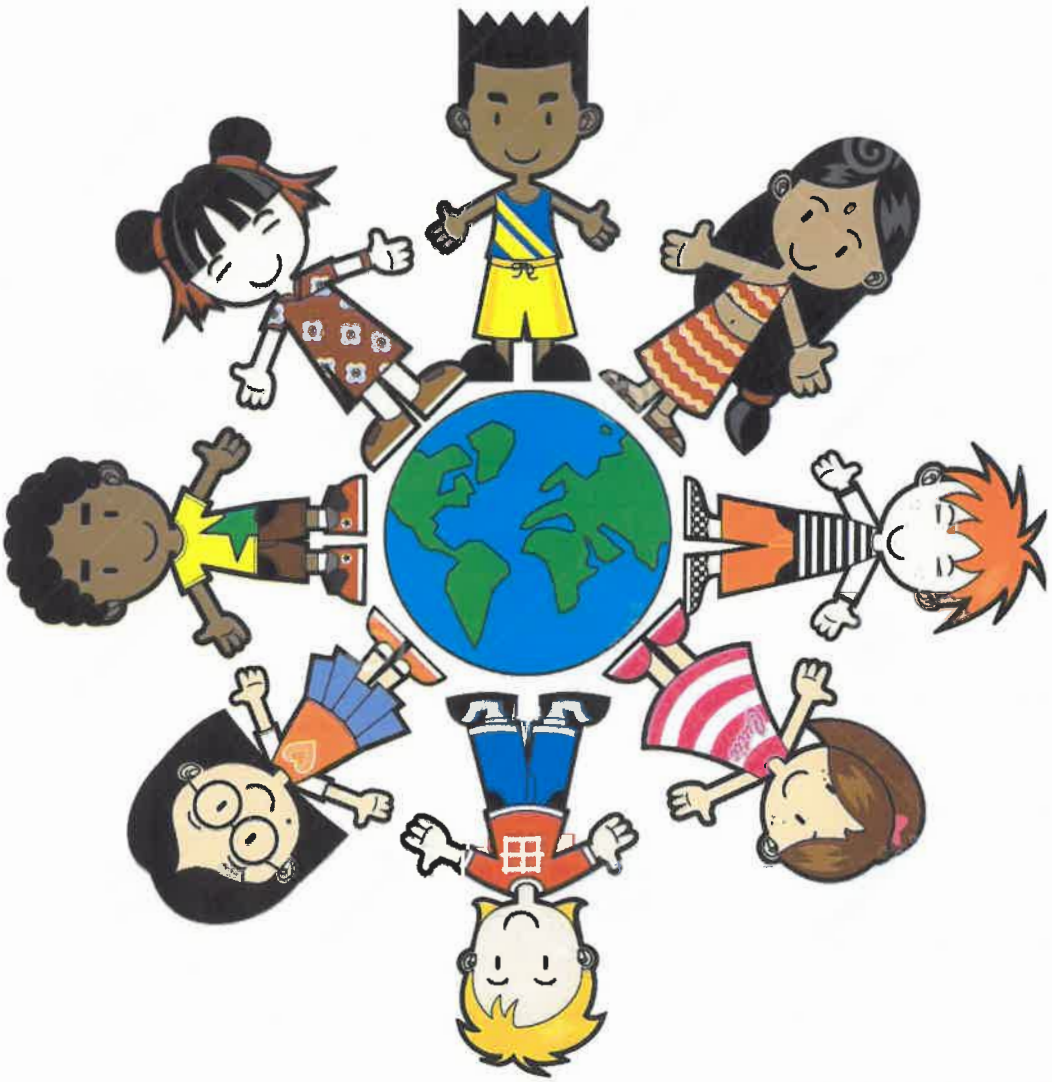
Upper Orange Den Culture Recipes



INDIAN

RECIPE

CURE RICE

DAL BADE

CHICKEN KABOB

GULAB JAMUN

KHEER

TANDOORI CHICKEN TIKKA

CHOCOLATE BURFI

VADA

SUNDAL

KAJI KAHI

SEMOLINA PUDDING

GAJAR HALWA

Gajar (Carrot) Halwa

By: Ayan Mehra

From India (Punjab – North India)

This is the holiday season. The season of joy, sharing, cold weather and...CARROTS! And the time when my grandma makes "Gajar Halwa"!

It is one of my favorite Indian desserts. My grandma fondly makes it for me every time I visit India. This year we could not go to India, so my mom made me this delicious Gajar Halwa and I helped her while cooking. Today I will share the recipe with you.

INGREDIENTS:

1.	Carrots (Gajar)	2 Lb.
2.	Milk	1.5 Gallons
3.	Ghee/ Clarified butter	2 Tbsp.
4.	Sugar	1 Cup
5.	Nuts (Optional)	½ Cup
6.	Raisins (optional)	4 Tbsp.

Pre- Preparation:

1. Wash and peel the carrots.
2. Grate the carrots in a food processor or Hand-grater.
3. Chop the nuts and soak them in water.

Cooking Directions

1. Add grated carrots and 1 Gallon of milk to a large pan.
2. Heat the mixture on stove top on medium flame.
3. Stir the mixture. Keep on stirring every 10-12 minutes for about 1 hour.
4. After one hour, add remaining milk and chopped, pre-soaked nuts to the pan.
5. Continue to stir every 10-12 minutes for another hour. Do not leave the pan unattended.
6. When the milk gets completely evaporated add sugar and stir well until the "Halwa" is thick and glossy.
7. Add ghee (clarified butter) and continue to stir for additional 10 minutes.
8. Garnish with chopped nuts and raisins and serve it hot.
9. ENJOY the "Gajar Halwa".

Pictorial Representation

Curd Rice

By: Neelesh Dutt
From India

This is a very famous dish in South India, which is eaten towards the end of a dinner meal or sometimes as a simple lunch meal. Generally, kids like it a lot.

Ingredients

- 1 cup boiled cooked rice
- ½ cup plain yoghurt
- Warm milk
- Salt to taste
- Extra topping (cashew nut, peanuts, pomegenerate seeds)
- Little ghee

Directions

1. **Take rice, yoghurt, milk, salt in big bowl and mix together. It should not be too thick or too runny.**
2. **You can add more milk or yoghurt to adjust the consistency.**
3. **Take a sauce pan, melt ½ tbsp of ghee and roast 5-6** cashew nut, peanuts then add it to the rice and yoghurt mix.
4. **You can add more spices to it, like black pepper power, red chillipowder, cumin powder, tangy dry mango powder(but I do not like them in my curd rice).**
5. **Serve it with some** pomegranate seeds and chopped coriander leaves.

DAL BADE

BY: AYUSHI

FROM: UTTARAKHAND (India)

My mom's side of my family has always made this one specific dish -Dal Bade (fritters), as far as I ate these fritters, they always had a side sauce -coconut chutney or green chili sauce. Though it is famous all over India in Uttarakhand it is basically a tradition. Some foods we barely make or even eat but Dal Bade is well known.

Ingredients:

- 1cup of urad dal (split black)
- ¼ tsp asafetida
- 1 tsp turmeric powder
- 1 tsp red chili powder
- 1 – 2 green chili fine chopped
- half bunch of coriander finely chopped
- Mustard oil to deep fry the fritters
- Salt to taste

Directions:

1. To make the Kumaoni Bada, rinse and soak dal overnight in enough water or for at-least 6 hours.
2. Rub the dal in small batches in between your palms to remove the black peel. Each time drain the black peel.
3. After 2-3 times you will end up with majority white skinned dal with few black peel here and there.
4. Let the dal sit in colander for 10-15 minutes for excess water to drain off.
5. Now grind the dal in the mixer and stir as needed to get smooth paste.
6. Transfer the paste in a bowl.
7. Add hing (asafetida) , chopped coriander, green chilli, turmeric and salt in the dal paste. Stir to combine.
8. Heat mustard oil in a wide deep-frying pan over medium heat.
9. To shape the vada like mini doughnut shape, hold it over one palm and flatten it using other hand fingers.
10. Make a hole in the center of the flattened vada.
11. Gently put it into pan of hot oil to deep fry.
12. Deep fry the vada over medium high heat till deep golden, crisp from both the sides.

CHICKEN KABOB

BY: VINEESH NALLABOTHULA

FROM: INDIA

My parents and grandparents are from India. We make Indian food for all the festivals. We make different types of chicken kabobs. I will share one of the recipes today.

Ingredients:

- Chicken
- Spices
- Salt
- Ginger garlic paste
- Oil
- Lemon

Directions:

- Wash the chicken
- Cut the chicken into pieces
- Add the spices, ginger garlic paste to the chicken
- Add salt and squeeze some lemon
- Put the chicken in the refrigerator for 4 hours
- Turn on the oven and set it for 500f
- Take the chicken from the refrigerator and put it on skewers
- Put the skewers in the oven
- Wait for 10 minutes and flip it around
- Take out the fresh chicken kabobs

Gulab Jamun

By Prisha Ravat, Grade 3

Introduction

For many years, my family has been making gulab jamun. For example festivals like Diwali, we each have one or two as a snack. Gulab jamun is a traditional Indian desert that is popular in India and neighboring countries like Nepal, Pakistan, Maldives and Bangladesh, as well as Myanmar.

Ingredients

- 1 cup milk powder
- 5tbsp all-purpose flour
- 1tsp clarified butter (ghee) or oil
- 1tbsp clarified butter (ghee) or oil
- 2tbsp milk (use more as needed)
- 1tbsp curd or yogurt or ¾ tbsp lemon juice
- 1 large pinch Baking soda or 1/8 tsp
- Clarified butter or oil for deep frying
- 1 tsp chopped pistachios

For sugar syrup

- 1 ¼ to 1 ½ cups sugar
- 1 ½ cup water
- 4 pods green cardamom or ¼ tsp cardamom powder
- 1 tsp rose water

Make sugar syrup

- Mix water, sugar, cardamom and boil in pot. Add 2 tbsp of water and rose water and mix. Set aside.

Make gulab jamun balls

- Mix flour, milk powder, soda, ghee in bowl. Add 1.5 tbsp of lemon juice, yogurt and milk. Roll to smooth 20 equal sized portions.

Make gulab jamun

- Heat pan with ghee or oil on medium flame. Add balls. Fry the balls until golden. Add them to the hot syrup. Allow them to rest for 3 hours and serve after garnishing with chopped pistachios.

KHEER

By : Areeb Farhan Qureshi

From : Pakistan

Kheer is our traditional dessert that we make on different occasions like Eid, Ramadan.

