

# Food for Diversity

## A Cultural Recipe Book

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Washington State government workers come together to share cultural and family traditions through food



**WASHINGTON**  
IMMIGRANT NETWORK

# Acknowledgements

We are extremely thankful to the dozens of people who shared their favorite recipes and stories so that we could share them with you. We are particularly appreciative of the extra generosity shown by Claris Nnanabu and Erica Hernandez-Scott, for their many recipes. Thank you also to the amazing team who assisted in editing and developing this cookbook and Christopher Johnson from the state Department of Health for graphic design consultations.



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Orr  
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## Editor's Note

Developing this cookbook was a grassroots effort powered by goodwill and generosity. The majority of the recipes were not put together by professional chefs, they were handed down by moms, dads, grandmas, and friends. And in the spirit of “just add a little of this and a pinch of that...” guiding most home cooks, some recipes may not be perfectly clear about the number of servings, the ingredients, the amounts to use, the time or temperature. Consider it an opportunity to add your own touch to the dish. We also recognize there can be complex roots to the origins of dishes and foods. The recipes were sorted and labeled as indicated by the person sharing the recipe, or the person's identified ethnicity or cultural history.

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## How to find your faves



Vegetarian



Meat



Main dish



Side dish



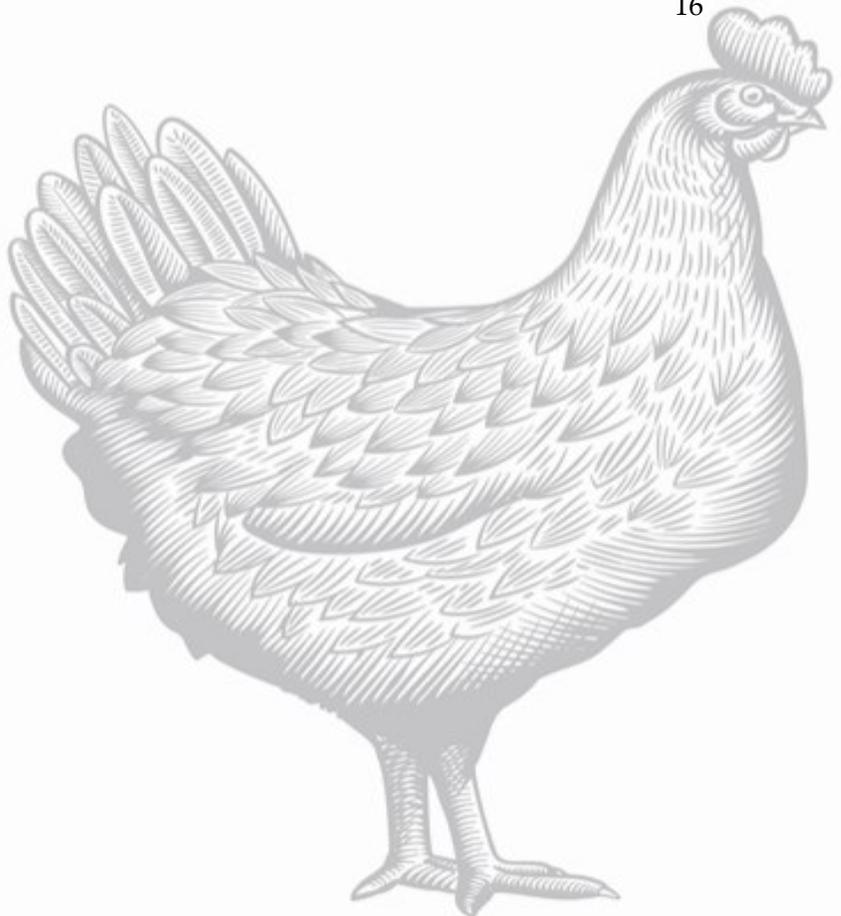
Snack



Dessert

# Africa

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Green bananas

Water

Banana leaves

## Green Bananas from Uganda (Matoke)

Shared by Teddy Kemirembe | Department of Social and Health Services

*Matoke (green bananas from Uganda) are a staple food in Uganda, East Africa. When I immigrated to the U.S., I discovered that most Asian supermarkets sell matoke. They are typically sold by the box and it costs almost \$50 per box. Each box contains approximately 60 bananas. Matoke reminds me of home and how people back home will celebrate or just get together to eat and have fun. Matoke is usually eaten with your fingers, so you don't have to bother with utensils.*

Peel the bananas, wash in warm water, put bananas in water, and boil for 30 to 60 minutes. Once ready, pour water out and mash the bananas (like mashed potatoes). They should be smooth. Wrap the mashed bananas in the banana leaves (the leaves give the mashed bananas flavor) and then wrap those in foil.

Bake at 320° F.\* When ready, you can serve with any of your favorite sauces, usually with beef stew or chicken stew.

\*Submitted recipe did not say how long to bake.



Middle East

## Pita with Chickpeas and Yogurt (Fatteh)

Shared by Jacqueline Schneider | Washington State University

*When I visited Syria for a year I was a vegetarian. This became my favorite dish. When I came back, my friends said that I cooked this dish better than they did! Each country/ethnic group had a slight variation. It's also a great dish for when you don't know what to do with the dried out pita bread that typically gets tossed away.*

- 5 medium cloves garlic, crushed
- Salt
- 1 large container plain yogurt (whole milk)
- 3-5 heaping tablespoons of tahini
- 4-5 cups of dried out cooked chickpeas
- 2 tablespoons butter
- 2 tablespoons pine nuts
- 4 tablespoons slivered almonds
- Cumin\*
- Sumac\*
- Lemon juice\*
- Pita bread

### For yogurt sauce

Combine crushed garlic, salt, yogurt, and tahini. Add these ingredients based on your preferences. Typically, I use 3 to 5 heaping tablespoons of tahini for one large container of yogurt. I also enjoy garlic, so I will crush about 5 medium cloves.

### For chickpeas

If your chickpeas aren't hot and steamy, heat with water or their broth until boiling.

### To serve

Heat butter on low heat, add almonds and then a minute later, add pine nuts. Sauté until they are both a dark tan color. The butter will turn black.

If your pita bread isn't already dried out, heat in the microwave to dry it out quickly. Crumble the pita bread into individual serving bowls. Ladle the hot chickpeas into these individual bowls. Top with yogurt sauce, then nut mixture. Season with cumin and sumac on top. If you don't have sumac, you have no worries. Simply squeeze lemon juice on top. It will be a lot waterier, but still delicious.

\*Submitted recipe did not include quantities for these ingredients.



The [Katherine Martinelli blog](#) provides interesting cultural perspective on this dish and links to other dishes using chickpeas.



## Tunisian Couscous

Serves 6

Shared by Amel Alsalman | Department of Social and Health Services

1/2 cup vegetable oil  
2 onions, finely chopped  
2 cloves garlic, pressed  
4 tablespoons tomato paste  
2 tablespoons harissa  
2 tablespoons ground caraway  
1 tablespoon ground coriander  
1 teaspoon chili powder  
2 pounds lamb stew meat, cut into large pieces  
4 turnips, cut in half  
6 medium carrots, peeled  
4 zucchinis, peeled lengthwise, alternately leaving a layer of skin  
6 small potatoes, peeled  
4 small onions  
1 little pumpkin, peeled and cut in small pieces  
Paprika\*  
Black pepper\*  
Oregano\*  
4 green hot peppers, fried in oil (optional)  
6 cups couscous, fine or medium semolina  
Salt  
Pepper  
Water

### For the sauce

Add vegetable oil into a large pan. Fry the chopped onions over medium heat for 2 minutes. Add the garlic, tomato paste, and harissa and continue frying for 2 minutes. Add the caraway, coriander, and chili powder. Mix and continue cooking for another 2 minutes. Add the lamb and mix well so the pieces are covered with the sauce. Cook for 5 minutes, stirring regularly. Cover with water. After 20 minutes add turnips and carrots.

After some time, add zucchini, potatoes, small onions, and pumpkin. Continue cooking over medium heat. Add paprika\*, black pepper,\* and oregano\* and cook on low/medium heat for 45 minutes. Monitor the cooking of the vegetables. If some vegetables are cooked before the meat, remove them from the pan and place them on a serving platter. Proceed in the same way with all the vegetables to prevent them from cooking too much.

### For the couscous

Add water\* to the steamer and bring to a boil. Place the small pot with holes over the large pot and the lid on top. In a bowl mix the couscous, salt, oil, and lukewarm water with your hands or a fork. The couscous needs to be dry so do not use a lot of water. Let it sit. Place the couscous in the steamer (the small pot with holes) for 30-60 minutes.

Put the couscous in a bowl and break it up with a fork to make it fluffy and separated. Mix the sauce with the couscous until wet. Be careful not to add too much sauce, it is not a soup. Serve the couscous on a plate or dish and decorate with the vegetables and the meat all around.

\*Submitted recipe did not specify amounts for these ingredients.



## Jollof Rice

Serves 4 to 6

Shared by Claris Nnanabu | Liquor and Cannabis Board

1 pound lean beef or chicken  
Salt and ground white pepper, to taste  
Vegetable oil for frying  
1¾ pints of beef/chicken stock or equal amount of water with 3 crushed bouillon cubes  
3 large onions, finely chopped  
4 cloves garlic, peeled and finely chopped  
2-3 chilies (hot peppers), finely chopped  
1 pound long-grain rice  
4 large tomatoes, blanched, peeled, and blended or mashed  
3 tablespoons tomato paste  
8 ounces carrots, chopped  
8 ounces green beans, chopped  
8 ounces mushrooms, chopped  
8 ounces sweet or bell pepper, chopped

Cut beef or chicken into 2-inch cubes or small pieces and season with salt and pepper. Cover and allow to stand for 1 to 2 hours.

Heat oil in frying pan and cook the meat until brown. Remove from the oil and add to the stock in a large heavy saucepan. Simmer on low heat until meat begins to soften, then remove from heat.

Drain excess oil from frying pan, leaving enough oil to fry onions, garlic, and chilies (hot peppers) until golden. Add tomatoes, tomato paste, half of the combined vegetables (carrots, green beans, mushrooms, and bell pepper) and 8 ounces of stock from the meat mixture. Stir well, adjust seasoning, and simmer on low heat for 5 to 7 minutes. Add this vegetable sauce to the meat mixture in the saucepan and simmer gently. Finally, stir in the uncooked long-grain rice. Adjust the seasoning again, cover, and simmer slowly on low heat for about 15 minutes.

Arrange the remaining vegetables on top of the rice and continue to simmer until the rice absorbs all the stock, softens and cooks, and the meat is tender. It may be necessary to add water to help the rice cook. If so, use small amounts at a time of approximately 8 ounces of lightly salted water.

Serve hot, garnished with chopped lettuce, parsley, or fresh coriander (cilantro), and hard-boiled eggs.



## Moi Moi with Vegetables

Serves 4

Shared by Claris Nnanabu | Liquor and Cannabis Board

½ pound of black-eyed  
beans  
¾ pint of cold water  
1 medium onion, finely  
chopped  
2 tablespoons vegetable oil  
2 tablespoons tomato paste  
1 egg  
salt and pepper, to taste  
parsley or fresh vegetables

Soak black-eyed beans in water overnight. Rinse and place in a saucepan with the cold water and a pinch of salt. Boil until the beans are nearly tender. Check regularly to ensure the pan does not boil dry. Drain all the water and cool the beans for about 20 minutes.

Place the boiled beans, onion, oil, tomato paste, egg and salt (to taste) in a blender or food processor. Blend until thick and semi-smooth.

Pour into a greased steamer or microwave dish and cook until firm to the touch and coming away from the sides of the dish. If using a steamer, place over hot water for 25 to 30 minutes. Insert a skewer to check if the middle is cooked; if not, cook for a little longer. If you prefer to use a microwave oven, use a medium setting for 15 to 25 minutes.

Remove from the heat and cool for 10 to 15 minutes. Place a plate over the top of the dish and flip onto the plate. Serve garnished with fresh lettuce, mushrooms, tomatoes and parsley or other vegetables of your choice.

For more guidance, the website [All Nigerian Recipes](#) offers variations of Moi Moi, detailed instructions, and videos on making this dish.



## Ethiopian Chicken Stew (Dor Wat) & Spiced Ghee

Shared by Jen Pierce | Department of Social and Health Services

Kosher salt  
Juice of 4 limes, divided  
3-4 pounds whole chicken cut into pieces and skin removed  
or 3-4 pounds of chicken quarters, skin removed  
2-3 medium red onions, sliced  
5 tablespoons niter kibbeh/spiced ghee (see recipe on next page; you can use regular butter, but the flavor intensifies if you are patient and make the spiced ghee)  
1/4 cup canola oil  
5 tablespoons berbere spice  
4 tablespoons minced garlic  
3 tablespoons minced ginger  
2-3 cups chicken stock  
1 large tomato, chopped, or 3 tablespoons tomato paste  
2 tablespoons smoked paprika (or roast regular paprika in a pan for 7-10 minutes on medium heat)  
6-8 large boiled eggs, shells removed and sliced in half  
Salt and pepper to taste

*When my dad was young, he, my grandparents, my aunt, and uncle lived on the palace grounds in Ethiopia as my grandfather worked for the Department of Defense for the U.S. and was stationed there. My grandmother learned to cook many dishes during their time there, and I grew up eating this not just cooked by my grandmother, but also my father. My family, including my adult children always ask me to make this. I've never mastered making injera, so I just have always served it with spiced rice. You can also enjoy with Indian naan or Somalian canjeero, a fermented flatbread.*

Spice level 2 out of 5

Fill large non-reactive bowl with cold water half way. Add 2 tablespoons kosher salt and lime juice. Mix well. Add chicken and make sure it is submerged. Soak while continuing with recipe.

In a Dutch oven or heavy bottomed pot over medium heat, sauté onions dry until they start to roast slightly and char slightly. Add the niter kibbeh (recipe on next page), oil, berbere, garlic, and ginger. Lower heat and cook 3 to 5 minutes until the flavors bloom and the mixture has a deep brown color.

Add 2 to 3 cups chicken stock, drained chicken (remove the chicken from the water, lime, and salt and dispose of the water), tomato or tomato paste, paprika, and 2 teaspoons salt. Cook medium low for 30 minutes.

Add the eggs and remaining lime juice and fold gently so that the eggs are immersed in the sauce. Continue cooking for about 20 more minutes. Taste for salt.

Melt butter in saucepan on low heat. Do not let it overheat or turn brown. When the foam coats the top, skim it off and keep skimming while the butter cooks until no more remains and it is transparent. Add all other ingredients and continue to cook on lowest heat for about 20 minutes. Strain with cheesecloth or fine sieve. Can be stored in a tightly covered container or jar for up to a month in the fridge.

## Spiced Ghee (Niter Kibbeh)

1 pound unsalted butter  
1 small yellow onion,  
chopped  
5 tablespoons minced garlic  
1 teaspoon cardamom  
1 teaspoon fenugreek seeds  
2 teaspoons ground cumin  
1/2 teaspoon fresh grated  
nutmeg  
1 teaspoon oregano, dried  
1 tablespoon turmeric  
6-8 fresh basil leaves,  
crushed (holy basil if you  
can find it, if not regular  
basil is good)

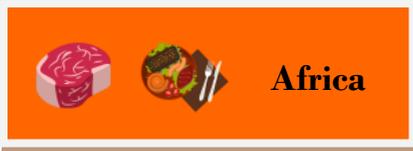
Melt butter in saucepan on low heat. Do not let it overheat or turn brown. When the foam coats the top, skim it off and keep skimming while the butter cooks until no more remains and it is transparent.

Roast the cardamom, fenugreek, and cumin in a pan on medium heat while stirring for 5 to 10 minutes before adding to the butter.

Add all other ingredients and continue to cook on lowest heat for about 20 minutes. Strain with cheese cloth or fine sieve. Can be stored in a tightly covered container or jar for up to a month in the fridge.

### Tip!

Add a few tablespoons of the kibbeh to steamed rice and stir in or add honey to a few tablespoons of the kibbeh and use on warm crepes or leftover canjeero or injera. Yum!



## African Chicken Peanut Stew

Shared by Diana Deshaye | Liquor and Cannabis Board

5 pounds of chicken thighs or legs (bone-in and skinless)  
5 tablespoons vegetable oil  
Salt (to taste)  
Pepper (to taste)  
6 garlic cloves, minced  
3 tablespoons fresh minced ginger  
2 medium onions  
6 cups sweet potato, peeled and cubed (1/2 inch)  
2 cups crushed tomatoes (canned or jarred)  
1/2 teaspoon cayenne pepper  
6 cups low sodium chicken broth  
1 cup creamy peanut butter  
2 cups kale  
1/2 cup chopped peanuts (optional garnish)

*The Olympia Food Co-op grocery store often has amazing soups. As our work location was walking distance, I would walk over to the co-op and see what the soup of the day was. One I really loved was their version of African Chicken Peanut Soup and this is my adaptation of it. You can make this recipe with more or less garlic and cayenne I prefer more of both!*

Season chicken with salt and pepper and brown the meat in a pot with oil, in batches, for a few minutes per side. Remove chicken from the pot and add garlic, ginger, and onions. Sauté for a few minutes (enjoying the incredible aromas) and then add chicken back to the pot, along with the cubed sweet potatoes, crushed tomatoes, cayenne pepper and 4 cups of chicken broth.

In a bowl, whisk 1 cup of creamy peanut butter with the remaining two cups of chicken broth, then pour the mixture into the stew pot and bring the stew up to a boil. Immediately lower the heat to a simmer and cook the stew, uncovered, for an hour, or until the chicken is very tender. Add the kale.

Remove the chicken pieces from the pot, pull the meat from the bone, shred it and return it to the pot. Add the chopped peanuts as an optional garnish.





## Nigerian Beef Stew

Serves 4

Shared by Claris Nnanabu | Liquor and Cannabis Board

1 pound lean beef, in large chunks

2-4 teaspoons chili powder

4 tablespoons cornstarch  
salt to taste

6 ounces vegetable oil

4 medium onions cut in thin, semi-circular strips

4 large tomatoes blanched, peeled and pureed

3/4 pint of water

4 teaspoons tomato paste

*Very few African dishes are based solely on meat because it does not form a staple part of the traditional African diet. From amongst the many dishes native to Nigeria, however, this is a traditional meat dish.*

Season meat with half the chili powder, half the cornstarch, and some salt.

