



MEMORIAL SPAULDING

2021 International Festival Recipe Book



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Although we can't gather in person to share treats and performances this year, through this International Festival Recipe Book and Video, we have come together to celebrate the cultural diversity of our our unique community with food and fun.

We hope you will try some of these amazing recipes from around the world with your family! Enjoy!

2021 International Festival

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INGREDIENTS

- Pastry Puff
- Guava paste
- 1 Egg
- Cream cheese optional

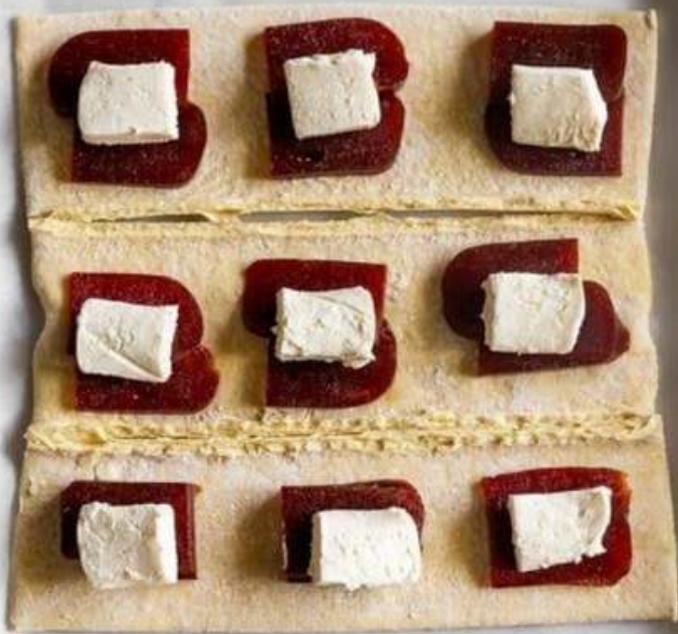


CUBAN PASTELITOS DE GUAYABA Y QUESO (GUAVA CHEESE PASTRIES)

Submitted by: The Guerra Downey family

INSTRUCTIONS

- First things first, you have to thaw the puff pastry for at least 20 minutes.
- Preheat oven to 400 degrees F and line a cookie sheet with parchment paper.
- Cut guava into thin slices. If using cream cheese, cut the block into slices too. Unfold one of the pastry sheets and place it on the cookie sheet.
- Place 6 slices of guava per pastry sheet fold about 1-2 inches apart (you'll have 18 slices total on the entire pastry sheet). Add cream cheese over **guava paste** slices (optional). *Personally, I love guava pastelitos without the cream cheese but you do you!*
- *Unfold the second pastry sheet and place it over the other one that now has the guava paste slices. Cut into 9 squares and score the tops of each one. No need to divide the squares. Leave everything intact. Brush egg wash* on each one to get that flaky crust. Bake for 25 minutes or until golden brown.*
- *These pastries are best served right out of the oven. You can place in an airtight container and reheat them for 10 seconds in the microwave. Careful, the guava can get really hot and burn your tongue.*



INSTRUCTIONS CONT.

- * *An egg wash is a mixture of egg and water that is used to brush on top of breads and pastries before baking to give them a shiny, golden brown finish.*
- **To make these pastries vegan, you can sub cream cheese for **vegan cream cheese** and egg wash for **almond milk**.
- View this youtube video for more detail:
<https://youtu.be/8WMkQbED1xc>



TURKISH KISIR RECIPE

Submitted by: The Birnbaum Family

Cooking time: 30 minutes

Servings: 4 - 6

Kisir is an easy, wonderful, fresh versatile salad packed with flavor. This delicious dish is a must-have family favorite in all celebrative events that we all enjoy making and eating.

INGREDIENTS

- 2,5 cups of fine bulgur
- 2 cups of hot water
- 2/3 cups of extra virgin olive oil
- 2 medium onions, finely chopped
- 2 tomatoes, finely chopped
- 5 scallions, finely chopped
- 1 bunch Italian parsley, finely chopped
- 2 Anaheim peppers, finely chopped
- 6-7 cloves of garlic, finely chopped
- 1 tbs tomato paste
- 1 tbs red pepper paste
- 2 tsp salt
- 1 tsp black pepper
- 3 tsp red crushed pepper/paprika
- Juice of 2 lemon
- Some Lettuce leaves

INSTRUCTIONS

- **Step 1:** Put the bulgur into a pan and cover it with hot water. Simmer on low to medium heat stirring for 5 mins and set aside to cool. The bulgur should absorb the water and be of dryish consistency.
- **Step Two:** Put the onions, olive oil and salt into a saucepan, saute them on medium heat. Once getting to be pink add the tomato and pepper paste, keep stirring. Once nicely mixed add Anaheim pepper and tomatoes and stir about a minute or two. Set aside to cool.
- **Step 3:** Mix bulgur with parsley, scallions, lemon juice, black pepper and red crushed pepper or paprika. Stir and combine well.
- **Step 4:** Combine onion mix with bulgur mix and stir nicely together.
- **Step 5:** Serve kısır in a bowl garnished with lettuce leaves. You can also place a spoonful of kısır on each lettuce leave and serve to your guests this way. Bon Appetit!
- **Note:** You can also add pomegranate molasses to kisir. For this recipe you can add 3 tbs pomegranate molasses during step 3.
- *See International Festival video for demonstration.



