

USC English Language Program

COOKBOOK

[2015-2016]



Take your taste buds on a tour around the world!



MADE BY CHEFS FROM:

Brazil, China, Iran, Italy, Japan, Kazakhstan, Mexico, Poland, South Korea, Spain, Taiwan, Turkey, Venezuela, and the United States.

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Ruri Nojiri

Sukiyaki (Japanese Hotpot)

Sukiyaki is one of the most popular hot pot dishes in Japan. It has a sweet and salty flavor a little bit like teriyaki sauce, but with beef and vegetable in the mix, it has its own Sukiyaki taste people love so much. In Japan, we use `RAW EGG` as a dipping sauce! It makes sukiyaki more yummy!!



Ingredients (Serves 4)

- ½ head napa cabbage (1.8 oz/690 g)
- ½ bunch shungiku (Tong Hao or Garland Chrysanthemum) (7 oz/200 g)
- 1 Tokyo negi/long onion
- 1 package enoki mushrooms
- 8 shiitake mushrooms, carve decorative shapes
- 1 package Yaki Tofu (Broiled Tofu) (9 oz/255 g)
- ⅓ carrot for decoration (optional)
- 1 package shirataki noodles (yam noodles) (7 oz/198 g)
- 1 Tbsp. cooking oil
- 1 lb (454 g) thinly sliced beef rib eye for Sukiyaki (or slice your own meat)
- 1 Tbsp. brown sugar
- 1 cup dashi (or water) to dilute the sauce

Sukiyaki Sauce

- 1 cup (240 ml) sake
- 1 cup (240 ml) mirin
- ¼ cup (60 ml) sugar
- 1 cup (240 ml) soy sauce

Instructions

1. Combine 1 cup sake, 1 cup mirin, ¼ cup sugar, and 1 cup soy sauce in a small sauce pan and bring it to a boil. Once boiling, turn off the heat and set aside.

2. Prepare sukiyaki ingredients. Cut napa cabbage/Shungiku/Tokyo negi into 5 cm wide.
3. Discard the bottom part of enoki mushrooms and tear into smaller bundles.
4. Discard the shiitake stem and decorate the top of shiitake if you like.
5. Cut tofu into smaller pieces (I usually cut into 6-8 pieces).

6. If you like, you can slice some carrots and then stamp them into a floral shape for decoration.
7. Drain and rinse the shirataki noodles. Put all the ingredients on one big platter for the table or into smaller individual servings.



8. Set a portable gas cook top at the dining table and heat a sukiyaki pot (or any pot) on medium heat. When it's hot, add 1 Tbsp. cooking oil.
9. Place some of sliced beef to sear and sprinkle 1 Tbsp. brown sugar. Flip and cook the meat. You can pour a little bit of Suki-yaki Sauce over the meat and enjoy the sweet and nicely caramelized meat now, or continue to next step and eat it later.
10. Pour 1 cup of Suki-yaki Sauce and $\frac{1}{2}$ cup dashi (or water) in the pot.
11. Place some of the ingredients in the pot. Put the lid on and bring to a boil. Once boiling, turn the heat and simmer until the ingredients are cooked through.



12. Once the food is cooked, you can start enjoying them. We usually use raw egg as a dipping sauce!!
13. Enjoy!



Yamiko Wakabayashi

Okonomiyaki (Meat and Vegetable Japanese Pancake)

[Ingredients] (serves 2)

- 80g all-purpose flour
- 100cc water
- 2 eggs
- 80g sliced pork belly
- 300g chopped cabbage leaves
- 10g chopped green onion
- 1 tbsp. vegetable oil
- okonomi sauce or vegetable and fruit sauce (tonkatsu sauce)
- mayonnaise (if you like)
- bonito flake (if you like)
- green seaweed (if you like)



[Directions]

1. Mix flour with water in a medium-sized bowl.
2. Add eggs and vegetable ingredients into the batter.
3. Heat oil in a large skillet.
4. Pour enough batter to make a single-serving cake (about 20cm across and 2cm thick).
5. Cook one side on medium-low heat for about 4 minutes.
6. Put 3 sliced pork on top of the batter. And then, turn over it.
7. Cook the other side for about 4 min, and turn over again.
8. Cook for 3 min again until golden brown.
9. Remove the pancake to serving plate and immediately spread okonomi sauce over top. Add some mayonnaise, green seaweed and bonito flake if you like.

Sujin Cho
Dduk Guk (Korean Rice Cake Soup)



– a lazy(simple and easy!) version

* This is a traditional breakfast dish on the New Year's Day. However, it can be enjoyed anytime, when something warm and hearty is appreciated, in particular.

*** Ingredients (for 2 persons):**

100g minced beef

2 cups of sliced Korean rice cake (available at Korean markets or Korean Rice Cake stores)

150g Tofu (optional)

2 minced (or crushed) garlic cloves

one egg

2 tbs of Korean soup soy sauce (or 1 teaspoon of Salt can be used, though less flavorsome / Please note the Korean soup soy sauce tastes quite different from the regular soy sauce.)

1 tbs of sesame oil

5 cups of water

Pepper and Salt (a few pinches)

One small piece of Seaweed (optional, for garnish)

* Cooking time: approximately 15 min including preparation

*** Directions :**

1. Put 1 tbs sesame oil to the pot and saute minced(or crushed) garlic and meat in the medium heat.
2. Add 1 tbs Korean soup soy sauce to season the meat.
3. Pour 5 cups of water in the pot and boil.
4. Add two cups of sliced Korean rice cake (and sliced Tofu) and boil until the rice cakes float on the surface of the broth.
5. Add one egg to the soup and stir the soup two to three times after 30 seconds.
6. Season with the remaining Korean soup soy sauce (and salt if needed).
7. Serve when hot with pepper (Garnish with a few sliced seaweeds if available).



桂花糖藕

准 备 时 间 : 20 min



烹饪时间：2 hours

制作个数：1 制作分量：两人份

使用食材：莲藕 800g

糯米 200g

枣干 5g

冰糖 60g

红糖 60g

糖桂花 40g

使用工具：

牙签 10，筷子 1，大煮锅

烹饪方法：

1. 糯米提前用清水泡一天。
2. 在藕头连同藕蒂切掉两三厘米，留作盖子。去皮，洗净藕眼里的泥沙，沥干。
3. 将已经泡好的糯米填入所有藕眼中，一边填一边用筷子捅结实，不要塞的太满。
4. 把藕蒂盖子盖上，并用牙签固定封口
5. 把莲藕放锅里，倒入清水，水量要漫过莲藕，再把大枣、冰糖、红糖加入。
6. 盖上锅盖，大火烧开后，转文火煮约 2 小时。
7. 煮好后室温自然冷却，可多泡一会入味。凉透后切片，浇上桂花酱食用

Lotus root with Sweet Flower

Sauce

(A chinese appetizer and dessert)

Preparation time: 20 min

Cooking time: 2 hours

Makes: 1

Serving: 2-3

Ingredients:

lotus' root 800g

glutinous / sticky rice 200g

dried jujube 5g

crystal sugar 60g

brown sugar 60g

canned osmanthus flower sugar sauce 40g

Utensil:

toothpicks 10pcs

chopsticks or a thin stick. 1 pc

large pot 1

Method:

1. Wash the rice and leave them in clean water for one day.
2. Cut off 2-3cm the end of lotus for lid use. Peel the skin and wash the lotus including holes, then drain it.
3. Fill the hole with rice, use stick to compact but not too much.
4. Cover the lotus' end as a lid and attach with toothpicks.
5. Place it into a pot, add 2L water over the lotus. Add in jujube, brown sugar, crystal sugar and 20g of osmanthus sugar.
6. Cover the pot after its boiling and simmer for 2 hours.
7. Turn off the fire and cool down naturally, slice then into 1cm thin piece, eat with osmanthus flower sugar sauce.

Crystal Li

Chinese Style Mango Pudding

Prep Time: 5 minutes **Cook Time:**
30 minutes

Total Time: 4 hours **Yield:** making 8 dessert
serving

Ingredients

- 6 big size mature mangoes
- Fresh cream 200ml, chilled
- White granulated Sugar 170g
- Unflavored Gelatin Powder 40g
- Hot water 350ml
- Clear water 450ml
- Condensed Milk



Instructions

1. Cut fresh mango in half and then dice the fresh mangos out. Blending 4 mangos into Purée.
2. Leave the rest mango dices in a separate container.
3. Place a bowl, Mix sugar and gelatin powder first, then add hot water.
4. Put step 3 into blender with step 1, blending for another 1 minute. Then mix fresh cream and clear water. Drain/ Filter the mango puree via sieve.
5. Dividing the step 2 mango dices into 8 small dessert cups, then fill with the step 4 mango puree. Move to refrigerator for 4 to 6 hours until completely set.
6. Before eating, decorate with mango cubes and mint leaves. If you a sweet tooth, pour some condensed milk.



