

International Food Recipes

GREECE

Tiropitas

prep: 30 mins | cook: 20 mins | total: 50 mins

yield: 36 tiropitas

Ingredients:

- 1/2 lb. feta cheese, crumbled
- 1/2 lb. cottage cheese, small curd
- 3 eggs, beaten
- 1/2 tsp. salt
- 1/2 lb. fillo dough*, thawed
- 1/2 lb. unsalted butter, melted

*Fillo comes in all shapes and sizes these days. The variety I can find, Athens brand, weighs 1 pound and contains two 8-oz bags of 20 sheets each measuring 9 x 14-inches. If your fillo comes in the larger sheets, cut it in half so that it's roughly 9 x 14-inches. After you cut it, gently roll it up and place it in a ziploc bag.

Instructions:

1. Combine cheeses, eggs and salt in a bowl. Stir until blended.
2. Set up your station: you need a large cutting board, a teaspoon (a measuring teaspoon), a brush, the melted butter, a parchment paper-lined baking sheet, and the fillo dough. If you haven't already, unwrap the fillo dough and place it in a ziploc bag.
3. Lay one sheet of fillo horizontally oriented in front of you on your cutting board. Brush it with butter. Run a knife down the piece of dough every two inches or so — this should yield six to seven strips. (See photo above.)
4. Place one teaspoon of cheese mixture at the end of each strip. Fold over corner to make a triangle. Continue folding from side to side till you get to the end of the strip. Place on prepared pan. Brush tops with butter. Repeat process until you've used up all of your filling.
5. Preheat oven to 350.F. Bake for 10 to 15 minutes or until golden brown. Let cool briefly before serving.

Note: If you'd like to make these ahead, place assembled (unbaked) tiropitas in the freezer.

Either freeze the tiropitas in a single layer and then transfer them to a ziploc bag once they are completely frozen, or be sure to place a piece of parchment paper in between each layer of the tiropitas if you freeze them in a storage container. Bake frozen for 15 to 20 minutes or until golden. I find mine take even longer than 20 minutes before they are golden, but my oven is very old.

Koulourakia (Greek Easter Cookies)



Prep Time 1 hr 20 mins

Cook Time 20 mins

Total Time 1 hr 40 mins

Koulourakia are a crispy, orange-scented Greek Easter Cookies that are the perfect treat with coffee or hot chocolate. Yield: 60 (3 inch) cookies

Ingredients:

- ½ c unsalted butter, softened
- ¾ c sugar
- 2 eggs
- ¼ c milk, warmed to 80F
- 1 tsp pure vanilla extract
- 1 orange, zested
- 2 tsp baking powder
- 2 ½ c unbleached all-purpose flour
- 1 egg beaten with 1 Tbsp of water (for the glaze)
- Sesame seeds (to top)

Instructions:

1. In a large bowl, cream the butter and sugar until light and fluffy. Add the eggs, and beat until lightly colored. Add the milk, vanilla, orange zest, and baking powder. Mixing as you add.
2. Add the flour, a little at a time, while mixing, until you have a soft, but not sticky, dough.
3. Cover the dough with plastic wrap and chill 30 min.
4. While your dough is resting, preheat your oven to 350F
5. Once the dough has rested, dip your fingers in a little flour and pinch off a 1 inch ball of dough. Roll the ball into a 7 inch rope on a lightly floured surface. Fold the rope in half and twist the two strands together to form the cookie. Continue with the remaining dough.
6. Place the shaped cookies on a parchment-lined baking sheet, 1 inch apart.
7. Brush each cookie with the egg wash (1 egg beaten with 1 Tbsp water). Sprinkle the cookies with sesame seeds, if desired
8. Bake the cookies for 15-20 minutes, rotating your baking sheet halfway through baking time for more even cooking. Cookies are done when they are lightly golden.
9. Let the koulourakia cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.

Kourabiedes

Ingredients:

- 1 pound Butter
- 4 cups Sifted All-Purpose Flour
- 1 1/2 cup Superfine Sugar
- 2 1/2 cups Ground Almonds (or almonds chopped very fine)
- 2 Egg Yolks
- 4 T. Brandy* or Metaxa (a type of Greek brandy)
- 1 t. Baking Soda
- Cloves (optional)
- Rosewater
- Powdered Sugar

*If you want to use less or skip the brandy altogether, then lessen the amount of flour.