BAKED STICKY RICE CAKE (NIAN GAO) A CHINESE DESSERT

Submitted by: Chen Wang

This sweet sticky rice cake is always a favorite at family and friends gatherings. The outside crust is crispy and the inside is chewy. We all love this delicious treat!

INGREDIENTS

- 2½ cup sticky rice flour
- ½ cup cooking oil
- 1⅞ cup milk
- ¼ cup sugar
- 2 eggs
- ⅓ cup milk powder
- ½ cup shredded cheese (Optional)
- ¼ cup dried cranberries (Optional)



INSTRUCTIONS

- Preheat the oven to 350 degrees F.
- Mix sticky rice flour, oil, milk, sugar, eggs, and milk powder in a large bowl until batter is smooth. Pour half of the batter into a parchment paper lined baking pan. Sprinkle with shredded cheese and dried cranberries (Optional). Pour the remaining batter over.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 35~40 mins.



IRISH SODA BREAD

Submitted by: Thomas Cavanagh

Every year since my Mommy was little she made Irish soda bread with my Grammie around St. Patrick's Day during the month of March. Now I make it every St. Patrick's day with family.

INGREDIENTS

- 2 1/2 cups flour
- 1 tsp. Salt
- 1/4 cup margarine
- 1 egg
- 1 cup raisins
- 2 tsp. Baking powder
- 1/2 tsp. Baking soda
- 1/2 cup sugar
- 1 1/2 cup buttermilk
- 1/2 cup currants

INSTRUCTIONS

- Sift together flour, salt, baking powder and soda (all dry ingredients).
- Then cream the butter and sugar in a mixer.
- Add the egg to wet mix.
- Then mix all ingredients.
- Lastly add in raisins and currants.
- Brush top with melted butter and sprinkle with sugar.
- Best in a pie plate (10") or cake baking pan.



MAWA MILK PEDA

Recipe from India

Submitted by: Kavin's 5th grade family

My family likes some sweet dessert after every meal and this sweet is quick to make within 10 minutes or so.



INGREDIENTS

- Mawa Powder(Dry milk powder)
- unsalted butter
- sugar

INSTRUCTIONS

- In a pan in a low flame, add some butter
- Once melted, add the mawa powder (You can get it in Indian grocery stores)
- Now add sugar depending on how sweet you want
- The sugar will melt and the mixture will become blended. Once it turns golden brown, switch off (Keep always low flame as otherwise the milk powder will burn quickly.)
- Now apply some melted or clarified butter in your palm and roll them into balls when they are warm.
- Add pistachios or almonds on top to decorate it.
- *See International Festival video for further instruction.





BOSNIAN SPINACH PIE

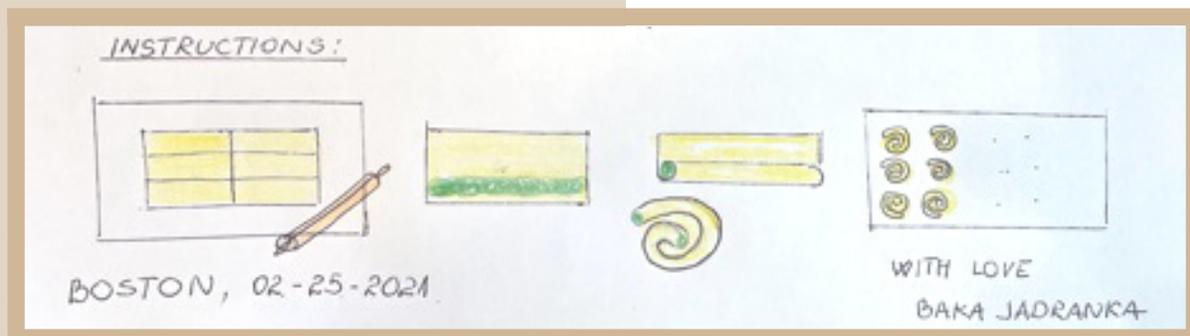
Submitted by: Jadranka Sosa,
Dominik's Baka (Grandmother)

INSTRUCTIONS

- Defrost spinach, wash and drain in a mesh strainer to ensure all water is out of spinach.
- In a large bowl mix all ingredients, then add spinach, stir until well combined.
- 3. On a floured surface, unfold sheet puff pastry and roll with rolling pin to about a 12 x 12 in (2x), cut into 6 pieces (2x).
- On every piece spread spinach filling roll swirl.
- Place pie on lightly oiled pan.
- Preheated oven 400 degrees F.
- Bake 30- 40 min.
- *see International Festival video for demonstration.