Ingredients

- ½ cup sugar
- 1 gallon milk
- ¼ tsp cardamom powder
- ¼ cup crushed almonds
- 2 tbs condensed milk
- ½ cup rice

Directions

1. Soak rice in water for about 15 min.
2. Take milk in the boiling pan, cook till it becomes thicker
3. Add rice to the milk
4. Cook for 15 min on low heat, till rice gets tender and becomes one with milk
5. Add sugar and cardamom powder to it and let the sugar dissolve in it
6. Kheer is ready, dish it out and garnish with crushed almonds

Tandoori Chicken Tikka

By: Inaaya Mansuri

Tandoori chicken tikka is a type of kabab that is very popular in India. My father makes very good tandoori chicken tikka. We usually wrap the tikkas in a paratha (sort of a tortilla) and eat it like a taco. This is a summer tradition where our friends come over, my parents make tikkas, and we all have a fun time eating tikka rolls (tikka tacos).

Ingredients

- 2 pounds boneless chicken (Dark or white meat) cut into bite sized portions
- 2 lemons
- I tablespoon Salt or to taste
- 250 ml plain yogurt
- 2 tablespoons crushed garlic
- 1 tablespoon crushed ginger
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander seeds
- 1 tablespoon freshly ground black pepper
- I teaspoon citric acid powder
- I teaspoon turmeric powder
- 2 green chilies finely chopped
- I bunch cilantro leaves finely chopped

Instructions

1. Place the chicken pieces in a large bowl, squeeze the lemon juice over them, and sprinkle with a little salt.
2. Now, place all the marinate ingredients in a blender and blend to a fine paste.
3. Cover the chicken pieces with the marinate ensuring the chicken pieces are completely coated with the marinate.
4. Allow to marinate for six hours or up to 48 hours - the longer the better.
5. When ready to cook, light a barbecue. Gas barbecues will work but we prefer the flavor of charcoal barbecues.
6. You are ready to grill when you can hold your hand two inches above the grill without it being unbearably hot.
7. Cook the chicken pieces (tikka) on skewers turning occasionally until the chicken is cooked through and the edges are blackened.

Chocolate Burfi

Apurva Ramkumar

We usually make chocolate burfi during Diwali, a popular Indian festival. It is a family tradition, and I would be proud to tell you how to make it.

Preparation time:

5 minutes + resting time 1 hour | Cooking time: 10 minutes| Yields: 10 to 12 burfis

Ingredients:

MILK POWDER	1 CUP
SUGAR	3/4 CUP minus 2 TBLSP
COCOA POWDER	2 TSP
CASHEW NUTS(CHOPPED)	2 TBLSP
ALMONDS (CHOPPED)	2 TBLSP
DESICCATED COCONUT	1/2 TSP(OPTIONAL)
BUTTER	1 TBLSP

Instructions:

1.pour sugar into a pan, and cover it with a small amount of water.

2. boil it in a medium flame.

3. when the sugar is completely dissolved, turn of the flame.

4. add the milk powder, cocoa powder, and butter to the mixture, and mix well.

5. when the burfi has cooled, cut it into pieces, sprinkle the nuts and coconuts, and you're done!

Enjoy your chocolate burfi!!!

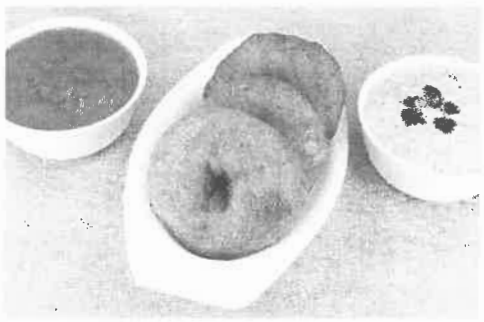
Vada

By: Shriya Lingannapeta

My parents immigrated from India to USA and they also brought back most of the south Indian traditions. I chose Vada because it is a traditional dish, my family and I make on festivals and also sometimes for breakfast. I would be happy to share a simple recipe of delicious Vada with you.

Ingredients:

- **Urad dal (lentil)** - 2 and a half cups
- **Rice flour** -1-2 tablespoons
- **Oil** - enough oil for deep- frying in a pan
- **Salt**- 2 teaspoons
- **Chilli** - 3
- **Coriander**- 2 strands
- **Ginger**- quarter of a ginger
- **Onion**- optional



Directions:

- Soak urad dal in water for **3 to 4 hours**
- Grind urad dal in a wet grinder until it turns into soft, fluffy and thick paste
- Add in your ginger, coriander, chilies, rice flour, and salt in the urad dal paste and mix them well
- Heat a deep-fry pan on the stove and pour enough oil to fry
- While the pan is heating, we will shape our vadas
- Make hand-sized balls with the batter, press slightly in to a circular shape and make a hole in the middle with your finger – just like a donut shape
- Gently drop the vadas in the deep-frying pan and fry them on both sides
- Fish the vadas out of the frying pan when golden brown
- Serve them plain or with some with coconut chutney to make them more yummy.

ENJOY YOUR VADAS!!!

SUNDAL

BY : GAUTHAM ALAGUMALAI

FROM INDIA

My grandparents and parents use this recipe for festivals like Diwali. This dish is very important to our culture in India. It is called Sundal.

INGREDIENTS

- 1 can Garbanzo beans
- 1 tsp Mustard seeds
- 1 tsp cumin seeds
- 1 sprig curry leaves
- 1 tbsp dried, shredded coconut
- 2 tbsp oil
- 1 tsp salt
- 1 tsp turmeric powder
- 2 chopped green chillies

DIRECTIONS

1. Drain the Garbanzo beans in a serving bowl.
2. Heat oil in a pan.
3. Add the mustard seeds, cumin seeds and wait till they splutter.
4. Then add the rest of the ingredients and sauté for a minute.
5. Add the Garbanzo beans and mix well.
6. Switch off the stove and transfer to serving bowl.
7. Enjoy!!

Kaju Katli (Cashew Fudge)

By: Reyansh

From India

Kaju Katli is an Indian sweet made from cashews. It is one of my favorite Indian sweet dishes. On Indian festivals such as Diwali I enjoy making it with my mom.

Ingredients

1. 1 cup of cashews
2. ¾ cup of powdered sugar
3. 4 tablespoons of warm water
4. ¼ tablespoon cardamom powder

Directions

1. Take ¼ cup of cashews and grind them to a fine powder in a grinder. Grind in batches until all of the cashews are gone from the cup (remember to grind in batches otherwise you might end up with oily cashew paste rather than powder)
2. Use the sifter to sieve the cashew powder
3. Add the cardamom powder into the cashew powder
4. Add all the sugar into the mixture
5. Mix the mixture of cashew powder, sugar powder, and cardamom powder using warm water little at a time to make a dough (you might see some oil releasing while kneading the dough, but it is fine)
6. Put the dough between two parchment papers and roll out to a thickness of about ¼ inch
7. Transfer the rolled-out dough to a tray
8. Now cut the rolled-out dough into diamond shaped pieces (The diamond shaped pieces are called Kaju Katli)
9. Let the Kaju Katli air dry for about 6 hours. Once it has dried put it in an airtight container so that it doesn't get hard

Semolina Pudding

By: Ashvath Ram

From : India

My parents immigrated to America from India 10 years ago. We still follow Indian traditions and cooking at home. I will continue the same with my family as well. This pudding is one of the most popular traditional recipes that is served for most of festive occasions such as Diwali, Thanksgiving [Pongal] and many.

Ingredients:

- **¾ cup vermicelli**
- **½ cup sugar**
- **⅛ tsp cardamom**
- **3 cups milk**
- **2 tsp ghee [clarified butter]**
- **10 cashew nuts**
- **10 raisins**

Directions:

1. **Add ghee (clarified butter) to a pan and heat .**
2. **Add cashews, raisins and fry till golden brown.**
3. **Keep these aside for garnish at the end.**
4. **Add semolina to the same pan**
5. **To the semolina add milk and boil until the semolina is cooked.**
6. **Add sugar and cardamom powder and turn of the gas.**
7. **Garnish the dish with fried nuts and raisins.**
8. **Serve hot or cold.**

Paal Payasam recipe (Rice Pudding)

By Shriya Kutty

From: India

Ingredients:

3 Tablespoons of Raw Rice
5 cups of milk
1 cup of sugar

How to prepare:

1.Wash the rice thoroughly and keep it aside.
2.Take a wide-bottom, heavy pan and boil the milk.
3.Once the milk comes to boil, add the washed rice.
4. Keep cooking on medium flame till the rice is cooked, stirring continuously so the milk does not stick to the bottom of the pan and until the milk mixture has reduced in volume.
5. Add the sugar to the milk mixture and continue cooking for 5 more minutes.

The payasam is ready to be served. It can be served hot or cold.

Aloo Parantha

Dish By: Arth Maker

Introduction

Wheat is the staple food of Punjab, a state of Northern India. Parantha is type of a wheat bread.

Ingredients

1. Wheat flour
2. Melted butter
3. Cold water
4. Salt
5. Potato
6. Cumin
7. Carrom seeds
8. Dry mango powder

Recipe

1. Boil the potato
2. Peel and mash the potato
3. Add the above ingredients (Cumin Seeds, Dry Mango Powder, Carrom Seeds)
4. Set it aside
5. Mix the flour and water together in a separate utensil

6. Knead the dough until it becomes firm
7. Flatten the dough using a roller pin into a circle shape.
8. Put the ingredients in the center of the flat dough and wrap the dough around the ingredients into a ball.
9. Flatten the dough ball again into a circle shape again. This time the dough will be thicker because of ingredients.
10. Take a flat pan and heat some Melted butter on the pan and let it heat.
11. Put the flat dough on the pan and let it cook until its brown.
12. Flip the dough on the other side and let it cook until the other side is brown again.
13. Take it off the pan and enjoy.

BAADAM KATHLI BY: Shruti

Baadam means almonds. Kathli means thin slices.

My sister and I are winter kids born in January and February. My mom makes Baadam kathli for our birthdays because we love them.

