken and cook for 5 minutes, then add the remaining coconut milk.
4. Add cardamom, bay leaves, cinnamon stick , peanuts and potato the stock and simmer until chicken is tender. When the potato is cooked, season with fish sauce, palm sugar and tamarind juice.
5. Add the onion and cook through until the soup begins to dry out.
6. Serve with steam rice.

## **Tomatillo Salsa (United States- Ms. Alma Candelaria)**

Tomatillos have a tartness that mellows with roasting.

### **Ingredients:**

- 6-8 medium sized tomatillos (should be about walnut sized),
- 1 medium red onion
- 2-3 garlic cloves
- 1-2 good sized bunch of cilantro
- Roasted tomato (as needed)
- 3 jalapeños (alternative use dried red chili 2-3 medium sized depending on heat tolerance)
- Splash of Olive Oil
- Juice of 1 fresh lemon or lime
- Salt and pepper to taste

### **Directions:**

1. Prep the ingredients. For the tomatillo by removing the papery husk and rinse off sticky residue before using. For the Red Onion, it will be best after peeled, sliced, brushed with some olive oil to soften and leave grill marks. Roast or grill the garlic for the best flavor, be careful not to blacken the garlic or the taste will be lost. Remove the long stems from the cilantro and chop.
2. Broil, grill or roast tomatillos until they start to turn soft and skin blackens. Same goes for jalapeños, tomato, onion and garlic. Let them cool.
3. Peel skins from jalapeños only. Put all of the roasted ingredients in a blender or food processor and pulse only until chopped, leaving some texture (it should be chunky not soup like).
4. Add in cilantro which will give it a wonderful green color and add freshness. The more cilantro you add, the greener it becomes.
5. Squeeze in the juice of one lemon or lime and salt and pepper to taste.
6. If it is too spicy, you can cut the heat with some roasted tomatoes or a can of diced tomatoes. Tomatoes will change the color of the salsa to a brownish color.
7. Serve with chips or instead of ketchup! If you are feeling really adventurous, you can separate a bit of the salsa and add in chopped avocado for a great guacamole with a kick. Pureed this salsa works well as a marinade for fish, chicken or shrimp.
8. Salsa will keep in the refrigerator for 7-10 days.

## **Traditional Pork Tamales (United States- Ms. Alma Candelaria)**

Preparing tamales is a time honored tradition in Mexican households. Tamales are generally reserved for holidays because they are a very time intensive undertaking. In my family, the prep time is planned and a team is assembled to make these Mexican treats. Young ones get the job of cleaning and soaking the husks. Mom has the job of making the red chili sauce that appeals to all --not too spicy, not too weak. And Abuelita had the honor of making the masa from scratch. Today, masa can be bought at local bakeries or prepared with an instant mix that only requires water. The "tamaladas" or tamale parties of yesteryear do not take as long and are still a way to catch up with family and friends.

### **Ingredients:**

#### **Corn Husk:**

- 1-2 bags of dried corn husks (30 husks per bag generally)
- 2 gallons of warm water

#### **Red Chili Sauce:**

- 2 bags of dried red chili (depending on your heat tolerance)
- 3 cloves of garlic
- 1 yellow onion, chopped
- 5-6 roasted tomatillos (See prep and roasting instructions under tomatillo salsa)
- 1 tsp Mexican Oregano
- 1 tsp Ground Cumin
- 1-2 Bay leaves
- Sesame seeds, toasted in dry pan
- 1/3 cup peanut butter

- Rind of an orange
- Salt and Pepper to taste
- Toasted Masa Harina or Flour to thicken, if needed.

#### **Meat Filling:**

- 3.5 lbs of pork shoulder cubed and trimmed of visible fat (or meat of your choice)
- 10 cups of water
- 1 medium onion, chopped roughly
- 3 cloves of garlic
- 3 ½ tsp of salt

#### **Masa/Corn Meal Mixture:**

- ¾ cup of shortening
- 6 cups of Masa Harina
- 1 ½ tsp of baking powder
- 2 tsp salt

### **Directions:**

#### **Preparing the Corn Husks:**

1. Soak dried corn husks in a tub of water, preferably overnight to soften. Softened husks serve as your form in this recipe. Corn husks should be cleaned of silks and residue. Banana leaves are also used in some Central and South American countries. There is a right side and a wrong side of a corn husk when assembling tamales. Once pliable and dried, use the smoother side of the husk to begin assembling your tamales.
2. If you have the luxury of time, it is a good idea to separate out your cleaned husks. When assembling tamales, it is much more efficient to have similar sized husks to work with. Towards the end of this recipe you will find that your husk choice disappears and you may need to patch together husks to make your tamales. If husks are small, overlap a couple of them to make a larger form to work with.

