



SHARING CUISINE

**DIVERSITY
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The Recipes collected here were donated by members of the Finance Division from their personal family records.

Prepared by the UNC- Chapel Hill, Finance Division

Diversity Committee

Thank you to all those members of Finance who contributed.

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SAUSAGE AND GRITS BREAKFAST CASSEROLE



Origin: USA

2 c. water
½ t. salt
½ c. quick cook grits
4 c. shredded cheddar cheese
4 eggs, beaten (I use 6)
1 c. milk
½ t. dried whole thyme
1/8 t. garlic salt
2 lbs. cooked hot sausage

Bring water and salt to a boil. Stir in grits.

Return to a boil and reduce heat. Cook 4 minutes.

Combine cheese and grits in a large mixing bowl. Stir until cheese is melted.

Combine eggs, milk, thyme and garlic salt. Mix well.

Stir egg mixture into grits mixture. Add sausage and stir.

Put in a 9x13 baking dish. Cover and refrigerate overnight.

Let stand 15 mins before baking. Bake at 350 for 50 to 55 minutes.

Submitted by: Pat Tayloe



MOQUECA DE CAMARAO

(shrimp stew, Bahian style)

Origin: Brazil



Plan ahead, the shrimp needs to marinate for 30 minutes.

Juice of 1 lemon
1 onion, finely chopped
1 clove garlic, minced
1 to 2 tablespoons white vinegar
1/2 teaspoon salt
1 pound fresh shrimp, shelled and deveined
1 teaspoon fresh cilantro, chopped
2 tablespoons tomato paste
Black pepper to taste
1 cup thin coconut milk*
1/2 cup thick coconut milk*
2 to 3 tablespoons dende oil**

Make a marinade with lemon, onion, garlic, vinegar and salt. Marinate the shrimp for 30 minutes. Put mixture into a sauce pan and add cilantro, tomato paste and black pepper to taste. Add thin coconut milk and cook over low heat until the shrimp are cooked. Add the thick coconut milk and dende oil. Continue cooking for another 5 minutes.

Serve with rice.

*Bottled or canned coconut milk can be substituted.

**Dende oil is a palm oil high in saturated fat. It is available in specialty food stores.

Submitted by: Brian Smith



MONT HINN GAR

Origin: Burma



3 tbsp cooking oil
1 Onion, grated
4 Garlic Cloves, crushed
2.5cm/1-inch freshly grated Root Ginger
1 Stalk Lemon Grass, very finely chopped (or 1 teas Ground Lemon Grass)
1 teas Chili Powder
1 teas Turmeric
1.5L/50fl.oz. Water
2 Small Onions, quartered
4 tbsp Rice Flour mixed with a little cold water
450g/1lb Catfish or any firm fish
450g/1lb Fine Rice Noodles
2 Hard Boiled Eggs, quartered
Shredded Spring Onions
Shredded Green Beans (raw or cooked)
Slices of Fried Gourd or Squash
Fresh Coriander Leaves

1. Heat the oil in a large saucepan, add the grated onion, garlic, ginger, lemon grass, chili powder and turmeric powder and cook for a few minutes over a medium heat, stirring, until fragrant . Then add the fish and mixed well and cook for 5-10 minutes with low heat.
2. Add the water, quartered onions and rice flour mixture. Mix well and bring to the boil, stirring thoroughly to prevent any lumps forming. Once the soup has thickened, reduce the heat and simmer for 20 minutes.
3. Mix well with the soup and the fish mixture and continue to cook for a further 10 minutes.
4. Meanwhile, bring a large pan of water to the boil, add the noodles and cook for about 5 minutes or until tender. Drain well.
5. To serve – place a portion of noodles in individual soup bowls and top with the soup. Serve hot with the garnishes served in separate dishes and allow diners to add whichever of the garnishes they like to their own bowl of soup.

Submitted by: Tin Lay Nwe



BEIJING-STYLE FRIED BEAN CURD

Origin: North China



Ingredients

- 1 (16 ounce) package bean curd (use three pieces)
- 1/2 cup flour
- 1 egg, beaten
- 1 tablespoon chopped green onion
- 1 tablespoon chopped gingerroot
- 1 teaspoon cooking wine or sherry wine
- 1 teaspoon salt
- 1 teaspoon sesame oil

1/2 cup stock

Directions

Cut the bean curd into 1/2 inch slices.

Before frying, coat with flour then dip into the egg.

Heat the wok then add 2 T oil.

Arrange the slices of bean curd evenly on the bottom of the wok.

Fry over medium heat for about 1 minute, or until golden brown.