Ingredients

- 1 cup almonds soaked in water for 20 minutes
- 1.5 cups sugar
- Half stick unsalted butter

Directions

1. Peel the skin from soaked almonds
2. Grind them into a fine paste using 1 cup water
3. In a thick bottomed pan, pour the sugar
4. Add water just enough to cover the sugar
5. Let the sugar melt and boil for 10 minutes
6. Add the ground paste of almonds to it and keep stirring
7. Keep stirring until the almond absorbs the sugar and starts to stick to the pan (approximately 20 minutes)
8. Add the butter and stir until it is absorbed
9. Grease a cookie plate with butter
10. Pour the almond mixture on to the cookie plate
11. Let it cool for 5 minutes, use a butter knife to cut them into square, rectangle or diamond shape

ENJOY!!!☺

Mango Lassi

By: Arush

From: India

Ingredients

- 2 Mangoes
- ½ cups of plain Greek yogurt
- 2 tablespoons of honey
- 2 cups of ice
- A Blender

Directions

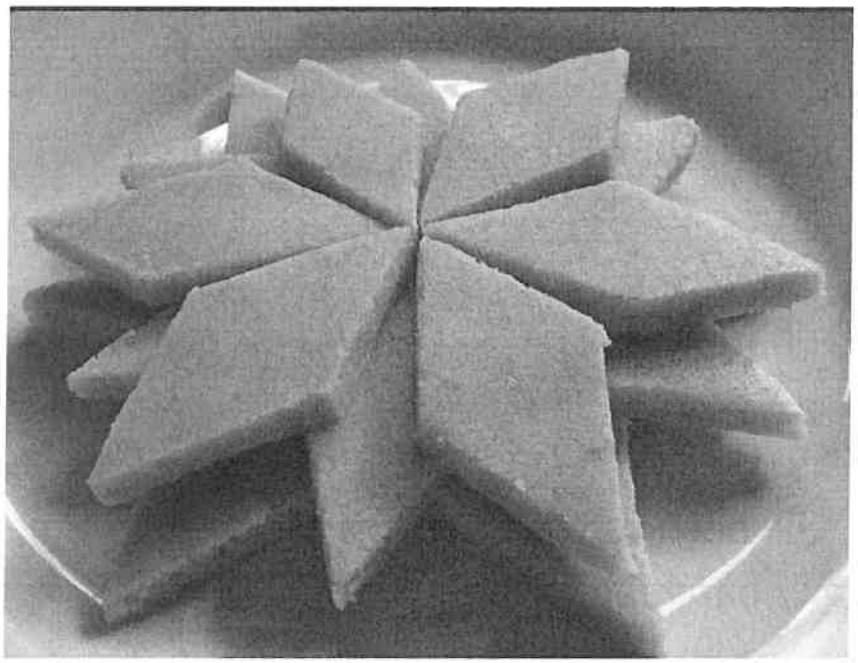
1. Put 2 mangoes in the blender
2. Put the Greek yogurt in the blender
3. Put the honey in the blender
4. Put the 2 cups of ice in the blender
5. Put the blender on and blend the ingredients till the smoothie is ready

Kaju Katli (Cashew Fudge)

By: Sohum Katti

From: India

Kaju Katli is special to my culture because it's a delicious Indian dessert to eat and is easy to make too! Here is how to make it.



Ingredients

- 2 Cups cashew powder. (see notes)
- ½ Cup Regular White Sugar
- ½ Cup Water
- 1 Pinch of **Ground Cardamom Powder**
- 1 teaspoon of Ghee

Instructions

1. Measure ½ cup of sugar and ½ cup of water. Add ingredients to a pan. Simmer on a medium flame.

2. Add pinch of Ground Cardamom Powder.

3. Simmer the mixture, and at the same time, stir occasionally until it reaches one string consistency. Switch off the flame when the one string consistency has formed.

4. Immediately, add in the cashew powder and mix well to combine. Add teaspoon of ghee while mixing.

5. The mixture will become one cohesive dough. Dump dough on a wax / parchment paper.

6. Try to pat dough into a rough rectangle by pressing on top of the wax paper.

7. Place another layer of wax paper on top of the dough and start rolling into a thin sheet (about $1/8^{th}$ of an inch thick)

8. Leave it to rest for about 20 minutes. Then cut the sheet of dough with a sharp knife. It might be sticky.

9. Allow it to completely cool down. Break the pieces and store it in an airtight container and consume within 1 week.

Notes:

Grind cashews to a powder

Take about 2.5 cups of cashews and pulverize the cashews to a powder.

Do not run all of the cashews at one time in the grinder. Do it in 2 or 3 batches.

Pulse it several times. The cashews will start to ooze oil if ground for a long time. So a note of caution on that.

Sieve the ground cashews to get rid of any big chunks that may remain.

Recipe courtesy: https://www.kannammacooks.com/kaju-katli-recipe-kaju-katli-easy/

Mysore Pak

By: Aditi

From India

Mysore Pak is a traditional dessert from Karnataka. We usually eat it during Diwali. This is a family recipe that my great grandmother, my grandmother and my mom use. My grandmother makes it throughout the year.

Ingredients:

- 1 cup of chickpea flour
- 1 cup of ghee/ clarified butter
- 2 cups of sugar
- 1 cup of water

Directions

1. Sieve the chickpea flour / (make sure it is a fresh stock). See that there are no lumps in the chickpea flour.

2. You could also buy split chickpea and dry roast it and powder it to a fine consistency. Make fresh ghee from butter.

3. Keep a greased plate with edges ready.

4. Take a thick bottomed wide mouthed heavy pan, add water and boil.

5. As it boils, add the sugar and stir. Cook in low heat.

6. When the sugar is well dissolved and gets to a single thread consistency.

7. For checking for single thread consistency, take a little bit of the sugar syrup and stretch it between your thumb and index finger. If it makes a single thread it done.

8. Now add the sifted chickpea flour in small quantities and stir well till all combines well.

9. Add ghee little by little and go on stirring. The ghee mixes with flour and sugar and gives a heady aroma to the kitchen.

10. Cook for a few minutes

11. The ghee will get absorbed completely in the Mysore Pak and the mixture bubbles and froths.

12. If it starts leaving the sides of the pan that means it is ready, now pour it into the greased pan. Let it cool down and cut into squares.

13. Serve and Enjoy!

NOTES

1. While making the Mysore Pak stand near the Pan and stir continuously throughout while making it.

2. Reduce the quantity of sugar and ghee, if needed. However, the taste and texture of the Mysore Pak will be compromised.

Rasam Recipe by Rithesh

Total Time: 30m

Prep Time: 10 m

Calories: 95

An authentic South Indian recipe, Rasam is a flavourful dish ideally served before main course. Made with tomato, curry leaves and asafoetida powder, it is an ideal appetizer recipe. Rasam tastes the best when served with crispy papads. This spicy and tangy drink is absolutely different from other regional drinks of India, which are mostly a concoction of sweetened saffron, flavours like Lassi, Badam milk, Kesar Milk among others. This traditional drink is blend of amazing spices, which are high on flavours and helps in digestion. This quick recipe can be prepared using some easily available ingredients like tomatoes, cumin seeds, chopped coriander leaves, peppercorns, ginger, asafoetida powder and salt as per your taste. Curry leaves add a piquant aroma and flavour to this South Indian recipe. You can add your own innovation to this traditional dish by playing with some unique spices to give it a fusion twist for instance: You can fry the some chopped garlic and add it to the Rasam recipe, this will add on to the aroma and taste. Likewise, you can also top it with some crushed roasted spices mix like dried and roasted curry leaves, pepper powder, cumin seeds, and red chilies, grind this mix and add a pinch of it to the recipe. These were a just a few ideas will give an innovative twist to your Rasam drink. Rasam is one the most delicious appetizer drink, which is light on stomach and high on taste. You can serve it on special occasions like Onam, Pongal to name a few. You can also serve it as a soup at house parties or kitty parties. If you like the tangy flavour of tamarind, you can add a dash of dry tamarind powder. You can also make it delightful by following the recipe given below. However, we suggest you to add your own choice of flavours to give this tradition recipe a spin! So, try this simple drink at home and relish with your loved ones.

Ingredients of Rasam

3 chopped tomato

1/2 teaspoon cumin seeds

1/2 piece ginger

1 handful chopped coriander leaves

2 cup water

1 pinch asafoetida

1 teaspoon peppercorns

5 curry leaves

salt as required

For Tempering

1/2 teaspoon ghee

1/2 teaspoon mustard seeds

How to make Rasam

Step 1

Soak the tomatoes and ginger in lukewarm water with a pinch of salt and this will remove the adulterant from the tomatoes. Then, take a grinder and add tomatoes, asafoetida, cumin seeds, peppercorns, ginger, curry leaves, coriander leaves and salt in it. Grind all these ingredients to a paste.

Step 2

Now, take a pan and add 2 cups of water in it. Heat the pan over medium flame. Add the ground paste and bring to a boil. Stir it for 1-2 minutes and then switch off the flame. Remove and keep it aside.

Step 3

For the tempering, heat ghee in a pan over medium flame. Add mustard seeds in the same pan and allow them to fry. Fry the mustard seeds for 20 seconds and pour into the rasam. To make it more delicious add some curry leaves and green chillies. Fry this mix until it starts crackling. Transfer the rasam in serving bowls and pair them with crispy papads and platter of chutneys.

Kheer

By Kian

From India

We eat this dish every holiday as dessert and it's very easy to make and it's unique because usually Indians eat this dish and it has a connection to pudding. It's a 2,000-year-old dish.it is a part of an ancient diet.

Ingredients

- 5 cups whole Milk
- ½ cup rice (half cup)
- 1 tbsp cup raisins
- 1 tbsp cardamom powder
- ½ cup sugar

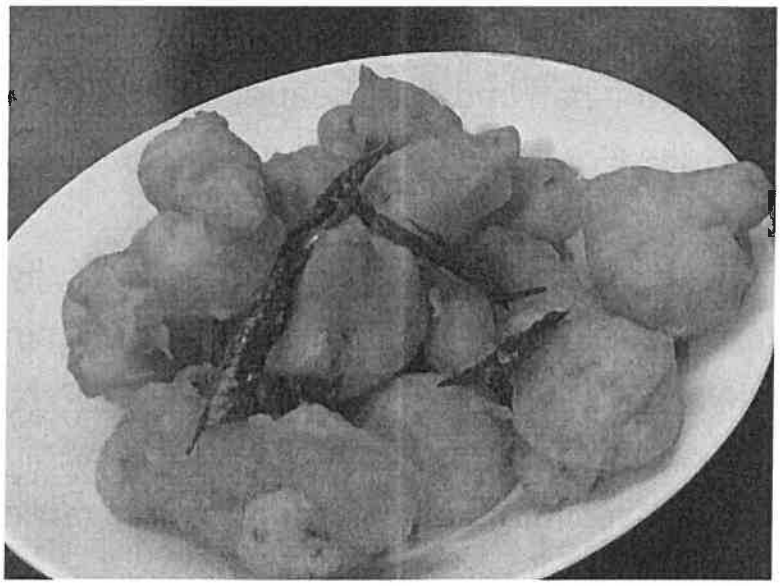
Directions

1. soak rice in water for 30 minutes
2. drain water and wash the rice 2-3 times in water
3. place rice with all the ingredients in an instant pot or in a pot
4. for instant pot put on porridge mode or for a pot boil for twenty minutes

CAULIFLOWER PAKODA

By Sachin

My mom makes this dish as treat during holidays or weekends. I like it because it crunchy on the outside and tender on the inside. It also has one of my favorite vegetable. Our whole family enjoys it.



