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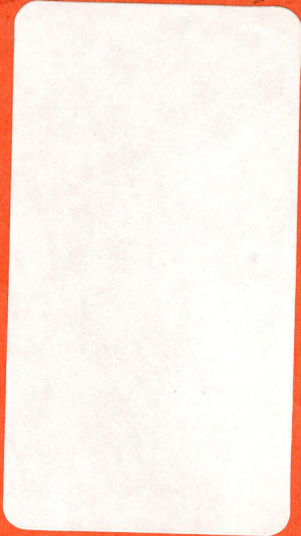
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TACOMA COMMUNITY COLLEGE



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Dear Friends,

This is an authentically international cookbook. Every recipe is vouched for as being typical and choice in the country of the student who contributed it.

You may feast your way around the world with this book, from appetizers to desserts, from Africa to Viet Nam, whatever your native tongue. Each recipe appears both in the original language and in an English translation.

In future years we hope to bring out new, bigger editions, with even more countries represented. We'll welcome your suggestions and comments.

Meantime, we hope you'll enjoy trying these recipes. When you do, imagine that you're sitting around the dinner table with your neighbors around the world. That's our hope - that our cookbook will bring about, in its small way, greater friendship among all nations.

Many persons helped to make this book possible. Thanks are due to all students and others who contributed recipes; to TCC artist Judie Johansson who designed the cover; to the typists who dealt with unfamiliar words and strange ingredients; to co-chairpersons of the cookbook committee Chinh Davone Many and Lilo Feix. And finally, special thanks from ISO to Rachel Bard for her editorial consultation and assistance.

Sincerely,
James Midamba
James Midamba
President

International Students Organization
Tacoma Community College
Tacoma, Washington
98465

The following sheet is a list of countries of origin
of the recipes included in this book. It will be
found in the appendix at the end of the book.

Please note the following suggestions for your
convenience:

Dedicated to

1. The pages of the book are unnumbered,
however, the user will find the recipes
sequentially good food, they are listed
under the good cooks and as in the
index international goodwill
2. You will also note that each recipe is
first written in English and is then
followed by the recipe written in the
language of its origin.

NOTE TO THE USER:

The International Students Organization of Tacoma Community College is proud to make this collection of their reipes available to you.

Please note the following suggestions for your convenience:

1. The pages of the book are unnumbered; however, the user will find the recipes sequentially arranged as they are listed under the individual countries in the index.
2. You will also note that each recipe is first written in English and is then followed by the recipe written in the language of its origin.

- INDEX -

AUSTRIA

Sachertorte
Warm Potato Salad
Weiss Kraut
Wiener Schnitzel

CHINA

Deep Fried Egg Roll
Stir Shrimp and Ham with Cashew Nuts
Sweet and Sour Port

FRANCE

Chicken with Pork in Wine
French Apple-Fritters
Fried Rabbit

GERMANY

Beef Rouladen
Frankfurter Kranz
Potato Pancake
Sauerkraut Salat

IRAN

Chelo Kabab
Iranian Potato Salad

JAPAN

Butterbean Cookies
Hibachi Teriyaki
Sukiyaki
Vegetable Tempura

KENYA

Mtqzi wa nyama
Mtuzi wa samaki
Tango

KOREA

Barbecue beef
Raw oysters
Rice Noodle
Spicy Red Snapper

LAOS

Fried Rice
Kengphet
Molded coconut milk dessert
Salat

LEBANON

Hommos
Kaftah

MEXICO

Chiles Rellenos

NORWAY

Faar I Kaal
Hardangerlefse
Julekake
Risengrynsgrøt

SAUDI ARABIA

Bedinjan Mahshi
Rice with chicken and peas
Saleeg (Script)
Stuffed Grape Leaves

SPAIN

Basque Soup
Trout Pamplona

THAILAND

Beef Salad
Kai Swan
Ta Fu + Saifun Soup

U.S.A.

Apple Butter Beef Rolls
Overnight Layered Salad
Pork Chops Scallop
Pumpkin Bread

U.S.S.R.

Borsch
Russian Beets

VIETNAM

Banh Cam
Cha Gio
Shrimp Cookie
Soup Mang Cu

SACHERTORTE

Austria

Lilo Feix

Serves 12

An excellent cake. This is a recipe of the famous restaurant keeper Frau Sacher in Vienna, who made the torte for the Austrian Kaiser.

6 oz semisweet baking chocolate
 6 eggs, separated, egg whites beaten until stiff and set aside
 1 cup sugar
 1 cup butter
 1 cup flour
 1 teaspoon baking powder
 1 cup apricot jam

Have all ingredients at about 75°, room temperature. Melt chocolate in a double boiler, being careful that it does not get too hot. Let cool. Beat butter until fluffy, very slowly add the sugar, then egg yolks and the cooled chocolate in a thin stream. Sift flour with baking powder and add slowly to chocolate mixture. After this is all well mixed, take the beaten egg whites and with a wooden spoon or spatula fold them gently into the mixture.

Sprinkle bread crumbs in bottom of an ungreased springform (removable rim) pan, about 9 inches in diameter. Pour in the cake mixture and bake in a preheated oven at 350° about one hour. When the torte is cooled, probably the next day, slice it horizontally in two or three slices and spread apricot jam on the slices. Stack them up and cover the torte with icing (below).

CHOCOLATE ICING

4 oz unsweetened cooking chocolate
 2 tablespoons butter
 3 cups confectioners sugar
 ½ teaspoon vanilla
 1 tablespoon coffee-flavored brandy, optional
 ½ teaspoon salt
 6 tablespoons light cream

Melt chocolate and butter in a double boiler over low heat. Meantime combine the sugar, salt, vanilla and cream. Add to chocolate mixture and heat for about 15 minutes. Take off heat and cool slightly, then add the brandy. Cover torte with the icing.

SACHERTORTE

Austria

Lilo Feix

Alle Zutaten sollten Zimmertemperatur haben, 75° so ist es eine gute Idee alle Zutaten die Nacht vorher in die Kueche zutun, und nicht erst bei Gebrauch aus dem Eisschrank zu nehmen.

½ Pfund Kochschokolade, langsam im Wasserbad erwaermt, und etwas abgekuehlt

6 Eier, getrennt, und das Eiweiss zum steifen Schnee geschlagen

1 Messbecher Zucker

1 Messbecher Butter, ruehre die Butter schaumig und fuege den Zucker nach und nach hinzu, wenn gut geruehrt, fuege das Eigelb langsam dazu, und nach gutem Ruehren in einem duenen Fluss die geschmolzene Schokolade; fuege hinzu:

1 Messbecher Mehl und

1 Teeloeffel Backpulver, mische und siebe beides und gebe langsam in die Schokoladenmischung, wenn das gut verruehrt ist nehme das geschlagene Eiweiss und ruehre es vorsichtig unter die Schokoladenmischung.

Gebe die Mischung in eine ungefettete Springform und backe in einem vorgeheizten Ofen in 35° Grad fuer ungefaehr eine Stunde, oder bis eine Stricknadel sauber herauskommt wenn hineingestochen.

Kuel die Torte gut durch, dann schneide sie horizontal in ein bis zwei Lagen und fuehle sie mit

Apfricosen Marmelade und lege die Torte wieder zusammen, und ueberziehe sie mit einer Schokoladenglasur.

Schokoladen Glasur:

½ Pfund Kochschokolade

2 Essloeffel Butter

3 Messbecher Confectioners Zucker

½ Teeloeffel Vanille

1 Essloeffel Kaffeeschmack Brandy

½ Teeloeffel Salz

6 Essloeffel Kaffee Krim

Erwaerme im Wasserbad die Schokolade mit der Butter und gebe nach und nach den Zucker, die Vanille, das Salz, und die Milch dazu, zum Schluss vorsichtig den Brandy. Erhitze alles gut, aber nicht kochen, fuer ungefaehr 15 Minuten, etwas abkuehlen lassen und dann die Torte damit ueberziehen.

WARM POTATO SALAD

Austria

Lilo Feix

Warm potato salad is a favored side dish for Austrians to eat with the Wiener Schnitzel.

Serves 4

- 1 lb small, red potatoes cooked in their jackets, peeled and sliced, while they are still warm
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 4 tablespoons olive oil
- 3 tablespoons lemon juice
- $\frac{1}{2}$ teaspoon mustard

Put all ingredients except potatoes in a glass jar, cover and shake well till well mixed, then pour in a small pot and heat slowly, don't boil. Pour over potatoes, and add 1 tablespoon finely chopped red onion, 1 to 2 tablespoon chopped chives and a touch of oregano.

Cover and let marinate about 1 to 2 hours, keep warm.

WARMER KARTOFFELSALAT

Austria

Lilo Feix

- 1 Pfund kleine, rote Kartoffeln, gekocht mit der Schale, geschaelt und geschnitten waehrend sie noch heiss sind
- $\frac{1}{2}$ teelpeffel Salz
- $\frac{1}{2}$ Teeloeffel Pfeffer
- 4 Essloeffel Oliven Oil
- 3 Essloeffel Zitronen Saft
- $\frac{1}{2}$ Teeloeffel Senf

Tue alle Zutaten, ausser den Kartoffeln in eine Mischflasche, schliesse sie gut, und schuettel tuechtig bis alles gut vermischt ist, dann gebe die Fluessigkeit in einen kleinen Topf und erhitze sie gut, nicht kochen. Schuette alles ueber die Kartoffeln, und fuege zu:

- 1 Essloeffel fein gehackte Zwiebel
- 1-2 Essloeffel geschnittenes Schnittlauch
- 1 Messerspitze Oregano, wenn moeglich frischen

Decke die Kartoffeln zu und lasse alles an einem warmen Platz fuer ungefaehr 2 Stunden ziehen.

WEISS KRAUT
(Sweet and sour cabbage)

Austria

Lilo Feix

Serves 4 to 6

A well known vegetable dish in Austria which is served often with a pork main dish.

1 medium white cabbage head, shredded
2 tablespoons brown sugar
 $\frac{1}{2}$ tablespoon salt
3 tablespoons bacon dripping, or margarine
 $\frac{1}{2}$ cup white raisins
1-2 tart apples, grated
Juice of 1 lemon
 $\frac{1}{2}$ cup white wine
 $\frac{1}{3}$ teaspoon caraway seeds

Put the shredded cabbage in a glass bowl, sprinkle with the salt and sugar, press down and cover and let stand for about 1 hour. Heat the bacon drippings in a large shallow skillet. Discard the liquid from the cabbage, put the cabbage in the skillet and saute over low heat until wilted. Add the raisins, apple, lemon juice, and wine. Cook slowly just until cabbage softens. Taste and add more sugar if needed, put in the caraway seeds and cook slowly a few minutes longer.

WEISS KRAUT

Austria

Lilo Feix

Fuer 4-6

1 mittel grossen weissen Kohlkopf, fein geschnitten
2 Essloeffel braunen Zucker
 $\frac{1}{2}$ Essloeffel Salz
3 Essloeffel Schweinefett
 $\frac{1}{2}$ Messbecher helle Rosinen
1-2 sauerliche Aepfel fein gehobelt
1 ausgepresste Zitrone
 $\frac{1}{2}$ Messbecher weissen Wein
 $\frac{1}{3}$ Teeloeffel Kuemmel

Tue den geschnittenen Kohlkopf in eine Glasschuessel, streue Salz und Zucker darueber, druecke kraeftig den Kohl zusammen, decke ihn zu und lasse ihn gut 1 Stunde durchziehen. Erwaerme das Schweinefett in einer grossen, tiefen Pfanne. Schuette den angesammelten Saft vom Kohl weg, und tue den Kohl in die Pfanne, koche langsam fuer ein paar Minuten, dann gebe die Rosinen, die gehobelten Aepfel, Zitronen Saft und Wein hinzu. Koche langsam fuer ungefaehr 5 Minuten, schmecke den Kohl ab und gebe eventuell etwas Zucker dazu oder Zitrone, ganz nach Geschmack, fuege den Kuemmel hinzu und halte den Kohl gut heiss fuer ungefaehr 5 minuten before servieren.

WIENER SCHNITZEL

Austria

Lilo Feix

Wiener Schnitzel is also known as Breaded Veal Cutlets.

Serves 4

To get the right cut of meat for this tasty dish is harder than the preparation and cooking. If real milk-fed variety is not available, veal can be improved by soaking it overnight in milk. The meat should be dried carefully before using.

1½ lbs veal cutlets
1 egg
1 tablespoon milk
1 tablespoon oil
dry bread crumbs
½ cup butter
½ cup oil

In a shallow bowl beat the egg, milk, and oil together, dip one veal outlet in the mixture, shake off and put it in the crumbs, bread on all sides, shake excess crumbs off, and do the same once again. Each outlet is breaded twice.

In a deep frying pan heat butter and oil. Deep fry veal over medium heat for about 2 to 3 minutes each side, drain carefully.

WIENER SCHNITZEL

Austria

Lilo Feix

1½ Pfund Kalbsschnitzel, Fleisch von der Keule, Bleistift dick geschnitten und dann ungefaehr zu drei bis vier mm. duenn geklopft

1 Ei
1 Essloeffel Milch
1 Essloeffel oil
reichlich trockene Brotkruemmel

In einer flachen Schale schlage das Ei, die Milch und das Oil zusammen bis es schaumt. Gebe ein Schnitzel in die Eimischung und ziehe es durch, das alle Seiten gut feucht sind, dann huelle es in die Broesel, schuettel alle ueberfluessigen Broesel ab und tauche noch einmal in die Eiermischung und dann in die Broesel. Das Schnitzel wird zweimal paniert.

Inzwischen hat man eine tiefe Backpfanne mit

½ Messbecher Butter und
½ Messbecher Oil gut erhitzt, das Fett muss mindestens Daumen hoch sein, und giebt die Schnitzel hinein. Backe sie schnell bis sie Hellbraun sind, ungefaeh 2-3 Minuten an jeder Seite.

