

**FCJ REFUGEE CENTRE  
COMMUNITY KITCHEN**

**2008**

**THE AROUND THE WORLD COOKBOOK**



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## ACKNOWLEDGEMENTS

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Last but not the least, many thanks go to all the women who participated and shared their wonderful recipes with us. You taught us how to prepare these delicious recipes but also gave us insight into your wonderful and rich cultures. We will be savouring these recipes for years to come!



## **INTRODUCTION**

The FCJ Community Kitchen is a group of immigrant and refugee women who get together once a month to cook and share healthy and nutritious meals from their country of origin. This program is a fantastic way for the women in our community to come together and prepare and enjoy a meal. The program enhances the capacity of participants to acquire skills in preparing affordable recipes, providing fresh fruits & vegetables. From recipe selection, to shopping, cooking, and clean-up, everyone participates.

The program makes it a priority to maintain the highest standards of respect and integrity. One of the major aims of the program is to overcome barriers that often impact newcomers such as isolation, poverty, and racism; in turn it celebrates the participants' cultures and therefore builds self-esteem. In addition, the Community Kitchen creates a supportive network for participants of the programs.

The FCJ Community Kitchen has shown how it is possible to bring people together and build a community around food.

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## Peru

Peruvian cuisine is considered one of the most diverse in the world and is on par with French, Chinese and Indian cuisine. Thanks to its pre-Incas and [Inca](#) heritage and to [Spanish](#), [Basque](#), [African](#), [Sino-Cantonese](#), [Japanese](#) and finally [Italian](#), [French](#) and [British](#) immigration (mainly throughout the 19th century), Peruvian cuisine combines the flavors of four continents. With the eclectic variety of traditional dishes, the Peruvian culinary arts are in constant evolution, and impossible to list in their entirety. Suffice it to mention that along the Peruvian coast alone there are more than two thousand different types of [soups](#), and that there are more than 250 traditional [desserts](#).



**Papa a la Huancaína** is a [Peruvian](#) salad of boiled yellow potatoes in a spicy, creamy sauce called Huancaína sauce. It is typically served over [lettuce](#) leaves and garnished with [black olives](#), [white corn](#) kernels and [hard boiled egg](#) quarters.

The sauce is made of fresh white cheese (similar to [farmers cheese](#)), vegetable oil, [aji amarillo](#) (yellow Peruvian pepper), evaporated [milk](#) and [salt](#) mixed in a blender. Some recipes call for garlic, onion and crushed water crackers.

JANUARY 2008

## PAPAS A LA HUANCAINA

Country of Focus: **Peru**

Head Cook: **Margarita**

### Ingredients:

6 [large potatoes](#), peeled, boiled, and sliced into discs

4 [eggs](#), hard boiled

9 ounces [queso ranchero](#) (or queso casero or feta cheese)

1 [garlic clove](#), crushed

1 (12 ounce) can [evaporated milk](#)

2 tablespoons peruvian yellow chili paste (aji amarillo paste-very spicy!)

1-2 tablespoon [olive oil](#)

5-8 water crackers

Garnish:

3-4 [lettuce leaves](#)

[black olives](#)



## Preparation:

For the Papas:

1. Assemble lettuce leaves on a nice plate or platter.
2. Lay potato slices on top, trying to keep the round discs intact.

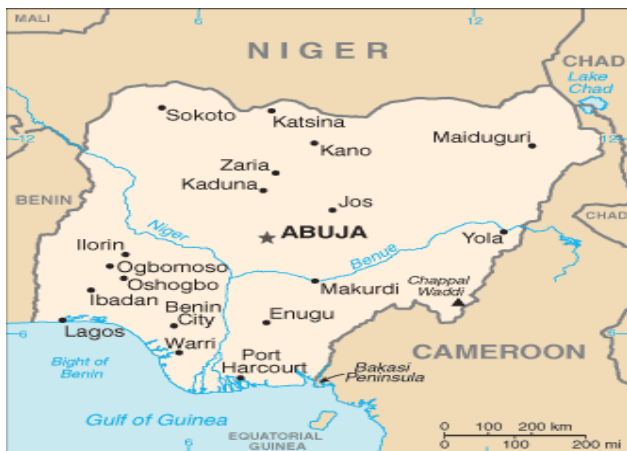
For the salsa Huancaína:

1. In a blender container or food processor, place cheese, garlic, evaporated milk and aji paste, blend until smooth.
2. Add 2 yolks of the hard boiled eggs, and a few water crackers.
3. While blender is running, drizzle in 1 tablespoon of oil.
4. Check consistency.
5. It should not be about the consistency of thin cake batter.
6. If it needs more thickening, add more crackers and oil.
7. Check seasoning, if you are using feta cheese, it might not need salt, you can also add a bit more aji if you like it spicy.
8. To serve, pour sauce over potatoes and lettuce.
9. Garnish with remaining 2 hard boiled eggs, cut in wedges and black olives.



