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FOOD FAIR: AN INTERNATIONAL COOKBOOK

***Includes some of the recipes served at the
1985 and 1987 ISO International Food Fair.***

1987

***SPONSORED BY: INTERNATIONAL STUDENT ORGANIZATION
& INTERNATIONAL CULTURAL SERVICE PROGRAM,
OREGON STATE UNIVERSITY***

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Thanks to everyone who contributed their time and recipes to this cookbook.

c.1987 OSU International Student Organization.

FOREWORD

There is an age-old saying, 'the way you cook reflects the personality you are'. I have no argument with this. Imagine if your personality could be recognized by your international cooking talents! So, in an effort to bring variety to your experience of cooking our newest attempt is "FOOD FAIR: AN INTERNATIONAL COOKBOOK".

This book is unique in many ways. It avoids the traditional arrangement of a cookbook into categories of meat, vegetables, starch, and so forth. It also avoids listing recipe by specific regions; rather, it goes by country and presents a marvelous array of some of the most popular dishes of nations around the world. But, above all, the recipes included in this book are direct contributions from the international students at Oregon State University.

I wish to thank the editors of this book, as well as all other contributors, who have made this cookbook special and worthy of using at all occasions. I hope "FOOD FAIR: AN INTERNATIONAL COOKBOOK" adds a dash of international aroma to your cooking experience.

MOHAMMED SHABBIR

President of International Student Organization, 1986-87.

Oregon State University

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BANGLADESH

Rice is one of the most popular foods in Bangladesh. It is the staple food , along with fish. In almost all major menu planning, rice comes before anything else. Rice is easy to cook; however, extra care is necessary when other items are added to it. The following rice dish is usually served at informal occasions such as when friends and family get together, or a weekend meal.

BROWN RICE WITH SPINACH

Serves : 6-8

2 cups long grain brown rice
2 lb fresh spinach
5 tablespoons vegetable oil
2 small onions, peeled and chopped
1 teaspoon ground cumin seeds
1 1/2 teaspoon ground coriander seeds
3/4 teaspoon ground mace
1 1/2 teaspoon salt

- 1) Put the rice in a bowl and wash with several changes of water. Drain, then soak the rice in 3 cups of water for 1 hour.
- 2) While the rice is soaking, separate the spinach leaves and wash. Do not discard the roots, they taste good when cooked.
- 3) Bring 3 quarts of water to boil in a 4 quart pot. Drop in the spinach. Bring to boil again and let the spinach cook on high heat for 2 to 3 minutes. Drain. Rinse spinach under running water to cool off. Squeeze out all the moisture from the spinach and then chop (both leaves and roots).
- 4) Heat oil in a heavy 3 quart pot over medium heat. When hot, put in the onion. Stir and fry until onion pieces turn slightly brown at the edges.
- 5) Put in the spinach. Stir and fry the spinach for 20 minutes, turning the heat down a little as the moisture in the spinach reduces.
- 6) Add the rice and its soaking liquid, the cumin, coriander, mace and salt. Bring to boil. Cover with a tight lid, turn heat to very low and cook for 35 minutes.
- 7) Turn off heat. Remove the lid immediately and cover the pot of rice with a dish towel. Place the lid over the towel. Let the pot sit on the warm stove for 15 to 20 minutes to dry out extra moisture.
- 8) Serve with other dishes such as beef or chicken.

--Mohammed Shabbir

SINGARA

(Served at the 1987 International Food Fair)

Serves: 4

1/2 lb flour
2 potatoes (medium size)
3 oz green peas
1/4 teaspoon baking powder
1 onion (medium size), chopped
1/2 tablespoon salt
1/2 oz cilantro
4 oz dried garbanza beans
1/2 teaspoon curry powder
1/2 teaspoon mouri
Vegetable oil

- 1) Peel potatoes and cut into small cubes.
- 2) Boil garbanza beans with salt until tender.
- 3) Put 2 tablespoons oil in pan and fry chopped onion until golden brown.
- 4) Add curry powder and mouri into the onion and stir for 2 to 3 minutes. Add potatoes, garbanza beans, and peas into the onion and stir fry until done.
- 5) Add salt and water to flour and knead into a dough. Make into small balls and roll them flat. Cut into sizes that allow to make a triangle after 3 folds.
- 6) Insert a small portion of cooked vegetables into the shaped triangle pieces and close the sides with paste made with water and flour.
- 7) Fry in oil at low temperature until golden brown.

--Ziaul Huque

POLAO (PILAF)

(Served at the 1987 International Food Fair)

Serves : 4

3/4 lb basmati rice
3/4 lb boneless chicken
1/4 lb butter (unsalted)
2 medium size onions (finely chopped)
1/4 oz (1 tablespoon) ginger powder
1/4 oz (1 tablespoon) garlic powder
1/4 oz (1 tablespoon) coriander powder
1/4 oz (1 tablespoon) ground cardamom
4 bay leaves
1/6 oz saffron (mix with a little water)
1 1/2 teaspoons salt
1/2 lb ground beef (extra lean)
1/4 oz (1 tablespoon) whole cinnamon
1/4 oz (1 tablespoon) whole cardamom
3 oz green peas
1/4 lb carrots
1/4 lb cauliflower
2 oz small jalapeno pepper
Vegetable oil

- 1) Cut cauliflower and carrots into small pieces. Half-fry the vegetables (cauliflower, carrots and peas) in a mixture of oil and butter. Remove and set aside.
- 2) Cut chicken into small pieces. Fry 1/3 of the chopped onions in butter until golden brown. Add 1/2 of each of the garlic powder, ginger powder, coriander powder, and salt mixed with a little water. Stir fry for a minute. Add chicken, stir and mix thoroughly. Cook until chicken is cooked, then remove and set aside.
- 3) Fry 1/2 of the remaining chopped onions in butter and oil until golden brown. Add the whole cardamom, whole cinnamon, and bay leaves.
- 4) Pour in the rice and fry for about 5 minutes. Add hot water (double the amount of rice). Do not cover until the rice is 3/4 done.
- 5) Now add the vegetables and chicken and stir well. Cover and reduce the heat to low and cook until the polao is done. Sprinkle saffron water over the rice.
- 6) Mix ground beef with the remaining onions, cardamom powder, ginger powder, coriander powder, and salt. Make into small balls and fry them in oil until cooked. Mix the cooked meatballs with rice in layers. Ready to serve.

--Ziaul Huque

BRAZIL

GIO'S FEIJOADA

The Brazilian feijoada, pronounced as fav-zoa-da by Brazilians, is what cassoulet is to the French and what paella is to the Spanish.

Serves : 6

1 lb black beans

Cold water

6 Italian sausages

1 1/2 lb pork tenderloin, sliced

1 lb filet mignon, thickly sliced

1 lb New York steak, cut into squares

1/4 cup olive oil

1 onion, chopped

2 cloves garlic, minced

1 1/2 cups chopped celery

1 tomato, chopped

2 teaspoons salt, or to taste

1 teaspoon black pepper

2 cups rice

Orange slices

- 1) Soak black beans in cold water overnight. Cook in water to cover for 45 minutes or until tender.
- 2) Saute sausages until browned on all sides.
- 3) Add sausages, pork tenderloin, fillet mignon and New York steak to beans. Cook for another 30 minutes, adding more water, if necessary, to keep moist.
- 4) Cook rice in 4 cups water in separate pan.
- 5) In separate pan, heat olive oil. Add onion and garlic and saute until tender. Add celery and tomato. Saute 3 minutes. Add to beans with salt and pepper. Cook for 20 minutes. Remove meat from beans.
- 6) Place rice on serving plate. Top with pieces of sausage, pork, filet mignon and steak. Top with beans. Serve with orange slices.

-- George Heath

SHREDDED KALE

This is served with 'FEIJOADA', A black beans and meat dish of Brazil.

