



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)

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



Welcome to our second version of our International Education Week cookbook! In this cookbook you will find recipes from a variety of our international students and faculty, as well as some recipes selected by the Office of International Education staff.

A sincere **thank you** to everyone who contributed recipes and shared the importance of their chosen dish to help us celebrate International Education Week 2024.

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!





CANADA: POUTINE

Shared by Lewis Foster

INGREDIENTS

- French Fries
- Cheese curds
- Gravy

DIRECTIONS

1. Prepare the fries:

- If using frozen fries, cook according to package instructions (baking or frying for best crispness).
- For homemade fries, cut potatoes into sticks, soak them in cold water for 30 minutes, drain, dry thoroughly, and fry them twice: first at 325°F (160°C) until tender, then at 375°F (190°C) until golden and crispy.

2. Warm the gravy:

- Heat store-bought gravy or make your own. If needed, thicken with cornstarch slurry (1 tsp cornstarch + 1 tbsp water). Keep warm.

3. Assemble the poutine:

- Place the hot fries on a large plate or shallow bowl.
- Sprinkle cheese curds generously over the fries.
- Pour hot gravy over the top, ensuring it melts the cheese slightly.

4. Serve the Poutine hot!

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

It's an iconic symbol of Québécois cuisine and it tastes pretty good.



DOMINICAN REPUBLIC: MANGÚ CON LOS TRES GOLPES

Shared by Alana Hernandez



INGREDIENTS

- 2 plantains (green, unripe)
- 1 teaspoon of salt
- 4 tablespoons of salted butter,
or olive oil
- To make onion garnish
- 2 tablespoons of olive oil
- 2 red onions
- 1 tablespoon of fruit vinegar
- To make los tres golpes
- Salami (to your liking)
- Egg (to your liking)
- Fried Cheese (to your liking)

DIRECTIONS

- 1- Peel the plantains, cut them lengthwise and divide each of them in two.
- 2- Boil the plantains with the salt in enough water to cover them plus an inch until they are very tender.
- 3- Remove the plantains from the water and mash them right away with a fork or potato masher. Mix in the butter, and progressively add water until reaching desired texture.
- 4- Heat a tablespoon of olive oil in skillet over low heat. Add onions and cook and stir until they become translucent. Pour in vinegar and season with salt to taste.
- 5- Fry an egg, two slices of salami and frying cheese, to your liking.
- 6- Serve. Garnish mangú with the onions and serve the sides.

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

Mangú is the most common breakfast in Dominican Republic, it's one of the first foods you are introduced to as a baby. Plantains has kept Dominicans strong for generations, to the point it is considered the moving power of every family's diet.



DOMINICAN REPUBLIC: SANCOCHO DOMINICANO

Shared by Adriano Hernandez

INGREDIENTS

- 1 Pollo mediano cortado en trozos
- 1 chuleta de cerdo
- ½ kg de carne picada
- ½ kg de yuca
- 1 Plátano verde grande
- 1 Ñame
- 1 Yautía
- ¼ Auyama pelada
- 1 mazorca de maíz
- 1 Pimiento verde picado
- ½ monojo de perejil
- 2 Cebollas rojas pequeñas picadas
- 2 dientes de ajo machacados
- 3 hojas de cilantro ancho
- Caldo de carne
- 2 cucharadas de vinagre
- 1 cucharada de salsa inglesa
- 2 cucharadas de azúcar
- 1 Patata grande pelada (opcional)

DIRECTIONS

En una olla grande ponemos dos cucharadas y media de aceite. Ponemos la carne toda junta para que se ablande un poco y se dore. Entonces añadimos 2 cucharadas de azúcar. Removemos suavemente para que se vaya haciendo la carne. Añadimos el ajo, la cebolla y los pimientos, todo picado. Seguimos removiendo.

Pelamos y cortamos la yautía, el ñame y la yuca y los añadimos a todo lo anterior. Añadimos también el caldo. Sazonamos y dejamos cocinar durante 40 minutos aproximadamente. Removemos para mezclar bien los ingredientes y tapamos la cazuela.