Heat oil in a heavy-based saucepan and sauté meat until browned. Remove the meat and set aside in a large bowl. Pour off the oil and save. Do not wash the saucepan. Add a small amount of water to cover just the base of the saucepan and bring to a boil on low heat. The boiling water will blend with the meat juices from the base of the pan. Remove from the heat and add this juice to the fried meat.

Now clean the saucepan and pour in the oil used to fry the meat. Blend in the rest of the cornstarch and gently heat. When the flour starts to brown, add the onions and sauté until browned. Quickly stir in the pureed tomatoes. Combine the water with the tomato paste and stir in. Return the meat and juices to the pan and stir well.

Taste the stew and adjust the seasoning to your taste. Simmer slowly for 10 minutes or until the meat is tender and the sauce is thickened.

Serve with hot, cooked long-grain white rice. Skim off any excess oil before serving.



**Nigeria**

## Dough Balls (Chin Chin)

Serves 4-6

Shared by Claris Nnanabu | Liquor and Cannabis Board

4 ounces self-rising flour  
4 ounces all-purpose flour  
1 teaspoon baking powder  
4 ounces caster sugar (also called superfine sugar), or more to taste  
1 teaspoon grated nutmeg  
2 teaspoons dried yeast  
4-6 ounces water mixed with food coloring (optional)  
Vegetable oil for deep frying

*These small, round, sweet West African dough balls are particularly popular at festive occasions such as weddings, christenings, and birthdays. As they are brightly colored on the inside with food coloring, children often refer to them as 'the crown jewels.'*

Sift the flours and the baking powder together in a mixing bowl. Add the sugar, nutmeg, and yeast. Mix together. Make a well in the center and stir in enough water and food coloring to make a dough. Add small amounts of water at a time so the dough is not too hard and not too soft. Cover and let stand for one hour to rise.

Using your cupped fingers, scoop up small amounts of the dough to form small balls. Gently drop the balls of dough into hot oil to deep fry. If the outside browns too quickly, lower the heat so that the center can cook more slowly. When cooked, remove from the hot oil and drain on paper towels.

Serve hot or cold with other party foods and drinks.

## Three common meat alternatives for vegetarians



There are lots of choices for protein analogs (or meat alternatives) in the grocery stores for those who choose not to eat meat or need more protein.

**Tofu** is one of the most popular meat alternatives for vegetarians. It is known as containing more fibers and minerals with lower calories than chicken. It is the best ingredient in any recipe for meat substitute including steaming, grilling, roasting, frying, baking, or poaching.

**Tempeh** is another bean-based protein. It is not yet as popular as tofu but is a nutrient-enriched ingredient as well. It is a soybean product just like tofu, but while tofu is from unfermented soy milk, tempeh is made from cooking and fermenting soybeans. It tastes more sour and chewy but also can be used in a variety of recipes as you would with tofu.

**Seitan** is a wheat-based protein substitute. Its look and texture is surprisingly similar to meat. It can be found in a variety of forms in grocery stores, so it is more convenient than tofu or tempeh for your recipes. However, seitan mainly consists of wheat gluten so it may not be suitable for someone on a gluten-free diet. Moreover, it is probably the most expensive meat alternative of these three.

### Online Insights

[Healthline's Ultimate Guide to Meat Substitutes](#)

[Tempeh vs. Tofu](#)

[Tofu vs. Chicken](#)

[Buying and Cooking Seitan](#)

## Commercial egg substitutes (egg replacers)



Did you know eggs are the second most common agent causing allergic reactions, followed by cow's milk? In order to avoid your allergies or follow your dietary preferences, you may want something to substitute for eggs. Fortunately for those consumers there are various commercial egg replacers available in grocery stores. These are mainly made of starch and can be used in all baking recipes. Some brands are also suitable for scrambled eggs or omelets.

### Online Insights

[Egg Substitutes](#)

[Vegetarian Egg Replacer vs. Gluten Free Egg Replacer](#)

[Just Egg](#)

# The Americas

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U.S.

## Hootenanny Pancakes

Shared by Caroline Cress | Attorney General's Office

8 eggs  
1 cup milk  
1/2 tsp. salt  
1 cup flour  
1/2 cup butter

*This recipe is by Pamela Brackett. My family is from the deep south, and this is one of our most treasured recipes. My mother used to make this dish for special occasions, like Christmas morning.*

Combine eggs, milk, and salt in blender. Blend until fluffy. Tap in flour, a little at a time, beating until well blended.

Melt butter in 9x13 baking dish in a 410°F oven. When butter is bubbly, pour in batter and immediately return to oven.

Bake between 400°F and 425°F for 20 minutes.

Serve immediately. Lavish with heated maple syrup, fruit syrup, or homemade jam, and accompany with a tray of cooked sausages or bacon and a combo of luscious fresh fruit.





U.S.

## Great-Great-Grandmother McAbee's Saffron Bread

Shared by Lyda Barr | Seattle Public Schools

3¾ to 4¼ cups sifted flour  
1/3 cup sugar  
1/2 cup milk (or 3  
tablespoons dry milk and  
1/2 cup water)  
1/4 cup margarine (or  
butter)  
1/16 teaspoon powdered  
saffron  
1 egg  
2 tablespoons dry yeast  
1 teaspoon salt  
1/2 cup water  
1/2 teaspoon whole saffron  
dissolved in 1 tablespoon  
of hot water  
1/2 cup currants

*Grandma McAbee was a Salvation Army lassie, and a good cook. This recipe is a beloved family treat during Thanksgiving and Christmas. My mother often makes it as gifts to give to friends and family. My mother learned the recipe from my Grandma on my father's side. I have memories of mom working late into the night on her loaves. Now she has helpers in the form of grandchildren!*

In a large mixing bowl, combine 2 cups of flour, the yeast, sugar and salt. If you are using dry milk, add the milk powder. Warm the milk (or water if you are using dry milk), margarine and water to 120-130 degrees. Mix the wet ingredients with the dry and beat the mixture until all the dry ingredients have been moistened. Add the egg, saffron, and currants. Gradually add the remaining flour until it forms a stiff dough.

Knead the dough, using a dough hook in a mixer or by hand on a lightly floured board, until elastic (about 8-12 minutes). Place the dough in a large greased bowl. Turn it over once to grease the top. Cover and set in a warm, draft-free location until the dough has doubled in size (about 1 hour). Punch down the dough and let it rise again (about 30 minutes). Punch down the dough again and put it on a breadboard.

Using a rolling pin, roll dough into a rectangular shape, roughly 12 inches by 8 inches. Shape the loaf by rolling the dough into a cylinder, starting on the short side. Using the side of your hand, seal the ends by pressing the dough approximately one inch from the end of the roll and tucking the ends under.

Place the loaf in a lightly greased loaf pan and let it rise about 45 minutes. Bake at 375°F for approximately 40 minutes or until the bread sounds hollow when tapped. Remove from the pan and let it cool. Slice thin and serve toasted and lightly buttered.



1 teaspoon ground  
cinnamon stick (Mexican  
cinnamon is the light  
brown, flaky bark of the  
cinnamon tree native to Sri  
Lanka and the Spice  
Islands. Cinnamon sticks  
sold in the U.S. are from  
the harder and darker  
bark of the Vietnamese  
variety, which is very  
difficult to grind)  
3 cups flour  
1 tablespoon baking  
powder  
1¼ cup shortening  
(grandma likes Crisco)  
1 cup sugar  
5 eggs

## Crazy Bread (Pan Loco)

Shared by Erica Hernandez-Scott | Professional Educator Standards Board

Preheat the oven to 400° F. Break the cinnamon into manageable pieces.

Place into a blender and grind. Sift in order to remove the granular bits. You can grind these bits again, however, don't grind for too long because the fragments can heat up, making the flavor bitter.

Sift dry ingredients together with cinnamon.

Beat the shortening and sugar together until light in color and texture, about 5 to 10 minutes on medium speed. Add eggs gradually at low to medium speed.

Mix in a third of the dry ingredients to the shortening mixture followed by half of the milk. Set mixer at low speed. Add another third of dry ingredients followed by the rest of the milk, then add the remaining flour.

Mix only to incorporate the ingredients together. Don't over-mix. Pour into a 13- by 9-inch, ungreased baking pan. Bake for 15 minutes. Lower the heat to 375° and bake another 20 minutes.

1¼ cup boiling water  
1 cup quick cooking  
oatmeal  
1 stick butter, softened  
2 eggs  
1 cup brown sugar  
1 cup granulated sugar  
1 1/3 cup flour  
1 teaspoon baking soda  
½ teaspoon nutmeg  
1 teaspoon salt  
1 teaspoon cinnamon  
1 cup raisins  
1 cup pecans or walnuts

## Oatmeal Bread (Pan de Avena)

Shared by Erica Hernandez-Scott | Professional Educator Standards Board

Preheat oven to 350° F. Pour boiling water over oatmeal and butter in a bowl. Let stand 20 minutes. Beat in eggs and sugars. Sift flour, soda, nutmeg, salt, and cinnamon together and blend into oatmeal mixture. Stir in raisins and nuts. Pour into a 13 by 9 inch pan, well greased. Bake for 45 minutes.



Peru

## Papa a la Huancaína

Shared by Perla Gamboa | Labor and Industries

- 1 egg
- 1 teaspoon lemon juice
- ½ cup of oil
- 8 ounces cottage cheese
- ½ cup of milk
- 1 tablespoon yellow pepper
- 8 crackers
- Salt
- Pepper

### For garnish

- 6 potatoes (boiled and peeled)
- Several lettuce leaves
- 3 hard-boiled eggs
- Several olives

*Growing up in Perú, this simple dish would make it into our lunch rotation at least once every week. It was a family favorite and us kids would beg my mom for it. Making it was a group effort. Mamá would make the sauce because we were not allowed to use the blender, but she would let us plate it, as long as we promised that each person would get the same amount. Somehow, my older siblings always ended up with more. We knew exactly how to serve it too and had fun creating designs with the garnish. There are over 4,000 varieties of native potatoes grown in the Andean highlands of Perú. They are one of the most affordable foods, so families include them in diverse forms in almost every dish.*

In a blender, blend the egg with lemon juice. Add salt and pepper to taste. Start pouring in the oil little by little while still blending, sauce will get thicker. When sauce is thick, add the cottage cheese, milk and yellow pepper. Blend a few more minutes and add the crackers. Finish blending.

To serve, place half slices of the boiled and peeled potatoes over lettuce leaves on a plate. Pour the sauce over the potatoes. Decorate with slices of hard-boiled eggs and olives.

## Bacon and Cheese Dip

Shared by Heather Duffield

- 6 ounces cream cheese, softened to room temp
- ¾ cup sour cream
- ½ cup mayonnaise
- ½ teaspoon dried mustard powder
- ½ teaspoon garlic powder
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 10 slices of bacon, cooked and crumbled
- 2 cups shredded cheddar cheese
- 2-3 tablespoons fresh parsley, minced
- 6 green onions

Hand mix everything in a bowl and put in fridge 3 hours before serving.



## Tortillas

Shared by Erica Hernandez-Scott | Professional Educator Standards Board

3 cups flour  
1 teaspoon salt  
1 tablespoon baking powder  
¼ cup shortening  
1 cup warm water

*In Mexico, Grandma Velia made her tortillas with corn, but when she moved to the United States she switched to flour. This was due to the lack of fresh masa. Grandma Velia makes her batch of the family favorite every Wednesday, producing five dozen each time.*

*“I can remember on Sundays as a kid driving to Argentine to eat at Grandma Virginia’s house. As a parent, I drove my kids to their grandparents on Sundays to eat and play like I did. It has made for a very close and loving family to sit and eat with each other. As the family has grown in number, I am amazed at how many people can fit in their house. The kids seem so happy, always smiling and playing. I know that when they grow older these will be their lasting memories that they’ll want to pass on to their families. I’m just glad I have the family I do and love each and every member of it.”*  
- Art Salazar

Combine flour, salt, baking soda and shortening in a large bowl. Using a fork, work the mixture together until crumbly. Slowly add water and mix with a fork until the dough comes together. Knead mixture in the bowl until a soft dough forms. Shape dough into a ball. Turn out on to a lightly-floured work surface and knead until soft and no longer sticky, about 3 minutes. Cover with a damp towel and let rest for 30-60 minutes.

Pinch off pieces of the dough and roll between your palms into balls about 1½ inches in diameter. As the balls are formed, cover them with a lightly dampened kitchen towel. On a floured work surface, roll out each ball into a 6-to-8-inch round about 1/8 inch thick, adding flour to the work surface as needed to prevent sticking.

To cook the tortillas, heat a dry griddle or frying pan on the stove top over medium-high heat. Place the tortilla on the hot griddle until it starts to release itself from the pan, about 20 seconds. Flip the tortilla over and cook another 20 to 30 seconds until lightly browned on both sides. If the pan is hot enough, and the dough is properly moist, it should puff up.

Stack the tortillas on top of each other and keep covered. Serve warm. Store in the refrigerator or freeze. Reheat cold tortillas directly over a gas burner on low heat or wrap in a paper towel and place in microwave for 20 seconds, until soft and pliable. Makes 1 dozen.



## Broccoli Salad

Shared by Yvette Lujan | Department of Transportation

3 cups raw broccoli florets,  
chopped

1/3 cup dried cranberries

1/2 cup red onion, chopped

1/4 cup plain yogurt

1/2 cup mayo

1/4 cup sugar

1 tablespoon vinegar

Sunflower seeds or raisins,

to taste

*Several years ago, a friend who grew tired of me bringing chips, desserts and premade food items I bought from a store on my way to gatherings she organized gave me the recipe. She loves to cook and comes from a long line of cooks in her family and I was not into cooking at that time.*

*She handed the recipe to me at one of her gatherings and said, "Here, make this next time." She was so direct it was funny. I asked if she was tired of me bringing chips, dips or premade items I purchased on the way to her dinners. She laughed and asked me what gave her away. She said the recipe is super simple, very tasty and I could not mess it up. She was right. I still think of her every time I make Broccoli Salad. She inspired me to cook more and try new things."*

In a large bowl, add chopped broccoli, onion, and cranberries.

In a separate bowl, mix yogurt, mayo, sugar, and vinegar until combined, then pour over broccoli mixture. Stir until all ingredients are coated evenly.

Add sunflower seeds to taste and refrigerate until ready to serve.



U.S.

## Grandma's Macaroni Salad

Shared by Tryneil Urquhart

12 ounces macaroni noodles  
(any style)

Bottle of French dressing

10 eggs

1 cup mayo

2 tablespoons mustard

Dash of accent salt

Dash of pepper

Dash of sugar

1 tablespoon vinegar

Small can of milk

3 ounces grated parmesan  
cheese

1 can chopped jalapenos

Jar of chili sauce

1 cup of pickle relish

2 cups of mini shrimp

*My great-grandmother started a recipe book that has been passed down each generation and this is the first recipe in each of our books:*

### ***Recipe for a Happy Life***

*1 cup of helping others*

*1 cup of family and friends*

*1 cup of honesty*

*¼ cup of patience*

*¾ cup of fun*

*1 whole pitcher of love*

*2 cups of understanding*

*2 ½ cups of responsibility*

*Mix all ingredients together until well blended. If used in daily amounts through a lifetime, a happy life is guaranteed. Store extra amounts in homes, schools, neighbors, cities, and nations. Feel free to double the recipe.*

The day before serving, boil macaroni in either salt or garlic salt water (do not overcook). Drain and rinse noodles in cold water. Marinate the noodles overnight in a bottle of French dressing.

Day of serving, boil 10 eggs and slice up. In a large bowl, mix together mayonnaise, mustard, salt, pepper, sugar, vinegar, milk, grated parmesan cheese, chopped jalapenos, chili sauce, pickled relish and mini shrimp. (All of this can be adjusted to taste.) Now mix in your marinated noodles and serve.

Tastes even better the next day!



Mexico

2-3 green chili peppers  
5 fresh tomatoes  
1 medium onion  
1-2 cups cilantro  
2 cups mini shrimp  
Salt and pepper  
Fresh squeezed lime juice

## Pico de Gallo

Shared by Teresa Sparks | Employment Security Department

*It's a popular dish with my kids and my family at summer BBQ gatherings. It's filled with color and lots of flavor.*

Chop up chili peppers, tomatoes, onion, and cilantro.

Place in a large bowl, add shrimp. Add salt and pepper to taste and squeeze fresh lime juice over ingredients.

Mix and serve with restaurant style tortilla chips.



Costa Rica

1 pound white fish  
(preferably cod, halibut or other ocean white fish) cut in cubes  
1½ cups of fresh lime juice  
1 medium white onion finally chopped  
1/3 cup of cilantro, finely chopped  
1 red bell pepper finely chopped  
4 tablespoons fresh orange juice  
½ cup ginger ale  
1 teaspoon of Salsa Lizano (not necessary but this is what makes it Costa Rican)  
1 teaspoon salt (up to you really)  
½ teaspoon of sugar

## Ceviche

Shared by Raquel Abellán Rice | Labor & Industries

*This is a family favorite. My children absolutely love it. I make several variations to this dish. For example, I use green plantains for my family members that don't like fish. I make it with shrimp. I remember my uncles going fishing and making fresh ceviche with the catch of the day. We eat it with patacones or tostones, ketchup and mayo. Yum!*

Place all ingredients together in a glass bowl with a lid and mix them really well.

Place the bowl in the refrigerator and let it sit for at least 2 hours, letting the lime cook the fish.





## María's Simple Guacamole

Shared by Director María Sigüenza | Commission on Hispanic Affairs

4 medium avocados  
2 small roma tomatoes  
(about 1/3 cup)  
1/4 small onion (about 1/4  
cup)  
1/3 cup cilantro  
2 limes, golf ball sized  
Jalapeno, optional  
Salt  
Pepper

*There's nothing that beats a good guacamole! You can make it as a dip, a side, a topping or a spread. Yes, I'm the person that puts guac on everything...and it's so easy because you can make this in about 10 minutes with the hardest part being mashing the avocados. You can tell I'm a heat wimp with my original recipe; to add heat dice up a jalapeño and add according to your taste buds. Some folks like to add spices to emulate a Tex-Mex taste, too. This is a great base recipe to play around with and make your own!*

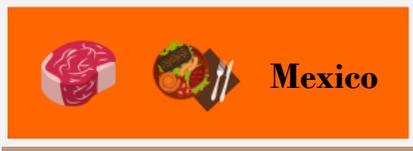
*Pacific Northwest summers are the best kept secret of Washington. We get to enjoy them for a short time and then we're back to our traditional cloudy beautiful days. Whenever I want to feel a little sunshine, I whip up some guacamole and serve it up with good crunchy tortilla chips and a cold refreshing beverage. Voila! Summertime!*

Begin by grabbing a bowl, cutting board, knife, spoon, and fork.