# NIGERIA

[Nigerian cuisine](#), like [West African](#) cuisine in general, is known for its richness and variety. Many different [spices](#) and [herbs](#) are used in conjunction with [palm oil](#) or [groundnut](#) oil to create deeply-flavoured sauces and soups often made very hot with [chili peppers](#). Each tribe or ethnic group in Nigeria has its distinct taste and flavor. Peppery stews are common in the southern states, while menu of grains and beef are common in the northern states. Nigerian meals are generally made up of just one course, but fruits, which Nigeria is very rich in, are served as appetizers or after the main meal in some medium class restaurants.



[Dry Fish Stew](#) is well famous in Nigeria. It is highly enjoyed by food lovers all over the country.

Fufu is a [staple food](#) of [West](#) and [Central Africa](#). It is a thick paste or [porridge](#). In Western Africa, fufu is usually made from [yams](#), sometimes combined with [plantains](#), or [maize](#). In Central Africa, fufu is often made from [cassava](#). Also, in Western and Central Africa, the more common method is to serve a mound of fufu along with a sauce made from [okra](#), [fish](#), [tomato](#), etc.



**FEBRUARY 2008**

## **Dry Fish Stew**

**Country of Focus: Nigeria**

**Head Cook: Esther**

### **Ingredients:**

- 1 lb Stockfish (pre-soaked)
- 1 lb Dry fish ( thoroughly washed)
- 8oz Whole dry prawns (cleaned)
- 8oz Ground crayfish
- 1 Medium onion
- 3lb Fresh pumpkin leaves (washed & shredded)
- 200ml Palmoil
- 1 Pint fish stock



Chilies to taste

Salt to taste

### **Preparation:**

- 1) Slice onion and ground chilies.
- 2) Place on heat with stock and cook for 30 minutes.
- 3) Wash the smoked dry fish with salt and soak in slightly salted water for 5 minutes. Rinse thoroughly with lots of cold water.
- 4) Add the stockfish, dry fish, dry and prawns to the pot and cook for 10 minutes, adding more stock if required.
- 5) Finally add the pumpkin leaves and mix in properly.
- 6) Allow to simmer for 15 minutes and add the crayfish and palmoil.
- 7) Give it a good stir and gently simmer for another 10 minutes until well blended and the aroma fills the kitchen.
- 8) Remove from heat and serve hot with Fufu or pounded yam.

# FUFU

## Ingredients:

500g Cassava flour  
500ml Water

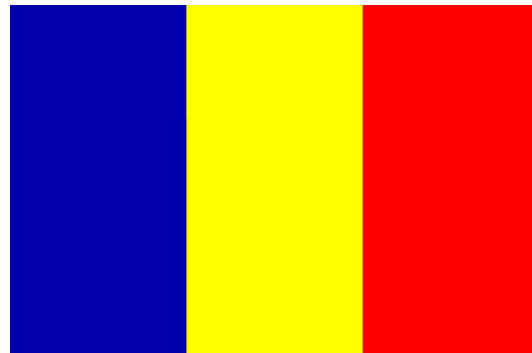
## Preparation:

- 1) In a large stock pot add the cassava flour and mix the water with this to form a smooth paste.
- 2) Heat gently, stirring continually (stir from the edges of the pot towards the centre) until the paste thickens and you can begin to form it into a ball.
- 3) The consistency and colour changes from a white liquid to a yellow glutinous paste. Before the fufu is ready the entire mixture should be yellow.
- 4) If you have a ball and some bits are still white, add a little more water and continue to cook until it's all done.
- 5) The final consistency should be that of a well-kneaded bread dough.



# ROMANIA

Romanian traditional cuisine has been influenced by its invaders and neighbors. Its traditional foods heavily feature cabbage rolls, sausages, and stews (like **tocanita**) as main dishes. Soups made with meat, vegetables, meats, and fish are usually offered on menus at Romanian restaurants. You may also encounter pilaf and moussaka, vegetables prepared in various ways (including stuffed peppers), and polenta. Also, a variety of delicious cakes can be found on special events and holidays. A Romanian meal is incomplete without a drink of the local spirit, *tuica*; a plum brandy usually enjoyed before a meal along with some appetizers.



## The Story of Meatball (perisoare) soup

Perisoare soup is prepared often during large gatherings, such as weddings. It is a favorite of all ages and all seasons, mainly used in the winter as it warms up the soul.

There are many ways in which this soup is prepared; some like it sour and add sourkout or lemon juice, and some prefer to add sour cream to top it off.

**MARCH 2008**

**CIORBA DE PERISOARE (MEATBALL SOUP)**

Country of Focus: **Romania**

Head Cook: **Doina**

**Ingredients:**

**Ciorba (Soup)**

- 2     Liters of water
- 3     Carrots (chopped or grated)
- 1     Root of parsnip (chopped or grated)
- 1     Onion (chopped)
- 1     Garlic clove (chopped)
- 2     Soup bones (optional)
- 3     Tomatoes or 15 oz of can of tomatoes
- 1     Red or green pepper
- 2     Potatoes
- Parsley to taste



## Perisoare (Meatballs)

- 1 Pound ground pork or chicken
- 1 Pound ground beef or chicken
- 2 Spoons of cooked rice
- 1 Onion (finely chopped)
- 1 Garlic clove (finely chopped)
- 1 Egg

Salt, pepper, parsley, paprika and all purpose seasoning to taste.