### **Preparing the Red Chili Sauce:**

3. Soak dried red chili to soften. Put chilies in a pot until they are covered with water. Bring to a quick boil. Remove softened red chili and devein. Use gloves, seeds are where the heat is carried. Place softened red chilies in blender.
4. In a separate skillet, sauté garlic, onion, bay leaves and cleaned roasted tomatillos. Add sesame seeds into the mixture toward the end until toasted and aromatic. Place garlic, onion, roasted tomatillo and toasted sesame seeds into blender with soaked chilies.
5. Add water or soaking liquid and blend until smooth.
6. Strain through fine sieve to remove the skins. You may need to do this 2-3 times. Sauce should not drain clear or sauce will be too watery. Toss seeds and skins.
7. Once strained, place liquid in skillet with oil to simmer. Check the sauce for spice/heat. If it is not hot enough, add more chili with higher heat factor. This is when powdered dried red chili could work. New Mexican dried red chilies are my favorite for color and heat.
8. As you are heating the sauce, notice the thickness of your sauce. While the sauce may be runny at this time, there are several methods to thicken including, adding peanut butter, toasted flour or masa harina. Toast dried flour or masa harina until lightly brown and add in as needed to thicken. Sauce should be the consistency of a thick tomato sauce.
9. Add in orange rind at this stage and let it simmer with the sauce. Add salt and pepper to taste.

### **Preparing the Meat Filling:**

10. Place pork in a Dutch oven or slow cooker with the water, onion, garlic, and salt. Cook Pork until fork tender. This should take a few hours or overnight if you are using a slow cooker. Allow broth and meat to cool. This will allow you to remove the fat that congeals on the top.
11. Shred the pork and discard fat. Strain and save the broth for use later in your corn meal mixture.
12. Add the red chili sauce to roasted pork and heat through until warmed through and well blended. This will be the filling for your pork tamales

### **Preparing the Masa:**

13. To prepare masa (corn meal mixture) beat shortening until light for a couple of minutes. In a separate bowl mix your dry ingredients: masa harina, salt and baking powder. Note Masa Harina is now packaged with shortening in dry form and only water is needed to prepare. If you find this version of the product, use it and you will save a step.
14. Otherwise, mix in masa harina and shortening and reserve pork broth to your dry mixture until you have a creamy paste consistency. Continue adding dry to wet mixture until well blended, creamy and spreadable. Think smooth peanut butter and aim for that type of consistency. It should spread easily.

### **Assembly the Tamales:**

15. Have all your ingredients handy in an assembly line formation. It should be cleaned/dried corn husks, masa, red chili and meat mixture.

16. Take your first corn husk smooth side up and place about 2 tablespoons of masa in the center of the husk. Cup your hand and spread the masa mixture across the husk using the back side of a large spoon.

17. The masa should not be too thick, maybe ¼ inch thickness. Have a cup of water to dip your spoon into to help smooth out the mixture on the husk as needed. Once smooth, place a whopping tablespoon of meat mixture into the center of the husk.

18. Fold in both sides and the bottom side up. Continue the same until you have about 15-20 tamales lined up. You will often see a torn off husk or kitchen string wrapped around the entire body of a tamale in restaurants. This is somewhat decorative; it helps keep the form but is an unnecessary step.

19. In my family this is the stage when all hands are on deck. Everyone has a role in the assembly line process. The youngest get the job of making sure all stations have what they need. All others have one step in the assembly line process. The last one in line begins the cooking process by placing the tamales in the pot to steam.

### **Cooking the Tamales:**

20. Use a deep pot, like a dutch oven, and line up your tamales with open side up and folded sides center. Use a short cup, small lid or a ball of foil in the center of this pot. Assemble tamales around the center leaning toward the middle of the pot against your ball of foil, cup or lid.

21. Pour in water around the tamales until they are covered by 1/3. Bring water to a boil, reduce heat and cover. Use a clean, wet kitchen towel and cover top of tamales with towel and lid. Steam the tamales for 45 minutes. Check tamales at the 20 minute mark to see if you need to add water. If you need to add water, make sure it is warm water.