Shinhee Lee

<How to cook Bibimbap>

Preparation time 20 mins, cooking time 30 mins

Ingredients :

100g carrot,
100g zucchini,
100g lettuce(or any kind of green leaves),
100g oyster mushroom,
100g bean sprouts, one egg,
1 serving of steamed rice,
100g minced beef(optional)
(All vegetables can be replaced as you like!)

1Tbsp Soy souce,
1 tsp Sesame seed,
1 Tpsp gochujang paste,
1Tpsp sesame oil (Gochujang paste can be found in Korean market),
1tsp minced garlic,
1tsp sugar,
1tsp pepper,
and salt



Directions:

- 1) Cook steamed rice (or buy ready-made rice)
- 2) If you are not vegetarian, prepare 100g minced beef and marinate it for 20~30 mins.

Season it with 1/4 tsp of minced garlic, 1 Tbsp of soy souce, 1Tbsp of sesame oil, I tsp of sugar, and little bit of pepper.

- 3) Julienne the carrot and zucchini. Cut lettuce(or any vegetables you want) into thin layers.

Prepare mushrooms in thin layers and also bean sprouts.

* A handful of julienned carrot/zucchini/lettuce/mushroom/bean sprout will be enough for 1 serving.

4) Add 1 Tbsp of cooking oil and cook each vegetable separately with 1/4 tsp of salt.

Cook all of the vegetable on medium high heat for about 2~3 mins. When each of them is cooked, put them on the plate nicely so that they can cool down.

5) Add 1 Tbsp of cooking oil in a wok and cook meat on a medium high heat until it is fully cooked.

6) Fry sunny-side up egg.

7) Put the rice into a bowl and add the meat, assorted vegetables, and the egg on top of the rice.

8) Put 1 Tbsp of sesame oil, 1 Tbsp of gochujang paste (increase the amount of gochujang paste

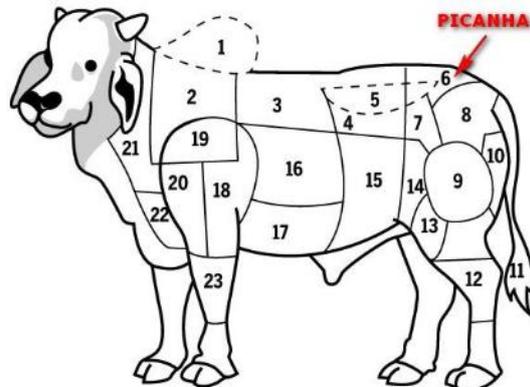
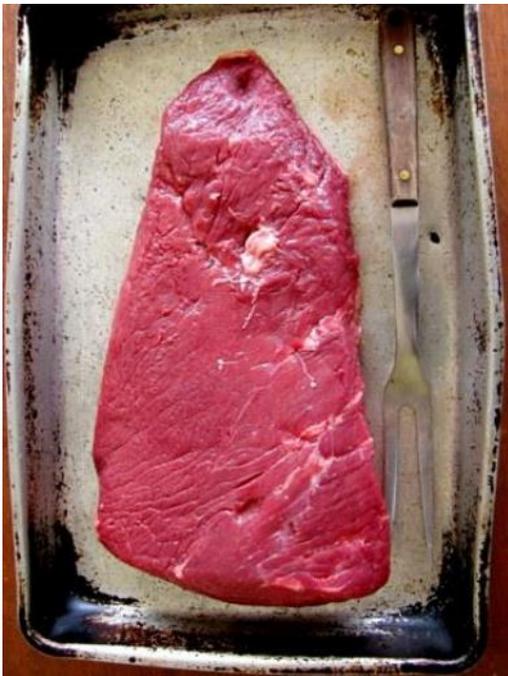
if you want spicy) and mix the ingredients well in the bowl and enjoy! 😊

Carla Rojas

HOW TO MAKE A BRAZILIAN BARBECUE

1. Picanha - how to pronounce it is: pee-con-ya, with the emphasis on the con.
2. **Chose an aged picanha if you can.** Dry-aging is not common in Brazil, so I don't have experience of having it that way. The wet-aged cuts in vacuum packs are very common here. Great picanhas are exported in this way from Brazil, Argentina and Uruguay. In Spanish the picanha is called *tapa de quadril*.

The fibers run diagonally through the meat.



3. **The ideal weight** for a whole picanha is between 1.3kg and 1.5kg (2lb 13 oz. – 3lb. 4oz.). Anything larger than that is more than picanha, and surely includes a part of the tougher outer-thigh region running below the rump. The wide end of the picanha is the thickest and the toughest part. The tip is heaven.
4. **To get the full Brazilian churrasco experience,** use organic charcoal – the stuff that still looks like it came from a tree. The second alternative, and probably the easiest, is a gas grill.
5. **Put some sausages on the grill** as soon as you prepare your fire. As we don't use lighter fluid, we prefer to get the fire going with

some dripping pork fat. Fresh Brazilian pork sausage is made with the thigh meat and is very similar to fresh Italian sausage. These sausages are wide enough to take their time on the grill and drip enough fat to get the most timid fire raging. Think of them as a way to whet the appetite, yours and the fire's.

6. **Score the fatty blanket** on the picanha by making criss-crossing cuts into the fatty blanket covering one side of the picanha. Fat behaves differently than meat when cooked. It loses more liquid and therefore shrinks more. By scoring the fat, you can prevent the piece from curling and dis-forming while it grills. I also imagine that it helps to free the liquid deliciousness in the fat allowing to run into the meat fibers.
7. **When preparing a picanha for the skewer cut against the grain.** The picanha is a big piece of meat and should be cut again at home before it is grilled. If you'd like to serve it on a big skewer like they do in churrascaria restaurants, **cut the picanha in 3 pieces on a angle perpendicular to the fibers running diagonally through the picanha.** Then bend these pieces into semicircles, fat-side out, and place them on one large oiled skewer. This allows you to slice off delicately tender pieces without having to remove the picanha from the skewer. You can then rub the exposed surface with more rock salt and grill it some more. Every slice will have that outer, salty, crusty grilled deliciousness of the first slice. This is how they do it in churrascaria restaurants.



8. **When preparing a picanha in steaks cut with the grain.** If you don't have the large skewer, you need not fret. You can grill a picanha home-style in thick steaks. This way is not as flashy, but I think the results are superior. When dividing the whole picanha into steaks, **cut the meat in the same directions as the fibers.** When you slice the grilled steaks to serve you will be slicing across the fibers creating deliciously juicy morsels each with their own little fatty edge.
9. Roll the pieces of picanha in rock salt and nothing more. The tradition of churrasco celebrates the flavors of the meat. Marination or extra seasoning is reserved for cuts that are less tender and flavorful. A picanha already has all the flavor and tenderness it needs. A little rock salt will seal in its juiciness and enhance its natural goodness. I have found that using table salt or kosher salt I have to use a large amount to do the job of sealing in the juices leaving the meat too salty. Rock salt heats up and reacts like a cooking surface on the meat. It also doesn't penetrate nearly as much as finer salts resulting in a lightly salty crust.
10. Grill the steaks fat-side up for a few minutes until a little juice leaks out of the top of the steaks. If you are grilling on the big skewer, both sides are the same, there is no fat-side. Turn the steaks onto their sides to grill for a few more minutes. Finally grill fat-side down moving the steaks away from the hottest part of the fire to avoid over-cooking and to reduce the chance of the fire flaring up from the dripping fat. Grill to your desired doneness. I use the finger poke to know if the meat is done.
11. Remove the finished meats and tap them with the side of a knife to knock off any extra rocks of salt. Let the meat rest a few minutes before slicing.
12. Don't be worried about serving the picanha all at once. Just as in the churrascaria restaurants, meats are served a little at a time, as they come off the grill. First serve the sausages sliced for everyone to enjoy a little at a time. Then serve the pieces of picanha as they finish cooking.
13. ENJOY IT!

Jeesun Lee
Dak Galbi (Stir-fried Spicy Chicken)



Dak Galbi is very popular all over Korea. It is a spicy stir-fried chicken dish made with boneless chicken, green cabbage, and other vegetables. Dak means chicken, and galbi means ribs. But, there are no ribs in it. After eating up the Dak Galbi, Koreans usually add some rice into the leftovers to make fried rice.

