


# Welcome to Our Table



A CULINARY GUIDE TO  
INCLUSIVE DIVERSITY  
AT INL

2020 Inaugural Edition





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**C**ooking. The process of taking raw food ingredients and turning them into a meal that nourishes our body and, often, our soul. An activity that is enjoyed around the world. A cultural common denominator that can both define us uniquely and bring us together when we break bread.

Many of our favorite memories are centered around food. These might be regional delicacies unique to where we grew up, family recipes passed down for generations, traditional holiday meals, or even simple snacks that remind of us of our childhood. When we share these recipes with others, we share a part of our identity.

At Idaho National Laboratory, we celebrate this spirit of multicultural togetherness. This book of recipes – gathered from INL employees – carries on this spirit. It celebrates the diversity of people and foods from throughout the world that have made their way to our laboratory. Inside you will find recipes from many countries and cultures, including some that were (until now) closely guarded family secrets. This book assembles a variety of food types from a wide array of cultures. They represent our unique experiences being shared with one another.

We encourage each of you to sample the recipes contained within. Give unfamiliar recipes a try, both to enrich your table and to better understand the diversity of cultures that make up our INL community and the wider world.

Enjoy!

Michelle Thiel Bingham and Curtis Smith, Ph.D.  
Co-Presidents, Multiculturals in Leadership



*Michelle Bingham  
and her mother*



*Curtis Smith's son*

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## Executive Inclusion Council Chairs

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The EIC is led by the laboratory director and deputy laboratory directors.



Chair

**Mark Peters, Ph.D.**

Former Laboratory Director



Co-chair

**Marianne Walck, Ph.D.**

Deputy Laboratory Director



Co-chair

**Juan Alvarez**

Deputy Laboratory Director

The Executive Inclusion Council's purpose is to assist INL in creating a culture of inclusion where everyone can maximize their fullest potential. We fulfill this obligation by partnering across the Laboratory to create solutions that augment employee engagement, enhance organizational performance, and drive inclusive diversity success.

This council helps to foster a culture of dignity and respect where differences are valued and understood, which enables us to maximize individual contributions to advance the laboratory's agenda.

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**J**daho National Laboratory staff members come from across the world. This incredible diversity improves our work and enriches our lives. Please enjoy these culinary contributions, and know we are grateful to all those who are here to help us achieve our goal of leaving future generations a world that is safer, cleaner, and more prosperous.

— *Mark Peters, Ph.D.*

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# Table of Contents

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<i>Breakfast</i> .....	<b>1</b>
Choereg (Armenian Bread) .....	2
Indian Fry Bread .....	3
Ciambelline al Vino (Mini Wine Doughnuts).....	4
Hootenanny.....	6
Kropau (Baked Pancake) .....	7
Nick Sentieri's Crusty Bread .....	8
Plānās Pankūkas (Crepes) .....	10
Potica (Slovenian Nut Roll).....	12
Texas Kolache.....	14
<i>Lunch/Dinner</i> .....	<b>15</b>
Cajun Seafood Gumbo .....	16
Five-Spice Marinated Beef .....	18
Frying-Pan Dinner .....	20
Las Milanesas .....	21
Carbonara.....	22
Pasta Puttanesca.....	23
Campfire Paella .....	24
Thai Red Chicken Curry .....	26
Tortilla de Patata .....	28
Pelēkie Zirņa ar Speķi (Grey Peas with Bacon Sauce) .....	29
Chili Rellenos de Chapa.....	30
Discada Tacos.....	31
Southern Meatloaf .....	32
Creamy Chicken Enchiladas.....	34
Rice Pilaf (plov) .....	36
Jumbalaya .....	38
Bulgogi (Korean Barbeque Beef) .....	40

---

# Table of Contents

---

Horseradish Soup.....	41
Serbian Sarma.....	42
Potato Latkes .....	45

## *Desserts*..... 47

Czech Kolacky Cookies.....	48
Galette des Rois .....	50
Brigadeiro.....	51
Medus Kūka (Honey Cake) .....	52
Pudim del Leite Condensado.....	54
Oatmeal Caramelitas.....	55
Baklava .....	56
Raisin Filled Cookies.....	59
Chocolate Yummy .....	60
Piparkūkas (Gingerbread Cookies).....	62
Fruit Cocktail Pudding Cake .....	64

## *Snacks/Sides* ..... 65

Mild Orange Drink.....	66
Rice Pilaf.....	67
Tomatillo Guacamole.....	68
Double ka Meettah .....	69
Speķa Pīrāgi (Bacon Rolls) .....	70
Rasols (Veggy Salad) .....	72
Spinach Bhajiya.....	74
Korean Cucumber Salad .....	76



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- Breads • Pancakes
  - Donuts • Crepes
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# *Breakfast*



## Choereg (Armenian Bread)

Curtis Smith (Jacquie Janibagian)

Armenia

**Bread – Breakfast – Lunch – Dinner – Dessert – Snack**

*This is an Armenian bread served during special holidays and family gatherings.*

### Ingredients:

- Mahlab spice (available on-line).
- 1 cup milk
- 1 cup butter
- 1½ package yeast
- ¼ cup warm water
- 3 large eggs
- ½ cup sugar
- 7 cups flour
- ½ tsp salt
- 1 tsp Mahlab spice (crushed to powder)
- 3 tbsp sesame seeds

### Directions:

1. Heat milk and melt butter in hot milk. Cool 5 minutes.
2. Dissolve yeast in the warm water.
3. Beat eggs in large bowl. Save 2 Tablespoons of the egg for later.
4. Add sugar to eggs and beat well. Add cooled milk and butter then mix well. Add yeast and mix well. Add 5 cups of flour and salt and Mahlab to make a soft dough. Knead for 2 minutes, adding up to 2 cups of flour, until the dough reaches a firm consistency. Knead for an additional minute.
5. Put dough in a large oiled bowl. Cover with waxed paper and damp towel. Let dough rise for 1½ hours.
6. Divide dough into two pieces. Cover each with a towel and let rest for 15 minutes.
7. Take each piece and divide in half four times to make 16 smaller pieces. Roll each piece into a pencil shape. Divide the piece into thirds, then braid loosely. Place onto greased cookie sheet. Cover with wax paper and towel. Let rise until doubled in size.
8. Brush each with the saved egg and sprinkle with sesame seeds.
9. Bake at 325° F for 20 minutes until golden brown.



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## Indian Fry Bread

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Serena Rolfe (Samie's Indian Fry Bread)  
Chehalis/Muckleshoot Tribes, Washington State  
**Good any time of day/with any meal**

*Indian fry bread is made every day to go with traditional native dishes.  
All ingredients easy to find.*

**Ingredients:**

- 4 cups flour
- 4 tsp sugar
- 3 tsp baking powder
- 1 tsp salt

**Directions:**

Mix dry ingredients in a bowl and make a well in the middle. Add milk little by little and mix until you have a workable dough. Pinch off a golf ball sized piece and stretch out to a scone-like shape. Fry in a pan with 1/4–to 1/2–inch of oil in the bottom on medium heat until golden brown on both sides/flip over when down side is browned. Vegetable oil or canola oil work best; olive oil doesn't work well.

Try using instead of a taco shell, and you have Indian tacos.

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## Ciambelline al Vino

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### (Mini Wine Doughnuts)

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Fidelma Giulia di Lemma (under direction of Mamma Fedelma Oconnell)  
Italy (Lazio, Marino countryside of Rome, Castelli Romani)

#### **Breakfast–Dessert–Snack**

*After dinner, suggested to dip in wine.*

*A cheap and easy recipe from the farmers around Rome. Legend says that in 1349, when the troupe of Cola di Rienzo besieged Marino, the Marinese sent these cookies, and Cola di Rienzo retreated.*

*Ingredients for 20 ciambelline*

#### **Ingredients:**

- 350 gr of flour
- 100 gr white sugar
- 100 ml vegetable oil (seed oil/sunflower seed)
- 100 ml wine (I like to use a light, cheap white wine)
- 1 teaspoon yeast
- sugar for garnishing

#### **Directions:**

1. In a large bowl, mix sugar, wine, and oil.
2. Add sieved flour, slowly continuing to mix.
3. Add yeast.
4. Continue to knead until you obtain a smooth dough.
5. Leave the rest under a dampened towel/rug for 10 minutes.
6. Turn on oven at 180° C (about 360° F).
7. Form snake of 1/2–inch diameter and 3 inches long.
8. Close in the form of a doughnut.
9. Sprinkle or roll in sugar.
10. Cook in oven on a tray with baking paper for 25 minutes until golden brown.

**Note:**

I noticed that in Idaho (maybe due to very dry environment), a little bit more wine is needed to avoid dough crumbles.



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## Hootenanny

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Myken Johnson

### **Breakfast**

*This was my grandmother's recipe.*

### **Ingredients:**

- 6 eggs
- 1 cube butter
- 1 cup flour
- 1 cup milk
- Dash of cream of tartar
- Dash of sugar
- Dash of salt

### **Directions:**

1. Pre-Heat Oven to 425° F.
2. In separate pan, melt the cube of butter.
3. In a mixing bowl, combine the rest of the ingredients
4. Pour melted cube of butter into a 9x13 glass baking dish.
5. Then pour mixture into glass backing dish.
6. Place in the preheated oven. Cook for 20-25 minutes.
7. Serve with syrup.

*Hootenanny is an Appalachian colloquialism that was used in the early 20th century U.S. as a placeholder name to refer to things whose names were forgotten or unknown.*

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## Kropsu (Baked Pancake)

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Jessica Dixon  
Finland  
**Breakfast**

*My beloved Finnish grandmother, Allie, taught me how to make this delicious oven pancake. We'd eat it sitting around her kitchen table while she taught me and my siblings Finnish words. Whenever I make Kropsu, I think of the Finnish word "sisu." Roughly translated, it means the "second wind" of mental toughness - sisu begins where perseverance and grit end. My grandmother described it as not just getting up after you fall, but continuing to get up, time after time, no matter what. I love the word, meaning, and the way my Grandma Allie exemplified sisu throughout her lifetime.*

### **Ingredients:**

- 2 eggs
- 1 cup flour
- ¼ cup butter
- 2 cups milk
- ½ tsp salt

### **Directions:**

1. Melt butter in a cookie sheet. Break eggs into a bowl. Add flour, milk, and salt - after that add the butter. Stir only enough to mix. Pour into a hot pan - bake for 40 minutes at 400° F.
2. Top with maple syrup, powdered sugar, fruit jam, or sautéed cinnamon apples.

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## Nick Sentieri's Crusty Bread

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Dionne Sentieri

Italy

**Breakfast–Lunch–Dinner**

*Bread has been around forever. Every culture has its own version of bread. Bread has symbolic meaning. It can be eaten at every meal and for snacks. There are infinite combinations of different flours and differing proportions of ingredients, resulting in the wide variety of types, shapes, sizes, and textures available around the world.*

*This is probably the simplest bread you will ever make... just four ingredients and a cast iron Dutch oven. You just have to have patience. It is worth it!*

### **Ingredients:**

- 3 cups all purpose flour
- 1½ tsp salt
- ¼ tsp active dry yeast
- 1½ cups water at room temperature

### **Additional Items:**

- Parchment paper
- 4-5 qt. cast iron Dutch oven with lid

### **Directions:**

1. In a big bowl, mix together flour, salt, and yeast. Add water to the bowl, and mix it using a rubber spatula until it is all incorporated. Cover the bowl with plastic wrap and set on your counter for 12 to 14 hours.
2. Flour your work surface and your hands really well. With your floured hands, gently remove the dough from the bowl and press it into a round shape roughly the size of a pizza, approximately 1/2-inch thick. Once pressed, fold the dough in thirds vertically and then horizontally. Form the dough from underneath into a round loaf shape. Place the loaf on a piece of parchment paper and cover it with a cotton towel. Allow the dough to proof for at least two hours.