DEEP-FRIED EGG ROLL

China

Lily Young

Serves 4

2 oz shrimp
4 oz minced pork meat
3 scallions
3 slices ginger
4 eggs
1 teaspoon salt
1 teaspoon sherry (wine)
 $\frac{1}{2}$ tablespoon cornstarch
1 tablespoon flour
2 teaspoon pepper salt
6 cups oil

Chop scallion and ginger

Blend minced pork meat and chopped shrimp with chopped scallion and ginger, salt, wine, $\frac{1}{2}$ egg, cornstarch, stir and mix well for meat filling.

Heat the pan, brush with a little oil, stir-fry egg juice mixture eggs which have been beaten until lemon colored into 4 brown egg sheets.

Add 1 tablespoon water to 1 tablespoon flour and mix well as flour paste.

Spread egg sheets, wrap meat filling and roll up into long pieces. Dip edge in flour paste and seal.

Warm 6 cups oil, place egg roll in, deep-fry over low heat till golden brown, remove and cut into bite-sized pieces and serve.

Place pepper salt on side for dipping.

香脆蛋捲

材料:

攪猪肉
蝦肉
葱
薑
鹽
酒

四兩
二兩
三枝
三片
一匙
一匙

雞蛋
太白粉
椒鹽
麵粉
油

四個
二匙
二匙
一匙
六碗

調理法:

1. 蔥薑切末
2. 攪肉加入蔥薑末, $\frac{2}{3}$ 匙鹽, 一匙酒, $\frac{1}{2}$ 大匙太白粉拌勻肉餡。
3. 鍋燒熱, 塗少許油, 將蛋汁攤成四張蛋皮。
4. 一大匙麵粉加一匙水和成麵糊。

做法:

1. 蛋皮攤開, 放入肉餡本於蛋皮 $\frac{1}{3}$ 處, 捲成長條, 縫合處沾麵糊。
2. 六碗油燒溫, 小火炸蛋捲, 炸至呈金黃色, 取出切成菱形, 排盤。
3. 椒鹽放在盤邊, 供沾食。

STIR-SHRIMP AND HAM WITH CASHEW NUTS

China

Lily Young

Serves 4

9 oz cooked ham
6 oz cashew nuts
2 cucumbers
1/2 carrot
1/2 cup green peas
7 oz shrimp
2 tsp sugar
some black pepper
2 tsp sesame oil
1 tsp wine (sherry)
1 tbl cornstarch
1 tsp salt
some green onion
some ginger

Boil cashew nuts in water to soften, rinse, drain and pat dry. Deep-fry nuts over low heat until golden. Dice ham. Clean and shell shrimp with salt water, rinse and drain, mix 1 teaspoon cornstarch. Peel small cucumber and carrot, then boil, dice into diamond shapes. Boil the green peas. Combine seasonings: mix 1 teaspoon salt, 1 teaspoon sugar, some black pepper, 1 teaspoon sesame oil, 1 teaspoon cornstarch and 1 tablespoon water, stir evenly.

Heat 6 cups oil in the pan to 375°F, deep-fry shrimp, chicken meat, green peas, and carrot till almost soft, then remove.

Stir-fry chopped scallion and ginger in 1 tablespoon oil, and above ingredients. 1 teaspoon sherry and combined seasonings to the pan, then add cashew nuts. Again stir-fry quickly over high heat, stir evenly, remove and serve.

雙丁腰果

材料:

腰果 六兩
洋火腿 九兩
胡蘿蔔 半枝
青豆 半碗
黃瓜 一條
太白粉 三匙
酒 一匙

胡椒
蝦仁
麻油
油
鹽
糖
蔥
薑

少許
七兩
二匙
六碗
一匙
二匙
少許

調理法:

1. 腰果煮熟瀝淨水呈乾, 用冷油炸呈金黃色。
2. 蒸熟的洋火腿切丁
3. 青豆煮熟備用
4. 蝦仁洗淨瀝水拌入少量太白粉
5. 小黃瓜, 胡蘿蔔煮熟切成呈菱形的小方丁。
6. 綜合調味汁: 一匙鹽, 一匙糖, 胡椒, 一匙麻油, 一匙太白粉, 一匙水拌勻。

做法:

1. 油入鍋燒溫放入蝦仁, 火腿丁, 青豆胡蘿蔔炸至八分熟撈出。
2. 蔥薑末用一匙油炒香拌入上項材料及綜合調味汁最後加丁腰果, 立刻拌勻取出可入碟。

SWEET AND SOUR PORK

China

Lily Young

Serves 4

1½ lb pork
1 egg
1 teaspoon soy sauce
1 cup cornstarch
2 tomatoes
3 slices onion
4 slices pineapple
2 cloves garlic
2 green peppers
6 tablespoons vinegar
5 tablespoons sugar
2 tablespoons tomato ketchup
6 cups oil
some salt
some lemon juice

Cut pork into one-inch squares. Marinate with egg, salt, soy sauce, cornstarch. Dredge again in cornstarch, then deep-fry over medium heat till golden brown and brown and crispy (about 6 minutes).

Slice pineapple, dice tomato, chop onion, garlic, cut green pepper into one-inch squares

Sweet and sour seasonings: Mix onion, chopped garlic, celery, parsley, 5 tablespoons vinegar, 6 tablespoons sugar, 6 tablespoons water, ½ teaspoon salt, 1 tablespoon ketchup in the bowl, stir evenly.

Boil sugar and vinegar, strain off the sediment. Boil tomato and pineapple, add 1 tablespoon cornstarch paste.

Add pork piece to paste, stir-fry it with 3 tablespoons oil, mix well.

Garnish with pineapple pieces and cherries, some lemon juice, and serve.

咕嚕肉

材料:

瘦肉 一磅半
太白粉 一飯碗
蒜頭 二瓣
番茄 二個
洋蔥 三片
青椒 二個
鳳梨 四片

番茄醬 二匙
檸檬汁 少許
蛋 一個
醋 五匙
糖 六匙
油 六碗
鹽 一匙
醬油 一匙

調理法:

1. 肉切成小塊方形，加入一個蛋，鹽半匙，醬油一匙，四匙太白粉，拌勻，沾些乾太白粉，放入六碗熱油內炸成金黃色（用中火炸五六分鐘）。
2. 鳳梨、番茄切小方丁，洋蔥切碎，蒜頭搗碎，青椒切塊。
3. 糖醋汁，洋蔥蒜末，六匙醋，六匙糖，半匙鹽，二匙番茄醬，混在碗裏拌勻。

做法:

1. 把糖醋汁煮開，加入鳳梨、番茄，再煮開，用一匙太白粉勾芡。
2. 把炸酥的肉塊，倒入糖醋汁中，加三匙油拌勻，盛盤供食。

CHICKEN WITH PORK IN WINE

France

Reynold Solages

Serves 4

- 1/2 lb pork steak
- 3-4 lbs chicken, cut up in pieces
- 5 big onions cut up in quarters
- 1/2 lb small mushrooms
- 2 cups chicken broth
- 2 cups red or white dry wine
- 3 teaspoons Dijon mustard
- 3 tablespoons parsley, chopped
- 1/2 tablespoon cornstarch
- 1/2 teaspoon salt

Marinate the cut-up chicken for at least 2 hours. Cut the pork in bite-size pieces and brown in its own fat, add the onions. Fry until light brown, add the chicken and brown, put in the mushrooms and the salt and simmer in open pot for about 20 minutes. Take the meat and vegetables out of the pot and put aside. Pour the chicken broth in the pot and boil it until half of it has evaporated. Now pour the marinade in the pot with the pork, chicken, onion, mushrooms, and mustard. Bring shortly to boil, reduce heat, cover and simmer slowly for 20-25 minutes. Blend 3 tablespoons wine with 1/2 tablespoon cornstarch and stir into cooking mixture. Bring to boil while stirring all the while until lequer is clear. Add chopped parsley. Serve with french bread.

Coq au vin

Pour 4 personnes.

- 1/2 lb de porc.
- 3-4 lb poulet, coupé en morceaux.
- 5 oignons gros.
- 1/2 lb petits champions.
- 2 tasses de bouillon de poulet.
- 2 tasses de vin rouge ou blanc sec.
- 3 cuillers à soupe de Dijon mustard.
- 3 cuillers à soupe de persil haché.
- 1/2 cuiller à soupe de farine de maïs.
- 1/4 cuiller à café de sel.

Faire mariner les morceaux de poulet au moins 2 heures. Couper du porc en petit morceaux et faire dorer dans une casserole à feu doux. Ajouter les oignons et frire jusqu'ils deviennent dorés. Puis ajouter les morceaux de poulet et lorsque la préparation rissole, ajouter les champions, du sel et faire bouillir sans fermer la couvercle pour 20 min. Faire sortir la viande et les légumes. Verser le bouillon de poulet dans un pot et faire bouillir jusqu'à la moitié du bouillon évapore. Verser le marinade dans le pot et en même temps ajouter les morceaux du porc et de poulet et les légumes. Laisser bouillir pour une courte période et redacte du feu, couvre avec le couvercle et laisser bouillir lentement pour 20-25 min. Mélanger 3 cuillers à soupe de vin avec 1/2 cuiller à soupe de farine de maïs et mélanger. Faire bouillir pendant que vous mélangez jusqu'un moment où la liquide devienne clair et ajouter les persils haché. Servir avec du Pain.

FRENCH APPLE-FRITTERS

France

Reynold Solages

Serves 4 to 6

1 lb flour
2 eggs, separated, whip the whites stiff and put aside
1-1/3 cups of water
1/4 teaspoon salt
1 cup sugar
5-6 tart apples, cut into finger-thick pieces
1 1/2 cup oil

Put the flour into a big bowl, make a dip in the middle of the flour, add the egg-yellow into the dip. Pour some water in and stir slowly, add more water until all the flour is moist. Then add the sugar and salt, still stirring. After all is well-mixed, cover the bowl and mixture with a dry cloth and let rest for 3-4 hours.

After 3-4 hours, carefully mix the whipped egg whites with the dough, also mix the apples with the dough. In a skillet heat the oil so that a drop of water sizzles and give the fritters by the tablespoon into the oil. Serve them hot.

Beignets aux Pommes.

1 lb. de farine.
2 œufs, separer les blanches et les jaunes d'œufs.
1 1/3 tasses d'eau.
1 tasse de sucre, 1/4 cuiller à café de sel.
5-6 pommes fraîches, coupé en morceaux.
1 1/2 tasse d'huile.

Mettez la farine dans une grande terrine en faisant un creux au milieu. Puis mettez les jaunes d'œufs dans le creux. Delayez d'eau petit à petit. Puis mettez du sucre et du sel. Remuez bien la pâte avec du sucre et du sel. Laissez reposer pendant 3-4 heures. Couvrez la pâte avec un linge propre. Après 3-4 heures, ajoutez les blanches d'œufs montés en neige. Trempez chaque morceau dans la pâte et plongez-les dans l'huile chaude. Lorsque les beignets deviennent dorés, sortez-les et servez chaud.

FRIED RABBIT

France

Reynold Solages

Serves 4

- 2 lbs rabbit, cut in pieces
- 3 eggs
- 1 cup flour
- 1 cup bread crumbs
- 1½ cup oil
- 1 teaspoon salt
- 1 teaspoon pepper

Wash and dry the rabbit pieces carefully, salt and pepper on both sides. Whipp the eggs to a light color and dip the rabbit piece by piece.

First into the flour, then into the eggs, and then into the bread crumbs, and shake off excess crumbs. Put the rabbit pieces into the hot oil which is heated in a big frying pan. Serve hot.

Coe au vin
Fressure du Lapin

- 2 lb de lapin, coupé en morceau désirés.
- 3 œufs
- 1 tasse de farine
- 1 tasse de pain séché (ou biscotte)
- 1½ tasse d'huile
- 1 cuiller à soupe de sel, 1 cuiller à soupe de poivre.

Laver et essuyer le lapin attentivement; puis salé et poivré chaque morceau. Teemper les morceaux du lapin dans la farine, puis dans œufs battu et enfin dans le pain séché (ou biscotte). Jeter le lapin dans l'huile chaude. Servir chaud.

BEEF ROULADEN

Germany

Lilo Feix

Serves 4 to 5

Rouladen is a tasty meat dish which can be made with many variations, from filling with spicy pork to a plain filling with a pickle, as one desires.

2 lbs thin-cut round steak, cut in pieces 3 x 7 inches, then pounded to make pieces thinner and wider.

several slices bacon

salt

crushed peppercorns

1 onion cut into eighths

celery cut in strips

pickles, quartered

$\frac{1}{2}$ tablespoon corn starch

$\frac{1}{2}$ cup cold water

Season both sides of cut and pounded steak (rouladen) with salt and pepper. Place one slice of bacon, an eighth of an onion, and a strip of celery and pickle in center of the roulade and roll up.

Fasten with a toothpick. Brown all sides in frying pan. You can either cook the rouladen with slow heat on top of the stove, or roast it in the oven.

On top of the stove: after browning the rouladen pour a little hot water over them, just enough so they won't burn and there is enough liquid for gravy. Put the lid on and let simmer till done, about $1\frac{1}{2}$ hours. For gravy mix the corn starch and water in a cup, stir well so that there are no lumps, pour it into the pot with the rouladen and bring to a boil till the gravy is clear. Season to taste.

ROULADEN

Von Deutschland

Lieselotte Feix

Fuer 4 bis 5 personen

2 Pfund 3 x 7 inches gross und Bleistif duenn geschnittenes Rindfleisch, gut geklopft.

einige Scheiben Bacon (Schweinebauch)

Salz und Pfeffercoerner grob gerieben

1 Zwiebel in achtel geschnitten

Sellerie in Scheiben, oder Streifen geschnitten

Saure Gurken in viertel geschnitten.

