



A TASTE OF CULTURE

*CIEE USA High School Exchange students
share their favorite recipes from home*

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USA High School Programs

A TASTE OF CULTURE

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Guten Appetit!

Bon appétit!

Smaklig måltid!

buen provecho!

Bom appetite!

Enjoy your meal!

We are so excited about our 2nd annual Cooking Competition and all the great entries we have received. Thank you so much to all our students and host families!

As our families have experienced firsthand, indulging in foreign foods and learning about diverse eating customs is one of the easiest and most enjoyable ways of experiencing a different culture.

We hope that you too will enjoy the different meals that we collected in this booklet. Get A TASTE OF CULTURE and try these original and amazing recipes.

Please share this cookbook with friends, family, community members, and colleagues! For more information on our CIEE USA High School Programs, visit www.ciee.org/highschool.

Enjoy your meal,

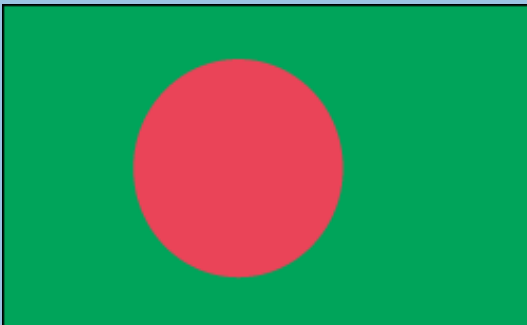
Your CIEE USA High School Team

BANGLADESH



QUICK FACTS

- » Total area: 55,598 sq mi
- » Population: 156,050,883
- » Capital: Dhaka
- » Monetary unit: Taka
- » Languages: Bangla (official), English
- » Religions: Islam, Hindu



*Country Quick Facts courtesy of www.infoplease.com.

BIRYANI *From Keya*



INGREDIENTS

- » 4 tbsp vegetable oil or ghee
- » 4 small potatoes, peeled and halved
- » 2 large onions, finely chopped
- » 2 cloves garlic, minced
- » 1 tbsp minced fresh ginger root
- » ½ tsp chili powder
- » ½ tsp ground black pepper
- » ½ tsp ground turmeric
- » 1 tsp ground cumin
- » 1 tsp salt
- » 2 medium tomatoes, peeled and chopped
- » 2 tbsp plain yogurt
- » 2 tbsp chopped fresh mint leaves
- » ½ tsp ground cardamom
- » 1 (2-inch) piece cinnamon stick
- » 3 lbs boneless, skinless chicken pieces cut into chunks
- » 2 ½ tbsp vegetable oil
- » 1 large onion, diced
- » 1 pinch powdered saffron
- » 5 pods cardamom
- » 3 whole cloves
- » 1 (one-inch) piece cinnamon stick
- » ½ tsp ground ginger
- » 1 lb basmati rice
- » 4 cups chicken stock
- » 1 ½ tsp salt

DIRECTIONS

Add 2 tablespoons vegetable oil (or ghee) in a large skillet and fry the potatoes until brown. Take the potatoes out and keep for later. Add remaining 2 tablespoons oil to the skillet. Fry garlic, half of the onion, and ginger until onion is soft and golden. Add chili, pepper, turmeric, cumin, salt, and the tomatoes. Fry, stirring constantly for five minutes. Add yogurt, mint, cardamom, and cinnamon stick. Cover and cook over low heat, stirring occasionally until the tomatoes are cooked to a pulp. It may be necessary to add a little hot water if the mixture becomes too dry and starts to stick to the pan.

When the mixture is thick and smooth, add chicken pieces and stir well to coat them with the spice mixture. Cover and cook over very low heat until the chicken is tender, approximately 35 to 45 minutes. There should only be some very thick gravy left when chicken is finished cooking. If necessary, cook uncovered for a few minutes to reduce the sauce.

Wash rice well and drain in colander for at least 30 minutes.

In a large skillet, heat vegetable oil (or ghee) and fry the onions until they are golden. Add saffron, cardamom, cloves, cinnamon stick, ginger, and rice. Stir continuously until the rice is coated with the spices.

In a medium-sized pot, heat the chicken stock and salt. When the mixture is hot, pour it over the rice and stir well. Add the chicken mixture and the potatoes; gently mix them into the rice. Bring to a boil. Cover the saucepan tightly, turn heat to very low and steam for 20 minutes. Do not lift lid or stir while cooking.

Spoon Biryani onto a warm serving dish and enjoy!

GERMANY



QUICK FACTS

- » Total area: 137,846 sq mi
- » Population: 82,329,758
- » Capital: Berlin
- » Monetary unit: Euro
- » Language: German
- » Religions: Protestant, Roman Catholic, Islam, Unaffiliated



*Country Quick Facts courtesy of www.infoplease.com.

