



International Recipe Book

Enjoy dishes from around the world!

BY WITTENBERG INTERNATIONAL
STUDENTS/FACULTY AND THE OFFICE OF
INTERNATIONAL EDUCATION

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Vegan (VE), Vegetarian (V), Gluten Free (GF)



Welcome to our first annual International Education Week cookbook! In this cookbook you will find recipes from a variety of our international students at Wittenberg, as well as some recipes selected by the Office of International Education staff.

A sincere **thank you** to all of the students who contributed recipes and shared the importance of their chosen dish to help us celebrate International Education Week 2023.

We hope you enjoy learning how to make various dishes from around the world!

Happy cooking!

-The Office of International Education-

ps - you can find instructional videos on how to make the final five recipes in this book on our Instagram: [@intledwitt](https://www.instagram.com/intledwitt). Click on our reels tab, and you'll find them there!





TAIWAN: PINEAPPLE CAKE

Shared by Angela Hong

V

INGREDIENTS

Filling:

- 1 Pineapple
- Maltose 85g
- Brown sugar 95g
- Unsalted butter 8g

Dough:

- Flour 360g
- Egg 120g
- Unsalted butter 184g
- Milk powder 24g
- Brown sugar 92g

DIRECTIONS

Pineapple filling

1. *Shred and drain pineapple*
2. *Stir butter, pineapple, and brown sugar in a pot over medium heat until juice has evaporated.*
3. *Stir in maltose.*

Main ingredient:

1. *Preheat the oven to 325 degrees*
2. *Blend unsalted butter, brown sugar, egg, and flour*
3. *Separate and roll dough into small balls*
4. *After you have your small ball, roll each one flat and add a teaspoon of filling. Fold dough around the filling*

Into the oven:

1. *Bake in 325 degree oven for 12-15 mins*
2. *Cool them down like cookie and enjoy!*

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

Taiwan is a tropical island, which brings us many delicious fruits. Pineapple is one of the fruits that plays a crucial role in our culture. In the early age of our farming, we produced mass amount of pineapple and exported them, so much that people started to make pineapple cake. The pronunciation of pineapple in Taiwanese sounds like "prosperity" in Mandarin, so people also give pineapple or pineapple cake as a present in business, weddings, or when praying to get pregnant.



SOUTH AFRICA: KOEKSISTERS

Shared by Lauren Singery



INGREDIENTS

Syrup:

- 250 ml water (1 cup)
- 625 ml white sugar (2 1/2 cups)
- 12 1/2 ml lemon juice (2 1/2 tsp.)
- 5 ml vanilla essence (1 tsp.)

Dough:

- 375 ml cake flour (1 1/2 cups)
- 22 ml baking powder (4 1/2 tsp.)
- 1 ml salt (1/4 tsp.)
- 20 g butter or 20 g margarine
- 150 ml milk (the vanilla soy milk gives added flavor, 5/8 cup) or 150 ml vanilla-flavored soymilk (the vanilla soy milk gives added flavor, 5/8 cup)
- 750 ml canola oil (3 cups)

DIRECTIONS

1. Put the water and sugar in a pot and bring to boil on low heat. Stir frequently until the sugar is completely dissolved. Boil for 7 minutes.
2. Remove the pot from the stove and stir in the lemon juice and vanilla essence. Put the pot into the fridge.
3. Mix the flour, salt, and baking powder thoroughly in a mixing bowl. Break the butter or margarine into small pieces and add to the four mixture. Add the milk. Mix well until a dough is formed.
4. Roll the dough out to a thickness of 5 mm (+ or - 1/4 in.). Cut the dough into thin (+ or - 10 mm or 1/2 in.) strips. Take 3 strips and join their ends on one side. Braid the strips to desired koeksister length and join other ends.
5. Heat the oil in a pot until fairly hot. Put about 3 koeksisters (or what can fit) at a time in the oil and fry them on both sides until they get a golden-brown color. As you remove the koeksisters from the oil, place them directly into the syrup from the fridge. It is important to keep the syrup cool, so between soakings, return the syrup to the fridge to maintain its coolness.
6. Remove the koeksisters from the syrup and allow the excess syrup to drip off. Place them in the refrigerator to cool and then eat!