Instruction:

1. Melt butter and put in refrigerator to congeal.
2. Once the butter congeals, you can start preheating the oven to 350F.
3. Meanwhile, whisk the butter until creamy and very light – about 8 to 10 minutes.
4. Whisk in sugar, almonds, egg yolks, and brandy (if desired), until well blended.
5. With a wooden spoon, mix in the flour and baking soda. If you're not using brandy then start with 3 cups of flour and slowly add in more until you get a smooth dough.
1. <https://www.mamalisa.com/images/blog/image1190.png>
6. Roll the dough into balls (or crescent shapes) and place on ungreased cookie sheets.
7. If you're using cloves, put them into the middle of the cookies now.
8. Bake for about 20 to 25 minutes until done on the inside (you can check the center of one by cutting it in half).
9. Put some rosewater in a little dish and brush a little onto the cookies.
10. Put powdered sugar on the bottom of a tray and put the cookies on top of it while they're still warm.
11. Sprinkle confectioners sugar over the top of the cookies.
12. The next day you can sprinkle another coat of confectioner's sugar over the cookies. They're supposed to have a lot of powdered sugar. Some sites even warn you not to inhale it because you'll cough – that's how much they normally have on them! So far I put one coat on mine and they're a little messy but manageable!

Spanakopita (Spinach Triangles or Pie)

Total: 1 hr 25 min Prep: 1 hr Cook: 25 min

Yield: 60 triangles or 1 (9 by 13 inch)

Ingredients:

- 1/3 cup olive oil
- 2 pounds spinach, washed and drained
- 1 bunch scallions, white and green parts, chopped
- 1/4 cup finely chopped parsley
- Salt and freshly ground black pepper
- 1/2 pound feta cheese, crumbled
- 1 to 2 eggs, lightly beaten
- 1 cup (2 sticks) unsalted butter, melted
- 1 pound filo pastry sheets

Instruction:

- Heat 1 tablespoon of the oil in a large saute pan, add half of the spinach and saute until spinach wilts, tossing with tongs, about 2 minutes. Remove spinach and squeeze out excess liquid, then chop roughly. Repeat with remaining spinach, using 1 more tablespoon of olive oil. Pour off any liquid from the pan, and add remaining olive oil. Add scallions and saute until soft, about 2 to 3 minutes. Add the spinach to the scallions, along with the parsley, salt and pepper. Cook over low heat for 1 to 2 minutes, then remove from heat to cool. (This part can be done ahead and kept refrigerated).
- Stir the feta and as much beaten egg to moisten the cooled spinach mixture.
- Preheat the oven to 350 degrees F. Brush a baking sheet with some of the melted butter.
- Unroll the filo dough on a flat surface and keep it covered with waxed paper and a damp towel so it doesn't dry out and become brittle. Using a sharp knife, cut the filo into 3 by 11 inch strips, and recover with the towel. Use a pastry brush to brush a strip of filo with melted butter. Place a small spoonful of spinach filling 1 inch from the end of the pastry. Fold the end over the filling to form a triangle, then continue to fold up the strip in triangles, like folding up a flag. Continue with remaining strips of dough, placing filled triangles on the baking sheet and keeping them covered with a towel until all are ready to bake.
- Brush the triangles lightly with butter, then bake for 20 to 25 minutes, or until golden and crisp. Serve hot. (These may be frozen before baking, layering waxed paper between layers of triangles to keep them from sticking. Bake frozen triangles an extra 10 minutes.)

INDIA

Samosa

Ingredients:

Dough:

- 3/4 teaspoon salt
- 2 1/4 cups self-rising flour

- 6 tablespoons (3/4 stick) butter, cut in small pieces
- 9 tablespoons water

Filling:

- 1 1/2 pounds potatoes, peeled and cut into chunks
- 1 cup fresh or frozen mixed peas, corn, and carrots
- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 1 teaspoon finely chopped garlic
- 1 1/2 teaspoons finely chopped fresh ginger
- 1/2 habenero chile, minced
- 1/2 teaspoon garam masala spice blend
- 1/2 teaspoon turmeric
- 1 teaspoon red chile powder
- 1 1/2 teaspoons salt
- 1/2 lemon, juiced
- 2 tablespoons chopped fresh coriander leaves
- Vegetable oil, for frying
- Chutney, for serving

Instruction:

1. To make the dough: Mix the salt and flour in a medium bowl or a food processor. With a pastry blender, incorporate the butter until crumbs have formed. Add the water a few tablespoons at a time, until you can form a ball. Knead the dough for about 5 minutes. Let it rest for about 15 minutes more. You can prepare the dough in advance and refrigerate it.
2. To make the filling: Boil the potatoes until tender. Drain and set aside.
3. If using fresh carrots, chop and simmer in water, to cover, in a small pot. Add the corn and peas to barely cook. Set aside to cool.
4. Heat the oil in a pan and fry the onion until golden. Add the garlic, ginger, and chile and cook for 2 minutes. Add the garam masala, turmeric, chile powder, and salt and cook 2 minutes more.
5. In a bowl combine the mashed potatoes, the onion and spice mixture, carrots, peas, corn, lemon juice, and chopped coriander. Mix well.