Finely dice your onion (I'm not a huge raw onion fan, so the smaller the better in my book). Place onion in bowl. Cut the tomatoes in half and scoop out the seeds with a spoon (I find the seeds make the guac a little runny, but if you don't mind, keep them in). Dice your tomatoes into small pieces, about the size of a chocolate chip, and place them in the bowl. Chop the cilantro and place it in the bowl. Cut your avocados in half, and remove the pit (carefully!) with your knife. To make mashing easier, slice the avocado into cubes by scoring the flesh from side to side and top to bottom. With a spoon, remove the flesh from the skin and put into bowl.

With a fork, mash the avocado to desired consistency, while stirring in the onion, cilantro, and tomatoes. Add salt and pepper to taste. Add lime juice to taste (I usually end up using about 2 limes the size of a golf ball).

And there you go! Enjoy!



## Ooey Goey Crunchy Delicious Quesadillas

Shared by **Sandra Velasquez**

2 cups corn flour  
1/4 cup flour  
1 package menudo mix  
1 cup chicken broth  
2 tablespoons butter  
Pinch of salt  
4 mozzarella cheese sticks,  
pulled to hairlike strands

*I'm a Latin Chicana who doesn't jump at the chance to cook...but you have to feed the kids and my children love my ooey goey crunchy quesadillas. When I began adding ingredients to my tortillas I was laughed at by traditional cooks. I decided to own it and it's all good. Try it and see the ease and speed of this recipe. I'm sure you'll say it's a delicious, toasty, cheesy, yummy, ummy mmmmm quesadilla. It's the best!*

In a large deep bowl, strain the dry ingredients: corn flour, flour, menudo mix, and salt. Pinch the menudo mix back into the mix and cut in the butter.

When you have achieved a crumbly texture add the chicken broth 1/4 cup at a time and begin kneading the dough. If it's still dry, add some more for a good consistency.

Create 10 balls of dough to flatten with a tortilla press and cook evenly on both sides for 1 minute on a griddle frying pan over med high heat. Turn each tortilla over twice and add the desired amount of cheese. Place another tortilla on top of it and flip it over. Take the quesadilla off the heat and begin the process anew until all of the tortillas and cheese are gone.

The more cheese you use, the gooier your end product will be. If you allow the tortillas to get toastier, the crunchier your quesadilla will be. I like to add fresh salsa on the side to dip my quesadilla. An easy alternative is to have pickled jalapenos/carrots for the kick, and a can of Coke.



Deli style ham slices  
Cream cheese  
Green onion, diced  
Jalapeño, diced

## Ham Rollups

Shared by Dustin Rudoll | Department of Social and Health Services

*I have lost nearly 10 pounds in the last couple of months eating these delicious rollups either as a meal (2-4 at time) or quick snack between meals (one at a time). This recipe is from Marisa Coker.*

Spread cream cheese on ham slice. Dice green onion and jalapeño. Sprinkle green onion and jalapeño over cream cheese (the amount of green onion and jalapeño to personal taste preference).



1 (16 ounce) pack of frozen edamame  
2 to 3 cloves of minced garlic  
2 to 3 tablespoons of sesame oil  
salt and pepper to taste

## Edamame with a Kick

Shared by Amy Sun | University of Washington

*Instead of popcorn, I make this for kids when they watch movies.*

Cook edamame according to instruction on the packet. Drain well then toss with garlic and sesame oil. Add salt and pepper to taste. Add more pepper for the kick.



2 cups dried pinto beans  
5 cups water  
1 large yellow onion  
3 teaspoons diced garlic  
1½ teaspoons oregano  
1 bay leaf  
2½ teaspoons salt

## Creamy Pinto Beans

Shared by Anne Leache

*My family eats these beans every week for lunch on Nacho Sunday after Catholic Mass. We cover the plate with tortilla chips and load them up with beans, cheese, onion, cilantro, tomatoes, avocado, shredded cabbage, sour cream, pico de gallo, salsa, and Señor Tapatio.*

Put all ingredients in 4-quart pot on the stove. Bring to boil. Reduce heat, cover, and simmer 2 hours. Remove bay leaf and puree with handheld blender.

Serve with fresh ground black pepper or queso fresco.



## Frijoles

By Velia Salazar shared by Erica Hernandez-Scott | Professional Educator Standards Board

6 cups cooked pinto beans  
¼ pound chorizo  
1 stick butter  
Cotija Mexican cheese (to taste)

*I brought Doug over to meet mom and dad when we started dating. Mom made this huge meal. She wanted everything just right. She served Doug a plate piled high with tacos and tostadas. Then she brings a bowl of rice and beans out to the table and asks Doug if he's ever had refried beans before. Doug, unknowingly, replied that he ate them often at Taco Bell. Mom became very serious and said, "YOU HAVE NEVER HAD THESE BEANS AT TACO BELL, TRY THEM AND YOU'LL SEE". Doug never mentioned Taco Bell in that house again!*  
~Irma Salazar Robinson

Heat a large pan over medium heat. Break up the chorizo and cook it a few minutes. (One variation is to heat 1 tablespoon of lard in a large pan over medium heat until it starts to smoke. Turn off the heat and let the lard cool for 2 minutes. Break up the chorizo and add it to the pan to cook.)

Add the cooked beans to the pan and mash with a fork or potato masher.

Add butter and continue to cook until heated through, adding water as needed to form a slightly creamy consistency. Top with cotija cheese, if desired.

### Beans

**Beans** and legumes are some of the most underrated foods on the planet. They are excellent sources of dietary fiber, protein, B vitamins and many other important vitamins and minerals. There is **good** evidence that they can help reduce blood sugar, improve cholesterol levels and help maintain a **healthy** gut.



## Healthier Southern “Tomata” Pie

Shared by KathyJo Shann | Department of Revenue

*As a child in Maryland, I spent my summers at my aunt and grandmother’s house where we had “tomatas” at every meal. And yes, it’s pronounced “tomata” not “tomato” because that’s what Aunt Trula & Mom-Mom Tammy called them - and you just don’t argue with a woman in her 70s or 80s with a drawl or a twang!*

*Unfortunately, a traditional Southern Tomato Pie while SUPER delicious is also SUPER unhealthy, loaded with tons of fat from cheese(s), bacon, and mayo. As a more health conscious adult who doesn’t eat meat, I came up with my own version of one of my childhood favorites. It has all the mouthwatering summer tomata flavor with way less fat and more protein. It quickly became one of my family’s favorites and is good at any time of day. You don’t have to feel guilty about indulging in this pleasure!*

Your favorite pie crust  
recipe (or purchased crust),  
enough for 2 one-crust pies  
4-5 medium/large ripe  
tomatoes (I like heirloom,  
but beefsteak or any large  
slicing tomato works)  
1-2 small/medium zucchini  
1 cup mozzarella, shredded  
8 eggs  
1/4 cup milk/heavy cream  
1 large scoop of mayo (1/4  
cup-ish?)  
Small handful fresh basil,  
torn or in ribbons  
Salt and pepper to taste

Slice tomatoes into 1/4  
inch slices and zucchini a  
little thinner, and lay out  
on towels to remove  
excess moisture.

Heat oven to 350°F.

Prepare pie crusts per  
your recipe or package  
instructions. Whisk eggs,  
milk, and mayo together  
in bowl and set aside.

Divide cheese between  
crusts. Layer tomatoes  
and zucchini on top of cheese, sprinkle with salt, pepper and basil leaves  
in each pie. Repeat layers until you run out of ingredients. Pour egg  
mixture over each pie leaving 1/4 inch for filling to rise.

Bake with edges covered for 40 minutes, uncover crust & continue  
baking until egg mixture is set (does not jiggle when moved). Let cool 5  
to 10 minutes.

Serve with your favorite salad or fruit for brunch, lunch, or dinner!





U.S.

## Stewed Okra

Serves 4-6

Shared by Lou Thompson | Office of Financial Management

Oil for sautéing, flavorless preferred  
3 cups frozen okra or fresh sliced okra  
2 to 4 cloves of garlic minced  
1 large yellow onion chopped  
1 can of diced tomatoes or 5 to 6 medium fresh tomatoes diced  
1 green bell pepper, diced (can substitute for more spicy peppers of your choice)  
1 to 2 stalks of celery (optional)  
Cayenne pepper and salt to taste

*This is a recipe from my French Acadian (also known as Cajun) grandmother, Bernice Guillot, from Lyons Point, Louisiana - ancestral lands of the Atakapa people. I grew up just 30 miles from her home in the multi-parish area known as Acadiana, where Cajun culture remains vibrant. This dish highlights both tomatoes (native to South America) and okra (native to Ethiopia), which love growing in the hot, Louisiana summers. Stewed okra is often traditionally paired with a rice dish.*

Sauté onion and garlic in oil on medium heat for a few minutes.

Add the remaining ingredients. Let them start to bubble then turn down to a simmer, stirring occasionally. Cook for 30 to 60 minutes depending on your desired consistency.

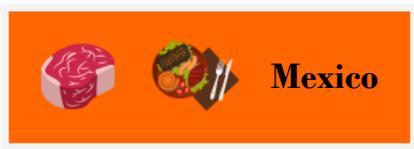
Taste and adjust seasoning as desired. Serve!

### Tip!

To cut down on the okra slime, bake first in the oven on high heat until it starts to brown or do a quick fry on the stove top in oil.

Add water or stock as needed to avoid sticking.





14½ ounce can diced tomatoes  
1 large garlic clove  
2 tablespoons oil  
1 package fideo (La Moderna, 7 ounces or any soup pasta can be used, including the star, wheel, or alphabet types favored by the Salazar children)  
3½ cups water  
1 tablespoon Knorr's chicken bouillon  
½ teaspoon salt

## Noodle Soup (Sopa de Fideo)

By Velia Salazar shared by Erica Hernandez-Scott | Professional Educator Standards Board

Blend tomatoes and garlic in a blender.

Heat oil in a large saucepan. Add the pasta and stir constantly until it just begins to brown.

Add the pureed tomatoes and boil for 3 to 4 minutes, stirring constantly.

Add water. Bring to a boil and stir in bouillon. Cover and cook over low heat for 10 to 15 minutes or until the pasta is tender. Add salt.



6 small golden potatoes  
6 small purple potatoes  
3 celery stalks  
2 small sweet onions  
3 cups milk  
Butter and olive oil for sautéing  
1 tablespoon thyme  
Salt and pepper if desired

## Potato Soup

Shared by Kelly Smith | Department of Fish and Wildlife

*It's very simple and good.*

Cut potatoes into chunks and cook on high in slow cooker with a little water until tender. In the meantime, sauté onion and celery in butter and olive oil. Add to the potatoes with milk and thyme and continue cooking on low for a while until done.





## Pozole

Recipe by Velia Salazar shared by Erica Hernandez-Scott |  
Professional Educator Standards Board

Water (about 10 cups)  
1½ pounds pork, chopped  
into pieces about 1" in  
diameter  
4 cups canned white  
hominy, rinsed  
1 whole onion  
2 cloves of garlic, peeled  
1 tablespoon salt  
1 tablespoon cumin  
1 tablespoon oregano  
3 ancho chiles

*Pozole is a traditional Mexican soup that is very popular in my grandmother's home state of Michoacán. The flavorful soup is made from pork, hominy, and chile.*

*In sync with the Mexican custom to, "never waste a thing," true pozole is made with a whole pig head. Grandma Velia remembers making the dish when she was younger and watching the head brew in the broth. However, she now prefers the taste and convenience of store-bought pork roast. In Michoacán, this dish is called pozole rojo because of the use of ancho chiles.*

*With 11 people eating at home every day we could not survive without a great chef. Mom was that person. We ate very well, and the quality of her cooking attracted other people. It was not unusual for friends to want to come over to eat and enjoy her cooking as well. It is her food that made us want to sit around the table and visit while eating. ~Tony Salazar*

Bring the water to a boil over medium heat. Add the chopped pork, whole onion, garlic, oregano, cumin, and salt to the water. Skim off any foam or fat that rises to the top. Reduce heat, cover, and simmer for about 45 minutes or until meat is cooked. Transfer the pork to a plate and shred the meat. Strain the broth and return to the pot along with the shredded pork.

While the pork is cooking, rinse the chiles. Remove the stem, veins, and seeds. Soak the chiles in ½ cup hot water until they soften. Blend the chiles in a mixer with the water and strain. Heat 1 tablespoon of oil in a saucepan over medium heat and add the chile puree. Sauté for 5 minutes. Lower the heat to the lowest setting possible. Cook for 10 minutes.

Add chile and hominy to the pot. Add salt to taste and stir well. Serve the soup in bowl and top with chopped cilantro and onions, lime or lemon wedges, oregano, and fresh tortillas.



## Tamales

By Velia Salazar shared by Erica Hernandez-Scott | Professional Educator Standards Board

5 pounds pork roast  
1 onion, peeled and sliced  
6 large garlic cloves,  
peeled  
½ pound ancho chilies,  
wiped clean, stemmed,  
and de-seeded  
2 teaspoons of salt  
2 bags dried cornhusks,  
about 6 dozen  
5 pounds of masa dough  
for tamales (not masa  
harina which is dried  
masa flour)  
¼ cup baking powder  
2 ½ tablespoons salt  
1 pound of vegetable  
shortening (grandma likes  
Crisco)  
2-4 cups beef broth, warm

*Making tamales at Christmas is an important holiday tradition. When great-grandma Virginia lived in Mexico, she did not make her own tamales because they were sold at the local market. However, when she moved her family to Argentina, tamales were unavailable. She gathered her compadres, her children's godmothers, and they prepared the tamales themselves. They were steamed in a large metal tub in the backyard over a wood-fueled fire.*

*When my grandmother Velia was old enough to help make tamales, the process was much easier, thanks to new technology such as the refrigerator and the new tortilla factory that made pre-made masa. Velia made the family tamales with her mother until she moved to Kansas City, Missouri. Since then, she has made her tamales with the help of her daughters and grandchildren. Every year she makes over 200 tamales for our Christmas Eve celebration. Served with her homemade atole, it's a feast that is looked forward to all year round!*

### For the pork

Season pork all over with salt and then brown in a large, heavy pot over medium heat. Once browned on all sides, add enough water to cover the roast along with the onion and about 3 cloves of garlic. Bring to a boil and cook, uncovered, over medium-high heat until the meat is fork tender and comes apart with no resistance, about 2 hours. When done, remove the roast to a platter to cool, reserve the broth for use in the sauce. Shred the meat and set aside.

### For the sauce

Place the chilies in a large stockpot and cover with water. Bring to a boil, remove from heat and cover for 10 to 15 minutes. Transfer the chilies to a blender, add remaining 3 garlic cloves, and a ladle of the chili water (about ½ cup). Puree until smooth. Pour the chili sauce into a hot pan with a little oil and fry for 3 minutes. Taste to check seasonings and add salt if necessary. Add a ladle of the reserved pork broth to the pan. If the sauce is bitter, blend some of the sauce with a slice of crustless white bread. Return to the pan and cook for a few minutes more. Add chili sauce to shredded pork and mix thoroughly. Set aside. You can also do this in advance and refrigerate until ready to use.

*(continued on next page)*

# Tamales

(continued)

## Husks

Go through the husks and sort by size and remove any silks or debris. Soak the cornhusks in warm water until soft, about 30 minutes. Rinse, drain, and dry. Keep covered with a damp towel.

## Masa

In a small bowl, beat the vegetable shortening until fluffy and looks like whipped egg whites. In a deep bowl, mix together, with your hands, the masa, baking powder, and salt. Add the vegetable shortening. Place a small amount of the masa into a stand mixer bowl and whip. Slowly pour the beef broth into the masa a little at a time. Mix until the dough has a spongy texture. (It should have the consistency of bread dough.)

## Assembling the tamales

Place husks along with the bowls of masa dough and beef in chili sauce on a table. The more people available to do this, the better. It's best to have an assembly line. Start with the largest husks because they are easier to roll. Lay the husk flat on a plate or in your hand with the smooth side up and the narrow end facing you. Spread a thin, even layer of masa over the surface of the husk with a tablespoon. Do not use too much, it should be about 1/8 inch thick on corn husk, leaving about 1/2 inch border along the sides and 2-inch border along the top the of husk. Add about 2 tablespoons of the meat filling in the center of the masa. Fold the sides of the corn husk to center over the masa so that they overlap lengthwise. Fold the empty part of the husk under so that it rests against the seam-side of the tamale.

## Cook the tamales

Steam for 30 to 45 minutes, or until masa is no longer sticky. Do not let the water boil away. The tamale is cooked when it separates easily from the corn husk.

Serve immediately or let cool and store in freezer.

Microwave frozen tamales (wrapped in plastic wrap) for 2 minutes.





Mexico

## Sweet Corn Tamales (Uchepos)

By Velia Salazar shared by Erica Hernandez-Scott | Professional Educator Standards Board

6 ears of corn  
1 box Jiffy corn muffin mix  
(8½ ounces)  
1 tablespoon baking  
powder  
Salt, to taste  
1 package dried corn husks

*In Mexico, Uchepos are made with fresh field corn, which has a high starch content. However, in the United States only sweet corn is sold, making for a runny masa. Forced to improvise, this recipe was developed by Tia Julia Madrigal and has been the one used by Grandma Velia for many years.*

Sort the cornhusks by size and remove any silk or debris. Soak in warm water for 30 minutes. Rinse, drain, dry, and keep covered with a damp towel.

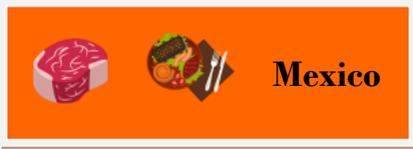
Slice the kernels off of the corncobs, you should have 2½ to 3 cups. Remove as much of the corn silk as possible. Place half of the kernels in a blender and process at high speed.

Do not process too thoroughly, the mixture should be the consistency of cottage cheese. Repeat until all the corn is processed. Stir in the corn muffin mix, baking powder, and salt and mix well. If it is too dry, you can add a few drops of water or milk, until it reaches the right consistency.