Después de que haya pasado ese tiempo, añadimos la mazorca de maíz cortada en trozos, la salsa inglesa y el perejil y removemos para integrar los nuevos ingredientes. El maíz se hará más o menos en 10 minutos.

Cuando haya pasado ese tiempo, añadimos un chorrito de vinagre en el sancocho y dejamos que siga cociendo.

Rayamos el plátano y lo amasamos con las manos. Añadimos un poco de agua para que sea más fácil de manejar y se amase mejor. Formamos unas bolitas con la masa y las añadimos al guiso. Removemos con cuidado.

Añadimos otro chorrito de vinagre y apagamos el fuego.

Servimos el sancocho: colocamos las bolitas de plátano y el maíz en la base del plato. Después añadimos la carne.

Opcionalmente le podemos añadir patata al guiso.

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

My grandma used to do it for us. I spent most of my time with her when I was a child before she died.



FRANCE: TARTE AU MAROILLES

Shared by Cyril Yennek



INGREDIENTS

Pizza crust/ any
type of pie dough
Maroilles/any type
of cheese
Yellow of an egg
Crème Fraîche
(sour cream and
buttermilk)

DIRECTIONS

This recipe is pretty simple. It consists of taking some pizza crust, or any kind of pie dough you can find. You can even make the pie dough yourself, but it is usually meant to be a simply made dish

You have to add some maroilles cheese all throughout the crust after cutting it into many pieces. Maroilles cheese is a type of cheese with a strong smell and a strong scent, but the cooking of it and its mixing with the next ingredient are going to smooth it all down. I think it can get hard to get a hold of some in this country, so I guess you can use pretty much any type of cheese really (should have called it a cheese pie)

You need to add some Crème Fraîche to your preparation. Crème Fraîche is almost equivalent to Sour Cream, but it is still not the same. I think it would be better for you to make your own Crème Fraîche like the one you can find in France:

You just need to add a little buttermilk to your sour cream and let it rest for about 12 hours. The cream should be thicker, creamier and milder (and better tasting!!). Just add the yellow part of an egg and mix it with the cream before putting it on the pie

You can then add some spice. It is not a very strict dish so you can add any kind of spice you like (I like pepper but everyone's taste is different). You can also add some ripped gruyère on top, or even some small bits of bacon (the actual French ingredient is « lardons » but I have not found an exact equivalent in here). But note that this last part is not necessary and pretty arbitrary as you can add pretty much anything you want. It is one of those dishes that can vary from one household to another!

You put it in the oven for about 10 minutes at 460 Fahrenheit (240 degrés celsius) and you're set once it is cooked!

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

It is a typical dish from the North of France, which is pretty popular only in this specific region. It is also one of my favorite dishes since it is simple to make, not expensive, it lasts for long in your stomach!



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.



HONG KONG: FRIED RICE

Shared by Shelley Chan



INGREDIENTS

2-3 cups cooked rice (preferably day-old);
2 tsp vegetable oil or sesame oil;
2 eggs, beaten with a dash of salt;
1 cup mixed vegetables;
2-3 tbsp soy sauce; salt to taste;
Optional: cooked protein (shrimp, chicken, sausage, etc.); 1-2 tbsp green onions.

DIRECTIONS

Take the rice out of the fridge and break up the rice clumps for even frying. Heat some oil in a pan or wok over medium heat, pour in the beaten eggs and scramble, remove from the pan and set aside. Add another tsp of oil to the pan and sauté the mixed vegetables until tender. Increase the heat to medium-high and add the rice, stirring continuously to prevent sticking and to distribute heat evenly. Drizzle soy sauce over the rice, stirring to coat evenly. Stir in the cooked eggs and optional proteins and cook for another 2-3 minutes until everything is heated. Sprinkle chopped green onions on top before serving.

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

Fried rice is one of the most common dishes for Chinese people, and it's easy to prepare. You can make different types of fried rice according to your taste. Those who don't eat meat can also make vegan fried rice without eggs or meat. The attached photo shows the kimchi vegan fried rice I made for the 2024 International Potluck



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.