Sprinkle with onion, ginger root and sherry, salt, sesame oil and stock.

Pierce the bean curd with a fork to allow the liquid to seep through.

Turn heat to low and cook until the liquid is absorbed by the bean curd.

Shrimp's eggs may be added to this dish if desired.

Submitted by: Hua Shen



SPINACH SALAD

Origin: North China



Ingredients:

1 ½ lb spinach
Salt
2 tbsps sesame oil
1 tsp sugar
2 tbsps red wine vinegar
3 tbsps soy sauce
1 tsp prepared mustard

Directions:

1. Trim the spinach and wash thoroughly in cold water.
2. Cook the spinach in a little boiling salted water until just tender. Drain well, then refresh under cold running water. Drain again, squeezing out all the water from the spinach. Cut each leaf into 3 to 4 pieces and place in a bowl. Allow to cool.
Combine the sesame seed oil, sugar, vinegar, soy sauce and mustard in a bowl. Pour over the spinach and toss well before serving chilled.

Submitted by: Hua Shen



MAULTASCHEN (SWABIAN POCKETS)



Origin: Germany

Filling:

Spinach, fresh or frozen -- 1 pound
Butter or oil -- 2 tablespoons
Onion, minced -- 1/2
Ground beef -- 1 cup
Good quality bread, soaked in milk or water -- 3-4 slices
Eggs, beaten -- 3-4
Nutmeg -- 1/4 teaspoon
Salt and pepper -- to taste

If using fresh spinach, bring a pot of water to a boil. Drop in the spinach and blanch for 1-2 minutes. Drain the spinach in a colander and squeeze out as much excess liquid as possible. Then chop finely. If using frozen spinach, simply thaw, squeeze out the liquid in a colander and chop finely. Heat the butter or oil in a sauté pan over medium heat and sauté the onions until translucent. Add the ground beef and sauté until just cooked through, breaking it up as it cooks. Drain any excess oil and allow to cool. Mix the spinach and ground beef mixture together in a large bowl. Drain the bread and squeeze it dry. Crumble the bread into the bowl and add the eggs, nutmeg, salt and pepper. Mix or knead the filling to form a paste.

Dough:

2 $\frac{3}{4}$ cups of flour
4 eggs
Salt
Egg, beaten with a little water -- 1

Combine the flour, eggs, and salt in a bowl and mix to make a pasta dough. Then add a little water and knead until it has a firm but elastic consistency. On a board that has been sprinkled with flour, roll out the dough and cut into rectangles twice as wide as you want your 'Maultaschen' to be and as long as you want them to be. Spoon filling on one half of each rectangle brush the edge with the egg/water mixture, fold over and seal the edges

Bring a large pot of salted water to a boil, add the finished *maultaschen* and cook for 8-10 minutes. Drain and serve topped with bread crumbs toasted in melted butter or in a bowl with a little beef or chicken broth. Alternatively you can also pan fry them in a bit of butter.

Submitted by: Janet Kelly-Scholle



CAULIFLOWER AND POTATOES

Origin: India



Ingredients:

1 medium Cauliflower

2 medium Potatoes

1 Onion

1 Tomato

½ tsp Cumin seeds

1 clove Garlic

1" piece Ginger

Pinch of Turmeric

Salt to taste

1 tsp Red Chili Powder

½ tsp Garam Masala (Available in Indian grocery store)

Oil to sauté vegetables.

Cut potatoes into cubes and cook them half way. Heat oil in a pan; add cumin seeds; then add onion. When onions become translucent add grated ginger and grated Garlic. Add tomatoes and cook for 5 to 10 minutes.

Add turmeric powder, coriander powder, chili powder and sauté them for 5 to 10 minutes.

Then add the cauliflower florets and cook for a few additional minutes. Add half cooked potatoes, salt, and Garam Masala powder.

Cover the pot and cook.

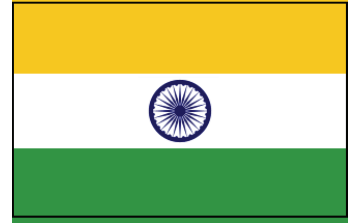
Once cauliflower and potatoes are done garnish it with Cilantro.

You can have this with Rice or Indian bread also.

Submitted by: Meena Govindarajan



NAVRATNA KORMA



Origin: India

2 large Onions grated.

½ Yellow Pepper cubed (or any color Pepper).

Following vegetables can be steamed or boiled.

1 Cup Green Beans (Frozen French cut)

½ Cup Shelled Edamame (Frozen Soy beans).

