

*East West Center 2017*

# INTERCULTURAL POTLUCK RECIPES

*Easy, Fresh, and Delicious!*



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## BANGLADESH

### Kheer Payesh



### Ingredients (6-8 servings)

1 cup	white rice
3 cups	milk
1 cup	sugar
<b>Garnish:</b>	
1 tbsp	almonds
1 tbsp	cashews
1 tbsp	pistachios
1 tsp	cardamom pods
1 tsp	raisins
	few bay leaves

### Instructions

- 1 Wash rice and soak it in enough water for 15 minutes.
- 2 Boil milk in a bowl. Add cardamom and bay leaf into boiling milk.
- 3 Drain the rice and add it to the milk. Keep stirring in between to avoid sticking to the bottom of the pan.
- 4 Once the rice is cooked, remove the bay leaf, add sugar, and mix well.
- 5 Boil for some more time so that the milk thickens.
- 6 Garnish with different nuts (Almond, Cashew, Pistachio) and raisin before serving.

## BANGLADESH

### Lamb Haleem



## Ingredients (8-10 servings)

500 g	Meat without bone
1-½ cups	chopped onions
3-4	green chilli peppers
1 tbsp each	ginger, cilantro, cucumber
2 tbsps	lemon
<b>Haleem mix</b>	
Cereals and Pulses:	Lentil, Green gram, Chickpea, Grass pea, Black gram, Pea, Wheat, Aromatic Rice
Powdered spices and others:	Chili, Turmeric, Coriander, Cumin, Black pepper, Cinnamon, Cardamom, Clove, Mace, Mustard seeds, Aniseed, Fenugreek, sodium chloride, Bit (black) salt
	salt (to taste)

## Instructions

- 1** Soak cereals and pulses from haleem mix with boiled water for 15 minutes.
- 2** Heat the oil in a broad cooking pot and fry the chopped onions until they turned golden brown. Pick two third of fried onion up.
- 3** Add the meat pieces and sprinkle powdered spices from haleem mix over the meat. Cook for 3-4 minutes. Pour water as required and cook until the meat is well boiled.
- 4** Put soaked cereals and pulses with water as required and cook, stirring frequently. When it comes to boil, simmer on a slow fire and stir occasionally with a wooden spatula.
- 5** Cook the mixture until the water evaporates to form thickened gravy.
- 6** Serve hot with fried onion, chopped cilantro, chopped green chillies, sliced cucumber, sliced ginger and squeezed lemon juice.

# BHUTAN

## Jasha Maru



### Ingredients (4 servings)

500 g	boneless chicken (diced into 1 inch cubes)
1	chopped onions
2 tbsp	chopped garlic
2	chopped tomatoes
4 tbsp	green/red chillies
1 tbsp	grated ginger
2 tbsps	vegetable oil
1 cup	chicken stock
	chopped coriander
	butter
	salt and pepper (to taste)
	chilli flakes

### Instructions

- 1 Heat oil in a pan.
- 2 Add the chopped onions.
- 3 Now add the chopped garlic, grated ginger, tomatoes and chillies, pepper, salt and chilli flakes - Season well.
- 4 Add the chicken and fry for about 10 minutes.
- 5 Add the chicken stock and bring to a boil.
- 6 Cook until chicken is tender and the liquids have reduced
- 7 Add chopped Coriander and butter.
- 8 Remove from heat and serve with red/brown rice.

## BRUNEI

### Cucur Udang



### Ingredients (~ 20 balls)

80 g	shrimp
3	chopped big onions
½	chopped green onions
200 g	flour
½ tsp	salt
1 cup	water
	cooking oil (to fry)

### Instructions

- 1** Mix flour, salt & water and combine until the texture is smooth.
- 2** Throw in the chopped onions, shrimp, and green onions.
- 3** Heat a large pot with cooking oil. When the oil is heated, scoop a spoonful of the cucur udang mixture and drop it into the oil for frying. Fry them until the balls get golden brown.