Die Rouladen von beiden Seiten salzen und pfeffern, dann den Scheinebauch, Selleriestreifen und Gurkenviertel in die Mitte legen und die Rouladen zusammenrollen und mit einem Zahnstocher zusammenhalten. Gut von allen Seiten anbraten, etwas heisses Wasser dazugeben, die Hitze auf klein stellen, die Pfanne gut verschliessen und ungefaehr $1\frac{1}{2}$ Stunde gar duensten. Die Sosse mit $\frac{1}{2}$ Essloeffel Kartoffelmehl und kaltem Wasser anruehren und ueber die Rouladen und den Rest der Fluessigkeit giessen, kurz aufkochen lassen bis die Sosse klar aussieht, und noch einmal abkosten.

FRANKFUERTER KRANZ

Germany

Lilo Feix

Serves 14 to 16

This is a good-tasting cake. The preparation may sometimes sound complicated, but it is not all that difficult if one keeps in mind that all ingredients have to be at room temperature.

3 cups sifted cake flour
 3 teaspoons baking powder
 3/4 teaspoon salt
 1 cup soft butter or Margarine
 2 cups sugar
 4 eggs
 1 cup milk
 3 envelopes vanilla sugar, if not available, 3 teaspoons vanilla
 1 lemon grated and squeezed.

Preheat oven to 375°. Grease carefully and dust with bread crumbs a 13 x 3 inches springform (removable rim), with hole in the middle. Sift together the sifted flour with baking powder and salt. In a large bowl cream slowly butter, add the sugar gradually, beat about three minutes. Add eggs, one at a time, beating about a minute after each egg, slowly add the flour and milk, keeping the mixture always in a thick runny stage, add the vanilla, keep on beating. While still beating, add the lemon grate and juice very slowly to the mixture, when well-mixed, pour into prepared springform and bake right away about 30 minutes or till a knitting needle comes out clean when pricked into the cake.

Buttercream:

1 3-1/8 oz pkg vanilla pudding and a drop of vanilla extract, otherwise follow cooking instruction on package, pour into bowl and cover with plastic, so no skin will develop
 1 cup soft butter, both should stay overnight in the kitchen so the room temperature is assured
 The cake should be done at this time also and stay over night in the kitchen.

1 jar of 1 pound raspberry jam should be brought also in the kitchen with the Krokant, next day the cake is going to be prepared.

Krokant:

2 tablespoons butter
 5-6 tablespoons sugar
 8 oz Almonds, skinned and chopped
 Put butter and sugar in skillet. Let melt while stirring all the while until a golden brown, stir in the chopped almonds and let them brown a little. After the right golden brown color is achieved, pour the mixture on a well-oiled cooking sheet and let it cool. The next day, take the krokant off the cooking sheet onto a wooden board. Cover it with wax paper and break it by hammering it. Cut the cold cake twice, spread the Raspberry jam evenly over the cut pieces, then the butter creme, then put the cake together again. Spread the creme also on the outside of the cake and finally sprinkle the krokant over the cake till it is well covered.

FRANKFUERTER KRANZ

Germany

Lilo Feix

Teig: 3 Messbecher gesiebtes Mehl
 3 Teeloeffel Backpulver
 3/4 Teeloeffel Salz
 1 Messbecher weiche Butter oder Margarine
 2 Messbecher Zucker
 4 Messbecher Eier
 1 Messbecher Milch
 3 Paeckchen Dr. Oetgers Vanille Zucker
 1 abgeriebene Zitrone

Das Fett schaumig ruehren und nach und nach Zucker, Eier und Gewuerze hinzugeben. Das mit Backpulver und Vanillezucker gemischte Mehl Essloeffelweise unterruehren und den Teig in eine gefettete und gemehlte Kranzform fuellen.

Buttercrem:

1 3-1/8 oz Vanille pudding and ein Tropfen Vanille essence extra, sonst dem Recept auf der Packung folgen. Wenn der Pudding gekocht ist ein Plastic stueck darueber legen, damit sich keine Haut bildet.
 1 Messbecher weiche Butter, sollte in der Nacht ueber in der Kueche stehen, damit alles Zimmertemperatur hat, sonst gerinnt die Krem.
 1 Glas eingemachte Himbeeren Marmelade

Krokant:

2 Essloeffel Butter
 5-6 Essloeffel Zucker
 1/2 Pfund Mandeln kleingehackt, und abgezogen.

Butter und Zucker zerlassen und unter Ruehren so lange erhitzen bis der Zucker schwach gebrannt ist. Die Mandeln darunter ruehren, unter Ruehen leicht braunen bis alles eine gute goldbraune Farbe hat, dann die Masse auf ein gut geoeletes Backblech geben. Nach dem Erkalten den Krokant in kleine Stuecke brechen. Am besten auf einem Holzbrett mit einem Hammer.

Den erkalteten Kuchen zweimal durchschneiden mit der Himbeermarmelade bestreichen und mit der Butter Krem fuellen, nachdem die Aussenseite gut mit Krem bestrichen worden ist den Krokant ueber den Kuchen streuen.

POTATO PANCAKE

Germany

Lilo Feix

Serves 4 to 5

Potato pancake is served often as a side dish instead of plain potatoes. Sometimes it is served with fruit as a main dish without meat.

3 cups raw, peeled and grated potatoes
3 tablespoon flour
2 teaspoons grated onion
 $\frac{1}{2}$ teaspoon salt
2 eggs, beaten

Mix above ingredients in bowl and let stand for $\frac{1}{2}$ hour, if possible cover airtight. If water has formed on top of the mixture, pour off and stir mixture again, add a little bit of flour if mixture is too runny. Heat a frying pan until it is hot enough for a drop of water to evaporate with a hissing sound. Grease the pan, and add a spoonful of the potato mixture to the pan. Brown both sides.

KARTOFFELPUFFER

Von Deutschland

Lieselotte Feix

Fuer 4 bis 5 personen

Kartoffelpuffer werden oft anstatt gekochte Kartoffeln serviert. Gerne gegessen werden Kartoffelpuffer nur mit Zucker und Kompott.

3 Messbecher rohe Kartoffeln, geschaelt und gerieben
2 Essloeffel Mehl
2 Teeloeffel Zwiebeln, gerieben
 $\frac{1}{2}$ Teeloeffel Salz
2 Eier, geschlagen

Mische die Zutaten und lasse sie fuer gut $\frac{1}{2}$ Stunde lang stehen. Wenn sich zuviel Wasser abgesetzt hat, das Wasser abgiessen, noch einmal umruehren und eventuell noch etwas Mehl dazugeben, falls die Mischung zu duenn sein sollte. Dann die Mischung mit einem grossen Loeffel in eine sehr heisse, gut gefettete Pfanne geben und auf beiden Seiten braun werden lassen.

SAUERKRAUT SALAT

Germany

Lilo Feix

Serves about 8

By using sauerkraut in the United States, I have found the kraut sold in plastic bags in the meat department better tasting than that in cans. Very few people like the real sour taste, so I think one should discard the liquid from the sauerkraut and even rinse it in cold water to get a fresher flavor.

1½ lbs sauerkraut, chopped
1 cup celery, thin-sliced
1 cup diced green pepper
1 cup finely chopped onion

Mix well. Bring to a boil and pour over sauerkraut mixture:

½ cup sugar
½ cup oil
½ cup white wine, apple cider, or pineapple juice

Let stand over night in refrigerator before serving.

If you want to make a sauerkraut casserole from the leftover salad, use:

1 quart casserole
leftover sauerkraut, discard the liquid
5 tablespoons bacon drippings
2 medium potatoes, cooked, peeled, and sliced
1-1½ lbs polish sausage, sliced.

Put bacon drippings in the casserole, add the sauerkraut, potatoes, and sausage in layers. Cover and let cook in a 250° oven for about two to three hours. It should be steaming hot. Don't open and stir, the flavor develops better while it is covered.

SAUERKRAUT SALAT

Germany

Lilo Feix

Serves about 8

1½ Pfund Sauerkraut gewaschen
1 Messbecher Sellerie, gehackt
1 grosse gruene Pabrika in Wuerfeln geschnitten
1 kleine Zwiebel gehackt.

Bringe zum Kochen und giesse ueber das vermischte Kraut

½ Messbecher Zucker
½ cup oil
½ cup weissen Wein, Apfelsaft oder Ananassaft

vermische alles gut und lasse ueber nacht stehen ehe es serviert wird.

Falle eine Casserole von dem Sauerkraut gemacht werden soll nehme man:

1-2 Pfund Inhalt Casserole

den uebrig geblieben Salat

5 Essloeffel Schweinefett
2 mittel grosse Pellkartoffeln, geschaelt, und geschnitten

1-1½ Pfund schwere Polnische Wurst, geschnitten.

Man gebe in die Casserole das Schweinefett, und dann abwechselnd in Lagen den Sauerkohl, die gekochten Kartoffeln, und die in scheiben geschnittene Wurst. Giebt den Deckel darauf und laesst die Casserole in einem 250 Grad oven fuer zwei bis drei Stunden geschlossen in der Casserole dunsten, nicht umruehren und nicht oeffnen, der Geschmack entwickelt sich besser so.

CHELO KABAB

Iran

Ramin Neshati

Serves 8

- 4 cups dried rice
- 8 cups water
- 4 lbs lean hamburger
- 2 large onions
- Salt
- Pepper
- ½ teaspoon garlic powder
- 3 egg yolks
- 1 lemon

Bring rice to a boil. Add salt. Cook rice till well done. Drain the rice in a strainer.

Grease the same pan using ¼ lb butter. Add the rice. Cover the rice in the pan with a thin cloth under the lid. Cook very slowly on low heat for about 30 minutes to dehydrate the rice.

Mix the lean meat with the egg yolks, diced onions, salt, pepper, garlic powder and a twist of lemon juice. Mix well for about 5 to 10 minutes.

Spread the mixture on a baking tray and broil at 400° for about 20 minutes and then turn the meat and broil the other side for 20 minutes.

Place the rice on a large serving dish and put the meat on top of the rice to serve.

If you wish to add additional flavor to the meat, place 1 large tomato per person on the broiler pan along side the meat after the meat has been turned. Broil the tomatoes the last 20 minutes with the meat.

Place the tomatoes on the serving dish with the rice and meat and serve.

غذای ملی ایرانی: «چلو کباب»

مواد لازم: برای هشت نفر

- ۴ فنجان برنج
- ۸ فنجان آب
- ۴ پانز گوشت چرخ کرده
- ۲ عدد پیاز
- نمک و فلفل به اندازه کافی
- نصف تاشق چاچورک پیور سیر
- ۳ عدد زرده تخم مرغ
- ۱ عدد لیمو ترش

طرز تهیه:

برنج را چوب‌چاقو کرده و نمک به اندازه کافی اضافه می‌کنیم تا یک اندازه کافی برنج را می‌چوبیم بعد برنج را آبکش کرده. در همان ظرف قدری کره ریشته و کره آب می‌کنیم و بعد برنج آبکش شده را در ظرف روی کره آب شده می‌ریزیم و یک پاره به سه قابله بسته و به صورت دم‌کمی روی قابله می‌گذاریم تا برنج دم بکشد. البته با سلفه غلیظ آهسته درجه ۲۵ دقیقه.

گوشت چرخ کرده را خوب با زرده تخم‌مرغ و پیاز رنده شده نمک، فلفل، پیور سیر و یک مقدار کم آب لیمو، مخلوط می‌کنیم به مدت ۵ تا ۱۵ دقیقه. گوشت آماده شده را روی یک سینی مخصوص آبکش می‌کنیم و به مدت ۲۵ دقیقه با درجه حرارت ۴۰۰ درجه در اجاق می‌پزیم و بعد از این مدت

ظرف دهن گوشت را برمیگردانیم. برنج تهیه شده را در یک ظرف بزرگ قرار دهیم و گوشت را چینه کله کرده در روی برنج قرار دهیم.

اگر شما مال حبه کله زه غذا بپزید می‌تواند برای عزیزان کوچک و بزرگ تهیه کنید و در کنار گوشت در سینی که در اجاق است چه از بزرگانه ان گوشت قرار دهیم و به مدت ۲۵ دقیقه بپزیم تا خوشمزه شود. کوبه زنده را در کنار گوشت روی برنج قرار دهیم.

SALAD OLIVIEH
(Potato Salad)

Iran

Ramin Neshati

Serves 4

- 1 chicken
- 1 large can green peas
- 1 small jar dill pickles
- ½ small jar mayonnaise
- 10 potatoes
- 4 eggs
- 1 teaspoon salt
- ¼ teaspoon pepper

Boil chicken and the potatoes. When chicken is soft, take out the bones and cut chicken into small bits. Mash the potatoes well. Cut dill pickles into small bits. Boil eggs and mash them into Potatoes. Add the chicken to the mashed potatoes, mix well and add the pickles and the mayonnaise and mix again well. Arrange into desired shape and top with dill pickles and peas. Chill for one hour and serve.

سالاد اولیویه (سبب زینبی)

مواد لازم برای چهار نفر

یک عدد مرغ
یک قوطی بزرگ نخود فرنگی
یک سبب کوچک خیار شور
نفت قوطی سوسس مایونز
۱۰ عدد سبب زینبی
چهار عدد تخم مرغ
نمک و فلفل به اندازه کافی

طرز تهیه:

مرغ و سبب زینبی را جوشانده وقتی به اندازه کافی پخته شد، استخوانهای مرغ را جدا کرده و آن به یک کدای بسیار کوچک

قسمت می کنیم. سبب زینبی را جودت بزرگ در آورده. خیار شور را ریزد می کنیم و به تخم مرغ را جوشانده و آن را با هم خیلی تزیین می کنیم

و با سبب زینبی و مرغ و سبب زینبی و تخم مرغ هم مخلوط می کنیم و به سوسس مایونز را اضافه می کنیم و خوب به هم می زنیم. برای

رسود کردن در یک کاسه می ریزیم و با خیار شور و نخود فرنگی تزیین می کنیم

BUTTERBEAN COOKIES

Japan

Yoko Robertson

Yield: 70 cookies about 1½" diameter

5 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon baking soda
4 eggs
¾ cup cooking oil
1-¾ cup sugar

Sift together flour, baking powder and baking soda. Mix eggs, oil and sugar. Add flour mixture. Roll out small amount at a time and fill with about 1 teaspoon of filling. Shape into a ball. Brush top with mixture of 2 egg yolks and 1 teaspoon soy sauce. Sprinkle sesame seed on top.