Place the steamer basket in the pot and add hot water up to ½ inch below the bottom of the basket. Line with cornhusks.

Take a cornhusk, spread it out and place in a heaping spoonful of the filling. Roll up the husk loosely and fold the point over the seam. Stack in the steamer basket with their stems and points facing up. Cover with a clean dish towel and place the lid on the steamer. Bring the water to a boil over high heat. Reduce the heat to low and cook for 45 minutes or until the filling inside is done. Let cool for at least 20 minutes, so that they dry, and the filling does not stick to the husks.

Serve with butter and sour cream.



## Chile-Seasoned Pork

By Velia Salazar shared by Erica Hernandez-Scott | Professional Educator Standards Board

3 pounds boneless pork,  
cut into 1-inch cubes  
¼ cup water  
2 teaspoons salt  
2 tablespoons canola oil, if  
needed  
1 can tomatoes (14½  
ounces)  
1 large garlic clove  
1 to 2 jalapenos to taste

Place pork, water, and salt in a large pan. Bring to a boil over medium heat. Lower heat and simmer, covered, for 45 minutes or until the liquid has cooked off and the pork fries in its own rendered fat.

If needed, add the oil so that the pork fries to a golden brown. Place canned tomatoes, garlic, and jalapeno in a blender and puree. Stir into the fried pork and bring to a boil.

Lower the heat and simmer covered for 1 hour, or until the pork is tender and can easily be cut with a fork.

This makes a great burrito filling.



1 tablespoon extra-virgin olive oil  
1½ pounds boneless, skinless chicken thighs  
1 cup medium diced white onion  
4 medium cloves of garlic, peeled and minced  
1 large tomatillo, husk removed, rinsed, and roughly chopped  
1/2 teaspoon Mexican oregano  
1/2 teaspoon ground cumin  
1/4 teaspoon ground cayenne pepper or red pepper (if you don't like spice, don't add)  
14.5 ounce can fire-roasted diced or crushed tomatoes  
3 to 4 chipotle peppers (chopped) plus 3  
tablespoon adobo sauce from one (7 ounce) can  
1/2 cup homemade chicken stock or low-sodium chicken broth  
2 bay leaves  
kosher salt

## Chicken Tinga

Diana Deshayé | Liquor and Cannabis Board

*My husband loves everything and anything chipotle flavored. We love the depth of flavor this recipe provides. We find the chicken can be added to several recipes - even a creamy chipotle pasta.*

Suggested serving ideas: With warm corn tortillas, guacamole, onion, cilantro, grated cotija cheese, and lime wedges for serving. You can serve this in enchiladas, with rice or on salads. The tinga sauce can also be made into a great salad dressing.

Heat oil in a Dutch oven or large pot over medium-high heat until shimmering. Add chicken thighs, skin-side down, and cook until well browned, about 6 minutes. Flip thighs and continue to cook until other side is lightly browned, about 3 minutes. Transfer chicken to a plate, leaving fat in pan, and set aside.

Add onions and garlic to Dutch oven and cook, stirring occasionally, until onions have browned around the edges, about 5 minutes. Add tomatillo and cook until browned around the edges, about 4 minutes. Add oregano and cumin and cook until fragrant, about 30 seconds. Add tomatoes, chipotle, and adobo sauce and stir to combine. Remove from heat.

Transfer sauce to a blender and puree until smooth (or if you have an immersion blender, you can do this in the pan). Pour sauce back into pan, stir in chicken stock and bay leaf, and bring to a boil over medium heat. Nestle chicken thighs in sauce, reduce to a simmer, and cook until meat registers 165°F in thickest part of thigh on an instant-read thermometer. Transfer chicken to a plate and let sit until cool enough to handle. Remove sauce from heat and discard bay leaf.

If wanting tacos, pull chicken meat into strips, then put chicken into sauce and cook over medium heat until warmed through, about 3 minutes. Remove from heat and season with salt to taste.





- 14½ ounce can diced tomatoes
- 8 ounce can tomato sauce
- 1 tablespoon oil
- ½ onion, sliced
- 3 bay leaves
- Allspice\*
- 3 cups chicken broth
- 1 potato, peeled and diced into ½ inch cubes
- 5 ounce jar Spanish manzanilla olives and 2 tablespoons of the juice
- 2 pounds chicken thighs and legs

## Chicken with Tomato and Olives (Pollo con Tomate y Aceitunas)

Recipe by Velia Salazar shared by Erica Hernandez-Scott | Professional Educator Standards Board

*When we were young, Sunday dinners were almost always chicken, eaten after church. There were seven of us with Virginia being the baby. We were all hungry long before dinner was ready, and we were usually complaining that we were tired of chicken. One day, mom decided that she was going to make chicken in a pressure cooker with a new recipe. Suddenly, the pressure cooker started whistling and the top of the cooker flew up in the air along with some white liquid. It exploded onto the ceiling, the wall and all over the stove. We were all hungry, but we didn't complain about the "stewed chicken" because we wanted to see our next birthday! ~Mary Hernandez*

Blend tomatoes together until smooth.

In a pot, heat the oil and fry the onion until softened. Add tomatoes and bring to a boil over medium heat. Add bay leaves, allspice, and chicken broth, bring up to a slow boil.



Add potato and simmer for 15 minutes. Add olives and chicken and simmer an additional 30 to 45 minutes until chicken and potatoes are done.

Serve over rice.

\*Submitted recipe did not specify amounts for this ingredient.



- 2 tubes (8 ounces each) refrigerated crescent rolls
- 1 cup shredded colby-Monterey jack cheese
- 2/3 cup condensed cream of chicken soup, undiluted
- ½ cup chopped fresh broccoli
- ½ cup chopped sweet red pepper
- ¼ cup chopped water chestnuts
- 1 can (5 ounces) white chicken (drained) or ¾ cup cubed cooked chicken
- 2 tablespoons chopped onion

## Chicken Crescent Wreath

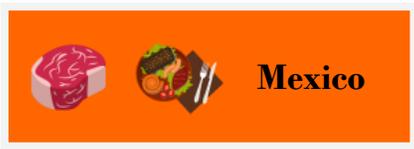
Yields 6-8 servings

Shared by Alma Schuler | Department of Transportation

Arrange the crescent rolls on a 12-inch pizza pan, forming a ring with pointed ends facing the outer edge of pan and wide ends overlapping.

Combine the remaining ingredients and spoon over wide ends of rolls. Fold points over filling and tuck under wide ends (filling will be visible).

Bake at 375°F for 20 to 25 minutes or until golden brown.



## Albondigas

Shared by Erica Hernandez-Scott | Professional Educator Standards Board

### Meatballs

- 2 pounds hamburger
- 3 tablespoons medium grain rice
- ¼ onion, finely minced
- 1 egg
- 1/3 cup tomato sauce
- 3 tablespoons minced [yerba buena\\*](#)
- 12 tablespoons flour
- ¾ tablespoon salt

### Broth

- 3 cups beef broth
- 3 cups water
- 3 banana peppers, plus 2 tablespoons juice from jar
- 2 sprigs fresh mint

### Sauce

- ¾ onion, sliced
- 1 tablespoon olive oil
- 1/3 cup tomato sauce
- 2½ teaspoons cumin
- 1 tablespoon flour
- 1 tablespoon water

*In Spanish, Albondigas means meatballs. Unlike Italian meatballs, these are served alone as a warm soup. This fresh and hearty meal is my personal favorite of all of grandma's recipes. Like many people's chicken noodle soup, albondigas are my comfort food. Whether served alone or with a warm, freshly made tortilla, there is nothing that I get more excited to eat than a bowl of yummy albondigas!*

### For the meatballs

Place hamburger, rice, onion, egg, tomato sauce, yerba buena (mint), flour, and salt into a bowl and mix. Form into 1-inch in diameter size balls.

### For the broth

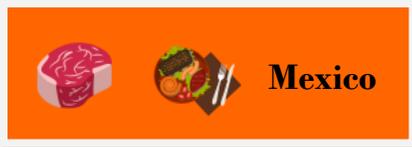
Bring water and beef broth to a boil. Add banana peppers, mint and meatballs into boiling broth. Simmer for 30 minutes, or until rice is done.

### For the sauce

In a separate pan saute the onion and tomato sauce in oil over medium heat until the onion is softened. Add cumin. Stir flour and water together and add to onion mixture. Add to the broth while the meatballs are simmering.



**\*Wikipedia:** Yerba buena or hierba buena is the Spanish name for a number of aromatic plants, most of which belong to the mint family.



## Beef Enchiladas

Recipe by Velia Salazar shared by Erica Hernandez-Scott |  
Professional Educator Standards Board

4 ancho chiles  
1 cup water  
2 slices white bread,  
crustless  
1 teaspoon salt or to taste  
1 pound of hamburger  
1 tablespoon olive oil  
1 large garlic clove or  
 $\frac{1}{2}$  teaspoon garlic powder  
 $\frac{1}{2}$  cup tomatoes (canned is  
acceptable)  
 $\frac{1}{2}$  teaspoon salt  
1 tablespoon of taco  
seasoning  
1 medium potato, peeled,  
cooked, and diced  
 $\frac{3}{4}$  cup peas  
24 corn tortillas  
Cotija cheese  
Lime wedges

*Mom did a wonderful job of cooking for us and she always took great pride in her food. The one thing that always baffles me looking back on it is, when did mom herself eat? I don't ever remember her sitting down with us! - Bob Salazar*

*Mom was always the last to eat because she was serving the rest of us. When we lived in Argentina, I recall all of us at the dinner table eating with plenty of food for everyone. When we lived in Missouri we had to eat in shifts. The family sat around and caught up on news and often other friends or relatives would drop by. There will never be another chef to replace mom! ~Mac Salazar, Jr.*

Rinse any dust off the chiles, remove the stem, seeds, and any veins inside. Soak the chiles in 1 cup hot water until they soften, about 30 minutes. Puree the chiles with the water and bread until smooth. (If necessary, you can add more water until it reaches the consistency of tomato sauce.)

Heat olive oil over moderately high heat. Add chile sauce and garlic powder. Cook until boiling. Turn off heat and spoon a few tablespoons of the sauce into a shallow baking dish. Set the chile sauce aside and periodically stir to keep from sticking to pan.

Blend the tomatoes until smooth. Brown hamburger and add the blended tomatoes, salt, and taco seasoning to pan.

Simmer over medium heat until most of the liquid is evaporated. Stir in potato and peas. Set aside.

In a medium skillet, heat  $\frac{1}{4}$  inch olive oil until simmering. Using tongs, dip a tortilla in the hot oil until coated and cook over medium heat, turning once, until pliable, about 10 seconds. With the tongs, carefully lift the tortilla out of the oil and dip it into the chile sauce, making sure to coat both sides. Transfer the tortilla to a large plate. Repeat with the remaining tortillas, stacking them on a plate.

Place a coated tortilla on a work surface and spoon the meat filling in the center. Roll into loose cylinders and transfer to the baking dish, seam side down. Repeat with the remaining tortillas. Spoon more chile sauce over the enchiladas and sprinkle with cotija queso. Bake for 30 minutes at 350°F until hot and bubbling. Garnish with more cotija cheese and lime wedges.



Mexico

## Enchiladas Verdes

Recipe by Velia Salazar shared by Erica Hernandez-Scott |  
Professional Educator Standards Board

### For the sauce

2 pounds tomatillos, husk removed and cleaned  
1 jalapeno, or to taste  
1 small onion  
1 bunch cilantro, stems trimmed  
¼ cup vegetable oil  
18 corn tortillas  
Salt and pepper

### For chicken enchiladas

6 cups shredded cooked chicken

### For cheese enchiladas

3 cups sharp cheddar cheese

Preheat oven to 350°F.

Place tomatillos and jalapenos in boiling water over moderately high heat until softened, about 6 minutes. Drain, then remove the stems from jalapenos (trim membranes, and de-seed jalapeno, if you want a mild sauce). Transfer to a blender and puree with onion and cilantro until smooth.

Heat ¼ cup olive oil in skillet. Add tomatillo salsa and bring to a boil over medium heat. Season with salt and pepper to taste. Spoon a bit of the salsa into a shallow baking dish coating the bottom. Set the rest aside.

Wrap a few tortillas at a time in a paper towel and put into the microwave for 15 to 20 seconds. You want the tortilla to be pliable so that it won't crack when you roll it (be careful not to overcook or the tortilla will get crispy). With tongs, carefully dip the tortilla into the salsa, coating both sides. Transfer tortilla to a large plate. Repeat with the other tortillas and stack on the plate.

Spoon your choice of filling in the center of a coated tortilla. Roll into loose cylinders and transfer to the baking dish, seam side down. Repeat with the remaining tortillas. Spoon more salsa over the enchiladas and sprinkle with queso.

Bake for 30 minutes. Top with garnishes.





**Mexico**

## Sopa de Arroz

**Recipe by Velia Salazar shared by Erica Hernandez-Scott |  
Professional Educator Standards Board**

1 cup medium-grain rice  
1 tablespoon vegetable oil  
¼ cup tomato sauce  
2 tablespoons small onion  
1 small garlic clove  
1¾ - 2 cups water (you can  
also substitute with chicken  
broth)  
2 teaspoons Knorr's  
chicken bouillon  
½ teaspoon salt  
**Garnishes**  
Queso fresco  
Sour cream  
Lime wedges  
Chopped cilantro  
Chopped tomatoes and  
onion

*In Mexico, rice dishes are often served as a separate course, as a dry soup or "sopa seca." That is why Grandma Velia refers to this dish as "sopa." Velia's mother, great-grandma Virginia, told her that "the rice should be as golden as your wedding ring."*

Place rice in a strainer. Rinse rice in cold water until it runs clear. Drain and let dry.

Place onion and garlic in blender with a cup of water and liquefy. Add more water to make 2 cups.

Over medium heat, add oil to saucepan. Stir rice in hot oil until absorbed and rice starts to brown (about 10 to 15 minutes). Add tomato sauce to the pan and stir. Slowly add water and onion mixture, salt, and bouillon to the pan. Bring to a simmer. Cover and put on lowest possible heat.

Cook for 15 to 20 minutes, or until the water is absorbed.



Mexico

## Rice Pudding (Arroz con Leche)

Recipe by Velia Salazar shared by Erica Hernandez-Scott |  
Professional Educator Standards Board

1 can (12 ounce)  
evaporated milk  
3 cups milk, whole or 2%  
9 cups water  
2 three-inch cinnamon  
sticks (Mexican cinnamon  
sticks)  
1½ cups rice (Velia uses  
medium-grain rice, as it is  
high in starch, giving the  
pudding a creamy texture)  
¾ cup granulated sugar  
¾ cup brown sugar

*Originating in Eastern Asia, rice pudding spread all over the world, and eventually ended up in Mexico, where it is known as arroz con leche. It is a particularly special treat for the Salazar family. Per family tradition, arroz con leche is served during the Catholic holy season, Lent. Because meat cannot be eaten on Fridays, rice pudding was served at the family table as a special treat. My grandmother Velia adopted this family tradition when she was a young girl and continues it to this day. When making her rice pudding, Velia uses the same recipe as her ancestors long before her. Because of its limited availability, rice pudding is a family favorite. In fact, it is often a race to grandma's refrigerator to get the biggest bowl of this delicious dessert!*

Pour evaporated and regular milks into a saucepan and place on low heat.

In a separate pot, heat water and cinnamon until boiling. Lower heat, add rice to the water, and keep at a low boil. Stir often until rice is cooked, approximately 20 minutes. Add hot milks and sugars to the rice mixture. Continue to stir to prevent sticking. Bring mixture up to a boil until it thickens (approximately 45 minutes).

The pudding is done when the rice and milk have blended into a thick porridge. Remove cinnamon sticks. Pour into bowls. Let sit until it reaches room temperature. Refrigerate.





## Chocolate Chip Cookies

Makes 6 to 7 dozen cookies

Shared by Travis Beebe

1 pound butter, softened  
(room temperature)  
2 cups sugar  
2 cups brown sugar  
3 eggs  
1 tablespoon vanilla extract  
5 cups unground instant  
oats  
4 cups all-purpose flour  
2 teaspoons baking powder  
2 teaspoons baking soda  
1 teaspoons salt  
1 cup milk chocolate chips  
and 2 cups Reese's Pieces  
candy (optional)  
1½ cups chopped candy  
cane kisses and 1½ cups of  
semi-sweet chocolate chips  
(optional)  
1 cup semi sweet chocolate  
chips  
1 cup milk chocolate chips  
1 cup white chocolate chips  
(optional)

Preheat oven to 350°F. Mix butter, sugar, and brown sugar on medium-high speed in a mixer until creamy then add eggs and vanilla extract. Mix on medium-high speed for 1 to 2 minutes.

Take the unground instant oats and grind to a flour like texture. Mix together dry ingredients: flour, ground instant oats, baking powder, baking soda, salt.

Add dry ingredients 1 cup at a time until all dry ingredients are blended in. Add 3-4 cups of chocolate chips or a combination of different chips. Bake for 10 to 12 minutes and enjoy.



## Date Bars

Shared by Madison Scully

Bring dates, sugar, and water to a boil. Simmer until it makes a paste (~15 to 20 minutes). Preheat oven to 400°F. Let paste mixture cool.

Combine remaining ingredients. Take half the mixture and press into an ungreased 9x13 pan. Take the date mixture and gently spread on top. Take the rest of the mixture and pat it down on top.

Cook for 25 minutes.

Let cool and enjoy.