INGREDIENTS

- 1 package puff pastry (2 sheets)
- 2 packages frozen chopped spinach
- 1 lb cottage cheese
- 1 plain cream cheese
- 1/2 cup sour cream
- 1/4 cup feta cheese (crumbled)
- 2 eggs
- 1 Tbsp vegetable oil
- 1 spoon salt



PASTELÓN DE AMARILLOS (YELLOW PLANTAIN AND MEAT PIE)

Serves 12 - 15

From Puerto Rico

Submitted by Madison Kronheim

This recipe was my abuela's favorite to make. Although we never got to make it together, this recipe reminds me of her and my ancestors who cooked this in Puerto Rico, New York, and Florida.



INGREDIENTS

Filling

- 1 lb. ground beef
- 5 plum tomatoes diced (you can also use Pomi or any other tomato you have)
- 1/2 cup Recaito (you can buy Recaito packets or make your own by blending onion, pepper, garlic, sweet chili peppers, and cilantro)
- 1/2 cup manzanilla olives chopped
- 1 cup tomato sauce
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1/2 tablespoon black pepper

"Dough":

- 2 cups corn oil (you can also just use Canola or Vegetable)
- 7 very ripe yellow plantains, peeled and cut into 3-inch slices
- 1/2 pound mozzarella cheese, shredded

Topping:

- 1/2 pound green beans, cooked
- 6 eggs beaten

INSTRUCTIONS

- Brown the meat in a large frying pan. Add the remaining filling ingredients and cook over medium heat for 5 minutes, then set aside.
- Preheat the oven to 350F. Heat the oil and fry the plantains until they are golden brown. Drain them onto paper towels on a plate.
- Spread 1/2 cup of the filling in the bottom of a 9-inch square baking pan. Add a layer of half of the plantain slices and cover with the remaining filling. Add the cheese and top with the remaining plantain slices. Sprinkle the green beans on top and pour the eggs over. Bake for 45 minutes.





DAK-KALGUKSU

닭칼국수

KOREAN HOMESTYLE CHICKEN NOODLE SOUP

Submitted by: Emma Hwang and her
parents, Inkyu Hwang and Eunhyung
Kong

INGREDIENTS

- 1 pound chicken breast
- 16 cups water
- 16 peeled garlic cloves (about $\frac{1}{2}$ cup)
- 1 medium onion, cut into quarters
- $3\frac{1}{2}$ cup all purpose flour, plus $\frac{1}{3}$ cup flour to dust
- $\frac{1}{2}$ cup potato starch
- 1 medium zucchini, cut into matchsticks (about $1\frac{1}{2}$ cup)
- 2 green onions, chopped
- vegetable oil
- toasted sesame oil
- kosher salt
- fish sauce (or soup soy sauce)
- ground black pepper

INSTRUCTIONS

Start the broth:

1. Put water, chicken breast, garlic, and onion in a large stock pot and boil for 1 hour over high heat.

While it boils, make the noodle dough:

1. Combine flour, starch, 1 teaspoon kosher salt, 2 tablespoons vegetable oil, and $1\frac{1}{4}$ cup water in a large bowl.
2. Mix with a wooden spoon to form a lump. Knead it by hand until it forms a ball. Put it into a plastic bag, seal it, and let it sit in the fridge or on the kitchen counter for 10 minutes.
3. Take the dough out of the plastic bag, knead it for 2 to 5 minutes, and then put it back in. Kneading it in stages like this, and storing it in the plastic bag between sessions will make it soft and pliable with a minimum of effort.

Prepare the zucchini:

1. Combine the zucchini matchsticks with $\frac{1}{4}$ teaspoon kosher salt and set aside for 5 to 10 minutes.
2. Squeeze the excess water out by hand and sautee with a few drops of vegetable oil in a pan. Set aside.

Finish the stock:

1. After an hour of boiling, remove from the heat. Strain. The stock will be about 13 cups at this point and it should look clear but a little milky.
2. Add 1 tablespoon kosher salt and 2 teaspoons fish sauce (or soup soy sauce) or to taste. Mix well and put it back to the stock pot. Set aside.

Make garlic seasoning paste:

1. Collect the cooked garlic into a small bowl and mash it with a spoon. Add 1 teaspoon kosher salt, $\frac{1}{2}$ teaspoon ground black pepper, and 2 teaspoons toasted sesame oil. Mix well and set aside.
2. Pull the chicken into thin strips with your fingers and mix it in with the garlic mixture. Set aside.