Serves: 12

1 1/2 lb kale

Water

1 tablespoon oil

1/2 clove of garlic, minced

Salt

- 1) Wash greens under running water. Trim and shred leaves into 1/4 inch strips.**
- 2) Bring 4 quarts water to boil. Drop greens into water. Cook 30 seconds and drain.**
- 3) Heat oil in large skillet. Add garlic and saute lightly. Add kale and saute 7 minutes or until tender-crisp. Do not brown. Season to taste with salt.**

-- George Heath

CHILE

EMPANADAS DE MORNO BAKED EMPANADAS

Makes : 18

Dough:

2 lb (cups) flour
1/2 lb of lard
2 cups of milk
Salt

Filling:

1 lb ground beef
2 big onions, cut finely
3 teaspoons chilli powder
6 tablespoons oil
1 teaspoon oregano
1/2 teaspoon cumin
1/2 teaspoon ground pepper
2 teaspoons of bouillon
3 tablespoons flour
1/2 lb olives
2-3 boiled eggs, sliced
1-2 eggs, lightly beaten

- 1) To make the filling: Fry the ground beef in oil. Add the onion, chilli, oregano, cumin, and pepper, and cook at low heat.
- 2) Dissolve bouillon in 2-3 cups of water. Add to the beef and cook for a couple more minutes.
- 3) When cooked, thicken with the flour. It should be neither saucy or dry.
- 4) To make dough: Put flour on a wooden board. Make a hole in the center, add the melted lard (hot), hot milk, and salt.
- 5) Work with hands until well mixed. Divide the dough into portions of the size of a medium potato. Roll out with a rolling pin until a circle of 15 cm (6 inches) in diameter is obtained.
- 6) Drop 3 tablespoons of meat filling on half of the dough, and put in one olive and one slice of egg. Fold other half of dough over filling and press with fingers all around, folding edges upwards to form the shape of a half moon.
- 7) Spread whipped eggs on top of the empanadas. This will make them look shiny. Bake in hot oven (400°F) about 20 minutes.

--Veronica Lippuner

SOPAPILLAS

Sopapillas are typical snacks for tea time on rainy days.

Makes : 30

4 cups flour

1 teaspoon baking soda

1 tablespoon salt

1/2 lb sweet squash

3 tablespoons of vegetable oil

Oil for frying

- 1) Cook the squash in water without salt, then drain. Mash the cooked squash and add salt.
- 2) Mix the flour and baking soda, add vegetable oil and the mashed squash. Stir the mixture until a soft dough is formed.
- 3) Roll out the dough immediately to obtain a 1/2 cm (1/5 inch) thick rectangle. Then, using a cup, cut them into circles and prick them with a fork twice.
- 4) Fry them in hot oil. After they are fried, dip them in very hot molasses for few minutes and serve them hot.

Note: The consistency of the dough will depend on the quality of the squash. If you notice the dough is hard, add milk in the proportion needed to obtain a soft dough.

--Fernando Munoz

MEAT PIE WITH POTATO CRUST

Serves : 3-4

1 1/2 lb ground beef
1 large onion, chopped
Salt and pepper to taste
1 1/2 cups soup stock
2 hard boiled eggs, sliced
Raisins
2 lb potatoes
1 egg, well beaten
Cooking oil

- 1) Boil potatoes and mashed. Add beaten egg and mix well.
- 2) Mix ground beef, onion, salt and pepper. Brown in oil. Add soup stock and cook until tender. Put in casserole and cover with sliced eggs, raisins, olives and a thick layer of mashed potatoes.
- 3) Brown in oven (approximately 300°F).

--Veronica Lippuner

CHINA

TIAN SUAN ZHU ROU SWEET AND SOUR PORK

Serves : 4

1/2 lb pork tenderloin
1/2 teaspoon salt
1/2 tablespoon soy sauce
1/2 cup Cantonese pickles (or 1/2 cup of canned cube pineapple)
3 tablespoons tomato ketchup
3 cups oil for frying

Ingredients 1:

5 tablespoons flour
5 tablespoons water
1/6 teaspoon baking soda
1 teaspoon oil

Ingredients 2:

3 tablespoons sugar
2 tablespoons vinegar
4 tablespoons water
1/2 teaspoon salt
1 teaspoon cornstarch

- 1) Cut pork into 1/2 inch cubes. Mix pork with salt and soy sauce. Marinate for 30 minutes. Combine ingredients 1, add pork and mix well.
- 2) Heat 3 cups of oil to about 300°F in a pan. Place pork cubes one by one into hot oil. Deep fry about 1 minute until golden brown. Remove and drain.
- 3) Leave 2 tablespoons of oil in pan. Reheat over medium heat. Add tomato ketchup and stir fry briefly. Pour ingredients 2 into pan. Heat to boiling, sprinkle with another tablespoon of hot oil, stirring constantly. Add Cantonese pickles (or pineapple cubes), and pork cubes into sauce in pan. Mix thoroughly for a couple of minutes. Serve hot with steamed rice.

--Ching-shin Hsu

SZECHWAN SHREDDED BEEF

Serves : 6

2/3 lb beef tenderloin
1/2 carrot
1 medium stalk celery
2 hot red peppers
5 tablespoons cooking oil
1/2 tablespoon hot pepper (chili) paste
1/3 teaspoon salt
1/3 teaspoon sesame oil
1/4 teaspoon brown vinegar
1/4 teaspoon brown or white pepper powder

Marinade:

2 tablespoons soy sauce
1 teaspoon wine
1/2 teaspoon sugar
1 teaspoon ginger juice

- 1) Cut beef (against the grain) into slices, and shred finely. Mix beef with marinade ingredients and marinate for about 10 minutes.
- 2) Cut red pepper into halves, remove seeds. Cut red pepper, carrot, and celery stalk into matchstick-thin strips.
- 3) Heat pan, add 3 tablespoons oil and heat oil until hot. Stir fry beef about 3 minutes until well browned and dried, remove and set aside.
- 4) Heat another 2 tablespoons oil until hot. Add hot pepper paste, stir fry briefly until fragrant. Add carrot, celery, hot red pepper and salt, stir fry briefly once more.
- 5) Add beef, sprinkle with sesame oil, vinegar, and pepper powder. Mix thoroughly for a minute.
- 6) Serve with steamed rice.

--Ching-Shin Hsu

YAW GUO JI
DICED CHICKEN WITH CASHEW NUTS

Serves : 6

2 lb chicken breast meat
1 tablespoon soy sauce
1/2 tablespoon corn starch
1 cup cooking oil
2/3 cup raw cashew nuts
1 medium green pepper, cut into pieces
1 red pepper, cut into pieces
10 green onion leaves, cut into 1/2 inch lengths
5 slices ginger root

Ingredients (1):

1 tablespoon soy sauce
1 tablespoon wine
1/2 tablespoon salt
1/2 tablespoon brown vinegar
1/2 tablespoon cornstarch
1/4 tablespoon black ground pepper
1/4 tablespoon sesame oil

- 1) Cut chicken meat into half inch cubes. Mix with soy sauce and corn starch, add to chicken in bowl and marinate for about 30 minutes.
- 2) Heat oil and deep fry cashew nuts until golden brown, stirring occasionally. Remove and drain on paper towels. Reserve oil in pan.
- 3) Reheat oil over high heat. Fry chicken for a few seconds until chicken meat changes color, stirring occasionally. Remove chicken and set aside. Pour off all but 2 tablespoons oil from pan.
- 4) Combine ingredients (1) in bowl. Set aside.
- 5) Reheat remaining oil until hot. Add green onion and ginger, stir-fry until fragrant. Add green pepper and red pepper, stir-fry briefly, add chicken, and pour in mixture of ingredients (1), stirring quickly over high heat until blended. Sprinkle with 1 tablespoon of hot oil.
- 6) Serve on platter with cashew nuts spread on top. Serve with steamed rice.

--Ching-Shin Hsu

COLOMBIA

PORK CHOPS WITH BACON

Serves : 4

4 pork chops

1 onion

1/4 lb bacon

1 tablespoon mustard

Salt and pepper to taste

- 1) Place each pork chop on a square of foil.
- 2) Chop onion and cut up bacon. Put chopped onion and bacon on top of each of the pork chops.
- 3) Apply mustard, and sprinkle with salt and pepper.
- 4) Wrap up each chop and bake at 325^o F for about 1/2 hour.

-- *Ruben Toro*

BANANA MERINGUE

A very common dessert in Colombia

Serves : 4

5 bananas

Juice of 2 lemons

2 tablespoons sugar

1 tablespoon powdered sugar

3 eggs whites

- 1) Peel bananas and slice. Place in a buttered baking dish.
- 2) Sprinkle with powdered sugar and add lemon juice.
- 3) Beat the egg whites with sugar and spread the meringue over bananas.
- 4) Bake at 300^oF until brown.

--*Ruben Toro*

AREPUELAS

Serves : 2-3

- 1/3 cup shortening
- 1 cup flour
- 1 tablespoon salt
- 1/2 cup warm water
- 1 cup vegetable oil
- 5 tablespoons sugar
- 5 tablespoons lemon peel

- 1) Cut shortening into flour and salt until particles are the size of small peas.
- 2) Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened. Turn dough and roll until a big rectangle is formed. Cut into 6 smaller rectangles.
- 3) Heat oil in skillet and fry until golden brown.
- 4) Drain, sprinkle with sugar and lemon peel.