3. Preheat oven and your cast iron Dutch oven and lid to 425° F and 450° F degrees, depending on how hot your oven runs. Remove the pot from the oven when preheated, and then remove the lid. Score the top of your bread with a razor blade (you can make a crosshatch pattern or get creative). Place the bread with the parchment paper into the preheated pot. Cover the pot with the lid and place it back into the oven. Bake for 30 minutes with the lid on, then remove the lid and bake for another 15 to 20 minutes or until golden brown.
4. Remove from the oven and let cool.

**Notes:**

Plan for roughly 16 hours total time before eating.

My son Nick did not create this recipe, but he is passionate about the bread he makes and loves to share the bread he makes with friends and family. He keeps track of all the bread he shares on his "bread sheet."



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## Plānās Pankūkas (Crepes)

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Jordan Argyle (Argyle-Koka Family)

Latvia

**Breakfast–Lunch–Dinner**

*I can't tell you how often we eat these thin pancakes. You can fill them with ground beef for dinner, cheese for lunch, jam for breakfast, or really whatever you want. They're extremely versatile. We usually make a large pile of pancakes, and then fill them and cook them over the next couple of days as we eat them. They tend to get a little weird if you cook them filled and let them sit for more than half a day. This is about the most ubiquitous meal item across the country, and can be found in just about any restaurant.*

*The only difficult thing to find is the biezpiens (a dry cheese curd sort of thing). The easiest thing to use is low fat cottage cheese, drained, but the flavor is not authentic. The best thing we've found is to either freeze a tub of Greek yogurt, thaw and drain it, and then slowly cook off the moisture OR queso fresco at the local mexican markets, though that needs a little salt added to it.*

### **Ingredients:**

#### Pancake:

- 200 ml milk or water
- 120 g flour
- 1 egg
- 5 g butter or 1 tbsp oil
- Salt and sugar
- Filling of choice. Jams, cheese or meat are easy.

#### Biezpiens Filling:

- 100 biezpiens substitute of choice
- 1 tbsp salt
- 1 tbsp sugar
- 1 tbsp melted butter
- 1 tbsp flour
- Vanilla sugar or lemon rind

## **Directions:**

### Pancake:

1. Whisk egg, and add a small amount of milk or water.
2. Add sugar and salt, then mix together.
3. Sift in flour, then slowly add remaining milk or water with melted butter or oil and stir thoroughly. Batter should be smooth and liquid.
4. Let stand for 30 minutes to rise.
5. With a spoon or ladle, pour batter in heated fat on small frying pan. Tilt pan to cover evenly with batter. Fry on both sides, like a pancake or tortilla until solid.

NOTE: At this point, you can pull it off the pan and cook the next one, or you can immediately fill and fold. We find it folds better when it's cooled down, so we prefer to cook all the pancakes and then fill them and recook them. Plus you can cook multiple filled pancakes at a time rather than just the one that's in the pan. But, to each their own.

6. Put filling on one edge of the pancake, fold the two opposite sides, and then fold to make a rectangular shape.
7. Heat filled pancake(s) in butter or oil until crispy.

### Bizpiens Filling:

1. Push biezpiens substitute through a sieve.
2. Add remaining ingredients (sugar, salt, melted butter, flour and vanilla sugar or lemon rind) and mix thoroughly. This will result in a delicious thin paste.



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## Potica (Slovenian Nut Roll)

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Amy Lientz

Slovenia

**Breakfast–Lunch–Dinner**

*My grandmother immigrated from Slovenia, and she brought her Potica (Po- TEET-sa) recipe with her. She made this every Christmas and Easter. Potica is a delicious celebratory bread resembling a jelly roll made of very thinly rolled yeast dough spread with a nut paste.*

**Ingredients:**

- 3 cups all-purpose flour (450g)
- 2 tsp active dry yeast
- $\frac{3}{4}$  cup milk (180ml)
- $\frac{1}{2}$  stick butter ( $\frac{1}{4}$  cup/56g)
- 2 tbsp sugar
- $\frac{1}{2}$  tsp salt
- 2 large egg yolks

Filling:

- 3 cups walnuts (300g)
- 1 cup raisins (160g)
- 3 tbsp honey
- 2 large egg whites (beaten)
- 3 tbsp milk
- $\frac{1}{2}$  stick butter (melted) ( $\frac{1}{4}$  cup/56g)

Topping:

- 1 tbsp butter (melted)

**Directions:**

1. In the mixing bowl, combine flour and yeast. In a small saucepan, add milk, butter, sugar, and salt. Warm up mixture on the stove to about 110°F (43°C). Butter should be almost melted. Remove. If mixture is too warm, allow to cool to about 110°F (43°C).
2. Add the 2 egg yolks and pour milk mixture over flour. Snap mixing bowl onto stand mixer and attach the dough hook. Beat on low speed for 1 minute. Scrape down the sides of the bowl. Continue to beat for another 5 minutes. Dough should have pulled away from the sides and cleaned the bowl.
3. Remove dough and shape into a ball. Lightly oil mixing bowl. Return dough to bowl, cover with a dinner plate and allow to rise for about 1½ hours or until double in size.
4. While dough is rising, prepare the filling. Process walnuts and raisins in food processor until fine. Transfer to a large bowl. Add honey, egg whites, milk, and melted butter. Mix well.
5. Turn dough onto a lightly floured surface. Roll dough into an 18x20-inch rectangle.
6. Spread filling evenly over the dough, keeping to within an inch of the edges.
7. Start rolling dough from the 18-inch edge into a jelly roll.
8. Trim edges with a sharp serrated knife.
9. Place seam side down in a well-greased 10-inch Bundt pan and carefully join the ends.
10. Cover with plastic wrap and let rise in a warm place for an hour.
11. Bake in a preheated 325°F (165°C) oven 50 minutes or until golden brown.
12. Remove and allow to cool in pan for 10 minutes. Invert onto wire rack. Brush with melted butter and allow to cool completely.



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## Texas Kolache

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Katherine Herdt  
Texas/Czech  
**Breakfast**

### **Ingredients:**

#### Dough:

- 2¼ tsp of active dry yeast
- ¼ cup warm water
- 1 cup warm milk
- 4 tbsp butter, melted and cooled to warm
- 2 large eggs
- ⅝ cup sugar
- 1 tsp of salt
- 4¾ to 5 ½ cups of flour

#### Filling:

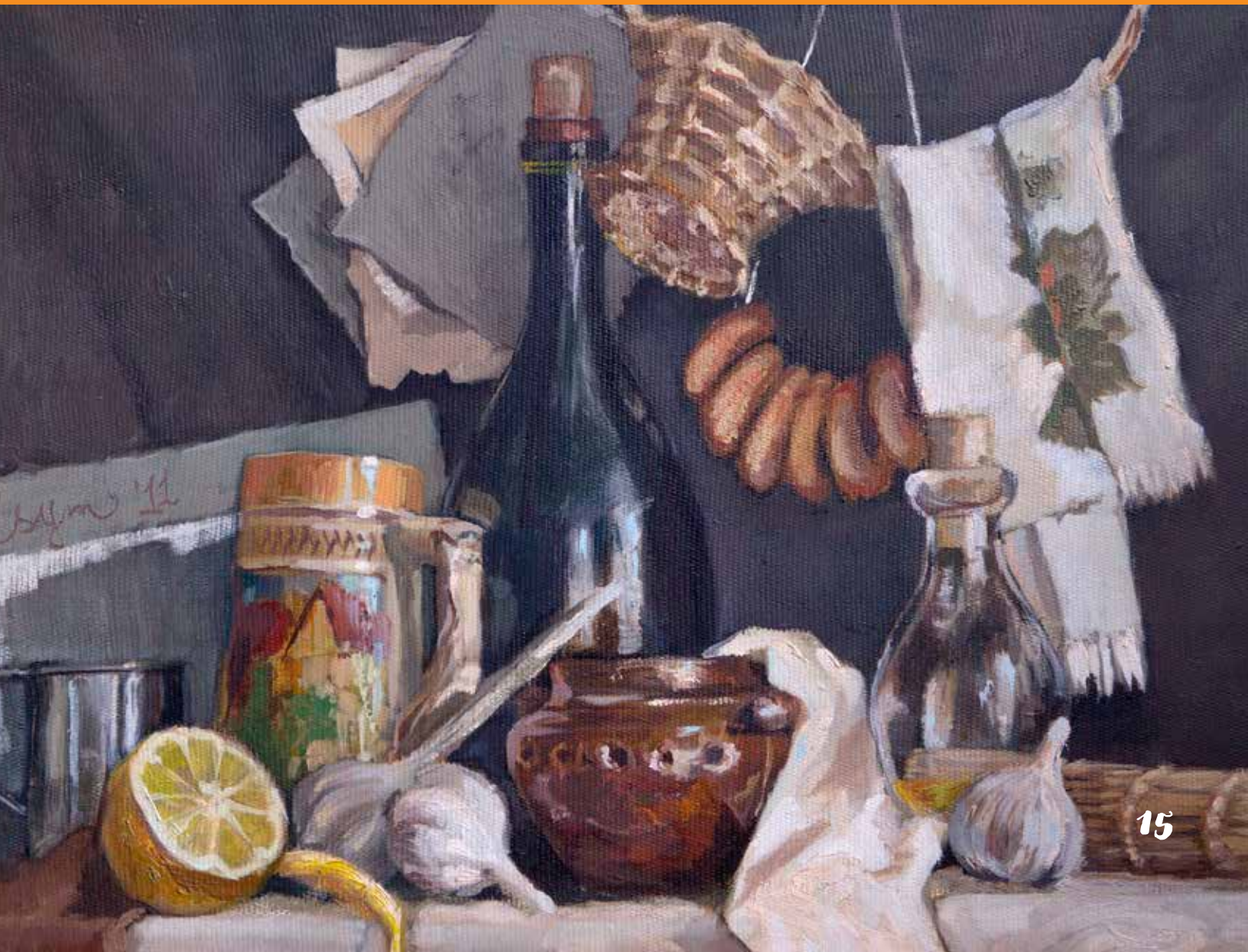
- Grated cheese (I like cheddar)
- Pickled jalapeno slices
- 12-14 oz mini sausage links

### **Directions:**

1. Add warm water to a stand mixer bowl. Carefully sprinkle the yeast over the water and let it sit for 5 minutes. The mixture should become foamy.
2. Add a dough hook to the standing mixer. At a low speed, add the milk, melted butter, eggs, salt, and sugar. Mix well for about 2 minutes. Add the flour one cup at a time until just combined. Start with 4¾ cup flour and add additional flour as needed. You want the dough to be sticky, but firm enough to pull away from the sides and move up the dough hook.
3. Cover the dough with plastic wrap or a damp towel and let it rest in a warm place for 1-2 hours. The dough needs to double in size. Then punch down the dough, cover again, and refrigerate for 4 hours or overnight.
4. Preheat oven to 375° F.
5. Divide the dough into 16 equal portions and shape into balls. Place the dough balls onto parchment paper or a greased cookie sheet. Cover, and let it rest for 15-20 minutes.
6. Flatten each ball and fill with one sausage link, sprinkled cheese, and a few jalapenos. Wrap the dough around the filling and seal the edges together.
7. Place the dough seam side down on the sheet. Cover and let it rest for 20 minutes.
8. Remove the cover and bake for 25-30 minutes. The rolls should brown nicely.