1 Carrot 1" pieces

½ Head Cauliflower (cut the florets into bite size pieces)

1 Small Zucchini cubed.

Spices:

½ chopped Jalapeno (**optional**)

½ tsp. Cardamom powder

½ tsp. Turmeric

1 tsp. Coriander powder

1 Tbs. Paprika

¼ Cup chopped Cashew Nuts

½ Cup Olive Oil

1" of Ginger grated

1½ Tbs. Coconut Flakes

¼ tsp. Crushed peppercorns

½ tsp. Cumin Seeds

1 ½ tsp. Salt

½ tsp. Cayenne pepper powder

¼ Cup seedless Raisins

2 Cloves Garlic crushed

Other Ingredients:

1 Can (6 oz.) Tomato Paste

2 Cups whole Milk

In a non-stick pan sauté the onions in olive oil on medium heat until brown. Do not cover the pot. Add ½ tsp. Salt while the onions are cooking this will quicken the browning process.

When onions are halfway brown add the peppers and continue cooking till done.

Lower the heat and stir in the rest of the spices, and cook for about 1 minute.

Add the tomato paste. Mix well, cover and cook for about 5 minutes, stir occasionally.

Remove from heat and slowly stir in the milk.

Add the boiled (drained) or steamed vegetables and the remaining 2 tsp. salt, and mix well.

Cover and cook on low heat for 7 to 10 minutes.

Garnish with ¼ cup chopped cilantro and serve with Rice or bread.

Submitted by: Chandrika Rao



BRUSCHETTA

Origin: Italy

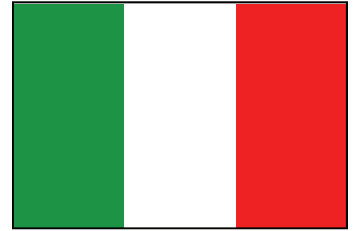
8 Roma chopped tomatoes
1/3 cup chopped sweet onion
3 garlic cloves, chopped
1 bunch fresh basil chopped or 1 teaspoon dried basil
1/2 teaspoon oregano
1/2 teaspoon fresh lemon juice (more or less per taste)
1/4 cup olive oil
Salt and pepper to taste

Optional: add fresh chopped spinach

1 loaf sliced French bread – oven toasted with a little butter.

Mix all ingredients above, for serving on French bread toast or adding as a hamburger topping.

Submitted by: Nancy Brock



ZITUMBUWA (BANANA FRITTERS)

Origin: Malawi

3 ripe bananas
1 tsp. sugar
1/2 cup ufa (cornmeal)
1 pinch of salt
oil for frying

Mash the bananas and mix well with the salt, sugar, and ufa.

Fry spoonfuls of this mixture in hot oil.

Submitted by: Tammy Jorgenson



FRIED WHITE ANTS

Origin: Malawi



Many compare this snack to popcorn.

1 cup day-old white ants (these are large termites, in the winged stage)
½ cup water
2 Tbs. margarine
salt to taste

Clean ants by removing wings and any foreign matter.

Place insects in salted water and boil over high heat until water has evaporated.

Reduce heat and add margarine.

Cover and simmer for 3 minutes.

Remove from heat and serve immediately

Submitted by: Tammy Jorgenson



STIFF PORRIDGE (MALAWI) *NSIMA*



Origin: Malawi

This recipe is an adaptation of an African staple food, served at every meal to help stretch the meats and vegetables.

You can make this with water instead of milk, or you can try substituting equal parts tapioca flour for the corn meal.

1-1/4 cups white cornmeal

1 cup Milk

Heat a cup of water to boiling in a medium-sized saucepan. Meanwhile, in a bowl gradually add $\frac{3}{4}$ cup of the cornmeal to the milk, stirring briskly to make a smooth paste.

Add this mixture to the boiling water, stirring constantly. Cook for 4 or 5 minutes while adding the remaining cornmeal. When mixture pulls away from the sides of the pot and sticks together, remove from heat.

Dump nsima into a lightly greased bowl. With damp hands, shape it into a smooth ball, turning in the bowl to help smooth it. Serve immediately.

To eat in the traditional manner, tear off a piece of nsima and make an indentation in it with your thumb. Use this hollow to scoop up stew or sauce from a communal bowl.

Submitted by: Tammy Jorgenson



BASIC VEGETABLE NDIWO

Origin: Malawi

3 cups greens (see below for examples), chopped
1 small onion, chopped
1 Tbs. Oil
2 small tomatoes, chopped
1 cup water
salt to taste

Saute onions in oil until tender.

Add remaining ingredients, cover and simmer over medium heat for 5 minutes or until greens are tender.