Make noodles:

- Take out the dough and knead it again for a couple of minutes until it's really smooth. Divide the dough into 2 balls.
- Dust a large cutting board or clean kitchen table with flour and put the dough on it. Roll it out with a rolling pin to a circle about 18 inches wide and $\frac{1}{16}$ inch thick (1 or 2 mm). Flip it over occasionally to make it even, round, and flat. If you need to, sprinkle some flour on it when you flip, to keep it from sticking.
- Evenly spread some flour on the dough, and fold it over 3 or 4 times. Cut it into thin noodles, about $\frac{1}{8}$ inch thick. Sprinkle some flour on them, and gently mix them up to separate them and spread the flour evenly.
- Make noodles with the other ball of dough but repeating the steps above.

Make soup:

- Bring the stock to a boil and add the noodles. Stir with a wooden spoon and cover.
- Cook for 4 to 6 minutes until all the noodles float and some bubbles form on the surface. Remove from the heat.
- Ladle into large individual bowls. Put some zucchini on the center of each bowl and add some chicken. Sprinkle some chopped green onion over top, and serve immediately with kimchi and a few more side dishes if you have them.

STEGT FLÆSK: DANISH FRIED PORK WITH POTATOES AND PARSLEY SAUCE

Submitted by: The Eriksen Family

Fried pork is the official national dish of Denmark – the Danes voted back in 2014, and fried pork was a clear winner with 44% of the votes. And with our FULL endorsement! The fried pork slices are not only great for dinner, but fantastic in packed lunches the following day. Here's an easy recipe for the Danish classic, made in the oven. Enjoy!



INGREDIENTS

For 2 adults and 2 kids

- 1½ lbs. (700 gr) Baby potatoes
- 20 oz (600 gr) Sliced pork belly (½ to 1 inch thick)
- 1.8 oz (50 gr) Butter
- 1 oz (35 gr) Plain flour
- 1 ¼ cup (300ml) Milk
- 1 ¼ cup (300 ml) Cooking water (can be replaced with milk)
- 1 bunch Parsley
- Salt
- Pepper

INSTRUCTIONS

1. Preheat your oven to 390 degrees.
2. Peel the potatoes and boil in plenty of salted water. Remember to save the potato water for the sauce!
3. Place the pork belly on an oven grate and flatten with your palm. Season with salt. Pop the pork in the oven for 30 minutes, with a baking sheet on the shelf below to collect the drippings. Flip the pork about halfway through. It's cooked when it has a nice brown color on both sides, and very importantly - when it's crispy!
4. While the pork is in the oven, fix the sauce. Melt the butter in a pot and add flour. Simmer for a couple of minutes while stirring - you don't want it to brown or blacken, it just gets rid of the floury taste to give it a quick shvitz.

- 5. Now, little by little, add milk and cooking water in turns, while whisking proper hard. You should get rid of any and all lumps before adding more liquid, every time. Once the sauce has a nice, creamy consistency that reminds you a bit of Nan's cooking, it's perfect! Then add chopped parsley, and salt and pepper to taste - and perhaps a dash of honey and lemon juice, if you have some to hand. After this point, the sauce cannot boil (or it will split).
- 6. Serve the crispy pork with sea salt on top, potatoes, and plenty of parsley sauce - and we'd suggest a wee parsley garnish, too. Dijon mustard is great for dipping.
- 7. Enjoy!



ZUPA OGÓRKOWA POLISH DILL PICKLE SOUP

Submitted by: The Germano Family

INGREDIENTS

- 1 tablespoon of butter
- 1 tablespoon of olive oil
- 1 medium onion, finely chopped
- 2 medium carrots, grated
- 1.5 liters of chicken or vegetable broth
- 2 medium potatoes, grated
- 4-6 dill pickles, grated
- Pickle juice (to taste, approx. 125 mLs)
- Optional: 250g sour cream – for a heartier soup



INSTRUCTIONS

- In a pot, melt butter and add olive oil over medium heat. Saute the diced onion until translucent. Add grated carrots and fry for about 3 minutes while stirring.
- Carefully pour in the broth and bring to a simmer. Add the grated potatoes. Cover, reduce heat to low and cook for approx. 10 minutes.
- Add pickles grated on a grater and 125 mLs (1/2 cup) of pickle juice*. Cook for about 10 minutes more. Remove from fire.
- Optional: For a thicker, creamier soup, temper sour cream first with 2 tablespoons of soup and add back to pot.
- *Not all pickles taste the same. Some are saltier or may have more vinegar. Please taste and adjust to desired flavor.



PERUVIAN ALFAJORES

Sandwich cookies with dulce de leche filling

Submitted by: The Florian Family

Keith has fond memories of helping his Peruvian mother make these delicious, melt-in-your-mouth cookies. He remembers using a shot glass as an ersatz cookie cutter to make perfectly round cookies with his siblings, as they eagerly awaited their sweet reward. We gladly continue the tradition, minus shot glass, with our daughters. Enjoy!