3 cups dates  
½ cup sugar  
1½ cups water  
¾ cup shortening or butter  
(or half shortening and half  
butter)  
1 cup brown sugar  
1¾ cup flour  
½ teaspoon baking soda  
1 teaspoon salt  
1½ cups oatmeal



# Peanut Butter Blossom Cookies

Shared by Cami Feek | Employment Security Department

- 1 cup butter (softened)
- 2/3 cup peanut butter
- 1 cup granulated sugar
- 1 cup brown sugar
- 2 eggs
- 2 teaspoons vanilla
- 3 1/2 cups flour
- 2 teaspoon salt
- 72 milk chocolate Kisses (unwrapped)

*I made these cookies with family. Both my maternal and paternal grandmothers loved to bake. During the COVID pandemic, this was a great way to spend time with my daughter. We baked cookies and delivered them to our neighbors. Baking is my grandmother's way to serve. I enjoyed being side by side with her. I was so inspired after coming across some photos, that I had some hand-written recipes from my grandmother made into a giant collage and had them framed.*

*Peanut Butter Blossom Cookies were made for the holidays for friends and family members. I made these with my maternal grandmother as a child. It is a baked good that you can give away and share with others. The recipe can be made in half batches or can be made in several dozens. It reflects the culture of big gatherings showing that you are thinking of others. The chocolate kiss that is on top adds something extra to the process of a regular peanut butter cookie.*



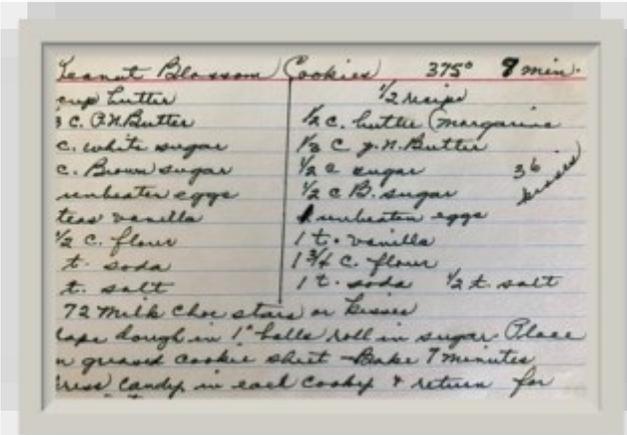
*I have messed up some recipes because my maternal grandmother made everything seem easy and I did not have all of the steps, most of the steps were in her head.*

Mix butter, peanut butter, sugars, eggs, and vanilla until fully blended. Add dry ingredients. Shape/roll dough into 1" balls.

Place a few teaspoons of granulated sugar on a plate, roll balls in sugar, Place on cookie sheet and bake at 375°F for 7 minutes.

My maternal grandmother, Imogene Justis, and her mother, my great-grandmother, Pearl Eaton. Both were big influences on the culture of our family.

Remove cookies from oven and lightly press chocolate kisses into the center of the cookie. Return to oven for 2 minutes.





U.S.

## Quick Peanut Butter Blossom Cookies

Shared by Shannon Moberly

1 package yellow cake mix,  
any brand

1 cup peanut butter

1/3 cup water

1 egg

Hershey's milk chocolate

kisses

*My mom has made these cookies ever since I was little. These are my dad's favorite, so she makes them for his birthday every year for Father's Day and other holidays throughout the year. Even though you aren't supposed to indulge in the raw dough because of the raw eggs, most of the dough wouldn't even make it to the oven because my brother, dad, and I would always sneak bites because it was so good!*

In a large bowl, combine cake mix, peanut butter, water, and egg. Stir by hand until dough forms.

Shape dough into 1-inch balls. Place 2 inches apart on a baking sheet and bake at 350°F for 9 to 11 minutes.

Immediately top each cookie with a chocolate kiss before the cookies cool.





1 cup sugar  
1 (12 ounce) can evaporated milk  
1 (14 ounce) can condensed milk  
1 (7.6 ounce) can "Media Crema," or you can substitute 1 cup of heavy whipping cream  
7 large eggs or 8 small eggs  
2 tablespoons vanilla (pure vanilla extract from Mexico is preferred)

## Flan

By Velia Salazar shared by Erica Hernandez-Scott | Professional Educator Standards Board

Melt sugar in a heavy saucepan over medium heat. Swirl the pan constantly until the sugar melts and caramelizes, turning golden brown. Pour into a round baking dish and tilt the pan so that the caramel covers the bottom. Set aside to harden.

In a blender add milks, crema, eggs, and vanilla. Blend and pour into the baking dish.

Place the baking dish inside of a larger pan and pour enough hot water into the pan to come half-way up the sides of the flan pan. (Water-bath)

Bake at 350°F for about 50 minutes or until a toothpick inserted about an inch from the edge comes out clean. It will still be slightly quivery in the center. Let the flan cool to room temperature, then refrigerate, preferably overnight. To serve, run a knife between the custard and the edge of the mold, then invert the pan on a platter.



## Flan de Coco

Shared by Raquel Abellan Rice | Labor & Industries

### Caramel

- ¼ cup of sugar
- 2 tablespoons of water
- Juice of half a lemon

### Custard

- 5 eggs
- 1 can of sweet condensed milk
- ½ cup of sugar
- 1 can of coconut cream
- 1 teaspoon of vanilla
- ¼ teaspoon nutmeg
- ½ teaspoon of cinnamon
- ½ cup of toasted shredded coconut

*This recipe was passed down to me in a cookbook my mom started before I was born. It has recipes from my grandmother and her mother. Flan is traditionally eaten as dessert after dinner. I remember seeing my auntie preparing the coconut and getting all the ingredients ready. I have modified the recipe since then. I added the sweetened condensed milk to add depth of flavor and sometimes I add cream cheese to it to make it more cheesecake like because my children really love cheesy things, but I honestly love it just like I shared it. When you are toasting the coconut your house is going to smell divine. I hope that brings a smile to your face and in the words of a famous cook, "it's with lots of love from my family to yours!"*

### For the caramel

Place the sugar, water, and lemon juice in a pan on high until the sugar is fully dissolved and it has a brown tone.

Place the hot caramel on the bottom of a flan pan or baking dish. Make sure the pan is dry and clean.

In a blender, blend all the remaining ingredients together except for the toasted coconut.

Add the mixture from the blender to the pan and cover with aluminum foil.

Using a hot water bath cook the flan for approximately 1 hour and 15 minutes in the oven. Once the time has passed, unmold the flan immediately and refrigerate for at least one hour before serving.

Add the toasted coconut to the flan before serving.





1 pound mochiko (Japanese glutinous rice flour)

2½ cups sugar

¼ tsp cinnamon

2 teaspoons baking powder

3 eggs, beaten

2 teaspoons vanilla extract

1 can (13.5 oz) coconut milk

1 can (14.5 oz) evaporated milk

½ cup butter, melted

## Butter Mochi (Hawaiian)

Shared by Trina Chaney | Department of Corrections

*It's a favorite for my family. Hawaiian dessert that's simple to make and goes quickly. It's different than the normal cakes and desserts and I love making unique recipes for people to try.*

Preheat electric oven to 350°F. Grease a 13 x 9 pan with coconut oil.

In a large bowl, combine mochiko, sugar, cinnamon and baking powder. In a separate bowl add milks and extract, mix well and then add eggs. Stir to mix again.

Add wet ingredients to dry ingredients, mix well, then add melted butter, mix one last time.

Bake for 45 to 60 minutes. If tester comes out clean, it's done. Cool completely before cutting. Store in air tight container on counter for up to 2 days.



5½ ounces silken tofu

2 tablespoons honey

1 1/3 tablespoons pure cocoa powder

## Healthy Tofu Chocolate Cream

Shared by Miyuki DeMond | Yakima School District

*This recipe is healthy, low-calorie and a good source of protein. Healthy food is very important to me.*

Drain the tofu. Wrap it with paper towel and put it in the microwave for 1 minute. Put all ingredients in a food processor until all ingredients are well mixed.

# ASIA

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## Tempura

Shared by Alex Countouriotis | Department of Transportation

1 pound combination of  
prawns, shrimp, white-flesh  
fish

½ pound combination of  
asparagus, eggplant, green  
pepper, or any other fresh  
vegetables in season

### For batter 1

1 cup flour  
1 cup water  
1 egg yolk  
½ teaspoon sake or rice  
vinegar

### For batter 2

1 cup flour  
½ cup cornstarch  
dash salt  
¼ teaspoon monosodium  
glutamate  
1 egg  
½ teaspoon baking powder  
1½ cups water

### For batter 3 (green in color)

1 cup flour  
1 cup water  
1 egg  
2 teaspoons powdered  
green tea

*My mom, Nobuko Kakinuki, was a well known and highly regarded cooking instructor in San Francisco's Japan Town. She also published "Adventures in Oriental Cooking," which is where this tempura recipe comes from. As a child, this was my absolute favorite of all of her Japanese recipes.*

*It is critical to get the dipping sauce right – and it must be served warm. You would be surprised at how many people don't know that tempura sauce is a thing. Pro tip: if you go to a Japanese restaurant and order tempura but they fail to serve it with warm tempura sauce (or worse, they try to tell you that soy sauce is the same thing), run away!*



Three tempura batters were developed for the cookbook. Choose the one that fits your tastes or try preparing each one. To prepare any of the three batters, first combine the dry ingredients, then beat the egg separately and add it to the water. Finally, combine the liquid mixture with the dry ingredients and mix quickly and lightly. Do not worry about lumps.

Shell and devein the shrimp. All fish must be filleted and cut in moderately small pieces. To make butterfly shrimp, slit them down the back and flatten them lightly with the side of a kitchen knife before coating them in batter. Lightly salt all ingredients. You may make two or three transverse gashes in each shrimp to prevent it from curling during frying.

Clean, peel, and cut into bite-sized pieces all the vegetables you intend to use. Arrange all ingredients on platters ready for frying. Have the batter ready.

In a deep skillet, heat at least 3 cups of oil to 370 degrees. Be generous with the oil and always add fresh oil before cooking a new batch of tempura. Dip each of the fish, shrimp, and vegetable ingredients in batter, lower a few pieces into the hot oil, and fry until golden and light.

# Tempura

*(continued)*

## For the sauce

1 cup stock number 1  
(recipe at right)  
1 teaspoon sugar  
2 teaspoons soy sauce  
grated daikon radish or  
fresh ginger root  
¼ cup sake or dry sherry  
½ teaspoon monosodium  
glutamate

Remove, drain quickly, and serve at once with the sauce and some grated daikon radish or grated fresh ginger root.

Prepare dipping sauce by combining and heating the sauce ingredients. Serve the sauce in individual bowls large enough to accommodate the largest tempura pieces.

## Soup Stock No. 1

Stock number 1 is a basic, clear soup stock made from kelp and [katsuobushi](#).

## Ingredients

4 cups water  
4 square inches dried kelp  
2 cups katsuobushi (shavings of dried bonito)  
½ teaspoon salt

## Instructions

Wash kelp with cool water and place in large pot. Cover with 4 cups water and bring to boil over low heat. Remove kelp.

Add shaved dried bonito and bring to boil; turn heat off at once.

After a few minutes of steeping, the dried bonito shavings will settle to the bottom. Strain the stock through a fine sieve or a piece of cheesecloth into another pot.





Korea

## Easy Peasy Lazy Kimchi

Shared by Sean Lee | Washington State Lottery

- 1 pound napa or regular cabbage
- 1 tablespoon sea salt
- 4 tablespoons chili pepper flakes
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, finely chopped or minced
- 3-4 green onions
- 2 tablespoons fish sauce
- 1 cup apple sauce

*Before the internet craze about fermented food and their health benefits, it seemed like kimchi was known only for its infamous smell. "How can you eat that stinky food?" was a frequent question I got from non-Koreans who felt comfortable enough to utter that out. My usual counter question was "How can you eat cheese or sauerkraut?" I am very happy with kimchi's recent elevated status, especially among healthy food enthusiasts. In late fall, Korean households buy napa cabbages and other vegetables in bulk to make kimchi for the next year. Making a staple side dish for an entire year is not a joke, and it is quite common to hear somebody suffering body aches for a day or two afterwards. That activity is called "Kimjang", the only way I remembered how my mom and aunts made their kimchi. Going through that strenuous process wasn't so appealing, so I have eaten store bought kimchi for quite some time. One day, I found a recipe calling for a head of napa cabbage instead of a couple boxes of them. The worst that could happen was throwing out just a head of napa cabbage, so I tried it out. My first kimchi came out as... wait for it... kimchi!!! There was no way back to store bought kimchi. Over the years, I've developed my own recipe. I hope this recipe gives you courage to try making kimchi and to experience the health benefits of this probiotic-dense dish.*

Chop the cabbage into 2-inch length pieces. Dissolve 1 tablespoons of sea salt in 1 cup of warm water. Add the salt water to the cabbage and toss lightly so the salt water is distributed evenly. Leave the salted cabbage at room temperature for at least 4 hours, turning over time to time so the vegetable is evenly soaked in the salt water. Strain the cabbage and put in a large bowl. Taste the cabbage. It should be slightly salty. If it is too salty to make you frown, rinse with water and repeat the process until you reach the right saltiness.

Mix red chili flakes with 1/4 cup warm water to make into a paste. Add remaining ingredients (garlic, ginger, fish sauce, apple sauce) to the paste. Wearing plastic gloves to protect your hands from the red pepper flakes, mix the paste and the cabbage thoroughly. Put the mixture into glass jars with at least 1 inch room from the rim. This is to avoid possible leakage caused by the expansion from fermentation. Press down kimchi so the top part is under the brine or at least still moist. Contact with air is bad for fermentation.

Ferment the kimchi. Quick fermentation: Store at room temperature for 4 to 5 days. Slow fermentation: Store in refrigerator for about 3 weeks. Once the kimchi reaches the fermentation level you like, store it in the refrigerator. The volume of the cabbage should shrink about 25 percent. This process draws out excess water from the vegetable, which helps in preservation.



## Thai Noodle Salad

Shared by Anne Kelly-Glasoe | South Puget Sound Community College

### Salad

6-8 ounces dry rice noodles (vermicelli, pad thai style rice noodles, or soba noodles work best, or you could also use fettuccine or linguine)  
4 cups mixed, shredded or grated vegetables (cabbage/ carrots/celery work well)  
1 red bell pepper, finely sliced  
5 green onions, sliced  
1 cup cubed tofu (or any other kind of protein you want to use)

### Peanut sauce

½ - ¾ inch knob fresh ginger (or sub ginger powder or paste)  
3-5 cloves garlic  
1 cup peanut butter (or almond butter)  
Juice of 1 large orange  
Juice of 2 large limes  
4 tablespoons soy sauce/tamari/ liquid aminos  
4-6 tablespoons honey or agave  
5 tablespoons toasted sesame oil (if you like sesame's strong flavor)  
1 teaspoon cayenne pepper or some sriracha (if you like spice)  
Salt or soy sauce (to taste)

*This recipe is from Austin Meadows. This was one of several cook-alongs via Zoom that our family has done together since the COVID-19 pandemic.*

Prepare the salad by mixing all salad ingredients. Add the sauce. The ingredients listed are for a double batch, we usually use about half of it.

Add the garnish. Use ½ bunch cilantro, chopped (or any kind of herb, ideally fresh), ½ cup crushed peanuts (or any kind of nuts), 1 green onion, sliced, ½ lime, sliced, toasted sesame seeds (optional), and crispy dried onions (unhealthy/tasty option).





## Chinese Roasted Pork Belly

Shared by Manyi Xiao | Department of Social and Health Services

### Marinade for the pork belly

2 pounds of pork belly (with skin attached)

1½ tablespoons of cooking wine

2 teaspoons of brown sugar

1½ teaspoon of salt

½ teaspoon of black pepper

2 teaspoons of five-spice powder

1½ teaspoons of garlic powder

1½ teaspoons of onion powder

### Marinade for the pork skin

1 teaspoon of salt

1 teaspoon of white vinegar

### Roasting

1 cup of hot water

*Chinese roasted pork is definitely a staple dish in our household, especially around Lunar New Year as it symbolizes wealth and prosperity. I grew up eating this dish as it is readily available in restaurants in New York. As I grew older, I started to enjoy the art of cooking more and always wanted to learn how to make this dish. Luckily my aunt, Lee, is an awesome cook in Chinese cuisine – all of her dishes are delicious and she taught me how to make this. Surprisingly, it is not as hard as it looks and it tastes amazing.*

Turn the pork belly with the skin facing down and brush the cooking wine onto the meat (not the skin) – this helps the meat better absorb the other ingredients.

Combine and mix all of the other ingredients (from the pork belly marinade section) together and rub it onto the meat (not the skin) of the pork belly. Note: It is important not to get any of the wine or the mixed ingredients on the skin as skin will not become crispy and will burn when roasting. Turn the pork belly around so the skin is facing up. Wipe away any excess moisture from the skin.

Apply the white vinegar and then the salt to the skin. Place the pork belly (with skin side facing upwards) in the refrigerator for at least 24 hours (do not cover the pork belly as condensation may form).

Preheat the oven to 425°F.

*(continued on next page)*



# Chinese Roasted Pork Belly

(continued)

Take the pork belly out from the refrigerator while the oven is preheating so the meat can return back to room temperature. Pour one cup of hot water into a baking pan (this helps the meat retain its moisture when roasting). Place a rack in the pan and place the pork belly on top of the rack (skin facing upwards).

Roast the pork belly for about 45-50 minutes. Turn the setting of the oven to 'broil' and broil the pork belly for about 10 minutes (this allows for the skin to turn extra puffy and crispy).

Note: During the broiling stage it is important to keep an eye on the pork belly so the skin doesn't burn.

Remove the pork belly from the oven and let it cool for a few minutes.

Cut the pork belly into mouth size pieces and enjoy!





## Vietnam

1 cup neutral oil like canola  
2 heads of garlic, minced  
1/2 cup lemongrass, finely  
chopped (I use frozen)  
1/2 cup fresh red chiles,  
finely chopped (I use a food  
processor)  
1/4 cup chile flakes (I prefer  
dried birds eye chilies)  
1/2 teaspoon salt

## Lemongrass Sate Sauce

Shared by Michelle Izumizaki | Department of Health

*I grew up eating Vietnamese dishes my whole life but I started using this condiment when I moved to Southern California and learned from my Vietnamese friends. This sauce blows my mind. It's so simple but it's so flavorful. I find myself using this all the time.*

Heat 1 cup oil on medium low heat. When oil is warm, add lemongrass and let it heat for about 5 minutes.

Add garlic and continue to heat for 10 minutes.

Add fresh chiles and stir. Let mixture heat for additional 10 minutes and make sure to not let it burn.

Add dried chile flakes, stir, let heat for another 10 minutes.

Add salt to taste, cool before jarring.

Store in refrigerator for about a month. Use this sauce in stir-fry, fried eggs over rice, or add in soups you wish to infuse with lemongrass and chile flavors.

## Asian Pear (Apple Pear)

Asian pears are native to Eastern Asia, China, Japan, and Korea. These pears seem like an apple in shape, crisper in texture, and have a sandy brown or russet color, unlike the other types of pears. You can find them easily in a local Asian market or in major grocery chains. Asian pears can be eaten raw, but they are also used in many Asian recipes, for example, Kalbi marinade, salads, or steamed with honey.