Serve with *nsima* or rice.

Common green vegetable leaves used in ndiwo:

Cassava Leaves = *Ntapasya* or *Chigwada*

Sweet Potato Leaves = *Ntolilo* or *Kholowa*

Bean Leaves = *Nkwanya*

Small Bean Leaves = *Chitambe*

Pumpkin Leaves = *Mkhwani*

Chinese Cabbage = Chinese

Mustard Leaves

Kale Leaves

Cabbage

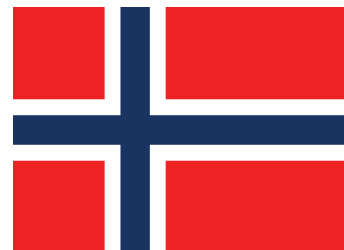


Submitted by: Tammy Jorgenson



PEPPERKAKER COOKIES

Origin: Norway



1 stick of butter
1 cup of sugar
1 cup of blond syrup such as Caro Corn Syrup
2 eggs
2 teaspoons of ground cinnamon
2 teaspoons of ground cloves
2 teaspoons of ground ginger
6 cups of flour

Melt, mix and cool down the butter, sugar and syrup.

Mix in the eggs.

Add and blend in the spices.

Add and mix in the flour to a hard dough.

Leave in a cool place for 24 hours.

Bring out the dough the next day, roll out and cut into cookies before baking:

Break off pieces of the dough and roll out to a thin (2mm or almost see through) wafers. Use plenty of flour to prevent the dough from sticking to the table.

Use traditional cookie-shape-cutters.

Put the cookies on a greased/non-stick baking sheet, or use non-stick paper, and bake for 5 to 7 minutes on 180 degrees C / 350 degrees F.

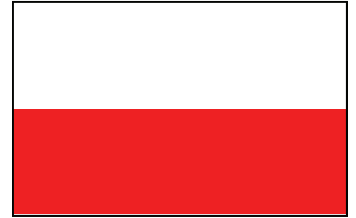
Make sure all the cookies on a single baking sheet are equally thick, or else some may burn while others will be too raw. The cookies have a nice healthy tanned look when they are baked correctly.

Submitted by: Anonymous



EASTER SOUP

Origin: Poland



Put two links of polish sausage in a pot with two quarts of water. Cook for one hour.

Remove sausage and refrigerate the broth and sausage overnight.

The next day you may (optional) remove the fat from the broth. Then add:

3 T of vinegar

2 T of horseradish

½ T of salt

Bring to a boil.

Mix two tablespoons of flour in one cup of half & half.

Put this mixture into the boiling broth and stir several minutes.

Serve hot with slices of polish sausage and hard boiled eggs (decorated Easter eggs).

Add more horseradish if desired.

Submitted by: Stan Koziol



BEET SALAD

Origin: Russia



Ingredients: 1 big or 2 small beets, 2-3 potatoes , 2 carrots and 1-2 pickles

Boil beets, carrots and potatoes in separate pots until ready to eat. Peel them and cut into small cubes. Also, cut pickles. Mix up everything. You may also add sweet green peas (canned) or chopped onion to your taste. Serve with olive or vegetable oil.

Ingredients: beets, walnuts

Boil beets, peel them and grate. Chop walnuts or other nuts and mix up with beets. Add mayonnaise.

Ingredients: beets, garlic

Boil beets, peel them and grate. Add minced garlic, mayonnaise and mix up everything together.

Submitted by: Elena Eliseeva





CARROT SALAD

Origin: Russia

Ingredients: carrots, raisins and/or walnuts (or other nuts), mayonnaise and/or sour crème

Grate carrots, chop nuts, add raisins, add mayonnaise and/or sour crème and mix up everything.

Ingredients: carrots, garlic, mayonnaise and/or sour crème

Grate carrots, chop or mince garlic into small pieces, add mayonnaise and/or sour crème and mix up everything.

Submitted by: Elena Eliseeva



HONEY COOKIES

Origin: Russia



3 cups of flour
¾ cup of sugar
5 ounces of honey
1 egg
½ teaspoon of baking soda
1.7 ounces of chopped hazelnuts or almonds
Ground cinnamon and cloves

Beat up an egg and sugar in a bowl, add honey, cinnamon, cloves, and baking soda, mix everything. Add flour into the mixture and knead batter thoroughly.

To make a batter brown, take 1-2 cubes of sugar, burn them in a small pan, add 1 ½ - 2 spoons of water, bring to boil and add it to the batter.