## BRUNEI

### Wajid Brunei



### Ingredients (10 pieces)

300 g	coconut milk
10	pandan leaves
300 g	glutinous rice (soaked in water for several hours)
	salt (for taste)
30 g	water
150 g	palm sugar

### Instructions

- 1** Put the soaked glutinous rice and one bundle of pandan leaves in the pot. Steam the rice in the pot by gradually adding the coconut milk.
- 2** In another pan, heat the palm sugar, water, salt, and pandan leaves.
- 3** When the palm sugar has melted, add the cooked rice. Reduce the heat and stir until well combined.
- 4** Move the rice into a container. Use a spoon to press it as firm as you can. Cool it down completely before serving.

## CAMBODIA

### Beef Lof Lak



## Ingredients (6 servings)

1 kg	beef (cut into thin small slices)
1 lb	lettuce
3	tomatoes
2	onions (cut into thin slices)
1 pinch	salt
3 tbsp	oyster sauce
1 tbsp	sugar
1 tbsp	black pepper
5	garlic cloves
5 tbsp	vegetable oil
1 tbsp	fish sauce

## Instructions

- 1** Add vegetable oil in the hot pan. Add chopped garlic cloves, keep stirring till garlic turn light brown.
- 2** Add beef (cut into thin small slices). Then add salt, fish sauce, oyster sauce, sugar and black pepper. Stir till all ingredients dissolve in the beef. Add thin slices of onions. Before serving, arrange lettuce and tomato slices in a tray..
- 3** **Sauce (Pepper lime sauce):** Chop garlic cloves and chilli into small pieces, put in a bowl and add salt, sugar, black pepper, lime juice and a bit of water.

## CAMBODIA

### Egg Rolls



### Ingredients (6 servings)

1	big taro
1 lb	been sprout
1	carrot
1	onion
3	spring onions
1 tbsp	salt
1 tbsp	sugar
1	avocado
	vegetable oil (to fry)
	egg roll wraps

### Instructions

- 1** Chop taro, onion, spring onion, avocado and carrot into small very thin slices.
- 2** Mix chopped taro, onion, spring onion, avocado and carrot with bean sprout, salt and sugar. Mix it well and wrap it piece by piece with the egg roll wraps.
- 3** Deep fry the rolls in the hot vegetable oil.
- 4** Serve with the Sweet and Spicy chilli sauce (The sauce can be found at any grocery shop).

## CAMEROON

### Egusi Soup



## Ingredients (10-12 servings)

2-3 lbs	chicken cut into pieces
1-2	onions
½ cup	cooking oil
3	garlic cloves
2	tomatoes
2 cups	ground egusi (pumpkin seeds)
½ cup	crayfish

## Instructions

- 1** In medium-sized sauce pan, boil chicken seasoned with salt, smoked paprika, pepper, onions until tender approximately 45-50 minutes.
- 2** While chicken is cooking, slice tomatoes, onions and mince the garlic.
- 3** Heat the oil in a heavy saucepan over medium heat. Add the onions. Sauté the onion until it is translucent, about 5 minutes. Season with salt, and pepper, to taste.
- 4** Stir in the tomatoes with their juices, garlic, and crayfish. Add the stewing chicken pieces; press to submerge. Add a cup of chicken stock. Bring to a simmer.
- 5** In a bowl add a cup of ground egusi mix with 2 tablespoon of stock until you get a thick mixture. Using a spoon scoop up the egusi and place in the pot of sauce and chicken
- 6** Reduce the heat to medium-low and simmer gently uncovered until egusi forms a solid ball. Then add the remaining egusi and keep simmering on medium-heat. Add about a cup or more of chicken stock to desired consistency.
- 7** Add spinach, let it simmer for about 2 minutes.
- 8** Serve warm with plantains or accompaniment of choice.

CHINA

## Tapioca with Coconut Milk



### Ingredients (4 servings)

½ cup	pearl tapioca
3 cups	water
½ cup	granulated sugar
2 tsp	vanilla extract
1 jar	coconut gel
½	12oz bag coconut milk
	diced fruit of your preference

### Instructions

- 1** Boil water and add tapioca, stirring continuously for 15 minutes. After it's boiling turn down the heat to little to medium high (still boiling) to avoid drying out.
- 2** Turn off the heat, but leave the pot on the burner, cover and let stand for 30 minutes. Stir occasionally, adding a more water if necessary.
- 3** Check if tapioca is tender, but not too chewy.
- 4** Add vanilla and sugar and refrigerate until cold.
- 5** Remove from the refrigerator and add coconut milk and coconut gel with the liquid and stir.
- 6** To serve, spoon out about ½ cup per person of the tapioca and garnish with diced fruit.