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

I love this recipe because it reminds me so much of home and my dad would also buy koeksisters whenever he saw them and we would also taste test them to see which place made them the best. Koeksisters, which means sticky doughnuts, are a very popular South African dessert!!



JAPAN: KYARABEN

Shared by Asuka Yoshinaga

INGREDIENTS

Onigiri

rice

seaweed

Shogayaki

thinly sliced pork

soy sauce

mirin

sake

ginger paste

Optional Sides

Vegetables, including broccoli,

seaweed, tomatoes

Cheese, ham, eggs

DIRECTIONS

Create a character-shaped onigiri by molding the rice, and cut seaweed to match its form. Cut cheese and imitation crab sticks to create facial features, ribbons, and other decorative elements. The side dish with meat in the photo is "Shogayaki," a Japanese dish where pork is seasoned with soy sauce, sake, mirin, and ginger paste. You can use any side dishes you like, but arrange them to enhance the overall color and design.

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

The word "bento" has a meaning that the English word "boxed lunch" doesn't have. In Japan, it is common for mothers to make bento for their children every day. After I entered college, I started making my own bento, but especially with character bentos that involve intricate details, I realized how time-consuming they can be and came to appreciate the love my mom put into making them. Generally, a bento consists of various side dishes with seasoned rice as the main component, all neatly packed into a small box. Following the tradition of Japanese cuisine, it represents a well-balanced and colorful meal. There is a Japanese saying that goes, "First, enjoy with your eyes." And bento doesn't have to be made exclusively with Japanese ingredients or seasonings. It is a method of providing a meal, so it can be made using local ingredients from any country. I chose this recipe because I wanted to share a bit of Japan's culture of enjoying visually appealing food, and personally, I find making character lunch box a lot of fun.



GERMANY: KARTOFFELSALAT

Shared by Mia Eggert



INGREDIENTS

- 1 kg potatoes, waxy
- 2 shallot(s)
- 2 clove(s) of garlic
- 0.2 liters of poultry stock or vegetable stock
- 2 apples, tart e.g. Boskop
- 4 gherkin(s)
- 6 egg(s), hard boiled
- 1 bunch of parsley
- 1 cup crème fraîche, approx. 150 - 200 g
- 1 tablespoon mayonnaise
- 3 tablespoons olive oil
- 2 tsp. horseradish
- 1 tbsp. butter
- ½ lemon(s), juice of it or more salt and pepper

DIRECTIONS

1Boil the potatoes in their skins and let them cool.

Finely dice the shallots and garlic and sauté lightly in butter. Add the broth and simmer gently for 4 - 5 minutes.

Peel and dice the apples and sprinkle with lemon juice. Cut the eggs and gherkins into small cubes. Finely chop the parsley.

Peel the potatoes and put them in a large bowl, cut into fine slices. Carefully fold all the ingredients with the horseradish into the potatoes. Season the salad lightly with salt and pepper. Be careful, the spices drag on!

Leave the potato salad covered in the refrigerator, preferably overnight, and season again before eating.

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

Potato salad is traditionally served with sausages on December 24.



TAIWAN: BRAISED PORK RICE

Shared by Daisy Huang

INGREDIENTS

pork belly 500g
fried shallots 80g
6 garlic cloves
rock sugar
soy sauce
soy sauce paste
black pepper
rice

DIRECTIONS

1. Blanch the pork belly
2. Chop the pork belly into cubes and slice the garlic
3. Heat the wok over high heat for about 10 seconds, and add the pork belly to saute it
4. When the surface of the pork turns slightly golden, add soy sauce paste and soy sauce and stir-fry for about 2 minutes, then add sliced garlic, black pepper, and rock sugar to taste
5. Wait for about 1 minute and when the pork takes on a caramel color, add the fried shallots and stir for another minute.
6. After 20 seconds of fragrant aroma, pour in boiling water. It is recommended that the amount of water cover the braised pork. Then immediately turn to low heat, cover the pot, and simmer for about 1 and a half to more than 2 hours. There is no need to stir during the simmering process. You can taste it from time to time, and it will be done when the meat is tasty
7. Make and serve with rice

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

Braised pork rice is a very common food in Taiwan. Braised pork rice originated from the poor people's livelihood in Taiwan's early days. Most people only had the opportunity to eat meat during the New Year and festivals, and when they worshipped their ancestors and gods. Due to the tight life, moms bought scattered pork rinds from the butcher stall owner. They added soy sauce, onions, and garlic and stir-fried them together to make a pot of braised pork to mix with rice. Later, it developed into braised pork rice with different characteristics in different places.