You can shape batter into cookies or a pie, spread almonds or hazelnuts over the batter. Bake in a warm (not very hot) oven for 15-20 min. Let the pie cool down, cut it in the middle into 2 pieces and fill with fruit preserve.

Submitted by: Elena Eliseeva



POTATO PANCAKES

Origin: Russia



10 potatoes

2 eggs

3 T flour

Few pinches of baking soda

Salt and pepper to taste

Peel potatoes, grate them on the grater into the bowl, and add eggs, flour, baking soda and pepper. Mix up everything thoroughly. Make the pan hot and then bring heat to medium. Add oil into the pan. With a tablespoon take a few portions of potato mixture and put them into the pan. They will form the pancakes. Pancakes should not touch one another while being fried. Fry them on both sides until golden. Use the same way the whole mixture.

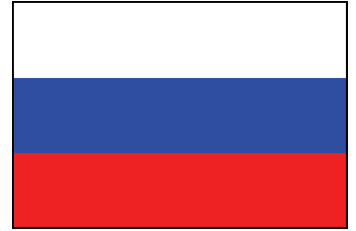
Serve pancakes hot, with sour cream.

Submitted by: Elena Eliseeva



RAVIOLI WITH MEAT (PELMENI)

Origin: Russia



Dough

3½ cup flour
1 egg
½ cup milk
2/3 cup water
2/3 teaspoon salt

Add egg, milk, water and salt into the flour. Mix up everything thoroughly; knead the dough. Let it stand for an hour.

2 ways of making the pelmeni.

-Roll out the dough very thin. Cut small circles out of it with a wineglass or something else. Put the filling in the middle of the circle. Stick (close up) the edges of the circles by your fingers so that the pelmeni form a half-moon.

-Cut the dough into 3 parts. Roll each of them into “franks”; cut them into small pieces (approximately of a size of a small walnut); roll them out into circles; put the filling in the middle of circles. Stick the edges of the circles together.

Filling

1 1/3 – 1 1/2 pound of meat (half beef and half pork)
1 onion
1-2 cloves of garlic
1 teaspoon salt
1 teaspoon pepper
1/2 - 2/3 cup milk

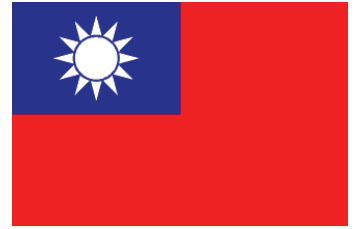
Mince meat, onion, and garlic by the meat mincer (twice). Add salt, pepper and milk into the meat and mix up everything.

Flour the cutting board. Put pelmeni there. If you make them in advance, freeze them. In a big pot pour the water, add salt, and bring water to boil. Put pelmeni – one by one – into the boiling water. As soon as they come to surface, take them out of water. Serve them hot, with sour cream, butter or vinegar.

Submitted by: Elena Eliseeva



BEEF AND SCALLION STIR FRY



Origin: Taiwan

2 tablespoons hoisin sauce (hoisin sauce has a rich, sweet flavor; look for it in the Asian section of your market)
2 tablespoons rice vinegar
1 tablespoon cornstarch
Coarse salt
1/2 teaspoon red-pepper flakes, plus more for serving (optional)
1 tablespoon plus 1 teaspoon vegetable oil
1 1/4 pounds flank steak, cut diagonally across the grain into 1/2-by-3-inch strips
4 cloves garlic, minced
2 scallions, sliced crosswise 1 1/2 inch thick, white and green parts kept separate
white rice, for serving (optional)

Preparation

In a small bowl, whisk together 3/4 cup water, hoisin sauce, vinegar, cornstarch, 3/4 teaspoon salt, and 1/2 teaspoon red-pepper flakes; set aside.

Heat 1 tablespoon oil in a 12-inch nonstick skillet over high heat. In two batches, cook steak until lightly browned, turn once, about 2 minutes per batch. Transfer to a plate.

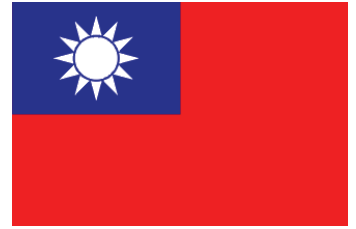
Add remaining teaspoon oil to pan along with garlic and whites of scallions. Cook, tossing often, until fragrant, about 1 minute. Whisk hoisin mixture to combine; add to pan along with scallion greens.

Return meat to pan; cook, tossing to coat steak with sauce. 1 minute. Remove from heat. Serve immediately, over rice and sprinkled with red-pepper flakes, if desired.