INGREDIENTS

- 3/4 cup cornstarch
- 1 cup all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt
- 6 tbs unsalted butter (at room temperature)
- 1/2 cup sugar
- 1 egg
- 1 egg yolk
- 1 tbs pisco or brandy (optional)
- 1 tsp vanilla extract
- Dulce de leche for filling (about 1 cup)
- Powdered sugar for dusting

INSTRUCTIONS

- In a medium bowl, whisk together cornstarch, flour, baking powder, and salt. Set aside.
- In a large bowl, beat together butter and sugar until light and fluffy.
- Add in the egg and egg yolk, one at a time, until well incorporated. Add pisco and vanilla extract and mix well.
- Gradually add in dry mixture and mix just until the dough comes together
- Working quickly, turn dough onto a piece of plastic wrap, shape into a smooth disk, and wrap tightly. Refrigerate for at least an hour, until it's firm.
- When ready to bake, preheat oven to 350 degrees Fahrenheit and line baking sheets with parchment paper or silicone baking mats.

- Unwrap dough and roll to $\frac{1}{4}$ -inch thickness on a lightly floured surface. Using a two-inch round cutter, cut out cookies and place onto baking sheets about 1 inch apart.
- Bake for about 10 minutes, until the edges are just beginning to turn golden and centers are set.
- Transfer to a wire rack to cool completely before assembling the cookies.
- To assemble, spread half of the cookies with a thick layer of dulce de leche. Place remaining cookies on top of the dulce de leche to create a sandwich. Dust with powdered sugar.
- Store in an airtight container at room temperature. Makes about 2 dozen cookies.

SOFIA'S POPO WONTON RECIPE

Submitted by: Petruzziello/Lau Family

INSTRUCTIONS

- Start by making the filling. In a bowl, combine the diced shrimp and ground pork. Mix. Add the soy sauce, salt, white pepper and corn starch. Mix. Add in the scallions (set aside some scallions for garnish at the end) Mix all the ingredients together until you form a paste. Set aside for 15 minutes to marinate.
- To make the wonton, take a wrapper and add a teaspoon of the paste to the middle of the wrapper. Use your finger to coat the edges of the wrapper with the whisked egg mixture. This helps seal the edges together.



INGREDIENTS

- Wonton wrappers (can find at your local grocery store)
- ¾ lbs. of ground pork (can substitute with your meat filling of choice)
- ¾ lbs. of shrimp, diced into small pieces
- 2 bunches of scallions
- 1.5 teaspoon of salt
- 1 teaspoon of white pepper
- 2 teaspoons of soy sauce
- 2 teaspoons of corn starch
- 1 egg, whisked
- 1 carton of chicken broth





- To shape the wonton, fold the wonton in half. Then bring the outer corners together and press to seal together to form the wonton. Recipe should make two dozen wontons.
- To cook the wontons, bring the chicken broth to a boil. Add in the wontons and boil on low heat for 4-5 minutes until the wontons float and the filling is cooked though. You can freeze the uncooked wontons for up to 1 week.
- Serve the wontons in the broth and sprinkle with scallions for garnish.
- Enjoy! We hope you enjoyed Sofia's Popo's wonton recipe.





PASTELITOS - DOMINICAN REPUBLIC

Submitted by: The Albritton Family

*Pastelitos remind us of
celebration, music, family and
fun!*

INSTRUCTIONS

INGREDIENTS

- 4 cups of flour
- 1 tsp. salt
- .5 tsp baking soda
- .5 cup butter
- 2 whole eggs
- 1 egg yolk
- 1 cup of cold water
- 3 cups of ground meat
- Oil for deep frying



- Sift flour, baking soda and salt
- Cut butter into the flour until you have a meal-like mixture
- Beat whole eggs, egg yolk and water
- Incorporate the “egg-water” into the mixture you created in step 2
- Knead until dough is smooth. Add water or flour as necessary
- Wrap in plastic and refrigerate for 45 min.
- Roll dough out until thin, then cut into half-moon shapes
- Put a tablespoon of cooled filling in the center of the half-moon dough
- Moisten the inside edges of dough with cold water and then fold the dough in half. With the lines of a fork, secure the edges together.
- When you are ready to serve, heat oil and fry until golden in color (roughly 3-5 minutes). Drain and serve hot!
- ENJOY!!



PAPOU GEORGE'S PASTITSIO

Submitted by the Kolidas Family

This is the most memorable Greek dish that Papou George makes. He's a great cook! He doesn't use precise measurements, so we're glad to have this written down now!