RWANDA: MANDAZI

Shared by Gazelle Rudakubana



INGREDIENTS

- 3 cups all purpose flour
- 1/2 cup coconut milk
- 1/2 cup sugar
- 1 egg
- 1 tsp active dry yeast
- 1/2 cup warm water
- 1 Tbsp vegetable oil
- 1/2 tsp salt
- 1 tsp cardamom
- 1 tsp cinnamon
- vegetable oil for frying donuts.
- 2 Tbsps. confectioners' sugar for dusting

DIRECTIONS

1. In a small bowl mix the yeast and warm water and stir. Let sit for 5 minutes until yeast dissolves.
2. In a large mixing bowl, add flour, salt, cardamom, and cinnamon and mix. Add vegetable oil, egg, coconut milk, sugar and yeast mixture.
3. Mix everything until the dough is not too sticky and it no longer sticks to the side of the bowl, add additional flour as needed. (you can use the dough hook on your mixer for this)
4. Place the dough in an oiled bowl and cover with a towel or plastic wrap. Let it rest for about an hour until the dough rises a little.
5. Heat oil in a deep fryer to 350 degrees or use a deep frying pan or wok.
6. Cut the dough into about 6 pieces to make it easier to roll and cut. Roll each piece so that the dough is about 1/2 inch in thickness.
7. Cut into triangles and place in hot oil.
8. Fry on both sides until golden.
9. Place donuts on paper towels to drain any excess oil.
10. Repeat with remaining dough.
11. Sprinkle with confectioners sugar and enjoy.

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

There aren't many Rwandan restaurants here so i wanted to share my culture to give people more access to our food.



RWANDA: MATOKE

Shared by Gazelle Rudakubana

GF

INGREDIENTS

- 10–12 matoke
- 2 tablespoons oil
- 1 medium onion diced
- 1 teaspoon minced garlic
- ½ teaspoon grated ginger
- 1½ lb beef cut into small cubes
- 1 teaspoon curry powder
- 2 teaspoon chicken bouillon powder or 2 cubes
- 1 teaspoon paprika
- ½ teaspoon cayenne pepper or add to taste
- 4 medium tomatoes diced
- 2½ to 3 cups chicken stock or water
- salt and pepper to taste
- handful coriander leaves or cilantro [chopped]

DIRECTIONS

1. Peel and cut the matoke into 1.5 – 2 inch pieces. Put them in water till you are ready to use them so that they don't become discolored.
2. Heat the oil in a large skillet over medium-high heat, add onions, and cook until soft, about 2 minutes.
3. Stir in the garlic and ginger and cook until fragrant—a few seconds.
4. Stir in the beef and add the paprika, curry powder, bouillon powder, salt, and pepper. Mix well, cover, and leave to cook for 10 minutes, stirring halfway between.
4. Add the matoke, diced tomatoes, and stock (or water), stir, cover, and leave to simmer for 25 to 30 minutes or till the matoke becomes tender.
6. Stir in the coriander or cilantro and serve.

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

This recipe is important to me because here in the U.S we don't have many Rwandan restaurants and would love to share some of my culture through food.



SPAIN: PAELLA

Shared by Guillermo Del Rio Gonzalez

GF

INGREDIENTS

onion, bell pepper, garlic,
tomatoes, parsley, frozen
peas.

Spices: bay leaf, paprika,
saffron, salt and pepper.

White wine

Chicken broth

Rice

Seafood such as shrimp,
mussels, and calamari

Chicken

DIRECTIONS

1. Sauté: Add olive oil to a skillet over medium heat. Add onion, bell peppers and garlic and sauté until onion is translucent. Add chopped tomato, bay leaf, paprika, saffron, salt and pepper. Stir and cook for 5 minutes.
2. Add white wine. Cook for 10 minutes.
3. Add chicken & rice. Add chopped parsley and cook for 1 minute.
4. Add broth. Pour the broth slowly all around the pan and jiggle the pan to get the rice into an even layer. (Do not stir the mixture going forward!). Bring mixture to a boil. Reduce heat to medium low. Give the pan a gentle shake back and forth once or twice during cooking.
5. Cook uncovered: Cook paella uncovered for 15-18 minutes, then nestle the shrimp, mussels and calamari into the mixture, sprinkle peas on top and continue to cook (without stirring) for about 5 more minutes. Watch for most of the liquid to be absorbed and the rice at the top nearly tender. (If for some reason your rice is still uncooked, add $\frac{1}{4}$ cup more water or broth and continue cooking).
6. Cover and let rest. Remove pan from heat and cover pan with a lid or tinfoil. Place a kitchen towel over the lid and allow to rest for 10 minutes.
7. Serve. Garnish with fresh parsley and lemon slices. Serve.