Bake at 375° for 10 to 15 minutes.

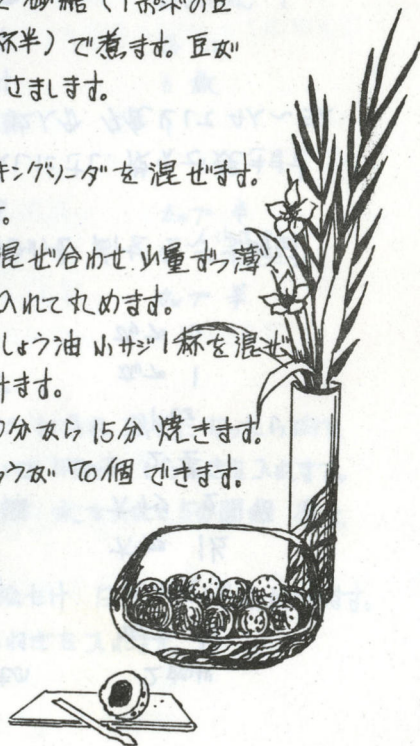
FILLING: Soak lima beans in water overnight. Next day take skin off. Cook with a little water and sugar (1½ cups to 1 lb beans). When beans are cooked, mash them and cool.

お菓子

小麦粉	カップ	5.
ベーキングパウダー	小さじ	2.
ベーキングソーダ	小さじ	½
卵		4.
サラダ油	カップ	¾
砂糖	カップ	1¾

中身：豆を一晩水につけておきます。次の日に皮をむきます。少量の水と砂糖（1ポンドの豆に対して砂糖カップ1杯半）で煮ます。豆が充分煮えたらつぶしてまします。

- 一. 粉、ベーキングパウダー、ベーキングソーダを混ぜます。
- 二. 卵、油、砂糖を混ぜます。
- 三. 一、二を一箇にしてよく混ぜ合わせ、少量ずつ薄く延ばし、中身を小さじ1杯入れて丸めます。
- 四. 上に卵の黄身2個分と、しょう油小さじ1杯を混ぜたものをぬり、ごまをふりかけます。
- 五. 375°の天火に入れて、10分から15分焼きます。
- 六. 直径1½インチのおまんじゅう型で10個できます。



HIBACHI TERIYAKI

Japan

Yoko Robertson

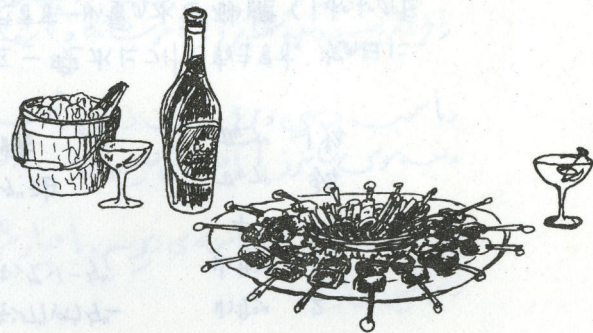
Serves 4 to 5

2 lbs rib eye steak, cut in bite-size morsels
3/4 cup chopped green onions
1 piece ginger root, mashed or
1 teaspoon powdered ginger
1 1/2 tablespoon sugar
2 tablespoons melted butter
2 cloves garlic, crushed
1 oz vodka or wine
1 cup soy sauce
2 cups water

Combine all ingredients in a large bowl and add meat. Marinate meat in sauce 2-3 hours in refrigerator. Remove meat from sauce and place on skewers; cook over hot coals on barbecue grill. Will serve 10 to 12 persons for hors d'oeuvres.

牛肉,角切りにしたもの	2ポンド
青ネギ,二き切り.	カップ 3/4
しょうが.	少量
砂糖	大サシ 1/2
溶したバター	大サシ 2.
にんにく	2茎
ホウカもしくは「イン	1oz.
しょうゆ	カップ 1
水	カップ 2

- 一. 材料をよく混ぜ合わせる. 肉を2~3時間つけます.
- 二. 肉を取り出して. ぐしにさし. 炭火で焼きます.
- 三. 前菜として10人~12人分. 夕食として4人~5人分. 出来ます.



SUKIYAKI

Japan

Aiko Klein

Serves 6

- 1½ lb round steak, 1 to 2 inches thick
- Cooking oil
- 4 small onions, cut in eighths
- 1 8-oz can Takenoko (bamboo shoots) sliced thin lengthwise
- 1 16-oz can Shirataki (yam noodles) cut in half
- 1 6-oz can mushrooms or shitake (dry mushrooms)
- 1 medium Chinese Cabbage washed and cut in 2-inch pieces
- 1 8-oz can Yaki dofu (bean curd)
- 2 bunches green onions, cut diagonally in 1-inch strips
- dash Ajinomolo (Accent)
- ½ cup soy sauce
- ½ cup water
- 2 tablespoons sugar

Cut meat in 1/8 to 1/16 inch strips; brown in oil. Add dry onions, bamboo shoots, shirataki; stir lightly. Combine soy sauce, water, and sugar and add to meat mixture. Cook rapidly for 5 minutes, stirring often. Add next 3 ingredients to meat mixture. Cook for 1 minute. At the last, add green onions and dash of Accent. Cook for 1 minute. Serve over rice

好き焼き

(6人前)

ラウンスステーキ	1ポンド半
葉菜	1 (中)
玉ねぎ	
竹の子	小さい奴 1
しらたき	16 oz.
しいたけ	6 枚
焼き豆腐	1
青ねぎ	
しょうゆ	カップ 半
砂糖	(小さい) 2. テーブルスプーン
水	カップ 半

- 一. 肉を薄く切ります。
- 二. 始めに油をフライパンに入れ 強火にしたら肉を半分入れます。次いで 竹の子、しらたきを入れます。
- 三. 二にしょうゆ、砂糖、水を入れて 5分間程、煮て下さい。
- 四. しいたけ、又は 松茸、白菜、焼き豆腐を入れます。
- 五. 煮上げた頃、玉ねぎを入れます。

VEGETABLE TEMPURA

Japan

Yoko Robertson

Serves 4

1 cup sifted flour
 1 cup ice water
 1 egg, slightly beaten
 2 tablespoons salad oil
 $\frac{1}{2}$ teaspoon sugar
 $\frac{1}{2}$ teaspoon salt
 5 stalks asparagus
 10-15 leaves spinach
 20 small fresh mushrooms
 20 fresh green beans
 1 small head cauliflower

Wash fresh vegetables; cut in bite-size pieces; dry thoroughly.

Just before using, make batter: Beat together flour, water, egg, salad oil, sugar and salt till all ingredients are just well moistened (a few lumps should remain). Keep batter cool with a few ice cubes in batter.

Dip vegetables in batter; cook in deep hot fat (360° to 365°) till tender and browned. Drain thoroughly.

Serve with condiments: Grate fresh ginger root; equal parts grated turnip and radish; $1\frac{1}{2}$ tablespoons soy sauce mixed with $\frac{1}{4}$ cup prepared mustard.

新鮮な野菜

アスパラガス ほうれん草 松たけ

さやいんげん カリフラワー 人参

小麦粉 70g 1

冷水 70g 1

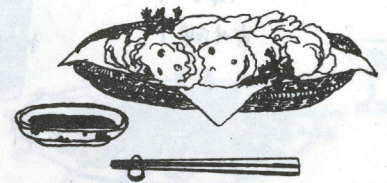
卵 1

サラダ油 大サツ 2

砂糖 小サツ $\frac{1}{2}$

塩 小サツ $\frac{1}{2}$

- 一. 野菜を洗って一口の大きさに切り、水気をきります。
- 二. 料理の直前に衣を作りす。
 粉 冷水 卵 油 砂糖 塩 をよくはんします。
 (少し粉の固まりが残る程度)
- 三. 野菜に衣をつけ、360° から 365° に熱した油で
 きつぬ色になる迄、あげます。十分に油をきっておき
 ます。
- 四. おろし生姜、大根おろし、しょう油、おろしをきせ、合わせ
 たものをつけながら、いただきます。



BARBECUE BEEF (Sliced)

Korean

Young sook Han

Serves 6 to 8

Slice 5 pounds of lean beef into pieces the size of your thumb. Slice the following items:

- 1½ onions
- ½ bunch green onions
- 1/3 garlic root
- 2 carrots
- 5-7 mushrooms

Put vegetables and sliced beef into large pot and marinate with the following sauce and spices:

- 15-20 teaspoons soy sauce
- 3-4 teaspoons sugar
- 2 teaspoons sesame oil
- 1/3 teaspoon MSG

Marinate for about 40-50 minutes.

Now! Place and cook 1/3 of the beef in the fry pan for 2-3 minutes and serve (do not over-cook). Do not cook all at the same time.

불고기

1) 5 파운드의 연한 쇠고기를 적당히 얇게 썬다.

2) 다음 채소들을 얇게 썬다.

- 양파 - 1½ 개
- 파 - ½ 묶음
- 마늘 - 1/3 뿌리
- 당근 - 2 개
- 버섯 - 5~7 개

3) 쇠고기와 채소들을 큰 그릇에 넣고 다음의 재료들을 함께 넣고

저어서 40~50 분간 저운다.

- 간장 - 15~20 tea
- 설탕 - 3~4 "
- 참기름 - 2 "
- 미원 - 1/3 "

4) 한 1/3 썬 정도만 후라이팬에 넣고 익힌다. 2~3 분간 너무
얇지 않도록 적당히 익혀야 하고 특히 한꺼번에 많이
넣고 익히면 맛을 잃는다.

VEGETABLE TERRINE

Japan

Yoko Robertson

Serves 4

1 cup sifted flour

1 cup ice water

1 egg white, beaten

1/2 tsp salt

RAW OYSTERS

Korea

Young sook Han

Serves 4

20 small oysters

1 stalk green onion

3 red peppers

2 tablespoon soy sauce

1 tablespoon sesamese oil

1 tablespoon vinegar

1/2 teaspoon salt

1/8 teaspoon MSG

Slice red peppers and green onions into small pieces and mix with all the other ingredients. Place the mixed spiced sauce in a small bowl. Take the oysters and take the water out as much as possible. Place the oysters on a dish and pour the spiced sauce over or let the guest do it individually.

성글회

4인분

재료 : 작은굴 20개

파 1판

빨간고추 3개

간장 2숟갈

참기름 1"

소금 1/2 teaspoon

M.S.G. 1/8"

- ① 빨간 고추를 얇게 썰고 파를 잘게 썰다음
- ② 다른 양념들과 함께 섞는다.
- ③ ①과 ②를 혼합하여 그릇에 담는다.
- ④ 굴의 물기를 빼낸다.
- ⑤ 굴을 접시에 담고 그 위에 부어 넣는다 따로 놓아서 손님 식성대로 먹도록 한다.

RICE NOODLE
(Mixed with Vegetables)

Young Sook Han

Korea

Soak 5 dried mushrooms in warm water for 20-30 minutes.
Remove from water and trim off hard portion of stem.

Slice the following ingredients including above mushrooms:

- 4 carrots
- 2 onions
- 1/2 garlic root
- 1/2 bunch green onions

Put all of the above vegetables into a large frypan and fry for 5 minutes (stir while cooking) with 10 teaspoons vegetable oil.

Bring 10-12 cups of water to a boil.
Insert 8 oz of rice noodles and boil for an additional 3-4 minutes. Take noodles out and rinse with cold water 2-3 times.

Now! Prepare a large pot for mixing all above ingredients with the following items:

- 3 teaspoons sugar
- 10 teaspoons soy sauce
- 3 teaspoons sesame oil
- 1 teaspoon roasted sesame seed
- 1/2 teaspoon MSG

Serve after noodles are well mixed.

잡 채

- A. 1) 마른 버섯 5개를 미지근한 물에 20~30분 담가둔다.
2) 버섯물 꺼내서 절긴 뿌리를 잘라낸다.
3) 버섯을 함께 다음 채소들을 썰다.

- 당근 - 4개
- 양파 - 2개
- 마늘 - 1/2쪽
- 파 - 1/2쪽

- 4) 위의 채소들을 큰 후라이 팬에 넣고 5분정도 익힌다.
(10 tea 량의 식용유를 넣고 잘 저으면서 익힘).

- B. 1) 10~12 cup의 물을 끓인다.
2) 8 oz. 만큼의 잡채를 끓는 물에 넣고 3~4분 정도 더 끓인다.

- 3) 잡채를 배다음 찬물에 2~3번 정도 헹군다.

- C. 자 그러면! 큰 그릇을 마련해서 위의 것들과 다음의 재료를 함께 무칠 준비를 한다.

- 설탕 - 3 tea
- 간장 - 10 "
- 참기름 - 3 "
- 깨소금 - 1 "
- 미원 - 1/2 "

- D. 잘 무친 다음 상에 올리면 됨.

SPICY RED SNAPPER

Korea

Young sook Han

Main Dish

Serves 4 to 6

1 lb red snapper
1 big carrot
3 stalks green onions
1 egg
3 big mushrooms
3 teaspoons flour
3 teaspoons potato flour
2 teaspoon soy sauce
2 teaspoons sugar
1 cup water
½ teaspoon vinegar

Marinate the fish for about two hours in soy sauce and vinegar. Dry the fish carefully, roll fish in flour and potato flour, put in hot oil and fry for about 10 minutes. Cut the vegetables in small slices and put in the water, soy sauce, sugar, and vinegar, bring to boil for about 5 minutes. Put the fried fish on large dish and pour the spiced vegetables hot over the fish.

From the egg make a small omelette, slice it and sprinkle over the fish.