### Preparation:

- 1) Place bones and onion in cold water on medium heat. As it cooks, skim the fat off the surface two or three times.
- 2) Add all the vegetable and cook for about 20 min.
- 3) Mix all the ingredients together in a large bowl. If the mixture is too hard add warm water. Mix again with your palm until it is soft, but not runny. Then, wet your palms with water and with a spoon take the perişoare (meat balls) and roll it in your hands to form meatballs.
- 4) Drop into the pot of boiling soup. You can make them small, medium, or big.
- 5) After you put the perişoare in the pot, leave them to boil for 30-45 minutes. It is recommended to taste it a lot and also to take out a meatball and cut it in half to make sure it's done.
- 6) When it's done, add the parsley. Turn off the heat and cover for 15 minutes.
- 7) Serve in bowls, and top with a dollop of sour cream.



# HAITI



Haitian cuisine is an interesting mix of African cooking styles combined with French cuisine; this makes the Haitian style of cooking something no cook or food enthusiast should miss. Haiti is too small to offer distinct regional cooking styles and noticeably different cuisines in the parts of the country. Visitors and locals alike enjoy the roast goat called 'kabrit', the fried [Pork](#) 'griot' or poultry with a Creole sauce 'poulet creole', to [name](#) just some of the most popular meat dishes. Haiti displays a general coastal cuisine, with fish, meat, lobster, shrimp and sea-food readily available. Fruit including [guava](#), [pineapple](#), [mango](#), [banana](#), melons, [and breadfruit](#) is often used in many delicious desserts. Sugarcane is often prepared and sold on streets and enjoyed at home as well as a tasty treat or snack. Coconuts are often the number one choice when it comes to beverages.



**APRIL 2008**

## **RICE WITH RED BEANS & CREOLE CHICKEN**

Country of Focus: **Haiti**

Head Cook: **Maryse**

### **RICE WITH RED BEANS**

#### **Ingredients:**

- 2 Cups of long grain rice
- 1 Cup of red kidney beans
- 1 Finely chopped onion
- 1 Chopped hot green pepper
- 1/4 Cup salt pork or bacon cut into small cubes
- 1 Tablespoon of butter
- 2 Chopped cloves of garlic
- 2 Tablespoons of vegetable oil
- Salt and pepper to taste



## **Preparation:**

- 1) Cook the beans in 4 cups of water for 2 hours or until tender in a medium pot.
- 2) Drain the beans but keep the water which will be used to cook the rice.
- 3) Fry the salt pork or bacon until crisp (use oil if needed). Add the onion, garlic, and green pepper.
- 4) Add the beans along with salt and pepper to taste. Add the water used to cook the beans and bring to a boil
- 5) Add the rice and cook for 20-25 minutes

## **CREOLE CHICKEN**

### **Ingredients:**

4 chicken breasts

2 large tablespoons of tomato paste

4 cups of chicken broth

2 large chicken bouillon cubes

1 onion

1 green pepper

Thyme and Parsley tied together in a little bunch

2 cloves of garlic

1 leek

1 tsp of salt

1 hot pepper for taste (take out before serving)





## **Preparation:**

1. Cover chicken with about 6 cups of water, 2 bouillon cubes and let cook. Save broth for sauce.
2. Pestle and mortar 2 or 3 garlic cloves, 1 small leek, and 1 tsp salt.
3. Take 1/2 cup of the broth and put into sauce pan and bring to a boil, add garlic/leek mixture and green pepper, cook 3 minutes. Then add tomato paste and cook for 3 to 5 minutes. Don't burn.
4. Add 3 1/2 cups of chicken broth, parsley and thyme and hot pepper. Bring to boil and cook for 30 to 45 minutes until it starts to boil down a little bit and becomes less watery looking.
5. Serve with rice.

# MOLDOVA

Nature is very generous in Moldova, offering plentiful grapes, fruits, vegetables, meat and milk products and cereals, all of which have found their uses in our national food. [Moldovan](#) cuisine consists mainly of traditional European foods, such as [beef](#), [pork](#), [potatoes](#), [cabbage](#), and a variety of [cereals](#). It shares characteristics with neighboring [Romania](#) and [Ukraine](#). Regional delicacies include "[brinza](#)," a cheese-like dairy product and "ghiveci," a mutton stew. There is not a holiday without cabbage rolls, meat jelly, noodles, etc. The traditional table is not complete without biscuits, pies, cake dipped in syrup and fruit. The Moldovan cuisine is served with a variety of traditional drinks: stewed fruits, juices, as well as alcoholic drinks like: wine, brandy, "tuica" - plum brandy, etc.



## Zama

Zama (zeama) is a traditional romanian soup, made in both Moldova and Romania. It is a very traditional and healthy dish.

