

# International Recipe Book



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# Appetizers

1. Haydari
2. Vegetarian Stuffed Grape Leaves al Pesto
3. Whole-y Guacamole
4. Cheese Fondue
5. British Scotch Eggs
6. Japanese Cucumber Pickles
7. Mama Dori's Hummus



# Haydari

From: Stan Koepke and John Bavaro

Turkey

## Instructions

Mix all of the ingredients with a spoon until well blended. Place on a dish or in a bowl. Drizzle with olive oil, if desired and sprinkle with paprika (again, if desired).

Refrigerate until being served. Serve with pita bread.

Note: Because of the various herbs and spices being used, this spread is best when served the day after it is made. This allows all of the flavors to meld in the spread.

*Haydari is a Turkish spread which is made with either Kefir cheese (if you can find it) or strained plain Greek yogurt. Kefir cheese has more of the consistency of cream cheese. If you use plain Greek yogurt, it should be strained (preferably for 12 hours) to eliminate excess liquid.*

## Ingredients

1-1/2 cups of kefir cheese or strained Greek yogurt

3 tablespoons of feta cheese, grated

2 tablespoons of fresh dill, finely chopped

1 tablespoon of fresh mint, finely chopped

1/3 cup of walnuts, finely chopped

1 tablespoon of lemon juice

1-2 cloves of garlic, minced

Salt to taste

1 tablespoon of olive oil, for garnish (optional)

1 teaspoon of paprika, for garnish (optional)

# Vegetarian Stuffed Grape Leaves al Pesto

From: Doug Cooper

## Instructions

• Mix cooked rice with pesto sauce including parmesan cheese. (The mix should be fairly sticky so that it holds together well as a filler)

• Lay out a grape leaves on a board with the stem edge facing you

• Put a small cigar-shaped body of the pesto and rice mix on the grape leaf near to the stem

• Roll the grape leaf like a cigar—tucking the sides in as you go so the stuffed grape leaf is sealed

• Sprinkle with lemon juice and serve

*Use bottled grape leaves for this. It's way easier.*

## Ingredients

- Cooked Rice
- Pesto Sauce
- Bottled Grape Leaves
- Lemon Juice

# Wholey-Guacamole

From: Michele Yamada

## Instructions

Mix, and try adding more Salt, but only after testing with a salted, hearty corn tortilla chip. I prefer to large dice the avocado, and not mix until creamy.



*Our family's version of fast food is Guacamole spooned over crispy oven baked taquitos, even if the taquitos are from the grocery store freezer.*

## Ingredients

- 1/2 small onion, finely diced
- 2 Roma tomatoes, diced (Any tomato will work)
- 3 tbsp, fresh cilantro, chopped (can be omitted)
- 3-4 ripe Haas avocados (Just ripe, not mushy or too bruised)
- Lemon or lime
- 1/2 tsp Salt, or garlic salt, if you don't like fresh garlic
- 1 clove Fresh minced garlic
- Black pepper

# Cheese Fondue

From: Carolyn Russ

*Switzerland*

## Instructions

Dredge cheese lightly with flour.

Rub fondue pot with garlic, pour in wine, and place over medium heat.

When air bubbles rise to surface, add lemon juice.

Add cheese by handfuls, stirring constantly with a wooden spoon until cheese is melted.

Add kirsch/brandy and seasonings, stirring until blended.

Keep cheese fondue bubbling hot over a burner; serve with bread cubes to dip into fondue.

Serves 2-4.

## Ingredients

1/2 lb Gruyere cheese, shredded

1/2 lb Emmental cheese, shredded

3 T flour

1 clove garlic

2 cups dry white wine

1 T lemon juice

3 T kirsch or brandy

nutmeg, pepper, and paprika to taste

cubes of crusty bread, approximately 1/2 baguette per person

# British Scotch Eggs

From: Tony Richardson-Eckes

## Instructions

- Put eggs into a large saucepan. Cover with cold water and bring to the boil. Once boiling, set the timer for 12 mins. When 12 mins is up, quickly lift the eggs out with a slotted spoon and plunge into a big bowl of cold water.
- Put the sausage meat, parsley, Worcestershire sauce, mustard powder and mace into a bowl with plenty of seasoning. Break in 1 of the remaining eggs and mix everything together.
- Crack remaining 2 eggs into a bowl, beat with a fork, then sieve onto a plate. Tip the flour onto another plate and season well. Finally, tip the breadcrumbs onto a third plate.
- When the eggs are cool, tap lightly on a hard surface to crack the shell, then peel. If you hold the eggs over the bowl of water as you peel, all the shell bits will collect in there and you can dip in the egg to wash off any fragments. Wrap a slice of bacon around the middle of each egg, overlapping, like a belt
- Now finish coating the eggs. I set up the ingredients along my bench like a conveyer belt: eggs, then flour, mince, beaten egg and finally breadcrumbs, plus a baking parchment-lined tray at the end to put the finished scotch eggs on.
- Bake at 375 for 25 minutes. Cook on a cooling rack in an oven dish.
- Serve with mustard

## Ingredients

- 12 large eggs
- Sage flavored sausage meat
- 5 tbsp **parsley** , finely chopped
- 2 tsp Worcestershire sauce
- 2 tsp Coleman's **mustard** powder
- 2 tsp ground mace
- 12 **rashers** of bacon
- 85g **plain flour**
- dried breadcrumbs For coating



# Japanese Cucumber Pickles *Sunomono*

From: Nancy Phillips

## Instructions

- Cut cucumbers into thin slices and mix with salt.
- Let sit for 10 minutes and then squeeze and drain.
- Mix rice vinegar, sugar, soy sauce and sesame oil.
- Toss with cucumbers and allow to marinate for 30 minutes.
- Top with sesame seeds, which can be toasted first over low heat for more flavor

## Ingredients

- 1 lb. English cucumbers
- 1 tsp salt
- 2/3 cup rice vinegar
- ¼ cup sugar
- 1 tsp soy sauce
- 1 tsp sesame oil
- 2 Tbs sesame seeds

# Mama Dori's Hummus

From: Nancy Phillips

## Instructions

Turn on the food processor and drop in the garlic.