-- *Ruben Toro*

PINEAPPLE DESSERT

Serves: 6

- 1 can condensed milk
- 1 can pineapple chunks, drained
- 3 eggs separated into yolks and whites
- 1/2 cup dried mixed fruits, cut into little pieces
- 3 tablespoons sugar

- 1) Mix egg yolks with condensed milk, add pineapple chunks and 1/4 cup dried mixed fruits. Put into a baking pan.
- 2) Beat egg whites adding one tablespoon of sugar at a time. Continue beating until the mixture is stiff and glossy. Do not under beat.
- 3) Spread meringue over the pineapple mixture. Add the remaining 1/4 cup dried mixed fruits. Heat oven to 350°F. Bake until light brown.

--*Ruben Toro*

FRANCE

CLAFOUTI AUX CERISES

Serves : 4-6

4 eggs

2 lb granulated sugar

2 tablespoons flour

1 teaspoon vanilla essence

2 tablespoons rum

1/2 cup milk

2 tablespoons whipping cream (optional)

5 tablespoons cherries (stoned, if time permits)

- 1) Beat the eggs, sugar, and flour together until foamy, then gradually beat in the vanilla essence, rum, milk and cream until a thin batter is formed.
- 2) Pour into a shallow ovenproof flan dish, add cherries and let them sink into the batter.
- 3) Bake in a moderately hot oven of 375°F for 40 minutes.

-- Isabelle Chauvot

GERMANY

GERMAN MOHNSTRIEZEL

Serves : 25

1 1/2 cups flour
2 teaspoons baking powder
1/3 cup sugar
1/4 lb butter
1 teaspoon vanilla
2-5 tablespoons vanilla
1 egg

Filling:

3/4 cup poppyseeds
1/4 cup sugar
1/2 cup yogurt or sour cream
1/8 teaspoon cinnamon
1 teaspoon grated lemon rind
1 tablespoon rum
1 egg yolk

- 1) To make filling: Grind poppy seeds in blender. Mix the remaining ingredients, except the egg yolk.
- 2) To make dough: Mix flour, baking powder, and sugar in bowl, and cut in butter with two knives until butter is the size of peas. Add egg and milk, mixing lightly until moisture is absorbed, and roll into a ball. Roll out to 14" x 18".
- 3) Spread filling on dough. Roll up from long side. Lay on greased baking sheet. Slit top.
- 4) Brush top with egg yolk. Bake at 325°F for 45 minutes.

--From the 1985 International Food Fair Recipe Book

GREECE

MOUSAKA

Serves : 4-5

1 1/2 lb medium sized eggplant
1/2 medium onion, chopped
1/4 cup butter
1 lb ground meat
1/4 cup white cooking wine
2 peeled and chopped tomatoes or 1/4 can of chopped parsley
salt and pepper to taste
2 heaped tablespoons toasted bread crumbs (fried in olive oil)
1 egg white, slightly beaten
1 egg yolk
2 cups bechamel sauce (see below)
1/2 cup grated cheese (Greek kasseri or sharp cheddar)

- 1) Cut eggplants in slices of 1/2" thick. Sprinkle with salt. Leave aside for 1 hour.
- 2) Saute onion with butter until soft. Add ground meat and 3 tablespoons water. Cook, stirring with a fork to break up meat. Add wine, tomatoes or parsley, salt and pepper. Simmer, covered for about 45 minutes. Remove from heat, add toasted bread crumbs and egg white and stir well.
- 3) Rinse and wipe dry the eggplants. Fry them lightly in olive oil on both sides.
- 4) Grease an oven-proof dish, 8"x11"x2", and sprinkle with bread crumbs. Spread a layer of eggplant slices on the dish (1/2 of the eggplant). Spread on the meat mixture and cover with the remaining eggplants.
- 5) Beat the egg yolk and stir into bechamel sauce. Add 1/3 cup cheese and pour this mixture over the eggplant to cover completely. Sprinkle with the remaining cheese and bake in a moderate oven (350°F) for 45 minutes or until the top is golden brown.

Bechamel Sauce:

1/2 cup butter
3/4 cup flour
1 teaspoon salt
1/4 teaspoon pepper
2 cups milk
A dash of nutmeg

- 1) Melt butter over low heat, add flour, salt, pepper, and nutmeg, stir until well blended. Remove from heat. Gradually stir in milk and return to heat. Cook, stirring constantly until thick and smooth.

--From the 1985 International Food Fair Recipe Book

HONG KONG

CHINESE FRIED RICE

Serves : 6

6 cups rice

2 eggs

2 oz small shrimps (shelled)

2 oz green peas

2 oz ham

2 Chinese sausages

1 teaspoon salt

1 1/2 teaspoons white sugar

1/2 teaspoon MSG (optional)

Pinch of ground white pepper

1 green onion

- 1) Cook rice and let dry. While waiting, cut up shrimps, ham, and Chinese sausages into small pieces.
- 2) Heat up frying pan, add oil, and heat over high heat. When oil is hot, add eggs and mix until eggs are solidified. Dish out and set aside.
- 3) Stir fry chopped shrimps, green peas, ham, and Chinese sausage. Add rice and eggs, and keep stirring for 10 minutes (at 2 minutes intervals).
- 4) Add salt, sugar, MSG, and ground white pepper. Mix thoroughly. Taste rice and add salt to taste. If rice is a little stiff, add a few drop of water to soften.
- 5) Add chopped green onion. Ready to serve.

--From the 1985 International Food Fair Recipe Book

ICELAND

ICELANDIC MEAT SOUP (BROTH)

Serves : 4

1 pint water

1 lb lamb meat

1 to 1 1/2 teaspoons salt

2 tablespoons rice

8 oz beets

2-3 carrots

2-3 potatoes

4 oz cabbage

- 1) Boil the water in a saucepan.
- 2) Wash and clean meat and cut into cubes. Put the meat into the boiling water.
- 3) Remove the scum off the top of the soup and add salt.
- 4) Wash the rice, and add to the soup.
- 5) Clean and wash vegetables. Cut up and add to the soup. Cook for 20 minutes.

--Margret Reynisdottir

ICELANDIC PANCAKES

Serves : 2-3

2-3 cups flour

1 cube (1/4 lb) butter

1/4 teaspoon baking soda

3 tablespoons sugar

3 eggs

1 teaspoon lemon extract

Milk, to make very thin batter

Jelly or jam (optional)

Whipped cream (optional)

- 1) Melt butter and mix with other ingredients.**
- 2) Stir into a smooth, thin batter.**
- 3) Heat pan on medium heat, put in enough batter to cover the bottom of the pan to make a thin pancake.**
- 4) The pancakes should be carefully turned over with a spatula. Cook until light brown.**
- 5) Sprinkle with sugar and roll them up.**
- 6) Jelly or jam may be spread on pancakes with whipped cream and folded over.**

--Margret Reyisdottir

INDIA

MATAR-PANEER SABJI **PEAS AND BEAN CURD CASSEROLE**

(Served at the 1987 International Food Fair)

Serves : 4

1/2 cup cooking oil
8 oz green peas
3/4 lb bean curd (tofu)
1 large onion, chopped
2 tomatoes, or tomato sauce
5 cloves garlic, pressed
1 inch fresh ginger, finely chopped
1/2 tablespoon tumeric powder
1 tablespoon cayenne
1 tablespoon cumin powder
1 tablespoon coriander powder
Salt to taste

- 1) Saute chopped onions, chopped ginger, and garlic in oil.
- 2) Add finely chopped tomatoes or tomato puree when onions are light brown, and cook for several minutes.
- 3) Add spices, then green peas, followed by bean curd cubes.
- 4) Cook until peas are tender.
- 5) Garnish with fresh coriander. Serve with any Indian bread, pita bread, or with rice.

--Ms. Chona

PAYASAM

An Indian dessert.

Serves: 4

1/2 packet coiled vermicelli
1 quart (1/4 gallon) half and half
1 cup sugar
1/4 cup raisins
1/4 cup raw cashew nuts
3 pieces whole cardamom
Butter

- 1) Melt a teaspoon of butter in a skillet. Roast the vermicelli in skillet until golden brown. Remove and empty onto a tray and let cool. Once cooled, cook in two cups of water until almost done (like spaghetti).
- 2) Add half and half and let it cook on medium low to medium heat. Keep scraping the bottom of the pot to avoid sticking and burning.
- 3) When cooked (should easily become pasty when felt with finger tips), add sugar and dissolve.
- 4) Roast the cashews and raisins in two teaspoons of melted butter separately, until cashews are brown and raisins are puffy (make sure not to burn). Dish out and add them to the vermicelli. Peel off cardamom shells, and crush into small pieces. Add to the cooked vermicelli.
- 5) Serve hot or cold. Leftovers should be saved in the refrigerator to keep fresh. To serve the following day, heat on low and add some milk if necessary.