INGREDIENTS:

1. Medium sized cauliflower – 1
2. Curry leaves – 10 (optional)
3. Besan / split chickpea flour – 1 cup
4. Rice flour – 1 cup
5. Cayenne pepper or black pepper (powder) – 1 or ½ teaspoon (optional)
6. Salt – 1 ½ teaspoon
7. Red food color – ¼ teaspoon

8. Baking soda
9. Water - 2 cups
10. Vegetable Oil 2 – cups (for frying)

METHOD:

1. Cut cauliflower into small florets
2. Microwave cauliflower florets for 3 minutes in a bowl. Now stir them and microwave them for another minute.
3. Pour oil in a frying pan and start heating it for 400F.
4. Meanwhile take a bowl, mix the flours, salt, color, pepper, baking soda, and water to make batter.
5. Once the oil is hot, dip 7 or 8 cauliflower florets fully into the batter. drop them into the oil and fry them for 5 minutes, stirring occasionally.
6. Repeat step 5 for rest of the cauliflower florets.
7. Fry the curry leaves in the oil for 1 minute and garnish with it
8. Enjoy the pakoda with ketchup.

NANDANA

BESAN FLOUR COOKIE (NANKHATAI)

Ingredients:

1. 1 cup gram flour
2. ¾ cup powdered sugar
3. ¼ teaspoon baking soda
4. ½ teaspoon baking powder
5. ¼ teaspoon cardamom powder
6. ½ ghee (melted butter)
7. 5-4 pistachios (optional)
8. A pinch of salt

Directions:

1: Mix ghee, powdered sugar and cardamom powder together and mix well.

2: Mix baking soda, baking powder, salt and gram flour together and mix well.

3: Mix ingredients from step 1 and 2 together and knead into a soft dough. (DO NOT OVER KNEAD)

4: Make small balls and flatten slightly.

5: Arrange in baking sheet and bake at 350-degree F for 15 minutes.

Fried Eggplant

From Bangladesh

(Begun Bhaji)

By: Shahar A

Ingredients: 1 large eggplant

Paprika-1 tbsp

Turmeric-1 tbsp

Ground Cumin-1tbsp

Salt

Pepper

Directions:

1. Cut eggplant into 1 inch disks so they look like circles.
2. Use a cool baking sheet and lay eggplant disks on it.
3. Sprinkle each disk with paprika, cumin, salt, pepper, and turmeric flip and repeat.
4. In a frypan heat up 4 tbsp oil
5. Place 2 disks at a time and saute/fry.
6. Flip several times the outer skin should get soft, shiny, and slightly wrinkled the center of the eggplant will become soft.
7. Remove and place on plate lined with paper towels

Enjoy with hot white rice and ghee!

Breakfast Christmas Casserole

By: Drew

From USA

It's delicious. We have it once a year at Christmas. Parents put the ingredients together the night before Christmas. It cooks while my family opens presents.

Ingredients:

24 oz. Frozen hash browns

12 large Eggs

8 oz. Shredded cheddar cheese

16 oz. Ham, cubed

1 cup milk

1 teaspoon salt

½ teaspoon ground black pepper

Cooking spray

Directions

1. Preheat oven to 350 degrees F.
2. Add frozen hash browns, ham, and cheese to a large bowl. Toss to combine. Pour mixture into a 9 inch x 13 inch baking dish that has been sprayed with cooking spray.
3. In a large bowl whisk the eggs with the milk, salt, and pepper.
4. Pour egg mixture over hash brown mixture. Pat everything down.
5. Bake for one hour uncovered. Center should be set and edges should be golden brown. For deliciousness!!!

Gulab Jamun

By Prisha Ravat, Grade 3

Introduction

For many years, my family has been making gulab jamun. For example festivals like Diwali, we each have one or two as a snack. Gulab jamun is a traditional Indian desert that is popular in India and neighboring countries like Nepal, Pakistan, Maldives and Bangladesh, as well as Myanmar.

Ingredients

- 1 cup milk powder
- 5tbsp all-purpose flour
- 1tsp clarified butter (ghee) or oil
- 1tbsp clarified butter (ghee) or oil
- 2tbsp milk (use more as needed)
- 1tbsp curd or yogurt or ¾ tbsp lemon juice
- 1 large pinch Baking soda or 1/8 tsp
- Clarified butter or oil for deep frying
- 1 tsp chopped pistachios

For sugar syrup

- 1 ¼ to 1 ½ cups sugar
- 1 ½ cup water
- 4 pods green cardamom or ¼ tsp cardamom powder
- 1 tsp rose water

Make sugar syrup

- Mix water, sugar, cardamom and boil in pot. Add 2 tbsp of water and rose water and mix. Set aside.

Make gulab jamun balls

- Mix flour, milk powder, soda, ghee in bowl. Add 1.5 tbsp of lemon juice, yogurt and milk. Roll to smooth 20 equal sized portions.

Make gulab jamun

- Heat pan with ghee or oil on medium flame. Add balls. Fry the balls until golden. Add them to the hot syrup. Allow them to rest for 3 hours and serve after garnishing with chopped pistachios.

Chinese

Vegetable noodles

Chinese dumplings

Tomato and egg noodle

Snowing Moon cake

Egg Fried rice

Sweet Soup Balls

Stuffed Lotus root

Chinese steam fish

Long live noodles

green onion pancakes

By: Anand Adgaonkar

From Chinese culture

Our family makes these noodles on special occasions (Birthdays and Christmas)

We make these noodles because we usually don't make them

Ingredients

- 4 cups boiling water
- 1 hand full noodles
- 1 cup zucchini
- 1 ½ cup bell peppers
- ¼ cup carrots
- 1 tsp soy sauce(optional)

Serves 1

Directions

1.pour water into a pot
2. put the noodles in the pot
3.turn on the stove
4. put chopped carrots in a pan
5.chop the bell peppers and put them in the pan
6. add chopped zucchini
7. drain the noodles
8. put the noodles in the pan
9. serve on a plate with a costar
10.drizzle soy sauce
11.wait 3-5 minutes to cool
12.ENJOY

Chinese dumplings

By: Ray G.
From: China

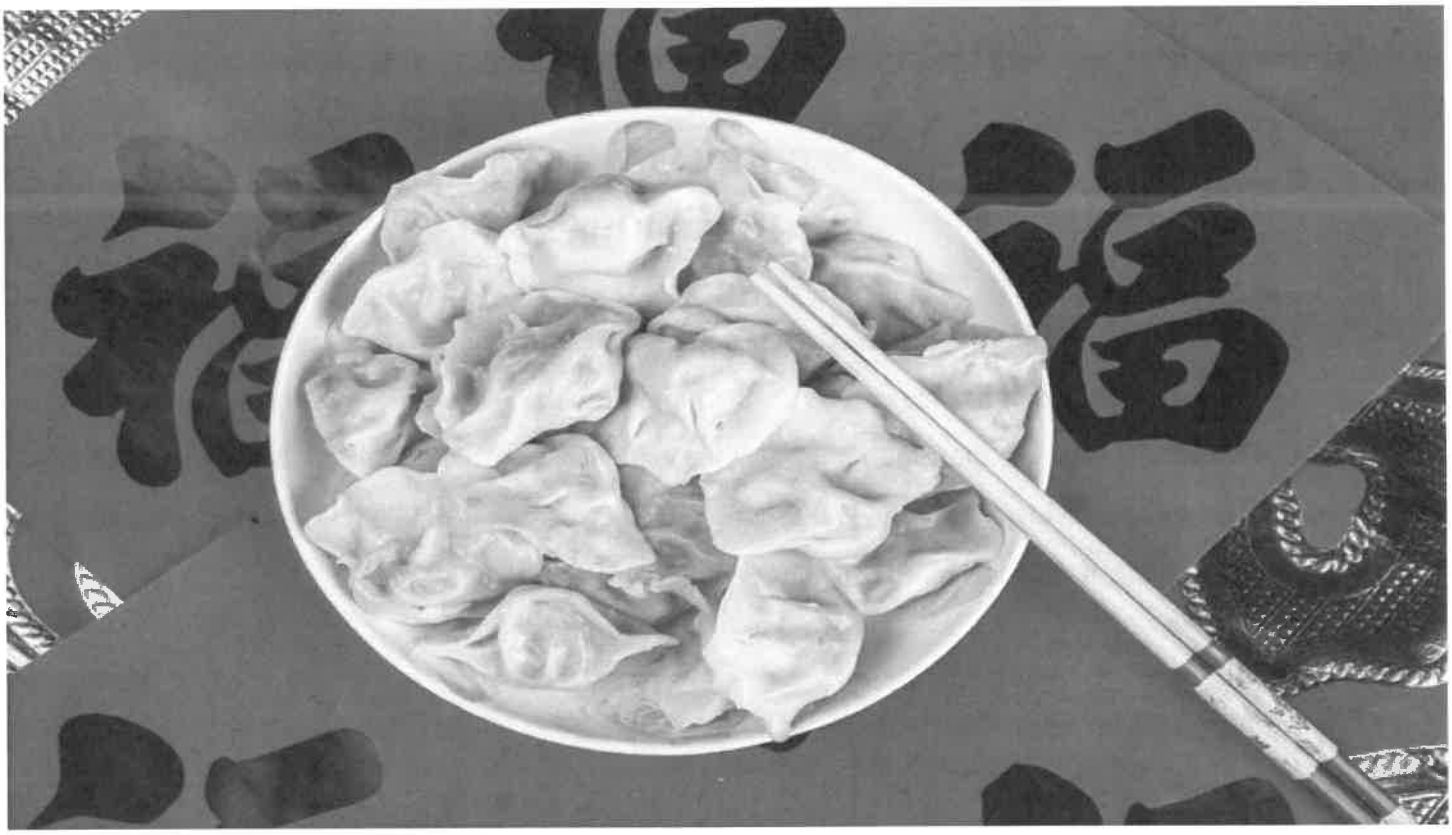
Chinese dumplings are important to me, because I like it. They are very delicious and part of Chinese culture. and we make it when some good friends visit us or on Chinese holiday, especially on Chinese Lunar New Year. On the eve of lunar new year, we make dumplings. While watching TV show. Only one dumpling is special because there is a lucky coin inside. No one knows who the lucky person is until he/she eats it. Whoever gets the coin in the dumpling, it means he/she has a lucky new year.