도미찜

4~6 인분

재료: 도미 2lb.
당근 큰것 1개
파 3뿌리
계란 1개
버섯 큰것 3개
밀가루 3 teaspoon
녹말가루 3 "
간장 2 "
물 1 cup
식초 ½ teaspoon

- 1) 간장과 식초를 탄물에 2시간 정도 생선을 담가둔다.
- 2) 조심스럽게 팔린후 밀가루와 녹말가루를 무쳐서 달군 기름에 넣어 10분간 튀겨낸다.
- 3) 채소를 잘게 썰어서 물에 넣고 간장, 설탕, 식초를 타서 5분간 끓인다. 튀겨낸 생선을 큰 접시위에 놓고 6위의 양념들을 탄 물을 생선 위에 붓는다. 계란 부침을 잘게 썰어서 생선위에 뿌린다.

MTUZI WA NYAMA
(Beef and Curry)

Kenya

James Midamba

Serves 6

- 1 lb. beef stew meat (cut into small pieces)
- 2 chopped yellow onions
- 2 chopped tomatoes
- 1 small can tomato paste
- 2 teaspoons curry powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon lime juice

Simmer beef stew hunks in a little water to barely cover. Cook until almost tender. Saute chopped yellow onions in oil. Add to stew. Add chopped tomatoes, tomato paste, curry powder, salt and lime juice, all to taste. Cook until meat is tender and flavors blended. Serve over rice.

Mtuzi Wa Nyama

Kenya

James Midamba

Serve 6

Kitungu 2

Nyanya Mongadi 2

Mkebe Matin mar Tomato paste 1

Kijiko mar chai curry powder 2

Chumbi Kijiko mar chai $\frac{1}{4}$

Duok Mach chien mondob kaeto

Ikot Ringo mar stew kod pi

Matin. Un gi bathie. Ted nyaka

chiegi. Wang kitungu e mo. Med

Ringo mos stew. Med nyanga

kod tomato poste, Curry powder

Chumbi kod lime juice. Tedi

nyaka chiegi. chamo kod

Michele.

MTUZI WA SAMAKI
(Baked Curried Fish)

Kenya

James Midamba

Serves 6

2 lbs white fish
2 or 3 yellow onions
 $\frac{1}{2}$ cup white vinegar
 $\frac{1}{2}$ teaspoon tumeric
2 teaspoons chili powder
 $\frac{1}{2}$ teaspoon cumin
3 cloves garlic
 $\frac{1}{2}$ teaspoon salt
1 small can tomato paste
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ teaspoon cardaman

Place two pounds of white fish filet in a baking pan. Saute two or three yellow onions, sliced, in a little cooking oil. Place the cooked onions on the fish. Place the following items in a blender: white vinegar, cardamon, tumeric, chili powder, cumin, garlic, salt, and tomato paste. Add water and blend until smooth. Simmer in a sauce pan for 20 minutes. Pour over fish and onions, cover and bake at 350° until fish is barely tender, about one hour

Mtuzi Wa Samaki
Kenya
James Midamba
Serve 6

2 lbs Samaki Meupe
2 ama 3 ya kitungu
 $\frac{1}{2}$ ja kikombe venegar meupe
 $\frac{1}{2}$ kijiko ya chai chili poda
 $\frac{1}{2}$ kijiko ya chai cumin
3 cloves garlic
 $\frac{1}{2}$ kijiko ya chai ehunvi
1 ngwachi mdogo
 $\frac{1}{2}$ kikombe ya maji
 $\frac{1}{2}$ kijiko ya chai cardamon.

Weka paundi mbili ya Samaki Meupe kwa sufuria. Kafa kitungu mbili ama tatu kwa kipaude Weka kwa mafuta. Weka kitungu ambacho imekiwacha pika kwa Samaki. Weka kwa sufuria $\frac{1}{2}$ kikombe cha vinegar, $\frac{1}{2}$ kijiko wa cardamon kijiko 2 wa tumeric, kijiko mbili wa chili powder, kijiko $\frac{1}{2}$ wa cumin, lores tatu garlic. Chumbi kidogo na Mkebe kidogo cha tomato paste. Ongeza $\frac{1}{2}$ wa kikombe wa maji blenda mpaka iwe tiyari. Funita kwa sufuria kwa dakika 20. Mwaga juu ya Samaki na kitungu pika kwa 350° mpaka iwe tiyari.

TANGO
(Pumpkin in Coconut Milk)

Kenya

James Midamba

Dessert

Serves 6

1 pumpkin, medium
1 small can coconut milk
brown sugar to taste
couple of pinches of ground cardamon

Peel a pumpkin and cut the pumpkin into 3/4 inch cubes. Place in a heavy pot and add one can of coconut milk. Add brown sugar to taste and a couple of pinches of ground cardamon. Simmer until the liquid is gone and the pumpkin is tender.

Serve in small dessert dishes.

Bang chiemo (Tango)

Kenya

James Midamba

Serve 6

Budho 1

Chak mar coconut 1

Ket Sukari ma brown matin bil kotuel

ngad budho Marom $\frac{3}{4}$

inches. Ket Sufria mapak

Kaeto imed chak mar

Coconut 1. Meel Sukari ma

brown. Ket piales moko

Mag ground cardama rudi

nyaka pi mar budho

rum kaeto budho ochiek.

Ma medo remo ed del

Mattho a hinya.

FRIED RICE

Laos

Chinh Davone Many

Serves 8

- 1 cup cooked ham, sliced
- 1 cup cooked shrimps
- 1 breast of chicken or 1 lb of lean pork
- 4 eggs, slightly beaten with 1/2 teaspoon salt
- 8 cups cooked white rice (Do not use instant rice.)
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 teaspoon MSG
- 1 teaspoon black pepper
- 1 medium onion, finely chopped
- 1 clove of garlic
- 5 tablespoons soy sauce
- 1/3 cup oil
- 5 dried Blk. mushrooms (Soak dried mushrooms in warm water about 20 minutes. Squeeze and slice)

Use a large skillet if you don't have a wok.

Heat 3 tablespoons oil and scramble eggs. When well done, remove and finely slice and set aside.

Reheat skillet and add the rest of the oil and saute garlic and onion for 1 minute. Add sliced thin pork or chicken, stir a few minutes until it is done (about 3 minutes). Add cooked rice, salt, ham sugar, MSG and soy sauce, mushrooms. Stir constantly until well mixed and until the rice becomes light brown, then add scrambled egg and blend well. Remove from heat and serve at once.

I suggest that you serve my country's salad with fried rice.

ຂົ້ວ ຂົ້ວ

- ຊີ້ນ ກຳມ 1 ກຸ້ວ
- ສີນ ທີ່ ຄົວ ສຸກ ແລ້ວ 1 ກຸ້ວ
- ຊີ້ນ ທີ່ ກຳມ ພູ 1 ບ
- ໄຂ່ 4 ພ່ວຍ
- ຂົ້ວ ທີ່ ສູກ ແລ້ວ 8 ກຸ້ວ
- ເກົ້າ 1 ຈຸ່ງ ກາ ເລ
- ນ້ຳ ຕານ 1/2 ຈຸ່ງ ກາ ເລ
- ແປ້ງ ມົວ 1/2 ຈຸ່ງ ກາ ເລ
- ຜັກ ທີ່ ສູກ 1 ຈຸ່ງ ກາ ເລ
- ຜັກ ບົວ ທີ່ ຕົກ ບໍ່ 1 ທົວ; ຈຸ່ງ ບົວ ຕານ ແລ້ວ 1
- ຜັກ ທີ່ ສູກ 1 ກີ້ ບ
- ນ້ຳ ສ: ອຢ 5 ຈຸ່ງ ກາ
- ນ້ຳ ມັນ 1/3 ກຸ້ວ
- ເທັດ ແຫຼ່ງ 5 ຕານ ທີ່ ຕົກ, ກຳມ 1 ກຸ້ວ, ຂົ້ວ 20 ກາ ທີ່ ແລ້ວ ຈຸ່ງ ບົວ ແລ້ວ 1

ຊີ້ນ ທີ່ ກຳມ ພູ 1 ບ, ສີນ ທີ່ ຄົວ ສຸກ ແລ້ວ 1 ກຸ້ວ, ຊີ້ນ ກຳມ 1 ກຸ້ວ, ໄຂ່ 4 ພ່ວຍ, ຂົ້ວ ທີ່ ສູກ ແລ້ວ 8 ກຸ້ວ, ເກົ້າ 1 ຈຸ່ງ ກາ ເລ, ນ້ຳ ຕານ 1/2 ຈຸ່ງ ກາ ເລ, ແປ້ງ ມົວ 1/2 ຈຸ່ງ ກາ ເລ, ຜັກ ທີ່ ສູກ 1 ຈຸ່ງ ກາ ເລ, ຜັກ ບົວ ທີ່ ຕົກ ບໍ່ 1 ທົວ, ຜັກ ທີ່ ສູກ 1 ກີ້ ບ, ນ້ຳ ສ: ອຢ 5 ຈຸ່ງ ກາ, ນ້ຳ ມັນ 1/3 ກຸ້ວ, ເທັດ ແຫຼ່ງ 5 ຕານ ທີ່ ຕົກ, ກຳມ 1 ກຸ້ວ, ຂົ້ວ 20 ກາ ທີ່ ແລ້ວ ຈຸ່ງ ບົວ ແລ້ວ 1.

MOLDED COCONUT MILK DESSERT

Laos

Chinh Davone Many

Serves 6

- 1 package of 2 sticks of agar-agar, white
- 3 1/2 cups water
- 1 can coconut milk, 12 oz
- 1 cup milk
- 3 eggs, beaten slightly
- 1 1/2 cups sugar
- 1/2 teaspoon salt

Soak agar-agar in lukewarm water until soft. Bring 3 1/2 cups of water and coconut milk to boil in a large pot and drop in agar-agar. Bring to a boil and simmer for about 10 minutes longer. Add milk and simmer about 1/2 minute longer. Add the beaten egg and turn heat off. Cool in a 13 x 9 x 2 inch pan until set and hardens. Cut into 1 1/2 x 1 1/2 inch squares.

ນັ້ງ

ນັ້ງ "Agar Agar" 1 ຖໍ້ (2 ຖໍ້)

ນ້ຳ: 1 ຖໍ້ (12 ອອນ)

ນ້ຳ 3 ຖໍ້

ນ້ຳ 3 ຖໍ້

ນ້ຳ 1 1/2 ຖໍ້

ນ້ຳ 1 ຖໍ້

ນັ້ງ:

ນັ້ງ: 1 ຖໍ້ ນ້ຳ: 1 ຖໍ້ ນ້ຳ: 1 ຖໍ້ ນ້ຳ: 1 ຖໍ້
 ນັ້ງ: 1 ຖໍ້ ນ້ຳ: 1 ຖໍ້ ນ້ຳ: 1 ຖໍ້ ນ້ຳ: 1 ຖໍ້
 ນັ້ງ: 1 ຖໍ້ ນ້ຳ: 1 ຖໍ້ ນ້ຳ: 1 ຖໍ້ ນ້ຳ: 1 ຖໍ້
 ນັ້ງ: 1 ຖໍ້ ນ້ຳ: 1 ຖໍ້ ນ້ຳ: 1 ຖໍ້ ນ້ຳ: 1 ຖໍ້
 ນັ້ງ: 1 ຖໍ້ ນ້ຳ: 1 ຖໍ້ ນ້ຳ: 1 ຖໍ້ ນ້ຳ: 1 ຖໍ້

SALAT

Laos

Chinh-Davone Many

Serves 4

- 1 head curly endive
- 1 cucumber, thinly sliced
- 1 big tomato, sliced
- 3 stalks green onions, cut in 1-inch lengths
- ½ lb cooked pork or chicken, sliced
- ¼ cup chopped parsley

DRESSING:

- 3 hard boiled eggs, sliced and white and yellow separated
- 1 teaspoon salt
- 3 teaspoons sugar
- ½ teaspoon pepper
- ½ teaspoon MSG, or Accent
- 4 tablespoons vinegar
- 1 tablespoon oil
- 1 clove garlic, chopped

In a large salad bowl combine endive, cucumber, tomato, pork or chicken, green onions, cooked egg whites, and parsley.

For dressing: Heat the oil and saute the garlic till brown and put in a small bowl, add the egg yolks, pepper, MSG, sugar, vinegar, salt, and mix well. Pour the dressing over the salad in the big bowl and toss to coat the salad. Serve right away.

ບົ່ງ ຜະລິດ

ຜະລິດ ທາງມາ 1 ຫົວ

ພາດ ຫຼື ຫຸ້ມ 1 ຜ່ວຍ

ພາດ ເລັ່ມ 1 ຜ່ວຍ

ຜັກ ບົ່ງ ໃບ 3 ກົ້ມ

ຊີ້ນ ຫຼື ຊີ້ນ ຈີ້ ນ້ຳ ປາ: ທາງມາ 1/2 lb, ຊອບ ເປັ້ນ ກ່ອນ ແລ້ວ ມຸ້ງ (ຊີ້ນ ທີ່ ສັດ ແລ້ວ)

ຜັກ ທາງມາ ເຄັ່ງ ຜັດ .

ລ້ຽງ ຜັກ ໃຫ້ ສະອາດ ແລະ ປາ: ປາ: ປາ: ນ້ຳ ນຳ ສະເລັດ . ຜັດ ນ້ຳ ສະເລັດ ແລ້ວ ໃຫ້ ຂັ້ນ ໃນ ການ ໃຫ້ ບໍ່ . ຊອບ ພາດ ຫຼື ຫຸ້ມ, ຜັກ ບົ່ງ, ພາດ ເລັ່ມ, ຜັກ ທາງມາ, ຊີ້ນ ແລະ ປາ: ປາ: ຂາວ ຜົນ ລົງ ໃນ ການ .

ຜັດ ຜັດ ນ້ຳ ສະເລັດ :

ປາ: ປາ: ສັດ 3 ຜ່ວຍ, ແລ້ວ ປາ: ປາ: ຂາວ ແລະ ປາ: ປາ: ຂາວ ທາງມາ ທັງ .

ຊີ້ນ 1 ຜ່ວຍ ຕາຍ

ນ້ຳ ສັດ 4 ຜ່ວຍ ຫຼື ຫຸ້ມ

ນ້ຳ ສັດ 1 ຜ່ວຍ ຫຼື ຫຸ້ມ

ແປ້ງ ຜັດ 1/2 ຜ່ວຍ ຕາຍ

ຜັກ ທາງມາ 1 ກົ້ມ .