Submitted by: Yahui Chao



DICED MEAT WITH SPICY SAUCE



Origin: Taiwan

Ingredients:

- 1) 300 g. lean meat (from pig's leg)
- 2) 5 g. minced garlic
- 3) 5 g. dry pepper
- 4) 2 g. xanthoxylum seeds

Seasoning:

(A)

- 1) 1 egg
- 2) 1 tbsp. soy sauce
- 3) 1 tbsp. starch

(B)

- 1) 1 tbsp. sugar
- 2) 1 tbsp. cyclamate
- 3) 1 tbsp. vinegar
- 4) 1 tbsp. sugar
- 5) 1 tbsp. cooking wine
- 6) ¼ tbsp. monosodium glutamate
- 7) 1 tbsp. black sesame oil
- 8) 1 tbsp. starch water

Methods:

- 1) Clean and dice the lean meat, mix with seasoning (A) 1-3 well, coat by starch.
 - 2) Tidbit dry pepper.
 - 3) Mix seasoning (B) 1-8 well to be cooking sauce.
 - 4) Preheat the pan with salad oil, fry diced meat till well done, drain oil up. Fry ingredients 3-4 briefly, add diced meat in again, pour cooking sauce in, done.
- (Character) Fresh and tender, redolent and hot.

Submitted by: Yahui Chao



FRY MEAT BALL WITH THICKEN SAUCE



Origin: Taiwan

Ingredients:

- 1) 200 g. pork
- 2) 5 g. minced scallion
- 3) 3 g. bruised ginger
- 4) 20 g. water chestnut

Seasoning:

(A)

- 1) 1 tbsp. soy sauce
- 2) ½ tbsp. salt
- 3) 1 tbsp. cooking wine
- 4) ½ tbsp. pepper powder
- 5) 1 egg
- 6) 2 tbsp. dry starch

(B)

- 1) 1 tbsp. soy sauce
- 2) 1 tbsp. cooking wine
- 3) 1 tbsp. castor sugar
- 4) 1 tbsp. starch
- 5) 1 tbsp. black sesame oil

Methods:

Clean and mince pork with water chestnut, mix with seasoning (A) 1-6 well to be meat paste.

Preheat the pan with oil, squeeze meat paste to be meat balls into the pan, fry golden, drain up. Broil seasoning (B) 1-3, scallion, bruised ginger, 2 xanthoxylum seeds, meat balls, 1 scoop of broth till well done, turn to medium heat. Take scallion, ginger and exanthoxylum seeds out after 2/3 broth are gone. Thicken the sauce and sprinkle sesame oil on, dish up.

Submitted by: Yahui Chao



FRY SHREDDED BEEF WITH CELERY



Origin: Taiwan

Ingredients:

½ pound of beef fillet
60g of celery
5g of grated ginger

(A) 1 egg white
1 tbsp soy sauce
1 tbsp starch
½ tbsp pepper powder

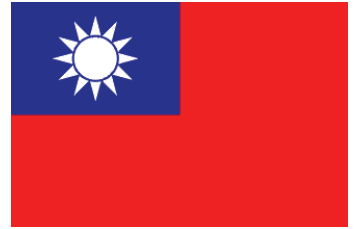
(B) 1 tbsp soy sauce
1 tbsp cooking wine
½ tbsp monosodium glutamate
1 tbsp starch water

Shred beef fillet into 2 inches long, mix with seasoning (A) and 1 tbsp salad oil well, coat by starch water. Clean celery, cut leaves off. Cut into 1 inch long. Mix seasoning (B) with 1 tbsp broth well to be cooking sauce. Pre-heat the pan with, fry beef briefly and drain up. Fry celery and ginger briefly, put beef with cooking sauce in fry by high heat, done.

Submitted by: Yahui Chao



FRY SHREDDED PORK WITH SCALLION



Origin: Taiwan

Ingredients:

250 g. pork fillet
150 g. scallion white

½ egg

1 T. soy sauce
1 T. dry starch
½ T pepper powder
1 T. starch water

1 T. sweet bean sauce

1 T. soy sauce
1 T. cooking wine
½ T. monosodium glutamate
¼ T. castor sugar
1 T. black sesame oil

Methods:

Clean and cut the pork fillet's sinew off, shred it by its natural line, mix well with seasoning from A. above – then coat by starch water.

Clean and shred the scallion white.

Preheat the pan with oil until 50% hot, fry shredded pork until well done, drain oil up.

Fry scallion white briefly, add seasoning from B. above mixing well – then put shredded pork in again, thicken the sauce and sprinkle with sesame oil on, done.