6. To assemble the samosas: Divide the dough into 9 equal size balls. On a floured surface, roll each ball into a 5-inch circle. Cut each circle in half.
7. Brush the straightedge side with a little water, fold it in half, and align the two straight sides so they overlap to form a cone shape. Squeeze the edges together to make a tight seal. Place approximately 1 generous tablespoon of filling inside each cone, leaving the top edge clean. Moisten the inside top rim of the cone and press the edges together to make another tight seal. Place the samosas on a tray until ready to fry. Repeat with the remaining dough and filling.
8. Heat approximately 3 inches of vegetable oil in a deep saucepan. Fry several samosas at a time, being careful not to crowd them. When 1 side turns golden brown, flip it over to brown on the other side. Drain on paper towels. Serve with chutney.

ADRAK WALI CHAI (Ginger Tea)

Ingredients

- 4 cups water
- 3-4 tsp black tea leaves
- 2 inch ginger for a strong taste or 1 inch ginger (adrak) for milder taste, peeled and either crushed or grated.
- 3-4 cardamoms crushed or powdered
- ¼-¾ cups milk/cashew milk/almond milk
- 8 tsp sugar, adjust to taste

Instruction:

1. Keep all the ingredients ready.
2. Crush 3-4 cardamoms
3. In a saucepan heat 4 cups of water, add 2 inches grated ginger, & cardamom
4. Boil for 7-8 min till color changes & juices & flavors are released
5. Add 8 TSP sugar, simmer 1-2min
6. Add 4 TSP black tea leaves & simmer for 1-2min
7. Add ¼ to ½ cup of hot milk.
8. If using cashew milk or almond milk, then just stir the cashew milk with tea and remove from pan as otherwise heating further would cause the cashew or almond milk to become slimy and separate.
9. Strain the tea through a strainer right into the cups.

10. Serve the hot ginger tea or adrak chai with biscuits or cookies or savory snacks.

IRELAND

Irish Soda Bread

INGREDIENTS:

- 4 to 4 1/2 cups flour
- 1 Tbsp sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 4 Tbsp butter
- 1 cup currants or raisins
- 1 large egg, lightly beaten
- 1 3/4 cups buttermilk

Instruction:

1. Whisk together flour, sugar, salt, baking soda: Preheat oven to 425°F. Whisk together 4 cups of flour, the sugar, salt, and baking soda into a large mixing bowl.
2. Work the butter into the flour, add currants or raisins: Using your (clean) fingers, work the butter into the flour mixture until it resembles coarse meal, then add in the currants or raisins.
3. Make a well, add buttermilk, egg, knead into dough: Make a well in the center of the flour mixture. Add beaten egg and buttermilk to well and mix in with a wooden spoon until dough is too stiff to stir.
4. Dust hands with a little flour, then gently knead dough in the bowl just long enough to form a rough ball. If the dough is too sticky to work with, add in a little more flour. Do not over-knead!
5. Transfer dough to a lightly floured surface and shape into a round loaf. Note that the dough will be a little sticky, and quite shaggy (a little like a shortcake biscuit dough).
6. You want to work it just enough so that the flour is just moistened and the dough just barely comes together. Shaggy is good. If you over-knead, the bread will end up tough.
7. Score with an X: Transfer dough to a large, lightly greased cast-iron skillet or a baking sheet (it will flatten out a bit in the pan or on the baking sheet).

8. Using a serrated knife, score top of dough about an inch and a half deep in an "X" shape. The purpose of the scoring is to help heat get into the center of the dough while it cooks.
9. Bake: Transfer to oven and bake at 425°F until bread is golden and bottom sounds hollow when tapped, about 35-45 minutes. (If you use a cast iron pan, it may take a little longer as it takes longer for the pan to heat up than a baking sheet.)
10. Check for doneness also by inserting a long, thin skewer into the center. If it comes out clean, it's done.
Hint 1: If the top is getting too dark while baking, tent the bread with some aluminum foil.
Hint 2: If you use a cast iron skillet to cook the bread in the oven, be very careful when you take the pan out. It's easy to forget that the handle is extremely hot. Cool the handle with an ice cube, or put a pot holder over it.
11. Let cool a few minutes: Remove pan or sheet from oven, let bread sit in the pan or on the sheet for 5-10 minutes, then remove to a rack to cool briefly.
12. Serve bread warm, at room temperature, or sliced and toasted. Best when eaten warm and just baked.