SPÄTZLE (noodles) *From Lea*



My family and I cooked spätzle with geschnetzeltem; a southern German dish that contains homemade noodles, sliced meat, and mushrooms with gravy. We had a great experience and are planning on cooking more often together. My family really liked the dish and it turned out exactly like I know it from my home country. The reason why I chose this recipe was because I really like it and it's a southern German traditional meal. It was a lot of work and really time consuming to make the noodles; however, we had a lot of fun in the kitchen, talking and having a good time.



INGREDIENTS

SPÄTZLE:

- » 2 ½ cups plain flour
- » 2 medium eggs
- » ½ tsp salt
- » about 5-8 tbsp water

GESCHNETZELTES:

- » 1 ¼ lb veal (from the leg)
- » 2 onions
- » 1 cup sliced mushrooms
- » about 3 tbsp butter or oil
- » 2 tbsp flour
- » 1 cup whipping cream
- » ½ cup white wine
- » salt (for seasoning)
- » fresh ground pepper (for seasoning)



DIRECTIONS

SPÄTZLE:

- » Sieve the flour into a bowl
- » Add eggs, salt, and 5-8 tablespoons water
- » Knead everything together until there are no more lumps
- » Roll the noodle dough out thinly and cut it in small strips (about three inches long)
- » Boil approximately 13 cups of water in a saucepan with a dash of salt
- » Once water is boiling, add the spätzle, and boil for 3 to 6 minutes

GESCHNETZELTES:

- » Cut the veal in thin strips
- » Peel the onions, cut in half, and chop finely
- » Heat the butter (or oil) in a pan
- » Add half of the veal strips to the pan and fry for 2 to 3 minutes
- » Season the veal with salt and pepper, then remove them from the pan
- » Fry the other half of the veal strips, repeating the last three steps above, and remove them from the pan
- » Add the onions to the pan and fry them for about two minutes
- » Sprinkle the flour over the onions and fry briefly, stirring continuously
- » Add mushrooms, whipping cream, and white wine
- » Bring to a boil and cook, while stirring continuously, for another few minutes on medium to high heat
- » Return the meat to the pan and heat up in the sauce (don't allow it to boil)
- » Season the geschnetzeltes with salt and pepper if needed

Guten Appetit!

ISRAEL



QUICK FACTS

- » Total area: 8,019 sq mi
- » Population: 7,233,701
- » Capital: Jerusalem
- » Monetary unit: Shekel
- » Languages: Hebrew (official), Arabic, English
- » Religions: Judaism, Islam, Christian, Druze



*Country Quick Facts courtesy of www.infoplease.com.

FALAFEL *From Nezar*



My friend came over and helped me make the falafel balls, and then we fried the falafels and cut the vegetables. We didn't make the tahini sauce because we couldn't find tahini in the store we went to. After we fried the falafels, we put them in pita bread, put the vegetables on top, and then we ate. My friend and host mom loved them and they wanted more. We took pictures while we were cooking and preparing, and before we ate the meal. It was a very fun experience, and I wish that I could do it again!



INGREDIENTS

FALAFAL:

- » 2 ¼ lbs chickpeas (dried)
- » big bowl (or a mixing bowl) of water to fit the chickpeas
- » 1 ½ cups chopped parsley
- » 1 white onion (chopped)
- » 2 garlic cloves
- » 1 tsp cumin
- » ½ tsp salt
- » 2 tsp baking powder

TAHINI SAUCE:

- » 1 cup tahini
- » ½ cup water
- » 2 tsp lemon juice
- » salt (for seasoning)

TOOLS, TOPPINGS, AND BREAD:

- » tomatoes, cucumbers, pickles, peppers, or any other vegetables
- » pita bread
- » vegetable oil
- » spatula
- » 3 big mixing bowls
- » food processor
- » 1 small mixing bowl
- » frying pan or deep fryer

DIRECTIONS

Falafel

On the night before you make the falafel mixture, soak the chickpeas in a large mixing bowl full of water. The next day, take the chickpeas out of the water. Put the chickpeas in the food processor, and while it's running, start adding the parsley, onion, and garlic (slowly). Add the cumin, salt, and baking powder (while the processor is on). Turn the processor off after that. Do NOT let the mix become liquid, it has to be a little bit thick, (make it in a way that you can hold it in your hands without making it fall apart). Put the falafel mix in a mixing bowl. Make the falafel mix in 1 ½ inch ball shapes, and put the falafel balls into a new mixing bowl as you make them.

Tahini Sauce

Mix the tahini, water, lemon juice, and salt in the small mixing bowl. Check for seasoning, you may want to add more salt. If the sauce was too thick, add a little bit of water, but be careful, don't let it be too runny.