Ingredients:

- ½ medium cabbage (about one pound)
- One tablespoon of salt
- One-pound grounded pork
- Three tablespoons of soy sauce
- Two tablespoon of sesame oil
- Two eggs (whisked)
- One package of round dumpling wrapper
- Two-inch piece fresh ginger(grated)

Directions:

1. Chop cabbage into tiny strips
2. Put salt in cabbage and mix. Wait for five minutes, then squeeze the all liquid out
3. Put all the ingredients except for dumpling wrapper in the cabbage strips and mix them up completely
4. Set up a working station (including a big board) to make the dumplings
5. Use a spoon to put the dumplings filling on one round dumpling wrapper
6. Put water on the sides of the dumplings
7. Fold the dumplings in half then squeeze all the sides of the dumpling wrapper
8. Do the same way to every dumpling wrapper
9. Cook (steam or fry) the dumpling



Enjoy!

Tomato & Egg Noodles

By: Molly Dong
From: China

Noodle is a very common food in China. My parents are from the central part of China, called Henan Province. In Henan, the production accounts for about a quarter of the country's wheat production, so noodle is a famous traditional dish in there. I want to introduce a very classic, simple and delicious dish called Tomato and egg noodle.

Ingredients:

- 2 medium sized tomatoes
- 3 eggs
- 1 green onion
- 3 pieces of garlic
- ½ pound of noodles
- 2 tablespoons of vinegar
- 1 tablespoon soy sauce
- 1 teaspoon sugar
- 1 teaspoon sesame oil
- 2 table spoon vegetable oil
- 2 table spoon salt

Directions

1. Cut the green onion and garlic into little pieces
2. Cut tomato into slices

3. Beat the eggs, and then mix a quarter teaspoon of salt into the beaten eggs.
4. Heat 1-tablespoon oil in a pan, when oil is ready, add egg and cook until the bottom side is done. After about 30 seconds, stir with a spatula, chopping the egg into bite-sized pieces, then transfer egg to a plate.
5. Add 1-tablespoon oil and the garlic in a pan, add tomato and stir-fry until the edges are slightly charred and texture becomes soft. Wait 1 minute, add egg back and add some hot water. Put salt and sugar in and mix everything together. The sauce is done.
6. Put noodles into the boiled water, about 10 minutes later, the noodles are ready.
7. Put some noodles in a bowl, add the tomato egg sauce, and add your desired sauces such as vinegar, sesame oil, or soy sauce. Mix them together.
8. YUMMY!!

SNOWY MOONCAKE

By: Luke Wu
From China

Every mid autumn my mom and dad buy mooncake for me and my brother to eat. And this has been a family tradition for a long time. And if you want to try it, you can make it yourself because the recipe is on the bottom of the page. Then enjoy!

Ingredients

⅓ cup of glutinous rice flour for coating

Creamy custard filling

- ❑ 1.5 tbsp. Custard flour
- ❑ ½ cup wheat starch +2 tablespoons
- ❑ Cake flour
- ❑ 100 ml milk
- ❑ 2 tablespoons unsalted butter, 30 grams
- ❑ 1/2 cup granulated sugar, 60 grams
- ❑ 2 eggs,100g or 1 large egg+another yolk (whisked)

Wrapper

- ❑ 45 g glutinous rice flour
- ❑ 35 g rice flour water milled version
- ❑ 20 g wheat starch
- ❑ 40 g sugar or sugar powder
- ❑ 185 g milk or unsweetened coconut milk
- ❑ 18 g vegetable oil

Instructions

Making creamy custard filling

1. In a small pot over slowest heat,dissolve sugar with milk
2. Shift all flours and custard powder quickly. Stir to combine well. Add egg and butter in. keep stirring forcefully in the whole process to combine everything and avoid caking. Heat until the mixture becomes very thick and form a paste texture. Remove from fire and keep stirring for several minutes until it becomes fine and smooth.
3. Transfer out, cool down and cover with plastic wrapper. Refrigerate for several hours until hardened so you can shape the filling easily.

Making the wrapper

1. Combine milk, sugar and oil well and then mix with wheat starch, rice flour and glutinous rice flour.
2. Strain once and set aside for 30 minutes. Cover with plastic wrappers and steam over high heat for around 30 minutes until it becomes slightly transparent. Transfer out and stir with chopsticks forcefully for several minutes until fine and smooth. Transfer to a plate and cover with plastic wrapper. Knead with both hands for several minutes until the surface becomes oily. (This is really important to have a soft taste wrapper so do not skip this). Refrigerate for at least 4 hours before assembling the snow skin mooncake.

Making coating flour

1. In a frying pan, stir fry raw glutinous rice flour on medium low heat until the flour turns light yellow. Remove it from the heat. Set aside to cool down.

Assemble

1. Measure each wrapper around twenty grams and filling thirty grams. And then shape both wrapper and filling to balls.
2. Prepare the dusting flour, filling, wrapper and mooncake stamp. Assemble the mooncake stamp well and then dust with flour. Shake off extra flour and set aside.
3. Wrap the filling with wrapper and seal completely. And then shape to a ball first, and further to an oval. Place the oval to stamp (unsealed side first), flat bottom with fingers; push the shaping tool to stamp the flowers. Then demold carefully. If you find the mooncake is sticky on the stamp, use the other hand to help separating.

Egg Fried Rice

by:mason

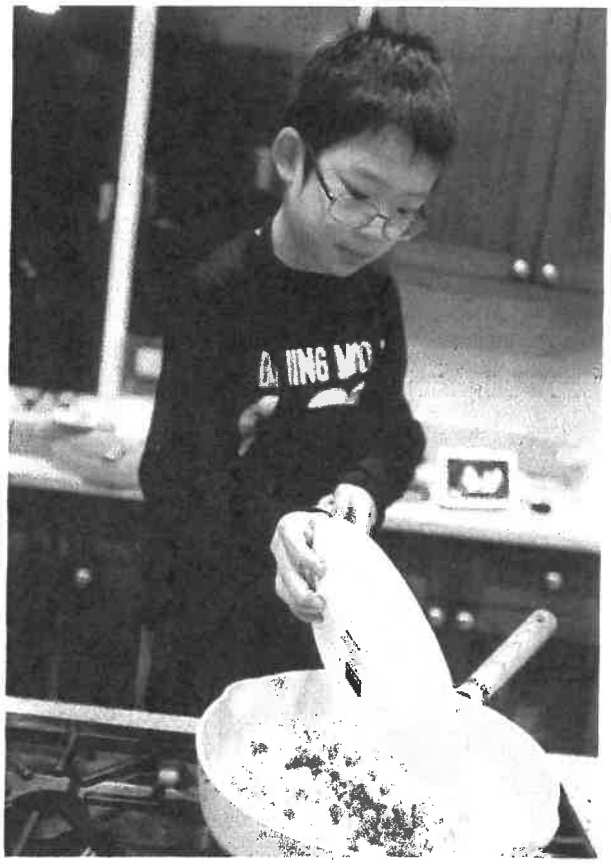
from:china

Learn how to make Fried Rice the easy way with this simple Egg Fried Rice recipe.Made with just a few ingredients and packed with flavor,this dinner is about to become your new favorite.

Cook time:10 mins

Ingredients

- Vegetable oil
- 3 large eggs
- 1 ½ cups of frozen vegetables, carrots,peas,corn,etc
- 4cups of cooked and chilled white rice
- Salt to taste



Instructions

1.Heat a pan over medium-high heat and add a teaspoon of vegetable oil.

2.Whisk in the eggs and cook,stirring often,until set.

3.Add frozen vegetables.

4.Add cold rice to the pan and stir to combine with the vegetables and eggs.

5. Then add the salt.

Notes

You can add any protein you like: chicken, pork, bacon, etc.

Egg fried rice comes from Sui Dynasty which is 100 years ago.

Sweet Soup Balls

By: Lilian Wang
From China

Every Lantern Festival, my parents will cook me my favorite food: Sweet soup balls! Every year, we do something different, but this stayed the same!

Ingredients:

- Glutinous rice flour 250grams
- Boiled water 160-190grams

Peanut and sesame filling:

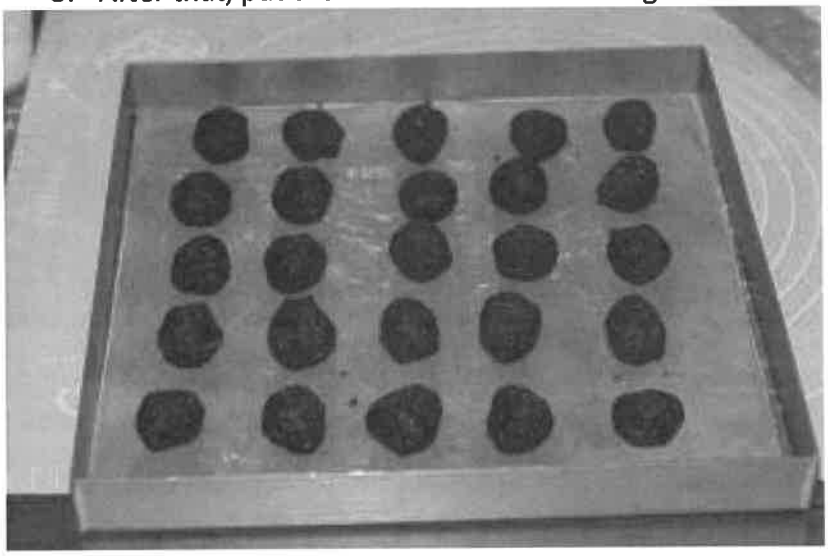
- Toasted black sesame seeds 130grams
- Toasted peanuts 35grams
- Powdered sugar 45grams
- Butter 65grams

The practice of sweet soup balls:

1. Prepare
   (1) Use blender to blend the sesame to powder;
   (2) Use the hot water to melt the butter;
   (3) Then chop the toasted peanuts into little parts but not too small.

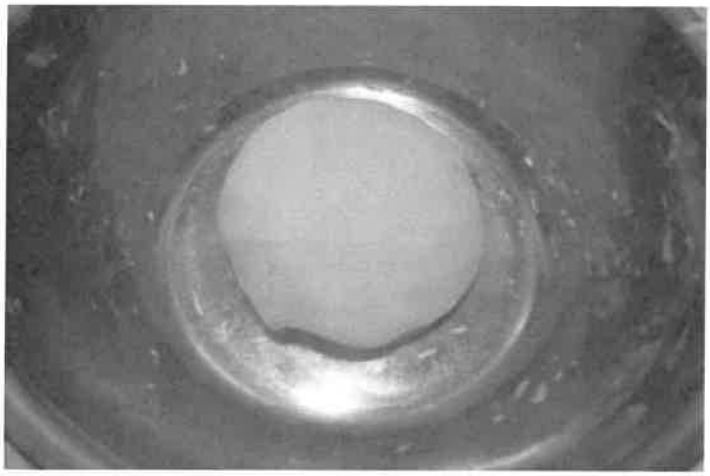
2. Then mix the powdered sugar, sesames, and melted butter and make some round, black balls.