ISRAEL

Noodle Kugel

Ingredients:

- 1 (16 ounce) container 2% Milkfat Low Fat Cottage Cheese
- 1 (16 ounce) container Reduced Fat Sour Cream
- 1 cup sugar
- 5 eggs, beaten
- 1/2 cup butter, melted
- 1 tablespoon vanilla extract
- 1 (12 ounce) package broad egg noodles, cooked, rinsed and drained (Kosher for Passover)
- 1 tablespoon cinnamon sugar

Insturction:

1. Preheat oven to 350 degrees F.

2. Mix all ingredients except noodles and cinnamon sugar until well blended.
3. Stir in noodles.
4. Spoon into 13x9-inch baking dish; sprinkle with cinnamon sugar.
5. Bake 50 minutes to 1 hour or until center is set.
6. Cool at least 10 minutes before cutting to serve

LAOS

STICKY RICE

Ingredients:

- **1 cup glutinous (sweet) rice, preferably long-grain**

Instruction:

1. Put rice in a bowl and rinse several times in cold water until water is clear, not milky, then drain. Cover rice with cold water and let soak for at least 2 hours or up to 24 hours.
2. Drain rice using a fine-meshed sieve or colander (line with cheesecloth if colander holes are too large). Place rice over a pot of rapidly simmering water (don't allow water to touch sieve) and steam, covered, for 15 minutes.
3. Remove lid and flip rice over. Continue steaming, covered, for 10 minutes, until rice is translucent and glossy. Taste to make sure rice is completely cooked; it may take up to 10 minutes more. Turn off heat. Fluff rice with a wooden spoon, then cover and let rest for 5 minutes.

LAOS STYLE WINGS

Ingredients:

- 3 lbs chicken wings
- 4 Tbs oyster sauce
- 4 Tbs minced garlic
- 1 Tbs of sugar
- ½ tsp ground black pepper

Instruction:

- MARINADE THE WINGS: Whisk together oyster sauce, garlic, black pepper, sugar in a large bowl. Generously coat the chicken wings in the bowl. Cover and refrigerate for at least one hour, ideally overnight.
- COOKING THE WINGS: Preheat oven to 400 degrees. Bake for 40 min, flipping wings halfway through.

PALESTINE

Hummus

Ingredients:

- 1 package dry garbanzo beans
- Freshly squeezed lemon juice
- Tahini paste
- 3-4 cloves of garlic
- Salt

Directions:

1. Soak dry beans in water overnight (at least 12 hours)
2. Boil beans for 2 hours
3. In food processor fill half way with beans and blend together beans with one tablespoon of tahini, ½ clove of garlic, one juice of lemon and 1/2 tsp salt
4. Food process together until the hummus is creamy but not watery. The color should turn lighter (about 10 minutes in my food processor)
5. Repeat until all the beans have been processed, then mix together and taste.
6. I usually add a bit more salt and lemon at the end
7. To serve, top with olive oil and paprika

PHILLIPINES

Egg Roll (Lumpiang Shanghai)

Ingredients:

- 2 lbs. ground pork
- ½ cup green onions
- 1 cup carrots
- 1 cup onion
- 2 eggs
- 2 teaspoon salt
- 2 teaspoons garlic powder
- ¼ cup parsley, minced
- ½ teaspoon ground black pepper
- 50 pieces Spring roll wrapper
- 3 to 6 cups cooking oil

Pancit Cabagan

Ingredients:

- 8 pieces boiled quail eggs
- ¼ lb. cooked Lechon Carajay, chopped
- 1 lb. fresh Miki noodles
- 1 medium carrot, julienned
- 1 small bell pepper, cut into thin strips
- ¼ cup chopped parsley
- ¼ lb. pork shoulder, sliced in small pieces
- ¼ lb. Igado (optional)
- ¼ head cabbage, chopped
- 5 cloves garlic, crushed
- 3 cups beef broth
- ¼ cup soy sauce
- 2 teaspoons fish sauce (patis)
- 3 tablespoons Cooking oil
- 3 tablespoons chopped scallions
- ground black pepper to taste

Puto (steamed rice cake)

Ingredients:

- 2 cups rice flour
- ½ teaspoon salt
- 3 teaspoon baking powder
- 2 cups coconut milk or fresh milk
- 1 cup white sugar
- 1 180g Cheddar cheese

Instructions:

1. Sift the rice flour, salt, baking powder and white sugar together.
2. In a large bowl, add the coconut milk to the sifted ingredients and blend until the mixture is smooth.
3. Slice the cheddar cheese into thin rectangles.
4. Carefully pour the mixture into the muffin pans (greased with butter beforehand), making sure you leave ⅓ space at the top. This is to give the puto space to expand upon cooking, then place the sliced cheese on top of each puto mixture.
5. Steam for about 20 to 30 minutes.
6. To check if the Puto is already cooked, insert a toothpick into the center of each puto, make that the toothpick must come out clean.