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

It is important because it reminds me of getting together with family members.



THE NETHERLANDS: STAMPPOT

Shared by Sven Van Den Eerenbeemt

GF

INGREDIENTS

- 4-5 Russet Potatoes
- 1 large carrot
- 1 medium onion
- 1/2 cup milk (adjust to taste)
- 2 tablespoons butter (adjust to taste)
- salt and pepper to taste

DIRECTIONS

1. Peel and cut potatoes. Boil in large pot for 15-20 minutes, or until potatoes are tender. Drain and return to pot. Add milk and butter and smash until smooth. Season with salt and pepper to taste.
2. Finely chop carrots and onion. Sautee in a large skillet over medium-low heat for 6-7 minutes, or until soft.
3. Add onion and carrot mixture to potatoes and stir well.
4. Serve on its own or with a meat entree, such as smoked sausage.

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

We usually eat it in the winter; we are known for eating potatoes.



TANZANIA: CHIPSI MAYAI

Shared by Janeth Vegula

GF/V

INGREDIENTS

Cooking oil
Fries
Eggs
Salt (optional)
onions, tomatoes, peppers,
carrots (all optional)

DIRECTIONS

You take ready-made fries, put them in a frying pan with a little bit of cooking oil

You take some eggs, any amount from 1 to 5, depending on the quantity of fries, and you spread them over the fries

Wait a few minutes for the bottom part to cook, then flip it over and cook the other part

It takes a few minutes and it is ready.

After cooking it, we eat it with ketchup, hot sauce and salad. We also eat it with chicken or this other amazing dish we call mishkaki.

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

It is a street food, loved by many, especially women. I love it! When cooked right, it is among my top 5 favourite dishes. It is an amazing comfort food. It also tastes really good.



BONUS RECIPES



HONG KONG: STEAMED COD

Shared by Dr. Shelley Chan

INGREDIENTS

A piece of cod fish (you can use other fish fillets or a whole fish)

A thin piece of ginger root
One green onion

Two to three tablespoons of cooking oil

Two tablespoons of soy sauce.

DIRECTIONS

1. After defrosting the fish, rinse it thoroughly with water and then pat it dry using a kitchen towel.
2. Place a steamer on the fire with water and bring to a boil.
3. Place the fish fillet on a plate and steam, covered, for about 5 minutes in the steamer (the time depends on the size of the fish).
4. After turning off the fire, do not open the lid, and let the fish sit for about two to three minutes.
5. Julienne green onion and ginger.
6. Remove the plate containing the fish from the steamer and dispose of the water in the plate.
7. Place the julienned green onion and ginger on top of the fish.
8. Heat cooking oil in a frying pan.
9. Pour the oil, which should be very hot, over the onion and ginger.
10. Add soy sauce to the hot pan and pour it over the onion, ginger, and fish.

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

In Hong Kong, seafood is a staple part of our diet. We take great pleasure in savoring the natural flavors and freshness of food. We use this simple method to cook fresh fish without the need for thick sauces to mask unpleasant odors from using less fresh fish.



THAI MANGO STICKY RICE

VE/V

INGREDIENTS

- 1½ cups glutinous (sweet) rice
- 1½ cups well-stirred canned unsweetened coconut milk
- ½ cup plus 3 tablespoons sugar
- ¼ teaspoon salt
- 1 tablespoon sesame seeds, toasted lightly
- 1 large mango, peeled, pitted, and cut into thin slices (at least 24)

DIRECTIONS

1. Using a fine mesh strainer, rinse rice. Add rice and the 1 1/2 cups water to a medium pot and let soak for 30 minutes to 1 hour.
2. Add 1 cup coconut milk and salt to rice and bring pot to a boil over high heat, then reduce to low heat. Simmer, covered with lid slightly ajar, until rice is tender and liquid has been fully absorbed, 10 to 12 minutes. Remove from heat and cover completely. Let sit for 5 minutes.
3. Meanwhile, in another medium pot over medium heat, heat remaining coconut milk and sugar together, stirring until sugar is dissolved. Remove from heat.
4. Place rice on serving dish with mango. Pour sauce over rice and top with sesame seeds. Sticky rice can be served warm or at room temperature.