Ingredients:

- 1 pound boneless chicken thighs
- 1 green cabbage
- 1 sweet potato
- A handful of tteokbokki tteok (rice cakes)
- 8 perilla leaves
- 2 scallions



Sauce: So Simple

> Make the main sauce

Sugar: Soy sauce: Red chilli pepper paste: Sake : Garlic

1 : 1 : 1 : 1 : 1

Measured by paper cup

> Add 3Ts Red chilli pepper flakes, 1Ts sesame oil and black pepper a little Into the main sauce.

Directions:

1. Cut the chicken into bite size pieces. Mix with the sauce and marinate for 30mins at least.
2. Cut the sweet potato, cabbage, perilla leaves, and scallion into small pieces.
3. Heat a pan over medium heat and put the Chicken, vegetables and tteokbokki tteok all together.
4. Seems like the below picture, then you can start eating. You will probably know when you can eat this.
5. After eating all up, add some rice (according to the amount of leftovers) and 1Tsp sesame oil into the leftovers. Stir happily, until all ingredients are mixed up properly. If you desire, you can add some dried seaweed.



Arek Arkadiusz

Kotlet Schabowy (pork chop)

"Kotlet Schabowy" is a typical Polish dish for Sunday dinner. It is made of pork chop meat and is very similar to a Austrian Winner Schnitzel, where a veal meat is used instead of a pork chop.

Ingredients (for 4 serving):

400g boneless pork chop
1 egg
1 cup breadcrumbs
oil for frying
salt (to taste)
pepper (to taste)
oregano (to taste)

Utensils:

1 tenderizer or meat mallet
2 plates
1 pan



Instructions

1. Slice the pork chop into 2 cm wide pieces.

Rinse pork chops in lukewarm water.

Tenderize the meat with some kind of tenderizer or meat mallet, until it is almost 50% larger in area than before you started and it should be around 5 mm wide.

Set aside meat and allow them to dry for 10 minutes before next step.

2. Prepare 2 plates.

One with a lightly-beaten, raw egg.

Second with the bread crumbs mixed with oregano.

3. Season meat with salt and pepper.

Heat the oil in the pan (enough oil so that it covers the entire bottom surface) before next step.

4. Take the prepared pork chops and carefully and individually dip first into egg on both sides and then into the bread crumbs mixture also on both sides.

5. Fry the pork chop on both sides on high heat until it is fried and browned. Repeat the step 5 with remaining cutlets. Alternatively, you can use two pans to speed the process.

Hint: 1) After frying you can place it on a heatproof plate in a warm oven (about 200 degrees) covered with foil in order to not cool before serve.

2) Serve with smashed potatoes and pickled cucumbers.

Gahee In

KOREAN FOOD_SOON TOFU SOUP

Serve for 1 person

Ingredients

- soon tofu (soft tofu) 1 pack (150g)
- egg 1
- chopped green onion 1 Tbs
- Source 2-3 Tbs
- Water 2/3 cup
- option: seafood or mushroom or meat

Source (Mix all of them)

- option: minced green onion 2Tbs
- option: minced onion 2Tbs
- option: sugar or honey powder 1tsp
- option: salt 1tsp
- chili powder 2Tbs
- sesame oil 1Tbs
- minced garlic 1Tbs
- soy source 1Tbs



1. Add water 2/3 cup with source 2-3Tsb
2. Boil for 3 mins
3. Add tofu (option: add mushroom or seafood or meat) and boil for 2 mins
4. Sprinkle chopped green onions and pepper
5. After turn off the temperature, add one egg and do not stir (it looks like poached egg)

If you want the cooked egg, you could boil for 1-3 mins

Viviana Teofilo

Eggplant Parmigiana

6 servings

Medium difficulty

35 minutes preparation

60 minutes cooking

+ 1 hour resting for
eggplants

INGREDIENTS:

1.5 kg eggplants

1/2 onion

5-6 big leaves of basil

150 gr Parmesan
cheese

500 gr caciocavallo
cheese (You can find it
in Italian market or you
can buy aged cheddar
cheese in substitution)

1 clove garlic

1.5 liters of Tomato sauce

Salt

Kosher salt

A small spoon of sugar

Olive oil (just a little bit to pan fry)

Vegetable oil (enough for frying)



Wash the eggplants and cut them lengthwise 1 cm thick with a mandolin or a knife.

Put the eggplants in layers inside a colander and spread some kosher salt on every layer. Put something very heavy on top, so that the eggplants can lose the bitter water they have inside. Let the eggplants rest for at least 1 hour. After this time wash them with water and dry them.

In the meantime, dice the onion and cut the garlic very small, and simmer them at medium/low heat in a pan with the olive oil until they are golden. Add the tomato sauce, with salt and sugar. Cover it and cook it until the tomato sauce becomes thick (15-20 minutes). Shred the basil with your hands and add it in the tomato sauce after it's ready. Chop the cheddar cheese in thin slices and grate the Parmesan cheese.

Fry the dry eggplants in a large pan with plenty of vegetable oil.

In a casserole dish, make layers of tomato sauce, eggplants, cheese, repeating until the ingredients are gone. The last layer must be tomato sauce with parmesan cheese.

Bake in the oven at 200 degrees (Celsius ----> 400 Fahrenheit) for 40 minutes. Let rest at least 30 minutes before serving!

For a healthier version you can roast the eggplants instead of frying them!!

Mira Je

Bulgogi

Korean style barbecued beef. It's one of the most traditional dishes in Korea.

Ingredients

- 1 pound thinly sliced sirloin or tenderloin
- 5 Tablespoons soy sauce
- 2 Tablespoons sugar
- 1/2 cup peeled, finely chopped ripe Asian pear
- 1/2 cup finely chopped onion
- 1/4 cup chopped green onion or scallion
- 2 Tablespoons minced garlic
- 1 teaspoon minced ginger
- 2 Tablespoons sesame oil
- 1/2 teaspoon ground black pepper



Directions

1. Combine beef, soysauce, sugar, Asian pear, onion, green onion, garlic, ginger, sesame oil and pepper in a bowl and mix well. Cover or seal then refrigerate at least 1 hour (or overnight)
2. Preheat a grill pan or skillet for high heat and add all the meat and its juices. Cook, stirring constantly until most (but not all) of the liquid has evaporated and meat begins to brown.
3. Serve with lettuce leaves and rice. To eat, make wraps by folding a piece of steak and some rice inside a lettuce leaf.

June Shin [Kimchijeon]



*Ingredients:

- 1 cup of chopped Kimchi (store bought, somewhat fermented, preferably)
- 2 Tbs of chopped onion
- 1/2 cup of flour
- 1/4 cup of water
- 1/2 ts of salt
- 1/2 ts of sugar

- 2 Tbs of cooking oil

(You may add some protein if you wish. I personally prefer squid.)

*Direction

- 1) Mix chopped Kimchi, chopped onion, flour, salt, sugar all together in a mixing bowl. (If you just bought Kimchi from a store, let a cup of Kimchi stay in a room temperature for a while to get a quick fermentation. Be ready for the smell though!)
- 2) Hit up a non-stick pan over medium high heat and drizzle 2 Tbs of cooking oil.
- 3) Place the mixture on the pan and spread it very thinly. (to make it crispy!)
- 4) Cook until the bottom gets brown and crisp
- 5) Flip it over!
- 6) lower the heat and cook for more.
- 7) Flip again and make sure both sides are crispy.
- 8) Cut it into small pieces before serving. Enjoy~ (Koreans normally have 'uncut' Kimchijeon, but we just tear as we wish, so the outcome is quite random :p)

Mariane Clavigo

Cheese Bread

200ml of milk

100ml of oil

3 eggs

500 gr of manioc flour

10 gr of salt

10 gr of yeast

250 gr of Parmesan cheese

First put the liquid ingredients in the blender and mix. Then put the other ingredients in the blender and mix again. It's important to put the yeast last, and mix once more.

Heat the oven to 200 degrees. Put the dough in a muffin form pan and put in the oven for 25 minutes.