3. After that, put the little balls into the refrigerator until they are hard balls.

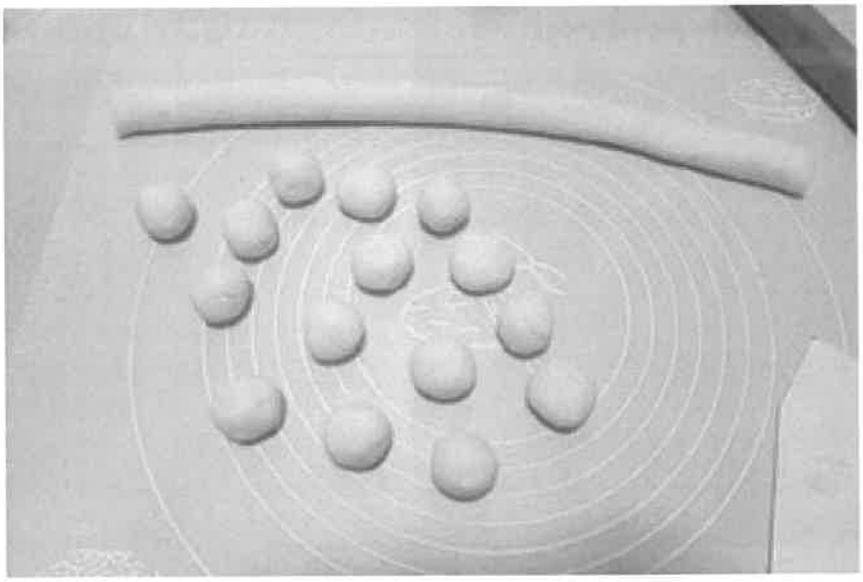


4. Use the boiled water and glutinous rice flour and mix them together (wear kitchen gloves so you won't get burned).

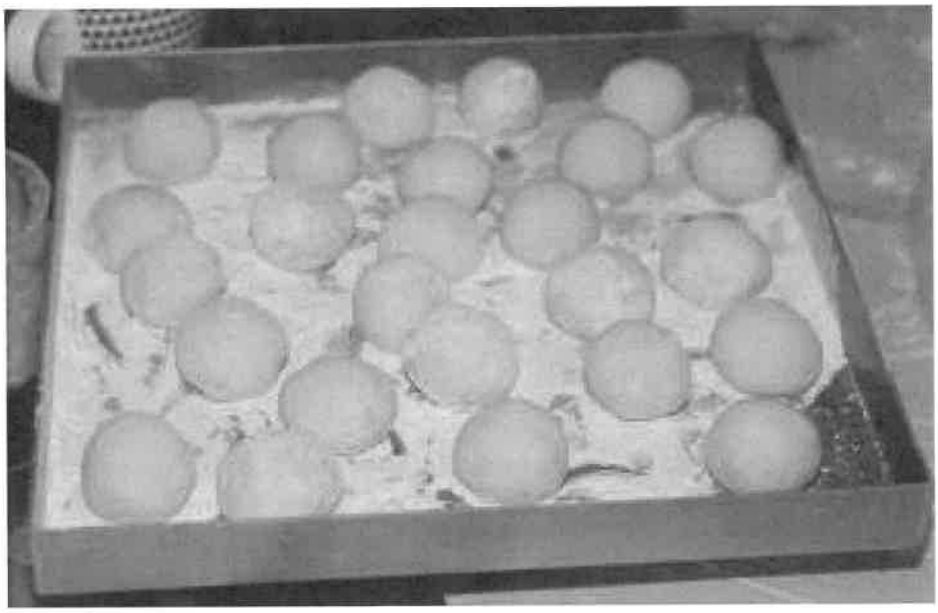
5. Then use the mixture and roll into a big ball.



6. Then knead the dough into long stripes, divide into 17grams/pieces, then knead into a small ball.



7. Then gently press the dough into small bowls. One portion of the dough covers one portion of the filling. Wrap the glutinous rice balls in your hands and roll them into a baking dish covered with a layer of dried glutinous rice flour.



8. You will need to boil the dried sweet soup ball until they float up on whatever you are boiling it on (a pot, a pan, etc.....don't get burned!).

Enjoy your sweet soup ball!

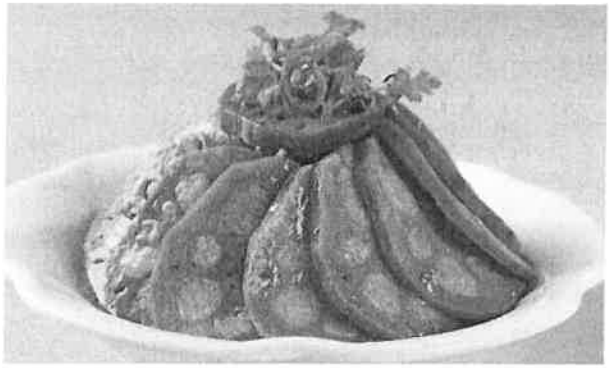
Stuffed Lotus Root

By: Serena Li

From China

My mother grew up in a place where there were lots of lotus flowers and stuffed lotus root was very popular. The lotus root was one of my mother's favorite dish when she was a child. It is high on fiber and is good for digestion systems. It is a very soft and chewy type of food. I love how the lotus root is pink and beautiful. This pink is not artificial color, instead, the color is natural.

Ingredients



- 2 sections lotus root (larger ones)
- 1/2 cup (40g) sticky rice
- 50g brown sugar
- 80g white sugar
- 2 tablespoons honey
- 2 red dates (optional)

Directions

1. Rinse sticky rice 2 or 3 times and then soak with clean water for 1 hour or in fridge overnight. Drain and then mix well with around 2 tablespoons of white sugar.

2. Peel the rind off and cut around 1 to 1.5 inches from one end of the lotus root to serve as a lid.

3. Stuff the lotus root with sticky rice, slightly shake the lotus root or use a chopstick to push the rice grains into the holes. And then cover the lid and fix with toothpicks.

4. Add lotus root to a small pot and add water to cover. Place brown sugar, white sugar and red dates. Bring to boil and then simmer for around 20 minutes. Then flip them and continue simmering for 15 to 20 minutes. A short way is to cook in high pressure cooker for 30 minutes.

5. Cut the stuffed lotus roots into slices and drizzle with osmanthus syrup or honey.

Chinese Steamed Fish

By Minyang Alice Zhang
From China (south part)

My parents are from south China. In my parents' hometown, every family cooks steamed fish at Chinese New year. The Chinese name of fish has a homonym meaning of extra. People wish eating this fish may bring extra food and fortune in the new year.

Ingredients:

- Fresh fish (around 1.5 pounds)
- two inches ginger;
- 1 stalk scallion;
- 2 table spooning cooking oil
- 4 table spoon soy source

Directions:

1. Clean the fish properly;
2. lay the fish on the plate, top with half of the ginger;
3. Heat up a wok with enough water for steaming. Wait for the water to boil. As soon as it boils, place your fish inside the wok, propped up with a small inverted bowl or a couple of wooden blocks (meant for steaming). Cover your wok tightly and set your kitchen alarm for 8 minutes.
4. As soon as the fish is done steaming, transfer it out from the wok. Discard the fish water and ginger strips. Lay the remaining ginger strips on top of the fish.
5. Heat up a pan over high heat and add 2 tablespoons of cooking oil, swirl around until it's hot. Pour the hot oil over the steamed fish. Put the pan back onto the stove, add the soy sauce mixture and stir well. As soon as the sauce bubbles up and boils, pour the soy sauce over the fish. Topped with scallions and cilantro leaves and serve the steamed fish immediately with white rice.

LONG LIFE NOODLES

BY: CAROLYN JI

FROM: CHINA

Every time it is one of my family member's birthday, my mom makes a special kind of noodle called Long Life noodles. It is a tradition to Chinese people and served on holidays, such as Chinese New Year, special events, and birthdays. It means have a healthy, long and happy life.

Ingredients:

Handmade noodles

- Flour 250g (high gluten flour recommended for a chewy taste; all-purpose flour is ok)
- Warm water 120g
- Pinch of salt(optional)

Noodle soup

- Water 2 Liters
- Salt 1tsp
- Sesame oil 1 tsp
- Soy sauce 1 tablespoon
- Bok Choy
- Stock and Topping (optional, you can add vegetable, beef, chicken or shrimp stock or topping depending on your flavor)

Directions:

Handmade noodles

1. Make a dough
   Add flour and salt(optional)into a big bowl. Pour in warm water and stir slowly, a little at a time, and stop pouring when there is no dry flour in the bowl)
   Knead into a rough dough for about 10 minutes until the dough is smooth (your hand and the bowl should be clean!)
   Cover and rest for 20-30 minutes
2. Sprinkle some flour or corn starch onto the cutting board to prevent sticking. Cut the dough into 2-3 pieces. Roll out each piece with the rolling pin, try to roll it even and as thin as you can into round or rectangle sheet. (The size of sheet you rolled decides the length of noodles. Cover other pieces to keep it from drying out.)
3. Sprinkle flour evenly on the thin sheet and fold
4. Thinly slice the folded sheet with a dry knife. (About 1-2mm but you may choose the width you want.)
5. Gently loose the rolled noodles, portion or bundle
   Tip: You may use kitchen-aid mixer to make a dough and pasta machine to slice noodles. You may also find packed dry noodles from QFC, Safeway, Asian food market.

Noodle soup

1. Boil the water with large saucepan.
2. Add the noodles, Bok Choy, and one teaspoon of salt into the boiled water and boil for 5 minutes. Noodles will start floating. Use a fork to get one noodle to taste if it is tender.
3. Add 1 tablespoon soy sauce (or oyster sauce) and 1 tsp sesame oil to make the soup rich flavor
4. Spoon out the noodles soup into a bowl, **serve and enjoy**.

Tip: If you want to serve with stock and topping, then scoop out the noodles into cold water to prevent from sticking together. (My favorite topping is tomato and eggs noodle soup.)

Green Onion Pancake

By: Kimberly Zhao
From China

Green Onion Pancake is my mom's most favorite hometown dish in China. When my mom was little girl, my grandma always made it for her. When my mom immigrated to US, she brought this dish with her. So now my mom always make Green Onion Pancake for me, and I love eating it.