Adapted from: <https://tinyurl.com/mangostickyrice1EW>





CRÊPES

V

INGREDIENTS

- 1 cup all-purpose flour
- 1/2 tsp salt
- 2 large eggs, room temperature
- 1 cup milk, warmed
- 3 Tbsp melted butter
- 1/4 cup water
- 2 Tbsp cooking oil (for the skillet)

DIRECTIONS

1. Add the flour, salt, eggs, milk, melted butter, and water together in a large bowl until it forms a smooth and slightly thick batter.
2. Let the batter rest at room temperature for 30 minutes, or cover and refrigerate up to two days.
3. When ready to make your crepes, heat a 10-inch skillet over medium heat. Once hot, brush with about 1/2 tsp oil.
4. Pour about 1/3 cup of the batter into the skillet and begin to tilt the skillet in a circular motion to allow the batter to evenly cover the surface of the skillet.
5. Allow the batter to cook until mostly set, then flip and cook until golden brown on the second side. The total cook time for each side will vary depending on your skillet and stove top. You may need to adjust the heat up or down as you go.
6. Repeat with the rest of the batter, adding more oil between crepes as needed. As you cook the crepes, stack them on a clean plate and cover with a towel to keep warm. Once all of the crepes are cooked, fill, fold, or roll the crepes then serve.

Adapted from: <https://www.budgetbytes.com/homemade-crepes/>





EMPANADAS

V

INGREDIENTS

2 packs of
empanada discs
3 sweet onions
3 tbsp. brown sugar
1 bag of shredded
mozzarella
Oil for frying and
sautéing

DIRECTIONS

1. take the empanada disks out of freezer for two hours to thaw
2. slice onions into strips and throw in hot skillet to sauté
3. once translucent, add 2-3 tbsp. of brown sugar and let sauté about 20 minutes
4. Remove onions and let cool
5. Take an empanada disk and add onion and mozzarella to the middle.
6. Fold over and seal with fingers, and then crimp both sides with a fork.
7. heat up oil in a pan at medium temperature and fry the empanadas until golden brown. make sure to flip so both sides are brown.
8. ENJOY!

Recipe courtesy of Maria del Mar Aponte Rodriguez, Director of International Education



SHAKSHUKA

V/GF

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 red bell pepper, seeded & diced
- 4 garlic cloves, finely chopped
- 2 teaspoon paprika
- 1 teaspoon cumin
- ¼ teaspoon chili powder
- 1 28-ounce can whole peeled tomatoes
- 6 large eggs
- Salt and pepper, to taste
- 1 small bunch fresh cilantro, chopped
- 1 small bunch fresh parsley, chopped

DIRECTIONS

1. Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.
2. Add garlic and spices and cook an additional minute.
3. Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.
4. Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.
5. Garnish with chopped cilantro and parsley.

Adapted from: <https://downshiftology.com/recipes/shakshuka/>





BASBOUSA

V

INGREDIENTS

- 1 can of crema
- 1 can of condensed milk
-
- Use the crema can to measure out:**
- 2 cans semolina flour
- 1 can sugar
- 1 can powder milk
- 1/2 can water
- 1/2 can oil
- 1 tsp. baking powder

DIRECTIONS

1. Heat oven to 350 degrees.
2. Mix all ingredients in one bowl until smooth.
3. Pour into 8 x 8 greased pan
4. Bake for 20-25 minutes or until golden
5. Poke holes and pour can of condensed milk while warm.
6. Let cool and cut.

Recipe courtesy of Maria del Mar Aponte Rodriguez, Director of International Education



Enjoy!

Bon appétit!

잘 먹겠습니다

Guten appetit

بالهنا و الشفاء

Buon appetito

食飯

¡Buen provecho!

Bom apetite

ขอให้เจริญอาหาร!

Afiyet olsun!