Then add the rest of the ingredients and blend until smooth.

If you want it thinner, add a little of the can juice or a little water to thin.

Great with toasted pita or sliced vegetables.

## Ingredients

2 Tbs tahini

1 lemon (squeezed to get 1 – 1 ½ Tbs juice)

½ tsp salt

1 clove garlic

2 Tbs olive oil

1 10-oz can chickpeas, drained (reserve a little of the can juice in case you need to thin hummus)

# Sides

1. Carrot Salad
2. Skillet Cabbage
3. Cuban Risotto
4. Moroccan Haira
5. Caribbean Black Beans
4. Cranberry Relish
5. Picklise
6. Green Beans in Olive Oil
7. Sweet Potato Souffle
8. Bartko(Bossers) Best Bean Bake
9. Work Chili
10. Japanese Spinach salad
11. Layered Caribbean Chicken Salad
12. Spinach Salad
13. Barbecue Sauce
14. Malawian Chicken Soup
15. Tomato Sauce
16. South African Mealy Bread



# Carrot Salad

From: Carolyn Russ  
France/Morocco

## Instructions

Combine ingredients. Refrigerate several hours before serving.

## Ingredients

2 cups coarsely shredded carrots  
1/4 cup vegetable oil  
1/4 cup dried currants or raisins  
1/2 tsp freshly ground pepper  
2 Tbsp lemon juice  
1/3 orange juice

# Skillet Cabbage

From: Carolyn Russ  
*More with Less Cookbook*,  
Asian derivative

## Instructions

Heat in large skillet:

2 Tbsp butter or oil

Add

2/3 cup chopped onions

1 clove garlic, minced

Stirfry for a few minutes. Add

3-4 cups finely sliced cabbage

1/2 cup coarsely shredded carrots

Stirfry about 5 minutes over medium heat, until vegetables are crisp-tender.

Add

1/8 tsp paprika

dash freshly ground pepper

2 tsp soy sauce

It's good served with rice.

Also good with generous sprinkling of chopped roasted peanuts.

## Ingredients

2 Tbsp butter or oil  
2/3 cup chopped onions  
1 clove garlic, minced  
3-4 cups finely sliced cabbage  
1/2 cup coarsely shredded carrots  
1/8 tsp paprika  
Dash freshly ground pepper  
2 tsp soy sauce

# Cuban Risotto

From: Luca Leisher

## Instructions

Melt half the butter in a large saucepan over medium heat. Add the onion and cook, stirring frequently, until soft but not browned.

Add the chicken stock, rice, saffron, and salt. Bring the liquid to a boil then reduce the heat to a simmer, cover, and let cook for about 20 minutes or until the rice is tender and the liquid has been absorbed.

Stir in the remaining butter and the Parmesan, mix well, then serve immediately.

## Ingredients

8 tablespoons butter, divided use  
1 small onion, finely chopped  
3 cups chicken stock  
2 cups long-grain rice  
4 saffron threads, crushed  
salt, to taste  
1/2 cup freshly grated Parmesan cheese

# Moroccan Harira

From: Carolyn Russ

*Morocco*

## Instructions

Peel one pound of tomatoes. Cut into quarters, remove seeds, chop. (Or use one large can of whole tomatoes.)

Put in large pan and cook over medium heat, stirring, for 5 min.

1/2 lb lamb, cut in pieces (or get neck bone--it's perfect)

1/2 t. ground turmeric

1/2 t. cinnamon

2 T butter

4 T. chopped cilantro

2 T chopped parsley

1 onion chopped

Add tomatoes and cook for 10 min.

Rinse 1/4 cup split red lentils and add to pan with one can of chickpeas, drained, and 2 1/2 cups water. Add salt and pepper.

Bring to boil, cover, simmer gently for 1 1/2 hours.

Add 1/4 cup soup noodles 5 min before end of cooking time.

## Ingredients

1 lb tomatoes or 1 large can whole tomatoes

1/2 lb lamb, cut in pieces (or get neck bone--it's perfect)

1/2 t. ground turmeric

1/2 t. cinnamon

2 T butter

4 T. chopped cilantro

2 T chopped parsley

1 onion chopped

1/4 c. split red lentils

1 can chickpeas

2 1/2 c. water

Salt and peper

1/4 c. soup noodles

***Soup eaten to break the  
Ramadan fast***



# Caribbean Black Beans

From: Carolyn Russ

## Instructions

### Sauté

- 1 1/2 cup onion
- 3 garlic cloves
- 2 T olive oil

Add and simmer 15 min.

- 1 T grated ginger
- 1/2 tsp dried thyme
- 1/2 tsp allspice
- 3 16-oz cans black beans, drained
- 3/4 cup orange juice

## Ingredients

- 1 1/2 cup onion
- 3 garlic cloves
- 2 T olive oil
- 1 T grated ginger
- 1/2 tsp dried thyme
- 1/2 tsp allspice
- 3 16-oz cans black beans, drained
- 3/4 cup orange juice

# Cranberry Relish

From: Carolyn Russ

*Minnesota*

## Instructions

Section apples and oranges. Grind fruit (food processor, blender, food grinder, or chop by hand) and stir in scant cup of sugar. Let set 1/2 hour and check for sweetness.

## Ingredients

- 2 cups cranberries (12 oz package)
- 1 orange with peel
- 2 peeled apples
- 1 cup sugar, more or less



# Picklise (pronounced "pick-leese")

From: Carolyn Russ  
*Haiti*

## Instructions

*Makes about 1 quart*

Layer the vegetables in a large glass jar, sprinkle with salt.

Bring vinegar to a boil over medium heat. Pour over vegetables.

The vegetables should be completely covered. Let cool slightly.

Tightly close the jar and let macerate in the refrigerator. Keep refrigerated and on hand.