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- Pastas • Meats
  - Soups
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# *Lunch/Dinner*



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## Cajun Seafood Gumbo

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Michael Woods  
Florida Gulf Coast  
**Dinner**

*Gumbo dates back centuries to the Louisiana region. It combines French, Spanish, African, Italian, German, and Native American cooking influences reflected in the ingredients and techniques. It was made in communities sometimes by members bringing different ingredients together to create the dish and share together. For both of these reasons, the ingredients can vary in gumbo. Some recipes will add or omit tomatoes, okra, or filé. You can use a dark or light roux. Game, fowl, or other seafood can be added. In the end, gumbo is about community, diversity, and inclusion.*

*Gumbo Filé is hard to find outside of the southeast U.S., but available to ship online. Serves a crowd of 15-20. Adjust as desired.*

### **Ingredients:**

- 1 cup flour
- 1 cup oil
- 4 cup onion, diced
- 2 cup celery, diced
- 2 cup bell pepper, diced
- 1 cup green onion, chopped
- 4 cup broth
- 8 cup water
- 3 cloves garlic, minced
- 1 tbsp worcestershire
- Pinch cayenne
- Dash hot sauce
- 2 tbs paprika
- 2 tbsp salt

*Filé powder is the dried, powdered leaves of the sassafras tree. If you live in the Eastern U.S. or Canada, this native tree is very likely growing wild.*



- 1 tsp black pepper
- 1 lb shrimp, peeled and deveined
- 1 lb fish, cut into bite size pieces
- 1 lb sausage, sliced, andouille if available
- 1 lb scallops, small
- 2 tbsp creole seasoning, Tony Chachere's is good
- 2 tbsp gumbo filé
- 1 cup parsley, chopped

**Directions:**

1. Throw on some Zydeco, Jazz, or Delta Blues music.
2. Heat oil in large stock pot over low heat.
3. Add flour, stir, and cook for 30-60 minutes, stirring often. Once caramel-colored, it will turn into a light roux. Continue cooking and stirring to a milk chocolate color for a dark and more flavorful roux.
4. Add holy trinity (e.g., onion, celery, and green onion) and cook 5 min.
5. Add rest of ingredients besides gumbo filé and parsley.
6. Stir to combine, bring heat higher to boil gumbo, and then set low to simmer.
7. Simmer 1 hour, or until seafood is cooked through.
8. Add gumbo filé and stir to combine.
9. Serve gumbo in bowls, over white rice if desired, and top with parsley.



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## Five-Spice Marinated Beef

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Bo Zhang  
Ping Li (Bo Zhang's wife)  
China  
**Appetizer-Dinner**

*"Lu" has more than two thousand years of history, and is a great Chinese cooking technique. People use this technique to process a variety of ingredients, such as meats, eggs, and vegetables.*

*Five-spice marinated beef, Lu Niu Rou in Chinese, is an indispensable food in Chinese Spring Festival dinner, which expresses people's hope of having a happy following year.*

*For our family, this dish is unique to the taste of home and love from my wife. We just had a baby last year in Idaho Falls, and my wife became a talented home cook. We shared lots of funny family time together and met good friends with this stunning Chinese cuisine.*

### **Ingredients:**

#### Asian Supermarket:

- yellow rice wine
- rock sugar
- five-spice powder
- Chinese pepper

#### Other:

- 1 whole beef chuck tender (about 2 pounds)
- ½ cup soy sauce
- 1 tbsp salt
- ½ cup yellow rice wine
- 8 small rock sugar
- 1 tbsp five-spice powder
- 2 pieces star anise
- 1 piece cinnamon
- 1 piece bay leaf
- 1 tbsp Chinese pepper
- 5 slices ginger root
- 3 stalks of green onion

**Directions:**

1. Parboil beef chuck tender in boiled water for about 2-3 minutes and drain (optional).
2. Add Chinese five spice powder, star anise, cinnamon, bay leaf, Chinese pepper, ginger root, green onions, rock sugar, and beef in a pot.
3. Add water to just submerge the beef and boil them.
4. Add yellow rice wine, salt, and soy sauce until simmering.
5. Turn up heat until sauce boils, then turn down to a low heat.
6. Cover and simmer for about 1.5 hours.
7. Remove and allow to cool .
8. Refrigerate for 1-2 hours until chilled.
9. Slice thinly, thicken the sauce with corn starch to top the beef, and then garnish with some cilantro.



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## Frying-Pan Dinner

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Vasileios Kyriakopoulos  
Greece  
**Dinner**

*It's just very very yummy. Good drinking food.  
You can find the ingredients everywhere.*

### **Ingredients:**

- Pork chops, pork steaks, or pork cutlets.  
Cut it bite-size or not depending on your preference.
- Chopped mushrooms, carrots, onions, garlic, bell peppers, and a few baby tomatoes cut in half.
- Salt, pepper, paprika, cayenne, crushed pepper flakes, thyme, rosemary, oregano
- Lemon juice
- Honey
- Mustard
- Butter

### **Directions:**

1. Brown the meat in a pan with extra virgin olive oil.
2. Add chopped ingredients.
3. Season with salt, pepper, paprika, cayenne, crushed pepper flakes, thyme, and rosemary. Make it as spicy as you like.
4. Let everything cook together for 5 minutes.
5. Add white wine until it is semi-covered and let it simmer for 25-30 minutes until fluid is reduced and meat is soft.
6. Add lemon juice, honey, mustard, oregano, and butter. Mix it all in for 5 more minutes.
7. Done.
8. You can serve it with rice, spaghetti, french fries, or as is.
9. Don't forget to use fresh sourdough bread to soak up all the beautiful sauce.

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## Las Milanesas

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Paige Witter  
Argentina  
**Lunch-Dinner**

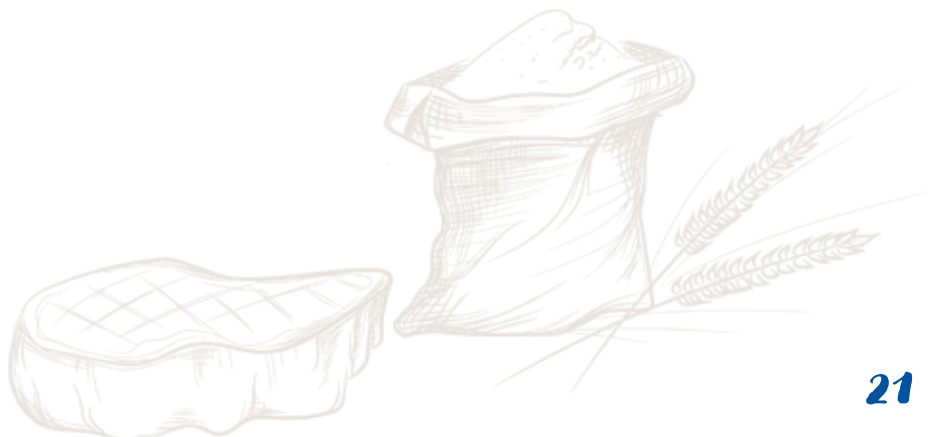
*The steak should be very thin cut. Either ask the grocery store/ butcher to cut it thin, or cut it yourself.*

### **Ingredients:**

- Eye of round steak (thin cut)
- Italian style breadcrumbs
- 2-3 eggs
- Vegetable oil
- Toppings (options: ham, tomato, cheese)

### **Directions:**

1. Beat 2-3 eggs and dip the meat slices into them.
2. Cover with breadcrumbs.
3. Fry the covered meat on medium heat in vegetable oil.
4. Top with any toppings you want, or eat them plain (traditional).  
Milanesas are usually served with fries.



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## Carbonara

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Fidelma Giulia Di Lemma

Italy (Lazio, Rome, Vicolo della Scrofa)

**Lunch–Dinner–Used as midnight snack after going out**

*Born in Rome in 1944. The legend is that a Roman cook encountered a group of American soldiers who provided the ingredients.*

*Guanciale can be difficult to find. It can be substituted with pancetta (available at Albertsons), or you can use an online store (e.g., Eatitaly) or SLC Italian store (Caputo).*

*Ingredients for 4 people.*

### Ingredients:

- 320 gr (80 gr per person) pasta (suggested spaghetti n5 or rigatoni)
- 150 gr Guanciale
- 6 eggs (very fresh), use only the yolks
- 50 gr Pecorino cheese grated



### Directions:

1. Prepare water for the pasta. Heat until boiling, adding salt to the water.
2. Cut the guanciale first in strips, then in cubes of about 1/2 inch (1 cm).
3. Heat a nonstick pan and cook the guanciale dice until brown (about 15 minutes). Do not add oil; the guanciale will release enough grease/fat. Be careful not to burn it.
4. Throw the pasta in the boiling water. Cook as long as directed; do not over cook. Pasta should be al dente, firm to the bite, but not white inside).
5. In the meantime, whip together with a fork the yolk, 2/3 of the grated pecorino (leave 1/3 for garnishing the final plate), and a pinch of pepper.
6. When the pasta is ready, drain it and throw it in the guanciale pan (burner for all pots/pan should be off).
7. Mix with guanciale and add the yolk sauce. You should have creamed, but not scrambled eggs. If the pan is too warm, you will not get a creamy carbonara but a frittata of pasta.
8. Serve on a plate with the garnish of pecorino and a pinch of pepper.

*Pancetta and guanciale are both unsmoked Italian cured pork products, made from different parts of the pig (pancetta from belly, guanciale from jowl)*

<https://ricette.giallozafferano.it/Spaghetti-alla-Carbonara.html>

<https://www.memescan.it/meme/531944>

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## Pasta Puttanesca

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David Gazzo  
Italy  
**Dinner**

*This is a quick and cheap pasta recipe used in times when either money was scarce or one is just short on time.*

*No hard to find ingredients.*

### **Ingredients:**

- 1 pound of spaghetti (linguine or other thin dried pasta is recommended)
- 2 pounds of canned peeled Italian plum tomatoes (or any tomato of your preference. I recommend a blend between diced and whole tomatoes)
- ¼ cup olive oil
- 1 tsp oregano
- ⅛ tsp dried red pepper flakes (or to taste)
- ½ cup Kalamata olives cut in half
- ¼ cup drained capers
- 4 garlic cloves peeled and chopped (don't need to be minced)
- 8 anchovy fillets coarsely chopped (not required)
- ½ cup chopped Italian parsley (and additional for garnish)
- 2 tsp salt

### **Directions:**

1. Bring 4 quarts of water to a boil in a large pot. Add salt and stir in spaghetti. Cook until tender but still firm. Drain, but do not rinse with cool water.
2. While spaghetti is cooking, prepare the sauce by adding the tomatoes to a large pot and crushing them with your hands.
3. Add the olive oil and bring mixture to a boil. While keeping the sauce at a full boil, add the remaining ingredients, except pasta. Do this one ingredient at a time, stirring between additions.
4. Reduce the heat slightly and continue to cook for a few minutes, or until sauce has thickened to your liking. Serve immediately over hot pasta and garnish with additional chopped parsley.
5. Enjoy.