ROMANIA

Romanian Stuffed Cabbage (Sarmale) Recipe

This recipe for Romanian stuffed cabbage, or sarmale, features ground pork, sauerkraut, tomatoes, and dill. Sarmale is enjoyed year-round in Romania, but especially for holidays like Christmas and Easter.

What You'll Need :

For the Cabbage:

- 1 whole head cabbage (about 4 pounds)

For the Filling:

- 6 tablespoons olive oil
- 1 medium onion (finely chopped)
- 2 garlic cloves (minced)
- 2 1/2 tablespoons raw rice
- 1/4 cup hot water
- 1 1/2 pounds lean ground pork
- 1 slice crustless white bread
- 2 tablespoons fresh dill (chopped)
- 1 teaspoon thyme
- 2 teaspoons salt
- 1 teaspoon black pepper
- Optional: 1 teaspoon crushed red pepper
- 2 tablespoons water

For the Cooking Liquid:

- 1 cup sauerkraut juice reserved from drained sauerkraut (see below)
- 3 cups water
- 1 tablespoon
- Vegeta
- 10 black peppercorns
- 4 bay leaves

For the Dutch Oven:

- 3 cups sauerkraut, (drained, reserve 1 cup juice as above, rinsed, and squeezed dry)
- 6 strips bacon
- 6 fresh dill sprigs
- 2 pounds sliced tomatoes (fresh or canned)

How to Make It:

Prepare the Cabbage:

1. Remove core from cabbage. Place whole head in a large pot filled with boiling, salted water. Cover and cook 3 minutes, or until softened enough to pull off individual leaves. You will need about 20 leaves.

2. When leaves are cool enough to handle, use a paring knife to cut away the thick center stem from each leaf, without cutting all the way through. Chop any remaining cabbage and set aside.

Make the Filling:

1. In a large skillet, sauté chopped onion, garlic and rice in 1 tablespoon of the olive oil, stirring frequently, until onion is translucent. Add 1/4 cup hot water, bring to a boil, reduce heat and simmer 10 minutes. Remove from heat, cover and let stand 5 minutes or until rice has absorbed all the water. Let cool.
2. Place pork in a large bowl. Quickly dip bread in water, squeeze to remove excess water and add to meat along with cooled onion-garlic-rice mixture, combining thoroughly. Add dill, thyme, salt, pepper, hot pepper, if using, and 2 tablespoons water. Mix completely but lightly so as not to toughen the meat.
3. In a medium bowl, mix sauerkraut juice with 3 cups water, Vegeta, peppercorns, and bay leaves, and set aside.
4. Assemble the Rolls:
5. Place about 1/2 cup of meat mixture on each cabbage leaf. Roll away from you to encase the meat. Flip the right side of the leaf to the middle, then flip the left side.
6. You will have something that looks like an envelope. Once again, roll away from you to create a neat little roll.
7. Prepare the Dutch Oven:
8. Using 2 tablespoons of the remaining olive oil, coat a large, lidded □ Dutch oven or casserole dish. Mix reserved chopped cabbage with sauerkraut and place some in the bottom of the prepared Dutch oven.
9. Place 3 strips bacon across sauerkraut and cover with a layer of stuffed cabbages. Add another layer of sauerkraut, bacon strips and stuffed cabbage. Then top with remaining sauerkraut. Spread dill sprigs on top and sprinkle with remaining 3 tablespoons olive oil. Pour sauerkraut juice-water mixture over all.
10. Cook and Serve the Cabbage Rolls:
11. Heat oven to 375 F. Place Dutch oven over high heat on the stovetop and bring to a boil. Lower heat to medium-low, cover and simmer about 20 minutes.
12. Transfer to oven and cook 1 1/2 hours. Then add sliced tomatoes, cover and cook another 45 minutes. Remove lid and continue cooking another 15 minutes.
13. When ready to serve, remove bay leaves, and accompany sarmale with boiled potatoes, pasta or mamaliga (polenta).

Romanian Easter and Christmas Bread (Cozonac)

Romanian cozonac is a slightly sweet yeast-raised egg bread, similar to houska, that is traditionally eaten for Easter, Christmas and New Years. Bulgarians call this bread kozunak. It's considered the Italian panettone of the Romanians. When the cozonac dough is filled with farmer's cheese, it becomes a pasca, similar to a Polish kołacz.