Added to Cooked Pasta:

- 3 Tablespoons butter
- Two whipped egg whites
- 1 Cup Grated Kefalotyri Cheese

INGREDIENTS

Meat Sauce:

- 1 large yellow onion
- Salt & Pepper
- 2 Lbs Ground Beef (80/20)
- Cinnamon Stick
- 2 Bay Leaves
- 1/2 Cup Red Wine
- Nutmeg
- Ground Cinnamon
- Ground Cloves
- Canned Plumed Tomatoes (1/2 of 28oz can)

Pasta:

- Salt
- Olive Oil
- Misko Brand Pasta No.3 (80% of a 500g bag)



Bechamel Sauce:

- 6 Tablespoons Butter
- 8 Tablespoons Quick-Mixing Flour
- 5 Cups Milk
- Salt & Pepper
- Ground Cinnamon
- Ground Nutmeg
- 2 Beat Egg Yolks

To Finish:

- Grated Kefalotyri Cheese
- Breadcrumbs



INSTRUCTIONS

Preheat oven to 375 degrees F

Pasta:

- Add olive oil and salt to water in large pot and bring to boil.
- Put in pasta and cook for 13 minutes. Remove from water, strain and put aside.

Meat Sauce:

- In a large heavy pot, add 3 tablespoons of oil olive over a medium heat.
- Add one finely chopped yellow onion. Salt and pepper to taste.
- Cook for 5-10 minutes until onions are translucent.
- Add ground beef. Break down with spoon and mix with onions.
- Add Cinnamon stick and bay leaves when half browned. Mix off and on.

- Add wine when fully browned.
- Cook down a bit and add a few shakes of ground nutmeg, cinnamon and a tiny bit (1/4 teaspoon) of cloves (Greek dads don't measure! less nutmeg and cloves than cinnamon).
- Open the can of tomatoes and pour all the liquid in the pot.
- Ground half of the tomatoes in the food processor and add back to pot.
- Mix and let simmer on a medium low fire for 20-25 mins.
- Edit seasoning levels as needed and remove from heat. Remove cinnamon stick and bay leaves.





Bechamel:

- Separate 2 egg yolks. Beat together in small bowl.
- Beat egg whites in separate bowl and keep aside.
- Heat up milk in a sauce pan over a medium heat. When just about to boil, put on very low heat. In a large saucepan over a medium heat, whisk flour (8 tablespoons) into melted butter (6 tablespoons) for a few minutes. Little by little add hot milk while whisking, until all butter, flour and milk and combined.
- Add salt, pepper, cinnamon (about 2 teaspoons) and nutmeg (about 1 teaspoon - again Papou doesn't measure). Keep whisking and cook over low-medium heat until bubbles popping and sauce is thick. Do not let burn. Adjust seasoning to taste. Turn off fire. Pour in 2 egg yolks while whisking vigorously.

Assembly:

- Melt 3 tablespoons of butter. In a large mixing bowl, add to pasta and mix. Add 1
- Cup grated cheese. Add 2 beat egg whites. Mix by hand.
- Use a 14x10x3 baking dish (a similar size will do). Add pasta mixture. Add one small ladle of meat sauce and mix with pasta by hand. Ladle remaining meat sauce on top of pasta evenly. Smooth layer with the back of the ladle. Pour bechamel on top of meat sauce layer until fully covered. Sprinkle grated cheese and breadcrumbs over bechamel.
- Put in over for 60 minutes. Should be golden brown on top. Let cool slightly, slice and serve.





TERIYAKI CHICKEN

Submitted by: The Yamada Family

The texture of chicken is shiny (teri) after sauteed (yaki) in a pan, so it is called Teriyaki Chicken. The flavor goes very well not only with chicken but also with pork, fish, or vegetables.

Many Japanese dishes can be made with this flavor. Teriyaki Chicken is very tasty and all my family member love it. Also, it can be cooked with a few ingredients with a few steps, so ideal to cook even when busy.

INGREDIENTS

- chicken
- soy sauce
- sugar

INSTRUCTIONS

- Put chicken into a bowl and add soy sauce and sugar. Then, mix everything well.
- Put flavored chicken into a heated pan and saute both sides on a low heat.
- When the texture is shiny, it's ready to serve!



MIGAS

“MEXICAN BREAKFAST”

Submitted by: The Padua Family;
Alannah and her mom and dad

All Mexican families have their own special way to make Migas. Make it your own by adding any or all of the following ingredients: chorizo sausage, jalapeno peppers, bell peppers, or black beans. Migas means ‘crumbs’ or ‘scraps’ – so feel free to experiment with what you have in your pantry/fridge. Enjoy!!

INGREDIENTS

- 3-4 tbsp. oil (avocado, vegetable, etc.)
- 8 corn tortillas, cut or torn into 2-inch pieces
- 6 large eggs
- ½ tsp. Kosher salt
- 1/2 c. salsa of your choice (plain tomato sauce can also be used)

Optional Toppings:

- avocado
- cilantro
- cotija cheese
- diced onions
- diced tomatoes
- hot sauce

INSTRUCTIONS

- Heat oil over medium-high heat in a large non-stick skillet.
- While oil is heating up, whisk eggs in a separate bowl and set aside.
- Add tortillas to the skillet and fry until crispy – about 6-8 minutes.
- Lower heat to medium and add whisked eggs and salt.
- Stir until everything is scrambled together, about 2 minutes.
- Add salsa and stir to combine with the eggs and tortillas, 1-2 minutes more.
- Remove from heat. Season to taste.
- Often served with refried beans, flour tortillas and optional toppings.