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## Campfire Paella

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Steven Rawson

Spain

**Dinner**

*My grandparents emigrated to the U.S. with their parents who were indentured servants in the sugar cane fields in Hawaii. After working off their term of servitude, they were dropped off in the port of San Francisco. I wish I could say this is a family recipe, but due to the discrimination my family endured, most of our Spanish culture has been lost in just a few short generations. Cooking this dish makes me feel connected to my heritage. I especially enjoy cooking it over a camp fire.*

*While arborio rice can be substituted, the short grain bomba rice from Spain is better and can be found at La Tienda or Amazon. Saffron can also sometimes be hard to find, but it is normally available in the spice section. Spanish chorizo is much different than Mexican chorizo. It's a smoked sausage and can be found at La Tienda. I haven't found these ingredients locally, but I would love to!*

### **Ingredients:**

- 1 medium onion finely diced
- 1 tomato finely diced
- 1 red bell pepper finely diced
- 6-9 cloves of garlic finely diced
- 1/2 cup of diced parsley finely chopped
- A pinch (6-9 threads) of saffron
- 9 cups of chicken broth
- 1-2 lbs of large shrimp
- 2-3 lbs of chicken wings
- 3 cups rice
- 2-4 tbsp olive oil
- salt
- pepper
- Spanish smoked paprika
- 3-4 Spanish chorizo links
- 1 cup frozen peas
- ½ cup fresh string beans



**Directions:**

1. Bloom the saffron in the chicken broth (a fancy way to say "toss the saffron in the broth and warm it on the stove or fire").
2. Season the chicken wings with salt, pepper and paprika.
3. Season the shrimp with paprika.
4. Slice the chorizo into 1/2" coins.
5. Heat the Paella pan (or large skillet) on the fire and add olive oil.
6. Brown the chicken wings and remove.
7. Brown the shrimp and sausage and remove.
8. Add onion and peppers and cook until soft.
9. Add tomato and cook until most of the moisture cooks off.
10. Add garlic and parsley and cook for 1-2 minutes.
11. Add rice and mix thoroughly .
12. Add meats and mix.
13. Add broth.
14. Add peas.
15. Lay green beans on top.
16. Cook the dish uncovered until all the liquid is gone. The fire should burn down naturally during the process. The rice will be done when the liquid is gone, but be careful not to burn it!



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## Thai Red Chicken Curry

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Justin Murdock  
Thailand  
**Dinner**

*This was prepared for me by a friend. I loved it so much that I learned how to make it myself.*

*About 6 Servings*

**Ingredients:**

- Jasmine or basmati rice (aromatic, long grain is best)
- 1 lb chicken breast fillet, cut into thin strips (about 2 chicken breasts). This can be substituted with shrimp, thinly cut pork, or fish.
- 2 tablespoons red curry paste
- 1½ tablespoons olive oil
- 1 15-oz can coconut milk
- 1 cup chicken stock
- ¼ cup fresh basil leaves or Kaffir lime leaves
- 2 tablespoons fish sauce
- 1 tsp fresh grated ginger
- 2 shallots or 1 small onion, finely chopped or julienne
- 4 cloves garlic, minced
- 1½ tablespoons palm sugar (preferred) or white sugar
- Salt and pepper (to taste)
- A few of the following (to preference):
- 1 red, green, or yellow bell pepper, thinly sliced
- 1 small zucchini, sliced
- 1 bay leaf
- 1 stalk lemongrass (see prep)
- ½ cup green beans (fresh or frozen, but not canned)
- ½ cup sugar snap peas
- ½ cup cooked cubed potato
- ¼ cup bamboo shoot (see prep)
- 1-2 fresh Thai chilies, sliced
- ½ cup sliced mushroom
- lime zest (garnish)
- fresh cilantro (garnish)
- chopped green onions (garnish)

**Directions:**

1. Measure, slice, and prepare all ingredients. Actual cook time for this recipe is less than 10 minutes, with most of the cooking time devoted to prep. Because of this, prep can be done in advance for a quick dinner. This is normally a good step to complete while the rice is cooking.
2. Coconut milk: This composes a very large and important part of this dish. Ideally, you should find a high-quality brand of canned coconut milk, with around 50-60% coconut extract or more. A quality can of coconut milk will have a thick layer of coconut cream, followed by a bit of clear coconut liquid. Authentic Thai brands are Chakoh and Aroy-D, which can be purchased from Asian markets.
3. Chicken breast: Easiest to slice thinly if it is slightly frozen. Sliced pieces should be less than 1/2 cm thick and relatively bite size. Slice and salt and pepper to taste.
4. If bamboo is used: Drain bamboo from can. Bring 5 cups of water to a boil and then add bamboo. Boil for 15 minutes and drain before adding to recipe. This will remove the “woodiness” found in canned bamboo.
5. If lemongrass is used: Select stalks that are firm and heavy without any bruising. If stalks are light, they have likely dried out. Very finely slice lemongrass, starting at the thinner end and stopping at the base when it gets “woody.” Only the bottom couple inches are edible; the rest can be sliced off and discarded.
6. Red curry paste: Buy authentic curry paste for best results. Mae Ploy is an excellent brand, but Thai Kitchen is also good and easier to find.
7. Fish sauce: A little can go a long way. Use it like salt, or in place of salt, in this recipe. If the recipe seems like it could be saltier, add more fish sauce. This recipe uses no salt.
8. Open coconut milk (do not shake!), add the solid half (coconut oil) to a medium pot, and cook on medium high heat until it begins to simmer. Add the red curry paste and stir until fragrant. Reduce heat and continue to stir until a thin film of oil appears on the surface of the coconut oil.
9. Add chicken and onion and fry both in the coconut oil until the chicken is no longer pink and the onions are translucent.
10. When the chicken is done, add the rest of the coconut milk, the chicken broth, and all other ingredients except for sugar and garnishes and bring to a boil, then reduce to a simmer.
11. Taste and adjust the recipe as desired. Add or omit sugar as the last ingredient, depending on preference. Serve with garnish and lots of broth over rice.

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## Tortilla de Patata

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Chase Taylor

Spain

**Dinner**

*While living in Spain for a couple of years, this dish quickly became my favorite. Most any group gathering will feature a tortilla de patata. Not to be confused with a Mexican tortilla, Spanish tortillas are a type of potato omelet.*

*Best with traditional Spanish chorizo (very different from Mexican chorizo). Found in Salt Lake City and, fortunately, online.*

### Ingredients:

- 4 medium potatoes, cubed
- 1 cup olive oil
- ½ medium onion, diced
- ½ cup chorizo, chopped
- 5-6 eggs, beaten
- 1 tbsp garlic
- 1 tsp salt
- Pepper to taste

### Directions:

1. Cut potatoes into cubes (~1-2 cm) and fry in olive oil, along with the diced onions and garlic, until the potatoes are soft.
2. Drain oil and mix in the chopped chorizo, salt, pepper, and beaten eggs. The number of eggs may need to be adjusted based on the size of the potatoes, but it is better to have too much egg rather than too little, so the tortilla doesn't fall apart while cooking/flipping.
3. After all ingredients are mixed, cook on low heat in a non-stick frying pan and cover with a lid while cooking.
4. When the edges of the tortilla appear cooked (e.g., the top center will still be runny with egg), it is time to flip the tortilla. Authentic tortillas are cooked in a special pan, which can be found on Amazon. Without a tortilla pan, simply place a large plate over the top of the frying pan and quickly flip the plate-pan so that the runny side of the tortilla is on the plate. Next, gently slide the flipped tortilla back into the frying pan, so the runny side can now cook.
5. After about 10 minutes, cut through the center to ensure the egg is fully cooked.

**Variation:** Instead of (or in addition to) chorizo, any favorite meat (e.g., ham, tuna, etc.) or vegetable (e.g., olives, corn, etc.) can be added. Get creative!

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## Pelēkie Zirņi ar Speķi

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### (Grey Peas with Bacon Sauce)

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Jordan Argyle (Koka Family)

Latvia

**Dinner**

*This recipe is considered the national food of Latvia, and it holds special significance for my Latvian family around Christmastime, as it is eaten with a glass of Kefirs.*

*The grey peas can be tricky. We've found them before at farmer's markets and specialty stores in Utah (especially one called European Tastees near Salt Lake City).*

**Ingredients:**

- 1 kg grey peas
- 200 g fatty bacon
- 1 yellow or white onion
- Salt and ground black pepper

**Directions:**

Peas:

1. Wash peas and leave to soak in cold water overnight. Drain.
2. Fill a pot with fresh cold water and boil until soft (takes 3 hours depending on how well the soak went). Salt partway through.
3. Drain.

Sauce:

1. Dice bacon into small cubes. Retain a significant amount of fat.
2. Dice onion.
3. Fry bacon, rendering (melting) fat into a pan.
4. Fry onion in bacon grease until both bacon and onions are crispy.
5. Season with salt and pepper to taste.

Mix sauce into individual servings of the peas while still hot. Serve with kefir of your favorite curdled milk drink.

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## Chili Rellenos de Chapa

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Robert Chapa  
Mexico  
**Dinner**

*A spicy dinner from the heart of Mexico.*

### Ingredients:

- I like to use Las Palmas whole green peppers. One can of peppers has an average of 14 peppers in it
- Italian bread crumbs (plain will do fine)
- Four cheese Mexican blend shredded cheese
- Sifted flour
- Egg and milk mixture

### Directions:

1. Open and drain the can of peppers.
2. Stuff the pepper with shredded cheese.
3. Roll the stuffed pepper in egg/milk, then roll in the sifted flour, roll the pepper again in the egg/milk, then roll in the bread crumbs. Set the pepper aside until all peppers are completed.
4. When all peppers have been prepared, place the peppers in a skillet with a small amount of oil. (I use vegetable oil.) The skillet should be 350°-400° F.
5. Cook the peppers so they are browned on each side, then remove from the skillet to a plate with paper towels to drain.

### Notes:

You may also experiment with stuffing the peppers with a meat and cheese combination, such as pre-cooked shredded beef, pork, chicken, or a prepared ground beef mix. Serve and enjoy.



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## Discada Tacos

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Robert Mach  
Mexico  
**Lunch-Dinner**

*This dish is traditionally prepared in a discad, hence the 'discada'. You are able to feed a lot of people for relatively low cost, so you'll often see this in large family gatherings.*

*Cacique chorizo is difficult to find. I suggest looking for a Hispanic market or using another type of chorizo. If the chorizo is in a tube, this is suitable; however, if the chorizo is more of a sausage, be sure to chop it up as small as possible.*

### **Ingredients:**

- Ground Beef
- Cacique Chorizo
- Chopped Ham
- Chopped Hot Dog
- Chopped Bacon
- Corn Tortillas

### **Directions:**

1. Get your skillet set to a medium heat.
2. Add the chorizo to the skillet first, and spread it around the entire skillet.
3. Add the chopped bacon next, and spread the grease as much as possible around the skillet.
4. Add the ground beef, chopped ham, and chopped hot dog to the skillet and cook for several minutes.
5. In a separate pan, heat up your corn tortillas.
6. Once everything is cooked, place your meat into the corn tortillas and enjoy!