[10 Ways to Use Asian Pears](#)

[Top 4 Asian Pear Recipes](#)



**Phillippines**

## Lumpia

Shared by Merwil Guzman | Liquor and Cannabis Board

1 pound ground pork  
1 onion, finely chopped  
1 stalk celery, finely  
chopped  
1 can water chestnuts,  
chopped  
1 carrot, shredded  
1 bunch green onion,  
chopped  
3 tablespoons of soy sauce  
1 egg  
Ground black pepper  
salt  
Lumpia spring roll  
wrappers

In a bowl, combine first seven ingredients. Add egg, a little bit of salt and black pepper, and mix thoroughly.

Fill wrapper with about 1 tablespoon of the mixture and roll tightly. Moisten the end of the wrapper with water to seal.

Deep fry in medium heat until golden brown.

Serve with sweet and sour sauce.





## Pork Egg Rolls

Shared by Daniel Hanners | Department of Health

### Pork

- 1 pound ground pork
- 1 tablespoon soy sauce
- 1 tablespoon fish sauce
- 1 teaspoon sesame oil
- 1 teaspoon sweet chili sauce
- Salt and pepper, to taste
- 1½ teaspoons rice wine vinegar
- ½ lime

### Vegetable filling

- ½ small head red cabbage
- ½ small head napa cabbage
- 4 cloves garlic
- 2 large carrots
- 3 ounces shiitake mushrooms (or variety of your choosing)
- 1 cup bean sprouts
- 1 medium white onion, diced
- 1 inch fresh ginger
- 4 green onions
- ½ lime

*My love of food comes from my dad who passed away when I was in high school. The passion for food that he passed on to me, I also pass onto my children. It is something that kids can help with and creates family bonding time. The skills I've learned over the years, I hope to pass on to my children and I hope that they will pass these skills on to their children someday, when they have their own.*

Add veggies to food processor and blend together until finely chopped. Juice the half lime and add to veggies (if you don't own food processor finely chop all ingredients together) and set aside to rest.

In a large skillet, cook pork over medium heat until no more pink is seen, then add chopped veggies to pork and cook until fully blended and veggies begin to soften. Mix sauces and remaining ingredients listed under pork and squeeze juice from half lime. Remove from heat, spread contents out on a cookie sheet, and place in refrigerator to cool for 15-20 min. While contents are cooling, prep the dipping sauce. (Recipe on next page.)

Take one egg and whisk in small bowl to use as an egg wash for egg roll wrappers. Line a cookie sheet with silicone mats or parchment paper to place finished egg rolls onto.

Pull filling from refrigerator or freezer. Open egg roll wrappers and get ready to make egg rolls (keep egg roll wrappers covered until you're ready to use them so they don't dry out, which will make them brittle and easily tear). To add filling, position an egg roll wrapper with one point towards you and place 1/4 cup pork filling centered in the bottom third of the wrapper.

*(continued on next page)*



# Pork Egg Rolls

*(continued)*

## Dipping sauce

- ¾ cup sugar
- ¼ cup pineapple juice
- ½ cup red wine vinegar
- 1 tablespoon fish sauce
- 2 teaspoons soy sauce
- 3 tablespoons ketchup
- ½ teaspoon sriracha hot chili sauce (add more if you want more spice)
- ¼ teaspoon ginger powder
- salt and pepper, to taste
- 2 teaspoons cornstarch

## Additional ingredients

- 1 package of egg roll wrappers
- 1 egg for egg wash

Fold bottom corner over filling and press out any air. Firmly fold the side corners towards the center over the filling, so it looks like an empty envelope. I also tuck the very tips of the corners in. Brush a small amount of egg wash along the remaining edges of wrapper. Egg roll should look like an envelope by now. Continue to tightly roll egg roll until completely sealed. Place finished egg roll on cookie sheet with parchment paper or silicone mat.

## Cooking methods:

I choose to fry my egg rolls in peanut oil, but you can bake them for a healthier alternative.

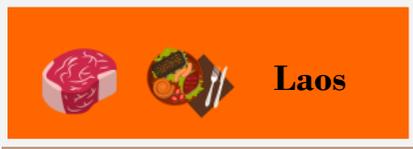
For baking, preheat oven to 425°F and bake for 10-15 minutes, flipping egg rolls 2-3 times while baking.

For frying, preheat oil to 350°F (fry only a few at a time so as to not change temperature of the oil) and deep fry until egg rolls are golden brown. After frying, place the egg rolls on paper towels to absorb any excess oil.

## For the dipping sauce

Whisk together all the contents listed for dipping sauce in a medium saucepan and cook until sauce begins to thicken. Once sauce begins to thicken remove from heat, sauce will continue to thicken slightly as it cools.





## Caramelized Pork (Tom Khem)

Shared by Anduyen Ta | Labor and Industries

- 1 pound pork belly
- 2 tablespoons vegetable oil
- 1/2 cup sugar
- 3 cloves garlic (minced)
- 2 tablespoons ginger (minced)
- 3-5 slices of ginger
- 3 cups water
- 1 tablespoon soy sauce
- 1 tablespoon sweet soy sauce
- 4 tablespoons fish sauce
- 6 hard-boiled eggs
- Salt and pepper to taste

*My mom had to raise four kids (and her husband!) while working a full-time job, and yet she still made a traditional Laotian meal almost every single day. Like many people, I thought my mom was a superhero; how was she at work, taking care of kids, and painstakingly cooking a full spread of food? When I moved out and asked her about this dish, she laughed and said that it only took her about half an hour to make, so it was an easy go-to.*

*While Tom Khem is a traditional Laotian dish, you won't actually see it often at parties or get togethers. There are other, more common foods at those events, such as khao poon, sin savanh, or larb, often accompanied with sticky rice and veggies. You won't see it on the menu at restaurants. Tom Khem is something I specifically remember eating only at home, which is probably why it means so much to me.*

*To start off, these measurements are all approximate. I grew up in a Laotian household and actually had never seen a measuring cup or measuring spoons until I moved out and started baking. Adjust the recipe as you would like! Food in Laotian culture signifies comfort and togetherness. I don't know how to make any Laotian dish with less than six servings; they aren't generally meant for small groups. If you were to attend a large gathering (wedding, baby shower, funeral, etc.), you would likely see large containers of different Laotian food that the community has cooked together, to share with each other.*

*One of my dearest memories involving Laotian food is when a family friend was recovering in the hospital. There was always food in that hospital room. Friends and family were bringing food to share amongst each other, because we all needed to be comforted during that time.*

*"Tom" (pronounced "thome") in the Lao language infers that the dish has been cooked like a soup or stew. "Khem," oddly enough, means "salty," but this dish is far from salty and is more so a sweet/savory dish, best served over fresh rice. Although cooking Asian cuisine seems daunting, Tom Khem is honestly one of the easiest and quickest dishes you could make. Traditionally, this dish is made with pork belly, which can sometimes be difficult to find. Check your local Asian market, and if it's not there, any pork sirloin will work.*

*(continued on next page)*

## Caramelized Pork (Tom Khem )

(continued)

Cut the pork belly into 1 to 1.5 inch cubes and set aside.

Heat the oil in a large wok or pot over medium heat. Add the sugar and caramelize until golden. Sugar burns easily and quickly, so make sure to continuously stir. Add minced ginger and garlic. Cook for about 30 seconds. You want these to become fragrant, but don't want them to burn. Add pork belly and mix so that it's all coated. No need to completely cook the pork yet; it will continue cooking in the next few steps. Add water, ginger slices, sauces, salt, and pepper (to taste).

This is a good time to taste your mixture and see if it's to your liking. Again, my family only had a "big spoon", "small spoon", and "coffee cup" to measure with. You are more than welcome to adjust the recipe to your own tastes.

Add hard-boiled eggs. I actually really like eggs and tend to just use however many I have left in the fridge (especially if I'm feeding a bunch of people). Feel free to do the same. Lower the heat and simmer for 30 minutes. Stir occasionally.

Serve over rice. I like a little sriracha or chili oil for spice. Enjoy!





**Korea**

## Not Spicy Pork (DaeZee Bulgogi)

Shared by Kim Sauer | Liquor and Cannabis Board

1.3 pounds of pork, front-leg meat

1 cup of leek (or green onion)-cut in small pieces

1/4 cup soy sauce

1/4 cup of cooking alcohol

like soju or saki (you can

buy soju at an Asian

supermarket)

1 cup Korean pear juice

(available in Asian super

market)

1 tablespoon ground garlic

3 tablespoons of sesame oil

1 teaspoon of black pepper

1 teaspoon of ground ginger

(or ginger power is okay)

Half onion, cut lengthwise

(optional)

1/2 cup of water

Lettuce and ssamjang

(optional)

### For the Sauce

1/2 cup soy sauce

1/2 cup cooking alcohol

1/2 cup sugar

*We eat DaeZee Bulgogi with lettuce. You can have purple, green, romaine any kind of lettuce except iceberg lettuce doesn't work well. You can also use sesame leaves. Take one or two leaves, put a half spoon of rice, a piece of meat, and a bit of ssamjang, wrap it, and eat it. I bet you will like it. This is a good way to eat a vegetable with meat.*

*You can buy a tub of [ssamjang](#) at an Asian grocery store. It's premixed, ready-to-eat, bean paste-based seasoned sauce.*

First, prepare the sauce to marinate the meat. Put all three ingredients together, add garlic and ginger. Add pear juice. You can buy the pear juice in cans at Korean grocery stores. Add 1 cup leek (or green onion), sesame oil and black pepper. Your sauce is ready.

Cut pork in thin slices, like thin sliced sandwich meat. Ask if your butcher can slide it like that at supermarket. Sometimes, they will do that for you. If not, sharpen your knife and try at home. Put meat in the sauce bowl one layer at a time to make sure the meat is soaked well in the sauce. You can marinate the meat a bit or you can cook right away.

Stir fry the meat on high heat. Add 1/2 cup water when cooking and cook until all water disappears. You can add some sliced onion and green onion at the end and stir fry it a bit.

Mix all the sauce ingredients together.

Serve it with rice. Enjoy!





## Beef Bulgogi

Recipe by Sun Yo Boyer, shared by Christina Pourarien | Labor & Industries

3 pounds of sliced beef, chicken, or pork. If you are using beef, consider using tri-tip steak or rib-eye steak

1½ cups of soy sauce  
4 tablespoons minced garlic  
4 tablespoons sesame oil  
3 tablespoons sugar  
2 tablespoons onion powder  
2 tablespoons ginger powder  
1 tablespoon ground pepper

### Optional ingredients

2 tablespoons sesame seeds  
6 tablespoons chopped green onion  
1 tablespoon gochujang (Korean red pepper paste)  
Replace ginger powder with 1 tablespoon of fresh ginger  
Half of an onion, thinly sliced to cook with your marinated meat  
Replace sugar with 3 tablespoons of honey or half pear or green apple, thinly sliced  
6 tablespoons chopped green onion

*This dish is important to our family as this is our comfort food and it means that we are still connected to our motherland, Korea. This is an easy recipe that we have passed down to our children. My favorite memory is when my mom made a big batch of Beef Bulgogi during my daughter's [100-day birthday \(Baek-il\) party](#).*

In a large bowl, combine soy sauce, minced garlic, sesame oil, sugar, onion powder, ginger powder, ground pepper, sesame seeds and 4 tablespoons of green onions, if using, as well as remaining optional ingredients.

In a separate bowl, place your thinly sliced beef.

Combine beef with marinade thoroughly. Cover and refrigerate for at least 2 hours or overnight.

Heat 1 tablespoon vegetable oil in a cast iron grill pan over medium-high heat. Be sure to work in batches, add your beef, chicken, or pork to the grill pan in a single layer and cook, flipping once, until charred and cooked through, about 2 to 3 minutes per side. Repeat with remaining tablespoon of vegetable oil and beef.

If you are cooking chicken or pork, be sure to cook thoroughly. This could be about 6 to 9 minutes per side.

Serve immediately, garnished with green onions and sesame seeds, if desired.

### Optional for grilling Beef Bulgogi

Preheat an outdoor grill for high heat, and lightly oil the grate. Quickly grill beef on hot grill until slightly charred and cooked through, 1 to 2 minutes per side.

If you are cooking chicken or pork, please cook each side thoroughly. This could be about 6 to 9 minutes per side.

Serve immediately, garnished with green onions and sesame seeds, if desired.



**China**

## Egg Tarts

Shared by Jennie Cheng | Department of Revenue

*We love to eat egg tarts during special occasions, such as friends gathering or Chinese New Year's.*

3 sheets of puff pastry,  
thawed and refrigerated

1 cup white sugar

2 cups milk

1 cup whipped cream

3 eggs

1 teaspoon vanilla

24 foil cupcake liners

Preheat oven to 400°F and position rack in lower third of oven.

Completely dissolve the sugar in the hot water and set aside to cool.

Stack 3 sheets of puff pastry and roll out the pastry dough and cut out 24 circles using a 4-inch cookie cutter. Fit the pastry circles into the foil cupcake liners and place on cupcake pan.

Whisk the eggs, whipped cream, vanilla, sugar, and milk together. Stir in the pot over low heat until sugar dissolves. Make sure not to boil the mixture. Strain the egg mixture into a large measuring cup through a fine sieve. Carefully pour into tart shells, filling to just below the rim.

Bake at 400°F for 10-15 minutes until the edges are lightly brown. Please keep an eye on the tarts as they are baking. As soon as the custard starts to puff and once the edges start to brown, reduce the heat to 350°F. Bake for another 10-15 minutes or until the custard is done. You can test the filling by inserting a toothpick into the custard, if it can stand on its own, it's done.





India

## Curry Puffs

Shared by Supriya Sukasi | Department of Revenue

3 tablespoons vegetable oil  
1 large onion, finely  
chopped  
3 cloves garlic, minced  
½ teaspoon ginger minced  
1 pound ground beef,  
chicken, or turkey  
2 medium potatoes, peeled  
and diced  
2 tablespoons curry powder  
¼ teaspoon turmeric  
powder  
½ teaspoon cumin powder  
½ teaspoon coriander  
¼ teaspoon sugar  
¼ teaspoon black pepper  
1 teaspoon salt  
1 tablespoon cornstarch  
2 sheets of puff pastry  
finely chopped cilantro

Egg wash: 1 egg beaten  
with 1 tablespoon water

*Curry Puffs are my favorite snack. My Mom used to make the pastry dough from scratch in a half-moon shape, some here call them empanadas. I use readymade puff pastry and make them in a triangle shape. It is an easy and very delicious appetizer. You can eat any time of the day. My kids love it especially when their friends come over or any get-together parties we have. I make veg and non-veg curry puffs. Instead of meat I add potatoes, carrots and peas. I still remember sitting with my mom in the kitchen and folding the dough and now my kids help me fold them.*

Make the filling. Heat oil in a pan over medium heat. Add the chopped onions and sauté for 3 to 4 minutes. Add ginger and garlic paste and sauté for 2 minutes. Add the curry powder, black pepper, coriander, and turmeric and cumin powder and briskly stir. Cook for one minute until fragrant. Add the choice of your meat or veggies, breaking up to finely mince as it cooks for 3 to 4 minutes.

Add the cubed potatoes and salt into the pan. Reduce the heat to medium-low and simmer the mixture for 20 minutes until the potatoes are cooked through. Remove from heat and let cool for at least 20 to 25 minutes. Add sugar and salt to taste and add cilantro.

Remove sheets of puff pastry out of the freezer and leave them on the kitchen counter to defrost for about 10 minutes. Preheat the oven to 350 °F. Line two baking trays with parchment paper. Make egg wash. Add one egg and ½ teaspoon water in a bowl, mix it, and keep aside.

Take one piece of puff pastry and cut it into four equal squares. Put a generous tablespoonful of the meat mixture into the center of each square, and then brush the edges with some of the egg. Fold each square over the filling to make a triangle, and press the edges completely shut using a fork to close the seal. Lay on prepared baking sheet. Repeat with remaining puff pastry and filling. Brush the puffs' exteriors with the remaining egg. Bake for 20 to 25 minutes or until golden brown.

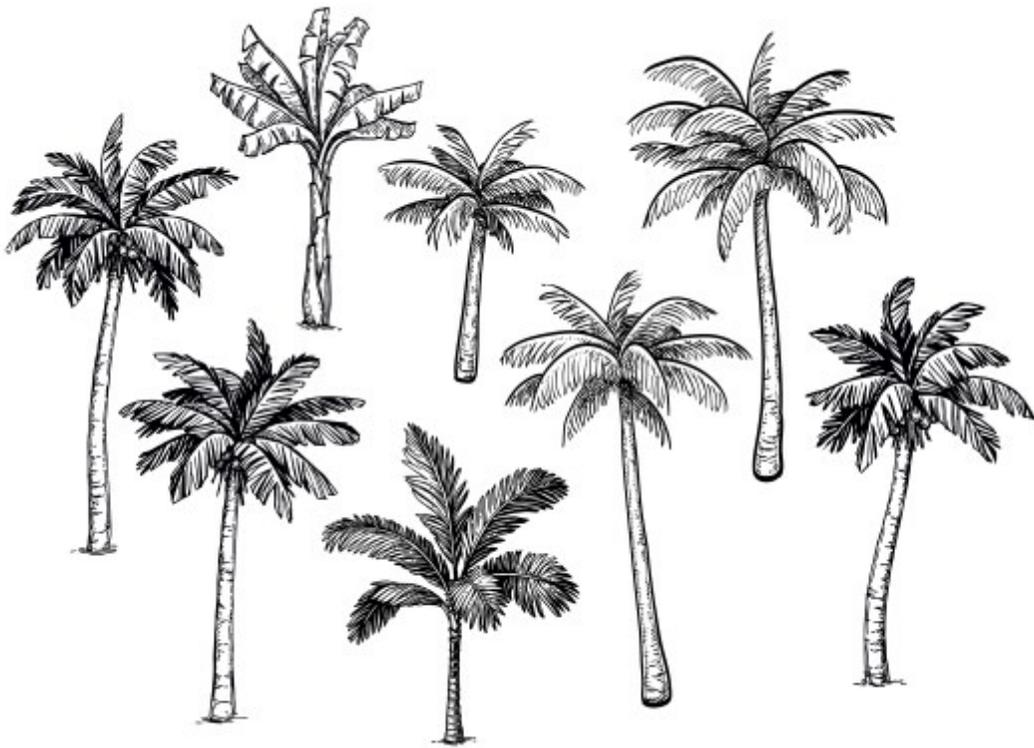
Cool on tray for 1 minute and then remove to racks to cool further. If preferred, you can serve them piping hot straight from the oven.