What You'll Need:

- 1 large room-temperature egg yolk mixed with 1 tablespoon water
- Optional: 1 ounce walnuts
- Optional: 1 tablespoon raisins
- Optional: 1/2 cup sugar (confectioners)
- 1 1/4 cup milk
- 3 1/2 cups all-purpose flour (plus 2 1/2 tablespoons, separated)
- 1 (1/4 ounce) package active dry yeast
- 4 egg yolks (room-temperature)
- 3/4 cup sugar (superfine)
- 4 ounces raisins (light or dark)
- 1 lemon (zest only)
- 4 ounces butter (melted)
- 1 tablespoon dark rum
- 1 teaspoon vanilla extract
- 1 tablespoon vegetable (or canola oil)

Instruction:

1. Scald 1/2 cup milk and stir in 2 1/2 tablespoons flour until smooth. Let cool 10 minutes.
2. Heat another 1/2 cup milk just until lukewarm. Do not scald. Place yeast in a small bowl and pour lukewarm milk over, stirring until dissolved. Add yeast mixture to the milk-flour paste and beat until large air bubbles appear. Cover and let rise at least 15 minutes.
3. Heat the remaining 1/4 cup milk to lukewarm. Do not overheat. Pour into a warmed large bowl or bowl of a stand mixer. Add the egg yolks, sugar, raisins, zest, yeast mixture, and 3 1/2 cups flour, stirring after each addition.
4. Knead about 10 minutes by machine or 15 to 20 minutes with buttered hands while still in the bowl, adding melted butter as necessary to achieve a nonsticky, pliable, moist ball of dough. It will probably take about 3 ounces of the melted butter. Save the rest.
5. Add rum, vanilla, and oil and knead another 2 to 3 minutes. Cover bowl with greased plastic wrap and let rise until doubled. Punch down and with hands dipped in some of the reserved melted butter, knead another 5 to 10 minutes.

6. Heat oven to 350 F. Coat a 10- to 12-inch round pan that is at least 3 inches deep or a 9x5x3-inch loaf pan with cooking spray. Using buttered hands, twist the dough and place in the pan. Cover with greased plastic wrap and let rise until dough reaches the top of the pan.
7. Brush top of dough with egg wash (1 large egg yolk mixed with 1 tablespoon water). Sprinkle with optional walnuts and raisins, if desired. Bake 1 hour or until toothpick tests clean or an instant-read thermometer registers 190 F.
8. Remove from pan and cool on wire rack. If you wish, while the cake is still hot, sprinkle with optional confectioners' sugar.

Mititei (Small Ground Beef Sausages)

Mititei is a Romanian sausage usually made with beef, pork, and mutton. They're not enclosed in casings but are instead shaped into sausage-style rolls, chilled for two to eight hours, and then grilled. Traditionally mititei are served with mustard and beer.

Ingredients:

- 2 lbs lean ground beef
- 2 tablespoons
- extra virgin olive oil
- 3 garlic cloves, peeled and crushed into a paste
- 2 teaspoons
- baking soda
- 1/2 teaspoon
- dried thyme
- 1/2 teaspoon
- red pepper flakes, crumbled
- 1/2 teaspoon
- paprika (hot or sweet(your choice))
- 1 teaspoon
- caraway seed
- salt & freshly ground black pepper

Instruction:

1. Combine beef, oil, garlic, baking soda, thyme, red pepper, paprika, caraway seeds, and 2 tablespoons water in a large bowl.

2. Season with salt and pepper and knead for 5 minutes, wetting your hands frequently to help keep mixture moist.
3. Cover bowl and refrigerate for at least 5 hours.
4. With wet hands, roll meat, 1 tablespoons at a time, into small balls, then shape balls into sausages about 3" long and 1" thick. Heat a grill pan over medium heat.
5. Cook sausages in batches, turning frequently, until well browned and cooked through, about 10 minutes.
6. Serve as an hors d'oeuvre or with potatoes as an entrée.

South Korea

Korean Rainbow Rice Cake (Tteok)



Ingredients:

- Rice flour 5 cups
- sugar 1 TBSP
- Natural coloring (powdered) 1 tsp for each color – Asteraceae (Koreans call it “ssook”) for green, purple sweet potato for purple, pomegranate for red, squash for yellow)
- raisins (optional)

Instructions:

1. Divide rice flour into 5 different cups equally (1 cup for each).
2. Add 1 coloring for each cup. Leave one for white.
3. For each rice flour cup, add 1 coloring and 1 TBSP of water and sift them twice. Add 1TBSP of sugar and mix.