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## Southern Meatloaf

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Cody Walker  
Southeast United States  
**Dinner**

*This is a classic southern dish meant to bring families together around the dinner table. Pairs well with mashed potatoes.*

*The only thing you may not have is a loaf pan, which can be bought at most chain grocery stores.*

### **Ingredients:**

#### Meatloaf:

- 1 lb 90% lean ground beef
- 1 cup dried bread crumbs
- ½ cup diced yellow onion
- ½ cup milk
- 1 large egg beaten
- 2 tbsp ketchup
- 1 tbsp Worcestershire sauce
- 1 tsp dried parsley leaves
- ¾ tsp salt
- ½ tsp garlic powder
- ¼ tsp ground black pepper

#### Sauce:

- ¼ cup ketchup
- 2 tbsp packed light brown sugar
- 1 tbsp red wine vinegar

**Note:** Make more sauce!



**Directions:**

1. Preheat oven to 350°.
2. In a large bowl, add the beef, bread crumbs, onion, milk, egg, 2 tablespoons ketchup, worcestershire sauce, parsley, salt, garlic powder, and pepper.
3. Use your hands to mush and mix these ingredients together until well combined.
4. Add the meat mixture to a loaf pan. Pat the meat down into an even layer.
5. In a small bowl, add the ketchup, brown sugar, and vinegar. Stir to combine. Pour the sauce on top of the meatloaf and spread it into an even layer.
6. Bake uncovered for 55 minutes.
7. Let the meatloaf rest for 8-10 minutes before serving (or it may fall apart).



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## Creamy Chicken Enchiladas

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Carly Houser  
United States - Idaho  
**Dinner**

*This dish is a foolproof crowd pleaser. It can be prepared ahead of time, frozen, and reheated. People will always ask for more. It's great for gathering friends and family around the dinner table or to prepare and deliver to someone in need.*

*All ingredients are easy to find.*

### **Ingredients:**

- 8 burrito size flour tortillas
- 1 - 10 oz can cream of chicken soup
- 1 small container half & half
- 2 large chicken breasts
- 2 cups shredded cheddar cheese
- 1-16 oz jar of salsa (pick your favorite)

### **Optional Toppings:**

- Avocado, shredded lettuce, diced onions, diced tomatoes, sliced black olives, sour cream, hot sauce).

### **Directions:**

1. Place chicken breasts and salsa into a crock pot and cook on low for 8 hours or high for 4 hours. You can also cook in your Instant Pot for quicker results, follow instant Pot instructions for chicken.
2. When chicken is cooked through, shred chicken breasts and combine with the salsa and juices in the crock pot.
3. Preheat oven to 420° F.
4. Combine half and half and cream of chicken soup in a medium sauce pan and bring to a boil. Stir continuously until sauce begins to thicken, about 3-5 minutes. Take pan off heat, sauce will continue to thicken as it cools.
5. Create an assembly line with tortillas, chicken salsa mix, cheese, cream sauce, and casserole dish.
6. Grease casserole dish with cooking spray or other greaser of your choice.
7. Place about 1/2 cup of chicken mixture in the middle of tortilla, sprinkle with cheese, and add a small amount of cream sauce on top, (about 1/4 cup, eyeball this amount, you don't want so much that it spills out).

8. Fold the tortilla burrito style, and place in a prepared casserole dish. Repeat this step until dish is full.
9. Pour remaining cream sauce evenly over enchiladas.
10. Sprinkle remaining cheese evenly over enchiladas.
11. Bake in oven for 20 minutes until bubbly and tops begin to brown. If top is browning too quickly, you can cover with foil.
12. Take out of oven and let set for 5 minutes before serving.
13. Top with desired toppings and serve!



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## Rice Pilaf (Plov)

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Andrei Gribok  
Uzbekistan  
**Lunch–Dinner**

*This is a traditional Uzbek recipe of rice pilaf. There are about 400 varieties of rice pilaf dishes in Uzbekistan. This recipe belongs to my mother-in-law, who was born and raised in Uzbekistan. The dish is prepared in a special cast iron pot. The pot that our family is uses is a hundred years old and was brought to the U.S. as a carry-on item due to its heavy and brittle nature. The trivet for the pot was custom made by a local black smith in Maryland.*

*Plov is a beloved dish in Uzbekistan, served on almost any occasion. There are many regional and local variants. Indeed, each household has its own recipe. It can be prepared with meat, or as a vegetarian dish.*

### **Ingredients:**

- 2 medium onions, sliced into half-moons
- 3-5 carrots, cut into matchstick-size pieces
- 2 lbs beef (any kind of meat, except pork, may be substituted), cut into 1-inch cubes
- 3-3½ cups long-grain rice (basmati is best)
- 1 cup vegetable oil (not olive oil)
- 1 tsp coriander
- 1 tsp cumin
- 1 tsp barberries
- 2 tsp paprika
- Ground hot pepper to taste
- 1 tsp salt
- 1 tsp turmeric

**Directions:**

1. In a cast-iron Dutch oven (4-6 quarts in volume), heat the oil on high until it's almost smoking.
2. Add the meat in batches, and brown it on all sides.
3. When all the meat is brown, add the onions and continue cooking on high heat, until the onions turn light brown.
4. Add the carrots and cook until they brown (approximately 5 minutes).
5. Add all of the spices, except the turmeric. Cook for a few minutes, stirring from time to time.
6. Add hot water until it just covers the contents of the pot. Bring to a boil, cover, and simmer for about 45 minutes, or until the meat is tender.
7. Add the rice, another teaspoon of salt, and the turmeric; do not stir in the rice. There should be a layer of meat on the bottom, with the rice on top.
8. Pour in hot water until the water is an inch above the rice.
9. On high heat, bring to a boil and keep boiling until the water is level with the rice. Then, reduce the heat to low, tightly close the pot, and simmer for 20-22 minutes.
10. Turn off the heat and let it stand for 5 minutes.
11. Stir the contents with a bottom-to-top motion to mix the meat with the rice. Place onto a large platter and serve hot.
12. Goes well with pickled vegetables, fresh tomatoes and cucumbers, yogurt, and red wine, such as Syrah.
13. Makes 10-12 servings.



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## Jambalaya

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David Snell (RLS)  
Southern states  
**Lunch-Dinner**

*Popular in the South (my favorite recipe when I want to visit the South without leaving home).*

### **Ingredients:**

- 3 boneless chicken breasts (may use chicken strips or boneless thighs)
- 1 lb peeled and deveined shrimp
- Smoked sausage sliced (can use andouille or whatever you have locally)
- ½ cup diced green bell pepper
- ½ cup diced onion
- ¾ cup chopped okra (can use frozen)
- Celery chopped
- 2 - 24 oz can stewed tomatoes with peppers
- 3-4 jalapeno peppers
- 1 can whole corn drained (optional)
- Greek onion finely chopped for garnish

### **Seasonings:**

- Pepper
- Salt
- Creole seasoning
- Better Than Bullion chicken flavor
- Garlic (can never use too much)
- Flour
- Olive oil to sauté

**Directions:**

1. Cut chicken breast into strips or cubes. Season with garlic and pepper flour.
2. Season shrimp with garlic and light salt.
3. In a Dutch oven, sauté chicken in vegetable oil.  
Take out and set aside.
4. In the same pot without washing, sauté the sausage.  
Set aside with the chicken.
5. Add a little more olive oil and sauté the shrimp.  
Set aside with the chicken and the sausage.
6. In the same pan, sauté the vegetables until they're a little transparent.  
Leave in the Dutch oven.
7. Add all of them - fish, sausage, and chicken to the vegetables
8. Add two cans of tomatoes to the pot. Mix together well.
9. Mix 1-1/2 tablespoons of Better than Bouillon chicken flavor to 1/2 cup of water. Add to the pot.
10. Add 1 to 2 cups of rice. Stir, cover, and allow the rice to cook until done.
11. Hopefully there won't be too much liquid in the pot, but when the rice is done, you'll want to turn off the pot. Leave it covered and then allow the rice to continue to steam.
12. The dish should be moist—not dry, but not overly wet.
13. The dish can be served as a formal dish or just for dinner everyday with a side salad or just by itself. I like garlic bread with mine.
14. Mussels or clams can be added. Use the shells to garnish the dish.
15. For everyday meal preparation, I garnish with green onion.



## Bulgogi (Korean Barbeque Beef)

Michelle Thiel Bingham  
Seoul, South Korea (my mother's hometown)  
**Dinner**

*Most of my childhood friends first experienced Korean food when they came to my house for my mother's (eomeoni) cooking. This meat is also delicious in Bibimbap (Korean mixed rice and vegetables), Japchae (Korean glass noodles), or with white rice, red leaf lettuce, and Gochujang (Korean red pepper paste).*

### **Ingredients:**

- 2 lbs. flank steak, sliced thinly across the grain
- 5-6 green onions (thinly sliced)
- 2 tsp crushed fresh garlic
- ½ tbsp roasted sesame seeds
- black pepper to taste
- ½ cup soy sauce
- ¼ cup sesame oil
- ½ cup water

### **Directions:**

- Mix all ingredients together and allow the meat/sauce to marinate overnight in the refrigerator.
- Grill or pan fry the meat until done. It doesn't take long. Enjoy!





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## Horseradish Soup

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Jagoda Urban-Klaehn  
*Silesia (Southwestern part of Poland)*  
**Dinner**

*Easter is one of the biggest religious feasts during the year in Polish culture. Various Easter dishes are prepared each year depending on the region of Poland one happens to be in. All Easter meals contain lots of eggs, ham, vegetable or potato salad, and red beets with horseradish salad. For dessert, there is babka wielkanocna and mazurek (sweet cake). My mother's family came from Silesia in the southwestern part of Poland. In Silesia, the main dish is horseradish soup. I recommend the following recipe.*

### **Ingredients:**

- 2-3 roots of horseradish, depending on the size
- ½ lb ham or bacon
- ½ liter milk
- 2 tablespoons of flour
- 1 packet Polish sausage (kielbasa)
- 2 eggs (optional)
- Fresh parsley bunch (optional)

### **Directions:**

- Peel and grate the horseradish roots using a fine grater. This is the most unpleasant part, since horseradish is like an onion. It produces an irritant that causes tears in the eyes. Instead of a simple grater, you could use a food processor. The process is faster and produces fewer tears. The soup is extremely hot (aromatic), almost bitter!
- At the same time, cook the ham or bacon in 2 liters of water for half an hour. Remove the ham and the bacon from the pot and pour the grated horseradish into the pot. Boil for one minute and then add the egg mixture to 1/2 liter of milk and 2 tablespoons of flour. Boil two minutes, and then add the sliced pieces of Polish kielbasa into the soup.
- The soup is now ready. You can pour it into plates and add a hard-boiled egg to each plate with a bit of fresh parsley.



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## Serbian Sarma

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Adrienne Petrovic  
Serbia  
**Lunch-Dinner**

**Note:** This recipe can also be made vegan/vegetarian.  
The substitutes are noted below.

### Ingredients:

- 1 (3 to 4-lb) large head cabbage
- 1 lb ground chuck (substitute with vegan ground meat)
- ½ lb ground pork (substitute with vegan ground meat)
- 1 cup raw rice, rinsed
- 1 (1.4-ounce) package dehydrated onion soup mix
- 1 32-ounce jar sauerkraut (rinsed and drained)
- 6 smoked ribs (or ham hock or other smoked meat) (substitute with vegan sausage or omit)
- 1 (8-oz) can tomato sauce
- 1 (10 ¾-oz) can tomato soup

### Steps to Make It

**Note:** While there are multiple steps to this recipe, this stuffed cabbage dish is broken down into workable categories to help you better plan for preparation and baking.