**MAY 2008**

## **ZAMA (CHICKEN BROTH SOUP)**

Country of Focus: **Moldova**

Head Cook: **Stella**

### **Ingredients:**

- 1 Chicken
- $\frac{1}{2}$  Bag of vermicelli
- 4 Red onions (finely chopped)
- 8 Medium carrots
- 1 Bunch of parsley
- Salt and pepper to taste
- Potatoes



\* Top with sour cream

### **Preparation:**

- 1) Prepare chicken, and make sure to leave the skin on for extra flavour.
- 2) Add the chicken into a large pot with about 5 litres of water.
- 3) Cut onions and carrots into very small pieces and fry them; than add everything to soup.
- 4) Let it cook for about 40 min, than add vermicelli. Potatoes can be added but they are not traditionally used; if so, they must be added before the vermicelli.
- 5) Add the parsley, salt and pepper at the end.
- 6) Top with sour cream.

## Cameroon

The cuisine of Cameroon is extremely varied, with each of the country's ten provinces possessing its own specialties. The staple foods in Cameroon include [cassava](#), [yam](#), [rice](#), [plantain](#), [potato](#), [maize](#), [beans](#), and [millet](#). The main source of protein for most people is fish and poultry; meat only in special occasions due to its price. Among Cameroonian specialties are [brochettes](#) (a kind of barbecued kebab made from either chicken, beef, or goat), [sangah](#) (a mixture of maize, cassava leaf and palmnut juice) and [ndoleh](#) (a spicy stew containing bitterleaf greens, meat, shrimp, [pork rind](#), and [peanut paste](#)). Cameroon cuisine was also influenced by the French, who introduced them to French [bread](#) and Italian [pasta](#); however they are not commonly consumed because of their high cost.



Cameroon is divided in ten provinces (Adamaoua, Centre, Est, Extreme-Nord, Littoral, Nord, Nord-Ouest, Ouest, Sud, Sud-Ouest). There are many ethnic groups inhabiting these provinces, each with its own culture and cuisine. The most important tribes are Cameroon Highlanders, Equatorial Bantu, Kirdi, Fulani, North western Bantu and Eastern Nigrític. In the Centre and South provinces, [plantain](#) is considered as the staple food of the populations. [Maize](#) is also very popular, while [rice](#) is consumed on special occasions. The Centre and South region is particularly characterized by certain dishes like Kwem (young [cassava](#) leaves with the juice from palm nuts), Nnam ngon (marrow paste cooked with [plantain](#) leaves), Nnam owondo and Ndomba tsit (meat cooked tied in [plantain](#) leaves). While tuber crops and plantains are staple foods in the southern part of Cameroon, [cereals](#), [millet](#) are the staples in the northern parts.

**JUNE 2008**

## **CHICKEN STEW AND FRIED PLANTAIN**

Country of Focus: **Cameroon**

Head Cook: **Emelia**

### **CHICKEN STEW**

#### **Ingredients:**

3 tbsp (45 ml) oil, preferably peanut

1 3 lb (1.4 kg) chicken, cut into serving pieces, or an equal amount of chicken pieces (legs and thighs, etc.)

3 large cloves garlic, chopped

1 large onion, chopped

1 medium potato, scrubbed and diced

1 medium sweet potato or yam, scrubbed and diced (can use canned)

1 15.5 oz (434 gm) can garbanzo beans, drained (optional)

1 red or green bell pepper, chopped

1 can chopped tomatoes (optional)

1 cup (225 ml) chunky peanut butter (smooth, if you prefer)

3/4 cup (175 ml) coconut milk

1/2 cup (125 ml) chicken stock or bouillion

1 tsp (5 ml) cumin, ground

1 tsp (5 ml) coriander, ground

1 tsp (5 ml) black pepper

1 tsp (5 ml) red pepper flakes

1 tsp (5 ml) salt, or to taste

### **Preparation:**

1. In large, deep saucepan or Dutch oven, heat the oil on a high heat.
2. When very hot, brown the chicken pieces very quickly and remove from pan; set chicken aside.
3. In same pan, set heat to medium and add the garlic, onion, and all the other vegetables (except for the garbanzo beans, which go in at the end, if using them.) - you may need to add more oil at this point if too dry.
4. Stir and cook for 3 to 4 minutes (careful not to burn the garlic, it will taste bitter!).
5. Add the spices and seasonings and continue to stir around for a few seconds.
6. Add the reserved browned chicken with all its juices and the chicken stock and coconut milk; stir to combine.
7. Cover with lid and simmer for 10 to 15 minutes, stirring occasionally.
8. Remove lid and add peanut butter and the garbanzo beans, if using them; stir until everything is well combined.
9. Replace lid again and simmer for 15 to 20 minutes, or until chicken and potatoes are tender and cooked.
10. Remove from heat and taste to adjust seasonings.
11. Serve!