Frying the Falafel Balls

Pour vegetable oil in the deep fryer, or in the pan (if you are using a frying pan). It's better if the oil covers the falafel balls. After the oil gets hot, put the falafel balls in the deep fryer or in the frying pan. Use the spatula to turn the falafels if you're using a pan (but be careful don't let them break apart). Fry until they look greenish brown. They are supposed to be soft. Don't let them burn or over-fry or else they will get very hard.

After you finish frying, put the falafel balls in a big bowl. Cut the tip of the pita bread so that it opens. Put as many falafel balls as you want into the pita bread. Add the vegetables, and then pour some of the tahini sauce on top.

Enjoy the great Arabic taste of falafel!



QUICK FACTS

- » Total area: 4,015 sq mi
- » Population: 4,017,095
- » Capital: Beirut
- » Monetary unit: Lebanese pound
- » Languages: Arabic (official), French, English, Armenian
- » Religions: Islam, Christian



*Country Quick Facts courtesy of www.infoplease.com.

LEBANESE FALAFEL *From Nadine*



“

Imagine you are in Lebanon, and need something good, quick, and easy to eat. You would most likely want to grab a falafel sandwich! Below, I am going to share with you how to create a falafel sandwich for yourself in the United States.

”



INGREDIENTS

FALAFAL:

- » 1 package falafel powder
- » $\frac{3}{4}$ cup water
- » pickles, chopped
- » cabbage, chopped
- » parsley, chopped
- » tomatoes, chopped
- » jalapeno pepper (optional)
- » Lebanese pita bread (could be substituted by flour tortillas)
- » shortening or vegetable oil

TARATOR SAUCE:

- » $\frac{1}{2}$ cup tahini
- » juice from one lemon
- » $\frac{1}{4}$ cup water
- » salt (for seasoning)

DIRECTIONS

Preparation time: 15 minutes

Cooking time: 5 minutes

Mix one package of falafel powder with $\frac{3}{4}$ cup of water and let it sit for about 45 minutes. The mixture may look quite thin at first, but do not panic because the flour, chick peas, and fava beans that make up the falafel will absorb that extra water and form a moist paste.

Create 1" balls out of the falafel/water mixture (you may use a small ice cream scoop or two spoons to make the balls). Fry the balls in hortening or vegetable oil at medium heat for about 4 to 5 minutes, turning once until they turn a golden brown color. Place a couple of paper towels on a plate to drain the falafel.

Mix the tarator sauce ingredients together in a small mixing bowl.

Now you are ready to fix your sandwich! On a pita bread, put two or three balls of falafel, broken up, then add some tarator sauce on the top (this sauce gives a strong flavor). Add some tomatoes, pickles, parsley, and cabbage to the sandwich. Don't forget, if you like hot food, be sure to add some jalapeno peppers!

I hope you enjoy it, or as we say in Lebanon, "Sahten!"



MOROCCO



QUICK FACTS

- » Total area: 172,413 sq mi
- » Population: 34,859,364
- » Capital: Rabat
- » Monetary unit: Dirham
- » Languages: Arabic (official), Berber dialects, French
- » Religions: Islam, Christian



*Country Quick Facts courtesy of www.infoplease.com.

BASTILLA *From Laila*



Moroccan Bastilla is a pie which combines sweet and salty flavors; a delicious combination of crisp layers of the crêpe-like warka dough (a thinner cousin of the phyllo dough), savory meat slow-cooked in broth shredded and spiced, and a crunchy layer of toasted and ground almonds, cinnamon, and sugar. It is typical dish of Morocco and highly regarded as a national dish of the country; variants are also found elsewhere in the Maghreb.



INGREDIENTS

- » 1 chicken (about 3 lbs)
- » 2 medium onions, chopped
- » 1 large can (49 oz) chicken broth
- » 1 cup parsley, chopped
- » 1 cinnamon stick
- » 1 tsp ginger
- » ¼ tsp pepper
- » 6 eggs
- » 8 sheets phyllo (keep covered)
- » 4 tbsps melted butter
- » 1 tsp sugar
- » 1 tsp cinnamon
- » 1 cup sliced almonds
- » powdered sugar (for decoration)
- » ground cinnamon (for decoration)

DIRECTIONS

Cook the chicken in broth with onions, parsley, cinnamon stick, ginger, and pepper on low heat for about 1 to 1 ½ hours. Remove chicken from pan. De-bone the chicken and skin; cut meat into bite-sized pieces. Bring broth mixture to a boil over medium heat. Lightly beat eggs and pour slowly into broth; cook, stirring until curds form, about 1 to 2 minutes. Strain, then set the mixture aside.

Brush melted butter on bottom and sides of a deep, 10" round pie pan. Overlap six phyllo sheets to cover the bottom, and extend 8" to 10" over the edge of the pan. Brush the phyllo with butter, and sprinkle with sugar and cinnamon. Lay the chicken down in a layer in the pie pan. Spread the egg mixture over the top of the chicken, and sprinkle with almonds. Fold edges of four layers of phyllo over filling and brush top with butter. Fold the last two sheets of phyllo over filling and brush top with butter.