***Pickled vegetables served to "enhance" the flavor of other foods on the plate.***

## Ingredients

- 1 cup carrots, thinly sliced
- 1/2 cup diced turnips
- 1 large onion, quartered
- 3 large cabbage leaves, finely chopped
- 1/4 cup green peas
- 1/2 cup French cut green beans
- 3 shallots, thinly sliced
- 8 black peppercorns, crushed
- 2 cloves garlic, crushed
- 2 small sprig thyme
- 4 whole Scotch bonnet or other hot peppers
- salt
- 1 1/2 cups vinegar

# Green Beans in Olive Oil

From: Carolyn Russ  
*Turkey*

## Instructions

Soften the onion and garlic in the oil. Add the tomatoes and sugar and cook for 2-3 minutes.

Stir in the beans and pour over the water. Bring the liquid to the boil, reduce the heat, cover, and simmer for 30 min.

Add the lemon juice, season to taste, and simmer uncovered for 10-15 min until most of the liquid has evaporated.

## Ingredients

- 1 pound green beans, trimmed
- 1 onion, sliced
- 4 cloves, garlic, chopped
- 4 T olive oil
- 2 tomatoes, skinned and roughly chopped
- 1 tsp sugar
- 1/2 pint water
- juice of 1/2 lemon
- salt and pepper



# Sweet Potato Souffle

From: The Cowan Family

## Instructions

1. Preheat oven to 375 degrees
2. Peel sweet potatoes
3. Boil sweet potatoes and mash
4. Add butter, Eggs, Sugar, Evaporated milk to mash and mix
5. Place in a greased casserole and bake until firm (30 to 40 minutes)
6. While baking, mix together pecans, brown sugar and melted butter.
7. Spread on baked soufflé and return to oven until browned

## Ingredients

4 Medium sweet potatoes  
4 tablespoons Butter or margarine  
3 Eggs or Egg substitute  
1 cup sugar  
1 cup evaporated milk  
1 tablespoon Lemon juice  
1 teaspoon Vanilla extract  
1 cup Pecan, chopped  
¼ cup Brown Sugar  
4 tablespoons melted butter

# Bartko (Bossers) Best Bean Bake

From: Michele Bossers

## Instructions

Drain all beans except baked beans. Sauté chopped bacon\* and onion in large skillet for about 5 minutes or until onion is translucent and bacon is softened. Drain about 1/2 of bacon grease in the pan and save for another day. Stir in brown sugar, vinegar, garlic powder, dry mustard and salt. Simmer over low heat for about 20 minutes

Preheat oven to 350 degrees. Combine all ingredients in a 3 quart casserole or Dutch oven. Bake about one hour or until hot and bubbly.

This works well in a crock pot too. Cook on low for about 4 hours. I've also just dumped all ingredients in the crock pot. It's a little more bacon grease but how bad can that be?

\*if omitting bacon, sauté onion in a small amount of vegetable oil.

## Ingredients

8 oz chopped bacon (can be omitted)  
2 chopped medium onion  
1/2 cup brown sugar  
1/2 cup apple cider vinegar  
1 tsp garlic powder  
1 tsp. dry mustard  
1 tsp salt  
1 15-16 oz can each: kidney beans, chick peas, small green limas, butter beans, baked beans ( you can switch out one or two of these as per your preference or what's in the pantry but always include the can of baked beans and kidney beans, light or dark)

# Work Chili

From: Michele Bossers

## Instructions

Sauté beef, onion and green pepper until beef is almost brown. Add chopped garlic to beef mix and continue cooking until beef is all brown. Drain any unwanted fat.

Stir in diced tomatoes and all seasonings. Heat to boiling. Reduce heat, cover and simmer for an hour, stirring occasionally.

Stir in beans and corn. Heat to boiling. Reduce heat, simmer uncovered about 10 minutes or longer to achieve desired thickness.

Serve or refrigerate for a day or two to really meld the flavors.

If making a double batch (hence the name "work" chili)

Use two pounds of lean ground beef, a large onion, and 2 green peppers or one each green and red. Add a can of light red kidney beans. Use a 15 oz can of tomato sauce and a 15 oz can of corn or family size pkg of frozen corn.

## Ingredients

1 lb lean ground beef  
1 cup chopped onion  
1 cup chopped green pepper  
2 cloves minced garlic  
1 15 oz can diced tomato  
1 8 oz can tomato sauce

1 Tablespoon chili powder (adjust to your taste)  
3/4 tsp ground cumin  
1/2 tsp crushed dried basil  
1/4 tsp salt  
1/4 tsp pepper  
1 15 oz can each dark red kidney beans and black beans, drained and rinsed  
1 small can of corn, drained or one pkg of frozen corn, not cooked

# Japanese Spinach Salad

## *Horenso no Goma Ae*

From: Nancy Phillips

## Instructions

Blanch spinach in boiling salted water for a minute, placing stem ends in water first so they cook a little longer. Place in iced water until cool, then squeeze hard to remove water. Slice into 1 or 2 inch lengths. Toss with sauce.

Sauce:

Toast 4 Tbs. white sesame seeds in a dry pan over low heat. When the seeds begin to pop, remove from heat and grind with mortar and pestle or in a food processor, very briefly, so that pieces and whole seeds remain.

Mix with:

2 Tbs. soy sauce

2 Tbs. mirin

Combine sauce and spinach and serve chilled or at room temperature.

## Ingredients

1/2 lb fresh spinach bunches, stems attached

1 tsp salt

4 Tbs. white sesame seeds

2 Tbs. soy sauce

2 Tbs. mirin (sweet wine found with condiments or in Japanese section of grocery)

(You can use sugar instead of mirin, or you can toss in a little sake as well)

# Layered Caribbean Chicken Salad

From: Peta Harrigan Cole

Adapted from Betty Crocker

## Instructions

Layer the salad ingredients in a 3-quart glass bowl.

In a jar with a tight-fitting lid, combine and shake dressing ingredients. (Dressing can be refrigerated up to 4 hours before using.) Right before serving, shake again and pour dressing over salad.