# FRIED PLANTAIN

## Ingredients:

Several ripe plantains

1/2 to 1 C of cooking oil



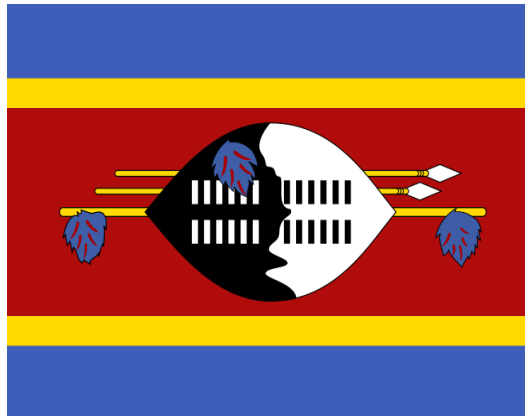
## Preparation:

1. Remove the peeling from the plantain. Cut in half. Slice into 1/4 to 1/8 inch thick slices.
2. Place oil in a wide sauce pan and heat on medium high. Carefully place slices of plantains in the hot oil with a cooking fork. Fry until golden brown. Turn to the other side and fry until golden brown.
3. When done, place fried plantain on a plate lined with paper towels. The towels will absorb the excess oil. Then transfer plantain to another plate or platter for serving.



## Swaziland

The Cuisine of Swaziland is largely determined by the [seasons](#) and the [geographical region](#) in question. Staple foods in Swaziland include [sorghum](#) and [maize](#), often served with [goat](#) meat, a very popular livestock there. The farming industry mainly depends on [sugar cane](#), [tobacco](#), [rice](#), [corn](#), [peanuts](#), and the exportation of goat meat and beef. Many Swazis are [subsistence farmers](#) who supplement their diet with food bought from markets. Various activities are performed along gender lines, for example, the grinding of mealies remains the preserve of women. This is prior to the preparation of Swazi food.







**JULY 2008**

## **SWAZI TRADITIONAL MEAL**

Country of Focus: **Swaziland**

Head Cook: **Ntombikayise**

### **Ingredients:**

**Umbidvo Wetintsanga (pumpkin leaves)**

2 bags spinach

1 onion

Canola oil or olive oil

Garlic

Red Pepper

Salt

Cashews nuts (500 g)

### **Method**

Fry onions and garlic together until soft add blended cashew nut sauce, chopped spinach, add salt let it simmer for 10-15mins.

### **Lipalishi (corn porridge)**

1 x 1kg Mealie Meal (white corn)

Water 1.5litres

### **Method**

Boil water add mealie-meal stir let it simmer for 45mins-1hr

### **Umshibo Wekhukhu (chicken dish)**

2kg chicken pieces

Garlic 4 cloves

1 Onion

1 cup coconut milk

3 tomatoes

### **Method**

Fry onions until golden brown, add chicken pieces, chopped tomatoes, let it simmer for 45min-1hr and add some coconut milk.

### **Coleslow**

3 grated carrots

3 cups chopped cabbage

4 table spoons oil

Half green pepper

Spring onions .

Pour oil on a pan, add grated carrots, chopped cabbage, sliced green pepper, salt, chopped spring onions and stir for 15 mins.

Serve with porridge, chicken stew, spinach and coslow.

# ZIMBABWE

Zimbabwe is situated in Southern Africa and is marked by two important rivers of Africa: Zambezi and Limpopo. These rivers provide a great quantity of fish, which are used in the Zimbabwean cuisine. The plantations of Zimbabwe include [corn](#) and coffee, which are two staple elements of the Zimbabwean diet. [Maize](#) is another staple food used both for the national beverage and as a [meal](#): there is the sadza (a stiff [maize](#) dish) and the whawha ([maize](#) beer). Due to the fact that Zimbabwe is a cosmopolitan society, composed of various African nations, like Shona, Tonga or Ndebele, and also Europeans and Asians, the Zimbabwe cuisine presents a variety and flexibility of meals and tastes.



## Sadza

Sadza is the [Shona](#) language name for a cooked pulverized grain meal that is the [staple food](#) in [Zimbabwe](#). Other names include *isitshwala* ([Ndebele](#)). Sadza in appearance is a thickened [porridge](#). The most common form of sadza is made with white [maize](#) ([Mealie-Meal](#)). This maize meal is referred to as *hupfu* in Shona. Despite the fact that maize is actually an imported food crop to Zimbabwe, it has become the chief source of [carbohydrate](#) and the most popular meal for indigenous people. Locals either purchase the meal in retail outlets or produce it in a grinding [mill](#) from their own [maize](#). Before the introduction of maize, sadza was made from [millet](#) flour. The sadza is usually served in a communal pot and is taken with the right hand, rolled into balls, and dipped into [sauce](#), [gravy](#), or [stewed vegetables](#).

**AUGUST 2008**

## **SADZA AND USABI RELISH**

Country of Focus: **Zimbabwe**

Head Cook: **Precious**

### **SADZA**

Ingredients:

- 8**      **Cups water**
- 4**      **Cups white cornmeal**

### **Preparation:**

- 1) Boil water in a pot, amount of water may vary dependent upon the number of people to be served.
- 2) After water boils, slowly add corn meal and stir until it starts to bubble. Let cook for 10 min on low heat.
- 3) Once cornmeal thickens, (texture should form a ball) serve.