## EASTERN BHUTAN

### Gondo Datshi Fry



### Ingredients (4 servings)

1 cup	butter
1 bulb	chopped garlic
10 pieces	small dry red chilli
2 tsp	salt (or to taste)
3 cups	cottage cheese
3 cups	beaten eggs
1 tbsp	chopped onion leaves
	chopped corriander (cilantro)

### Instructions

- 1 Heat one cup of butter in a pan.
- 2 Fry one bulb of chopped garlic with 10 pieces of small red chili (Dried is preferred), dry until garlic turns yellowish brown and add two teaspoon of salt (salt amount depending on individual preference).
- 3 Add 3 cups of cottage cheese (cottage cheese should it have water in it) and fry till it's sticky.
- 4 Add 3 cups of beaten egg and mix well, stir fry till the egg and cheese has mixed well. Cook till the egg is cooked as well. Stir.
- 5 Add chopped onion leaves and stir for 1 minute.
- 6 Turn off the stove and add half cup chopped coriander. Serve hot with rice.

## INDONESIA

### Nasi Kuning



### Ingredients (4-6 servings)

4 cups	white rice
2 inches	turmeric
400 ml	coconut milk
1	lemongrass stalk
1 tbs	salt
2	kaffir lime leaves
	Chicken stock (optional)
<b>Garnish:</b>	Deep-fried shallot
	Cucumber
	Tomato
	Lettuce

### Instructions

- 1 Wash and drain rice.
- 2 Put turmeric in a blender with  $\frac{1}{4}$  cup of water and process until fine. Strain through a sieve, pushing to extract all juice.
- 3 Put rice and turmeric water in a rice cooker and pour in coconut milk.
- 4 Add some water (you can also mix it with chicken stock) until you feel there is enough to cook the rice.
- 5 Add salt, lemongrass, and kaffir lime leaves (feel free to add pandan or bay leaf as well. Give it a gentle stir and cook the rice.
- 6 Once cooked, garnish rice on a dish with sliced tomato, cucumber, and lettuce. This turmeric rice is usually served with fried chicken, potato cakes, eggs, and Indonesian chili paste.

IRAN

## Gheymeh stew



### Ingredients (4-6 servings)

2 pounds	meat (lamb or beef), washed and cut into small pieces
1 cup	yellow split peas, picked over and washed
1	large onion, peeled, chopped
2-3 tbsp	tomato paste
4-5	dried limes (limoo amani) may be purchased from an Iranian/Persian grocery stores. Soak them in water for 5 minutes and then pierce them in a few places with a dinner fork.
½ tsp	turmeric
a pinch	cinnamon, salt and pepper to taste
2	large potatoes, peeled, sliced and fried for topping
1 tsp	rosewater (optional)

### Instructions

- 1 Heat 1 tablespoon of oil in a small pot over medium heat, add the tomato paste and sauté for 2-3 minutes, stirring frequently, until it starts to change color. Set aside.
- 2 Heat 3 tablespoons of oil in a large pan over medium heat, add the onions and sauté until they are translucent, add turmeric and stir well. After a minute or two, add the meat and brown on all sides. Add salt, pepper and a pinch of cinnamon. Stir well.
- 3 Add the yellow split peas to the pot, saute 5 minutes, spoon in the tomato paste. Mix well.
- 4 Add water to cover all the ingredients in the pot by 1-2 inches. Add in the dried limes. Lower the heat, cover and cook for about 1-1/4 hours or until the meat is well-cooked. Add a little bit of water and adjust the seasoning when needed.
- 5 Yellow split peas shouldn't turn too soft and mushy, they still need to have a bit of bite to them. You may parboil them separately until they are just tender and add them to the pot in the last 30 minutes.
- 6 In the last ten minutes add the rosewater if you like.