## Ingredients

### For Salad:

4 cups torn romaine lettuce  
3 cups cut-up cooked curried chicken (Season shredded rotisserie chicken with 1 tsp of powder and heat briefly in the microwave. Toss to coat chicken)  
1 can (15 oz) black beans, drained and rinsed  
1 1/2 cups chopped tomatoes  
2 ripe medium mangoes, seed removed, peeled and chopped (*Good quality canned mangoes are easy to work with and are ripe. You can also use frozen*)

### For Dressing:

1/3 cup vegetable oil  
1/3 cup lime juice  
1/4 cup chopped fresh cilantro  
2 tablespoons sugar  
3/4 teaspoon salt  
1/4 teaspoon ground cinnamon, if desired  
2 cloves garlic, finely chopped  
Red pepper sauce, if desired

*I was born and raised in Tortola, British Virgin Islands. The island is less than 12 miles long, with a population of 23,491 in 2010. We eat mangoes off the tree and use lots of limes. Curry and other East Indian flavors were brought by the East Indian Diaspora.*

# Spinach Salad

From: Kay Shissler

## Instructions

Mix ingredients for Poppy Seed Dressing and pour over Salad.



## Ingredients

### Salad:

2 bags of baby spinach  
1 container of strawberries - sliced  
1 can mandarin oranges - drained

### Poppy Seed dressing:

1/2 cup sugar  
2 T grated onion  
2T lemon juice  
2/3 cup oil  
1/2 cup vinegar  
2-3 tsp poppy seeds  
1/2 tsp salt

# Barbecue Sauce

From: Kay Shissler

## Instructions

Saute onions and celery in butter. Mix all other ingredients and add onions and celery. Cook on low heat for 1-2 hours until thick.

## Ingredients

1/2 cup chopped onions

1/2 cup chopped celery

2 tsp butter

2 tsp vinegar

2 tsp brown sugar

2 tsp lemon juice

1/8 tsp pepper

1 cup ketchup

3 tsp Worcestershire Sauce

1/2 cup water

1/2 tsp dry mustard

# Malawian Chicken Soup

From: Anabel Degenholtz

*Holiness Thindwa*

## Instructions

Heat oil in a pot, add onions and cook until soft. Add tomatoes and peppers, cook until soft. Add chicken and cook until brown. Add water to form a broth. Salt and spice to preference. Boil for 15 minutes. Serve with rice or nsima.

*Original message from Holiness Thindwa: Now come to prepare your chickens after cutting into pieces. Wash and put in pot, boil for 5 minute without putting water then take off put ur frying pan fire put cooking oil then put those pieces of chicken in pan until it's a brown color. Remember to add tomatoes, onion, and salt (if you need to add spices you can do so) but sometimes if you need just to without putting cooking oil you have to boil for 15 minutes. Make sure there is no soup in the pot. It comes brown put onion, add green pepper and add tomatoes. Don't forget salt, add little water to make soup. Sometimes you can just put on oven after, add salt, green pepper or yellow pepper and onion.*

## Ingredients

Chicken, chicken thighs work well

Chopped tomato

Chopped onions

Salt

Spices

Green and yellow peppers

Water

# Tomato Sauce

From: Deedee Frye

Marcella Hazan's Recipe-Delizioso!

Combine the tomatoes, their juices, the butter and the onion halves in a saucepan. Add a pinch or two of salt.

Place over medium heat and bring to a simmer. Cook, uncovered, for about 45 minutes. Stir occasionally, mashing any large pieces of tomato with a spoon. Add salt as needed.

Discard the onion before tossing the sauce with pasta.

This recipe makes enough sauce for one pound of pasta.



## Ingredients

- 2 lbs tomatoes, in addition to their juices (for example, a 28-ounce can of San Marzano whole peeled tomatoes)
- 5 Tablespoons butter
- 1 onion, peeled and cut in half
- Salt

# South African Mealy Bread

From: Linda Sanders

## Instructions:

1. Preheat oven to 350 F. Butter an 8 1/2" x 4 1/2" loaf pan or a 10" cake pan.
2. Drain well fresh or frozen corn. Place the corn into your food processor and pulse lightly. DO NOT PUREE
3. Mix beaten eggs, milk and butter in a bowl
4. Add the corn to the wet ingredients.
5. Whisk dry ingredients together thoroughly in a bowl
6. Combine wet and dry ingredients until incorporated and evenly moist. Don't overmix.
7. Pour the batter into the prepared pan.
8. Bake the mealie bread for 45-50 min. Until a toothpick inserted into the center comes out clean.
9. Cool the bread in the pan for 5 minutes before turning the bread out onto a wire rack to continue cooling. Since this is a dense bread, it may flatten a bit while cooling
10. Serve slightly warm with butter.

## Ingredients

### Wet Ingredients:

- 2 c (330 g) sweet corn kernels (frozen or fresh off cob)
- 1/2 c (118 ml) milk
- 2 eggs, slightly beaten
- 2 Tb (28 g) unsalted butter, melted

### Dry Ingredients: Whisk together

- 1 1/2 c (180 g) **unbleached** all-purpose flour
- 1/4 c cornmeal
- 2-3 Tb sugar
- 2 tsp salt
- 1 tsp smoked paprika (optional)

*In South Africa, this is also prepared as a spoon bread, but this recipe is more like a quick bread. It is dense and not sweet like many packaged cornbread mixes.*

# Entrées

1. Locro
2. British Sheperd's Pie
3. Mexican Pierogi Lasagna
4. Paula's Brisket
5. Meatball Tajine with Tomatoes
6. Four-Cheese Fettucine
7. Chicken Tajine with Almonds and Eggs
8. Sloppy Joes
9. Shakshouka
10. Turkish Meatballs
11. Vegetable-Peanut Skillet
12. Baked Barbecued Chicken
13. Fricadilli
14. Japanese Pork Cutlet