### Prepare the Cabbage:

1. Gather the ingredients.
2. Steam cabbage until outer leaves are limp, and then remove leaves.
3. With a paring knife, remove tough ribs from leaves without damaging them. Reserve tougher outer leaves, but don't use for rolling.

**Make the Filling:**

1. In a medium bowl, mix together ground chuck, ground pork, rice, and onion soup mix.
2. Adding a little water will make the mixture easier to handle.

**Assemble the Rolls:**

1. Heap 2 tablespoons of filling on each cabbage leaf.
2. Fold the bottom of the cabbage leaf up over meat.
3. Fold sides to the center and roll away from yourself to encase completely.
4. Repeat until meat filling is gone.

**Prepare the Cabbage:**

1. Heat oven to 350° F.
2. Discard the cabbage core and coarsely chop any remaining cabbage except the tough outer leaves you reserved.
3. Spread chopped cabbage on the bottom of a large casserole dish or Dutch oven. Add the sauerkraut.
4. Layer on the cabbage rolls, seam side down.
5. Cut the smoked ribs into pieces if using them. Otherwise, space the smoked meat of choice between the cabbage rolls.
6. Cover rolls with reserved tough outer leaves.
7. Mix tomato sauce and soup with enough water to make a liquidy consistency.
8. Pour over rolls until mixture is level with rolls, but not over the top.
9. Cover casserole dish and bake for 1 hour.
10. Then reduce temperature to 325° F and bake for 2 more hours.
11. Let sit 20 to 30 minutes before serving.
12. This dish freezes well.



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## Potato Latkes

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Matthew and Kate Meehan

*Ashkenazi Jewish*

### **Dinner**

*Latkes are pan-fried potato pancakes. The name comes from Yiddish, the language of Ashkenazi Jews (Jews of Eastern European descent). They are traditionally served during the Jewish holiday Hanukkah, which celebrates the story of one day's worth of oil, used to light the temple, lasting for eight days. Other fried foods are also served during Hanukkah, including donuts called sufganiyot.*

*This recipe comes from our great-grandmother Jenny Reingold, handed down through her daughters and granddaughters. Jenny Moskowitz, our maternal great-grandmother, came to New York City in the early 1920s. She was a Jewish Russian immigrant who married Isidore (Izzy) Reingold, also from Russia. They, along with Izzy's numerous brothers owned a number of Jewish delicatessens in the New York City borough of Brooklyn. In the early days, (1930s-40s), Jenny did some of the cooking at the deli.*

*Matzo meal can be a challenge to find. Idaho Falls grocers don't have kosher sections like the New York grocery stores that we grew up with. We have found it at Albertsons around Passover time (usually in April). Substitute flour if matzo meal is unavailable.*

### **Ingredients:**

- 5 large potatoes
- 1 large yellow onion
- 3 eggs
- $\frac{1}{3}$  cup matzo meal (substitute flour if unavailable)
- 1 teaspoon salt (or to taste)
- $\frac{1}{2}$  teaspoon ground black pepper
- $\frac{3}{4}$  cup neutral frying oil (like vegetable or canola)
- Apple sauce and/or sour cream (for serving)

**Directions:**

1. Grate potatoes and onion on the finer side of a box grater. Our great-aunt Marty, Jenny's daughter and an excellent cook, would chastise anyone who tried to use a blender or food processor instead – the texture would be too mushy.
2. Transfer potatoes and onions to a colander or clean dish towel. Press to drain off as much liquid as possible.
3. Transfer drained potatoes and onions to a large mixing bowl. Add eggs, matzo meal, salt, and pepper. Mix well.
4. Heat 1/2 cup of frying oil in a large skillet over medium-high heat, until hot but not smoking. Working in batches, add a large spoonful (about 2 tablespoons) of potato mixture at a time into the oil, making sure not to crowd the pan.
5. Cook until golden brown on the bottom. Carefully flip over and fry the other side until golden brown.
6. Transfer to a paper towel-lined plate or rack to drain excess oil. Continue frying remaining mixture, adding oil to pan as needed.
7. Serve with apple sauce and/or sour cream for dipping.

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- Cakes•Cookies
  - Candy
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# *Desserts*



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## Czech Kolacky Cookies

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Julie Ulrich  
Czechoslovakia and Poland  
**Dessert**

*My great-grandma, Mary Danowska (or Donofski)\*, came over from Poland as a mail-order bride when she was about 16. Her first husband wasn't a very nice guy and she ended up leaving him and marrying my great-grandpa, Antone Ulrich, a cabinet maker who had immigrated from Czechoslovakia. She would make these kolacky cookies for him and we've had it in our family ever since. They take quite a bit of effort to make, so we typically only make them on special occasions. The fillings can vary, but my favorite is poppyseed.*

*\*My dad said her last name was Danowska, but some documents say Donofski. The spelling may have changed when she immigrated so I've included both.*

### **Ingredients:**

- 1 package active dry yeast (about 2 ¼ tsp)
- 2 tbsp warm water (105-115° F)
- 4 cups all-purpose flour, spooned into cup
- ¼ cup sugar
- 1 tsp salt
- 1 tsp grated lemon rind
- ¾ cup butter or margarine, softened
- 3 egg yolks (reserve the egg whites for meringue)
- 1 cup heavy cream or canned cream



**Directions:**

1. Stir yeast into the warm water and let it bubble. Then combine and blend (with your hands) the yeast mixture with all ingredients, except for the yolks and cream until the particles are fine.
2. Add the yolks and cream and mix well. Cover with plastic wrap or place in a plastic bag and store in a refrigerator overnight.
3. The next day, roll dough into small round balls (about as big as a golf ball) and press each on a cookie sheet until flat (about 3 inches round).
4. Fill with filling – prune, poppyseed, apricot, or any jam/jelly. Pinch closed to make a round ball shape.
5. Let rise about 1.5 hours or until doubled. It's ok if some pop open.
6. Whip egg whites to stiff stage and spoon onto the top of each cookie. Bake in a preheated 375° F oven about 12 minutes or until nicely brown.
7. Cool, then sprinkle with powdered sugar.
8. Makes a little over 2 dozen. Enjoy!



*Kolacky after rise, before baking*



*Kolacky finished*

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## Galette des Rois

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Hannah Foniciello (Miriam Warnier, family friend)

Belgium

**Dessert**

*This cake (galette) is made every year on the sixth of January to celebrate Three Kings Day in Belgium and many other European countries. Traditionally, there is an uncooked bean or small figurine, called a fève which is inserted into the cake just before it is baked. The cake is cut into even slices for each person in the house and whoever finds the fève is decreed the King or Queen until the next year!*

*A unique ingredient for this dish is almond flour, which you should be able to find in most grocery stores in the baking aisle.*

### **Ingredients:**

- $\frac{3}{4}$  cup butter, melted
- $\frac{2}{3}$  cup sugar
- 3 eggs
- $\frac{3}{4}$  cup almond flour
- 2 tbsp flour
- Puff pastry (at least 2 sheets for the bottom and top crust)

### **Directions:**

1. Preheat oven to 200° C (around 392° F).
2. Cream the butter, sugar, and eggs until frothy.
3. Stir in the almond flour and regular flour until well mixed.
4. Cover your pie tin with the bottom puff pastry crust, and pour the mixture in.
5. Cover the top of the cake with the top puff pastry crust.
6. Brush the top puff pastry with the egg white and decorate with designs (optional).
7. Bake in an oven for around 40 minutes.

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## Brigadeiro

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Luiza Gimenes Rodrigues Albuquerque

Brazil

### Dessert

*Brigadeiros are usually served in birthday parties (mainly children's parties), but can also be found in bakeries and snack shops. They are usually shaped into small balls and are covered in chocolate sprinkles. However, when Brazilians are feeling lazy and just want to prepare a quick sweet treat, the warm brigadeiro mixture can be poured into a container and eaten with a spoon.*

### Ingredients:

- 1 can of sweet condensed milk
- 1 tbsp of cocoa powder
- 1 tbsp of unsalted butter
- chocolate sprinkles

### Directions:

In a saucepan over medium heat, mix all the ingredients. Keep stirring until the mixture thickens (i.e., this usually takes about 10 minutes). The right moment to stop stirring and removing from heat is when the mixture does not adhere to the bottom if the saucepan is slightly tipped. Allow the mixture to cool. Roll small balls with your hands (rubbing some butter in your hands usually helps). Roll in chocolate sprinkles, and place the brigadeiros in small cupcake liners.

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## Medus Kūka (Honey Cake)

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Jordan Argyle (Argyle-Koka family)

Latvia

### Dessert

*This could be considered the national dessert of Latvia. When I first tried honey cake, my entire idea of dessert changed forever. In fact, I fell so in love with this cake that we had a custom one made for our wedding cake. It's found in grocery stores and restaurants throughout the country, and is a favorite of most of our Latvian friends and family. We have yet to find something similar in the U.S.*

*Nothing is hard to find.*

### Ingredients:

#### Dough:

- 3 large eggs
- 1 cup honey
- 1 egg
- 2-3 cups flour
- 2 tsp baking soda

#### Filling:

- 500 g sour cream
- 1 cup sugar
- Optional: any tart jam

#### Other:

- Optional: 1 cup chopped walnuts
- ½ cup grated cookie crumbs



## **Directions:**

### Cake:

1. Mix eggs, honey, and the flour in a large bowl. Put the bowl in a hot water bath and stir until smooth.
2. Cool dough, add baking soda, and gradually add remaining flour until thick. For us, it's usually about 2 1/3 cups, but has taken up to 3. It should be the consistency of cookie dough.
3. Divide the dough into 5-7 parts. Roll each part ~5 mm thick and cut to the shape of a rectangle the size of cake you want. You can also spoon 3-4 tbsp of batter onto 9x13 inch sheets of parchment paper and spread it thin using a spatula.
4. Put each part on parchment or baking paper lined baking pan and bake at 175° C (350° F) until golden brown. This can take anywhere from 3 to 10 minutes (on the longer side if you added butter to the dough).
5. Cover the bottom layer of the cake with a thin layer (2-4 mm thick) of filling or jam if you choose to use jam. The easiest way to place layers is to grab the parchment/baking paper, flip it upside down to place the cake, and then peel it off.
6. For each middle layer of cake, place the next layer on top of filling, stab gently with a fork repeatedly to improve filling absorbency, and cover with a layer (2-4 mm thick) of filling. If you are placing layers using the parchment/baking paper, you can stab the layers before placement. If you are using jam, it only goes on top of the first layer.
7. After the last layer is placed, cover with a layer (2-4 mm thick) of filling and sprinkle the top with grated cookies and walnuts.
8. Cover and place in a cool place to mature overnight.
9. Cut the edges of cake smoothly, and cover sides with the grated cookie/walnut mixture and serve.

### Filling:

1. Mix sour cream with sugar and a half cup of walnuts (if desired).

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## Pudim de Leite Condensado

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Luiza Gimenes Rodrigues Albuquerque  
(Marcos de Albuquerque - this is my father's recipe)  
Brazil  
**Dessert**

*Brazilians usually reunite with their families on Sundays, with lots of good food and desserts. The most awaited dessert is the Pudim! Everybody likes Pudim, and each family has its own way of preparing it.*

### **Ingredients:**

#### Pudim:

- 1 can of sweetened condensed milk (Keep this can. It will be used to measure all the other ingredients)
- 1 can of table cream
- 1 can of whole milk
- 3 eggs
- $\frac{1}{2}$  tablespoon of vanilla extract

#### Caramel:

- 1 cup of cane sugar
- $\frac{1}{3}$  cup of boiling water

### **Directions:**

1. Blend all the Pudim ingredients.
2. Prepare the caramel by melting the sugar in a saucepan until it is golden. Slowly and carefully add the water, stirring it well.
3. Carefully pour the caramel over the central cone of an angel food cake pan (or tube pan). Pour the Pudim mixture over the central cone of the tube pan. Place the tube pan inside a larger pan. Fill the larger pan with hot water (about half of the height of the inner pan), and bake it for approximately 1 hour and 30 minutes. It will be done if the surface is firm, but not dry as a cake. Let it cool in room temperature, and then place it in the refrigerator for approximately 3 hours.