IRAN

## Rose Water and Saffron Drink



### Ingredients (10 servings)

½ cup	saffron
1 cup	rose water
2 cups	sugar
2 cups	water

### Instructions

- 1** Dissolve sugar in water, add the rose water.
- 2** Grind saffron and add hot water to it and wait for 5 minutes.
- 3** Add your saffron to your drink and stir it.

JAPAN

## Yakisoba Pan



### Ingredients (8 servings)

½ lb (150g)	(thinly) sliced chicken
1	onion (small)
½	carrot (small)
8	hot dog buns
½ tbsp	vegetable oil
	salt and pepper
2 packs	yakisoba noodles (Chinese-style noodles) with sauce powder

### Instructions

- 1 Cut the vegetables: slice the onion and carrot.
- 2 In a large frying pan, add oil and heat at medium high heat. Cook meat first until it's browned. Add onion, carrot and cook until wilted. Once water seeps out from vegetables, add Yakisoba noodles. Stir them under the vegetables, lower the heat and put the lid. Cook about 2 minutes until noodles soften.
- 3 When noodles get loose and soft, keep stirring to mix with vegetables, then add the sauce powder and coat the whole thing for a couple of minutes. Season with salt and pepper to add some more taste, if you want.
- 4 Sand Yakisoba in the buns.

JAPAN

## Shiratama Anmitsu



### Ingredients (4 servings)

#### Matcha Kanten Jelly

2 tsp	matcha sweet powder
1 tsp	kanten powder (agar agar)
2 cups	water

#### Shiratama dumplings

$\frac{3}{4}$ cup	shiratama-ko (glutinous rice flour)
$\frac{1}{4}$ - $\frac{1}{3}$ cup	water

#### Toppings (optional)

$\frac{3}{4}$ - 1 cup	anko (sweet red bean paste)
$\frac{3}{4}$ - 1 cup	ice-cream

### Instructions

- 1 Put water and kanten powder in a saucepan and put on medium heat. Bring to a boil, stirring well. Simmer for about two minutes. Stop the heat and add matcha powder. Wet a flat container and pour the liquid. Cool until set.
- 2 Put shiratama-ko in a bowl. Add water slowly until the dough becomes as soft as earlobes. Knead the dough. Make round dumplings. Boil water in a medium pan and put the dumplings. Boil until they float. Remove the dumplings from the water and put in cold water. Drain the dumplings.
- 3 Cut matcha kanten jelly into small cubes and divide them into four bowls. Top with shiratama dumplings, anko, and ice-cream.

## KOREA

### Japchae



## Ingredients (4 servings)

4 lbs	beef, filet mignon (or pork shoulder), cut into ¼ inch wide and 2½ inch long strips
2	large dried shiitake mushrooms, soaked in warm water for 2-3 hours, cut into thin strips
2	garlic cloves, minced
2 tbsp 2 tsp	sugar
2 tbsp 1 tsp	soy sauce
2 tbsp	sesame oil
1 tbsp	tablespoon toasted sesame seeds
4 lbs	spinach, washed and drained
4 lbs	dangmyeon (sweet potato starch noodles)
2-3	green onions, cut crosswise into 2 inch long pieces
1 cup	onion, sliced thinly
4-5	white mushrooms, sliced thinly
¾ cup	carrot, cut into matchsticks
½	red bell pepper, cut into thin strips (optional)
	ground black pepper and salt
	vegetable oil

## Instructions

### 1 Marinate the beef and mushrooms:

Put the beef and shiitake mushrooms into a bowl and mix with 1 clove of minced garlic, 1 teaspoon sugar, ¼ teaspoon ground black pepper, 2 teaspoons soy sauce, and 1 teaspoon of sesame oil with a wooden spoon or by hand. Cover and keep it in the fridge.

### 2 Prepare the noodles and vegetables:

Bring a large pot of water to a boil. Add the spinach and blanch for 30 seconds to 1 minute, then take it out with a slotted spoon or strainer. Let the water keep boiling to cook the noodles.