Sahar Ghadimi

Dolmeh of bell pepper: Iran

Ingredients:

- 4 bell peppers (different colors will help to flourish your dish)
- 1/2 lb ground beef
- 1/2 cup rice
- 1 medium onion
- 2 cloves garlic
- 1 bunch of parsley, packed
- 1 bunch chopped chives
- 1 bunch of fresh mint
- 1 bunch of turmeric
- 2 tbsp dried tarragon
- 1 1/2 tbsp salt and black pepper
- 2 1/2 tbsp tomato paste
- 2 tbsp lemon juice
- salt & pepper
- olive oil

First, Cut the tops of the peppers in a circle to make a beautiful lid. Take out the seeds of the bell pepper and pitch very carefully. Avoid making any cuts or holes in the body of the bell pepper. Put the lids back on each pepper and leave them aside

Secondly, clean and wash your fresh herbs. Drain and put them in a towel for further draining. And then chop the herbs finely and stir-fry very lightly in 1/4 cup of oil for 5 minutes.



Third, chop the onion into small pieces and fry in 1/4 cup of oil in a large frying pan. Add the ground beef to the pan and stir-fry. When the liquid of the beef evaporated and is a little bit cooked from outside put it aside. Dissolve the tomato paste in 1/4 cup of water in a cup and then add the sauce to the onion and

meat in the pan. Also add 1/2 tablespoon salt and pepper cook it for 10 more minutes and put it aside.

Fourth, wash the yellow spelt and place it in a sauce pan with 1 1/2 cup of water and let it to cook for 20 minutes, but avoid allowing it to go to soft. Put it aside.

Meanwhile, wash the rice and let it cook with 1 1/2 cup of water and 1/2 table spoon salt over a low heat for 10 minutes (until there is no water left in the pan).

Finally, mix cooked meat, chopped and fried herb, cooked rice, and spelt peas all together. Now carefully, fill the tomato of the bell pepper with your mixture and put their own lids back on. Put the peppers tightly beside each other in the saucepan next to each other. Pour the remaining 1/4 cup of oil and 1 1/2 cup of water all over your beautiful and colorful bell peppers, and let it to cook on medium heat for 6 minutes, 2 and then low the heat for an extra 40 minutes. :)



Gisele Pereira Dos Reis

Brigadeiro Recipe

Brigadeiro is a soft chocolate sweet made with condensed milk and cocoa. It is present in every Brazilian birthday party, especially kid's party.

Time: 1 hour

- Prep: 30min
- Inactive Prep: 15min
- Cook: 15min

Yield: About 10 brigadeiros



Ingredients

- Sweetened Condensed Milk (1 can or 14-ounce)
- Butter, unsalted (2 table spoon) plus more for greasing hands
- Chocolate powder (4 table spoon) (You can use more cocoa, some recipes call for 5 spoons. You can also use chocolate powder in which case you need 7 spoons, but the Brigadeiros will be intensely sweet. With practice, you will find your own perfect recipe)
- Chocolate sprinkles
- Small paper cups

Instructions:

- 1) Mix the condensed milk, the butter, and the chocolate powder together until obtaining a homogeneous mixture (without lumps of chocolate powder). But wait, if you are using cocoa powder here is a trick: get a glass with a bit of water and slowly add the cocoa while mixing it with the water. This is because cocoa powder does not dissolve very well in the condensed milk, so you want to totally dissolve it with a bit of water and then add the mixture to the condensed milk in the pan.
- 2) Cook in a medium-low non-stick saucepan oven, stirring constantly with a wooden spoon, until the mixture thickens and start to show the bottom of the pan when you scrape it with your wood spoon (about 5-8min). Stir in circular movements and make sure you get the mixture from the sides so it does not stick there and burn. The mixture should be thick enough to show you the bottom of the pan for a couple of seconds before the mixture levels out again.
- 3) When the brigadeiro is ready, remove from the stove and spread mixture onto a greased plate. Let cool to room temperature before starting to roll them into balls.
- 4) Lightly grease your hands with butter and roll about a teaspoon of brigadeiro between your palms to form 1 1/2-inch balls. Cover every little ball with your favorite chocolate sprinkles or desert toppings (like color sugar, for example) and place them into small paper cups.

Hans Zhang Drunken Shrimps



Ingredients (3~4 servings):

- 12 shrimps (prawns)
- 2 green onions
- 3 slices of ginger roots
- 300 mL of Shaohsing Chiew (rice wine)

Seasoning A

- 2 slices of Danggui (Angelica)
- 5 red dates
- 1 tablespoon of Gouqi (wolfberry)
- 600 mL of water



The seasoning



Cooking the shrimps



Cooling down the cooked shrimps

Seasoning B

- 300 mL of Shaohsing Chiew
- 1 teaspoon of salt
- 1/2 teaspoon of sugar



Directions

1. Add seasoning A to a pot and cook for 15 mins. After cooling down to room temperature, pour seasoning B into the pot and mix well. Then, place it in the refrigerator.
2. Wash and remove the intestine mud of shrimps.
3. Mix the green onions, gingers, some rice wine and water together in a pot and heat until boiling. Then add the shrimps and cook for 2~3 mins, until the shrimps turn pink. Do not overcook!
4. Remove the shrimps from the pot with a slotted spoon, and put them into a bowl of ice water.
5. After cooling, put the shrimps into the seasoning mixture. Then place it in the refrigerator for 1~2 day.
6. Enjoy the drunken shrimps!

Note:

- Chef's tip: You can intensify the flavour by soaking the shrimps in the seasoning at least 1 day.
- If you don't like the smell of Chinese medicine, you can ignore Danggui.
- Danggui is a Chinese herb that can regulate the circulation.



References:

1. <https://goo.gl/Po3qzX>
2. <http://goo.gl/YI7BYP>

Spring Huang Mushroom Chicken Soup



Ingredients:

1. 2 Chicken drumsticks
2. 3 slices of ginger roots
3. 4 tablespoons rice wine
4. 5~6 shiitake mushrooms
5. 1/2~1 teaspoon salt
6. (Extra flavors: wolfberries, red dates)



1

**COOKED THE CHICKEN
IN BOILING WATER**

Until not raw, transfer
the meat to a pot.

2

**ADD 2~6 AND
WATER IN THE POT**

Add water to immerse
all ingredients.

3

SIMMER

Cover the pot and let
the soup simmer about
30~40 mins.



Wolfberries

Good for eyes, and
help to recover
from fatigue.

Red dates



Increase energy,
and maintain
balance of digestive
system.

Wolfberries and
red dates can be
bought in Chinese
herbs stores.
Customers can tell
the shops how
much weight they
need. Before
throwing in the pot,
use running water
washing the herbs.
A knife cut of red
dates can increase
flavors.

Lisa Labrie
Mayan Cocoa Brownies

Ingredients

- 1 2/3 cups granulated sugar
- 3/4 cup butter, melted
- 2 tbsp water
- 2 large eggs
- 2 tsp vanilla extract
- 1 1/3 cup all purpose flour
- 3/4 cup baking cocoa
- 1/2 tsp baking powder
- 1 1/2 tsp cinnamon
- 1/4 tsp salt
- almost 1/4 tsp cayenne (I say almost because I eyeballed it and last time I used 1/8, it was not enough)



Directions

Preheat oven to 350 degrees and grease (or butter or nonstick spray) a square pan (9×9 or 8×8).

Combine sugar, butter, water in a large bowl. Stir in eggs and vanilla extract.

Combine flour, cocoa, baking powder, salt, cinnamon, and cayenne in a medium bowl.

Stir flour mixture into sugar mixture.

Spread into prepared pan. Bake for 20-25 minutes.

If you insert a toothpick in the center it should be slightly sticky.

Zahra Nezamaldini

Mirza Ghasemi (Persian Eggplant Dip)

Ingredients

- 1 large eggplant
- 1 large tomato, diced, skin removed
- 1 tsp olive oil
- 3 cloves chopped
- 1/4 cup good quality tomato paste
- 1/2 cup water
- 1/2 tsp each ground turmeric & cinnamon
- 1/4 tsp each salt & pepper
- 1 large egg, lightly beaten

Directions



Makes 4 generous servings (1 fourth finished dish)

1. Bake the eggplants in oven until cooked. This occurs when the eggplants swell and the skin bursts. Take eggplants out of oven and let them cool down slightly. Peel them and cut the hard tops. Cut into small pieces.
2. Bring water to boil in a small pot. Cook tomatoes in boiling water for 2-3 minutes. Drain the pot and let cool slightly. Peel them and cut into small pieces.
3. Fry garlic in oil over medium heat until golden. Add eggplants and fry further for 3-4 minutes. Add tomatoes, all spices and fry until the excess water is gone. Move eggplant mixture to one side of the pan. Beat eggs well with a fork and fry on the empty side of the pan until half-cooked. Mix with eggplants and fry further for 1-2 minutes.

Can be served with pita bread or just as a side to your meal.