--From the 1985 International Food Fair Recipe Book.

CHICKEN CURRY

Serves : 4

1 chicken (jointed)
2 onions, finely sliced
4 cloves garlic, sliced
4 oz cooking oil
2 cardamom pods
2 cloves
1/2 inch stick cinnamon
1 dessert spoon ground cinnamon
1/2 teaspoon ground turmeric
1/2 teaspoon ground ginger
1/2 teaspoon ground cumin
A little red pepper
Salt to taste
1 lemon

- 1) Fry onions, garlic, cloves, cardamom and cinnamon stick in oil.
- 2) When onions are golden brown, add other remaining spices.
- 3) Mix well and cook on low heat for 5 minutes.
- 4) Add pieces of chicken and fry in curry mixture, stirring to keep from burning.
- 5) Add enough water to form a thick sauce.
- 6) Cover pan and simmer until chicken is tender.
- 7) Squeeze lemon juice over curry before serving.
- 8) Serve with rice or bread.

--Deepak Seth

YOGHURT SALAD

Serves: 4

2 tomatoes

1/4 cucumber

A few radishes

A few spring onions

2 cups plain yoghurt

pinch of salt

pinch of chilli powder

Paprika to decorate

- 1) Skin and chop the tomatoes, slice the cucumber, slice the radishes, and chop the onions.
- 2) Place all ingredients, except paprika, in a bowl and mix well.
- 3) Chill, sprinkle with paprika, and serve.

--Deepak Seth

INDONESIA

AYAM PANGGANG SANTAN BUMBU KECAP BAKED CHICKEN WITH COCONUT AND SWEET SOY SAUCE

Serves : 8

1 1/2 lb chicken thighs/ wings/ drumsticks
3 tablespoons cooking oil
2 teaspoons lime juice
1 lemon grass (4 inches) or 2 slices of lemon
750 cc (3/4 cup) coconut milk*
3 tablespoons sweet soy sauce
3 tablespoon melted margarine

1 tablespoon ground coriander)
1 teaspoon ground black pepper)
4 cloves garlic)
1/4 teaspoon ground tumeric) (1)
1/5 teaspoon ground ginger)
Salt to taste)
A pinch of sugar)

- 1) Wash and clean chicken.
- 2) Heat cooking oil and add ingredients (1) and fry until fragrant.
- 3) Add chicken and cook until stiff.
- 4) Add coconut milk, lime juice and lemon grass (or lemon slices). Cook until chicken has just begun to get tender.
- 5) Transfer chicken onto a baking tray.
- 6) Mix melted margarine with soy sauce. Brush the mixture on the chicken.
- 7) Bake in oven at 300-350°F until chicken turns brown.
- 8) Serve with white steamed rice.

* Coconut milk is available in cans in the gourmet food department in grocery stores, or in international food stores. It can also be home-made by blending unsweetened grated coconut with water. Either thick or thin milk can easily be obtained by adding the desired amount of water to the ground coconut. Strain coconut from milk.

--Yuanita C. Lay

SOTO
INDONESIAN SPECIAL NOODLE SOUP

(Served at the 1987 International Food Fair)

Serves: 4

1/2 lb beef brisket

1/2 lb beef tripe

(or, substitute the above 2 items with 1 lb of beef,
or 1 lb of chicken breast meat)

3/4 lb (340 gm.) vermicelli noodles, or thin spaghetti

1 package spice mix Bumbu Soto (available in international food stores)

5 cups beef stock or chicken stock

2 hard boiled eggs, sliced

Spring onion and celery, shredded

- 1) Boil brisket and tripe (or beef or chicken) in water until tender.
- 2) Cut brisket and tripe (beef or chicken) into 1 inch cubes or slices.
- 3) Bring stock to boil in a large saucepan, then add the spice mix, stirring to dissolve.
- 4) Stir in sliced meats, lower heat, and cook for 15 minutes. Add salt to taste.
- 5) While meat cooks, cook vermicelli by soaking in hot boiling water for a few minutes (or boil spaghetti). Remove and drain.
- 6) Serve in soup bowls: Put vermicelli noodles in each soup bowl (about 1/2 filled), pour the hot stock together with meat over each serving. Garnish with sliced hard boiled eggs, shredded spring onions and celery.

--Emy N. Wahyudi

SPIKU
INDONESIAN SPECIAL DESSERT

Serves : 10

10 eggs, separated
115 gm (3/4 cup) sugar
1/2 teaspoon vanilla extract
3 teaspoons chocolate extract
50 gm. (1/2 cup) all-purpose white flour
150 gm (2/3 cup) butter
1 lb (2 cups) vegetable shortening
1/2 lb (1 cup) powdered sugar
Waxed paper

- 1) Mix eggs yolks with sugar and vanilla for 15 minutes.
- 2) Add flour and butter and mix well.
- 3) Put in a cake pan and bake in oven at 350°F for 10 to 15 minutes.
- 4) Ready to serve.

--Emy N. Wahyudi

IRAN

BAGHALI-POLOW

I hope you will enjoy the BAGHALI-POLOW. This may be your first Iranian dish.

Serves : 4-5

1 cut-up chicken
small quantity of salt and pepper
1 large onion, cut in half
4 cups long grain rice
2 packages frozen baby lima beans
1/4 cup vegetable oil
1 bottle dried dill weed
small quantity garlic powder
1/2 cup butter

- 1) First, cook the chicken with salt and onion.
- 2) Rinse rice thoroughly with luke-warm water, add about 2 tablespoons of salt, then leave the rice to soak in some water.
- 3) Bring a pot of water to boil (about 12 cups of water), then drain the rice and add to the boiling water. Let it boil. Do not cook the rice for too long! Pour the rice into the strainer when the rice grains become soft. (Be careful not to let it get too soft). After pouring through the strainer, rinse it with cold water and set aside.
- 4) Put the lima beans in a bowl of warm/hot water and leave them in until they become a little soft on the surface.
- 5) Now comes the fun part! Choose a cooking pan which can hold both the rice and lima beans together, i.e., the pan should be large enough to have some free space left after putting all the ingredients in.
- 6) Pour about 2 tablespoons of vegetable oil into the pan, then put a layer of rice in the pan. Add a handful of lima beans to it. Add one tablespoon dill weed and a very small amount of garlic salt to it and mix. Do not mix too extensively. After mixing, put another layer of rice, beans, garlic salt, and dill weed on top of it and mix the top layer. Continue this same process until all the rice and beans are used up. (You probably need only 3/4 bottle of dill weed). Now, put the lid on the pot.
- 7) Turn the heat to medium high for the first 5 minutes. Then remove the lid and use a spoon to give the mixture the shape of a mountain. Put about 2 tablespoons of butter on top of the mountain. Cover up the pot with a piece of thick kitchen towel and put the lid on. Turn the heat down to low and let it cook for at least 35 minutes. (The longer you let it cook, the thicker and better the bottom crust will be. I personally think is the best part).

- 8) When serving, first melt the remainder of the butter and pour it onto the rice.
Add the chicken on the sides of the dish, or whatever way you think is fancier.
You may also have the soup of the chicken served with it (some people might like it that way!)

--Ramin Aboutorabi

KUKUYE SABZI HERB OMELET

serves : 4-6

2 cups chopped spinach
1/2 cups finely chopped parsley
1 1/2 cup finely chopped spring onions
1/4 cup finely chopped cilantro (fresh coriander leaves)
1 tablespoon chopped dill
2 tablespoons chopped garlic chives (tareh)
1 tablespoon chopped tarragon (optional)
1 tablespoon flour
salt
ground black pepper (to taste)
8 eggs
1/4 cup ghee or butter

- 1) Chop vegetables and herbs with a knife or food processor.
- 2) Combine chopped greens in a bowl. Mix flour with 1 teaspoon salt and sprinkle pepper over greens, then toss well.
- 3) Beat eggs until frothy and pour over chopped greens. Stir well to combine and adjust seasoning.
- 4) Heat butter in a casserole dish (9 inch round) or deep cake pan in a moderate oven. Swirl to coat sides and pour in egg mixture.
- 5) Bake in a moderate oven (350°F), one shelf above center, for 45-50 minutes until set and top is lightly browned. Place briefly under a hot grill to brown further, if necessary.
- 6) Cut in wedges. Serve hot or cold with yoghurt and flat bread.

--Ramin Aboutorabi

JAPAN

TEMPURA

Serves : 4

Batter:

1 cup all-purpose flour

1 egg

1 cup cold water

Shrimps

Fish, cut to approx. 2 inch size

Zucchini, in slices

Shitake or mushrooms

Any other vegetables

Oil for deep frying

- 1) Mix flour, egg, and cold water, and stir to make batter.
- 2) Heat oil in saucepan. Dip sliced vegetables, shrimp, and fish into batter, and deep fry.
- 3) Drain on paper towel. Serve with tempura sauce.