Rinse the spinach in cold water to stop it from cooking. Squeeze it with your hands to remove any excess water. Cut it a few times and put it into a bowl. Mix with 1 teaspoon soy sauce and 1 teaspoon sesame oil. Put it into a large mixing bowl.

Put the noodles into the boiling water, cover and cook for 1 minute. Stir them with a wooden spoon so they don't stick together. Cover and keep cooking for another 7 minutes until the noodles are soft and chewy.

Strain and cut them a few times with kitchen scissors. Put the noodles into the large bowl next to the spinach. Add 2 teaspoons sesame oil, 1 teaspoon soy sauce, and 1 teaspoon sugar. Mix well by hand or a wooden spoon. This process will season the noodles and also keep the noodles from sticking to each other.

Heat up a skillet over medium high heat. Add 2 teaspoons vegetable oil with the onion, the green onion, and a pinch of salt. Stir-fry about 2 minutes until the onion looks a little translucent. Transfer to the noodle bowl.

Heat up the skillet again and add 2 teaspoons vegetable oil. Add the white mushrooms and a pinch of salt. Stir-fry for 2 minutes until softened and a little juicy. Transfer to the noodle bowl.

Heat up the skillet and add 1 teaspoon vegetable oil. Add the carrot and stir-fry for 20 seconds. Add the red bell pepper strips and stir-fry another 20 seconds. Transfer to the noodle bowl.

Heat up the skillet and add 2 teaspoons vegetable oil. Add the beef and mushroom mixture and stir fry for a few minutes until the beef is no longer pink and the mushrooms are softened and shiny. Transfer to the noodle bowl.

### 3 Mix and serve:

Add 1 minced garlic clove, 1 tablespoon soy sauce, 1 tablespoon sugar, ½ teaspoon ground black pepper, and 2 teaspoons of sesame oil to the mixing bowl full of ingredients. Mix all together by hand.

Add 1 tablespoon sesame seeds. Mix it and transfer it to a large plate and serve.

NEPAL

## Suji Haluwa



### Ingredients (10 servings)

1 kg	Semolina (Wheat flour)
1 litre	milk
6-7 pcs each	raisins, dates, cashew nuts, cardamom
300 g	butter
	sugar (to taste)

### Instructions

- 1** Heat the butter. Ghee and fry the flour in low heat until it is brown.
- 2** Add cashewnuts, cardamom. Add sugar and mix it.
- 3** Then add milk little at a time and stir properly. Keep adding milk and stirring. Take care that no lumps are formed.
- 4** Serve hot for better taste!

NEPAL

## Aalu matar curry



### Ingredients (10 servings)

½ kg	potatoes
½ kg	peas
150 g	onions
150 g	tomatoes
2 tsp	ginger
2 tsp	garlic
2 tsp each	cumin powder, coriander powder
½ tsp	cumin seeds
1 tsp	red chili powder
	salt (to taste)
1 tsp	turmeric

### Instructions

- 1** Boil the potatoes and peel it and cut into small pieces.
- 2** Heat the oil in the pan and add chopped onions and fry it until it is brown and add salt.
- 3** Add cut tomatoes and cook it for 3 or 4 minutes.
- 4** Add chopped ginger and garlic. When it becomes a soft paste let it cool for sometime and grind it in the grinder to make a fine paste.
- 5** Heat the oil in the other pan again and add half tsp cumin seeds. Now add sweet peas and fry it for 4 to 5 min in a medium heat.
- 6** Add turmeric powder, cumin and coriander powder, salt. Add the cut potatoes and cook for 5 min in a medium heat.
- 7** Add the paste and chili powder and cook in low heat for 8-10 minutes the curry is ready to serve now!

OKINAWA

## Sata-Andagi



### Ingredients (17 pieces)

500 g	Sata-Andagi mix
3	eggs
2 tsp	vegetable oil
	vegetable oil for deep-frying

### Instructions

- 1** Crack the egg into another bowl and remove the whitish thread, then beat well.
- 2** Place the flour in a bowl. Use a rubber spatula to break up any remaining lumps.
- 3** Form the mass into a ball of dough.
- 4** Add vegetable oil to a pan and heat to a temperature of 140 - 150°C (285-300 °F).
- 5** Use a pair of chopsticks or tongs to turn the balls of dough in the oil and prevent them from sinking and sticking to the bottom of the pan.
- 6** Keep the oil at a constant heat, frying the buns for 7 to 8 minutes.