Number of Servings: 4

Bicong Yang

Shrimp Porridge

Main ingredient: shrimp with rice

Accessories: ginger oil
cooking wine salt pepper
lettuce

The practice of shrimp roll
raw porridge steps:

1. Rice add salt and oil mix well preserved after half an hour.
2. Peel the shrimp line after the pickled in cooking wine, salt, pepper, shredded ginger on standby;
3. Marinate with right amount of water to boil and pour into pan good meters, fire boil, small fire slowly boil for about an hour into porridge bottom namely;
4. Turn the fire to boil porridge, add the shrimps and lettuce mix well;
5. After the boil again add a small amount of salt to taste.



Sukkyoung (Cindy) Lee

Bulgogi (Korean BBQ)

- **1 pound well-marbled, boneless sirloin, tenderloin or skirt steak**
- **4 large garlic cloves**
- **1 cup peeled, chopped ripe Asian or Bosc pear**
- **¾ cup finely chopped onion**
- **1 teaspoon finely chopped ginger**
- **1 scallion, chopped**
- **2 tablespoons soy sauce**
- **1 tablespoon roasted sesame oil**
- **1 tablespoon light brown sugar or honey**
- **½ teaspoon black pepper**
- **½ teaspoon sesame seeds, toasted**



1. Cut beef across the grain into thin slices about 1/8 in thick.
2. In a food processor, combine garlic, pear, onion, and ginger. Process about 1 minute until smooth.
3. In a bowl, combine steak, marinade, scallion, soy sauce, sesame oil, brown sugar, and pepper. Mix well. Cover and refrigerate at least 30 minutes.
4. Using a cast iron grill pan, heat over high heat. Add the meat and its juice to the pan. Cook, stirring constantly, until most of the liquid evaporates and the meat begins to brown on the edge. Working in batches if necessary, place the sliced meat on the grill and cook, turning often, just until cooked through and browned, about 2 minutes. Sprinkle with sesame seeds and enjoy!

Mario Santana

Enchiladas Verdes

Ingredients - 9 servings

2 cloves garlic

2 or 3 Serrano peppers

1 pound small tomatillos, husks removed

1 cup vegetable oil

9 corn tortillas

3 cups water

4 tsp chicken bouillon granules

½ store bought rotisserie chicken, remove and shred meat

1 cup cilantro leaves

1 8oz container Mexican Crema (sour cream)

1 cup grated cotija cheese



1. Cover a large griddle with aluminum foil and preheat to medium-high.
2. Cook the garlic, serrano peppers, and tomatillos on the hot griddle until toasted and blackened, turning occasionally, about 5 minutes for the garlic, 10 minutes for the peppers, and 15 minutes for the tomatillos. Remove to a bowl and allow to cool.
3. Heat oil in a small, deep skillet to 350 degrees F (175 degrees C). Using kitchen tongs, fry the tortillas individually, turning them once. They shouldn't be in the hot oil for more than 5 seconds per side. Remove excess oil with paper towels and keep warm. Remember that the hotter the oil, the less that the tortillas will absorb.
4. Place the toasted garlic, serrano peppers, tomatillos, and the water in a blender and blend until smooth; pour into a saucepan over medium heat and bring to a boil. Dissolve the chicken bouillon into the mixture, reduce heat to medium-low, and cook at a simmer until slightly thickened, about 10 minutes. The sauce shouldn't be too thick.
5. Soak three tortillas in the sauce, one at a time, for a few seconds, fill them with shredded chicken, sprinkle the meat with some of the sauce, roll them and place them seam side down on a pasta bowl. Spoon a generous amount of sauce over them and top them with lettuce, cilantro, crema, and cotija cheese. Pour a little more sauce over the whole thing if desired. Repeat the procedure twice more. Serve immediately.

Annie Lin

Boiled fish with pickled cabbage and chili

酸菜鱼(suan cai yu)

One of my best friends cooked it for me today, this is a very popular dish in China. It is not so hard for trying, so I post it here, hope you all can enjoy it~~



Ingredients :

Fresh fish, a package of pickled cabbage, garlic, a piece of ginger, dry chili.

If you like, you can add tomato, bean sprouts.

Directions :

1 Cut the fish and sprinkle with salt, wait for 15 minutes.

2 Cut the pickled cabbage, garlic, ginger and dry chili into



Annie Lin

pieces. Heat oil (5tsp), and stir-fry them for 3 minutes. Then add about 1 liter of water, after boiling, put the fish into it. (You can put bean sprouts and pieces of tomato into it at the same time)

3 Boil all of them at high temperature, after boiling, simmer them for 5 minutes.

Bea Barroso

SOLOMILLO AL WHISKY (Pork Tenderloin With Whiskey)

Ingredients (serves 2):

- 1 pound Pork Tenderloin
- 1 cup of Whiskey
- 1/2 medium onion
- 4 garlic cloves
- 1 cup chicken bouillon
- 2 tbsp lemon juice
- 2 tbsp olive oil
- salt and ground black pepper to taste
- 1 tsp cornstach
- French fries to accompany



Directions :

- 1.- Cut the pork tenderloin into thin slices. Sprinkle meat with salt and ground black pepper.
- 2.- Put the olive oil in a pan and fry the slices of pork.
- 3.- Take out the slices and reserve on a plate ; in the same oil, fry the garlic cloves, whole and unpeeled and the chopped onion.
- 4.- Add the whiskey and let the alcohol evaporate (1 or 2 minutes). Add the chicken bouillon and lemon juice.
- 5.- Cook about 5 minutes and add the pork.
- 6.- Cook for 2-3 more minutes and if you want your sauce to be a little thicker, dilute the cornstach in a little water (very little) and add it to the pan.
- 7.- While the sauce reduces, prepare french fries to accompany.

¡Buen provecho !
Enjoy !

Haruko Otaka

Beef Bowl (In Japanese “Gyudon”)

JAPAN

Ingredients

2 servings

1/2 lb.(8oz.) thinly sliced beef

1/2 onion

1 cup water

2 Tbs. soy sauce

1 1/2 Tbs. sake

1 1/2 Tbs. sugar

1 Tbs. mirin

2 cups cooked white rice

2 raw or soft boiled eggs (optional)

Red pickled ginger for garnish (optional)



Directions

Slice onion thinly. Put water, soy sauce, sake, sugar and mirin in a pan and stir them lightly. Add onion slices in the pan and boil it on medium heat for 5 minutes or until softened. Add beef slices in the pan and simmer it for 15 minutes. Serve hot cooked white rice in individual bowls. Put simmered beef and onion on top of the rice and pour some sauce. Put raw or soft boiled eggs and top with some red pickled ginger if you would like.

Dori Bao

Crab fried with Crispy Garlic (dry & with Shell on)

China —Hong Kong Style

Ingredients

500g crab or legs of crab
3cupor more vegetable oil or sunflower oil
1 cup starch (green bean starch or corn starch
You can use flour instead of starch)
1/5 cup sugar
1/5 cup salt
50g or more garlic (chopped)
50g or more green onion (chopped)
5g or more red pepper (use more if you like spicy flavor)
10g black pepper
100g or more breadcrumbs

Directions

Step 1: clean the crab and chop the crab into cubes

Step 2: spread some starch on crab cubes evenly

Step 3: put oil in pan and fry the cubes ones the oil heated, take out the fried crab cubes and only leave a little bit oil in the pan

Step 4: put garlic, green onion, red pepper into the pan and fry them

Step 5: after several seconds you'll smell the fragrance, put the breadcrumbs into the pan and sauté it quickly.

Step 6: once it changed to golden color, put the fried crab cubes into the pan, and put salt, sugar, black pepper into the pan, mix them

Now turn off the stove and enjoy the delicious dish!

You can use shrimp to replace crab too!



Emi Nishiyama

Sushi roll

<Ingredients 4rolls>

- 150g rice
- 200ml water
- 2Tbs. vinegar
- 1Tbs. sugar
- 1/2tsp. salt
- 2sheets roasted seaweed
- 1/2 can tuna
- 1Tbs. mayonnaise
- 1/2tsp. soy sauce
- 1/2 cucumber



<Directions>

- Put washed rice and water into rice cooker and cook it.
- Put vinegar, sugar and salt into small pan and put it on a low heat until sugar and salt melt.
- After rice is cooked, move it to large bowl (If you have one, use wooden bowl called sushi oke).
- Sprinkle warmed vinegar over the rice and fold it by spatula very quickly. Fan the rice until rice is shiny.
- Put drained tuna, mayonnaise and soy sauce into small dish and mix it.
- Cut cucumber into thin shredded.