Take the two unused sheets of phyllo, cut in half, and place on top. Tuck edges inside pan and brush with butter. Bake at 425° for 20 minutes or until golden brown.

After 20 minutes of baking, take the pie out of the oven. Invert it onto a cookie sheet, and bake until bottom is golden (about 10 minutes). Turn onto a platter and cool 5 minutes. Sift powdered sugar over top. Decorate with criss-cross lines of ground cinnamon. Slice to serve. Makes eight main dish servings or may be used as an appetizer.



SERBIA



QUICK FACTS

- » Total area: 29,913 sq mi
- » Population: 7,379,339
- » Capital: Belgrade
- » Monetary unit: Yugoslav New Dinar
- » Languages: Serbian (official); Romanian, Hungarian, Slovak, Croatian
- » Religions: Serbian Orthodox, Muslim, Roman Catholic, Protestant



*Country Quick Facts courtesy of www.infoplease.com.

MUSSAKA *From Ana*



Moussaka is part of all the cuisines from the former Ottoman region and has an Arabic name. There are many variations of this meal, like Greek moussaka (that is based on layered eggplant and meat) or Arabic moussaka (cooked salad, based on tomatoes and eggplant). The variation of moussaka I made is the one most common in Serbia. This meal could be described as a layered pie of potatoes and meat. It is the meal my mother usually makes on Sundays when my family can be together. Moussaka is a very simple recipe that doesn't require much time and is easy to make. Also, it can be conveniently stored in the fridge for later use.



INGREDIENTS

- » 1 onion
- » 18 oz roast beef
- » 2 ½ lbs potato (estimated)
- » 3 eggs
- » 9 oz milk
- » 1 cup water
- » vegetable oil
- » Spices: salt, pepper, vegeta (if no vegeta, Greek seasoning will work)
- » 13 x 9 baking dish

DIRECTIONS

- » Chop onion into small pieces and sauté it in vegetable oil
- » Add 18 oz of roast beef and season with a little bit of salt, pepper, and vegeta
- » When beef turns brown, take it off the burner
- » Peel and cut potatoes into slices
- » Coat baking dish with cooking spray
- » Create a layer of sliced potatoes and top with layer of meat, and repeat adding layers until all is used—top layer should be potatoes
- » In separate bowl, mix together 3 eggs, 9 oz milk, 1 cup water, and a little salt
- » Pour the mix over the top layer of potatoes
- » Cook at 350° for about 30 minutes or until potatoes become brown
- » When the potatoes change to brownish, put aluminum foil over the dish and bake for another 15-20 minutes

How do you know the meal is cooked?

Put a wooden toothpick through the middle, and if it comes out clean, it's ready to eat.

My host family and I had a lot of fun making this dish. We were cooking, slicing, and taking pictures while Serbian folk music was playing in the background (to make a better atmosphere). Finally, the dish was ready and everyone really enjoyed it! My host mom promised that we will make it again.



BAJADERA *From Zita*



“

This dish is one of the easiest you can make. I got the recipe from my mom, since we have bajadera about every month. The original recipe came from a chocolate company in Zagreb when it was part of Yugoslavia (my country). The dessert is really rich, so the servings are usually small. It is a common dessert to serve for guests. I especially like it because it can be made in a half an hour!

”



INGREDIENTS

BAJADERA:

- » 10 oz butter biscuits, crushed
- » 6-7 oz walnuts, ground
- » 5 oz butter
- » 1 cup milk
- » 3 tbsp sugar

CHOCOLATE GLAZE (Optional):

- » 3 ½ oz chocolate
- » 3 tbsp sugar
- » 3 tbsp water
- » 3 oz butter

DIRECTIONS

In a saucepan, boil the milk and add the sugar until it dissolves. Then add the butter; once it is melted, stir in the walnuts. After you see the first bubbles add the crushed biscuits. Turn off the heat. When you see it's mixed together, put it onto a tray and flatten it out.

Then the next layer is the melted chocolate glaze (optional). In a saucepan, melt 3 ½ ounces chocolate, 3 tablespoons sugar, and 3 tablespoons water. Stir well and gradually add the 3 ounces of butter, stirring until completely smooth. Pour over the bajadera and let cool. Refrigerate to make the cutting easier.

This dish is going to taste better the longer you wait. Usually after one night it is ready (if you can wait until then!) Cut it into small pieces and serve it as you wish!

Bajadera is a cake that you don't bake. My host family was excited because we could find all the ingredients on this side of the world. It was easy to put together, and it tasted sweet! My host mom enjoyed helping me (especially crushing the biscuits), my host sister enjoyed watching how we made it, and we all definitely enjoyed eating it! Bon Appetit!