ຊີ້ນ ຫຼື ຊີ້ນ ຈີ້ ນ້ຳ ປາ: ທາງມາ ແລ້ວ ໃຫ້ ຂັ້ນ ນ້ຳ ສັດ ຜົນ ແລ້ວ ໃຫ້ ຜັດ ທາງມາ ທັງ ຫຼື ຫຸ້ມ . ຜັດ ທາງມາ ນ້ຳ ສັດ ແລະ ຜັດ ທາງມາ ຫຼື ຫຸ້ມ ຫຼື ຫຸ້ມ . ໃຫ້ ປາ: ປາ: ຂາວ ຜົນ ລົງ ແລະ ໃຫ້ ຜັດ, ຜັດ ທາງມາ, ນ້ຳ ສັດ, ນ້ຳ ຕາຍ, ຊີ້ນ ໃຫ້ ໃຫ້ ທັງ . ຜັດ ທາງມາ ແລະ ຜັດ ທາງມາ ຫຼື ຫຸ້ມ ຜັດ ແລະ ຜັດ ໃຫ້ ທັງ .

KAFTAH

Lebanon

Ahamed S E Shaiwi

Main Meat Dish

Serves 4

- 1 lb lean ground beef
- 1 small onion, chopped
- ½ cup chopped parsley
- 1 can (small) tomato sauce
- 3 medium fresh tomatoes
- 1 teaspoon salt
- ½ teaspoon allspice

Mix the chopped onion and the chopped parsley with the ground beef, add the salt and the allspice, mix well and spread in a small baking pan, topped off with the tomato slices, pour the tomato sauce over and sprinkle some salt over it.

Preheat oven to 350 degrees and bake for about 30 minutes. Serve with Arabic bread or rice.

كفتة

المقادير ٠ ١ - رطل واحد من اللحم المفروم

٠ ٢ - بصل واحد مقطعه

٠ ٣ - نصفونسي قطع قدامه ١/٢ كوب

٠ ٤ - حبه طماطم

٠ ٥ - ١/٢ ملعقة صغيرة فلفل بارد ، وقيل من البهارات

الطريقة

٠ ١ - اخلطي البصل وبنقدونس مع اللحم المفروم ، ولبهارات ولفلفل

٠ ٢ - فريسي في هينج ثم ضعي عليه قطع الطماطم وارفعي الفرن

على درجة ٢٥٠ لمدة نصف ساعة ، بعد ان تنضج

قدومي مع ارز او الخبز العربي

مع فانيات
محمد شوي

1948
 (Lamb in Calabash)
 Norway
 Viggo Johansen
 Serves 6

HOMMOS

Lebanon
 Hind Al-Faries

Serves 4

- 8 Oz chick peas
- 2/3 cup sesame oil
- 2 cloves garlic, pounded
- 1 teaspoon salt
- juice of 1 lemon

Soak peas over night. Cook for 3 hours till quite soft. Add oil, garlic, salt and lemon juice.

You eat this by dipping bread in it.

"الطحن"

- المقادير
- ١- علبتين من الطحن (البديله)
 - ٢- ملح وقدا - وعلقه صغيره
 - ٣- زيت السمسم مقدا - وعلقه كبيره (طحينه)
 - ٤- فصف من البوم
 - ٥- قليل من زيت لزيتون

الطريقه

نضع البديله با الخلطه ونضع عليه عصير الليمون ، والملح ،
 وزيت السمسم (طحينه) ، والبوم . ونخلطهم جميعاً .
 حاولي ان تجعليه كثيف . بعد الخلط ضعيه في صحن طين
 ويحبل بالبقدرتس وقطع سه اطماطهم ويضاف عليه
 زيت اللاتيون .

INGREDIENTS

ح ففيا
 هندا لفارس

YOLANDA YORK

CHILES RELLENOS AL ESTILO MEJICANO

(Para 14 personas)

CHILES RELLENOS

Mexico

Yolanda York

Serves 14

- 1 lb beef
- 1 lb pork
- 1 tsp salt
- 2 whole garlic cloves

Cover in pan with water and cook slowly till done. Set aside to cool.

- 14 hot chile peppers
- 1 peeled diced apple
- 5 whole cloves
- 1 large tomato (diced)
- 1 medium onion (chopped)

When meat is cool remove meat from juice. Shred the meat by tearing it with fingers. Put meat, apple, cloves, tomato and onion in small pot. Cover with small amount of meat juice. Cook slowly till tender. Place pepper in hot oven till skins bubble. Remove from oven and peel the pepper skins from peppers. Cut off stem end of pepper and remove seeds from peppers. Wash carefully and dry. Beat 3 eggs till foamy - set aside. Fill the peppers with cooked ingredients. Roll the stuffed peppers in flour then in the beaten eggs. Deep fat fry till golden brown.

INGREDIENTES

- 1 libra de carne de vaca
- 1 libra de carne de cerdo o puerco
- 2 dientes de ajo (enteros)
- 1 cuchara de sal
- 1 manzana pelada y cortada en tajadas
- 5 dientes de ajo
- 1 tomate grande cortado en tajadas
- 1 cebolla (tamano regular) cortada en trozos bastante pequenas.
- 14 chiles

PREPARACION

La porción de carne de vaca juntamente que la de cerdo, sal, dos dientes de ajo y una porción de agua ponerlos en una cacerola y hervirlo hasta tenerlo cocido. Luego colocarlo a un lado para su enfriamiento.

Cuando la carne esta enfriada sacarla del jugo y hacerla en pedazos muy pequeños. Enseguida juntar la carne con la manzana, ajos, tomate y cebolla en otra caserola agregando pequeña cantidad del jugo de carne. Luego cocinarlo a fuego lento hasta que este blando.

Mientras tanto, colocar los chiles o pimentones en el horno hasta que la cáscara este cocida o burbujeada. Sacar los chiles del horno y pelar la cáscara cortando el tallo y sacando la semilla de los chiles. Lavarlos y secarlos cuidadosamente. Enseguida batir tres huevos hasta hacer espuma y dejarlo a un lado.

Rellenar los chiles con todo los ingredientes cocidos. Una vez, rellenos envolverlos con la harina y luego con el huevo batido. Luego freirlos en la sarten hasta dorarlos.

FAAR I KAAL
(Lamb in Cabbage)

Norway

Viggo Johansen

Serves 6

You need 3 lbs of lean lamb cut into small pieces. Boil the meat in a little water for about 30 minutes. Add 2 teaspoons whole pepper and 2 tablespoons salt. Mix in one medium size cabbage, cut in large cubes, 2 tablespoons butter and 2 tablespoons flour. Let everything boil slowly. Serve with potatoes - nothing else.

HARDANGERLEFSE

Norway

Viggo Johansen

This is an old traditional recipe from Hardanger, Norway. In the old farming society they often used "lefse" instead of bread. "Lefse" is still very popular in Norway and you can use it for parties as well as an everyday food.

1 quart buttermilk
1 cup sugar
3 tablespoons baking ammonia (dissolve the baking ammonia in hot water first)
1 cup butter
1 cup dark syrup (Karo)
8 cups flour

Mix first five ingredients together, then add flour. Take the dough and pull apart in the size of small balls. Roll very thin and bake inside oven (or on grill) at 350° just until it turns brown.

Cut into wedge-shaped pieces and serve with butter, sugar, and cinnamon.

FAR I KAL

Norway

Viggo Johansen

Du trenger 3 lbs. med rent lammekjøtt kuttet opp i sma terninger. Kok kjøttet i litt vann for omkring 30 min. Titsett 2 ts. hel pepper og 2 ss salt. Blandes med et middels stort kalhode kuttet i store biter, 2 ss smor og 2 ss mel. Kok alt sammen forsiktig. Serveres med poteter - ikke noe annet.

HARDANGERLEFSE

Norway

Viggo Johansen

Dette er en gammel tradisjonell oppskrift fra Hardangeri Norge. I det gamle bondesamfunnet brukte de ofte lefse istedenfor brod. Lefse er fremdeles veldig populær i Norge og den kan brukes bade til hverdag og fest.

Du trenger:

1 quart melk
1 kopp sukker
3 ss. ammoniakk for bruk i bakverk (Opplos ammoniakken i varmt vann forst)
1 kopp smor
1 kopp mork sirup

Ror ovenstaende ingredienser sammen

Tilsett 8 kopper mel.

Del deigen opp i biter pa storrelse med sma baller. Kjevle deigen veldig tyynn. Stekes i ovn eller pa plate ved 350°F (ca 180°C) til den far en lett brunlig farge.

Server med smor, sukker og kanel. Kuttet opp i diamant formede stykker.

JULEKAKE

Norway

Viggo Johansen

This is a cake originally baked for Christmas. But now the Norwegians use this cake all year.

- 2 cakes yeast (Take 1 tsp sugar in $\frac{1}{4}$ cup of lukewarm water and soften the yeast.)
- 2 cups milk, scalded and cooled
- 1 cup shortening
- 1 cup sugar
- 1 tsp salt
- $\frac{1}{2}$ tsp cardamom
- 7 cups sifted flour
- $\frac{2}{3}$ lb seedless raisins
- 4 oz candied peel
- 2 eggs, beaten

Blend shortening, sugar and salt and add to the eggs and cardamom. When milk is scalded add it to the softened yeast. Then cream this with 3 cups of the flour and beat until smooth. Add the blended mixture and the rest of the flour. Now you knead till smooth. Let dough rise until doubled in size, then punch down and add the raisins and candied peel. Punch down dough again and shape into 3 loaves and place in greased pans. Let rise until doubled and bake in oven at 350° . You bake the loaves 50-55 minutes.

RISENGRYNSGROT

Norway

Viggo Johansen

Serves 6

- $2\frac{1}{2}$ cups water
- $2\frac{1}{2}$ cups rice (minute rice)
- $\frac{3}{4}$ teaspoon salt
- 1 tablespoon butter
- 1 cube butter
- $1\frac{1}{2}$ can evaporated milk
- $1\frac{1}{4}$ cup sugar

Follow directions for cooking of rice on package with salt and butter. When rice is cooked, add cube of butter, evaporated milk, and sugar. You stir all of that over low heat to a creamy consistency. Serve warm with half and half milk and cinnamon.

JULEKAKE

Norway

Viggo Johansen

Denne kaken ble opprinnelig bakt til jul. Men nå brukes denne kaken hele året i Norge.

- 2 pk. gjoer (Ta 1 ts sukker i en $\frac{1}{4}$ kopp med lunkent vann og los opp gjoeren.)
- 2 kopper melk (Gi melken et oppkok og avkjøl den for bruk.)
- 1 kopp smor (fett)
- 1 kopp sukker
- 1 ts. salt
- $\frac{1}{2}$ ts. kardemomme
- 7 kopper siktet mel
- $\frac{2}{3}$ lb stenfrie rosiner
- 4 oz sukat
- 2 egg piskede

Bland smor, sukker og salt og tilsett egg og kardemomme. Nar melken har hatt et oppkok bland den med den opploste gjoeren. Ror deretter ut 3 kopper mel og pisk inntil roren er jevn. Tilsett na resten av melet. Kna deigen godt sammen. La deigen heve seg til det dobbelte. Press deigen sammen og tilsett rosiner og sukat. Press sammen igjen og del deigen i tre. Plasser de 3 julekakene i smurte panner. La dem heve seg til det dobbelte igjen. Stekes i ovn ved 350° F (ca 180° C). Stek julekakene i 50-55 min.

RISENGRYNSGROT

Norway

Viggo Johansen

6 personer

- $2\frac{1}{2}$ kopper vann
- $2\frac{1}{2}$ kopper ris (minutt ris)
- $\frac{3}{4}$ ts. salt
- 1 ss. smor

Følg anvisning for koking av ris på pakken. Nar risen er kokt tilsett 1 terning med smor, omtrent $1\frac{1}{2}$ boks med melk og $1\frac{1}{4}$ kopp med sukker. Ror alt sammen over lav varme til groten har fått en luftig konsistens.

Server varm med melk ell flote og kanel.

BASQUE SOUP

Province of Navarre, Spain

Rachel Bard

Serves 6

Frequently served in the Basque Country, where fresh vegetables are plentiful and appetites are hearty. Vary the recipe according to what vegetables are in season.

- 1 onion, peeled and diced
- 2 cloves garlic, minced
- olive oil
- ½ lb Spanish sausage, sliced
- ½ lb cubed ham
- 3 potatoes, peeled and cubed
- 3 carrots, diced
- ½ lb. shelled peas
- ½ lb. green beans, washed and ends removed and thin-sliced
- 6 leaves lettuce, washed and torn in small pieces
- 12 leaves spinach, same
- 6 leeks, washed thoroughly and sliced
- 1 small cauliflower, washed and separated into flowerets
- salt and pepper to taste
- 6 cups chicken broth

Cook onion and garlic in oil. Add sausage and ham, then vegetables. Cook slowly, covered, ½ hour or until vegetables are tender. Add chicken broth and when soup is hot, serve it in a tureen with fried or toasted bread floating on top.

SOPA VASCA

Navarra, Espana

Rachel Bard

Para 6 personas

- ¼ de kilo guisantes desgranados
- 6 cogollos lechuga
- 3 patatas
- 6 puerros
- 1 cebolla mediana
- 2 dientes ajo
- 150 gramos judias verdes
- 12 hojitas espinacas
- 3 zanahorias
- 1 coliflor pequinita
- 100 gramos chorizo riojano
- 150 gramos jamon serrano
- aceite para el rehogo
- rebanadas de pan
- sal y pimienta
- 6 cucharones caldo de gallina

Limpiense, pelense y lavense muy bien todas las verduras; ya arregladas se cortan en cuadritos las zanahorias y las patatas; las lechugas y espinacas picaditas, al igual los puerros y cebolla; las judias en tiritas finas y la coliflor separada en ramitos pequenos, el chorizo y el jamon troceado.