22. You can check for doneness at 40 – 45 minutes. Tamales are done when the husk separates from the corn meal mixture easily. To test for doneness, remove your first tamale from the pot with tongs and place on a plate. Remove the husk from the tamale. If it removes easily, it's done. If not, return to pot, take pot off heat and let it continue to steam off the heat for another 5-10 minutes.

### **Serving/Storing:**

23. Tamales should be eaten hot and de-husked. Be sure to include a plate or bowl for used husks close by for your guests. If any reserve red chili sauce is available, ladle warmed sauce over your tamale like a gravy for added color.

24. Tamales freeze marvelously. Once cooled place in freezer bags. They should last for 6 months in the freezer. You can remove a couple at a time and reheat in the microwave in a damp paper towel or reheat on a dry cast iron skillet with husk in tack or steam until warmed through.



## **Sangria (United States- Ms. Alma Candelaria)**

### **Ingredients:**

- 2 bottles (750 ml) Dry red wine
- 1 can Frozen Lemonade concentrate or orange juice concentrate
- 3 cups of fruit ( apples, oranges, lemons, limes, peaches, whatever fruit your prefer)
- 1-2 cups of Brandy
- 1 liter Carbonated water (seltzer or lemon-lime soda drink)
- Sugar to taste

### **Directions:**

1. Cut fruit into cubes or wedges, whichever you prefer. Place fruit in a freezer bag and marinate overnight in Brandy.
2. Mix all of the remaining ingredients in a large container (punch bowl, pitcher, etc). Add fruit to the mixture. Please note that the fruit may have changed color from marinating, this is okay.
3. Serve immediately or store in the fridge until serving.

## Vietnamese Spring Rolls (Vietnam- Mr. Quang Thanh Tran)

In Vietnam, spring rolls are a dish for all the people – from the North to the South. Vietnamese people eat spring rolls any time, and they make many different kinds of spring rolls, depending on the ingredients of their region or the seasons of the year. When you come to Vietnam, you will see that all restaurants from casual to fine dining, have spring rolls (“**chả giò**”) on the menu.

### Ingredients:

- 400gr River Shrimp
- 400gr Minced Pork
- 250gr Crab Meat
- 200gr Taro or Potato
- 100gr Black Mushroom
- 2gr Black Pepper
- 20ml Rice Wine
- 5 Eggs
- 150 ml Mineral water
- 15gr Chopped Shallot and Garlic
- 5gr Scallion Root
- 20gr Onion
- 3 batches Rice Cake
- 100gr Salad
- 5gr Chopped Chili
- 150gr Vietnamese Herbs
- 150gr Carrot
- 3gr Salt
- 2gr Ground Pepper
- 7gr Chicken Powder
- 5gr Sugar

### Directions:

1. Julienne the taro and the carrots. Set the taro aside. Steam the julienned carrots for 5 minutes.
2. Crush the whole black pepper.
3. Peel the river shrimp, take out the black line on the back of shrimp and discard, and chop finely the shrimp.
4. Wash the scallion root, and chop finely.
5. Rinse and chop the herbs, discarding the roots. Wash and rinse the lettuce leaves.
6. Put the black mushroom in warm water for about 10 minutes. Slice it, but discard the root.
7. Make the mixture for wetting the rice paper: 5 whole eggs, 100ml mineral water, 100ml white wine, stirred very well and strained.
8. Prepare the dipping sauce: 200ml fish sauce, 350gr sugar, 100ml lemon juice, 100ml mineral water, 1 tablespoon of garlic, 1 tablespoon of chopped chili.
9. Place all the crabmeat, then river shrimp meat, minced pork meat, black mushroom, taro, carrot, seasoning and scallion into an aluminum pan and combine the ingredients well.
10. Clean the chopping board, and place a piece of rice paper on the chopping board. Spray or brush the rice paper with the egg mixture.
11. Pour about 30gr of the meat mixture on the rice paper, and then roll it so the ends are covered. Repeat this process until the meat mixture is finished.
12. Place uncooked rolls into the freezer for at least 2 hours. Heat the oil to 177 degrees Celsius, deep frying the roll until it turns a yellow color (7-10 minutes).
13. Arrange the salad and Vietnamese herbs on the plate with tomato flower on the top, with the dipping sauce on the side. Eat with chopsticks or a fork.