4. Put silicon pad or cotton fabric at the bottom of the steamer and put cake pan on it. Spread sugars a little bit to make it easier to take rice cake apart from the fabric. But too much sugar will not work.
5. Pour each cup of colored rice flour one by one with flattening on the top with scraper for each color. If you want to add some flavor, you can put raisins in.
6. Steam it in high heat for 20 minutes. Leave it for 5 minutes after turn the heat off.

Korean Sushi Roll (Gimbap)



Ingredients:

- 4 dried seaweed sheets (gim / sushi nori)
- 120 g spinach (4.2 ounces), regular or baby spinach
- 2 eggs, beaten
- 1/2 carrot (120g / 4.2 ounces), julienned
- 2 to 4 imitation crab sticks (depending on the length), cut in half length ways
- 4 sticks BBQ Kimbap ham, cut into long strips if you didn't buy the pre-cut version (available at a Korean grocery store)
- 4 yellow radish pickle (danmuji), cut into long strips if you didn't buy the pre-cut version (available at a Korean / Japanese grocery store)
- 12 strips seasoned edible burdock root (optional), (available at a Korean grocery store. You can buy the one that's packaged together with yellow radish pickle like this picture. It's also sold individually.)
- 2 1/2 cups steamed short grain rice
- 2 Tbsp sesame oil, divided
- 3/8 tsp fine sea salt (or more to taste), divided

Instructions:

1. Rinse the spinach and parboil it in rapidly boiling water (30 seconds to 1 minute). Drain the water away and run some cold water over the spinach. Gently squeeze the spinach to remove any excess water. Put the spinach into a bowl. Add 1/8 tsp salt and 1/2 Tbsp sesame oil then mix them well.
2. Pre-heat a pan/skillet. Add a small dash of cooking oil and spread it around the pan. Add the beaten egg and cook both sides well over medium heat. Place the egg omelette on a cutting board and cut it into long strips.
3. In a heated pan, lightly cook the carrots, crab sticks and kimbap ham (about 1 min per ingredients), separately, and over medium heat.
4. Place the cooked rice into a mixing bowl then add 1/2 Tbsp sesame oil and 1/4 tsp fine sea salt (or more to taste). Mix them well with a rice spatula.
5. Gather all the kimbap ingredients at the 'kimbap rolling station'. This makes it easy to assemble.
6. Place one dried seaweed sheet on the bamboo mat (shiny side down). Put the rice on the seaweed sheet then spread it evenly and thinly to cover about 2/3 of the seaweed. (Leave about 5cm / 2 inches gap at the top of the seaweed).
7. Now fill the seaweed with the filling ingredients. Make sure you evenly use the ingredients so that you're not short of them later.
8. Place one yellow radish pickle at about 1/3 point of the seaweed then add three burdock strips, one ham strip, one crab stick around it. Then pile up a few eggs strips, carrot sticks, and some spinach. Then roll the seaweed.
9. If the seaweed doesn't stick, paste some water on the gap you left in step 6. You can also use a few grains of cooked rice in this gap. Set the rolled kimbap aside.
10. Repeat the step 6 and 7 with the remaining ingredients.
11. Line up all kimbap on a cutting board and paste some sesame oil (1 Tbsp) around the seaweed surface. Slice kimbap into bite size pieces. Serve.

Traditional Korean Confections (Hangwa)



Ingredients:

- 1 kg of rice cakes (tteok) preferably the tube shaped ones
- 1 kg of sugar
- 5 slices of ginger
- sesame seeds

Instructions:

1. Roll the rice cakes so that they are flat.
2. Prepare a frying pan and oil for that they tteok can be fried. It is best to have two pans prepared.
3. Set the flame to a medium heat and pour vegetable oil into the pan. When the oil is hot enough place a handful of the rolled tteok into a frying ladle. Fry it until it begins to puff.
4. Transfer it to the next pan and fry until it is golden brown and puffed out. Be careful to not let it burn. If the oil heats up too quickly, you can turn it back down to a low heat.
5. Repeat that for all the tteok. When all the tteok has been fried, set it aside and let the oil drain.
6. To prepare the sugar syrup to coat the tteok, put the sugar and an ample amount of water into a pan. You want enough sugar so that the syrup is not too thick. Place your slices of ginger in at the same time.
7. Let that cook and when all the sugar has dissolved be careful to not let the mixture burn. Turn the heat off when the mixture is ready. Set it aside and let it cool.
8. When the sugar syrup has cooled, and the tteok has had the oil drained, place spoonfuls of the tteok into the syrup and coat it in syrup.
9. When it is coated fish it out and place it into the sesame seeds. Let the tteok be coated in the sesame seeds. Repeat this for the remaining tteok.