## USABI RELISH

### Ingredients:

- 4 lb            stewing beef
- 3              tomatoes chopped
- 2              large onions chopped
- 1/3 cup       vegetable oil
- salt to taste
- paprika (optional to season)
- 3              bunches of collard greens

### Preparation:

- 1) Put beef in stock pot with 2 cups of water, add salt and bring to boil.
- 2) Once comes to water boils, lower heat to medium and let cook for 45min or until meat is tender (water will evaporate).
- 3) Add onions and cook until transparent, then add paprika and cook until golden brown.
- 4) Add tomatoes, stirring continuously and cook until tomatoes turn to sauce.
- 5) Add collard greens and oil, cook for 20 min on low heat. Serve hot with Sadza and eat with hands.



# MEXICO

Traditionally, Mexican cuisine is centered on three national staples: tortillas, beans and chili peppers. Regionally, however, it can be incredibly varied and amazingly complex. The adventurous traveler will want to sample everything from the coasts' deliciously fresh seafood dishes to Oaxaca's exquisite *moles* (rich sauces) to Puebla's specialty - *chiles en nogada* (meat-stuffed chiles covered in cream and sprinkled with pomegranate seeds). The list goes on and on, so eat up and enjoy! Mexico is also famous for its alcoholic beverages - *mezcal* and tequila in particular.



## Pozole

Pozole (also spelled posole) is a Mexican soup. The soup is made with a special type of corn which has been soaked in a solution of lime ([cal](#)). The traditional corn that is used is called maiz blanco or "[cacahuazintle](#)" [kaw-kaw-WAH-SEEN-til]. This is a very large-kernelled white corn grown in Mexico.

**SEPTEMBER 2008**

**POZOLE ROJO (RED MAIZ SOUP)**

Country of Focus: **Mexico**

Head Cook: **Alicia**

**Ingredients:**

**Soup**

8 lb	Maiz
1 lb	Guajillo chillies
3 lb	Pork meat
2	Chicken breast
4	Garlic cloves
	Salt to taste

**Garnish to taste**

2	Onions chopped
1	Lettuce chopped
1	Bag of rabana chopped
1	Lemon cut into wedges
1	Twig of fresh oregano chopped

Enjoy with Guacamole and tostadas!





### Preparation:

- 1) In a large stockpot, heat oil, add the onion and garlic, and sauté until the onion is transparent. Add the maiz, chicken and the pork meat to water and bring to a boil.
- 2) Meanwhile, take your dried guajillo chillies and remove the seeds, then place them in warm water to soak for approx. 2 hours. Once soft, take chillies and blend them with garlic until purred. Broth from soup may be added to allow for smooth blending.
- 3) Add chillie purre to soup, reduce heat and let cook for 1 hour and 15 min.
- 4) Remove meat (chicken and pork) from soup when tender and mince, then return to stockpot.
- 5) Serve the hot pozole in deep bowls, with separate bowls of garnish ingredients on the table so that diners can add their own. Garnish ingredients include; lettuce, rabana, lemon, oregano, and onion.



# AFGHANISTAN

Afghanistan is a poor country but it is rich in traditions and social customs. Hospitality is very important in the Afghan code of honour. The best possible food is prepared for guests even if other members of the family have to go without. A guest is always given a seat or the place of honour at the head of the room. Tea is served first to the guest to quench his thirst. While he is drinking and chatting with his host, all the women and girls of the household are involved in the preparation of food.

Although Afghan food may vary between regions, similarities exist. Fresh yogurt, cilantro, garlic, onions, scallions, tomatoes, potatoes, and fruit are widely available in all parts of Afghanistan and are used in preparing foods. Fruits, fresh and dried form an important part of the Afghan diet, especially in the rural areas. Afghanistan produces exceptionally high quality fruits, notably grapes, pomegranates, apricots, berries, and plums. These fruits have traditionally been Afghanistan's main food exports. Dried nuts and seeds, such as walnuts, pistachios, almonds, and pine nuts are very popular in Afghanistan and plentiful. Exceptional varieties of oranges, known locally as "Malta" are grown in the warm climate of Nangarhar province. Olive oil is also produced in Nangarhar province but for local and national consumption only. Herb and spices used in Afghan cuisine include mint, saffron, coriander, cilantro, cardamom, and black pepper. Lamb and chicken are the preferred meats. When available, meat is widely consumed. Afghan cuisine emphasizes well-balanced tastes. Food should be seasoned but neither too spicy nor hot. Contrasts are emphasized.



The traditional mode of eating in Afghanistan is on the floor. Everyone sits around on large colourful cushions, called toshak. These cushions are normally placed on the beautiful carpets, for which Afghanistan is famous. A large cloth or thin mat called a disterkhan is spread over the floor or carpet before the dishes of food are brought. In summer, food is often served outside in the cooler night air, or under a shady tree during the day. In the depth of winter food is eaten around the sandali, the traditional form of Afghan heating. A sandali consists of a low table covered with a large duvet called a liaf which is also big enough to cover the legs of the occupants, sitting on their cushions or mattresses and supported by large pillows called balesht or poshty. Under the table is a charcoal brazier called a manqal. The charcoal has to be thoroughly burned previously and covered with ashes.

Food is usually shared communally; three or four people will share one large platter of rice and individual side dishes of stew qorma, or vegetables. Home made chutneys, pickles, as well as fresh nan usually accompany the food.