TEMPURA SAUCE

(The below ingredients are available at the gourmet food department at grocery stores or international food stores)

3/4 cup fish broth

4 tablespoons mirin

4 tablespoons soy sauce

Directions: Mix all ingredients and stir well.

-- *Aiko Shimada*

INARIZUSHI

Serves : 4-6

1/4 can of Inarizushi no moto

2/3 can of Gomoku no moto

1/4 cup of vinegar

2 teaspoons white sugar

1 1/2 eggs

1) Add sugar to vinegar, mix well.

2) After the rice is cooked, add the vinegar into the rice. Mix thoroughly but lightly.

3) Add the gomoku no moto. Stuff the rice into inarizushi no moto.

--From the 1985 International Food Fair Recipe Book

SANMI YOKI FRIED PORK

Serves : 4

10 1/2 to 14 oz. sliced pork (1/4" thick)
1 small red pepper
1 tablespoon chopped scallion
1 1/2 tablespoon ground sesame seed
2 tablespoons soy sauce
2 tablespoons sake (rice wine) or white wine
2 tablespoons oil
1 1/2 oz vermicelli
1 small cucumber
1 small tomato

Pepper sauce:

2 tablespoons vinegar
1 tablespoon pepper
1 tablespoon sugar

- 1) Remove seeds from red pepper, mix together with scallion, sesame seeds, soy sauce, and sake. Marinate pork in this mixture for 30 to 60 minutes.
- 2) Just before eating, heat oil in frying pan and fry pork and brown well on both sides. Cut into serving pieces.
- 3) Soak vermicelli in water and boil. Cut into serving portions.
- 4) Cut cucumber and tomatoes into thin strips, and combine them with vermicelli.
- 5) Place on a platter with pork, and spread with pepper sauce.

--Yumi Furukawa

KOREA

BUL-GO-KEE **KOREAN-STYLE SLICED BEEF**

Serves : 3

- 1 lb sliced beef, average piece 3" x 4", 1/8 inch thick
- 1/2 cup chopped green onion
- 4 tablespoons soy sauce
- 3 tablespoons sugar
- 1 tablespoon toasted sesame seeds

- 1) Mix the ingredients together thoroughly. Leave to marinate for 2 hours.
- 2) Arrange neatly on baking tray, and grill or broil 4 inches from heat for 15 minutes on each side.
- 3) Serve with hot cooked plain rice.

--Ong-In Shin

ROAST PRIME RIB

Serves : 6

- 3 lb prime rib
- 6 teaspoons soy sauce
- 2 teaspoons sesame oil
- 3 teaspoons sugar
- 1/2 teaspoon black pepper
- 4 teaspoons chopped green onion
- 2 teaspoons sherry (optional)
- 1 green onion

- 1) Cut the green onions into 2-inch lengths.
- 2) Make sauce with soy sauce, sesame oil, sugar, pepper, and sherry.
- 3) Spread sauce and onion over the beef prime rib. Marinate for 24 hours.
- 4) Roast in oven at 350°F until brown.

--Regina Kim

JUN GOL
A DISH OF MEAT WITH VEGETABLES

Serves : 4

1 1/2 lb beef

1/2 carrot

1/4 lb green onion

1 onion

5-6 mushrooms

1/3 lb bean sprouts

1 egg

6 pieces garlic

2 teaspoons sugar

Salt to taste

- 1) Slice beef into 2-inch lengths.**
- 2) Cut carrot into 2-inch lengths. Boil in hot water and slice.**
- 3) Boil bean sprouts for a few minutes. Remove and drain.**
- 4) Cut green onion into 2-inch lengths. Slice mushrooms and onions.**
- 5) Make sauce of all the ingredients above except the beef.**
- 6) Put beef and sauce in a pan and cook until done.**

--Regina Kim

MALAYSIA

KURRY KATAM SPICY CRABS

Serves : 2-3

- 4 fresh uncooked crabs
- 1 large onion
- 3 gloves garlic
- 1 inch fresh ginger
- 2 red chilies (cut into fine pieces or ground finely), or 1/2 teaspoon ground chili
- 1 tomato
- 2 teaspoons masala, or curry powder
- 1 stick cinnamon
- 2 star anises
- 1/2 teaspoon ground black pepper
- 3-4 tablespoons cooking oil
- Salt (approx. 3/4 teaspoon), or to taste
- 1/2 cup of water

- 1) Clean the crabs by first removing the top shell. Then remove all the internal organs with a small knife or a fork. Wash under running water for a minute. Cut the crabs into halves. Cut the legs out at joints. Set aside.
- 2) Peel the onion, garlic and ginger. Cut half of the onion into slices and set aside. Roughly cut up the other half of the onion and ginger. Put in a blender jar and blend finely together with the garlic. Cut the tomato into small cubes. Set aside.
- 3) Heat up a large saucepan or wok (if available) at medium high heat. Put in cooking oil. When oil is hot, put in the blended ingredients. Stir fry for 5 minutes or until the oil begins to set on the top. Add the tomato, fry for 1 minute. Reduce heat to medium, add the masala, stick cinnamon, ground pepper, star anises, chili and salt. Stir for 2 minutes. Add water and cover to cook for 3 to 4 minutes at medium high heat. Check constantly to avoid burning the bottom.
- 4) Add crabs slowly by putting in a couple of pieces at a time. The idea is to try to dip them in the sauce as much as possible. Add more water (not too much) if the sauce appears to be dry. The most appropriate amount is about one inch of sauce in the saucepan (the crabs will give out some liquid while they are cooking).
- 5) After all crabs are added, cover and cook the bottom layer of crabs (should be boiling) for about four minutes. Turn heat to high if necessary. Now with a wooden spoon or a heat-resistant ladle, stir the top layer of crab to the bottom and cook for 5 minutes. Mix the crabs around once more and cover and cook for 5 more minutes. Add the sliced onions, stir and mix well for 1 to 2 minutes. Dish out and serve hot with white steamed rice, and/or with tossed salad .

--Annie N. Cham

CURRY PUFFS

A Malaysian snack, easy to make and tastes delicious. Curry puffs also can be served as hors d'oeuvres, or at tea-time.

Serves : 6

Pastry:

4 oz (1 cup) all-purpose flour

4 oz butter or margarine

water

1 egg, beaten briefly (for brushing)

(Pastry can be substituted with frozen prepared croissant dough from the store.)

Filling:

1 potato, peeled and cut into small cubes

1 cup green peas

1 /2 lb ground fresh meat (beef, chicken or pork)

(omit meat if only vegetables are preferred, and double the amount of vegetables)

1 tomato, chopped into small cubes

1 onion, finely chopped

1 tablespoon curry powder

1/2 teaspoon chili powder, or to taste

1/2 teaspoon salt, or to taste

Cooking oil

To make the filling :

- 1) Heat 2 tablespoons of cooking oil over medium high heat. Fry onions until lightly brown. Put in tomatoes and potato cubes. Fry for 5 minutes, stirring continuously. Add curry powder and chili powder. Mix well. (Note: lower heat if pan is too hot).
- 2) Add minced meat and mix thoroughly, then add green peas and mix again.
- 3) Add 1/4 cup of water. Lower heat to low and cook until the curry is dry. Remove from heat, dish out and cool the curry on a plate. Set aside.

To make the pastry :

- 1) Cut butter or margarine finely into flour with a butter knife. Sprinkle with a few drops of water if necessary, and knead into a medium-soft dough.

To make the puffs:

- 1) Roll the dough on a well-floured surface to about 1 cm. in thickness.
- 2) Cut the pastry with a round pastry cutter, or a cereal bowl (about 2 1/2-3 inches in diameter).

- 3) Carefully hold a piece of pastry on hand, fill it with a spoonful of curry filling. Wet the edge with water, then fold the pastry into a 'D' shape. Seal the edge by pressing firmly around the edge with fingers.
- 4) A neat edge can be made by twisting the edge with fingers, OR simply press the edge with a fork. Continue the process until all puffs are made.
- 5) Brush egg on each of the puffs. Grease a large baking tray and bake in 350°F oven for 10 to 15 minutes. Usually puffs are cooked when they have turned slightly brownish. (Note: Place a piece of aluminium foil on the baking tray if the oven is too hot or has no automatic turn-off, to avoid burnt crust at the bottom)

--Annie N. Cham

PUDING JAGUNG CORN PUDDING

(Served at the 1987 International Food Fair)

Serves : 4

- 3 tablespoons (1 envelope) custard mix
- 3 tablespoons sugar
- 2 cups cold milk (1 pint)
- 1 cup sweet corn

- 1) Combine dessert mix and sugar in a bowl. Mix smoothly with milk and sweet corn.
- 2) Put the mixture in a saucepan and bring it to a full boil, stirring continuously until the mixture is thick.
- 3) Pour the mixture into a cake tin. Let it set and cool thoroughly before cutting.