QUICK FACTS

- » Total area: 18,932 sq mi
- » Population: 5,379,455
- » Capital: Bratislava
- » Monetary unit: Euro
- » Language: Slovakian
- » Religions: Roman-Catholic, Greek-Catholic, Protestant



*Country Quick Facts courtesy of www.infoplease.com.

POTATO BAKE *From Alexandra*



This Slovakian potato dish is not a traditional dish, but it is one of my favorites. It is pretty common in my country because this dish requires ingredients which are usually grown on the fields of my beautiful Slovakia, such as potatoes and onions.

As far as I know, my great grandmother brought this recipe from France and it was then called "French Potatoes." However, after passing this recipe down through generations, we changed the original recipe quite a bit, as well as the name of the dish to "Slovakian potato dish," or just "potato bake."



INGREDIENTS

- » 5 big potatoes
- » 6 hard boiled eggs
- » 1 medium onion
- » 2 cups sliced sausage (kielbasa or other)
- » ¾ cup sour cream
- » ½ cup parmesan cheese
- » 2 tbsp vegetable oil
- » ¼ cup chicken broth
- » salt and pepper (for seasoning)

DIRECTIONS

Thinly slice the potatoes, onions, and sausage. Coat a roasting pan with vegetable oil.

- » Layer 1: Take half of the potatoes and spread at the bottom of the pan, adding a dash of salt on top
- » Layer 2: Spread the sliced eggs
- » Layer 3: Gently spread the chopped onions and add a dash of salt and pepper
- » Layer 4: Spread the sliced sausage
- » Layer 5: Spread the other half of the potatoes as a top layer, adding a dash of salt and pepper

Pour a little of chicken broth on top of the layers to prevent dryness. Cover roasting pan with aluminum foil and bake for about 1 hour at 350° or until potatoes are tender.

Remove aluminum foil, spread sour cream on the top, and sprinkle parmesan cheese. Bake for another 10 minutes until cheese is melted.

This recipe serves five people.

This meal is a budget friendly dish, and it is an easy, quick dish to make. Enjoy your meal! Dobru chut!



BRYNDZOVÉ HALUSKY *From Zuzana USA High School*



Bryndzové halusky (potato dumplings with sheep's cheese) is my favorite food and it is also a traditional Slovakian dish. In Slovakia, the meal is cooked often and it is a favorite dish to many.

My host family helped me with cooking and they liked the meal a lot. My host mom and I were surprised that my host brother was eating it with a great appetite. He ate a huge plate full and then got seconds which surprised us all. The recipe is sometimes difficult for a beginner, but luckily, it came out very good for my first time.



INGREDIENTS

- » 2-3 potatoes
- » 4-5 tbsp flour
- » 1 egg
- » 3 tsp salt
- » 8 oz sheep's cheese (feta cheese can be used as a substitute)
- » 4 tbsp milk
- » fried bacon, crumbled
- » sour cream (optional)



DIRECTIONS

- » Peel and finely shred the potatoes
- » Add the egg and flour to a bowl
- » Make a dough that is not too tough but not too watery (use more or less flour or add a bit of water to get the right consistency)
- » Add one teaspoon of salt to the dough
- » Boil water and add two teaspoons of salt
- » Use a teaspoon or knife to drop pieces of the dough into the boiling water (keep the water is boiling while adding the dough)
- » When the dumpling, or halusky, is done, it will float
- » The out the dumplings out with a small strainer or slotted spoon
- » In a saucepot, melt the sheep's cheese together with the milk (stir constantly)
- » When the liquid starts to boil, remove from heat
- » Add optional sour cream (some people like to add sour cream to the sheep's cheese because it has a strong taste)
- » Pour the cheese over the dumplings and sprinkle with the crumbled bacon
- » Serve immediately

Tips:

- » Shred the potatoes into little pieces, this will make a good dough
- » If the dough looks very watery or too tough try to add water or more flour and stir immediately
- » Make sure the water is boiling when you add the dough
- » The dumplings should float to the top of the water when they are ready



QUICK FACTS

- » Total area: 37,911 sq mi
- » Population: 48,508,972
- » Capital: Seoul
- » Monetary unit: Won
- » Language: Korean
- » Religions: No Affiliation, Christian, Buddhist, Confucianist



*Country Quick Facts courtesy of www.infoplease.com.



“Have you ever tried eating ddukbokki? Ddukbokki is a favorite food of Korean teenagers. It is so popular that there is always a ddukbokki restaurant near any elementary, middle, and high school. Ddukbokki is now sold in cups so that students can easily eat it, even when they are walking.”