# Locro

From: Chenoa Stock  
Peru

## Instructions

In a pan, over heat, add 2 Tablespoons of Oil  
Add 1 chopped Red Onion  
Cook on medium heat for 5 minutes  
Add 1 teaspoon of Chopped Garlic  
Cook for 5 minutes  
Add 2 Tablespoons of yellow pepper paste ( It doesn't make or break the recipe if you don't have this.)  
Cook for 5 minutes  
Add 500g of cubed yellow Squash  
Add 1 handful of Huacatay (it's an herb - again, we never add it, and it's fine)  
Add 1 cup of Water  
Add a little bit of Salt to help dehydrate the squash  
Cook on medium heat until the squash becomes creamy  
Add 1 cup of Peas  
Add 1 cup of Broad (or Lima) Beans  
Add grains from Corn off the cob (that's easy to get here - maybe just canned corn!)  
Stir and cook on low heat until the added vegetables are cooked  
Add Salt, if needed  
Add 100g of cubed fresh Cheese (whatever cheese you all like!)  
Stir in a bit of Evaporated Milk  
Cover and remove from heat  
Serve with rice (and they say a fried egg...up to you!)

*This is a recipe for one of our favorite vegetarian recipes from Peru called Locro. Here is an instructional video as well:*

<https://www.youtube.com/watch?>

## Ingredients

2 TB  
Oil  
1  
Chopped Red Onion  
1 tsp  
Chopped Garlic  
2 TBS  
Yellow Pepper Paste (not necessary)  
500 g  
Cubed Yellow Squash  
1 Handful  
Huacatay (herb- not necessary)  
1 Cup  
Water  
1 Cup  
Peas  
1 Cup  
Broad (or Lima) beans  
1  
Ear of Corn  
100g cubed fresh cheese  
Name of ingredient  
A bit  
Evaporated milk



# British Shepherd's Pie

From: Tony Richardson-Eckes

## Instructions

Place beef in pan, cook over high heat, stirring until meat is well browned.

Pour off excess fat and add onion and carrot. Cook until onion is transparent. Add thyme, tomato paste, Worcestershire sauce, soy sauce, stock and salt and pepper. Mix well.

Bring mixture to boil, reduce heat and simmer, covered for 25 minutes.

Stir in blended flour and water until mixture boils and thickens. Reduce heat and simmer gently for 5 minutes.

Place mixture into overproof dish.

Topping: Boil potatoes until tender. Drain and mash potato. Add butter and milk and beat until smooth and creamy. Season with salt and pepper.

Spread potato evenly over meat and bake at 350 for 45 minutes or until golden brown.

In England served with brown gravy, a side of cabbage or leeks.

## Ingredients

- 1kg ground beef
- 1 onion finely chopped large
- 1 carrot finely chopped
- 1/4 tsp thyme
- 1 tbs tomato paste
- 1 tbs Worcestershire sauce
- 2 tsp soy sauce
- 1 1/2 cups Beef Style Stock
- 1 pinch salt and pepper \*to taste
- 2 tbs plain flour
- 1/4 cup water

## TOPPING

- 750g potatoes
- 60g unsalted butter
- 1/4 cup milk
- 1 pinch salt and pepper \*to taste

# Mexican Pierogi Lasagna

From: Julie Kascal

*Pgh Post-Gazette*

## Instructions

Preheat oven to 350 degrees. Grease (or spray) 13x9 inch baking dish. In large skillet over medium heat, cook beef, stirring occasionally until browned. Stir in taco seasoning & water; cook 10 minute; stir in salsa and simmer gently until ready to assemble.

Meanwhile, cook pierogies following package directions; drain well. Spoon half of the meat mixture into prepared dish; top with half of the pierogies and half of both cheeses; repeat layers. Sprinkle tortilla chips on the top.

Cover with foil. Bake 15 minutes; remove foil and bake until the mixture bubbles and the topping is light brown, 5-15 minutes longer. Serves 8-10.

## Ingredients

- 1 lb ground beef
- 1.25 oz package taco seasoning & water called for on package
- 2 16 oz jars salsa (I usually use thick & chunky)
- 1 2 lb package (family size) frozen Mrs. T's Pierogies, any variety (I usually use potato & cheese)
- 2 cups shredded Monterey Jack cheese (I use one of the packaged Mexican blends)
- 2 cups shredded mozzarella cheese
- 2 cups crushed tortilla chips

# Paula's Brisket

From: Kathy Callahan

## Instructions

Preheat oven to 300. Mix the beer, brown sugar, and chili sauce together.

Season the brisket with spices and cover with

the beer mixture.

Roast uncovered for 4 hours, basting regularly.

## Ingredients

One beef brisket (about 4 pounds)

1 bottle of beer (Guinness or oatmeal stout)

One bottle Heinz Chili Sauce

Garlic powder, salt, and pepper

½ c. brown sugar, packed

*When I first moved to Pittsburgh I was part of a neighborhood dinner club. When I hosted, the theme was comfort food. My former co-worker, Paula Butte, brought this dish on a cold snowy January evening. It is so good warm from the oven and also cold the next day for sandwiches.*

# Meatball Tajine with Tomatoes

From: Carolyn Russ

*Morocco*

## Instructions

Prepare the meatballs: Mix all of the ingredients together with your hands, season with salt and pepper, and set aside for at least 30 min.

In the meantime, prepare the sauce.

Peel onions and garlic cloves and mince. In sauté pan, melt butter and sauté onions and garlic for 5 min over low heat. Add tomatoes and their juice and mash them with a fork. (Keep them kind of chunky, and don't add all of the juice.) Add turmeric, sugar, and chili powder. Salt lightly and season with pepper. Simmer for 30 min uncovered.

Roll small amounts of ground meat into meatballs of about 1 inch. Place meatballs into tomato sauce and simmer gently for 20 min. When done, the sauce should be fairly thick. In a perfect world, you would have some Moroccan bread to eat it with.