--Suraya Saad

LAKSA JOHOR BERSANTAN
JOHOR NOODLE WITH COCONUT MILK

(Served at the 1987 International Food Fair)

serves : 4

5 tablespoons cooking oil

1 tablespoon Madras curry powder, mixed to a paste with a little water

1/2 can coconut milk (available in international food store)

1 mackerel (6-8 oz), scalded and drained

1/2 lb vermicelli or yellow noodle, scalded and drained, or spaghetti (boiled and drained)

2 tablespoons salt

1/2 to 1 cup water

2 cloves garlic)

1/2 inch fresh ginger)

1/2 teaspoon black pepper) (1)

1/2 inch cinnamon stick)

5 shallots)

Garnishing ingredients:

1/2 cucumber, peeled and shredded

1 sprig mint leaves

1/2 head lettuce, shredded finely

2 hard boiled eggs, quartered

- 1) Blend ingredients (1). Heat oil in a pot and fry until fragrant and lightly browned.
- 2) Add curry powder paste and fry over low heat until fragrant, and oil separates.
- 3) Put flaked fish together with coconut milk and some water and salt. Bring to boil, then simmer over low heat for 15 minutes, stirring sauce occasionally.
- 4) To serve laksa, put a little scalded noodles into individual bowls. Garnish with cucumber, lettuce and mint leaves. Pour sauce over this and serve hot.

--Suraya Saad

NORWAY

FISH PUDDING

Serves : 2-3

1 lb (1/2 kg.) fish fillets (sole, flounder, cod or haddock)

2 eggs

1/3 cup milk

1 tablespoon flour

1/2 cup heavy cream

Nutmeg

Salt to taste

- 1) Either put the fish through a meat grinder (medium blade) or cut it against the grain into very thin strips.**
- 2) Beat eggs with salt, pepper, nutmeg, milk and flour.**
- 3) In a blender, blend a small amount of fish and a small amount of egg mixture into puree, putting each batch into a bowl. Continue until all has been pureed. Beat vigorously with a wooden spoon, adding cream, a little at a time. (If a blender is not available, grind mixture three times in a meat grinder using the fine blade, then beat together with the egg mixture until it is smooth).**
- 4) Put mixture into a 1 qt. buttered and floured ring mold, cover with aluminum foil and set it in a larger pan with about 1" (25 mm) of boiling water. Bake in a 325° F oven for 1 hour, or until knife inserted into the pudding comes out dry.**
- 5) Serve with melted butter or with the following shrimp (or lobster) sauce.**

-- Stale Solberg

SHRIMP (OR LOBSTER) SAUCE

Serves : 2-3

2 tablespoons butter or margarine

2 tablespoons flour

1 1/2 tablespoons light cream, half and half, or milk

1 can of shrimp (or lobster), about 7 oz

1 teaspoon lemon juice

Salt and pepper to taste

- 1) Melt butter in a small saucepan, add flour, stirring vigorously.
- 2) Add cream or milk, add liquid from canned shrimp, a little at a time, stirring continuously until a smooth sauce has been obtained. Cook for 5 minutes.
- 3) Add salt, pepper, lemon juice, and shrimp, heat only until shrimp is heated through, and serve immediately.

-- *Stale Solberg*

PAKISTAN

CHAPLEE KABAB

(Served at the 1987 International Food Fair)

Serves : 4

1 lb ground beef

1 onion

1 oz garlic

2 slices white bread

2 teaspoons ground coriander

1 teaspoons cayenne pepper

1 oz jalapeno pepper

1/2 teaspoon allspice

1 tomato

2 teaspoons barbeque sauce

2 teaspoons Worcestershire sauce

1 oz dried pomegranate seeds

1 teaspoon crushed chillies

1 egg

Salt to taste

Vegetable oil

- 1) Chop onion and garlic finely.
- 2) Cut tomato into 1/4" size cubes.
- 3) Crumb the bread slices by hand.
- 4) Mix all ingredients together in a bowl.
- 5) Make into patties (about 3 inches in diameter).
- 6) Heat vegetable oil and fry the kabab (patties) at medium high heat.

--Amjad Khan

MUTANJAN
SWEET RICE

(Served at 1987 International Food Fair)

Serves : 4

- 2 lb long grain rice
- 1 1/2 lb sugar
- 1 cup vegetable oil
- 1 teaspoon each food coloring (red, yellow and green)
- 8 pieces cardamom
- 1/4 lb almonds
- 1/4 lb raisins
- 1/4 lb grated coconut

- 1) Boil the rice in approximately twice the amount of water as rice.
- 2) When the rice is approximately half cooked, drain the water and set the rice aside.
- 3) Heat the sugar in one cup of water for 3 minutes, or until dissolved completely.
- 4) Add the vegetable oil to the sugar and heat for another 2 minutes.
- 5) Add rice, cardamom, almonds, raisins and coconut. Mix thoroughly and allow to heat at medium high heat until 3/4 of the water is evaporated.
- 6) Sprinkle the colors on the surface, cover the pot and allow to simmer at low heat until cooked.

--Mrs. Shahid Majood

CHICKEN CURRY

Serves : 4

1 cut-up frying chicken
2 lb onions
1 1/2 tablespoons vegetable oil
3/4 cup yogurt
1/4 tablespoon salt, or to taste
Cayenne pepper
1/2 tablespoon cumin seeds
3/4 tablespoon coriander
3/4 tablespoon whole black pepper
1/4 tablespoon ground ginger
5 cloves
5 cinnamon sticks
1 small piece cardamom
3 saffron

- 1) Wash the chicken and remove skin. Slice onions into rings.
- 2) Fry the sliced onion in oil at medium heat until brown and crisp (not burnt).
Remove onions and put on a dish, leave oil in pan.
- 3) Add chicken, cloves, and cinnamon sticks and fry until chicken changes color.
Add yogurt and stir for 2 to 3 minutes; add garlic powder and salt. Stir for 2 to 6 minutes. Add ground ginger, coriander, cumin seeds, and black pepper and stir for 2 to 4 minutes. Add cayenne pepper and the browned onion slices.
Continue to fry for about 4 to 6 minutes, stirring occasionally.
- 4) Add two cups of water, cover and cook over low heat until the chicken is tender and gravy is thick. Add saffron and cardamom and keep the pan warm for 5 minutes. Serve hot with rice or bread.

--Almas Almed

EGGPLANT CURRY

Serves : 2-3

- 1 teaspoon mustard seeds (black or yellow)
- 1 teaspoon sesame seeds
- 1 1/2 cups chopped onion
- 1 teaspoon salt
- 1 teaspoon tumeric
- Dash of cayenne
- 6 cups cubed eggplant (1 inch cubes)
- 1 tablespoon fresh coriander leaves (cilantro), minced
- 2 tablespoons oil or butter
- 1 1/2 cups sweet green peas, steamed until bright green

- 1) Heat oil or butter in a large heavy skillet, add sesame and mustard seeds. When seeds start to pop, add onion, salt, tumeric, and cayenne. Cook, stirring until onion is translucent.
- 2) Add eggplant and cook about 15 minutes, stirring regularly until eggplant is soft but pieces are still separate and whole. Additional oil or a little water might be needed if mixture is too dry.
- 3) Add half of the fresh coriander and cook 2-3 minutes.
- 4) Serve immediately, topped with remaining coriander and adorned with bright green peas.
- 5) Serve with rice.

---*Samina Zafar*

PALESTINE

STUFFED GRAPE LEAVES

(served at the 1987 International Food Fair)

Serves : 20 persons (2-3 leaves per person)

- 1 jar grape leaves
- 2 cups short grain rice
- 1 lb ground beef
- 2 tablespoons allspice
- 1 tablespoon nutmeg
- 1 teaspoon cinnamon
- 2 tablespoons salt
- 2 tablespoons vegetable shortening
- 3 fresh tomatoes
- 3 fresh lemons (for the sauce)
- 4-5 tablespoons olive oil (for the sauce)

- 1) To make the stuffing: Mix rice with the ground beef, then add the shortening and all of the spices.
- 2) Stuff each grapeleaf on its rough side.
- 3) Cut the tomatoes in slices, and lay them in a large pan. Arrange the stuffed leaves on top of the tomato slices.
- 4) Mix water with lemon juice, olive oil and salt. Add the mixture to the pan and boil for 1 1/2 hours to 2 hours.