INGREDIENTS

- » 400 grams garaetteok (rice cake)
- » 1 lb beef
- » 1 onion
- » 1/3 cup carrots
- » 3 leaves cabbage
- » 3 tsp sugar
- » sesame seeds
- » 1 green onion
- » 2 tsp garlic
- » 4 tsp soy sauce
- » 1 tps pepper
- » salt (for seasoning)

DIRECTIONS

- » In a saucepan, boil two packs of rice cakes with a pinch of salt until it is soft (about 1 minute)
- » Wash the rice cake with cold water and mix with soy sauce
- » Thinly slice the onion, carrot, and cabbage
- » Cut the beef up into small pieces
- » In a bowl, mix the beef with soy sauce, garlic, pepper, sesame seeds, and a little bit of salt
- » Pour oil into a pan and fry the onions, carrots, and cabbage
- » When the vegetables are lightly fried, add the rest of the ingredients and stir until everything is cooked

It is common to make ddukbokki with gochujang (red pepper paste), green onion, or soy sauce; but nowadays other versions are also very popular such as ones made with ra-myeon (noodle), cheese, kimchi, or seafood.

My host family enjoyed eating it. It was their first time trying this. They never had a Korean rice cake (bread), so it was interesting. My host mom especially loved it since she likes healthy foods. "Hey, let's take a picture," I suggested. And I set my camera with a timer. "One, two, three, say cheese..." How about making your own ddukbokki for dinner? Enjoy!





“

Japchae is a South Korean traditional dish. The main ingredient is noodle. The noodle is made from sweet potatoes, so it is pretty healthy. South Koreans eat it on special days, such as birthdays. When I made it, my host family and friends in the U.S. all liked it.

”



INGREDIENTS

- » ½ lb beef
- » 12 ounces Korean vermicelli (sweet potato starch noodles)
- » 2 shiitake mushrooms
- » 1 onion
- » 2 carrots
- » 4 tbsp soy sauce
- » 1 tbsp honey
- » 1 tsp garlic paste
- » 1 ½ tbsp sesame oil
- » salt (for seasoning)



DIRECTIONS

- » Cut the beef into thin slices
- » Cut the mushrooms into slices
- » Cut the carrots and onion into thin slices

Mix two tablespoons of soy sauce, one tablespoon of honey, one teaspoon of ginger paste, and one teaspoon of sesame oil in a bowl. Marinate beef and mushroom in mixture and let it sit in the refrigerator.

- » Add sesame oil to a large frying or stir-fry pan and fry the onion until it becomes transparent
- » Start to boil water in a saucepan
- » When it starts to boil, add 1 tablespoon soy sauce, ½ tablespoon sesame oil, and noodles
- » Boil for ten minutes
- » While the noodles are boiling, add the beef and mushroom to the frying pan
- » Continue to fry until beef turns brown
- » When the noodles have finished boiling, drain them, then rinse in cold water
- » Add the noodles to the frying pan containing the rest of the mixture
- » Add 3 tablespoons of soy sauce, 1 tablespoon of honey, 1 tablespoon of sesame oil, and salt for seasoning
- » Fry it together for 3 to 4 more minutes

Place it on a plate. Congratulations, you are done!



QUICK FACTS

- » Total area: 198,455 sq mi
- » Population: 65,905,410
- » Capital: Bangkok
- » Monetary unit: Baht
- » Languages: Thai (Siamese), English, ethnic and regional dialects
- » Religions: Buddhist, Islam, Christian



*Country Quick Facts courtesy of www.infoplease.com.

KANG KEAW WAN GAI and KAI LOOK KEAY *From Manatsanan*

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“

Chicken is the popular meat used in Thai cuisine; it is usually found in most curries and soups. Kang keaw wan gai, known as “Sweet Green Curry,” is nicely sweet and a little bit spicy. It has a spicy taste from green curry chili paste, a bland taste from coconut milk, a sweet taste from sugar, and a salt taste from fish sauce. They all come together to form a very delightful dish that is usually eaten with steamed rice.

”



INGREDIENTS

KANG KEAW WAN GAI:

- » ¼ cup green curry paste
- » 1 ½ lbs boneless chicken thigh or breast, cut into chunks
- » 1 ¼ cups coconut milk
- » ¼ cup Thai basil leaves
- » ¼ kaffir lime leaves
- » 2 eggplants, cut into small pieces
- » ½ cup chicken stock
- » 2 tsp palm sugar
- » 3 tbsp fish sauce
- » ¼ cup green curry paste
- » 2 red chili peppers, sliced diagonally (garnish)

KAI LOOK KEAY:

- » 6 eggs
- » fresh coriander leaves (garnish)
- » 3 tbsp tamarind juice
- » 4 tbsp palm sugar
- » 6-8 dried fried chili peppers
- » 3 tbsp fried slice onion
- » 1 ½ tbsp fish sauce
- » 3 tbsp vegetable oil
- » ¼ cup of water
- » steamed rice (optional)

DIRECTIONS

KANG KEAW WAN GAI:

In a saucepan, bring 1 ¼ cups of coconut milk (use the thick cream off the top) to a boil. Cook over medium heat, stirring often, for 3 to 5 minutes. Add green curry paste and continue to cook and stir until the mixture becomes dry and fragrant. Transfer mixture to a larger pot.