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.



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.



NORWAY: LEFSE

Shared by Ruth Hoff

VE

INGREDIENTS

- 4-5 medium potatoes
- 1/4 cup shortening (or refined coconut oil)
- 1/4 cup cream (or almond, oat, rice, or soy milk)
- 1 tsp. sugar
- 1 cup flour

DIRECTIONS

Boil potatoes with skins on until fork tender. Peel while hot. Rice potatoes with a potato ricer (or mash). Mix potatoes, shortening, cream, and sugar. Chill (overnight is best). Add 1 cup flour to chilled mix. Place a floured cloth around your rolling pin. Form a walnut-sized ball of dough. Roll thin on cloth mat adding flour to both the cloth mat and the rolling pin to avoid sticking. Slide a long, thin, flat stick under the dough and remove from mat. Cook on a hot, flat grill or griddle. Flip when bubbles form. The bubbles will be a nice shade of brown when the lefse is cooked. Wrap in cloth as you go to prevent from drying out.

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

My Norwegian-American grandmother would make this for family meals -- especially around the holidays. We would spread butter and sugar on our lefse and then roll it up before eating. It's also great with cinnamon, jam, or other spreads.



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.



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!!



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.



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.



TAIWAN: CUCUMBER SALAD

Shared by Tai-Hsin Huang

INGREDIENTS

Cucumbers
chili peppers
garlic
salt
sugar
white vinegar
sesame oil

DIRECTIONS

1. Smash the cucumbers and garlic into many pieces. (Cut them into many little pieces is also fine)
2. Cut chili peppers into many pieces.
3. Add salt, sugar, white vinegar, and sesame oil depending on your preference.
4. Shake it after everything is added into a bowl.
5. Put a lid on or use plastic wrap to cover it, and put it into the fridge for at least half the day. The longer you put it, the stronger the taste will be.

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

Summer in Taiwan is very hot and humid, so we need something to help us cool down. Many people think that eating spicy food will make them feel hotter, but the hotter the weather, the more we crave spicy food. This is because eating spicy food triggers the body's nerve response, accelerates blood circulation and metabolism, increases body temperature, and raises the heartbeat, leading to a large amount of sweating and heat dissipation.



TAIWAN: FRIED PORK AND CHIVE DUMPLINGS

Shared by Tai-Hsin Huang

INGREDIENTS

400 g of Minced pork, 350g of garlic chives, green onions, an egg, and 60 pieces of dumpling wrappers

Marinade: 2 spoons of soy sauce, salt, chicken powder, sugar, sesame oil, ground white pepper

DIRECTIONS

1. Mix well the marinade and the pork and then marinate it for 30 minutes.
2. Chop garlic chives and green onions into many pieces.
3. Add garlic chives, green onions, and an egg into the pork after it is marinated for 30 minutes.
4. Put a spoonful of filling in the center of the wrapper.
5. Dip a little bit of water on one side of the wrapper. Stick the two opposite sides together and then the rest.
6. Try to make wrinkles at the stuck part so the filling doesn't come out when cooking.
7. Put a bit more oil in a pan and wait for it to be hot.
8. Put down the dumplings and fry them until the bottom is brown.
9. Add $\frac{1}{4}$ cup of water, put on the lid, and wait for the water is evaporate.

*If you're still not sure if it's done, use a fork to poke it. If you can poke it through, that means it's done.

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

Dumplings are an important symbol in Chinese culture, representing unity, prosperity, and good fortune. They are especially significant during celebrations like the Lunar New Year, where their shape resembles ancient gold ingots, symbolizing wealth. Making dumplings is a family tradition, fostering togetherness as loved ones gather to prepare and enjoy the dish. The versatility of dumplings, with various fillings and cooking methods, makes them a beloved food across the Chinese area. As a cherished part of Chinese culinary heritage, dumplings connect people to their cultural identity and hopes for a prosperous future.