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## Oatmeal Caramelitas

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Robert Chapa

Mexico

**Dessert**

*Favorite dessert growing up in a Latino family.*

*Mexican caramel, made with goat's milk, usually found in international stores. Cajeta de leche, found in Idaho Falls in the Union Market on First Street.*

### **Ingredients:**

#### Crust:

- ¾ cup margarine or melted butter
- 1 cup flour
- 1 cup oatmeal
- ¾ cup brown sugar
- ½ tsp soda
- ¼ tsp salt

#### Topping:

- 1 cup chocolate chips or 6 oz of chocolate pieces
- ½ cup walnuts
- ¾ cup Mexican caramel topping (Coronado Cajeta Quemada)
- 3 tbsp flour

### **Directions:**

#### Crust:

1. Combine the above and press one-half into a 9" square pan, bake at 350° F for 10 minutes, and remove from the oven.

#### Topping:

1. Sprinkle chocolate chips and walnuts over crust.
2. Combine topping and flour and drizzle over top.
3. Top with remaining crumb mixture.
4. Bake 15 to 20 minutes.
5. Let cool, cut into small rectangles. Enjoy!



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## Baklava

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Gretchen O'Bleness in memory of Dina Gouletas

Greece

### **Dessert**

*In high school, I had a friend who's father was from Greece. She introduced me to lots of yummy Greek dishes, including Baklava. It's the best!*

*Some people are bold and make their own dough, but I buy Phyllo dough, which can be found in most grocery stores in the frozen food section. The only challenge for this recipe is to find the perfect size pan - 10"x14" cake pan with 2" straight sides.*

### **Tools you will need:**

- 10x14" cake pan (with 2" straight sides)
- Food processor to grind up nuts
- Pastry brush (I use a nylon brush)
- (Optional: toothpicks for spacing)

### **Ingredients:**

- Walnuts - finely chopped
- ½ cup sugar
- 2 tsp cinnamon
- 1½ cup butter (3 sticks), melted
- 1 pkg frozen phyllo dough (16 oz) thawed
- 1 cup sugar
- 1 cup water
- 1 tbsp lemon juice
- 1 cup honey (net weight 12 oz)
- ½ tsp vanilla



### Directions:

1. Combine and grind walnuts, 1/2 cup sugar, and cinnamon in a food processor.
2. Preheat the oven to 300° F.
3. Melt two sticks of butter in the microwave for 1 minute or less. (Melt the third stick when you need it.)
4. Using a pastry brush, lightly brush the bottom and sides of a 10x14" (about 1-2" deep) pan with melted butter.
5. Layer 8 sheets of phyllo dough (or 1/5 of your phyllo) in the pan, buttering each layer as you go.
6. Spread 1 cup of the walnut mixture. Layer 8 more sheets. Repeat 3 more times!
7. Layer any extra sheets on top aiming to have an unbroken sheet on the top.
8. Brush the top with the remaining butter.
9. Going lengthwise, cut 6 (or so) rows, but only cut halfway through the layers.
10. Cut on a 45 degree angle to get a nice parallelogram! (Note: Unless your pan is a square, do NOT cut from corner to corner.) This is done before baking since it will be very fragile after it's been baked. (Pro tip: use toothpicks to make sure your pieces are the same dimensions.)
11. Bake 1 hour or until golden brown.
12. Fifteen minutes before the baklava should be completed, mix 1 cup sugar, water, and lemon juice in a sauce pan.



13. Cook sauce over a medium heat, stirring occasionally for 15 minutes.
14. Remove from heat, add the honey and vanilla, and stir until well blended.
15. Remove the baklava from the oven and finish cutting through the layers.
16. Pour the sauce over the hot baklava.
17. Cool. Let it sit for at least 24 hours (lightly covered—but not in the refrigerator)—longer if you can stand it!

**Notes:**

- You should make baklava at least 24 hours ahead of time—a week is best. The longer you let the Baklava sit, the better it gets.
- Normally, I can find phyllo (pronounced FEE-low) dough in the freezer section of any grocery store. Look at the box before you buy. If it looks wrinkly like it has gotten wet, pick a different box. This seems to correlate to when I've gotten batches that stick together and break apart. I'm guessing they have partially thawed?
- Remember that the frozen phyllo dough needs to thaw in the refrigerator for around six hours. If you thaw it at room temperature, the individual sheets of phyllo dough may stick together. Once you open the phyllo dough, you will want to keep working.
- When grinding up the nuts, you will want to make them fairly fine, but you're not making peanut butter!
- Walnuts are traditional, but you can try other nuts, such as pistachios, as well.
- After I have everything gathered and the nut mixture is done, I can assemble the baklava in about 30-45 minutes – the time before you need to start working on the syrup for the batch in the oven. Each pan makes 35 - 45 nice pieces, depending on the cut size.
- If your phyllo dough comes in full sheets (14x20"), cut the phyllo dough in half.
- If your pan is larger than your phyllo sheets, stagger the sheets from corner to corner to cover the whole pan. I use a pattern so I don't forget how many layers I've put down, but it's even easier if you have a friend help!
- Your hand can help you keep track of the layers. Fingers are the 8 layers of phyllo dough. The spaces in between the fingers are where the nuts go.
- I use a nylon brush because one time I had some Girl Scouts helping me and they didn't notice that the bristles from a regular pastry brush were falling out all over!

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## Raisin Filled Cookies

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Curtis Smith (Rita Smith and Florice Smith Knowles)  
United States  
**Dessert**

*This is a family recipe that has been handed down for five generations at this point.*

### **Ingredients:**

#### Cookie Dough:

- 3 cups flour
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1½ cup sugar
- ¾ cup shortening
- 2 eggs
- 1 tsp vanilla
- ¾ cup milk
- Filling:
- 12 cups raisins
- ⅓ cup water

### **Directions:**

1. Mix cookie dough ingredients together.
2. Refrigerate for an hour.
3. Roll out and cut with a round cutter (~ 4" diameter).
4. While dough is cooling, boil raisins in water until they are soft. Place in a food processor and chop until fine.
5. Place one cookie round onto a greased cookie sheet, fill with 1 teaspoon filling, and place another cookie on top and seal the edges.
6. Bake at 350° F for about 10-12 minutes.

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## Chocolate Yummy

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Kimberly Schuebert  
United States  
**Dessert**

*This is a family favorite recipe that started with my great-grandma making it for special occasions. My mom would make this dessert when I was a child. Now my siblings and I carry on the tradition.*

### **Ingredients:**

#### Crust:

- 1 cup all-purpose flour (use 1 cup rice flour if gluten-free)
- 1 cup pecans, chopped finely
- 1 stick butter, cubed

#### Filling:

- 1 cup Cool Whip
- 1 cup powdered sugar
- 1 8 oz cream cheese, softened
- 1 3.4 oz instant vanilla pudding mix
- 1 3.9 oz instant chocolate pudding mix
- 3 cups cold milk
- 3 cups Cool Whip
- 1 frozen chocolate bar, grated

### **Directions:**

#### Crust:

1. Combine all ingredients until the mixture resembles coarse crumbs.
2. Press into a 9 x 13 inch baking pan.
3. Bake at 350° F for 15 minutes.
4. Cool slightly.

Filling:

1. Mix 1 cup Cool Whip, powdered sugar, and cream cheese. Spread over cooled crust.
2. Whisk vanilla and chocolate pudding mixes with 3 cups cold milk. Place in the refrigerator for a few minutes to thicken.
3. Spread over the cream cheese layer.
4. Top pudding layer with 3 cups Cool Whip.
5. Sprinkle grated chocolate bar on top. Store in the refrigerator. Serves 12.

Variation:

1. Substitute vanilla and chocolate instant pudding for two boxes of pistachio instant pudding.



*Chocolate Yummy (left) and pistachio variation (right)*

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## Piparkūkas (Gingerbread Cookies)

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Jordan Argyle (Argyle-Koka family)

Latvia

### Dessert

*Latvian piparkūkas is a unique and spicy treat that is often prepared in our family and left on the main room table for all to snack on. Particularly significant during Christmas, we find that we make it several times a year when we're missing home. Nothing hard to find.*

### Ingredients:

- 125 g sugar
- 370 g honey
- 50 g lard
- 560 g flour
- 1 tbsp baking powder
- 125 g finely crushed almonds
- 1 tsp cinnamon
- 1 tsp gingerbread spices
- salt
- 1 egg
- fat for greasing and flour for dusting the baking sheet
- 2 egg yolks for glazing
- almond and coconut flakes for decoration



**Directions:**

1. Heat sugar, honey, lard in a small pot, stirring continuously until well mixed. Allow mixture to cool.
2. Sift the flour into a bowl, and mix in baking powder, almonds, cinnamon, and spices.
3. Pour cooled honey mixture into the well made in the powdered ingredients. Add in the beaten egg.
4. Mix with a spoon until stiff, then knead dough thoroughly with hands. Let fully mixed dough rest for half an hour.
5. Dust table surface with flour and roll dough about 5 mm thick. Stamp out shapes using cookie cutters. Traditional shapes are moons, 6-pointed stars, hearts, and men approximately 5-7 cm in largest dimension. Larger cookies tend to not bake well using this recipe.
6. Brush raw cookies with beaten egg yolks, and sprinkle with coconut or almond if desired.
7. Transfer cookies to greased and floured baking sheet.
8. Bake at 180° C (350° F) for about 15 minutes.
9. Let stand about a minute, then transfer to wire rack to cool. If cooled in pan, they become harder than you might like, but are still edible.



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## Fruit Cocktail Pudding Cake

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Linda Montgomery (Wanda Jenson)  
Roberts, Idaho  
**Dessert**

*The family had a ranch in Roberts in the 30s and 40s. They primarily ate what they grew (money being tight). This was invented as a special treat because it had so much exotic fruit in it (the fruit cocktail).*

**Ingredients:**

- 1¼ cup flour
- 1 cup sugar
- ¼ tsp salt
- 1 tsp soda
- 1 egg
- 2½ cups fruit cocktail (with the juice)
- 1 cup brown sugar
- 1 cup chopped nuts

**Directions:**

1. Sift the flour, sugar, salt, and soda together four times.
2. Add one beaten egg and the fruit cocktail.
3. Pour into a pan (I usually use a 9x9 glass dish). Cover with the brown sugar and chopped nuts.
4. Bake for 45 min. at 350° F.
5. Serve plain or with whipped cream or ice cream.