Emi Nishiyama

- Cut a seaweed in half crosswise.
- Place the seaweed so the shiny side is down on a plastic wrap. Keep your hands moisturized, put 2 or 3 Tbs. rice center of seaweed and spread. Then leaving 5mm from the edge of front side and 1cm from the edge of opposite side.
- Lay some cucumber and tuna the middle of the rice and roll it.
- Form it from the top of the plastic wrap.
- Cut each roll into bite-size by wetted knife.

A traditional Japanese food. You can choose whatever fillings you like.

Enjoy making Sushi!!

Débora Regina Opolski

Feijão (Beans) - Brazil

I will tell you how to make Feijão as my mother does. There are different kinds of beans in Brazil, with different colors and tastes. My mother used to make Black beans.

Ingredients:

- . 1 pound of black beans
- . Water
- . 2 Tbs Salt
- . 2 or 3 bay leaves
- . 1 large onion
- . 5 cloves of garlic
- . ¼ Cup of oil
- . ½ Cup of flour
- . Parsley and/or green onion to decorate



Directions:

- . Step1 – Put the beans in a bowl and cover with water. Leave resting for 12 hours or until the beans absorb all the water.
- . Step2 – Put the beans in a pan, cover with water again, put the salt and the bay leaves and boil for approximately 1 hour or until the beans stay soft (You can add more water how ever many times you need).
- . Step3 – Slice the onion and the garlic.
- . Step4 – In a frying pan, fry the onion and garlic. When the garlic appears with a yellow/brown color start to add the flour slowly, always whisking to create a kind of heavy sauce.
- . Step5 – Mix the sauce with the beans (still on the oven) and whisk to toughen the beans broth.

The result should be a soft bean inside of a thick broth. It is a typical common food for Brazilian people, food from day to day. We normally eat with white rice.

PS. everything is about taste. So, if you don't like onions or garlic, you don't need to use both, you can choose, using one or the other. Also you can add pepper, if you like.



Ines di Dato

Italian Ragù

Ragù is a sauce based on meat cooked with diced tomato (or tomato puree). Nevertheless the recipe is very simple, the preparation requires a pretty large amount of time (the meat must boil with the tomato AT LEAST three or four hours), therefore it is usually served during the Sunday lunch.

Although the Accademia della Cucina Italiana (the academy of Italian food) has released an official recipe, every Italian has his own version and this is mine:

Servings: 4-6

Ingredients

4 tablespoon of extra-virgin olive oil
1 big onion or 2 medium onions
2 celery stalks
2 carrots
½ cup of beer or red wine
1 lb ground beef
1 sausage
3 lb of diced tomato or tomato puree
¼ spoon of honey
salt and ground black pepper



Preparation

Heat the oil in a large pot and add the onions, the celery stalks and the carrots that were previously finely chopped. Let them cook over medium heat a couple of minutes (the onions have to become golden). This is the base for every Italian sauce and it is called "soffritto".

Then add the ground beef and the sausage and cook until the meat becomes a little brown. Cover with the beer or the red wine (it is usual in Italy to cook the sauce in some alcohol, the rule is red wine for the meat and white wine for the fish). When the beer is evaporated, add the diced tomato (or the tomato puree) and the honey (you can use also regular sugar, the sweet helps to remove the acidity of tomato).

Now reduce the heat and take a great dose of patience, because you have to cook the sauce for at least three hours, since this is the time necessary to perfectly melt the flavor of meat with tomato (don't trust recipes that require less time, this is not ragù!). When two and a half hours have passed, add salt and ground black pepper (don't add them before, because the water of tomato will evaporate and the sauce could become too salty).

Once it is ready, serve with pasta or prepare a lasagna (GNAMMY!).

Enjoy!

Korean Seafood & Green Onion Pancake

(Jin Young Lee)

Introduction



Korean sea food & green onion pancake (Haemul Pajeon), is a widely loved snack in Korea. Combination of seafood, green onions and flavorful batter are what make Korean seafood & green onion pancake a delicious party platter. Compared to other Korean dishes, it is reasonably easy to make and well paired with Korean traditional alcoholic beverages such as Makgeoli (milky Korean Rice Wine) and Soju (traditional white spirit). It's time to Invite your friends over!! Oh, also, Koreans love to eat Korean seafood & green onion pancake on rainy day!! It's a perfect dish for a house party when it rains.

Ingredients

Main Ingredients

- 2 cups of Buchimgaru (Korean Pancake Powder)
- 1¾ cups of water
- 2 Eggs
- Pinch Salts
- 3 oz of Squids
- 3 oz of Oyster
- 3 oz of Shrimp
- 18 Green Onions
- 4 Red Chill Paper
- 4 Green Chill Paper
- ¾ cup of Vegi Oil

Dipping Source

- 2 tbs of Soy Sauce
- 2 tbs of Water
- 2 tbs of Vinegar
- 1 tsp of (minced) Garlic
- ½ of Red Chili Pepper
- ½ of Green Chili Pepper





How to Cook.....

Instruction

1. Prepare ingredients

- Wash all seafood in light salt water & rinse
- Wash green onions, cut off the roots, wash and thinly slice red and green chili peppers

2. Pancake mix

- In a bowl, mix 2 cups of buchimgaru (Korean pancakemix) ,
1 $\frac{3}{4}$ cups of cold water, 2 eggs, and $\frac{1}{8}$ teaspoon of salt

3. Pour batter

- Coat a pan with vegi oil and preheat on medium heat for a minute
- Pour $\frac{1}{2}$ cup of the pancake batter in the pan

4. Add green onions

- place about 6 green onions on top

5. Add sea foods & chili peppers

- Place prepared sea foods and red & green chili peppers

6. Add more batter

- Add another $\frac{3}{4}$ to 1 cup of the pancake mix over the toppings to fill the rest of the pan.
- Press down toppings

7. Cook

- Cook 5~10 minutes on medium heat until the bottom becomes golden brown

8. Flip

- Flip the pancake to cook the other side for about 5 minutes on medium heat.

9. Plate and serve with dipping source

- Flip again to serve it on a plate
- For dipping source , mix soy sauce, vinegar, water (2 tablespoons each) and sliced red/green peppers

Photos



Josh Block

Southern US

Mac and cheese is a classic southern dish, good for any type of gathering among friends or families. Cookouts, potlucks, and even Thanksgiving dinners are not complete without mac and cheese!

Baked Macaroni and Cheese

Cook time: 40 mins

Ingredients

- 1½ cups elbow macaroni, shells or cavatappi
- 3 tablespoons butter or margarine
- 3 tablespoons all purpose flour
- 2 cups milk (not skim)
- ½ teaspoon each salt and pepper
- 2 cups of shredded cheese (like sharp cheddar and Swiss)

Instructions

1. Preheat oven to 350 degrees.
2. Bring a pot of water to a boil; add a generous sprinkling of salt to the pasta.
3. While the pasta cooks, melt the butter in a skillet or pot large enough to hold the pasta when it's done.
4. Add the flour and stir until the mixture is lightly browned; 1-2 minutes.
5. Add the milk and whisk to remove any lumps and add the salt and pepper.
6. Stir in the cheese and whisk until smooth and melted.
7. When the pasta is almost done but still firm, drain it and add to the sauce.
8. Stir the pasta into the sauce and bake in a greased 2 quart dish (or an 8x8 pan works pretty well) 40-45 minutes until browned and bubbly.



Juan Wu

Fried Shrimp and Pineapple

Juan Wu



Ingredients (for two)

1/2 pineapple

1/2 lb shrimp

1 Chile pepper

1 green onion

1 oz. vegetable oil

1/4 tsp. Salt

Directions

Peel pineapple and cut into small pieces (1x1 inch)

Peel shrimps

Wash and slice Chile pepper

Wash green onion and cut into small piece (0.2 inch length)

Add 1oz. vegetable oil to the pan, heated to 375 - 400 F.

Then add the shrimps, stir fry until them turn pink, add pineapple pieces, Chile pepper and 1/4 tsp. salt, stir fry together about 2 min.

Finally, turn off the heat, sprinkle with chopped green onion.

This dish is not greasy, but sweet and sour, very suitable for summer.

Fried Asparagus and Crabmeat Stick

Juan Wu

Ingredients (for two)

1/2 lb crabmeat stick

1 lb asparagus

1/2 tsp. garlic sauce

1 oz. vegetable oil

1/4 tsp. salt

Directions

Wash and cut asparagus and crabmeat stick into small pieces (1.5 inch length).

Add 1oz. vegetable oil to the pan, heated to about 350 F. Add garlic sauce, when it turns golden brown, add all of the asparagus and crabmeat stick. Keep the temperature at about 400F for 5 min, add 1/4 tsp. salt.