-- *Soha Khoury*

MJADARA

LENTIL POTTAGE

Serves : 4-6

1 cup uncooked lentils

4 cups water

1 large onion, chopped

1/2 cup of olive oil or vegetable oil

1/8 teaspoon pepper

1/8 teaspoon cumin (optional)

1/2 cup uncooked rice

Salt to taste

- 1) Rinse lentils and put in pan with water. Boil for 20 minutes over medium heat.**
- 2) Saute chopped onions in oil until crisp and browned, stirring to keep them from burning. Add the onions, spices, and rice to the lentils.**
- 3) Cover and cook for 20 minutes. Stir occasionally.**
- 4) Serve on a platter. Pottage thickens as it cools.**

--Jamal Taha

PHILIPPINES

PANCIT NOODLE

Serves: 4

1 lb chicken breast meat
2 pieces Chinese sausages
1/2 lb shrimps (shelled)
1/2 lb carrot
1/2 head cabbage
1/2 lb Chinese green pea pods
1 medium onion
1 medium tomato
3 cloves garlic
2 tablespoons vegetable oil
2 teaspoons salt, or to taste
3 tablespoons soy sauce
1 packet yellow noodle (or white noodle), scalded and drained
4 cups water

- 1) Cut chicken meat into small cubes. Slice sausages thinly.
- 2) Cut carrots into thin rings. Cut cabbages into strips. Clean and prepare green pea pods. Cut up onions and garlic.
- 3) Saute garlic and onions in oil with chicken, shrimps, and sausages. Add salt, soy sauce and water. Simmer until cooked, stirring occasionally.
- 4) Add carrot and noodles and mix thoroughly. Add cabbage and pea pods and mix thoroughly for a few minutes more until cooked. Ready to serve.

--Rachel T. Alegado

PALITAN

Serves : 4

2 cups sweet rice flour

1/2 cup water

1 cup grated coconut

1/4 cup sesame seeds

Sugar (optional)

- 1) Combine sweet rice flour with water. Mix thoroughly until a smooth paste is formed.**
- 2) Using a tablespoon, form paste into small balls, and then flatten them into thin ovals.**
- 3) Boil water in a saucepan, and put the ovals into boiling water until they float. Dish out carefully and drain.**
- 4) Arrange on a plate, then spread grated coconut and sesame seeds on top. If desired, sugar may be spread on top of the palitan.**

--Rachel T. Alegado

SCOTLAND

SHEPHERD'S PIE

Serves : 5

- 1 lb lean ground beef
- 1 teaspoon oil
- 1 medium sized onion
- 1 carrot
- 1 teaspoon beef bouillon (beef stock or cubes)
- 1 tablespoon corn starch
- 1 bay leaf
- 2 lb potatoes
- 2 teaspoons dried parsley
- 2 oz butter
- 2 medium tomatoes
- Sprig of parsley
- Salt & pepper to taste

- 1) Brown beef well in heated oil in a medium sized cooking pot at medium high heat. Drain off surplus fat. Meat should be well separated and not in lumps.
- 2) Add chopped onion, carrots, cornstarch and beef stock (3/4 pint) made from stock cubes. Stir well and bring to boil. Add bay leaf, salt, pepper and cover. Simmer for 40-45 minutes. Stir occasionally. Remove bay leaf after 40 minutes.
- 3) Meanwhile, peel potatoes and boil in salted water until knife penetrates easily. Drain well.
- 4) Mash potatoes with the butter and dried parsley until smooth.
- 5) Place beef base in pie dish and cover with mashed potatoes, totally covering meat base. Using a fork, make a criss-cross pattern on the surface. Slice tomatoes and arrange on top. Place in oven (300-325°F) for approximately 30 minutes, until potato is golden brown. Serve hot, decorated with chopped parsley.

--From the 1985 International Food Fair Recipe Book

SINGAPORE

QUICK-COOKED BROCCOLI

Serves : 2-3

1 lb broccoli

1 tablespoon oil

1 tablespoon light soysauce

1 tablespoon oyster sauce

1/4 teaspoon salt

Sugar to taste

Pinch of monosodium glutamate (optional)

2 tablespoons water

- 1) Wash broccoli, cut off the flowerets. Cut stems into 1 1/2 inch lengths. Keep stems separate from flowerets.
- 2) Heat oil in wok or pan and stir fry stems over high heat for 30 seconds. Reduce heat, cover wok with lid and cook stems for another 2 minutes. Add flowerets and stir fry for 30 seconds. Add seasonings and water. Cover wok and simmer until just cooked.
- 3) Serve with steamed rice.

--L. Lee

FRIED BEEF WITH SNOW PEAS

This dish is commonly served in Chinese restaurants in Singapore. It is a very popular dish among the Chinese Singaporeans. It is usually served at dinner and is considered an appropriate dish to be served to guests. It is served with plain white steamed rice.

Serves : 2

1/2 lb beef, sliced and cut into bite-sized pieces

1 tablespoon wine

3 tablespoons soy sauce

2 tablespoons cornstarch

6 tablespoons oil

1/4 lb snow peas, de-stringed and boiled

1 clove garlic, crushed

1/2 teaspoon sugar

- 1) Dredge beef with wine, 1 tablespoon soy sauce, and the cornstarch.
- 2) Heat 4 tablespoons oil in wok or pan and fry the beef. When color changes, remove to plate.
- 3) Heat 2 tablespoons oil and fry snow peas for a couple of minutes.
- 4) Add beef, garlic, 2 tablespoons soy sauce, and 1/2 teaspoon sugar. Mix well and serve hot with steamed rice.

---Jean Lee

BRAISED PORK RIB

Serves : 3

1 lb meaty pork ribs
1 medium-sized red or brown onion, finely chopped
2 cloves garlic, smashed and chopped
2 slices fresh ginger, very finely shredded
1/2 fresh red chili, sliced (optional)
2 spring onions (scallions), cut into 1 inch lengths
1 or 2 dried mushrooms, soaked and shredded
1 tablespoon salted soya beans, mashed lightly
1 teaspoon Chinese rice wine or sherry
Oil for frying

Marinade:

1/2 teaspoon salt
1/4 teaspoon monosodium glutamate (optional)
1/2 teaspoon sugar
1 teaspoon light soy sauce
1 teaspoon thick black soy sauce
1/2 teaspoon sesame oil
Ground white pepper
2 teaspoons cornflour

Sauce:

1/2 cup water
1 teaspoon sugar
1/2 teaspoon light soy sauce
Few drops of sesame oil
Ground white pepper

- 1) Cut ribs into 1 1/2 inch pieces.
- 2) Combine marinade ingredients and rub into pork ribs. Leave for at least 30 minutes.
- 3) Drain ribs and deep fry in hot oil for just one minute. Remove and drain.
- 4) Pour out all but 1 1/2 tablespoons oil and gently fry onion, garlic, ginger, and chili for 3 to 4 minutes, then add the ribs and all other ingredients except wine. Stir fry for 1 minute, then add the wine and cook for another minute.
- 5) Combine all sauce ingredients and add to the ribs. Cover the pan and simmer until the ribs are cooked.
- 6) Remove the lid, stir, and continue cooking until the sauce is almost completely dried up. Serve with white rice.

--L. Lee

TAIWAN

BEAN CURD WITH CRAB SAUCE

Serves : 4

- 6 squares bean curd, 3 " x 3"
- 1/2 cup cooked crab meat
- 2 tablespoons cooked crab roe (optional)
- 1/2 tablespoon chopped fresh ginger
- 1 tablespoon wine
- 3 cups soup stock
- 2 teaspoons salt
- 3 tablespoons cornstarch
- 1 egg white
- 2 tablespoons green onion (scallion)
- 1 teaspoon chicken grease (optional)
- 3 tablespoons cooking oil

- 1) Remove the hard edges, if any, from the bean curd. Cut into pieces of 1 inch square and 1/3 inch thick.
- 2) Boil bean curd in water for 1 minute. Remove, drain, and dry.
- 3) Heat cooking oil in a pan. Fry the ginger and crab meat. Stir fry for a few seconds. Sprinkle in wine, and pour in the soup stock immediately. Add the bean curd gently and season with salt. Cook over low heat for about 3 minutes.
- 4) Mix cornstarch with 3 tablespoons of cold water. Add cornstarch mixture (spreading evenly but slowly) into bean curd. Stir gently until thickened.
- 5) Add the beaten egg white (spreading evenly) and add the chopped crab roe. Stir gently until blended. Turn off heat. Sprinkle green onion on top. Place on a platter and sprinkle chicken grease on top (optional).
- 6) Serve with steamed rice.