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- Dips•Salads
  - Beverages
- 

# *Sides/Snacks*



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## Mild Orange Drink

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Jim Greene  
Florida  
**Snack-Beverage**

*In Florida, we have more oranges than Idaho has potatoes. This recipe is desirable at any time of the year because it's very hot. This was derived from the Orange Julius drink, but doesn't have added sugar. This drink isn't intended to have a strong flavor, but should have enough that it doesn't taste diluted. It's essentially a more fun way to consume an orange.*

### **Ingredients:**

- Fresh oranges are better. I don't know how to get that in Idaho, but a store-bought orange will do just fine.
- One or more peeled oranges
- Some ice
- Water
- Recommended: Vanilla flavoring
- Optional: Some type of milk (almond, dairy, etc.), which will replace some or all of the water

### **Directions:**

1. Blend it. Drink it.
2. You don't need to remove the seeds from an orange if you have an efficient blender, unless you decided to make a grapefruit drink. Don't blend grapefruit seeds unless you want a drink that is irredeemably bitter.

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## Rice Pilaf

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Elise Miller (Moordigian family pilaf recipe)

Armenia

### Side Dish

*Passed down from my paternal grandfather, whose parents were Armenian refugees.*

### Ingredients:

- ½ cup butter
- 1 cup long grain rice
- 1-in. round vermicelli
- 2 cups hot water
- toppings (options): ham, tomato, cheese

### Directions:

1. Melt butter in saucepan with vermicelli, broken into 2-in. pieces.
2. Brown vermicelli.
3. Add rice to coat with butter, then pour in hot water.
4. Bring to a boil, add salt to taste, and then cover.
5. Reduce heat to low and simmer 20 minutes.
6. Mix and serve.



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## Tomatillo Guacamole

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Sarah Neumann

Mexico

**Lunch-Dinner-Snack**

*I learned how to make this recipe from a friend of mine who grew up in Mexico City. His mother would often make a big batch of guacamole for his large family. Avocados were a relatively expensive ingredient, so they would add tomatillos to bulk up the recipe. The tomatillos also help lessen the browning of the avocado, so it keeps fresher longer.*

*You can find all the ingredients at Winco.*

### **Ingredients:**

- 10 tomatillos, paper skin removed
- 2-3 large avocados, peeled, pitted, and halved
- 1-2 limes, halved, seeded, and squeezed
- ½ white onion, peeled, and chunked
- 2 large garlic cloves
- 1-2 serrano peppers, seeded
- ½ bunch fresh cilantro, chopped
- ½ tsp salt

### **Directions:**

1. Boil tomatillos and peppers in water until the tomatillos turn Army green (about 5-10 minutes).
2. Blend all ingredients in a food processor until smooth.
3. Cool in refrigerator for several hours.

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## Double Ka Meettah

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Nagasri Valli Gali (Valli)

South India

**Beverage**

*A famous Indian summer drink.*

**Ingredients:**

- 1 cup yogurt
- 1 tbsp sugar
- 1 cup mango pulp or use fresh mango, if available
- 1 cup water or ice.

**Directions:**

1. Blend and enjoy.



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## Speka Pīrāgi (Bacon Rolls)

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Jordan Argyle (Argyle-Koka family)

Latvia

**Lunch–Dinner–Snack**

*Latvians in diaspora report that this is the dish that makes them long for home the most, and that they crave most often. In our family, we usually make this around holidays (especially Christmas), where they fly off the table throughout the day. Oddly enough, I don't often find these in stores in Latvia; they are usually homemade, bringing together friends and family for warm memories during cold winters.*

*Nothing is hard to find.*

### **Ingredients:**

#### Dough:

- 600 g flour
- ~30 g yeast (this is 1 packet dry yeast in Latvia)
- 1 cup milk
- ½ tsp salt
- 2 tsp sugar
- 100 g butter
- 1 egg yolk

#### Filling:

- 300 g smoked pork brisket or fatty bacon
- 3 onions
- salt and ground pepper

#### Glaze/glue:

- 2 egg yolks
- 2 tbsp water



**Directions:**Dough:

1. Sift all but 0.5 cups flour into a large bowl. Make a pocket in the middle, and add yeast mixed with some warm water or milk.
2. Cover bowl with towel and put in warm place for 10-15 minutes. Yeast is ready when it is frothy and increases in volume.
3. Mix together yeast and flour.
4. Mix egg yolk, butter, salt, and sugar together until smooth.
5. Add egg mixture to flour and mix.
6. Dust dough with handful of flour, cover bowl, and let rise in warm place for 30-40 minutes. Volume should increase 2-3 times.

Filling:

1. Cube meat, and chop onions into small pieces.
2. Combine together with salt and pepper to taste.

Glaze/glue:

1. Beat egg yolks with water.

Pirāgi:

1. Dust table with flour. Roll a portion of dough on table.
2. Cut disks of dough (you can use the rim of a glass that you dust with flour every time before you cut a disk)
3. Spoon filling on each dough disk.
4. Brush edges of each dough ring on the inside. This will act as a glue that keeps the roll closed when it cooks.
5. Press opposite sides of rings together to form ovaloid rolls.
6. Brush the rolls with glaze mixture.
7. Line baking sheet and bake at 200° C (400° F) until golden brown.

**Note:**

We like to add a little cheese to the mixture, or to press on caraway seeds before baking.

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## Rasols (Veggy Salad)

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Jordan Argyle (Argyle-Koka family)

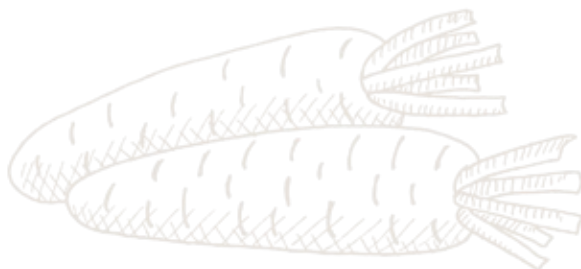
Latvia

**Breakfast–Lunch–Dinner; Snack**

*To me, summers in Latvia are vegetable salads mixed with sour cream or mayo served on small slices of bread. One of my favorite (and the most filling) is this potato veggie salad with a little meat. This is ubiquitous across the country, gracing the tables of most families while also having a prominent place in bistros and cafes across the country.*

### **Ingredients:**

- 8 medium potatoes that can boil soft, but not crumble. Russets can be really picky, so we boil them a little less than usual.
- 1-2 carrots
- 6 eggs
- 4-5 pickles
- Thick-sliced ham (we go to Winco and ask for ~1/2 thick slices of ham at the deli counter)
- 1 can green peas
- about 500 ml mayonnaise and sour cream in equal portions
- a little mustard
- a little salt
- optional: a little horseradish
- optional: chives





**Directions:**

1. Boil potatoes, and whole,unpeeled carrots until soft but slightly firm (not easily mashed).
2. Hard boil eggs.
3. Allow potatoes and carrots to cool to room temperature or cooler.
4. Cut ham into ~0.5-inch cubes.
5. Peel and cube potatoes into ~0.5-inch cubes.
6. Cut carrots, eggs, and pickles into ~0.25-inch bits
7. Combine cut veggies, eggs, and meat in a bowl with the can of peas.
8. Add a squirt of mustard and/or horseradish, as desired.
9. Scoop in mayo and sour cream in approximately equal portions while carefully mixing until desired consistency is reached.
10. Top with chives.



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## Spinach Bhajiya

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Amit Jain (Varsha Gupta)

Rajasthan, India

**Breakfast-Snack**

*Spinach bhajiya is a savory north Indian fried snack made from gram flour, spices, and a fresh bunch of spinach. This simple recipe is for the bhajiyas, as made in Rajasthan, India. A different version called "Pakora" is famous in other parts of India. The difference is that for making "Pakora," the batter/mix can be a bit more flowing, like you would see in making pancakes, and different vegetables like potatoes, cottage cheese, and green peppers may be used for the same, but not in this recipe, which makes a crunchier snack.*

*Spinach bhajiyas are usually served as a snack or appetizer. They are also often served with hot tea (or chai) to guests arriving to attend Indian wedding ceremonies, and are usually complemented with tamarind chutney or tomato ketchup. Most commonly, bhajiya is a traditional evening snack in India during the winter and rainy monsoon seasons. People usually enjoy these while sitting on their terrace or balcony drinking hot tea.*

*The ingredients of this recipe can be easily found at any Indian grocery store or online at Amazon or Walmart.*

### **Ingredients:**

- 1 cup (240 g) of gram flour or garbanzo bean flour or chickpea flour or Besan
- ½ bunch of fresh spinach leaves
- ¼ cup water
- salt to taste
- ¼ tsp of asafoetida
- ¼ tsp of turmeric powder
- ¼ tsp of crushed black peppercorns
- 3-4 full leaves of fresh cilantro(optional)
- 1 tsp oil (preferably, peanut oil or vegetable oil or canola oil) for the flour mix
- oil to fry

### **Directions:**

1. Add gram flour in a big bowl and add freshly chopped spinach into it.
2. Now add salt, turmeric powder, asafoetida, crushed peppercorns, cilantro, and a tsp of oil to the same bowl.

3. Keep aside for around 10 minutes to let the moisture from the spinach ooze out into the batter.
4. Next, gently mix the batter while adding a little bit of water at a time. Please make sure that too much water is not spilled into the mixture, as this may lead to flowing batter, which we are not interested in!
5. Now, once you get a moderately flowing paste (you can consider the consistency of the paste as something like fruit jam), take two tsp for scooping into the batter.
6. Keep oil for frying on medium to high flame. Wait until the oil gets sufficiently heated. You can check this by observing some fumes that start coming out of it (again, fumes depend on the type of oil used). Alternatively, you can carefully place your one hand slightly above the heated pan and if you observe some warmth, then the oil is perfect for frying.
7. Now scoop a tsp of batter and release it into the heated oil pan with the help of another tsp.
8. Repeat the same procedure as above, until the dropped scoops of batter have occupied almost the entire surface area of the pan.
9. While keeping the flame of the burner between medium to high, carefully flip the bhajiyas so that the heat is evenly distributed.
10. Now, once you observe that the bhajiyas have turned a golden brown, you may carefully take them out with the help of a strainer.
11. Serve hot with tomato ketchup.



*Asafetida is the spice that makes Indian food taste Indian.*

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## Korean Cucumber Salad

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Michelle Thiel Bingham

Seoul, South Korea (my mother's hometown)

**Lunch-Dinner**

*An easy, refreshing salad that was my mother's contributions to many expanded family dinners. I like to add Korean red chili pepper flakes (gochugara) to my cucumber salad and usually pick up a bag when I am in a larger city that has an Asian market.*

**Ingredients:**

- 2 English cucumbers, washed and cut in quarters the long way. Then thinly slice.
- 1 tbsp Korean red chili pepper flakes (optional)
- 1 tbsp chopped green onions
- 1/2 tsp minced fresh garlic
- 1 tsp white vinegar
- 1 tsp rice vinegar
- 1/2 tsp sugar
- black pepper
- 1 tsp roasted sesame seeds
- 1 tsp sesame oil

**Directions:**

- Once the cucumbers are sliced, place in a bowl and sprinkle with salt. Let this sit for several hours. Squeeze cucumbers to drain off excess water. This will also help make the cucumbers a little chewy, which adds to the flavor.
- Then add the rest of the ingredients and adjust proportions as necessary... because honestly I am truly guessing on the measurements. I learned how to cook from my mother, so I just add ingredients and adjust based on how it tastes.







**Andrew Zimmern** - Please be a traveler, not a tourist. Try new things, meet new people, and look beyond what's right in front of you. Those are the keys to understanding this amazing world we live in.

**Cesar Chavez** - The people who give you their food give you their heart.

**Deborah Cater** - You have to taste a culture to understand it.

**James Beard** - Food is our common ground. A universal experience.