LEBANESE TABBOULEH

Submitted by Sofia Castillo

Tabbouleh reminds me of every trip I made to Lebanon to see my family. It also reminds me of Lebanese families that gather for meals and enjoy their time together. They share love and happiness and the vibrant flavors of Middle Eastern cuisine.



INGREDIENTS

- ½ cup extra fine bulgur wheat
- 4 firm Roma tomatoes, very finely chopped
- 1 English cucumber (hothouse cucumber), very finely chopped
- 2 bunches parsley, part of the stems removed, washed and well-dried, very finely chopped
- 12-15 fresh mint leaves, stems removed, washed, well-dried, very finely chopped
- 4 green onions, white and green parts, very finely chopped
- Salt
- 3-4 tbsp lime juice (lemon juice, if you prefer)
- 3-4 tbsp Early Harvest extra virgin olive oil
- Romaine lettuce leaves to serve, optional
- For those who cannot find bulgur wheat, you can substitute with quinoa. (It will be called Quinouleh)

INSTRUCTIONS

- Wash the bulgur wheat and soak it in water for 5-7 minute. Drain very well (squeeze the bulgur wheat by hand to get rid of any excess water). Set aside.
- Very finely chop the vegetables, herbs and green onions as indicated above. Be sure to place the tomatoes in a colander to drain excess juice.
- Place the chopped vegetables, herbs and green onions in a mixing bowl or dish. Add the bulgur and season with salt. Mix gently.
- Now add the lime juice and olive oil and mix again.
- For best results, cover the tabouli and refrigerate for 30 minutes. Transfer to a serving platter. If you like, serve the tabouli with a side of pita and romaine lettuce leaves, which act as wraps or "boats" for the tabbouleh.

HOT CROSS BUNS

Submitted by: Owen and Amelie Hirst's
Family

This is an English recipe, so the measurements are in metric units. This is our family's modification of a Mary Berry recipe. We bake these as a treat as we're waiting for Spring to arrive. Best enjoyed with a nice cup of tea.



INGREDIENTS

- 500 g Bread Flour
- 75 g sugar
- 2 tsp ground all-spice
- 1 tsp ground cinnamon
- 10 g salt (~1 tbsp)
- 10 g rapid acting dry yeast (~1 tbsp)
- 40 g melted unsalted butter
- 300 ml warm milk For the topping:
- 1 egg, beaten 75 g all-purpose flour
- 200 g raisins 100 ml water
- 50 g dried cranberries

For the Topping:

- 75 g all-purpose flour
- 200 g raisins 100 ml water
- 50 g dried cranberries 2 tbsp golden syrup, for glazing

INSTRUCTIONS

- Put the flour, sugar, spices into the bowl of a stand mixer with the dough hook attachment and mix together. Then add the salt on one side of the bowl and the yeast on the other.
- Add the melted butter and half the warm milk to the dry ingredients and continue to mix. Add the egg and continue to mix, making sure you scrape any flour off the sides of the bowl. Gradually add the remaining milk, to form a soft pliable dough (if it's too wet, add another 1-2 tbsp of flour).
- Add in the raisins and dried cranberries and continue to mix for about 5 min (if you do this by hand, knead the dough for 10 min). Lightly oil a clean bowl and add the dough, cover with cling wrap and leave to rest in a warm place for about 1½ hours or until doubled in size. You can also leave on the counter at room temperature overnight.



- Turn the risen dough out on to a lightly floured surface. Knock back and knead for a further 5 minutes. Divide the dough into 12 equal pieces (~100 g each), shaping each of these into a ball. Line 1-2 baking sheets with parchment paper and place the balls on the tray, placing them fairly close together (2 cm apart) and flattening them slightly.
- Slip the baking sheet into a large clean plastic bag, making sure the bag doesn't touch the buns. Leave for 40-60 minutes until the buns have doubled in size.
- Preheat the oven to 410 °F.
- For the topping, mix the flour with water to make a paste and spoon into a sandwich bag, cut the corner of the bag ready to pipe.

- When the buns have risen (hopefully they will now touch each other so that they form a batch bake that once baked can be torn apart) remove the polythene bags and pipe a cross on each bun. Bake for ~15 minutes until pale golden-brown, turning the baking trays round halfway through if necessary.
- Melt the golden syrup in a pan or microwave for ~5 sec (watch it as it will quickly start to boil) and while the buns are still warm, brush the buns with a little syrup to give a nice shine, before setting aside to cool on a wire rack.
- As the name suggests, Hot Cross Buns are best enjoyed while they're still warm; if they don't get eaten on the day of baking, they can be cut, toasted and buttered.