Submitted by: Yahui Chao



BAKLAVA

Origin: Turkey



Fillo dough (Athen's twin size, only one pack is enough)
1 lb shelled pistachio, grounded
225 gram (2 stick) unsalted butter
½ cup granulated sugar

Syrup:
2 cups water
2 and ½ cups granulated sugar
2-3 drop lemon juice

Topping:
Grounded pistachio

Melt the butter and bring to boil, then stop

Place the 1st fillo into the oiled baking pen and brush the butter on to the dough. Repeat this until 7 layers of dough are piled up.

Mix the pistachio with ½ cup sugar. Spread half of the pistachio onto the dough.

Pile up 7 more layers of dough as in step 2.

Spread rest of the pistachio and pile up rest of the dough. Do not oil the last dough.

Cut the whole dough into squares or triangles.

Boil the rest of the butter and spread over the cut dough.

Bake at 350 degrees for about 35 minutes. Allow to cool.

Preparation of the syrup:

Place the sugar and water in a pan and boil, then drop lemon juice. Continue boiling for another 10 minutes with medium heat.

Once baklava is cooled down, add the syrup and ornament with pistachio.

Submitted by: Fahir Zulfikar



DOLMA AND SARMA WITH GARLIC YOGURT SAUCE



Origin: Turkey

Sumac water: 2 1/2 tablespoons whole dried sumac berries
1/2 teaspoon salt
1 tablespoon tomato sauce or paste

Stuffing: 2 medium onion, chopped
1 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon ground red pepper, optional
1 tablespoon chopped fresh parsley
1/2 cup uncooked rice
1 pound ground beef
1/3 cup vegetable oil
2 tablespoons tomato paste
1/2 tablespoon red bell pepper paste

Dolma: 12 pieces dried eggplant

Sarma: 20 to 25 bottled grape leaves

Sumac water: Bring 3 cups of water to a boil, and then add sumac berries and salt. Simmer for 1 hour. (Meanwhile, prepare stuffing, dolma and sarma.) Strain the sumac-salt mixture. Discarding sumac and saving water. Mix 1 tablespoon tomato sauce or paste into the water.

Stuffing: In a medium bowl. Mix together chopped onion, 1 teaspoon salt, black pepper, optional red pepper and parsley. Then stir in rice, ground beef, oil, tomato paste and red bell pepper paste.

Dolma: Place dried eggplant in boiling water and let cook about 2 minutes, until softened, then drain and gently pat dry. Fill the eggplant shells with beef mixture. Place the filled eggplant shells in the bottom of a large saucepan or Dutch oven.

Sarma: Rinse grape leaves and gently pat dry. Place one grape leaf flat on a cutting board. Place 1 tablespoon beef mixture in the center. Fold sides in towards the center. Then roll up from the bottom loosely. Place seam side down on top of dolma. Repeat with remaining leaves and stuffing. Large leaves may be cut in half down the center vein to make 2 leaves to fill separately. Place a heavy dinner plate on top of rolls to keep them from unrolling. The cooking pot should be about two-third full.

Pour sumac water over the sarma and dolma, adding more water if necessary to cover by at least 1 inch.

Bring to a boil, then cover and simmer for 45 minutes to 1 hour, until all liquid has been absorbed and the rice is tender. To test for doneness, remove one roll and gently probe it with the tip of a sharp knife. Serve with Garlic Yogurt Sauce.

Submitted by: Fahir Zulfikar



TURKISH RICE “PILAV”

Origin: Turkey



1 cup white rice
4 tablespoons vermicelli (noodles)
3 tablespoons vegetable oil
1 and 1/2 cups hot water
1 chicken bouillon cube
1 teaspoon salt

Wash the white rice three times.

Over medium heat, add oil and vermicelli to pan. Cook until vermicelli is browned well (will look dark, almost burnt).

Put the white rice into the pan and stir it occasionally for about 5 minutes.

Mix in water, bouillon cube, and salt (for easier mixing, break cube first). Stir. First turn the heat to high until it boils. Then turn heat to medium and cover.

After about 10-15 minutes water will be gone before rice is done. Turn off the heat.

Open the lid and put a paper towel for 5 minutes. Stir it before serving.

Submitted by: Fahir Zulfikar



SHEPHERD'S SALAD (COBAN SALATA)

Origin: Turkey



- 3 large tomatoes
- 1 small onion
- 1 green pepper
- 1 cucumber
- ¼ bunch parsley
- ½ teaspoon salt
- 2 tablespoons olive oil
- 1 lemon juice

Peel, wash and slice the onion. Press the onion slices by hand with some salt so that the onion becomes less bitter. Rinse the onion under cold water and place in a salad bowl. Wash and chop the tomatoes and put them on top of the onion slices. Wash, peel and dice the cucumbers. Slice the green pepper. Add the cucumber and green pepper to the salad. Chop the parsley leaves and put into the salad. Add the salt to salad and mix well. Serve with olive oil and lemon juice dressing.