Korean Dumpling (Mandu)



Ingredients:

- 1 pound lean ground beef or pork
- 1 onion, finely chopped
- 1 cup finely chopped cabbage (about 1/2 of a small cabbage head), parboiled
- 1/2 cup tofu (1 cake), chopped
- 3 cloves garlic, finely chopped
- 1 tablespoon sesame oil
- 2 tablespoons soy sauce
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 package circular mandoo wrappers (or Japanese gyoza or Chinese wonton wrappers)

Instructions:

1. In a large mixing bowl, gently combine ground beef or ground pork, onion, cabbage, and tofu.
2. In a separate small bowl, combine garlic, sesame oil, soy sauce, salt and pepper.
3. Pour seasoning mixture over meat and vegetables and mix with hands to combine.
4. Place about 1 tablespoon of filling in the center of dumpling wrapper.
5. Dip your finger in water and wet the perimeter of half of the wrapper.
6. Fold the wrapper in half, pressing to seal and then crimp the edges.
7. Repeat until the filling is gone.
8. You can steam, boil, fry, or sauté the dumplings as you wish.
9. Serve with basic dipping sauce or a spicy sauce.

THAILAND

Pad Thai

*Please note that the pad Thai being served at International night will not contain peanuts or shrimp as this recipe calls for. The shrimp is being substituted for tofu.

Ingredients:

(YIELDS: 4)

- kosher salt
- 8 oz. pad thai noodles
- 2 tbsp. lime juice
- 2 tbsp. brown sugar
- 1 tbsp. fish sauce
- 1 tbsp. soy sauce
- 1/4 tsp. cayenne pepper
- 2 tbsp. vegetable oil
- 1 bell pepper, thinly sliced
- 2 cloves garlic, minced
- 2 eggs, lightly whisked
- 1 lb. shrimp
- Freshly ground black pepper
- 2 green onions, thinly sliced on a bias
- 1/2 c. roasted peanuts, chopped

Directions:

PREP TIME: 0:20

TOTAL TIME: 0:20

1. In a large pot of salted boiling water, cook noodles until tender, 7 to 10 minutes or until tender. Drain and set aside.
2. In a small bowl, whisk together lime juice, brown sugar, fish sauce, soy sauce, and cayenne pepper. Set aside.
3. In a large nonstick pan over medium-high heat, heat oil. Add bell pepper and cook until tender, about 4 minutes. Stir in garlic and cook until fragrant, about 1 minute more.
4. Add the shrimp and season with salt and pepper. Cook until pink, about 2 minutes per side.
5. Push the shrimp and vegetables to one side of the pan and pour in the egg. Scramble until just set then mix with the shrimp mixture.

6. Add the cooked noodles and toss until combined. Pour in the lime juice mixture and toss until the noodles are coated.
7. Top with green onions and roasted peanuts.

Mango Sticky Rice

*Please note that Mango Sticky Rice served at International Night will not be served with sesame seeds as this recipe calls for.

INGREDIENTS:

- 1 1/2 cups glutinous (sweet) rice
- 1 1/3 cups well-stirred canned unsweetened coconut milk
- 1/3 cup plus 3 tablespoons sugar
- 1/4 teaspoon salt
- 1 tablespoon sesame seeds, toasted lightly
- 1 large mango, peeled, pitted, and cut into thin slices (at least 24)

PREPARATION:

1. In a bowl wash rice well in several changes of cold water until water is clear. Soak rice in cold water to cover overnight.
2. Drain rice well in a sieve. Set sieve over a large deep saucepan of simmering water (sieve should not touch water) and steam rice, covered with a kitchen towel and a lid, 30 to 40 minutes, or until tender (check water level in pan occasionally, adding more water if necessary).
3. While rice is cooking, in a small saucepan bring 1 cup coconut milk to a boil with 1/3 cup sugar and salt, stirring until sugar is dissolved, and remove from heat. Keep mixture warm.
4. Transfer cooked rice to a bowl and stir in coconut-milk mixture. Let rice stand, covered, 30 minutes, or until coconut-milk mixture is absorbed. Rice may be prepared up to this point 2 hours ahead and kept covered at room temperature.
5. While rice is standing, in cleaned small pan slowly boil remaining 1/3 cup coconut milk with remaining 3 tablespoons sugar, stirring occasionally, 1 minute. Transfer sauce to a small bowl and chill until cool and thickened slightly.
6. To serve, mold 1/4 cup servings of sticky rice on dessert plates. Drizzle desserts with sauce and sprinkle with sesame seeds. Divide mango slices among plates.

Thai Ice Coffee

Ingredients:

- Coffee
- Cream
- Condensed Milk
- Ice