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.



TAIWAN: SESAME OIL CHICKEN STEW

Shared by Lin Tsai

INGREDIENTS

- 1 ½ pounds bone-in chicken, cut into pieces
- 2 tablespoons vegetable oil
- ¾ cup rice wine
- ¾ cup dark sesame oil
- 2 tablespoons light sesame oil
- 7 slices fresh ginger root
- 1 ½ cups water
- 1 (16 ounce) package uncooked somen noodles

DIRECTIONS

Step 1:

Bring a large pot of water to a boil. Stir in the chicken pieces, return to a boil, and cook for 2 minutes; drain.

Step 2:

Heat the vegetable oil in a large skillet over high heat. Stir in the chicken pieces, and cook until browned on the outside, about 3 minutes.

Step 3:

Pour in the rice wine, dark sesame oil, light sesame oil, and ginger slices. Bring to a boil, then reduce heat to medium, and simmer for 3 minutes.

Step 4:

Add the water, return to a boil, and cook until the chicken is no longer pink, and easily pulls away from the bone, about 5 minutes more.

Step 5:

Meanwhile, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, drop the somen in a few noodles at a time and return to a boil. Cook uncovered, stirring occasionally, until the noodles have cooked through, but are still firm to the bite, 5 to 7 minutes. Drain well in a colander set in the sink.

Step 6:

Stir the somen noodles into the simmering chicken to serve.

WHY IS THIS RECIPE IMPORTANT TO YOU/YOUR CULTURE?

Taiwanese Sesame Oil Chicken Stew has always been one of the most popular food to enjoy in winter! The concepts of Traditional Chinese Medicine has been practice for a long time in Taiwan. Both of my parents had studied Traditional Chinese Medicine in schools so it plays an important part of my daily life. According to traditional theories: these three key ingredients—chicken, sesame oil, and ginger—work together to provide multiple health benefits, including nourishing the body, improving circulation, and protecting cell health. For postpartum women, sesame oil chicken is an ideal dish to restore strength, balance energy, and support recovery. It's not only delicious but also packed with natural ingredients that promote health and well-being.



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



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/>





SPAETZLE

INGREDIENTS

2 cups of all purpose flour, 1-
1/2 teaspoon salt, 1/4 teaspoon
ground netmeg, 4 large eggs,
1/2 cup milk

DIRECTIONS

Dry ingredients: In a medium to large bowl mix together flour, salt and nutmeg.

2. Wet ingredients: In a separate bowl, whisk the room temperature eggs, one at a time

until they are well beaten together. Add the milk to the eggs and blend together.

3. Combine: Make a well in the middle of the flour mixture and pour egg mixture into it. Mix until a soft dough forms. The dough should be just thicker than batter; spoon-able but not runny/pourable. Cover bowl with a hand towel and allow dough to rest for about 10 min.

4. Cook: Bring 2-3 quarts of lightly salted water to a boil. Scoop about half of the batter into

5 from 74 votes

https://tastesbetterfromscratch.com/wp/rm_print/spaetzle Page 1 of 3

Spaetzle - Tastes Better From Scratch 11/20/24, 1:40 PM

a Spatezle tool, or use the large holes of a grater, colander or steamer basket and use a spatula to push the batter through the holes, into the boiling water.

5. Give the dumplings a gentle stir. Cook for 2-3 minutes, until they float to the surface. Use a slotted spoon to transfer dumplings into a colander to drain and then transfer them to a bowl. Repeat process with remainder of dough. This recipe will cook in two batches.

6. Toss with butter and serve warm, OR for a final authentic step, sauté the cooked little dumplings on the stove top in a hot large fry pan with melted butter, flipping just once, until crisp on both sides.

Submitted by Dr. Plumly (German Professor)



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



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>





Enjoy!

Bon appétit!

잘 먹겠습니다

Guten appetit

بالهنا و الشفاء

Buon appetito

食飯

¡Buen provecho!

Bom appetite

ขอให้เจริญอาหาร!

Afiyet olsun!