Ingredients:

- 2½ cups all-purpose flour
- 2/3 cup hot water
- ¼ cup cold water
- 1 cup diced green onion
- 1 tablespoon sesame oil
- 1 tablespoon vegetable oil
- 1 tablespoon pink salt or pepper salt

Directions:

1. Add 2 1/2 cups all-purpose flour
2. Add 2/3 cup hot water
3. Add ¼ cup cold water
4. Add ½ tablespoon vegetable oil
5. Quick mix the ingredients (if the dough is sticky you can add some flour)
6. Knead for 4-5 minutes
7. Lightly coat with vegetable oil
8. Put in Ziploc bag and let rest for 30 minutes
9. After 30 minutes divide into 4 equal parts
10. Roll the dough into a rectangle
11. Brush some vegetable and sesame oil on the dough
12. Sprinkle some salt on the dough
13. Sprinkle green onions on the dough
14. Roll the dough into one long line (horizontal) then roll the dough into like a snail shell
15. Cover and let rest for 10 minutes (get a Ziploc bag ready for the next step)
16. Cut open one of the sides of the Ziploc bag vertically
17. Brush with oil in the inside
18. Put dough in the bag and push it flat with your hand
19. Roll into a 8 inch circle
20. Take the dough out of the bag
21. Pre-heat a non-stick pan on medium heat pour in some oil
22. Put the dough into the pan and fry till golden brown
23. Flip the dough around when golden brown

ENJOY!!!

U.S

Dinosaur Kale Chips

Chocolate Chocolate Chip Cake

Dinosaur Kale Chips

By: Alec Dormann

From: North America

Ingredients:

- 1 bunch Dinosaur kale
- 1tbsp. Olive oil (coconut oil or avocado oil - ok too)
- 1 tsp. Salt (garlic salt optional)

Directions:

1. Preheat oven to 350 degrees.
2. Remove the leaves from the stems and tear into chip size pieces. Wash and dry very thoroughly. The leaves must be dry. You can use a salad spinner.
3. Put dry leaves in a bowl and drizzle oil over leaves and massage leaves gently. Sprinkle with salt.
4. Arrange leave on a cookie sheet so they are not overlapping.
5. Bake on center rack in oven for 11-13 minutes. Leaves should be crispy with brown edges.

Chocolate Chocolate Chip Kahlua Cake

By: Sean Gregory

From United States

Ingredients:

- 18.5oz Devil's Food Cake Mix
- 4 eggs
- 1 cup sour cream (8oz)
- 1 cup Kahlua
- ¾ cup vegetable oil
- 6oz Semi Sweet Chocolate Chips

Directions

1. Using a Bundt Cake Pan, grease and flour pan to ensure batter doesn't stick
2. Combine eggs, vegetable oil, sour cream, and Kahlua in a mixing bowl.
3. Slowly stir in the cake mix.
4. Using an electric mixer beat at a low speed to blend.
5. Increase speed of mixer and beat at medium fast speed for 3-5 mins.
6. Stir in chocolate chips and pour batter into the greased and floured pan.
7. Bake at 350 degrees for 55-60 minutes.
8. Cool the cake in the pan on a wire rack for 30 minutes.
9. Loosen from pan and invert on the rack to cool for an additional 15-30 mins
10. I sometimes dust the top of the cake with powdered sugar for presentation.
11. Slice and enjoy!

Russian/Mexican/Jewish

Sharlotka

Russian Pancake

Oladi

Mexican Wedding Cookies

Tacos de Carne Asada

Chicken Soup with Matzo Balls

Potato Latkes

Matzah Ball Soup

Sharlotka pie

By: Dmitry Kaplin

From Russia

My parents immigrated to America from Russia. My family still cooks a lot of Russian dishes. My Dad and my brother Misha like to cook a lot. My Mom likes to bake. My Mom likes easy recipes that you can just remember and cook whenever you feel like it. I am not interested in cooking or baking, so I will share a really easy recipe with you. Any kid can bake Sharlotka pie!

Ingredients

4 eggs

1 cup of flour

1 cup of sugar

3 medium apples

Directions

1. Preheat oven to 375 F
2. Wash and cut apples in small pieces (no more than 1 inch)
3. Spray a round baking pan with cooking spray (or just smear butter on the bottom and sides of the baking pan, so your Sharlotka does not stick).
4. Put pre-cut apples in the baking pan
5. Whisk eggs with sugar, then add flour, mix well.
6. Pour the mix on top of apples.
7. Put in the oven and bake for 30-40 minutes.
8. Use the wooden toothpick to determine if your Sharlotka pie is ready (if it is ready, the dough will NOT stick to wood).
9. Let cool down before putting on a platter.

ENJOY!

Russian Pancakes Oladi

By: Yana Starostenko

From Russia

This is a very easy Oladi recipe. This recipe is one of my family traditions, passed on by my grandmother, who also made them every morning before school for my mother. They tasted so good with sour cream and jam, fluffy and light, definitely a treat. Oladi always tastes special during the winter, when coming back home out of cold, and make a cup of hot chocolate. Yummy.

Ingredients

- 2 cup Flour
- 3 Eggs
- 2 cup Buttermilk
- 1 tbsp Baking Powder
- 3 tbsp Sugar
- Canola Oil for frying

Directions

1. Whisk eggs together with buttermilk, salt and sugar.
2. Add flour and baking powder to the mixture.
3. Heat up the pan with oil, until sizzling hot. Turn heat to medium and using a tablespoon, pour small amounts of dough onto the pan.
4. Sauté on each side until golden brown. In between every batch add more oil to the skillet.
5. Serve them while they are still warm, they will be little crispy on the sides.

Mexican Wedding Cookies

By: Max Spillers

From: Mexico

This is a traditional cookie made during Christmas in our family. My great aunt used to make them every year but only gave a jar to each family, so everybody waited anxiously every year to eat them. Now we have the recipe and we make them every Christmas. They are delicious. I help make them.

INGREDIENTS:

- 4 tablespoons of Powder Sugar
- 2 sticks of butter
- 1 tablespoon of cold water
- 1 teaspoon of vanilla
- 1 cup of chopped pecans (optional)
- 2 ½ cups of flour
- Extra powder sugar

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Put all ingredients in a big bowl.
3. Mix everything until you form a big ball with your hands.
4. Now make small balls or any shape you want.
5. Put them on a grease baking sheet or a baking sheet lined with parchment paper.
6. Bake them at 350 for 10 minutes.
7. Right after you get them out roll them on extra powder sugar. Only a few at a time.
8. Let them cool off.

When you are finished, you will have (depends on how big you make the cookies) about 2-3 dozen cookies. Enjoy!

TACOS DE CARNE ASADA

By: Regina Acevez

From Mexico

This recipe is not a Christmas tradition, but it is my favorite type of tacos, my family and me eat them when we go to Mexico, we eat them at a street food place. Sometimes my dad makes them on the grill at home, when he does, we eat them with some sides like: Guacamole, Pico de Gallo sauce, Roasted Nopales, Roasted Onions, and Lime.

INGREDIENTS:

1-pound Carne Asada

As many Tortillas as you want

2-Avocados

½ cup lime juice

1/4 cup water

3-Tomatos

½ Medium Onion

Bunch Cilantro

1 lime juice

DIRECTIONS:

GUACAMOLE:

1. Peel and then crush them with a fork.
2. Add the water, time juice, and salt.

PICO DE GALLO:

1. Chop the Tomatoes, onion, and Cilantro.
2. Add the time juice, and salt.

MEAT:

1. Buy the meat at the Mexican store or at Costco.
2. Grill the meat 3 minutes each side.
3. Warm the tortillas and put the warm meat and your choice of side in them.

Mrs. Park's Class Recipes

Chicken Soup with Matzo Balls

By: Noah Fassburg

From: Jewish fusion

INGREDIENTS:

For the Soup

- Equivalent of 1 whole cooked chicken meat shredded (I like to use Costco rotisserie chicken meat that is already shredded in chunks)
- 6 medium carrots peeled and cut in half chopped
- 3 large zucchini diced
- 2 large yellow onions peeled and cut in half
- 1 bunch dill washed
- 1 bunch parsley washed
- 1 tablespoon black peppercorns
- Sea Salt
- 3 quart sized boxes of chicken stock.

For the matzo balls

- 1 cup matzo meal
- 4 eggs
- 1 tsp baking powder
- 1/4 tsp salt
- 1/3 tsp pepper
- 3 tbsp vegetable oil
- 1 tsp minced fresh dill

DIRECTIONS:

1. Place all the veggies, parsley, dill, chicken, salt and pepper into the pot. Cover it again with cold chicken broth and let it simmer on medium-low for about 2 hours.
2. While the soup is simmering, make the matzo balls.
3. Combine all the ingredients for your matzo balls in a large bowl. I add a little finely chopped dill to mine to increase the flavor and make the appearance pretty.
4. Mix it all up with a spoon until nice and smooth.
5. Use a small ice cream scooper to scoop them into my hand and then roll the balls out.
6. Place the balls on a plate until all are made. Place formed balls into the fridge for 15 minutes.
7. After 20 minutes remove matzo balls from the refrigerator.
8. Boil matzo balls for 40 minutes, dropping them into the simmering pot of chicken soup very carefully, one at a time so that they don't fall apart.
9. Cover and let them simmer in the soup for 40 minutes. Serve them immediately with the chicken soup.

Potato Latkes (pancakes)

By: Anna Soroka

Latkes are one of the most recognizable Jewish food. Carrying on the Hanukah tradition of frying foods in oil.

Ingredients:

1 pound (450 g) potatoes, peeled

½ cup onion, finely chopped

1 large egg, beaten

2 tablespoons all-purpose flour

½ teaspoon salt

½ cup canola oil

1. Shred potatoes with a grader. Watch your fingers.
2. Put potatoes and onion on paper towels and squeeze out the liquid.
3. Put dried potatoes and onion in medium bowl, then add egg, flour, and salt. Combine well.
4. Heat half of canola oil in skillet until very hot, then scoop mounds of potato mixture (about 2 tablespoons each) into pan. Do not crowd pan.
5. Press mounds down with spatula to flatten. Reduse heat and cook until bottoms are golden, about 5 minutes. Flip latkes and cook until golden on other side, then remove cooked latkes to a paper towel to drain. Repeat, using remaining canola oil as needed.
6. Serve immediately, or transfer to an oven-safe dish and keep in a warm oven until ready to serve.
7. Serve with the sour cream and enjoy!!!