The traditional way of eating is with the right hand, and with no cutlery. Spoons may be used for puddings and teaspoons for tea. Because hands are used in eating there is a handwashing ceremony before meals and for this a special bowl and jug called a haftawa-wa-lagan is used. A young boy or girl member of the family brings this to the guest, and pours the water over his hands for him, the bowl being used to catch the water.

There is no special order for serving Afghan food and usually at a large party the table is set with all the main dishes; pilau, qorma, vegetables and salads are placed together with the desserts and fruits. It is up to the individual to choose whether to eat each dish separately or to eat all the dishes on one plate. However, the desserts are eaten last and followed by fruit. After every meal tea is served. Enormous amounts of food are prepared on special occasions. Second helpings are a must if you are not to offend your host. Often the host or hostess will come round and serve you with a large extra helping, insisting that you eat more of this or that delicacy.

Left-overs from these feasts are never wasted. There are always willing eaters in the kitchen who have been involved in the preparation of the food and who wait until the guests have finished. What they cannot manage can always be eaten the next day.

**OCTOBER 2008**

**QABULI PALLAW**

**(Lamb & yellow rice with carrots and raisins)**

**Country of Focus: Afganistan**

**Head Cook: Palwasha**

**Ingredients:**

1 lb long grain rice, preferably basmati

4 fl oz vegetable oil

1 1/2 lb lamb on the bone or 1 chicken,  
cut in pieces

1/2 pint water

2 large carrots

4 oz black seedless raisins

2 tsp char marsala or cumin

1/4 tsp saffron (optional)

2 1/2 pints water

salt and pepper



## Preparation:

Brown 1 medium diced onion in oil. Fry until the onion is fairly dark. Add 1 lb lamb or beef cut into 1"-2" cubes and brown lightly.

Add 2 cups of water, 1 tsp. Salt and 1 to 1  $\frac{1}{2}$  tsp each (cinnamon, ground cumin and ground cardamom) Cover and simmer until meat is tender, about an hour.

Remove meat from the juice and set juice aside. Cut 3 carrots into match stick size pieces. Saute carrots and 1 tsp sugar in about 1/4 cup of oil. Cook until they are lightly browned. Remove from oil Add 1 cup of raisins (I prefer golden sultanas) to the oil and cook until they swell up.

Put enough water to be boiled, boil the rice for 10 to 15 minutes till the rice is tender but not musky, remove the rice from the water and put the rice inside the pot than add the meat juice with 1  $\frac{1}{2}$  tsp salt, Cook until the water is absorbed it will take 5 or 7 mints remember the stove needs to be slow. Mix the carrots, raisins and rice together and put the meat inside the rise while you wanted to serve, making sure the carrots and raisins show on top.

## *Afghani Kofta Nakhod (Meatballs and Chick-Pea)*

### **Ingredients:**

1 cup dried chick-peas, covered with hot water & soaked over-night, or at least 8-10 hours

1 1/2 pounds ground beef

1 large onion, grated

1/4 teaspoon pepper, or to taste

1 teaspoon salt, or to taste

1/4 teaspoon ground cinnamon

1 tablespoon dried mint, crushed

1 tablespoon fine bread crumbs, matzoh meal, or plain flour

4 cups boiling water



## Preparation:

Chick-peas provide bulk. They are ground but not cooked.

Drain chick-peas in a colander, then grind them finely a food processor. Mix everything together except water which should be coming to a hard boil in a large pot.

To prepare meatballs: Moisten clean hands lightly with cold water and roll meat and chick-pea mixture into balls that are about 1-1/2 inches in diameter.



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Put the meatballs into boiling water, one at a time, and simmer over moderate heat for 45 minutes. The meatballs may also be cooked in a light chicken broth. Serve meatballs & soup separately with bread, rice, & pickles.

Serves 8. About 18 meatballs



# COLOMBIA

November 2008

The Colombian [cuisine](#) mixes [European style of food preparation](#) and flavors with traditional [indigenous peoples'](#) cuisine, and varies significantly within regions and sub-regions. Some of the most common elements found in the Colombian diet are: [corn](#), beans, [tomatoes](#), [beef](#), plantains, coffee and [cocoa](#) drinks. The regional cuisines of Colombia are represented by important cities and the areas surrounding them. Around Bogotá, there is the Andean region, where the traditional dish is the *ajiaco*, which contains [yucca](#), guasca and potatoes. The soups are flavored with [plantain](#) chips, [lemon](#) and avocado. On the Caribbean coast, there is the spicy cooking style, represented by spicy lobster with [coconut rice](#). In the Llanos area, the meats are barbequed, like the *terra llanera* or the *Amarillo*. In the Amazons, the Brazilian and the Peruvian cuisines are very much represented in the local dishes. The main meal of a Colombian's day is [lunch](#), usually eaten between 12:30 and 2:30 pm.



## Buñuelos

Buñuelos are a traditional food served to friends and family who come to pray the Novenas to the Virgin Mary during the Christmas holidays, from December 15 to 24. In many of the central departments in Colombia, we serve them with Hojaldras and Natilla.