Add the chicken and stir for 1 to 2 minutes. Add fish sauce and sugar. Continue stirring for another minute. Then add cut eggplant, remaining coconut milk, and chicken stock. Cook over medium heat until the chicken is cooked and eggplant is tender. Add kaffir lime leaves and Thai basil. Bring to a boil. Remove from heat and adjust the seasoning and transfer to a serving bowl.

KAI LOOK KEAY:

And since we still had leftover hardboiled eggs from Easter, I decide to make deep fried eggs with tamarind sauce and some stir fried pork with Thai pepper and basil too. Everything came out very good. I enjoyed my first Easter. It was so wonderful. We ate some Thai food and American tradition food and we cooked it together. It was so much fun!

- » Boil eggs about eight minutes and peel
- » Heat the oil in wok
- » Add the boiled eggs and stir until golden brown and blistered
- » Take eggs out of the pan, put on them on a plate and quarter them
- » Boil the water and palm sugar
- » Add fish sauce and tamarind juice, mix well
- » Season as needed
- » Put the sauce on the eggs and top with dried fried chili, onion, coriander leaves, and steamed rice (optional)

Now ready to be served!

PAD THAI and TOM KAH SOUP

From Micro

cíee
USA High School



“ Hello, I am from Thailand! I really like cooking, although I’ve just started to cook in America. I really missed Thai food, so I decided to make some. Fortunately, my host family really loves Thai food, so they enjoy when I cook Thai meals. This allows me to be able to practice a lot. ”



INGREDIENTS

PAD THAI:

- » 1 lb dried thin rice noodles
- » 1-2 tbsp peanut oil
- » 1 lb chicken breast
- » 6 tbsp fish sauce (nahm bplah)
- » 4 eggs
- » 6 tbsp tamarind juice
- » 4 tbsp sugar
- » 4-5 cloves garlic, finely chopped
- » 6 shallots, thinly sliced
- » ¼ cup chopped sweetened salted radish
- » 2-3 tsp ground dried red chilies, of desired hotness

TOM KAH SOUP:

- » 10 oz coconut milk
- » 32 oz chicken broth
- » 4 inch piece of lemon grass
- » 8 lime leaves
- » 2 inch piece Galangal (The “kah” in the recipe, related to ginger) sliced very thin
- » 8 tbsp of fish sauce
- » 4 tsp of lime juice
- » ½ lb chicken breast, sliced thinly
- » red chili powder
- » cilantro leaves (garnish)

DIRECTIONS

PAD THAI:

- » Soak the rice noodle in the warm water for 30 minutes.
- » While waiting for the rice noodle, finely chop the chicken breast into small pieces
- » Heat the oil in a pan on medium heat
- » Add garlic to the pan and fry until it turns brown
- » Add the chicken and fry until it’s cooked
- » Add the tamarind juice and stir fry
- » Drain the rice noodles from the water and add to the pan and then stir fry until they turn brown and dried
- » Add red chilies, shallots, and radishes
- » Add sugar and fish sauce to desired taste, and serve

TOM KAH SOUP:

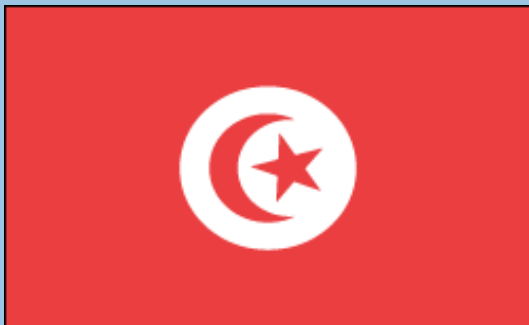
- » Heat the chicken broth
- » Add all of the ingredients into the pan except for the chicken, coconut milk, and cilantro
- » Stir until it boils
- » Add the chicken and coconut milk
- » Boil until the chicken is cooked, then stir for 2 minutes
- » Garnish with cilantro, and serve

You may have this meal with steamed rice if you want. This is an easy recipe and it’s so delicious. You should try it!



QUICK FACTS

- » Total area: 63,170 sq m
- » Population: 10,486,339
- » Capital: Tunis
- » Monetary unit: Tunisian dinar
- » Languages: Arabic (official, commerce), French (commerce)
- » Religions: Islam (Sunni), Christian, Jewish



*Country Quick Facts courtesy of www.infoplease.com.