### Tip!

These pastries keep well overnight once they're stuffed, but the key to success is to have a very dry filling that also must be totally cold before stuffing the pastries. Enjoy!

# Caribbean

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**Puerto Rico**

## **Pink Beans (Habichuelas Rosadas)**

**Shared by Victor Andino | Department of Health  
& Latino Leadership Network Business Resource Group**

1 tablespoon olive oil  
½ cup yellow onion,  
chopped small  
½ cup bell pepper, chopped  
small  
2-3 cloves garlic, finely  
chopped  
½ teaspoon ground  
coriander  
½ teaspoon ground cumin  
½ tablespoon Italian  
seasoning  
¼ teaspoon black pepper  
¼ teaspoon turmeric or  
saffron, or sazón (a spice  
blend)  
1 can of pink beans (pinto  
or kidney)  
¾ cup water or broth  
(chicken or vegetable broth,  
or ½ teaspoon bouillon  
paste or cube)  
¼ cup tomato sauce  
2 tablespoons recaito  
(optional)  
3 green olives (optional)  
Roughly 2 tablespoons fresh  
cilantro, chopped

*Growing up, this was our staple dish served multiple nights per week with white rice and alternating types of meat. My mom would alternate between pink beans, pinto beans, and kidney beans, small, red, dark red, whatever. The “secret sauce” is when you carefully watch as the liquid simmers and reaches the perfect level of flavor and thickness. Some people like it watery so you can spread it generously over the rice. Others want it paste-like so the beans almost clump together. If it seems too salty, adjust or eliminate the salt and bouillon.*

Heat olive oil in a medium pot, on medium heat. Add chopped onion, bell pepper, and garlic to the oil and sauté for five minutes, stirring occasionally.

Add all the spices and cook for 30 seconds and stir, then add beans, tomato sauce, water/broth/bouillon, recaito, and olives. Bring to a boil then reduce heat to low and simmer for 10 minutes. Taste and add water and spices to reach your desired flavor and thickness.

Add chopped cilantro and serve with rice. Garnish with fresh avocado, sliced or diced.





## **Green Bananas and Chicken Gizzards in Escabeche Sauce (Guineítos En Escabeche Con Mollejitas)**

### **Part A**

Bunch of 7 to 10 green bananas  
enough water to cook bananas  
1 tablespoon salt

It is important that these be green bananas with no gas. They are difficult to find, but you can check some ethnic stores that have fresh Asian, Latino, and Pacific Islander produce and ensure that you get green bananas with no gas. The green bananas must be firm. If the skin feels a bit soft or is yellowish, they will not cook properly and will be mushy and bitter (not sweet as raw, ripe bananas.)

Shared by Director J. Manny Santiago | LGBTQ Commission

*Green bananas, or guineosas as we know them in Puerto Rico, are a staple of Puerto Rican cuisine. Guineítos en escabeche are present at every holiday party from weddings to birthdays to quinceañeros. They are usually served either as a side dish or appetizer. Growing up, my mom was always asked to be the one who brought the guineítos because apparently, she had the best recipe for them. I learned cooking from my mom, and I have been adapting her recipes to my own taste and palate. I have added bell peppers to my guineítos, as well as a pinch of sugar to make them less acidic. Traditionally, guineítos en escabeche have chicken gizzards, and that is how I prefer them, although my spouse has not learned to love them yet! (I am working on it...)*



*Mom's famous guineítos en escabeche as a complement to rice and beans.*

*This recipe brings me memories of my life in the farm where I grew up and where green bananas as well as many other fresh fruits and vegetables were readily available. My parents still send me green bananas from our farm every now and then. It is extremely difficult to find them in Washington, as not many cultures eat unripe bananas. It is also unfortunate that most of the time, the "green" bananas we find here are already with the gas that pushes them to ripen faster. So every time I come across a really green bunch, I snatch it and cook this dish to bring back memories of my childhood and the many times my sister, dad, and I helped mom cook mountains of this for family and church parties.*

### **Part A**

Start boiling the water with salt to cook the green bananas. Peel the green bananas: cut the tips on each side and make an incision on the skin from one side to the other. Start carefully peeling with the help of the knife. Green bananas do not peel like ripe bananas. You will need the help of the knife to remove the skin from the pulpy interior, being careful not to cut the banana as you peel it.

*(continued on next page)*

## Guineítos En Escabeche Con Mollejas

*(continued)*

**Part B** (you can omit this part if prefer vegan option)

1 pound chicken gizzards

2 tablespoons white

vinegar

1 teaspoon salt

enough water to cook

gizzards

**Part C** (for escabeche sauce)

2 or 3 cloves of garlic

1 medium yellow onion

1 green bell pepper

1 red bell pepper

¼ cup of pimento stuffed

olives

4-5 bay leaves

½ tablespoon white

vinegar

¾ cup of olive oil

1 teaspoon freshly ground

black pepper

1 teaspoon granulated

sugar (optional)

Cut the green bananas into half pieces and place in boiling water.

Cook for about 20 to 30 minutes. The bananas should be soft but firm.

(If they are ripe, they will be very mushy and soft, and they will taste bitter.)

Drain the cooked green bananas and put aside.

**Part B**

Trim the gizzards and cut into half-inch pieces.

Boil water with vinegar and salt.

Cook gizzards until soft, for about 25-35 minutes. (You can use a pressure cooker for faster cooking.)

Drain the gizzards and add to cooked green bananas.

**Part C**

Julienne the onion and bell peppers.

Chop the garlic gloves.

Place oil, vinegar, onion, bell peppers, bay leaves, garlic, olives, and black pepper in a medium saucepan on medium heat until onions are tender but not cooked all the way through (they should look clear and shiny.) You can taste and add the sugar if the sauce is too bitter.

Pour this mixture on the cooked green bananas and gizzards and mix well.

You can eat this hot or cold.



*Banana trees at my parents' home in the mountains of Puerto Rico.*



**Puerto Rico**

## Fried Plantains (Platanos, aka Tostones)

Shared by Victor Andino | Department of Health  
& Latino Leadership Network Business Resource Group

Plantains/green  
bananas  
¼ cup vegetable oil  
Salt  
Pepper  
Garlic powder  
Cumin powder

*Living in the Northwest I don't have as many opportunities to connect with my Puerto Rican culture as I did when growing up in the Northeast. Meals have definitely been a reliable source of connection, even something as simple as a tasty snack. I enjoyed eating crispy green bananas (plantains/platanos) growing up, now when I make them for my family they get gobbled up quickly.*

You can find these green bananas at most grocery stores. They are much larger and harder to the touch than yellow bananas. For crispy plantains you want to select the greenest bananas. If you don't cook your plantain within 2 to 3 days, it becomes yellow or spotted as it ripens and the fruit is softer and sweeter. You can still follow these instructions to make yellow plantains, which we would call maduros, but the texture is more mushy.



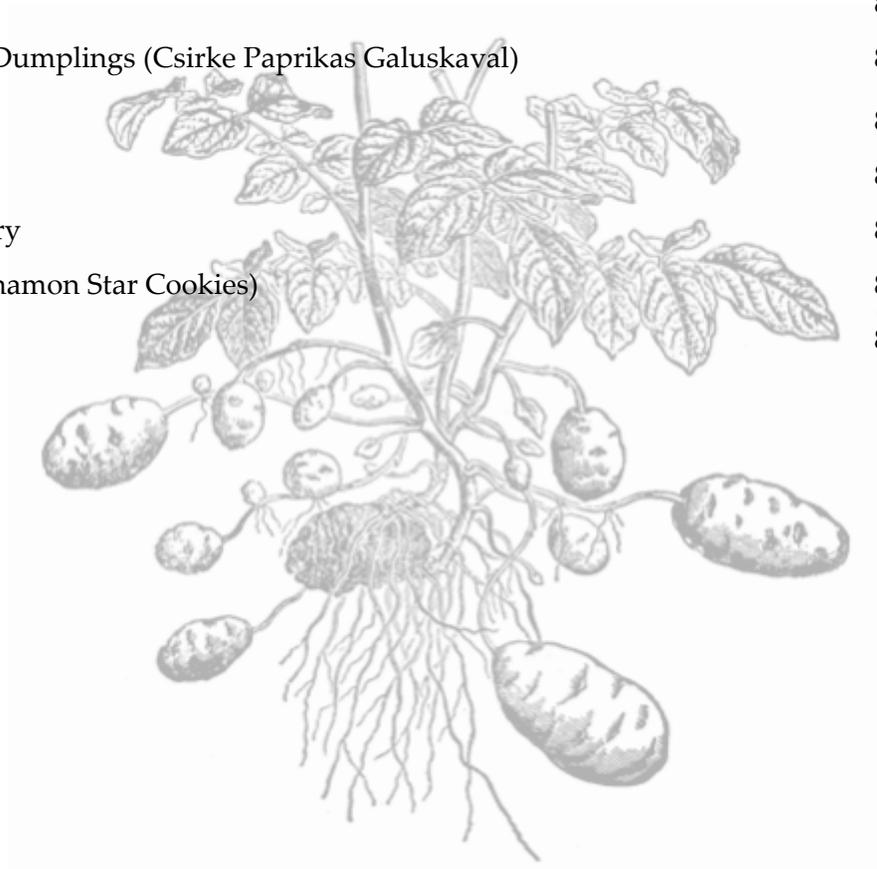
Trim off the ends of the banana and throw away. Cut the plantain in thirds and let soak covered in a bowl of water for 5 to 10 minutes. This will make it much easier to remove the hard peel. Begin heating your cooking oil at medium in a 10-inch non-stick frying pan. After the plantain pieces have soaked, trim away the hard peel and dab dry with a paper towel. Slice the plantains roughly into 1-inch coins. Place one sliced plantain into the oil to test the temperature. When small bubbles start to form around the plantain piece you can add the rest of your pieces.

Fry the plantain coins for about 5 minutes, turning them after 2 to 3 minutes. As they cook, prepare a plate and paper towels to move your fried plantains onto. When your plantains are a deep golden color, turn off the oil and move them to the plate. Using the flat bottom of a cup or glass, press down on each plantain to flatten them. While the outside of the plantain has gotten crispy, the dense inside hasn't cooked yet so want to push down on the plantain to make it thinner. Once you have flattened all your plantains, reheat the oil to medium and refry each plantain. You likely won't be able to fit them all this time, now that they are wider, so work in batches.

Once each plantain has reached that golden color, drain on paper towels. Season plantains with your preferred amounts of salt, pepper, garlic powder, and cumin. Experiment with other favorite spices, such as chili powder or paprika.

# Europe

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6 eggs  
6 egg whites  
Turkey sausage or bacon  
(fried and crumbled)  
2 ounces feta cheese  
½ cup kalamata olives  
¼ cup chives (finely  
chopped)  
garlic powder, salt or Cajun  
spices to taste  
salt  
sprayable oil such as  
avocado oil



### Dough

Flour - enough to knead a  
soft bread dough, so it does  
not stick to the sides of the  
mixing bowl  
1 glass of warm water  
1 tablespoon honey  
1 tablespoon dry yeast  
1 teaspoon salt  
2-3 tablespoons of oil or  
butter  
1 egg (optional)

### Topping

1/2 cup butter  
4-5 tablespoons of flour  
1 teaspoon salt  
powdered sugar to sprinkle  
on top

## Egg Puffs

Makes 12 egg puffs

Shared by Heidi Helsley | Washington State Department of Health

*A common belief among German-Americans is "Breakfast is the most important meal of the day." This recipe makes having breakfast easy throughout the week.*

Preheat oven 350°F. Spray oil into muffin tin cups. Layer crumbled meat, feta cheese, kalamata olives and chives in each muffin tin cup. Beat eggs and egg whites together and pour over layered ingredients in the muffin tin cup, filling each one a little over half-way. Sprinkle a pinch of seasonings on top of each mixture. Place in oven for 20 to 30 minutes. Store in an airtight container and enjoy the rest throughout the week for breakfast. Just reheat at 350 degrees until warm.

## Milinki

Shared by Rumyana Kudeva | Spokane Regional School District

*This dish is from Sliven, Bulgaria. We grew up with it. Every bakery in town would make them and people would go early in the morning to get freshly baked ones. It smelled divine. Now we are raising our boys with them and often make them for breakfast or even dinner on the weekends.*

Mix the honey in the warm water and add the yeast. Let it rise and add to a mixing bowl with the flour, oil/butter, salt, and egg (if you decide to add one). Use a stand mixer to mix the ingredients and knead into a soft dough. You can do that by hand as well. You may need to add additional flour, so the dough does not stick to the sides of the mixing bowl. Once ready, cover it and let it rise.

Once the dough rises, create small balls with your hands and place them next to each other in a pan. I use a round pan, 16-inches in diameter, but you can use what works best for you. Make sure you grease the bottom of the pan so that the Milinki does not stick to it. Bake at 390-400°F.

While the dough bakes, make the topping. Mix the flour with the salt and the butter to create a paste and brown it in a small pan on the stove top.

Once the Milinki are lightly brown/cream color, take them out of the oven and cover them with the topping. Return the Milinki to the oven and bake them for another 5-10 min or until the dough is fully baked. Take them out of the oven and, while still warm, sprinkle powdered sugar on top.



Leftover cooked russet  
potatoes, peeled and mashed  
Flour  
Butter  
Brown sugar

## Lefse

Shared by Erika Redzinak | Department of Transportation

*I come from a Norwegian background and remember back when I was a kid that my grandma would use the leftover potatoes from either Thanksgiving or Christmas to make lefse. When she put the leftover potatoes in the fridge after our holiday meals, I always got excited because I knew what she was going to make the next day and she would let me help her. To this day, I try to make enough potatoes to have leftover to make lefse.*

To start, it is best to use leftover peeled and mashed russet potatoes. These potatoes are hardy and make a nice ball.

For each 2 cups of mashed potatoes, add 1 cup of flour.

Mix with hands and make into rolls about 3 inches in diameter. Place in a dish or bowl.

Place in fridge; take out one at a time.

Lightly flour a cutting board or countertop and roll out each piece of dough like a pie crust, but much thinner (thick enough to pick up without falling apart). Use flour sparingly to keep lefse from sticking to the rolling pin.

After the dough is rolled out, cut the lefse with a knife into smaller pieces; about the size of a slice of cheese or slightly bigger.

Turn stove burner on low to medium.

Use a flat pancake griddle or big, shallow pan to cook the lefse.

Turn lefse over only once (both sides should have light brown spots).

After cooking your batch, wrap in a cotton towel to keep from drying out and to stay warm.

Once done cooking, add a little bit of butter (like spreading butter on a piece of toast), and a tablespoon or less of brown sugar, to your tastes. Roll into a small burrito and enjoy!



Germany

## Stollen (Grandma Hilde's)

Recipe by Grandma Hilde shared by Debi Freudenthal

1 cup sugar (plus  $\frac{1}{4}$  cup for filling)

1 tablespoon salt

2 cakes yeast

2 quarts flour

4 eggs

1 pound butter, softened

$\frac{3}{4}$  pound raisins or Craisins

$\frac{1}{2}$  pound almonds

$\frac{1}{8}$  tablespoon nutmeg

$\frac{1}{2}$  teaspoon cinnamon

Grated rind of lemon

Optional: plain or cream

cheese or lemon Icing

(recipe not included)

Scald milk and add sugar and salt. Let sit. When liquid is lukewarm, add yeast and let it stand 5 minutes.

Add 3 cups of flour and beat well. Cover and let it rise in a warm place until it doubles in size (about 1 hour). Add unbeaten eggs one at a time, beating thoroughly after each addition. Then add softened butter with the rest of the ingredients and the remainder of the flour. Knead for 10 minutes and place in a bowl. Cover and let rise until double in bulk (about 90 minutes).

Toss dough on floured board and divide into two or three loaves. Knead each loaf and roll slightly. Brush top with melted butter and sprinkle lightly with chopped almonds and  $\frac{1}{4}$  c. sugar and cinnamon. Press down center and fold into long loaf. Pour melted better on top. Let rise again to double its bulk.

Bake in a moderate oven 350°F for 45 minutes. Optional: when cooled, decorate with icing.



Milinki



Stollen



Armenia

## Armenian Potato Salad

Shared by Mireille Takajian

2 pounds of potatoes  
3 eggs (hard boiled)  
1 medium onion, or 1 bunch  
of green onions or  
combination of both  
1 bunch parsley - chopped  
3-4 tablespoons dry mint or  
1 bunch fresh mint  
(optional)  
salt, pepper and Aleppo  
peppers or Korean red  
pepper flakes  
lemon Juice and olive oil, to  
taste

*This reminds me of summer days at grandma's visiting Lebanon served with some kind of grilled meat on the side. She always made this and set it up like a picnic in the play area.*

Boil the potatoes in salted water until tender. Cool, peel and dice.

In a salad bowl combine potatoes with hard boiled eggs and onions, Parsley and mint, add the seasoning and toss with the lemon juice and olive oil.

Potatoes absorb the dressing, before serving adjust the lemon and oil.



### Can You Substitute Chives for Green Onions?

Chives are considered an herb. Due to their mild flavor, they are more likely consumed as a substitute for green onions or garnish in Western cuisine. Unlike in Western cuisine, Chives are more widely treated as the main ingredient for a variety of recipes in Asian cuisine. For example, chive pancakes, stir fry, salads, pickles are easily found on their table daily. You can find chives at a lower price in local Asian grocery stores compared to regular grocery stores.

