



# Our Favorite Dishes



# Mustafa Celik's Moussaka from Turkey

**Ingredients:** 3 Tbl olive oil, 2 Tsp salt, 1 pinch black pepper, 1 pinch red pepper, 1 pinch cumin, 2 cloves garlic, 2 small eggplant, 2 tomatoes, 1 onion, 5 green peppers, 150 grams ground beef/lamb

**Step 1:** Slice and cut the eggplant. Heat olive oil in a frying pan, and fry the eggplant. Remove the eggplant from the pan, and set aside.

**Step 2:** Add onion to the pan, and cook for 10 min; add green peppers, cook for 10 min; add ground beef, and cook for 10 min. Finally add tomatoes, tomato paste and spices, and cook together.

**Step 3:** Put the eggplant in a deep dish. Pour the meat sauce over it. Put the mixture into the oven and bake at 350 for 15-20 minutes.



# Saidou Cissoko's Lafidi from Guinea



Ingredients: 1 eggplant, 1 onion, 1 cup cubes of beef, 1 tomato, 1 potato, 1 chopped chilli pepper, ½ cup palm oil, a pinch of salt.

Step 1: Chop the vegetables into pieces of about the same size.

Step 2: put oil into a frying pan and fry vegetables with meat, adding chili pepper, and salt.

Step 3: As you are sauteeing the vegetables and meat, make some rice.

Step 4: Pour the Lafidi over rice and enjoy.



# Ronald Delgado's Flan from the Dominican Republic

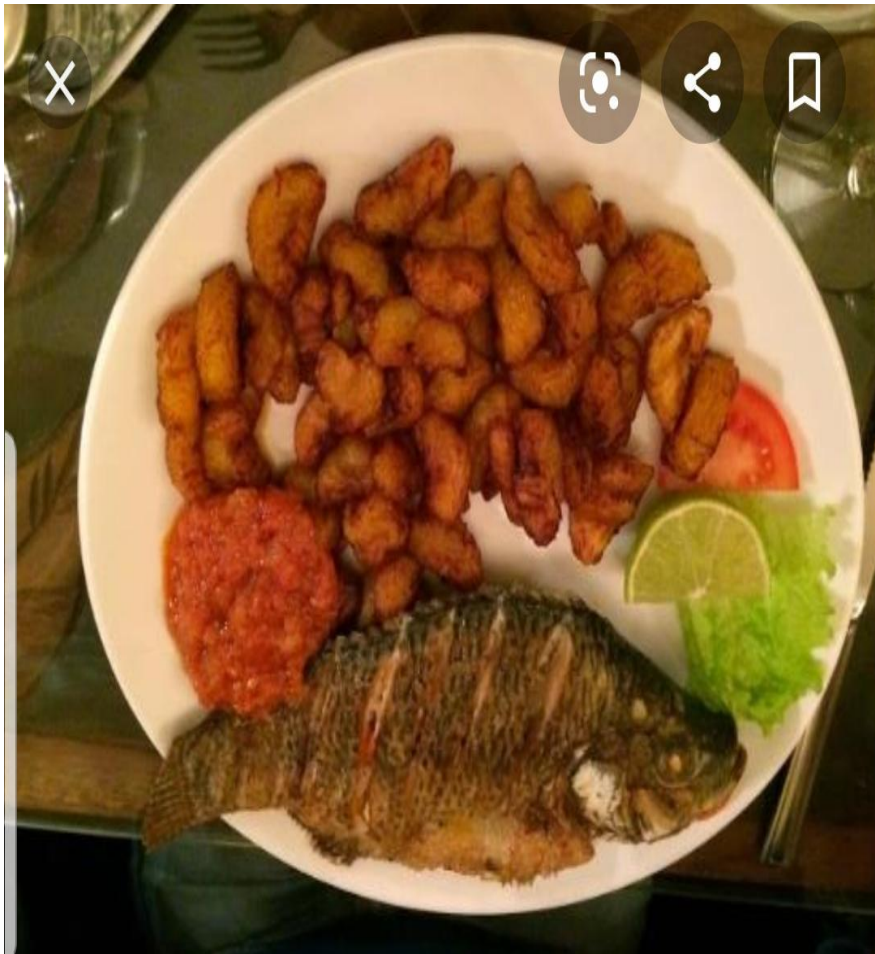
Ingredients: 1 C whitesugar, 4 eggs,  
1 can of condensed milk, 1 can evaporated  
milk, 1 TSP vanilla extract

Step 1: Mix 2 cans of milk and 4 eggs together  
with vanilla extract in a blender.