## Ingredients

For the meatballs:

1 pound ground lamb

1 tsp ras el hanout\*

1/2 tsp ground cumin

1 tsp paprika or mild chili powder

2 T chopped fresh parsley

2 T chopped fresh cilantro

1 pinch hot chili powder

salt and pepper

*\*You may find ras el hanout readymade, but here is a recipe for it: 1 tsp ground cumin, 1 tsp ground ginger, 1 tsp salt, 3/4 tsp freshly ground black pepper, 1/2 tsp ground cinnamon, 1/2 tsp ground coriander seeds, 1/2 tsp cayenne, 1/2 tsp ground allspice.*

For the sauce:

2 onions

4 cloves garlic

4 T butter

1 28-oz can peeled tomatoes

1/2 tsp turmeric

1 tsp sugar

2-3 pinches hot chili powder

# Four-Cheese Fettucine

From: Carolyn Russ  
*Switzerland*

## Instructions

In a 2-quart pan, melt 1-1/2 T butter. Mix in flour, nutmeg, and pepper. Cook, stirring, until bubbly. Remove pan from heat and stir in cream and chicken broth. Return to heat and cook, stirring constantly, until it boils and thickens.

Mix in Fontina and Bel Paese. Cook, stirring, until cheeses melt and sauce is smooth. Stir in Gorgonzola until blended.

Place pan in simmering water to keep sauce warm.

Cook noodles in boiling, salted water until *al dente*. Drain. Toss noodles lightly with remaining 1- 1/2 T butter and some of the Parmesan.

Pour sauce over noodles and sprinkle with remaining Parmesan.

Serve hot.

Serves 4-6

## Ingredients

3 T butter  
1 1/2 T flour  
1/8 tsp nutmeg  
1 cup cream  
2/3 cup chicken broth  
1/3 cup grated Fontina cheese  
1/3 cup grated Bel Paese cheese  
1/3 cup crumbled Gorgonzola cheese  
8 oz medium-wide noodles  
1/2 cup grated Parmesan cheese

# Chicken Tajine with Almonds and Eggs

From: Carolyn Russ

## Instructions

Crush or chop finely the garlic and place in a large pan with oil, saffron, pepper and salt. Mix well and coat the chicken inside and out thoroughly. The spices will blend well and penetrate the chicken if allowed to marinate in the sauce for several hours or even overnight.

Brown the chicken in the large pan, adding the butter, and turn frequently to avoid scorching.

Add water to half cover the chicken, cover the pot tightly and simmer over low heat until the chicken is tender.

While the chicken is cooking, hard boil the eggs and blanch the almonds. (To blanch almonds, cover with boiling water for a minute or so. The skins will remove easily by rubbing between your fingers.)

Dry the almonds on a clean towel, place in a small amount of butter and oil, and sauté until golden brown.

Remove the chicken and reduce the sauce if it seems too watery. Replace the chicken and heat thoroughly.

When everything is ready, place the chicken on a serving platter. Cut eggs in half lengthwise (a thread works well) and place around the chicken. Sprinkle liberally with roasted almonds.

Pour the hot sauce over the whole thing.

It's meant to be eaten with your hand, even the chicken.

Moroccan bread, or a thick bread, is good for mopping up the sauce.

## Ingredients

1 whole chicken, cleaned and singed  
4 cloves garlic, minced  
4 oz oil\*  
3 T butter\*  
1 tsp saffron  
1 1/2 tsp pepper  
1 T salt, heaping  
1 egg per person  
100 grams almonds

\* That's a lot of oil and butter. Unless you're eating the tajine with bread, you might want to cut back.

# Sloppy Joes

From: Carolyn Russ  
Minnesota

## Instructions

Fry 1 lb hamburger with remaining ingredients.



Served at every evening meeting.

## Ingredients

1 pound hamburger  
1/2 cup onion chopped fine  
1/2 tsp salt  
1/2 tsp (or more) pepper  
1 can tomato soup  
1/4 cup ketchup  
1/2 tsp brown sugar  
dash Worcestershire sauce

# Shakshouka

From: Kathy Callahan

## Instructions

Heat a deep, large skillet or sauté pan on medium. Slowly warm the olive oil in the pan.

Add chopped onion and sauté for a few minutes until translucent. Add garlic and continue to sauté till mixture is fragrant. Add the bell peppers, sauté for 5-7 minutes over medium until softened. Add spinach; cook until just wilted.

Add tomatoes and tomato paste to pan, stir till blended. Add spices and sugar, stir well, and allow mixture to simmer over medium heat for 5-7 minutes until it starts to reduce.

Taste the mixture and spice it according to your preferences. Add salt and pepper to taste, more sugar for a sweeter sauce, or more cayenne pepper for a spicier dish.

Crack the eggs, one at a time, directly over the tomato mixture, making sure to space them evenly over the sauce. Place 4-5 eggs around the outer edge and 1 in the center. The eggs will cook "over easy" style on top of the tomato sauce. Cover the pan. Allow mixture to simmer for 10-15 minutes or until the eggs have just set and the sauce has slightly reduced. Garnish with the chopped parsley, if desired.

*This middle eastern dish is so easy and very tasty! For breakfast, serve with warm crusty bread or pita that can be dipped into the sauce. For dinner, serve with a green side salad for a light, easy meal.*

## Ingredients

1 T. olive oil  
1 t. chili powder (mild)  
1 medium onion, peeled and diced  
1 1/2 t. cumin  
3 cloves garlic, minced  
1/2 t. coriander  
2 medium green or red bell pepper, chopped  
1 t. paprika  
3 c. fresh baby spinach  
Pinch of cayenne pepper (or more to taste)  
4-5 eggs  
Pinch of sugar (optional, to taste)  
2 T. tomato paste  
Salt and pepper to taste  
4 c. ripe diced tomatoes, or 2 cans (14 oz. each) diced tomatoes  
1/2 T. fresh chopped parsley (optional garnish)

# Turkish Meatballs

From: Carolyn Russ

*Turkey*

## Instructions

In a bowl, pound the meat with the onion and garlic. Add all the other ingredients and knead well, slapping the mixture against the sides and base of the bowl. Shape the mixture into small round balls, flatten them, and roll them in the flour.