Submitted by: Fahir Zulfikar



SLASHED EGGPLANT

Origin: Turkey



6 medium size Eggplant
4 tablespoons Oil
1 ¼ cups Ground meat
1 large size Onion
2 medium size banana peppers
3 cloves Garlic
4 small size Tomatoes
2/3 bunch Parsley
2 teaspoons Salt
½ teaspoon Black Pepper
1 cup boiled Water

Pare eggplants in strips. Remove stems. Leave it in salty water for about 10 minutes. Brown in oil lightly for 15 minutes turning all round. Fry also the strips of one pepper. Remove from pan. Arrange in a baking dish side by side. Split lengthwise leaving ½ inch long space from both ends, make holes in center with back of a tablespoon.

Add ground meat and finely chopped onions to oil; stir. Brown for 8-10 minutes or until meat is crumbly; drain. Stir in diced tomatoes and one diced pepper. Simmer for 5 minutes or until vegetables are tender. Remove from heat. Stir in minced garlic and parsley. Season with salt and pepper; and then mix well.

Fill in eggplants with ground meat. Top with sliced tomatoes and pepper strips arranging on eggplants. Add hot water gradually from corner of pan. Cook till they are done in low heat. You can do it either in oven or on range. (Bake in a moderate oven for 45 minutes.) Serve hot.

Submitted by: Fahir Zulfikar



SPINACH AND FETA CHEESE BOREK

Origin: Turkey



3 Turkish Dough leaves
1 and ½ cup milk
¼ cup vegetable oil

Filling:

1 pkg (300 gr) frozen chopped spinach
1/3 cup crumbled feta
1 onion, chopped
1 tbsp extra virgin olive oil
Salt
Black pepper, cumin

In a bowl, mix vegetable oil and milk with a whisk. This liquid mix will go between each layer of the pastry and will complement your choice of filling. The spinach filling will go in the middle only.

For spinach filling: Put the salt, pepper, olive oil and onion in a pan. Cook on medium heat for two minutes. Add the spinach and continue cooking until all liquid has evaporated. Put aside and add the feta cheese.

Grease the casserole dish. Lay one leaf of the dough into the dish so that the edges of dough will be larger than the dish (They will be folded in later). Smear 2-3 tablespoons of the liquid mix on top of the dough that everywhere is covered with it. Rip the other two dough into small pieces. Put another layer of dough and repeat smearing every time. After laying one dough, put the stuffing over the dough. Lay the other remaining dough. Finally, fold the edges inside the casserole dish brushing the sauce onto the dough. Leave the casserole dish in the fridge for 2-3 hours (this way it will be crispier and tastier). Preheat the oven to 175 C (350 F). Bake until golden brown, for approximately 20 minutes.

Submitted by: Fahir Zulfikar



STUFFED CABBAGE

Origin: Ukraine

2 cups white rice
2 lbs ground round
2 large heads of cabbage
1 ½ cups chopped onion (not sweet onion)
1 teaspoon garlic powder
2 teaspoons salt
½ teaspoon black pepper
1 can 28 or 32 oz tomato juice
¼ cup brown sugar

Cook rice in 4 cups of water, drain and let cool.

Warm tomato juice in pot and add brown sugar

Sauté onions until clear; then add ground beef, salt, pepper, and garlic powder. Cook on medium to high heat until the ground beef is done. Drain. Add to cooked cooled rice and mix well.

Strip any broken or wilted leaves from cabbage heads and discard.

Remove the core from cabbage heads by cutting around stem – strip the center rib from each cabbage head – steam cabbage until the leaves are pliable; can be folded without breaking. Cabbage heads can be steamed whole or cabbage leaves can be steamed individually.

Cover bottom of 9x13 casserole pan with tomato juice mixture

Place large spoonful of rice and beef mixture on an individual cabbage leaf at stem end. Fold over to make a roll. Fold cabbage on each end of roll and continue to roll to the end of the leaf. Place edge side down into cooking pot. Cover a completed layer with tomato juice.

Repeat this process (second layer), making cabbage rolls and placing edge side down into the casserole pan. Cover the entire dish with tomato sauce.

Bake covered at 325 degrees until the dish is heated throughout (about 45 minutes).

Submitted by: Mark Kozel