TAJIN and BLANKEET

From Elissar

USA High School



“ I got really excited over this contest so instead of doing the dish only, I went ahead and added an appetizer with it. The main dish, is tajin, a 100% Tunisian dish. The appetizer is blanket, hard French bread soaked in hot sauce and spices with a mix of chicken, cheese, and some mayonnaise on top. My little host brother enjoyed helping us. I gave him a fork and let him just have fun mixing it. He's just a little bit over two, but definitely a professional stirrer. ”



INGREDIENTS

TAJIN:

- » 1 chicken breast
- » 1 ½ cups water
- » 2 tbs vegetable oil
- » 1 cup cubed potatoes
- » 5 eggs
- » ½ cup cheddar cheese
- » 2 slices swiss cheese

Spices

- » 2 tsp salt
- » 1 tsp pepper
- » 1 ½ tsp curry
- » 1 tsp onion powder
- » 1 tsp garlic powder
- » oregano leaves

BLANKEET:

For marinade

- » 3 tbsp hot sauce
- » ⅓ cup vinegar
- » ¾ cup water

For topping

- » ½ cup shredded cheese
- » large spoonful mayonnaise
- » 5 oz can white chicken in water
- » 1 tbsp ranch dressing
- » 1 baguette, cut to ½ inch slices

DIRECTIONS

TAJIN:

- » Boil potatoes and chicken in water, oil, and spices for about 20 minutes
- » Once the chicken is done, take it out of the water and save the water
- » Bake chicken in the oven at 350° for 1 ½ hours, or until chicken is tender
- » Wait till the chicken cools off a little bit and shred it with fingers in a bowl
- » Add cubed potatoes, cheese, and eggs to the bowl and mix with fork
- » Add the water you saved bit by bit (No need to pour it all in if the mix looks too thin)
- » Pour the mix in a pan and gently put the swiss cheese on top before putting it in the oven for about 45 minutes at 350°

BLANKEET:

- » In a bowl, mix all marinade ingredients together
- » Soak each slice of baguette bread in marinade for a couple seconds and set them on a plate
- » Mix the topping ingredients in a bowl and spread it on each of the baguette slices

This dish is a tradition in my family and always an opportunity for competition between my mom, my aunt, and my grandma. I like these recipes because they are simple, but tasty. We usually make them whenever we have a lot of people over at home, and making it with my host family reminded me of these times. It made me realize that even though I am miles away from them, I still have a family. A family that's right here with me.

I guess in the end it's not about how good the food is but about the moments you share with your family. It's about your host mom struggling to say the name of the dish right, about your host dad teasing you; saying that no matter what it turns out to be there is always plan B: "mac and cheese!"

TURKEY



QUICK FACTS

- » Total area: 301,382 sq mi
- » Population: 76,805,524
- » Capital: Ankara
- » Monetary unit: Turkish Lira
- » Languages: Turkish (official), Kurdish, Dimli, Azeri, Kabardian
- » Religions: Islam, other



*Country Quick Facts courtesy of www.infoplease.com.

SHISH KEBAB *From Ilker*



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We had a lot of fun chopping the meat and the vegetables, and preparing Turkish garlic bread. As I was cooking the shish kebabs on the grill, my host mom remarked that she was sorry to be unable to capture the delicious aroma of the food to send along with the pictures. The preparation of this food is really easy, and the ingredients were also easy to find in our small town in the Midwest.

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INGREDIENTS

SHISH KEBAB:

- » 12 skewers (soaked in water, if wooden)
- » 1 lb boneless chicken breast, cubed
- » 5 tomatoes
- » 6-7 small red potatoes
- » 3 bell peppers of different colors
- » 1 large red onion
- » 8 oz package of mushrooms
- » salt (for seasoning)
- » pepper (for seasoning)
- » garlic (for seasoning)

GARLIC BREAD:

- » 1 long french white bread
- » 1 stick of butter, soft
- » garlic powder (for seasoning)
- » garden herbs (for seasoning)
- » pepper (for seasoning)

DIRECTIONS

- » Slice up all ingredients and put them on the skewer
- » Season with salt, pepper, and garlic and place on a hot grill
- » Grill for 30-45 minutes
- » Place the french bread on the grill for the last 15 minutes the kebabs are cooking
- » After the bread is done cooking, take it off the grill, slice it open, and top with butter, garlic powder, garden herbs, and pepper

Mother's Day was arriving and my host mom had surgery two days before. When I was thinking of something to show her my appreciation and gratitude for everything she did for me, I got the idea to show my host dad how to cook Turkish food. As my host mom is a Greek descendent, I wanted to prepare something for her she really liked and knew from her childhood.

After taking the last picture, the dining room was suddenly very quiet; everyone was enjoying their Turkish supper—not a morsel was leftover!