**NOVEMBER 2008**

**CHICKEN RICE, BUNUELOS & NATILLA**

Country of Focus: **Colombia**

Head Cooks: **Wilma**

**Natilla**

**(Christmas Custard)**

**Ingredients:**

1 qt milk

1 1/2 cup cornstarch

1 1/2 cup brown sugar

5 cinnamon sticks or ground cinnamon to taste

1 cup shredded coconut

## Preparation:

1. Dissolve the [cornstarch](#) in the milk.
2. Add the [brown sugar](#) and cook over low heat, stirring constantly.
3. When the sugar is melted and begins to thicken, add the [cinnamon](#) and [coconut](#).
4. When the natilla is very thick, pour onto a large serving dish.



## BUNUELOS (Christmas Cheese Fritters)

### Ingredients:



2 cups (3/4 pound) very finely grated white farmer's cheese\*

1/4 cup capio corn flour or cornstarch

1 tablespoon sugar

$\frac{1}{4}$  teaspoon salt

1 egg

4 cups oil for frying

## Preparation:

1. Place the cheese in a large bowl. Add the corn starch, sugar, salt and egg and mix well with your hands. Form into about thirty 1 1/2-inch balls.
2. In a deep heavy pot, heat the oil to 325°F. Place about 6 to 8 buñuelos at a time in the oil, leave covered for 5 minutes while they cook. They will grow, watch carefully!
3. Uncover and keep cooking for 5 minutes more, turning if they don't turn themselves.
4. Remove from the oil and drain over paper towels. Serve immediately.



## CHICKEN RICE

### Ingredients:

- 1/2 large chicken breast, bone and skin removed
- 6 chicken thighs, bone and skin removed
- 2 large carrots
- 2 jalapeño peppers
- 3 green onions
- 1 c. frozen peas
- 1 1/2 c. long grain white rice
- 2 1/2 t. salt
- 1 1/2 T. ground cumin
- 2 t. ground turmeric
- 1/4 t. cayenne pepper
- generous shake black pepper
- 3 1/4 c. chicken broth

## Preparation:

1. Boil the chicken pieces for about 30 minutes while you prepare the remaining ingredients. Use plenty of water, as you'll later use the resulting broth as the main liquid for cooking the pilaf.
2. Chop the carrots and onions; dice the jalapeños & remove most of the seeds (depends on how much spiciness you like)
3. Put veggies, along with the peas & seasonings, into a large pot with a lid.
4. Shred chicken into pieces & add to pot.
5. Add broth & stir everything together. Cover, bring to boiling then turn heat to low & cook for 25-30 minutes.



# EL SALVADOR

The typical Salvadoran diet includes lots of rice and beans, seafood, the famous *pupusa*, fried sliced plantains (platanos) usually with beans sour cream and cheese and sometimes with eggs, *yuca con chicharron*, *pastelitos de carne*, *panes con pavo* (turkey sandwiches), hand made tortillas among other very delicious Salvadoran foods.



## Panes Con Pavo

Panes con pavo, translated to turkey with bread, is a warm turkey submarine sandwich. The turkey is marinated and then roasted with Pipil spices and handpulled. This sandwich is traditionally served with turkey, tomato, and watercress. It is often eaten on the weekend or during celebrations, like Christmas or weddings.

**DECEMBER 2008**

**PANES CON PAVO (SALVADORAN TURKEY  
SANDWICHES- FRANCISCO STYLE)**

**Country of Focus: El Salvador**

**Head Cook: Francisco**

**Ingredients:**

**Sauce**

- 10 Plum tomatoes
- 4 Small red peppers
- 200gr Sesame seeds
- 200gr Pumpkin seeds
- 2 Medium white onions
- 5 Medium garlic cloves
- 1 Bottle of white wine
- 2 Dry chipotle peppers
- 1 Small and toasted baguette
- Salt to taste

## **Turkey**

- 1 Medium turkey (clean)

## **Sandwich**

- 25 Small French style baguettes (cut in half but not all the way)
- 2 Cucumbers (medium slice, 2 per sandwich)
- 4 Tomatoes (thin slice, 2 per sandwich)

Watercress

Slice radishes

Salvadorian coleslaw "curtido"

## **Preparation:**

### **Sauce**

- 1) Preheat oven to 350°.
- 2) In a medium pan, toast sesame and pumpkin seeds until they begin to pop.
- 3) Puree all the ingredients for the sauce in a food processor or blender until smooth.

### **Turkey**

- 4) Combine purée and turkey in a dutch oven; season with salt to taste.
- 5) Bake until turkey is very tender (about 2 hours).
- 6) Transfer turkey to a plate (leave sauce in pot); let it cool.
- 7) Add purée to pot; boil over medium-high heat, stirring often, until thickened, about 45 minutes.
- 8) Discard bones from turkey; tear meat into thick pieces.

## Assembly of Sandwiches

- 9) Cut each baguette  $\frac{3}{4}$  of the way.
- 10) In each sandwich place: some pieces of turkey, a piece of watercress, some slice radishes, 2 slices of cucumber, 2 slices of tomato, and a bit of curtido in.
- 11) Top with hot turkey sauce.

Enjoy!