Heat a deep layer of oil in a fryer pan and brown the meatballs on all sides. Drain on paper and serve with lemon wedges, or yogurt, or 1/2 pint thick yogurt with 2-3 cloves garlic crushed with salt, and some dried mint, mixed with chopped up cucumber.

## Ingredients

8 oz ground lamb  
1 red onion, finely chopped  
4 cloves garlic, crushed with salt  
1 T ketchup  
1 T pine nuts  
1. T currants  
1-2 tsp cinnamon  
1/2 tsp mix of paprika and cayenne  
2 slices of bread, rubbed into crumbs  
1 egg  
big bunch of fresh parsley and dill, chopped  
salt and pepper

*A lovely dish to take on a picnic*

# Vegetable-Peanut Skillet

From: Linda Sanders

*Southeast Asia*

## Instructions

Saute

2 T butter

1 c chopped onion

3-4 cloves minced garlic

Stir-fry with above ingredients for about 5 min. (don't overcook)

4-5 c sliced cabbage ( a combination of Napa (Chinese), green and red cabbage is good)

1 c coarsely shredded carrots

Add

1/4 t paprika

dash of salt and ground pepper

1 c (heaping) chopped roasted peanuts

Serve over rice with soy sauce. To make it a heartier meal, you can add slivers of protein (beef, pork, chicken, tofu) and saute with the onions and garlic.

## Ingredients

2 T butter

1 c chopped onion

3-4 cloves minced garlic

4-5 c sliced cabbage ( a combination of Napa (Chinese), green and red cabbage is good)

1 c coarsely shredded carrots

1/4 t paprika

dash of salt and ground pepper

1 c (heaping) chopped roasted peanuts

# Baked Barbecued Chicken

From: Carolyn Russ

## Instructions

Mix ingredients together in a saucepan and bring to a boil.

Cut chicken into serving pieces or use a mix of chicken pieces, place in a casserole. Pour sauce over chicken. Bake covered at 325 until done (an hour more or less, depending on chicken pieces).

## Ingredients

1 tsp salt  
1/2 tsp pepper  
1 Tbsp paprika  
3 Tbsp brown sugar  
1 medium onion chopped  
1 cup catsup  
1/3 fat (vegetable oil or butter)  
1/3 cup lemon juice  
1/2 cup hot water  
1 Tbsp Worcestershire sauce  
Chicken

# Fricadilli

From: George Clark

## Instructions

Combine beef and pork in a large bowl. Add salt and pepper. Cut bread into cubes and add to meat mixture. Add milk to mixture. Melt the butter in a large frying pan. Using a large spoon, scoop meat mixture into frying pan making small patties about 2 inches in diameter. Brown the patties on each side. Add additional butter to the pan if needed. As the patties are finished, layer them in a large casserole dish. When the patties are all in the casserole, with the heat on low, add the cream of mushroom soup and the 1 can of water to the frying pan, stir well, making sure to scrape up and mix in any residue in the pan. Pour this over the patties in the casserole, cover, and bake at 350 degrees for one hour. Good served over noodles or rice. Serves eight.

## Ingredients

1 ½ pound beef  
½ teaspoon salt  
½ pound ground pork  
½ teaspoon pepper  
5 slices of bread – no crusts  
2 lightly beaten eggs  
2 cups of milk  
3 tablespoons butter  
1-10 ½ oz can Campbell's Cream of Mushroom soup  
1 10 ½ oz can water

This is a 1940's or 1950's "Americanized" version of the Danish "Frikadeller" – Danish Meatballs. My grandmother and mother made this recipe many times and was much enjoyed by our family.

# Japanese Pork Cutlet

## *Katsu Donburi*

From: Nancy Phillips

### Instructions

Season the cutlet with salt and pepper and dust with flour. Dip in a beaten egg and then press into panko to coat. Saute in vegetable oil for 5-6 minutes per side, then drain on a paper towel. Combine broth ingredients in a bowl. Saute onion slices in oil until slightly caramelized. Pour broth over onions. Cut the pork into slices and place on top of the onion, then pour a beaten egg over everything. You can add frozen peas at this point. Place a lid on the pan and cook until egg is set. Serve on top of steamed rice.

### Ingredients

#### For the pork:

4 oz. pork cutlet, tenderized with mallet

Salt and pepper to taste

Flour for dusting

1 egg

Panko, preferably soft panko

Vegetable oil

#### For the broth:

¼ cup water

¼ tsp dashi stock powder

1 Tbs soy sauce

1 Tbs mirin

1 tsp sugar

#### Other ingredients:

½ onion, sliced

1 egg

Rice

Peas

# Dessert

1. Old Fashioned Apple Roll
2. Orange Delight Cake
3. Chocolate Raspberry Layer Cake with Dark Chocolate Ganache
4. Oatmeal Cake
5. Fruit Ambrosia
6. Strawberry Shortcake Trifle



# Old Fashioned Apple Roll

From: Beth Minnigh  
Greenville Cookbook

## Instructions

Combine sugar and water, boil slowly for 5 minutes, cool.

For Dough:  
Sift dry ingredients, then cut in butter.

Beat egg and combine with milk, mixing lightly with flour mixture.

Roll dough out on board about ¼ to ½ inch thick.

Spread chopped apples over dough and sprinkle with ½ C sugar and 1 t cinnamon. Roll up as a jelly roll and cut in 8 slices. Pour syrup into a shallow pan and place slices in it. Bake 350 degree oven for 45 minutes.  
Serves 8

## Ingredients

1-1/2 C sugar  
2 C water  
6 medium apples,  
chopped  
1/2 C sugar  
1 t cinnamon

### Dough

2 C flour  
4 t baking powder  
½ t salt  
2 T sugar  
7 T butter  
1 egg  
½ c milk

# Orange Delight Cake

From: Kathy Callahan

## Instructions

Heat oven to 350°F.