Step 2: Heat the sugar until it is carmelized,  
and pour it into a dish. Then pour the milk and  
eggs into the pan. Bake for 30 minutes.



# Laetitia Efoe's Fried Fish & Plantains from the Ivory Coast



Ingredients: 2 Talipia Fish, 4 Plantains, 1 eggplant, 2 tomatoes, 1 onion, 2 cloves garlic, 1 C vegetable oil, 3 pinches salt, 3 pinches pepper, 1 chili pepper.

Step 1: Clean the fish. Sprinkle it with 2 pinches of salt and pepper, then put aside.

Step 2: Cut the plantains into pieces of the same size.

Step 3: Heat the oil, and fry the plantains with salt.

Step 4: Remove plantains, and add tomatoes and eggplant. Stir fry.

Step 5: Fry the fish, adding chili pepper. Combine all ingredients on a plate and serve.

## Violeta Girao Salazar's Papa a la Huancaína from Peru



Ingredients: 5 boiled potatoes, 1 small red onion, 1 cup of milk, 1 TB chopped garlic, 1 TB salt, 1 TB lime juice, 1 pkge aji amarillo peppers, 1 package of crackers, 2 TB vegetable oil, 2 black olives,, lettuce leaves , 1 hard boiled egg.

Step 1: saute onion, garlic, and peppers in oil. Blend this mixture with potatoes.

Step 2: mix lime juice, milk, and crackers and pour the sauce over potatoes.

Step 3: garnish with black olives, and pieces of hard boiled eggs.



# Chantal Guzman Martinez's Salad

Ingredients: hard boiled eggs, grape tomatoes, fresh greens. 3 TB olive oil, ½ TSP vinegar, ½ TSP lemon juice. Add salt & pepper to taste.

Step 1: Wash and dry lettuce leaves. .

Step 2: Wash and cut tomatoes in half, and cut hard boiled eggs in half.

Step 3: Stir olive oil, vinegar, lemon juice, Salt and pepper together, and dress the Salad.

Serve on a plate.



# Alisa Kisleovich's Ukranian Deroni



Ingredients: To serve 3 people: 5 potatoes, 1 onion, 1 bunch of chopped parsley/and or basil, 1 egg, salt and ground black pepper to taste. ½ Cup vegetable oil, sour cream.

Step 1: Peel and grate the onion.

Step 2: Peel and grate potatoes, and add them to the grated onion.

Step 3: Add ground black pepper, salt and fresh parsley. Mix all the ingredients together.

Step 4: Warm the oil in a frying pan on medium heat.

Step 5: Shape potato pancakes and put them into the oil to fry.

Step 6: Fry on each side for 3 min until they form a golden crust.

Step 7: Serve on a plate with sour cream.



# Omar Laureano Garcia's Fried Plantains and Fish

Ingredients: 1 fish, 2 plantains, salt and pepper, 1 lime, 1 tsp oregano, ½ Cup vegetable oil

Step 1: Season the fish with salt, pepper, lime juice, and oregano.

Step 2: Heat oil in a frying pan, placing the fish into the oil.

Step 3: Turn the fish so that it is evenly fried on both sides.

Step 4: Peel and cut the plantain into three halves.

Step 5: Place plantain into the oil and fry til soft.

Step 6: Serve hot fish and plantains with fresh lime.



# Galina Mankirova's Kalmyk Tea from Russia

Ingredients to serve 5

1. 1 teaspoon black tea.
2. 500 ml.- water.
3. 1 cup of milk.
4. Half a teaspoon of salt.
5. 1 teaspoon of butter.

Step 1: Pour water into the pan.

Step 2: Add salt

Step 3: When the water boils add black tea.

Step 4: Add milk.

Step 5: Add a piece of butter.

Step 6: Enjoy your cup of tea



# Supphanut Paul's Green Papaya Thai Salad

Ingredients: 2 unripe green papaya, 2 Cucumbers, 1 lime, salt, crushed red pepper, and Irish sauce.

Step 1: Peel the papaya and cut it into lengthwise slices.

Step 3: Peel the cucumber. Cut it into lengthwise slices.

Step 3: Mix the lengthwise slices of cucumber and papaya with lime juice, crushed red pepper, salt, pepper, and a TBL of Irish sauce.





# Marina Remy's Homemade Lazy Pie



Ingredients: 500 grams of minced turkey meat, 1 onion, 6 large onions, Garlic, dill, black pepper, 1 ½ TSP salt, 1 lb mushrooms, 1 C. Kefir, 1 C. flour, 2 eggs, ½ TSP baking soda

Step 1: Make the dough. Mix Kefir, ½ TSP salt, and ½ TSP baking soda in a deep bowl. Leave for ½ hour.