En un cazo pondremos un poco de aceite y se le anade la cebolla y el ajo picado, se revuelve y se le agrega el chorizo y el jamon; se rehoga a fuego lento hasta que la cebolla empiece a tomar color; entonces se pone el resto de las verduras, se tapan y se deja que vayan cociendo al vapor y a fuego muy lento. Cuando esten tiernas se le anaden los seis cucharones de caldo. Coloquese la sopa en una sopera y en el momento de servirla se le incorpora el pan frito o tostado.

TROUT PAMPLONA

Province of Navarre, Spain

Rachel Bard

Serves 6

A specialty at the picturesque Meson de los Tres Caballos in the quarter of the Redin in Pamplona.

6 trout, cleaned and with heads and spine removed
6 thin slices of ham
1½ cups tomato sauce
milk and flour for dredging
salt and pepper
¼ cup oil

Sauce:

1 cup court bouillon (fish broth) or chicken stock
1 tablespoon flour
½ cup dry white wine
1 tablespoon butter
juice of 1 lemon
2 tablespoons minced parsley
1 clove garlic, sliced

Place a slice of ham, rolled up, in cavity of each fish and pour ¼ cup tomato sauce over it. Tie the fish, season with salt and pepper, and dredge in milk, then flour. Heat oil in a frying pan, saute garlic until lightly browned, then remove it. Add fish, cover and cook rapidly until they are golden brown on both sides. Keep hot.

Sauce: add fish stock gradually to the flour, then add the wine and cook until it is a thick smooth sauce. Remove from heat and add butter and lemon juice, stirring in well. Add parsley. Pour half the sauce in a heated platter, arrange the fish on the platter, and pour the rest of the sauce over them.

TRUCHAS A LA PAMPLONICA

Navarra, Espana

Rachel Bard

Para 6 personas

6 truchas
6 lonchas jamon serrano
6 cucharadas salsa de tomate
un poco de leche y harina para rebozarlas
sal y pimienta
aceite para friarlas

Para el alino:

un vasito jugo de pescado, que se puede tomar de
sopa de pescado o de un caldo corto
1 cucharadita maicena
medio vasito vino blanco
1 cucharada mantequilla
1 limon (jugo)
2 cucharaditas perejil picado
ajo (1 diente, picado)

Se limpian muy bien las truchas y con sumo cuidado de que no se estropeen se les quita la cabeza y se les saca la espina del centro. Se rellenan con la loncha de jamon, liada, y la salsa de tomate; se atan y se rebozan, ya alinadas con sal y pimienta, con la leche y la harina. Cologuense en una sarten con un poco de aceite de oliva, en que se ha salteado el ajo. Se tapan y se dejan a fuego fuerte hasta que esten doraditas por ambos lados.

Para el alino: El vasito de jugo de pescado se disuelve con la maicena, se anade el vino y se hierve hasta formar una salsa espesa. Fuera del fuego, pero muy caliente, se le incorpora la mantequilla y el zumo de limon y el perejil. Ests se preparado se pone en una bandeja caliente, se colocan las truchas, recién fritas, y se rocian por encima con el resto de la salsa.

RICE WITH CHICKEN AND PEAS

Saudi Arabia

Ahmed S Eshaiwi

Main Dish

Serves 4 to 6

- 1 chicken cut in pieces
- 1 medium onion diced
- ½ cup butter
- 1 package frozen peas
- 2 cups rice
- 2 teaspoons salt
- ¼ teaspoon allspice

Brown the onion in the butter, add the chicken pieces and brown, add 4 cups of water and bring to a boil, then add the rice, peas, salt, allspice and mix well, bring all to a boil. Turn the heat very low and let simmer for about 30 minutes.

Serve with plain yogurt as side dish.

" دجاج بالرز "

- المقادير
- 1 - دجاج مقطعه قطع متوسطه .
 - 2 - بصله مقطعه .
 - 3 - ½ كوب زبد .
 - 4 - كوبين من الرز .
 - 5 - ملعقتين صغيرتين ملح .
 - 6 - ¼ ملعقة فلفل بارد ، مع البهارات .

الطريقه :-
حمري البصل مع الزيت ثم اضيف قطع الدجاج وحمريه . اضيف اربعه
اكواب من الماء ثم اغلي ، بعد الغلي اضيف الرز والملح والصل
والبهارات اعليهم جميعاً .
ثم اضيف كوبين رز مع انخفاض درجه حراره النار لمدة 30 ساعه
ثم تقدم ساخناً .

مع خيانه
احمد عيسى

STUFFED GRAPE LEAVES

Saudi Arabia

Ahmed S Eshaiwi

Main Dish

Serves 4 to 6

- 1 lb ground beef
- 1 lb rice
- 1 jar of grape leaves
- 1 large bottle of lemon juice
- 2 cloves of garlic
- ½ teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon allspice
- 1½ lb lamb ribs (optional)

Mix well the rice with the ground beef, salt, garlic powder, and allspice. Rinse the leaves and flatten them out on a board. Put some of the mix on them, roll the leaves around the filling, tighten with tooth-pick if needed. Put the lamb ribs in the bottom of a medium size pan, then stack the rolled and stuffed leaves on top of each other, peel off the garlic cloves and put them with the stuffed grape leaves. Now pour one part lemon juice and two parts water over the stacked grape leaves till they are covered one inch above the leaves. Bring to boil and then lower the heat and let simmer for about one and a half hours. Drain the juice from the grape leaves and remove the leaves from pot and serve right away.

ورق لعنب

المقادير

- ١- لحم من اللحم المفروم
- ٢- رطل من الأرز
- ٣- عليه من ورق العنب
- ٤- عليه كبيره من عصير الليمون
- ٥- فصين ثوم
- ٦- ملح - فلفل بارد مقدار ½ ملعقة (على عينيك)
- ٧- رطل من اللحم يفضل أن يكون من الصدر

الطريقة :-
 ١- يخلط الأرز مع اللحم المفروم ، الملح ، الثوم ، الفلفل البارد ،
 العنب وأفرده على صحنه . خذ عينيك من الفلفل وأفرده
 واحد من ورق العنب ثم ضع الفلفل واللف بوردقه على شكل آ صبح
 اكل الباقي على نفس الطريقة .
 ضع اللحم في قدر مع قليل من زيت الزيتون ورسن أو راسم لعنب
 فيه .
 أضف عصير الليمون مع مقدار كوبين من الماء ثم ضعه على النار
 مقدار ½ ساعة .
 ثم قدده ساخناً بعد أن ينضج .

مفتياً لكم وجبه هنيهه
 أحمد العشيوي

BEDINJAN MAHSHI

Saudia Arabia

Hind Al-Faries

Serves 6

- 1 large eggplant
- ½ cup cooking oil
- ½ cup minced onion
- 1 clove garlic, minced
- ½ lb lean lamb or beef (ground)
- 2 eggs beaten
- 1 teaspoon salt
- 1 tablespoon chopped parsley
- 2 cups bread crumbs
- 1 teaspoon cinnamon
- ¼ teaspoon black pepper

Hollow out eggplant from bottom. Saute onion and garlic in tablespoon oil till tender. Add meat. Cook, stirring until browned. Add remaining ingredients. Stuff the egg plant with the meat mixture. Place in shallow pan. Pour remaining oil over eggplant. Bake at 350° for about 30 minutes. Slice to serve.

You may add the following mixture to the oil for baking if you prefer:

Mix in blender:

- 1 small can tomato sauce
- 3 or 4 small garlic cloves
- 2 tablespoons oil and
- 2 tablespoons water

اد البيدجان المحشي ١١

- ٦- بعض البصل
- ٧- ملح
- ٨- كوب رز مغول
- ٩- بيده جان للحشي

- المقادير :-
- ١- بيضة متوسطة
- ٢- لحم مفروم
- ٣- ثوم مهك حسب الرغبة
- ٤- زيت الزيتون
- ٥- بعض عصير الطماطم

الطريقة :-

اغسل البيدجان جيداً ، ثم افترني ما به فلة

بالنقارة الخاصة به ، و ضمة كما حسب

المحتوى ، اخلطي اللحم المفروم والبصل والبهارات والبصل
طالع جيداً

اغني البيده جان بالمحتوى جيداً .

ضعي البيده جان في صحنه و ضمي عليه عصير الطماطم
و ضمي بعض فصوص الثوم بيده البيده جان
بعد ذلك رشي بعض الزيت عليه و ضمة على

النار حتى ينضج

عاري الا تجمعي البيده جان يذوب

١- ضمي البيده جان و ضمة في طبقه بعد انه قهيله
و كدميه ساخناً مع الخبز العربي

السليبه

SALEEG
Saudia Arabia
Hind Al-Faries
Serves 5

المقادير :-
١ - ٥ آوابر
٢ - ١ آوابر جليب
٣ - ٤
٤ - نصف قطح اللحم
٥ - نصف الكليل غير الملحونه
٦ - زبدة على حسب ما ترغبونه

FOR COOKING RICE:
5 cups Rice (1 cup per person)
10 cups milk (2 cups per person)
4 tablespoons butter

FOR COOKING MEAT:
3 lbs lamb
8 teaspoons salt
Pepper to taste

Clean and sprinkle meat with salt and pepper. Put plenty of extra butter in large pan. Brown meat on low heat on both sides. Empty remaining butter from pan. Put enough milk in pan to cover half of the meat. Cover and cook slowly - 4 to 6 hours until meat is well done. Turn meat occasionally while cooking. When meat is well-done, remove it from the pan.

Bring milk to boil, put in rice. Add salt - as much as you like - the 4 tablespoons butter and a little cardamon. Cover pan and cook slowly for about 20 minutes.

Put rice on a large serving dish and put the meat on top.

الطريقة :-

يقلى اللحم جيداً ثم يوضع في أناء و يقلب على النار
حتى يذوب ما بقى من اللحم ، يوضع عليه نصف كليل
الصلب حتى يغضى اللحم ويملح و نصف الزبدة و تجمل اللحمه
تقلب على النار الى انه تنضج
ترفع اللحمه من الأناار و توضع في أناء آخر و توضع
في الفرن لتتحمى
نظيف الكليل الى الحار و نصف الملح و الكليل و يسخن الجميع جيداً
بعد ذلك نطرفا الرز الى الكليل و نصفه من الزبد
و نقلب جيداً حتى لا يعلقه في الأناار
نؤدم على هذه الحاله لمدة ساعته مع أ خاقة بعض
الزبد و الكليل اذا لزوم الأمر حتى ينضج جيداً
نضع الأناار في أناء كبير و نضع عليه قطح اللحم المحمر
و نصف قطح الزبد و نضعه في حاء
من الثفل انه يخدم الأناار نضعه في الغرف
في هذه الأناار

BEEF SALAD

Thailand

Pakawan Duvall

Serves 3 to 4

- 1 kilo (2.2 lbs) beef (boneless or steak)
- ½ cup long grain rice
- 1 or 2 limes or lemons
- 1 head lettuce (green vegetable)
- 4 to 5 tablespoons fish sauce (nam pla)
- 1 teaspoon ground red pepper
- 1 medium onion
- 3 stalks of green onion, chopped

Boil beef in the oven or on the barbecue. Each side of beef takes 15 minutes (medium cooked).

While waiting for the beef to cook, prepare ground rice by putting rice in the frying pan (without oil) on medium heat. Stir until rice turns light brown, then grind it. Grind the rice until most of the long grain breaks down into tiny pieces. Divide the onion in half and slice in thin pieces; chop the green onion and add the juice of ½ lime.

Prepare the beef by slicing into thin pieces about 2 inches long and put it in a big bowl. Then mix together with onion, ground rice, fish sauce, lime. Add the red pepper and green onion. Set up the tray by putting the lettuce over the whole tray and then put the mixture of beef on top. It is ready to serve.

ยำเนื้อ ✓

เนื้อวัวสด ไร้กระดูก ปรุ-ภาค	1	กิโล
ข้าวคั่วปรุ-ภาค	¼	ถ้วย
มะนาว	1-2	ลูก
ผักสด: ผักสดที่เลือกหรือผักต้ม	1	หัว
น้ำปลา	4-5	ช้อนโต๊ะ
พริกขี้หนู	1-2	ช้อน
ต้นหอม	3	ต้น
หัวหอมใหญ่ (ขนาดปานกลาง)	1	หัว

ยำเนื้อ อยากรู้จักพริกขี้หนูไป พริกขี้หนู
 กล้วยต้มครึ่งลูก พริกขี้หนูแห้ง 1 ช้อนโต๊ะ
 เนื้อวัว 1 กิโลกรัม น้ำปลา ข้าวคั่ว พริกขี้หนู ต้นหอม
 ผักสดหรือผักต้ม เลือกผักที่ชอบตามใจชอบ
 ส่วนผักสดนั้นนำมาจัดบนจานใหญ่ และเอาเนื้อ
 ที่ผสมกับส่วนผสมมาใส่ในจานใหญ่ ตามด้วย หอม
 ใหญ่ จัดด้วยหัวหอมหัว อยากรู้จักพริกขี้หนู



KAI SWAN
(Heavenly Chicken)

Thailand

Pakawan Duvall

Serves 4-6

- 1 chicken
- 1 lb prawns
- 1 lb white fish
- 1 teaspoon salt
- 1 small ginger root
- 1/2 cup water

Cut the skin off from chicken. Boil the meat and bones with the ginger root for about one hour. Use the stock for making the sauce.

For chicken skin: mince prawns and fish together, moisten with salted water while mincing until a paste is formed. Spread thick on chicken skin and steam for about 30 minutes. When well cooked, cut into 1-inch squares and arrange on serving dish, and also serve with the following sauce:

Sauce:

- a few slices of the cooked ginger root
- 2 tablespoons cornstarch
- 1/2 cup water
- 2 cups chicken stock
- 2 tablespoons soy sauce
- 1 tablespoon tomato juice
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Mix together cornstarch and water, stir into the boiling chicken stock, cook until clear, add soy sauce, tomato juice and salt and pepper to taste.