Asparagus fragrance mix crab meat taste great.



Kelly Shin

Mushroom Gimbap (버섯불고기 김밥)

Cook time: 25- 35 min

353 kcal

- Ingredients

- 1 bowl of steamed rice (120g)
- 1 seaweed paper
- 1 egg
- carrot (50g)
- oil ½ tsp
- little salt

- Sauce for mushroom

- Crushed garlic ½ tsp
- Soy sauce ½ tsp
- Honey 1 tsp
- Sesame oil ½ tsp

- Direction

1. Break an egg in bowl and mix
2. Chop carrot, and fry it
3. Mix sauce and mushroom, and wait for 5 min
4. Fry the egg, and make egg slice
5. Put steamed rice on the seaweed, and then put egg slice, chopped carrot, and mushroom on the steamed rice
6. Roll the seaweed
7. Lastly, cut the roll

- If you couldn't buy seaweed, put all Ingredients in a bowl, and make a Korean style mushroom bowl!

- Gimbap is a Korean food for picnic! Enjoy your picnic with Gimbap ☺



Kubra Dinger

Apple Cookies

Dough:

125 gr unsalted butter, at room temperature

Powdered sugar

1/2 cup plain yogurt

1/2 cup oil

1 tsp vanilla extract

1 tsp baking powder

1 egg

Flour (nearly 3 cups)



Filling:

3 apples, peeled, grated

4 tablespoon sugar

1 tsp cinnamon

1/2 cup walnuts



Directions:

To prepare the filling; cook the apple and sugar until all water evaporates. Turn the heat off. Then add the cinnamon and walnuts, stir well. Let it cool down.

To make the dough; knead all the ingredients in a large bowl. Make sure that everything is well mixed. Make little balls with your hands. Then flatten them in your palm. Slice the two thirds of dough by knife vertically. Place one tablespoon of filling on top of every piece of dough and roll it up. Repeat the same for all dough.

Preheat the oven to 350 F (180 C) and bake for about 25 minutes. Sprinkle powdered sugar on tops and then serve. Enjoy...

Linda Zhu

Tomato and egg

Tomato and egg is one of my favorite Chinese dishes. Here is how to make it.

Ingredients:

1. 2 tablespoon vegetable oil
2. 2 piece of garlic, sliced
3. 2 large tomatoes, sliced
4. 1 teaspoon salt
5. 1 teaspoon white sugar
6. 3 eggs, beaten
7. 1 piece of green onion



Directions:

1. Beat the eggs together with the salt and set aside.
2. Heat the vegetable oil in a large wok over medium-high heat. Pour in the eggs, and cook until they just begin to coagulate, but are still very raw. Remove from the wok and set aside. Heat the remaining vegetable oil in the wok over high heat. Pour in the garlic, then pour in the tomatoes, and stir fried until the tomatoes have softened, about 5 minutes.
3. Pour the eggs over the tomatoes. Cover, and continue cooking 5 minutes, or until the eggs are no longer runny. Finally, put all the ingredients into it and evenly stir them.
4. Pour into a plate.

Enjoy!

Louis Liang

Sweet Potato Ball - Taiwan

Ingredient

Sweet potato	200g
Tapioca starch	120g
Sugar	40g
Fry oil	



Directions

1. Peel a sweet potato's skin and steam it for about 20min. Then smash the sweet potato and mix it with sugar.
2. Add Tapioca starch into the smashed sweet potato and mix them.
3. Make sweet potato dough into little balls with quarter size.
4. Pour oil into a pot and turn to low-heat. When oil is heated, place the sweet potato ball into the oil.
5. After the balls float on the surface of the oil, press them with skimmer spoon for 5-6 times. After all the sweet potato balls swell, take them out and enjoy it!

Luqing Ren

Kung Pao Chicken

Kung Pao Chicken, named after a court official or "[Kung Pao](#)," is a spicy Szechuan dish made with diced chicken, peanuts and chili peppers.



Ingredients

- 2 boneless chicken breasts, about 6 ounces each

Marinade:

- 1 tablespoon soy sauce , 1 teaspoon Chinese rice wine , 2 teaspoons cold water
- 2 teaspoons cornstarch

Sauce:

- 1 tablespoon dark soy sauce , 2 teaspoons light soy sauce , 1 tablespoon black or red rice vinegar
- 1 tablespoon chicken broth or water , 3 teaspoons granulated sugar , 1/2 tsp salt
- a few drops sesame oil , 1 tsp cornstarch

Other:

Luqing Ren

- 6 to 8 small dried red chili peppers , 2 garlic cloves, 1/2 cup skinless, unsalted peanuts
- 3 - 4 cups oil for deep-frying and stir-frying

Directions

Cut the chicken into 1-inch cubes. Mix in the soy sauce, rice wine, water and cornstarch. Marinate the chicken for 30 minutes. In a small bowl, mix together the sauce ingredients, whisking in the cornstarch last. Remove the seeds from the chile peppers and chop. Peel and finely chop the garlic. Heat the oil for deep-frying to between 360 and 375 degrees Fahrenheit. Carefully slide the chicken into the wok, and deep-fry for about 1 minute, until the cubes separate and turn white. Remove and drain on paper towels. Drain all but 2 tablespoons oil from the wok. Add the chilies peppers and stir-fry until the skins starts to darken and blister. Add the garlic. Stir-fry until aromatic (about 30 seconds). Add the deep-fried chicken back into the pan. Stir-fry briefly, then push up to the sides of the wok and add the sauce in the middle, stirring quickly to thicken. Stir in the peanuts. Mix everything together and serve hot.

Mami Kawakami

Teriyaki Chicken

Japan

Ingredients

200g chicken thigh (or breast)
1 tbsp(15ml) soy sauce
1 tbsp(15ml) mirin (sweet sake)
1/2 tbsp(7.5ml) salad oil



Directions

1. Poke holes into the surface of the chicken with a fork. That way, it won't shrink and will absorb more flavors when cooked.
2. Mix soy sauce with mirin in a bowl. Put the chicken in it. Blend the flavors into the chicken by rubbing. Leave 10 minutes and turn over from time to time.
3. Remove the excess moisture from the chicken. Use the same frying pan and place the skin side down. Heat over high heat till golden brown and turn over.
4. When both sides of the chicken turn golden brown, turn the heat down to medium and cover. Steam cook for 4 to 5 minutes to make sure to heat all the way through.
5. Turn the heat back to high and add the leftover marinade and sauce it well onto the chicken. Cut into bite-size pieces and place on a serving dish.

Teriyaki chicken is one of the most popular dishes in Japan!!

It goes well with white rice and is easy to cook!!

Try it!!

Erika Alpizar

Mole Poblano

MEXICO

Ingredients

1 bottle (8.25 oz.) Mole “Doña Maria”
2 tomatoes
1 garlic
1/3 cinnamon stick
1/4 onion
1/2 liter of chicken soup
1 bar of chocolate “Abuelita”
3 lb. cooked chicken breast



Directions

Blend tomatoes, garlic, cinnamon stick and onion. Strain the mix, put it in a pan and simmer during 5 minutes.

Incorporate the bottle of Mole, chicken soup and chocolate bar. Be sure Mole and chocolate bar are completely mixed.

Finally, add chicken breast and simmer it for another 5 minutes.

This is a very famous and traditional dish in Mexico. You can enjoy it with rice and been!!!

Rachel Lin

Oyster Omelet

(Taiwan)

INGREDIENTS

For the Sauce:

- ¼ cup ketchup
- ¼ cup rice vinegar
- 1 tablespoon sugar
- 1 tablespoon soy sauce
- ½ teaspoon red miso paste
- 1 teaspoon cornstarch
- 1/2 cup cold water



FOR THE OMELET:

- 2 eggs
- ¼ teaspoon salt
- Pinch ground white pepper
- 1 teaspoon sweet potato starch (see note above)
- 1/4 cup cold water
- 1 tablespoon vegetable, peanut, or canola oil
- 3 to 4 raw oysters
- 1 scallion, chopped
- 1/4 cup celery leaves, roughly torn or chopped

Rachel Lin

DIRECTIONS

- 1. For the Sauce:** Combine the ketchup, vinegar, sugar, soy sauce, and miso paste in a small saucepan over medium-low heat. Cook, stirring, until sugar dissolves, about 2 minutes. In a separate bowl, whisk together cornstarch with 1/2 cup cold or room-temperature water. Whisk cornstarch mixture into ketchup mixture and cook, stirring, until bubbling and thickened, about 1 minute. Remove from heat and set aside.
- 2. For the Omelet:** Combine eggs, salt, and white pepper in a medium bowl and whisk lightly. Combine sweet potato starch and 1/4 cup cold or room-temperature water in a small bowl and mix thoroughly.
- 3.** Heat the oil in a medium non-stick skillet over medium-high heat until shimmering. Add the oysters and cook, stirring, for 30 seconds. Add the egg mixture and cook, pushing in the edges occasionally and tilting the pan to let raw eggs run under the omelet, continuing to cook until most of the eggs are cooked but top surface is still moist. Mix the sweet potato starch mixture once more and pour it over the eggs, letting it run across the surface and spill over the edges slightly. Place the scallions and celery greens on top of omelet. Reduce heat to medium-low and cover the pan briefly to allow the greens to slightly wilt, about 1 minute.
- 4.** Loosen the omelet by poking at its sides and giving it a shake to ensure that it moves easily. Carefully flip omelet using two spatulas or by thrusting the pan forward and jerking it back. Cook on second side until eggs are set, just a few seconds. Invert the omelet onto a serving dish. Ladle the sauce generously over it, and serve immediately.