GNOCCHI AND PESTO SAUCE

Submitted by: Melissa Lewit

These are quick and easy Italian recipes that I got from my grandmother and great grandmother. I have many fond memories of making the Gnocchi with my great grandmother, Olympia Mottarella, when I was young.

GNOCCHI

- 1 Container ricotta
- 1 Container of flour (same sized container as ricotta)
- 1 egg for small container or 2 eggs for large container
- Pinch of salt

Instructions:

- Mix the egg with ricotta. Add the flour and salt. This will make a sticky dough.
- Flour your hands and have extra flour nearby.
- Break off small pieces of dough and roll into cigar thickness. Cut into 1/2 inch pieces with a fork. Set aside of a floured cookie sheet.
- In rapidly boiling salted water, add gnocchetti. They will sink.
- Cook for about 8-10 minutes. Gnocchi will be cooked when they float to the top.
- Drain and serve with browned onions, sage and butter, tomato sauce or pesto sauce.

PESTO SAUCE

- 1 1/4 C. fresh basil
- 1/2 C. pine nuts
- 4 cloves crushed garlic
- 3/4 C. olive oil
- 1/4 C. grated parmesan cheese
- Pinch of salt and pepper

Instructions:

- Place basil, pine nuts and garlic in the blender.
- Add 1/2 of the olive oil and blend until smooth.
- Add the remaining oil, cheese, salt and pepper and blend for a few more seconds.
- Pour into containers to freeze or toss with buttered pasta or veggies.



DUTCH LETTER PASTRIES

Submitted by the Mouw family

INGREDIENTS

Crust:

- 1 lb butter
- 4 cups flour
- ½ tsp cream of tartar or baking powder
- 1 cup water
- Mix above ingredients, let stand overnight in cold place, so the crust is firm.

Filling:

- 1 lb almond paste
- 2 cups sugar
- 3 eggs
- ½ tsp almond flavor
- Mix thoroughly, let stand overnight.

INSTRUCTIONS

- Take a piece of crust, roll out ¼ inch thick, a strip 4 ½ inches wide and 16 inches long (according to your cookie sheet).
- With a spoon put almond filling about 1 inch from each side of strip.
- Fold over ends and roll up (16 inches) and make different letters.
- Be sure to overlap the ends (tuck dough around filling).
- Bake at 350 degrees for 20 minutes.
- Watch carefully until golden brown.
- Sprinkle with sugar and brush egg white on after baking and put back in the oven for a minute.
- Cool on racks.



MANGO LASSI

From India

Submitted by: The Thaduri Family

INGREDIENTS

- 1 Ripe Mango or 1.5 cups Frozen mango chunks
- 1 cup yogurt
- 1/2 cup milk
- 4 tbsp honey (or more)
- 2 ice cubes (if using fresh mango)

INSTRUCTIONS

- Blend all 4 ingredients together and serve.

VENEZUELAN PAN DE JAMON

Submitted by the Bendayan family

INSTRUCTIONS

- Mix the sugar and yeast in the warm water and allow it to stand for a few minutes until a froth develops.
- Meanwhile, melt the butter and mix with water, milk, egg and salt.
- Mix into the flour and add the yeast solution and knead lightly until well blended and dough comes together.
- Place the dough in a greased bowl and cover with a damp cloth, and allow it to rise for 30-60 minutes.

INGREDIENTS (makes two loaves)

For Dough:

- ½ cup warm water
- 1 tbsp yeast
- 3 tsp sugar
- 3 ½ cups all-purpose flour
- 8 tbsp (1 stick) butter
- 1 egg
- ½ cup milk
- 1 ½ tsp salt

Filling:

- ½ lb sliced ham
- ½ cup raisins
- ½ cup pitted olives
- 1 egg yolk for an egg wash



INSTRUCTIONS CONT.

- Preheat the oven to 350 degrees.
- Retrieve the risen dough and knead it lightly and divide it in half.
- Roll out each half to about $\frac{1}{4}$ inch thickness, into a large rectangle roughly 12 x 10 (feel free to adjust dimensions based on the thickness.)
- Spread out slices of ham across the surface of the flat dough, keeping it $\frac{1}{2}$ inch away from the edges.
- Sprinkle raisins lightly across the flat dough.
- Place olives on the flat dough, either sprinkled at random, or lined up lengthwise along the middle (this ensures there are some olives in each slice!).
- Starting on one side, roll the dough into a spiral log.
- Brush the egg wash on the last $\frac{1}{2}$ inch of dough to adhere the log closed.
- Carefully place the log on a lined baking sheet.
- Pierce holes in the top of the log with a fork, and brush the entire log with the egg wash.
- Repeat this process for the second log.
- Bake at 350 for 45 minutes until both logs are well browned.
- Allow them to cool before serving. Slice crosswise, serve and enjoy!





THANK YOU!

*Thank you to the Memorial Spaulding community for sharing a bit of
your culture with us through food!*

Happy eating!