## PHILIPPINES

### Maja Blanca



## Ingredients (8 servings)

2 packs	grated cassava (about 2 lbs total weight)
2 cups	coconut milk (+2 cups for topping)
½ (12 oz.) can	evaporated milk
3 pieces	egg
¼ cup	butter, melted
6 tbs	cheddar cheese, grated
½ cup	condensed milk (+½ cup for topping)
14 tbs	granulated white sugar (+ 2tbs for topping)
<b>Topping</b>	
2 tbs	flour
2 tbs	cheddar cheese, grated

## Instructions

- 1** Pour the coconut milk in a cooking pot and bring to a boil.
- 2** Add the sugar, condensed milk, and whole sweet kernel corn then stir until all the ingredients are evenly distributed. Simmer for 8 minutes.
- 3** Combine the milk and cornstarch then whisk until the cornstarch is diluted.
- 4** Pour the fresh milk and cornstarch mixture in the cooking pot and stir thoroughly. Allow to cook while stirring until the mixture reaches your desired thickness.
- 5** Pour the mixture in a serving tray then arrange and flatten the top using a flat tool such as a wooden spatula.
- 6** Allow to cool down then refrigerate for at least 1 hour.
- 7** Garnish with toasted grated coconut (or latik if available). Serve cold. Share and enjoy!

## PHILIPPINES

### Sago At Gulaman



### Ingredients (6 servings)

3 cups	medium tapioca pearls
1 sachet	gelatin powder
3 cups	brown sugar
1 tbsp	vanilla extract
2-3 cups	water

### Instructions

- 1** Cook the tapioca according to package instructions or refer to the Taho recipe. Set aside.
- 2** Cook the gelatin according to package instructions. Set aside.
- 3** Place the brown sugar in a cooking pot and caramelize using low heat.
- 4** When the sugar starts to melt, put in water and vanilla extract. Let boil and stir until the sugar dissolves. (Note: Use the lowest heat possible so that the sugar will not burn.)
- 5** Turn off heat and let cool.
- 6** In a glass, combine some tapioca pearls, sliced gelatin, 3 tablespoons of sugar mixture, and a cup of cold water. Stir. Serve. Share and enjoy!

## SRI LANKA

### Pol Sambol



## Ingredients

2 cups	grated, coconut*
1 tbsp	chili powder
12 tsp	chillie pepper flakes
	salt to taste
	a dash of pepper
3-4	small red onions (shallots) [or 1/2 red onion] finely diced
1 tbsp	finely chopped curry leaves (optional)
1	green chille finely diced (optional)
1 tbsp	maldive fish (optional)
2-3	tbsp lime juice (optional)

\* If fresh coconut is not available, you can use desiccated unsweetened coconut. Add about 3/4 cups of water to it and micro for a minute before using.

## Instructions

- 1** If using a mortar and a pestle (vangediya); add the chili powder, chili flakes, and salt to it and grind to a paste.
- 2** Grind the all the ingredients above except lime in a mortar and pestle (wangediya). Alternatively you can grind in a food processor or mix with your hands in medium size bowl.
- 3** Mix in the coconut. Squeeze the lime juice, mix and adjust salt to taste. Serve.

## SRI LANKA

### Ala Dosi (Potato Toffee)



## Ingredients

500 g	500 g potato
750 g	sugar
1 small can	sweetened condensed milk (14 oz - 396 g)
4 tsp	butter
1 tsp	vanilla
4	caradamoms powdered (optional)

## Instructions

- 1** Boil the potatoes till very soft and mash well. Keep it aside.
- 2** To make the sugar syrup, combine 750g sugar and 1/4 cup water in a saucepan. Heat over medium, stirring constantly, to completely dissolve the sugar before the mixture begins to boil.
- 3** Add the mashed potato and stir in low fire. Now add the condensed milk and keep stirring until the mixture gets thick, continue for about 1/2 hour. Then add butter, vanilla and continue stirring until mixture leaves the sides of the pan.
- 4** Take it off the fire, keep stirring a little and pour the mixture into greased trays. Mark and cut into desired sizes when cool.