Lisbeth Ibarra

QUESILLO

Venezuelan dessert



Ingredients

5 tsp. sugar

1/2 cup water

1 (14 oz.) can sweetened condensed milk

1 (14 oz.) can whole milk (you can use the same can of condensed milk)

5 eggs

1 tsp. rum

Directions

You will need a Quesillera (a pot with a close fitting lid). In the quesillera add the sugar and water to low fire, mix them, and watch until you have a brown caramel, remove from the heat and leave to cool. Blend together the sweetened condensed milk, whole milk, eggs and rum. Poor the mix in the quesillera with the cold caramel, close it very well. Preheat oven to 350 ° F. Put the close quesillera in a big pan with a little of water and cook it in bain-marie (double boiler) inside the oven for about 1 hour. Check by inserting a knife on the quesillo, if it comes out clean it is ready, if not keep cooking for 10 minutes more and check it again. Once ready let the quesillera rest until it gets cool, then put it in the fridge over night. When the quesillo is cold, turn it onto a plate by putting the plate in the top of the open quesillera and turn it upside down. Now you are ready to enjoy your quesillo.

Quesillo is very popular in every birthday party in Venezuela, every birthday cake comes together with a quesillo.

Mayuko Kojima

SUKIYAKI

<thin slices of beef,cooked with various vegetables in a table-top cast-iron pan>

※The secret is not to add too much at one time and to control the good taste.

Ingredients(2servings)

300g sliced beef loin(cut for sukiyaki)

1 bag shirataki

1 block grilled tofu

2 naganegi onions

1 garland chrysanthemum stalk

Eggs,as needed

A

3/4 cup(150ml)soy sauce

2 tbsp(30ml)sugar

1 cup(200ml)water

1/2 cup(100ml)mirin(sweet sake)

Beef tallow,as needed



1 Make the broth.Put the soy sauce,sugar,water and mirin from **A** into a small pot and let it come to a boil.

2 Cut up the shirataki roughly and put it in boiling water for 1 to 2 minutes,then place in a strainer to drain the hot water.(Remove the lime taste by boiling it in hot water.)

3 Cut the tofu into bite-size pieces.Cut the naganegi onions at an angle,and cut off the tips of the garland chrysanthemum.

4 Heat the sukiyaki pot well to cook out the beef tallow.Quickly cook the beef on both sides.

5 Add the naganegi onions and pour the broth.Then add the shirataki,grilled tofu,and the garland chrysanthemum.Pick bite-size portions from the pot as the ingredients cook.You can dip them in beaten raw egg if you like.

Kaori Ono

Sweet Potato Cake

Japan

Ingredients

1 middle size sweet potato

1 Tbs. butter

1 Tbs. sugar

2 tsp. honey

1 Tbs. milk

(Amount of sugar, honey and milk depends on sweetness and moisture of the sweet potato.)

Directions

Peel and dice the sweet potato.

Boil them until tender and drain.

Put the boiled sweet potato, sugar, honey, butter, and milk into a blender and make them smooth. (Or use folk to do this.)

Divide into 10 small aluminum cups.

Bake 10-15 minutes or until lightly browned, at 350 degrees.

A common snack in autumn.



Younjeong Lee

Walnuts boiled in soy sauce KOREA

Ingredients

- 1 cup walnuts
- 3 Tbs. soy sauce
- 1 Tbs. sugar
- 2 Tbs. cooking syrup
- 1 tsp. roasted sesame
- 2/3 cups water



Directions

1. Boil sufficient water in a pot, and blanch walnuts. Drain cooked walnuts and rinse with water.
2. Put walnuts in the pot again and pour 2/3 cups water over walnuts. In the pot, work together with 3 Tbs. soy sauce, 1 Tbs. sugar. Simmer walnuts in the low temperature until mixed sauces will reduce.
3. If water almost disappears, add cooking syrup and boil and stir until walnuts are shiny and sticky in the low temperature.
4. Finally, spread roasted sesame.

These walnuts are very delicious and healthful as one of daily side dishes.

You can add almonds or raw sunflower seeds or pine nuts. Also you can use raw peanuts instead of walnuts.

Enjoy!



Zhako Erkinkyzy

Bauyrsaks National meal of Kazakhstan

Ingredients:

700 grams flour;
10 grams dry yeast;
1 glass milk;
50 grams vegetable oil;
1.5 tsp. salt;
1.5 tsp. sugar;
Vegetable oil for frying.

Directions:

-Take the milk and water, and then heated up to a warm state. Put to the bowl sugar, yeast, pour water and milk, after mix and leave for 15 min.

-We have to mix on the working surface flour with salt and add the above, vegetable oil and knead the dough.

-Put the dough in large cup, cover with a towel and put in a warm place for 1.5 hours.

-Further, take out the dough out of the cup, roll out a circle, thickness of about 0.8 mm.



Zhako Erkinkyzy

Cut out little circles with glass.

The finished dough is spread on the table and is covered with a towel.

We have to leave the dough for 20 min, that the bauysaks can up.

Pour vegetable oil in a deep frying pan. Let down bauysaks to the pan, when the oil well overheat and stir often until golden color.

Bon appetite! As damdi bolsyn (in Kazakh language)!



Mapi Sapiña Martin

Paella

Valencia, Spain

Ingredients for 2 people

- 2 chicken thigh cut into pieces (no skin)
- ¼ of rabbit cut into pieces (so difficult to find in LA, so I use only Chicken)
- 1 cup of green beans
- 1 cup of lima beans, previously hydrated
- 1 tomato
- 2 garlic cloves
- 1 teaspoon of “pimentón rojo dulce” or paprika.
- A few strands of Spanish Saffron.
- Salt
- 2-3 tb of olive oil
- 5 cups of water (this is for a paella pan for 2 persons)
- 1 cup of middle grain rice



Directions

Cut the tomato in half and grate it, grate the garlic cloves as well. Cut the green beans in pieces.

Put the paella pan perfectly level, it is important for the final result, heated olive oil and add the chicken and rabbit, seasoning with salt.

Fry meat with simmered until it is crispy and done inside, move constantly.

Add the beans, and tomato and garlic. Move and add the paprika.

Keep moving for at least 5 min.



Add the water, and put salt and saffron. Bring to boil at least for 20 min.

Taste test, add salt if necessary. Add the rice. Move well and make sure no grain is out the water. Make sure the pan is in perfect level.

Leave high heat until the water start to boil again, and then reduce heat to medium heat.

Let the rice is done. Don't move the rice, and don't touch the pan until it is done.

Control the water and rice, and also the fire, if it smells burnt turn down the fire or if the rice is barely done turnoff the fire, the rice will be done with the heat.

Let the paella for a few minutes to rest and then is ready to eat!



Tricks

1. I put 5 cups of water because the rice need the double of water to be done, and with my paella pan when the water is boiling (it is when is making a good broth) the other 3 cups of water is evaporated. The trick is try without no ingredients to boil water in your pan and make sure how many cups is evaporated in 20 minutes of boiled.
2. The spanish saffron is a very expensive spice, I find in LA a kind of Mexican saffron for paella, I use it because it's much cheaper. To use it, keep the instructions in the box.
3. For the correct measure of rice, put the rice in a line in the middle of the pan, it only have to stick out 1 cm aprox, like the picture:



And then move to make sure all the grains are inside the water and perfectly distributed for the pan.

In Valencia we eat paella almost every week with family or with friends! You can cook paella for a lot of people with a proper big paella pan!