--Grace Lou

THAILAND

FOI THONG SWEET GOLDEN SILK THREADS

This dish has been known in Thailand for more than four hundred years. It is believed to have come to Siam with the Portuguese traders or maybe the Dutch. Whatever its origin, it has remained the favorite of the Royal Court and the ordinary people alike all through the years.

Serves : 6

12 eggs (yolks only and 1 teaspoon thin egg white)

3 cups sugar

1 cup water

Jasmine flowers or rose petals

4 fine point paper cones

- 1) To make sugar syrup: In a large pot, dissolve sugar in water. Boil for 15 minutes or until the syrup is formed. If necessary, strain through cheesecloth. Cool. Float the jasmine flowers or rose petals on the syrup.
- 2) Separate eggs. Make sure to put egg white into one bowl and yolks into another. Put remaining egg white which you can scrape out with your finger from the shell into a third bowl. Just one teaspoon of this thin white is sufficient. This thin white is essential for the successful appearance of the 'foi thong'
- 3) Strain the yolk and the thin egg white through a fine sieve (the rest of the egg white can be saved for other use).
- 4) In a saucepan, heat the sugar syrup over medium heat. Pour about 1/4 cup of the strained egg yolks into a fine point paper cone with finger over the hole. Remove finger to release the egg yolks in a regular stream into the boiling syrup, with hand moving very rapidly around so that there are fine but broken lines of the yellow threads. The egg strings will cook very quickly, thus they need to be removed almost at once with chopsticks or a slotted spoon. Add a little boiling water each time before repeating this process.

--Oui Siripanchi

CHICKEN FRIED WITH CASHEW NUTS

(Served at the 1987 International Food Fair)

Serves: 4

3 lb chicken meat
1 lb Thai cashew or common cashew nuts
1/2 lb wheat flour (koki)
1 big dried hot pepper, cut
1 onion, cut
5 tablespoons soy sauce
2 tablespoons brown sugar
1/2 teaspoon salt, or to taste
2 ozs cooking oil

- 1) Cut chicken into small pieces.
- 2) Mix flour with chicken.
- 3) Heat some oil in pan and fry the chicken, dish out and set aside.
- 4) Fry pepper and onions and cashews nuts. Add the fried chicken, brown sugar, soy sauce, and salt to taste.

--Apichart Vanavichit

TUNISIA

COUSCOUS

(Served at the 1987 International Food Fair)

Couscous-Tunisia's favourite meal. The word "couscous" is used interchangeably, both for the granular pasta that is a main ingredient of the meal and for the whole meal itself. The pasta is made with special sieving and hand rolling. Today, few people make the pasta at home. The commercial couscous is usually adequate and always available.

Couscous can be prepared with or without meat. It could be of any kind, including seafood. The favourite is lamb meat.

Serves : 4

1 lb lamb meat

A slice of lamb fat, or cooking oil

1 1/2 deciliter cooking oil

1 1/2 lbs couscous

1 kilogram fresh fava beans, or substitute with cabbage

2 small squash

2 potatoes

2 tablespoons tomato paste

1 tablespoon hot pepper paste

1/4 teaspoon ground black pepper

1/2 tablespoon red pepper

2 pinches of ground cinnamon

1 pinch ground rose buds

Salt to taste

- 1) Cut meat and lamb fat (or use oil). Put them in deep saucepan. Add fine salt, pepper and hot paste. Start on medium heat.
- 2) Cut onion and add to it. Add cooking oil.
- 3) Add tomato paste and one cup of water. Let it cook for 15 to 20 minutes.
- 4) Add whole potatoes and cut fresh fava beans (including skin) or cut cabbage. Add 1 1/2 liter (5 1/4 oz) of water. Heat until it boils.
- 5) The couscous pasta, after it is moistened, has to be steamed from the beginning over the sauce, or in a separate set-up over a pan of boiling water. Do not compact couscous in the couscous pan (the upper container). Steam for 30 to 40 minutes after vapor starts coming through the pasta. Take down the pasta and leave sauce to cook.

- 6) Cut squash and add it to sauce pan. Cool the pasta with a little fresh water and drain. Break up the clods with the back of wooden spoon to ventilate the pasta.
- 7) Return the pasta to the couscous pan (or boiling water pan) for a second steaming for 30 minutes.
- 8) Empty the pasta into serving pan. With a soup laddle, remove fatty top of the sauce. Put the fat into a small pan and dissolve the salty butter in it, and add all the condiments.
- 9) Check salt to taste, then pour the rest of boiling sauce on pasta. Set meat pieces and vegetables on top. Let it rest a short while and serve.
- 10) To make the meal fully Tunisian, couscous would be best to serve with "Meshouia salad", goat buttermilk, and fruit of the season.

--Rafika Chaouali and Karim Hamdy

TURKEY

KURU KOFTE MEATBALL

(Served at the 1987 International Food Fair)

Serves : 4

1/2 lb (250 gm.) lean ground beef

1/8 cup grated onions

1 egg

2 tablespoons cumin

1/2 tablespoon salt

1/2 tablespoon ground black pepper

1/2 cup bread crumbs

1 cup parsley, finely chopped

- 1) Place the beef and all the other ingredients in a big bowl and mix them by hand until they are blended together.
- 2) Shape them into walnut-sized balls by hand.
- 3) Fry the balls in 2 1/2 cups vegetable oil at high heat until they are dark brown.
- 4) Serve hot or cold with rice, or sphagetti and tomato sauce.

-- Artemiz Yarimbiyir & Semur Gurer

KADINBUDU KOFTE MEATBALL

(Served at the 1987 International Food Fair)

Serves : 4

- 1 cup long grain white rice
- 1 cup parsley
- 1/8 cup grated onion
- 1/2 tablespoon salt
- 1/8 tablespoon black ground pepper
- A little ground red pepper
- 2 cups flour
- 3 eggs (1 for the meatballs and 2 for frying)
- 1/2 lb (250 gm.) lean ground meat (beef)

- 1) Simmer the rice in 2 cups of water until all the water is absorbed by the rice.
- 2) Place the beef in a big bowl with onion, parsley, rice, salt, pepper, red pepper, and 1 egg and mix them thoroughly by hand.
- 3) Shape meatballs into oval forms the size of walnuts.
- 4) Cover meatballs with flour and then with 2 beaten eggs.
- 5) Place meatballs in 2 1/2 cups of high heated vegetable oil and fry each side until golden brown.
- 6) Drain on paper towels to take off excess oil before serving.
- 7) Serve hot with salad and pasta.

--Artemiz Yarimbiyir & Semur Gurer

UNITED STATES

FRUIT SALAD

Serves : 10

1/2 pt. basket strawberries
1 1/2 kiwi fruits
1/2 medium ripe cantaloupe
1/2 medium ripe honeydew melon
1/2 pt. basket blackberries
1/2 can (12 oz) mandarin oranges
1/4 cup fresh orange juice (2 oranges)
1/8 cup lemon juice (2 lemons)
2 tablespoons powdered sugar
6 bananas
1 1/2 large green apples
1 1/2 large red apples
1/2 cup dry roasted almonds, chopped

- 1) Wash, drain and remove stems from strawberries.
- 2) Peel kiwi and slice thinly.
- 3) With a melon-baller, cut balls from cantaloupe and honeydew melons.
- 4) Wash, drain and pit cherries.
- 5) Drain mandarin oranges.
- 6) Peel bananas and slice.
- 7) Core and slice apples.
- 8) Mix orange and lemon juices together with powdered sugar and pour over fruits.
- 9) Toss salad gently and thoroughly.
- 10) Sprinkle almonds on top.
- 11) Chill for 2-3 hours and serve cold.

--From the 1985 International Food Fair Recipe Book

VIETNAM

CHA GIO SPRING ROLLS

Serves : 4-6

1 packet rice paper (spring roll wrapper)
1 lb ground pork
1/4 lb crab meat
3 eggs
4 oz bean thread noodle
4 oz black dried fungus, or black dried mushrooms
2 medium carrots
1/2 lb jimaca
A pinch of black pepper
A pinch of salt
A pinch of garlic powder
Vegetable oil for deep frying

- 1) Soak jimaca and black fungus or mushrooms in warm water for about 10 minutes. Shred the carrots. Chop bean thread, jimaca and black fungus or mushrooms into small pieces.
- 2) Mix the chopped ingredients with eggs, ground pork, crab meat, black pepper and salt. Add garlic powder and mix well.
- 3) Dip the rice paper in hot water and rinse. Put one tablespoon of mixture in each piece of rice paper and then roll the paper around the filling.
- 4) Heat oil until hot and deep fry until golden yellow. Turn spring rolls constantly. Remove and drain on paper towels.

--From the 1985 International Food Fair Recipe Book