SUDAN

Falafel



## Ingredients (~80 falafels)

1 lb	chick peas
1	red onion
10 g	garlic
1	green pepper
	salt and pepper
50 g	dill
50 g	cilantro
50 g	parsley
50 g	lemongrass
6	eggs
2 tbs	baking powder
2 cups	flour

## Instructions

- 1** Soak chickpeas in cold water overnight – about 12 hours.
- 2** Drain the water and rinse the chickpeas.
- 3** Using a mixer, crunch the chickpeas together with the onion, garlic, green pepper, cilantro, dill, parsley, lemongrass, salt, and pepper and mix until smooth. Add oil to help the mixing if it does not blend well.
- 4** Add eggs, baking powder, and flour and give it a good mix.
- 5** Heat oil in a frying pan to medium – high heat and fry chickpeas mix until brown.

## SUDAN

### Kunafa



## Ingredients (6 servings)

1 lb	Konafa (Katafi dough, shredded Filo dough). Each box contains 454 grams
300 g	unsalted butter
<b>For the cream filling</b>	
1 cup (250 ml)	milk (homogenized)
250 m	whipping cream
¾ cup	sugar
1 pack (8g)	vanilla or 1–2 tsp liquid vanilla (to be added when making the cream)
3 tbsp	corn starch
<b>For syrup</b>	
¼	lime (or lime juice)
½ cup	syrup (sugar: water = 2:1) - for after cooking

## Instructions

### 1 Make the cream filling.

Dissolve the cornstarch in the cup of cold milk. Add the vanilla to the ¾ cup of sugar. On high heat, heat and stir the milk (with cornstarch) till thickened into a pudding texture in a non-stick pot.

### 2 Make the syrup.

Add 1 cup of sugar and 1/2 a cup of water into a pot. Heat on medium till it dissolves. Add lime juice (you only need a quarter of the lime). Leave to cool to room temperature

### 3 Baking

Set the oven to 475F then put the pan for 25–30 min on lower rack. After you take it out, add 1/2 cup of syrup (cold) all around. Leave for 2 min then flip into plate. Enjoy!

## THAILAND

### Green Chicken Curry



### Ingredients (4 servings)

1 cup	sliced chicken
1.5 cuo	coconut milk
2 tbs	green curry paste
1 cup	sliced green beans
1 cup	sliced mini peppers
1 tbs	sugar
1 cup	Thai basil leaves
4-5	kaffir lime leaves

### Instructions

- 1** Pour half of the coconut milk and green curry paste into a pan over medium heat, stir to mix them together. Keep stirring until you see greenish oil form as the green curry paste mixes with the coconut milk.
- 2** Add chicken and kaffir lime leaves into the pan and keep stirring until the chicken is cooked.
- 3** Add the sliced green beans and mini pepper, and stir some more.
- 4** Add the rest of the coconut milk and sugar, and keep stirring.
- 5** Taste the curry, you may add sugar or water to suit your taste.
- 6** Turn the stove off and add the basil leaves. Serve it with rice or noodles.

## TONGA

### Lu Pulu



## Ingredients (4-6 servings)

	taro leaves
8 ounces	coconut milk
1	onion
1 can	corned beef *

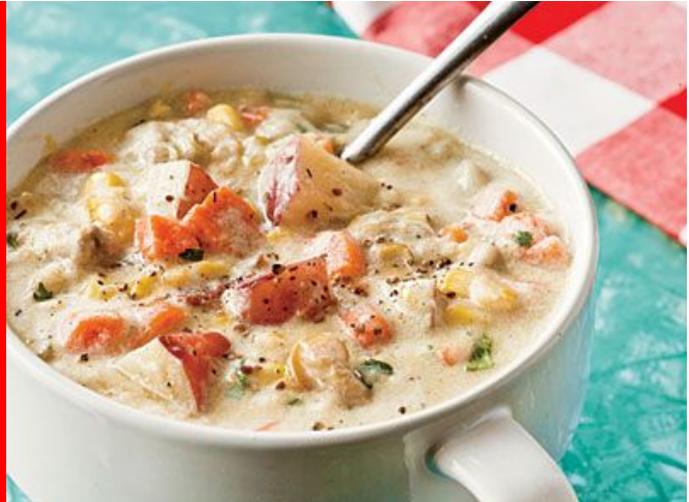
\*You can substitute corned beef with any other meat: beef, chicken, fish, pork or lamb. The one we made at EWC Intercultural Potluck was corned beef; lamb and corned beef are the most popular among the Tongans.