Pour over the whole chicken and decorate with coriander or parsley leaves and chilis cut into long strips

ไก่สวรรค์

ไก่	1 ตัว
กุ้งสด	1 ฝอบด
เนื้อปลา	1 ฝอบด
น้ำปลา	1-2 ช้อนชา
ขิง	1 แง่ง
น้ำ	1/2 ถ้วย

ลอกหนังออกจากตัวไก่ ต้มน้ำให้เดือด แล้วต้ม
ด้วยขิงแฉะไก่ ต้มจนมีน้ำประมาณหนึ่งถ้วย. เก็บน้ำต้มไว้
ไว้ เพื่อเตรียมทำน้ำจิ้มไก่.

ทำหนังไก่:
ปั่นกุ้งและปลารวมกันละเอียด ใส่เกลือเล็กน้อย
นวดในน้ำเกลือเล็กน้อย เมื่อส่วนผสมเหนียวแล้ว ก็นำเอาไปทา
ด้วยหนังไก่ เพื่อให้น้ำจิ้มไก่เกาะติดหนังไก่ แล้วนำไปอบ
ในหม้อไอน้ำประมาณ 30 นาที เมื่อสุกดีแล้ว ก็นำไปตัด
เป็นชิ้นเล็กๆ แล้วนำไปจิ้มกับน้ำจิ้มไก่.

<u>ส่วนผสมน้ำจิ้ม:</u>		
น้ำแม่ไก่ต้ม	2-3	ถ้วย
ซอสถั่วเหลือง	2	ถ้วย
น้ำ	1/2	ถ้วย
ข้าวสุกที่ต้มแล้ว	2	ถ้วย
น้ำปลา	1/8	ถ้วย
พริก	1/8	ถ้วย
น้ำมะนาว	2	ถ้วย

รวมส่วนผสมน้ำจิ้มทั้งหมดเข้าด้วยกัน
ได้ทันที....



TA FU + SAIFUN SOUP

Thailand

Pakawan Duval

Serves 10

- 1 1/2 quarts soup stock or port broth
- 1 square cube tu fu (cut into a small cube)
- 1 small pack saifun (soak with a hot water for 10-15 minutes)
- 3 stock green onion (chop)
- 2 stock parsley (chop)
- 3-4 tablespoons fish sauce
- 1 small ginger root

Bring stock to a boil. Add the ginger slices. Add tu fu. Boil for 3 minutes and then follow with saifun, fish sauce, green onion and parsley. Bring to boil for another one minutes and it's ready to serve.

แกงจืดวุ้นเส้นกับเต้าหู้

น้ำต้มกระดูกหมู	1 1/2	วุ้นเส้น 1 ฝาม
เต้าหู้	1-2	ผักชีฝรั่ง
วุ้นเส้น	1	ไก่
ต้นหอม	3	หมู
ผัก	2	หมู
พริก	3-4	วุ้นเส้น
ง	1	แห้ง

หั่นผักกระดูกหมูตามคอด เติมน้ำวุ้นเส้น
 พริกแดง-พริกขี้หนู 3-4 เม็ด
 ต้นหอมต้นใหญ่ หั่นตามยาว และ-พริก และ-
 ใส่น้ำต้มกระดูกหมู 1 ฝาม
 1 ฝาม + วุ้นเส้นก่อน: ใส่น้ำวุ้นเส้น
 ต้ม 10-15 นาที ด้วยน้ำร้อน 10-15 นาที
 ทิ้งให้วุ้นเส้นนุ่มๆ แล้วใส่ผัก
 2-3 กก. กะ: 2-3 กก. ตากหมู
 หมักกับ รสดี เติมน้ำ 3-4 เม็ด
 ผักต้นหอมต้นใหญ่ และ-วุ้นเส้น
 น้ำและ-กระดูกหมู...



KAI SWAN
(Heavenly Chicken)

Thailand

Pakawan Overall

Serves 4-6

1 chicken
1 cup water

Cut the skin of the chicken into strips.

APPLE BUTTER BEEF ROLLS

United States

Margaret Jones

2 lbs round steak ($\frac{1}{2}$ inch thick)
3 strips bacon
salt and pepper
 $\frac{1}{2}$ cup water
1 cup apple butter

Pound steak well. Cut in squares. Season and spread with apple butter. Roll and fasten $\frac{1}{2}$ strip of bacon around each roll with a toothpick. Sear in pan for 5 minutes. Add water, cover, and put in oven and cook until tender, 1 hour at 350°. Serves 6.

OVERNIGHT LAYERED SALAD

United States

Karen White

Serves 4

$\frac{1}{2}$ head of lettuce (any type)
 $\frac{1}{2}$ cup celery
 $\frac{1}{2}$ cup green pepper
1 small onion
1 small box of frozen peas
1 cup Miracle Whip or mayonnaise
 $\frac{3}{4}$ cup grated cheese (any type)
4 slices cooked bacon, crushed

Layer in order given. Do not toss or stir. Flavor improves when left overnight in refrigerator. The salad will keep in the refrigerator for 4 or 5 days.

PORK CHOPS SCALLOP

United States

Margaret Jones

Serves 6

2 cups grated raw potatoes
1½ cups milk
2 tablespoons flour
1 grated raw onion
1 teaspoon salt
6 pork chops (about 1 inch thick)

Mix potatoes, milk, flour, onion, and salt well. Place in a large shallow baking dish, large enough so that the mixture will not be more than ½ inch thick. Place pork chops on top. (They will sink into mixture but will come to top during baking.) Bake for 1 hour at 350°. Turn pork chops once during baking, so they will brown on both sides.

PUMPKIN BREAD

United States

Karen White

3 Loaves

1 large can pumpkin
5 cups flour (sifted)
4 cups walnuts
1 cup shortening
2 cups brown sugar
2 cups white sugar
1½ teaspoons cinnamon
¼ teaspoon cloves
1 teaspoon salt
4 teaspoons soda

Mix together the oil, pumpkin, and sugars. Add the sifted flour, soda, salt, cloves and cinnamon. Mix well. Add the nuts. Bake at 350° in greased loaf pans for 55-60 minutes, or until done. This recipe makes three loaves.

BORSCH

U. S. S. R.

Sofia Kokin

Serves 4 to 5

½ kilo beef with bone
½ cup carrots
½ cup onions
½ cup beets
½ cup potatoes
½ cup green peppers
½ tablespoon salt

Bring to a boil the water and beef while peeling and chopping the vegetables. When beef is done, turn heat down and put the vegetables in. Simmer slowly (covered) for about 15 minutes. Add

1 cup finely shredded cabbage
1 tablespoon vinegar

and simmer for another 15 to 20 minutes.

Place the soup in a bowl and add to each serving 1 tablespoon cultured sour cream. If some more seasoning is desired, add salt, pepper to taste.

Serve hot with bread.

БЕБИЦА

½ кг говядины	2-е картошки
½ морковки	½ зелёного
1 лука	лук
½ бураков	

Мясо, положенное в воду, варить до тех пор, пока оно будет почти готово. Затем добавить полкачана капусты, столовую ложку уксуса, определенное количество соли, перца и т.д. Продолжить варить 15-20 минут. Подавать в горячем виде со сметаной.

RUSSIAN BEETS

U. S. S. R.

Sofia Kokin

Serves 4

2 bunches young beets

Cook until tender (about 15 minutes). Drain, cool off a little and then rub off skins and chop coarsely.

1 tablespoon flour
2 tablespoons salad oil
3 tablespoons vinegar
2 tablespoons sugar
 $\frac{1}{2}$ teaspoon salt
dash of pepper
 $\frac{1}{2}$ cup sour cream

Heat flour and oil, stirring well till lightly brown. Add vinegar, sugar, salt and pepper. Slowly stir beets into oil mixture. Just before serving, add sour cream and mix just enough to blend all ingredients together. Heat but don't let boil.

Русские Вураки

2 пучка молодых свеклов

варить 15 минут, затем снять

нем немного обтереть, вынуть скар-

лупу и нарезать мелко.

Марируют.

1 столовую ложку муки и 2 ст.

ложки масла, хорошо переме-

шать; добавить:

3 ст. ложки уксуса

2 " " сахара

$\frac{1}{2}$ " " соли и перца

$\frac{1}{2}$ " " сметаны

Смешать всё вместе, помешать,

но не доводить до кипения.

BANH CAM
(Vietnamese Dounuts)

Viet Nam

Nguyen Cuc Thi

25 or 30 Dounuts

2 lbs Chinese green beans
3 cups sweet rice flour
1 cake yeast
1½ cup sugar
½ cup sesame

Combine flour, yeast and 1/3 cup sugar. Then add water a little at a time until dough is flexible and doesn't stick on your hands.

Steam beans until tender and then cool. When cool, add the remainder of the sugar.

Take a small piece of dough and roll beans inside. Then roll dough in sesame seeds.

Have the pan of hot oil ready for deep frying the rolls. Fry until brown.

This makes you skinny very quickly

Bánh cam chiên

* Vật liệu

- 2 pounds đậu xanh
- 3 cups bột gạo
- 1 bánh men
- 1½ cup đường
- 1½ cup mè

* Cách làm

lấy trộn chung với men và 1 ít đường để nước vào nồi cho tới khi bột thật dẻo rồi không còn dính tay để chừng 2 hoặc 3 tiếng cho bột nở ra. Đậu xanh nấu giã như nấu cơm rồi để nguội. Lấy bỏ đường đậu sẽ không bị chảy. Ngặt từng cục bột và bỏ nhân đậu vào trong. Nhúng vào mè rồi đem chiên, khi vàng là được.

Chả giò

CHA GIO
(Vietnamese Egg Roll)

Viet Nam

Cuc Thi Nguyen

- 2 lbs ground pork or chicken (cut into small pieces)
or both
- 1 lb shrimp
- 1 lb crab
- 1/4 lb chinese vermicelli
- 3 or 4 pieces Auricula
- 1/2 lb bean sprouts
- 1 small Manioc
- 1/2 onion, minced
- 2 eggs
- 1 teaspoon salt
- 2 teaspoons sugar
- 1 teaspoon pepper
- rice paper

Combine pork or chicken, shrimp, crab, auricula, manioc, bean sprouts, onion and chinese vermicelli. Mix together with salt, sugar and pepper. Put aside in refrigerator for an hour or so. Remove from refrigerator and mix in two eggs. Take a small amount (about 2 tablespoons) and wrap in rice paper.

Deep fat fry in hot oil until brown. When they are brown, remove from oil. They are ready to eat.

The smell is good. You taste one and you will have another one, and another one until your dish is empty.

* Vật liệu

- 2 pounds thịt gà hay heo xay nhỏ
- 1 pound tôm tươi
- 1 pound cua
- 3 tay 4 tai nấm mèo
- 1/2 pound giá
- 1/4 pound miến
- 1 củ đậu
- nửa củ hành tây cắt nhỏ
- 2 quả trứng
- 1 teaspoon muối
- 1 teaspoon đường
- 1 tea spoon tiêu
- rice paper

* Cách làm

Thịt, tôm, cua, nấm mèo, giá, hành củ đậu cắt thật nhỏ. Miến cắt chừa 2 phần. Xay lớn lên 1 tí. Trộn chung với nhau, bỏ muối, đường, hạt tiêu vào trộn thật đều. Để chừa 1 tiếng cho tất cả ngấm chung với nhau. Sau đó bỏ trứng vào nhồi cuốn với chiên. Nhỏ để cho thật nóng chảo nhồi mới bỏ dầu vào, đợi cho dầu sôi xấy bỏ chả giò vào chiên. Khi chả giò vàng đều là được.

SHRIMP COOKIE

Viet Nam

Do-Hienluong Thi

Serves 4

½ lb small shrimp
1 lb sweet potatoes, sliced in thin long pieces,
like toothpicks
1 cup flour
1 egg
½ cup chopped green onion
1 cup water
1 tablespoon sugar
1 teaspoon salt
½ teaspoon pepper
cooking oil

Combine salt, pepper, sugar, flour, and water; stir;
add shrimp, sweet potatoes, green onion and egg.
Stir well. Use soup spoon to make round cookies.
Deep fry them in oil over medium heat.

Bánh tôm

* Vật liệu

- Khoảng ½ pound tôm nhỏ
- 1 pound khoai lang ngọt, thái thành
những sợi nhỏ
- 1 cup bột
- 1 quả trứng
- ½ cup hành lá thái nhỏ
- 1 cup nước
- 1 thìa canh đường
- 1 muỗng cafe muối
- ½ muỗng cafe tiêu

* Cách làm

Trộn muối, tiêu, đường, bột và nước
với nhau. Trộn tôm, khoai đã thái nhỏ,
hành lá và trứng trộn cho đều. Bật chảo
đầu để lửa vừa, dùng thìa lớn để vào
chảo thành những bánh tròn, chiên giòn,

SOUP MANG CUA

Vietnam

Nguyen Cuc Thi

Serves 5

This is a delicious soup when eaten hot.

1 can asparagus
½ lb crab meat
½ teaspoon MSG
½ cup butter
1 teaspoon tapioca starch
1 lb pork ribs

Boil pork ribs for about 2 hours. Take the bones out, and in a small bowl mix the tapioca starch with about 2 tablespoons cold water. Pour into the pork stock and stir quickly. Cut the asparagus in ½-inch pieces, put it in the stock with the salt and MSG. Bring the soup to a boil, add the crab meat and the butter, bring to a boil once more, and take off the heat to serve right away.

Soup Măng cua

* Vật liệu

- 1 hộp măng tây
- ½ pound cua
- ¼ teaspoon bột ngọt
-
- 1 thìa bột mì tinh
- 2 pounds xương heo

* Cách làm

Đun xương heo chừng 2 tiếng để lấy nước dùng. Vớt hết xương ra, pha bột mì tinh với chút nước lạnh ở ngoài rồi đổ vào nước dùng, khuấy cho đều. Măng tây cắt từng khúc khoảng 1 phần với muối và bột ngọt bỏ vào nấu sôi, bỏ cua vào nấu sôi, thêm chút dầu, khi soup sôi đều là được.