Grease and flour 13x9-inch pan. Squeeze orange, reserving 1/3 cup juice for topping; remove seeds. In blender, food processor, or food mill, grind together orange peel and pulp, raisins and walnuts. Set aside.

Lightly spoon flour into measuring cup; level off. In large bowl, combine flour and all remaining cake ingredients at low speed until moistened; beat 3 minutes at medium speed. Stir in orange-raisin mixture. Pour batter into greased and floured pan.

Bake for 35 to 45 minutes or until toothpick inserted in center comes out clean.

Mix reserved 1/3 cup orange juice with 1/3 cup sugar. Drizzle over warm cake in pan.

Cool 1 hour or until completely cooled.

## Ingredients

1 orange  
1 c. raisins  
1/3 c. walnuts  
2 c. flour  
1 c. sugar  
1 t. baking soda  
1 t. salt  
1 c. milk (buttermilk is better)  
½ c. butter, softened  
2 eggs

### Topping

Reserved 1/3 c. orange juice  
1/3 c. sugar

I am including this delicious cake recipe to honor family matriarchs. The recipe comes from my great-grandmother, Anna James Woodworth (1872-1948). My grandmother, Virginia Woodworth Conley (1903-1974), sat and chopped the nuts and ground the fruit for Mom, Virginia Conley Callahan, who taught me to make it. They told me someone else won the Pillsbury Bake-off with it. Sure enough, "Orange Kiss Me Cake" won the grand prize in 1950. The recipe is also very consistent to their thrifty values – it uses the whole orange (except the seeds).



# Chocolate Raspberry Layer Cake with Dark Chocolate Ganache

From: Megan and Luca Leisher  
*Kelly's Cozy Kitchen*

## Instructions

Preheat to 350F

Boil 1 cup of water.

Mix dry ingredients with a whisk until well combined. Make a small well in the center and whisk up the wet ingredients, then stir it all to combine. Stir in the boiled water and there you have it. The batter will be very watery, but it's okay. Bake 350 for 30-35 minutes. Cool the cakes completely. Stir jam in the jar to loosen it. Transfer one cake to the serving plate, spread the whole jar of jam over the cake and top with the second cake.

For ganache simply simmer some water in a pot and place a bowl over the simmering water. Pour the chocolate chips into the bowl to melt. Once melted stir in the heavy cream until combined. Let cool to room temperature. Pour over cake and let it drizzle down the sides. It could also be whipped into a whipped ganache.

## Ingredients

2 cups of sugar  
1 3/4 cups of unbleached flour  
3/4 cups of cocoa  
1 1/2 tsp baking powder  
1 1/2 tsp baking soda  
1 tsp salt  
2 eggs  
1 cup of milk  
1/2 cup of vegetable oil  
2 tsp vanilla  
1 cup of boiling water  
1 10 oz jar of raspberry jam

Ingredients for Ganache:  
1 bag of dark chocolate chips  
1 1/2 cups of Heavy Cream



# Oatmeal Cake

From: Carolyn Russ  
*Minnesota*

## Instructions

Either 9 x 13 (for thinner bars) or 9 x 9 (for fatter pieces)

Pour water over oatmeal and let stand 20 min.

Cream butter and sugar, beat in eggs.

Add sifted dry ingredients all at once. Add vanilla and beat (but don't overbeat). Add oatmeal mixture.

Bake at 350 for 30 min for 9 x 13, 35 min for 9 x 9, but check because these times are approx..

For frosting:

Combine butter, brown sugar, and evaporated milk in saucepan.

Boil 10 minutes

Add nuts, coconut and vanilla.

## Ingredients

1 1/2 cup boiling water  
1 cup oatmeal (I use longer cooking, but quick is okay)  
1/2 cup butter  
3/4 cup brown sugar  
2/3 cup white sugar  
2 eggs  
1 1/2 cup flour  
1/2 tsp salt  
1 tsp baking soda  
1 tsp cinnamon  
1 tsp vanilla

Frosting:

1/2 cup butter  
1 cup brown sugar  
1/2 cup evaporated milk  
1 tsp vanilla  
1 cup coconut  
1/2 cup chopped nuts

# Fruit Ambrosia

From: Carolyn Russ  
Minnesota

## Instructions

Combine all ingredients.



## Ingredients

- 1 11-oz can mandarin oranges, well drained
- 1 cup coconut
- 1 cup sour cream
- 1 13-oz can pineapple, well drained
- 1 cup baby marshmallows

# Strawberry Shortcake Trifle

From: Debbie Banton

## Instructions

- Cut the angel food cake into bite sized pieces
- In your trifle dish, place  $\frac{1}{2}$  of the angel food cake pieces into the bottom. Slightly press them down making the first layer even.
- Pour  $\frac{1}{2}$  of the pudding into the center of the dish. Then spread it evenly over the angel food cake layer. The key to a trifle is the layering, so be careful not to let the ingredients smear around the sides of the trifle dish.
- Next, layer  $\frac{1}{2}$  of the strawberry slices over the pudding. It makes a nicer display to put the best strawberries against the dish where they will be seen.
- Now you will repeat layering the angel food cake, the pudding and the strawberries in the trifle dish making two layers of each.
- The final step is topping off the dessert with whipped cream. I prefer to use homemade whip cream as I feel it makes all the difference. just whip a pint of heavy whipping cream until soft peaks form and add powdered sugar to taste.
- The dessert is now complete and ready to wow your guests. enjoy!

## Ingredients

- 1 angel food cake (store bought is fine, pound cake is good too!)
- 1 large box instant vanilla pudding, prepared
- 4 cups of sliced strawberries
- whipped cream

To make a strawberry shortcake trifle, you will need a trifle dish. for this recipe, i used an 8 inch dish. you can just as well use a bowl, or any see through glass container, the key in this dessert is presentation. you want to see the beautiful layers. this is what makes this simple dessert really exciting. also, it is 100% okay to adjust the recipe. you can used any fruit you think would taste good. you can add more or less. you can use all store bought items, or homemade. since this is a no-bake dessert, you can pretty much layer any ingredients that you would like.