[Taste of Home: Chives vs. Green Onions](#)

[Bon Appetit: Best Uses for Chives](#)





## Pink Russian Beet Salad

Shared by Meryl Lassen | Washington State Parks & Recreation Commission

*Between 1988 and 1992, I spent 3 years in my grandparents' homeland, Russia/Belarus/Ukraine (then USSR). During the fall of the Soviet Union in 1991-92, the food distribution system fell apart, so we ate what we had in the fridge or root-veggie storage. It was the first time I'd gone hungry. For a couple weeks, it came down to rationed cookies and root vegetables with mayo. Right before New Years, seeing I had a couple beets, some mayo and garlic left, I went to the Central Asian market and spent about 10 days salary on imported walnuts and cheese. When I came back to the states in 1992, it became a potluck favorite.*

- 2 big beets
- 1/3 cup mayonnaise or sour cream
- 1/3 cup chopped walnuts to taste
- 1/3 cup shredded cheese
- Garlic to taste (2 to 4 cloves)
- Can also use veganise or soy sour cream and vegan cheese

Boil, peel, and shred 2 big beets. (Canned shredded beets don't do this recipe justice. If you get the little cooked beets from Trader Joes, you'll use the whole package.)

Mix in mayo, sour cream, or vegan option.  
Grate the cheese and mix in.  
Chop walnuts or buy them chopped.

Crush garlic or use frozen pre-crushed garlic (crushed garlic in a jar also doesn't do this recipe justice).

Adjust quantities to taste (more beets will make it sweeter, more mayo/sour cream/cheese will make it creamier, more nuts will make it meatier and more garlic will scare off the vampires).



## Italian Cucumbers

Shared by Julia Migluri recipe shared by Hannah Schweiter

*My great grandmother would make this recipe often and it was a snack to be shared at the start of a party or a large family gathering. I haven't encountered anything like this dish outside of my family. It is a dish tied to my family's Italian roots and traditions.*

- 1 cucumber, sliced
- 1 cup vinegar
- 1 cup oil
- 1/2 cup sugar
- Salt and pepper to taste

Mix cucumber, vinegar, and oil in a medium bowl. Mix in sugar until it is well distributed throughout. Salt and pepper to taste. Then refrigerate for at least an hour. Serve and enjoy.



## Rigatoni Vino Vino

Shared by Taylor Hutchinson

1 pound of dried/  
homemade rigatoni  
1 jar of Beekman 1802 Vino  
Vino sauce (or your favorite  
red wine pasta sauce)  
2 teaspoons garlic  
extra virgin olive oil (or 1  
teaspoon olive oil + 1  
teaspoon crushed garlic)  
3 cups vegan shredded  
cheese (e.g., cheddar, colby  
jack, or even better, a  
combo)  
3 cups panko breadcrumbs  
Salt and pepper, to taste

*I will admit to a curious habit regarding cooking: I am excellent at storing recipes in my head but not the best at writing them down. The best recipes of course live in head, heart, soul and belly.*

*I have been making this one for a while and just recently wrote it down so I could pass it on to a friend. I also recently decided to make good on a promise I made to myself a while ago, which is to go vegan For Real. (now a confirmed New Year's resolution \*fingers crossed\*).*

*It's called Vino Vino because of the original sauce I used, which you can buy online, but as you will see, just about any good quality -- even homemade! -- red wine sauce will do the job nicely.*

*For the record: there is no picture right now...because there isn't anything left to photograph! We ate it all. Bacon the resident feline is over there burping in the corner and Looking Impossibly Handsome and Guilty.)*

Boil rigatoni according to package directions. Add the garlic extra virgin olive oil to the pasta water while it is cooking. Drain the pasta in a colander and shake it a little to get out all the water. Put your boiled pasta in a medium/large mixing bowl and then pour the entire jar of Vino Vino sauce over it.

To create the crunchy cheesy topping, combine all the ingredients in a bowl, crumbs and seasoning first, then the cheese. Stir well with your spatula or clean fingers. Pour topping generously over the pasta and spread it out evenly.

Bake at 350°F in the oven, in a 9x13 nonstick pan, until bubbly and crunchy. This usually takes 15-20 minutes. Serve warm. Also: When your fur kiddos start stalking the oven (more than usual), it's probably ready!



- 1 pound ziti pasta
- 2 tablespoon olive oil
- 4 cloves garlic, pressed
- 1 medium yellow onion, diced
- 1 pound ground beef
- 1 pound mild Italian sausage
- 5 cups marinara sauce
- 1 teaspoon Italian seasoning
- 1 teaspoon kosher salt
- 2 cups shredded mozzarella cheese, divided
- 1 cup whole milk ricotta cheese
- 1/2 cup grated parmesan cheese, divided
- 3 tablespoons chopped fresh parsley, divided
- 1/4 teaspoon black pepper
- 2 large eggs

## Yummy Baked Ziti

Shared by Meagan Lott

*This easy recipe has all the delicious layers of your favorite Italian dish. Perfect crowd pleaser, you'll love the hearty sauce and cheesy filling. I love making this for friends and family who may need a night off from cooking. It's a complete meal by itself or pair it with a nice Caesar salad and garlic bread. It's also large enough for leftovers or put it in the freezer for a quick dinner later in the month.*

Cook ziti pasta according to package directions. Once cooked, drain, and set aside.

While pasta is cooking, heat a large skillet with olive oil over medium high heat. Sauté garlic and onions in hot skillet for 2 minutes. Add beef and sausage and continue cooking until browned. Drain off excess fat and return meat to the skillet.

Add marinara sauce to the skillet. Use your favorite pasta sauce or make your own. Add Italian seasoning, salt, and red pepper flakes. Simmer on low heat until pasta noodles are done cooking. When noodles are done cooking, add half of the meat sauce to the noodles. Reserve the remaining sauce for layering.

In a small mixing bowl, combine 1 cup of the shredded mozzarella cheese, ricotta cheese, 1/4 cup of the grated parmesan cheese, 2 tablespoons of parsley, pepper, and eggs. Mix until combined.

Assemble the baked ziti in a 13x9 baking dish. First pour in half of the meat covered noodles in the bottom. Dollop half of the cheese mixture over the top, spreading evenly, followed by 1/2 cup of shredded mozzarella cheese and half of the reserved meat sauce.

Repeat with the remaining pasta noodles, cheese mixture, meat sauce. Top with the remaining 1/2 cup of mozzarella cheese and the remaining 1/4 cup of grated parmesan.

Bake uncovered in oven at 375°F for 20 to 25 minutes, until bubbly and cheese is melted. Remove from oven and top with 1 tablespoons of fresh parsley.

Serve hot and enjoy.





## Chicken Paprikash with Dumplings (Csirke Paprikas Galuskaval)

### Chicken

- 1/4 cup butter or margarine
- 3 tablespoons salad oil
- 10-12 chicken thighs
- 2 large onions, sliced or chopped
- 2 tablespoons paprika
- 3 tablespoons flour
- 1 tablespoon catsup
- 1 1/2 teaspoons salt
- 1/4 teaspoon celery salt
- 1/4 teaspoon pepper
- 2 cups chicken broth
- 1/2 cup sour cream

### Dumplings

- 2 1/3 cups flour
- 1 teaspoon salt
- 1 slightly beaten egg
- 1 cup water
- oil and butter

Recipe by Rosalie Nemeth Babos shared by Joanne Bradley/Joan Tarkin

*My great-grandmother Rosalie Nemeth Babos brought this recipe with her to America from Hungary. Serving it has become a family tradition.*

### For the chicken

Heat half the butter and oil in a large heavy skillet or Dutch oven. Brown a few pieces of chicken at a time until golden, adding more butter and oil as needed. Remove chicken as it browns.

In the same skillet, sauté onions for 5 minutes. Add paprika and cook for one minute. Remove from heat. Stir in flour, catsup, salt, pepper, and celery salt. Gradually add chicken broth; bring to boiling point, stirring. Reduce heat; simmer covered 10 minutes.

Add browned chicken; simmer covered 35 to 40 minutes, or until chicken is tender.

Remove chicken to heated platter. Stir sour cream into sauce; heat gently, stirring. Do not boil. Pour some sauce over the chicken and pour the rest into a bowl. Serve over dumplings or noodles.

### For the dumplings

Bring 3 quarts of water to boil. In another bowl, combine the egg and water.

Sift together flour and salt. Make a well in the flour and dump liquid in well, mix. Scrape dough off the tip of a teaspoon into the boiling water. Remove the dumplings as they rise to the surface.

Optional: Fry the boiled dumplings in oil and butter allowing the bottoms to crisp.





German

## Beef Rouladen

Shared by Diana Thieme | Department of Health

*My parents and sister immigrated to USA from Germany in the mid 60's. I'm the first American born in my immediate family; thus, I was raised immersed in the German culture. Rouladen is served with potato dumplings and cooked red cabbage. It is often eaten for Christmas in German households. This meal reminds me of many holiday celebrations with my family. I have learned how to cook this meal, so I can continue the tradition. I hope that I can pass on this tradition for many of my family generations to come.*

2 1/2 pounds lean high quality beef round steak, cut into eight equal rectangular sections and pounded flat  
8 tablespoons yellow mustard  
salt and pepper, to taste  
4 slices bacon, chopped  
1/2 cup white onion, chopped  
1/4 cup dill pickle, finely chopped (may use dill relish)  
1/4 cup oil, for frying  
3 1/2 cups hot water, to cover (or hot beef broth)  
1 bay leaf  
1/3 cup flour  
1/4 cup fresh parsley, minced (for serving)  
wooden toothpick (or may use cooking twine or white thread for securing roulade)

Spread 1 tablespoon mustard evenly on one side of each pounded steak. Sprinkle salt and pepper over mustard. Evenly sprinkle chopped bacon, onion, and pickles over mustard side of each steak. Roll up firmly jelly roll fashion (with filling to inside, starting at narrow end), and secure each rouladen shut (so filling stays in) with wooden toothpicks, cooking twine, or white sewing thread.

In a large Dutch oven, heat the cooking oil over medium-high heat. When hot, carefully add the rouladen rolls. Fry until nicely browned, turning once (about 7 minutes per side). Add enough hot water or broth to almost cover the rouladen. Add bay leaf. Increase heat to high and bring to a boil. Cover and reduce heat to low.

Simmer, covered, for 1 1/2 hours on low heat, checking once halfway through to give a stir and see that meat is covered with sufficient liquid (you may add a little hot water at this point, if necessary). With a large, slotted spoon, carefully remove the rouladen from the hot broth to an oven-proof dish; cover with foil and keep warm in the oven while making the gravy.

Using a large, slotted spoon, carefully place the rouladen into the hot gravy; cover and warm through for a few minutes.

### Gravy

Add the flour to 1 cup of water in a large measuring cup, whisking briskly with a fork to blend. Pour the flour mixture all at once into the hot broth, using a wire whisk to blend. Use a wooden spoon to scrape up any brown bits from the bottom of the pan and stir them into the gravy. Increase heat to medium-high, and bring gravy mixture to a boil, whisking constantly. Continue to whisk and boil for two to three minutes, until gravy thickens. Reduce heat to low and remove the bay leaf. Adjust seasoning to taste.



Scotland

## Haggis

Shared by Jacob Towle | Rainbow Alliance and Inclusion Network  
Business Resource Group

1-2 adult sheep's pluck  
(heart, liver and lungs)  
1 pound beef suet  
4 good-sized raw onions  
12 small onions peeled and  
scalded twice in boiling  
water  
1 pint of oatmeal roasted in  
the oven at 150 degrees  
Celsius for two hours  
black pepper (to taste)  
salt (to taste)  
Cayenne pepper

*It's been a while since Grandma Prudence Towle made a Haggis meal, but I fondly remember having it at her Minnesota home in wintertime with mashed potatoes and mashed rutabaga with sour cream. As a kid, I remember the haggis being a bit gritty, but tasty,*

1 (or 2) well-cleaned sheep stomachs, soaked in salt water for several hours (the stomachs are known as haggis bags). The bag should not have any weaknesses or thin parts otherwise it will burst. Some cooks prefer to use two stomachs, one inside the other, to prevent this.

1/2 pint beef gravy

Juice squeezed from one lemon  
(optional)

A large pot of boiling water



### To make the meat

Clean the pluck thoroughly. Make incisions in the heart and liver to allow the blood to flow out. Parboil the whole pluck, letting the windpipe lie over the side of the pot to allow liquids such as the blood to leave the lungs. After a few minutes boiling, replace the water with fresh water. Boil for an hour. Remove the pluck and cut off half of the liver. Continue boiling this until it is hard enough to be grated easily. Take the heart, the other half of the liver and part of the lungs and trim to remove skins and black-looking parts. Mince and combine with the beef-suet and onions. Grate the remaining half of the liver and add to the mince. Spread the mince out on a chopping board and spread the oatmeal over the top of it along with the black pepper, salt, and cayenne pepper to taste. Mix well.

### To stuff the haggis bags

Bring a large pot of water to a gentle boil. Put the meat into the haggis bag and pour in the beef gravy and (optionally) lemon juice. Do not overfill the bag, or it could burst. Allow not quite half of the bag for the meat to swell into. Squeeze out the air and sew the haggis bag closed. Place the haggis into the gently boiling water. The haggis will begin to swell. When it does this, prick it all over with a large needle to prevent bursting. Boil the haggis gently for 3 hours. Serve.



## Gustavus Adolphus Pastry

Shared by Isaac Becker

### Cream filling

- 2 cups half-and-half
- 5 egg yolks
- 3 tablespoons cornstarch
- ½ cup sugar
- pinch of salt
- 4 tablespoons unsalted butter, cold
- 1 teaspoon vanilla extract

### Cake pastry

- 2 boxes prepared cake mix (typically white cake)
- 1 can prepared frosting or homemade buttercream frosting

### Topping

- 1 pound marzipan or almond paste
- 3 to 4 drops food coloring (color of your choice)

*This pastry is traditionally prepared for Gustavus Adolphus day (November 6th) in Sweden. Gustavus Adolphus day celebrates Gustavus Adolphus The Great, who was king of Sweden from 1611 – 1632. The Gustavus Adolphus pastry is not well standardized, therefore recipes tend to widely vary. One common theme among them though is a candied portrait of the king placed on top of the pastry.*

### For the cream filling

In a large saucepan bring half-and-half to a simmer over medium-high heat. In a separate bowl, whisk together egg yolks, tablespoons of cornstarch, sugar, and salt.

Slowly whisk in the mixed ingredients from the bowl into the saucepan. Bring back to a simmer and continue to stir the mixture until it has thickened somewhat. Grab a cutting board and dice cold butter into small pieces.

Remove the saucepan from the heat. Add the butter and vanilla to the saucepan. Mix well. Transfer to a large bowl and let cool. Cover and refrigerate for a minimum of 5 hours, but ideally overnight.

### For the cake pastry

Use your favorite cake mix (traditionally, white cake) and follow the instructions on the box. Bake in two 8-inch round cake pans. Once baked and cooled, spread the cream filling over the bottom round, place top round atop the bottom round. Remaining cream filling can be placed on top of the cake pastry. Using your preferred frosting, spread frosting over the remaining exposed cake.

### For the portrait

Mix about 1 pound marzipan or almond paste and 3 to 4 drops food coloring together so that the marzipan is workable. Adjust ratios until it is at desired color and consistency.

After all other aspects of the pastry have been completed and using a picture of the king as a guide, spread the marzipan mixture over the top of the cake in such a way as to give the king an elegant and noble appearance.



German

## Zimtsterne (German Cinnamon Star Cookies)

Shared by Allison Rice | State Department of Transportation

3 egg whites  
1/8 teaspoon salt  
1½ cups plus  
2 tablespoons confectioner's  
sugar  
2 ¼ to 3 cups ground raw  
almonds  
2 teaspoons ground  
cinnamon

*The first time I had these German Christmas cookies (Plätzchen) was in my friend's kitchen in Bavaria. It was the first Christmas I had ever spent away from home and I was lucky enough to be able to bake and spend the holidays with Mariele and her family. Every time I make them I think of my friend and how she helped me bake cookies for myself and to send home to my family for that Christmas. I'm lucky to still be in contact with her often and am hoping to visit her soon!*

Put egg whites in a bowl and with a whisk attachment on a hand or stand mixer, whisk on medium high. In another bowl, mix the salt together with the confectioner's sugar. Adding the sugar salt combination, a spoonful at a time to the egg whites, whisking for about 7 minutes, or until the egg whites are glossy and stiff. Set aside ¾ cup of the mixture.

Fold in 2 ¼ cups of almonds to start, along with the cinnamon, into the majority of the egg whites. Add almonds until dough is firm and only a little sticky. Wrap in plastic and refrigerate for at least 30 minutes. Once chilled, roll out dough between two sheets of plastic wrap to ¼ inch thickness. Remove top layer of plastic and using a small star-shaped cutter, cut out cookies, dipping the cutter in cold water to keep it from sticking to the dough.

Place cut cookies on lined baking sheets and using the ¾ cup reserved egg whites, paint frosting onto cookies, using a spoon or toothpick. Leave cookies out for 12 to 24 hours to dry before baking.

Bake one sheet of cookies at a time on the lower rack of the oven at 350°F for 3 to 4 minutes, or until the meringue is set but still white.



## Old Family Cough Drink

Makes 1 to 1½ gallons

The McDonnell's Family shared by Jen McDonnell | Educational Service District

3 oranges  
 3 lemons  
 3 grapefruit  
 ¾ cup flax seed  
 2 pounds honey  
 6 to 8 large canning jars  
 water

*This is an old family recipe that came with the Stephenson family from Germany in the late 1800s, on my mother's side. It has worked for many generations. I remember my great grandmother making this when I was young.*

*This drink can be consumed cold or warm. Sip the drink. **Do not** drink too fast or it will have a laxative effect. Have 1 mug every 3 to 4 hours (from the time you get up until you go to bed for the night) for the first day, then every 6 hours until you are feeling better (usually 3 to 4 days). Then continue one more day. I took this during Covid-19 to get my taste back. I don't get sick very often, but every 4-5 years, I end up making this when someone has a bad cold/flu, or when lungs are congested.*

Wash all fruit with a fruit brush, cut them in half, squeeze fruit into a bowl, and set aside. Place fruit rinds in a large kettle and cover with about a gallon of water. Boil until rinds are transparent. Take the rinds out of the water and throw rinds away.

In another pan, add 6 cups water and flax seed. Bring to a boil. Strain seeds and throw water out. Put 6 cups of new water in the pan, place the cooked flax seeds in the new water and bring to a boil. Strain seeds again. This time save the water and throw out the seeds. (This water will have a film in it. This brings up the phlegm out of your lungs.)

Now add the squeezed fruit juice to the rind water in the kettle. If you don't like pulp, Strain the juice before adding it to the kettle. Add the flax seed water to the kettle. Add approximately 2 lbs of honey to taste. Simmer for 1 hour. Get sterilized canning jars ready. Put cough drink into jars and seal.