## Instructions

- 1** Spread the taro leaves to cover the whole bottom of the tray with about 5 layers of taro leaves; spread the corned beef evenly, and sprinkle the sliced onions on it.
- 2** Pour coconut milk over the corned beef (you can dilute it with a little bit of water); and then cover it with about two layers of taro leaves. Then, you cover the top of tray with aluminum foil.
- 3** Put it in the oven; we set ours to 500 and wait for about 1 hr and 45 min. It takes practice, but you can regularly check if it's cooked after the first hour.

USA

## Clam Chowder



### Ingredients (8 servings)

3 (6.5 ounces)	cans minced clams
1 cup	minced onion
1 cup	diced celery
2 cups	cubed potatoes
1 cup	diced carrots
$\frac{3}{4}$ cup	butter
$\frac{3}{4}$ cup	all-purpose-flour
1 quart	half-and-half cream
2 tbsp	red wine vinegar
1.5 tsp	salt ground
	ground pepper (to taste)

### Instructions

- 1** Drain juice from clams into a large skillet over the onions, celery, potatoes and carrots. Add water to cover, and cook over medium heat until tender.
- 2** Meanwhile, in a large, heavy saucepan, melt the butter over medium heat. Whisk in flour until smooth. Whisk in cream and stir constantly until thick and smooth. Stir in vegetables and clam juice. Heat through, but do not boil.
- 3** Stir in clams just before serving. If they cook too much they get tough. When clams are heated through, stir in vinegar, and season with salt and pepper.

VIETNAM

Bún chả



## Ingredients (6-8 servings)

### Vietnamese Caramel Sauce

70 g	sugar
5 tbsp	hot water

### Meat Balls

450 g (1 lb)	minced pork (similarly, at least 10% fat)
50 g	shallots, minced as small as possible
15 g	garlic, minced as small as possible
3 tbsp	fish sauce
1 tbsp	oyster sauce

### Sauce and Serving

	Fresh herbs (e.g., coriander, perilla, mint, etc.)
25 g	sugar
1 tbsp	lemon juice/rice vinegar
175 ml	water
1-1.5 tbsp	fish sauce
	minced or grated garlic, chilli, black pepper (to taste)
1.5 kg	fresh rice vermicelli noodles (or 0.5 kg dried)

## Instructions

- 1 Make the caramel:** In a small saucepan, combine the sugar with 3 tablespoons water and cook over high heat until a dark brown caramel forms, about 8 minutes. Remove from the heat and add 2 tablespoons cold water, swirling the pot.
- 2 Make the meatballs:** In a large mixing bowl, combine the pork, shallot, garlic, oyster sauce, fish sauce, caramel sauce (above instruction 1), and pepper, and marinate in the refrigerator for 1 1/2 hours.
- 3** Shape marinated pork into small patties, about 15 to 20 in all. Heat a charcoal grill or a broiler to high. Grill or broil the pork patties until fully cooked and slightly charred, about 4 minutes per side.
- 4 Prepare the Noodles:** Bring a pot of water to a boil and cook the noodles according to the directions on their package. Drain, then rinse under cold water to halt the cooking process.
- 5 Make the Sauce:** Combine fish sauce, vinegar (or lemon juice), sugar, water, fish sauce, garlic, chilli, black pepper in a large mixing bowl. Set aside to marry the flavors.
- 6** Spoon the sauce into four bowls, then place the pork patties over the sauce. Place the herbs in one large communal bowl and the noodles into another large communal bowl. To eat, dip some of the noodles into the sauce and eat with the patties and herbs.