Step 2: Add eggs and flour to Kefir mixture, and mix together so the consistency is like pancake dough.

Step 3: Make the filling. Combine minced meat, ½ TSP salt, chopped onion, chop mushrooms, and mixture of spices.

Step 4: Butter a baking dish. Pour half the dough into the dish so it covers the bottom.

Step 5: Pour the filling on top of the bottom layer of dough. Then pour the other half of the dough on top of the filling.

Step 6: Bake at 360 degrees in the oven for 40 minutes.

Step 7: Serve hot.

# Ifranny Hilario's Dominican San Cocho



Ingredients: 2 pounds white Xanthosoma, 2 pounds yellow xanthosoma, 1 pound of yucca, 1 pound pumpkin, 2 green plantain, 1 onion, 1 bitter orange, 2 pounds beef, 2 pounds pork,  $\frac{1}{4}$  cup of oil, 5 grams sugar, 20 grams salt.  
Step 1: Heat the pot and add the oil.

Step 2: Season the meat with garlic, salt, pepper, celery, And add to the pot.

Step 3: Add water.

Step 4: When meat is soft, add chopped plantain, pumpkin, yucca, and other vegetables.

Step 5: Add sour orange when the vegetables are tender.

Step 6: Serve soup with rice and spice to taste.

## Kiri De Liriano's Habichuela Con Dulce from D.R.

Ingredients: 2 C. kidney beans, 2 cloves, 2 sweet potatoes, 1 can evaporated milk, 1 can coconut milk,  $\frac{3}{4}$  C. white sugar, dash of salt, nutmeg, and cinnamon.

Step 1: Combine beans, cloves, sweet potatoes, 2 kinds of milk, sugar, salt, nutmeg in a pot. Stir.

Step 2: Pour mixture into a blender.

Step 3: Serve with milk crackers.





# Andriy Snyeokyyd's Ukranian Borscht



Ingredients: three beets, six potatoes, half a cabbage, one or two carrots, 4 TBL tomato paste, 1 pound of pork or beef, three cloves garlic, black pepper & salt to taste, sour cream

Step 1: Cook the meat in a frying pan for 45 minutes.

Step 2: Grate beets and carrot and add to the meat.

Step 3: Peel and cut potatoes, and add them to meat and vegetables.

Step 4: Chop cabbage, and add it to the mixture.

Step 5: Add tomato paste, garlic, and salt and pepper to taste.

Step 6: Simmer together until done.

Step 7: Serve hot with sour cream.

# Luz Marina Tovar Narvaez's Aborrajados from Colombia

Ingredients: 2 large ripe plantains, 200 grams Mozzarella cheese, 1 Cup vegetable oil, 2 eggs, 2TB Wheat flour, 1 Cup milk, 1 Tsp sugar, 1 pinch salt

Step 1: Peel the plantains, and slice them lengthwise.

Step 2: Pour the oil into a frying pan, and heat it.

Step 3: Fry the plantains.

Step 4: Take pieces of cheese and place them in the middle of plantain,. Roll up the strips with the cheese.

Step 5: Mix eggs, wheat flour, milk, sugar and salt to make a batter.

Step 6: Dip the rolls of plantain into the batter, and fry.

Step 7: Serve hot.



# Eliane's Arroz Doce from San Tome

Ingredients:one cup of rice, two cups of water,  
One TSP of butter,a bit of salt, lemon peel,  
A cup of coconut juice, two cups of milk, one  
cinnamon stick

Step 1: Put two cups of water into a pot.  
Add rice, salt and cook until rice is done.

Step 2: Add coconut milk.

Step 3: Add milk and sugar.

Step 4: Add a TSP of butter.

Step 5: Add lemon peel.

Step 6: Add a cinnamon stick, and enjoy.





## Margarita Vasquez Laurenti's Arroz Con Leche from Perú



Ingredients: 1 Cup of fresh milk, 1 TSP ground Cinnamon, 4 cloves, 1 cinnamon stick, 3 TBL of striped coconut, 1 orange peel,  $\frac{1}{2}$  half cup of white or brown sugar,  $\frac{1}{2}$  cup of water,  $\frac{1}{2}$  cup of rice.

Step 1: Mix half of the milk, water, rice together with cloves, cinnamon stick, and orange peel.

Step 2: When the rice is cooked, add the other cup of milk, and sugar, and striped coconut.

Step 3: Let the mixture cool. Then put into a cup and serve with a cinnamon stick.