Matzah Ball Soup

By: Zelly Ari-Gur

From Israel

We eat matzah because jews long ago,when preparing to leave Egypt, made bread, but there was no time for it to rise so it was flat.That is matzah. Matzah balls are crumbled matzah.

Ingredients:

- 2 Eggs
- 2 tbsp olive oil
- Matzah meal
- Soup mix
- Water
- Carrots
- Cabbage
- Onions
- Celery
- Potatoes

Directions

1. Mix 2 eggs and 2 tablespoons of olive oil.
2. Add what is in matzah ball pack and stir until it's evenly mixed
3. Let it cool in the refrigerator for 15 minutes.
4. Meanwhile, add soup mix and 10 cups of water to a pot.
5. Boil the water.
6. Chop veggies and drop them into the pot.
7. Take out cold matzah meal from the refrigerator. Wash your hands and turn the matzah mix into balls with 1inch diameter with your hands.
8. Drop the matzah balls into the soup, then cover it tightly.
9. Turn down temperature and continue cooking for 20 minutes.

Note:

We usually start with packaged matzah ball soup and mix then add fresh vegetables. To feed four people we use two or three packages of matzah ball mix and about half a package of soup mix. This increases the required eggs, too. Unfortunately the mix amount is not specified on the package so the quantity of matzah meal has been left off of the ingredients list.

Various Countries

Gingerbread – Raspberry Snowflake Tart

(Germany)

Gazelle Horns (Morocco)

Mince Pie (Europe)

Stuffed Grape Leaves

(Palestine)

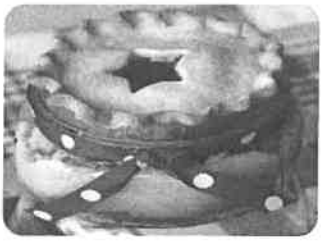
Kaasstengles

(Indonesia)

Crepe

(France)

Mince pie



By: Ayo Adegbola

Ingredients

.225g cold butter, diced

.350g plain flower

.100g golden caster sugar

.280g mincemeat

.1 small egg

. Icing sugar, to dust

I Picked mince pie because I like making them with my mom during Christmas time. My mom used to eat them with her parents and sister in the UK. She left some out for Santa Claus on Christmas Eve.

The filling is mincemeat but it isn't really meat it's fruit, nuts, and spice.

1 To make a pastry, rub 225g cold, diced butter into 350g plain flower, then mix in 100g golden caster sugar and a pinch of salt.

2. Combine the pastry into a ball-don't add liquid-and knead it briefly. The dough will be fairly firm like shortbread dough, you can use the dough immediately, or chill for later.

3. Preheat the oven to 200 Celsius gas 6 fan 180 Celsius. Line 18 holes of 2, 12-hole patty tins by pressing small walnut sized balls of pastry into each hole.

4. Spoon 280 grams mincemeat into the pies.

5. Take slightly smaller balls of pastry than before and pat them out between your hands to make round lids, big enough to cover the pies.

6. Top the pies with their lids pressing the edges gently together to seal dash you don't need to seal them with milk or egg as they will stick on their own. {the pies may now be frozen up to one month}.

7. Beat one small egg and brush the tops of the pies. Bake for 20 minutes until olgden. Leave to cool in the tin for 5 minutes, then remove to a wire rack.

8. to serve lightly dust with icing sugar. they will keep for 3 to 4 days in an airtight container.

Gazelle Horns

By: Omar El Faroug Kunna

From: Morocco

This kind of cookies is very traditional and famous in Morocco, they are served at special occasions like religious feasts, weeding ceremonies, and baptism. Their name in Arabic is "Kaab el Gazal" which means in English "gazelle ankles".

Ingredients:

For the almond paste:

- 1 kg almonds (blanched skinned)
- 500 g sugar
- ½ cup orange flower water
- 2 table spoons butter (unsalted, melted)
- 1tea spoon cinnamon powder
- 1 pinch of Arabic gum powder

For the dough:

- 750 g all-purpose flour
- Pinch of salt
- 5 table spoons butter (unsalted, melted)
- ¾ cup orange flower water (or more depending on the flour)

Steps to make it:

1-The almond paste:

Grind the blanched almonds with sugar and orange flower water, until you have a moldable paste, put in a bowl and with your hand mix the almond paste with butter and cinnamon powder.

Take a small portion of the almond paste and shape it into oval sticks about the size of your small finger, cover and set aside.

2-the dough:

Mix all the ingredients together to form a soft dough, and knead by your hand for at least 20 minutes, until the dough is very smooth and elastic.

Divide the dough into 6 or 8 portions, cover with plastic wrap and set a side to rest for 30 minutes.

Shape the kaab el ghazal

Spread a small amount of butter on a work surface, roll a portion of dough until you are able to see the work surface lift up the dough reposition it several times as you work to make the rolling out easier, try to not tear it, lay a stick of paste wrap it at the same time try to give it crescent shape with your fingers it must have a wide base and thin top carefully cut out the dough using a pastry wheel or knife, be sure that the cut edges are sealed together, then put your cookies in an ungreased baking sheet, leave the shaped cookies to rest ,uncovered for at least 1 hour before cooking.

Preheat the oven 180 c then with a needle, prick two or three holes in the ridge along the top of each cookie.

Bake the cookies in the middle of the preheated oven, for about 10 to 12 min or until barely golden, let the cookies cool, then enjoy them or store in a sealed container.

By:Omar El Faroug's Mom

Gingerbread-Raspberry Snowflake Tart

By: Lara Chakrabortty
Christmas & Germany

It is a custom in my family to make sweets to celebrate Christmas and share them with family and friends. My grandma made caramel corn every year when my mom was a little girl. Now, every Christmas my mom makes this recipe from Martha Stewart's Pies & Tarts (Clarkson Potter, 2011). She chose it because we like gingerbread and some of mom's family is from Germany. Sometimes she makes one big tart and sometimes she makes little tarts to give to our friends. We like to eat it on Christmas Day.

Ingredients:

- 2¼ cups all-purpose flour, plus more for dusting
- 1½ teaspoons baking powder
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ¼ teaspoon freshly ground pepper
- ½ teaspoon salt
- ½ cup packed dark brown sugar
- ½ cup (1 stick) unsalted butter, room temperature
- 1/3 cup unsulfured molasses
- 2 large egg yolks plus 1 large egg white, for egg wash
- 1¼ cup Raspberry Jam (recipe follows) or best-quality store-bought jam (If you make it, my mom says to make the day before if possible.)

Directions:

1. Sift flour, baking powder, ginger, cinnamon, cloves, pepper, and salt into the bowl of an electric mixer. Add sugar; mix on medium-low speed until combined. Add butter; mix until combined, about 2 minutes. Add molasses and egg yolks; mix until dough just comes together, about 30 seconds.

2. On a lightly floured surface, roll out two-thirds of dough to a 12-inch round, ¼ inch thick. Fit into a 10-inch tart pan with removable bottom. Spread jam over shell; refrigerate about 30 minutes.

3. Roll out remaining dough between lightly floured pieces of parchment to a 10-inch round, ¼ inch thick. Transfer round and parchment to a backing sheet; refrigerate or freeze until firm, about 30 mins. From round, cut out dot shapes with metal pastry tips, and snowflake shapes with cookie cutters. (If desired, reserve snowflake cutout and sprinkle top with sugar. Bake 10 mins at 350°F) Refrigerate round on baking sheet until firm, about 30 min.

4. Lightly beat egg white; brush rim of tart shell. Carefully slide dough round over shell; press edges to adhere. Refrigerate or freeze until firm, about 30 min.

5. Preheat over to 375°F. Transfer tart to a rimmed baking sheet. Bake until crust is golden-brown and filling is bubbling, 50 minutes to 1 hour. Let cool completely on a wire rack.

Raspberry Jam (makes about 2 cups)

Ingredients:

- 4 cups fresh raspberries (My mom recommends washing and allowing them to dry completely before using.)
- 2 cups sugar

Directions:

1. Stir together 3 cups raspberries and the sugar in a medium saucepan (off-heat). Let stand 15 minutes, stirring occasionally, until berries begin to give off their juices.
2. Bring mixture to a boil over medium-high heat, stirring occasionally. Skim off foam. Reduce heat; simmer, skimming off foam occasionally, until slightly thickened, about 5 minutes.
3. Stir in remaining raspberries; simmer until berries break up, about 1½ minutes. Let cool completely. Refrigerate until set, at least 4 hours, or up to one week.

Mexican Flan

By: Diego Santana

Ingredients

- 1 cup white sugar
- 5 eggs
- 1 can sweetened condensed milk
- 1 can evaporated milk
- 1 tablespoon vanilla extract

Directions

1. Preheat oven to 350 degrees F
2. In a medium saucepan over medium-low heat, melt sugar until it's liquid and golden color.
   Carefully put the liquid into a 9 inch round glass baking dish. Set aside
3. mix all the ingredients in the blender add the mixture into the baking dish. Cover with aluminum foil.
4. Bake in preheater oven 60 min. Let cool comletely
5. To serve, carefully invert on serving plate when completely cool.

Stuffed grape leaves

By: Omar Abu-Abed

Introduction

By: Omar Abu-Abed

Stuffed grape leaves, known as 'Wara Dawalee', is a healthy traditional Arabic dish popular in the Middle East commonly found in Palestine.

Ingredients

- 1 lb. ground beef
- ½ tsp cinnamon
- ½ tsp pepper
- ½ tsp salt
- 1 lb. grape leaves (1 jar)
- 2 cups chicken broth
- 1 cup cal rose rice.

Directions

- Wash the rice &soak in water for 30 (min)
- Add the spices to the meat and mix it with the rice
- Wash the grape leaves with hot water spread the grape leaves on the table sticking vines facing you
- Add 1 tsp of rice & meat

Veggie noodles

Kaasstengles

By: Tiffany Aditya

From: Indonesia

Kaasstengles means cheese stick in Dutch. But it's very popular in Indonesia for traditions. People in Indonesia mostly give kaasstengles to people for Christmas or birthdays. My mom makes kaasstengles for special occasions. Me and my dad love my mom's kaasstengles. She learned how to make it herself. It's special to me because my mom only makes it once a year, and she takes a lot of patience and time to make them.

Ingredients:

- Cheese(shredded)
- Flour(300 grams)
- Butter(250 grams
- Egg yolk(4)
- Baking powder(1/2 teaspoon)

Directions:

1. Mix butter and egg
2. Mix/add shredded cheese
3. Add the flour and baking powder into the mix
4. Roll the dough
5. Cut dough into small thin rectangles
6. Bake at 325 degrees for 10 min
7. Remove from oven
8. Let cool before serving

Crepe Batter

By: Caddis Angel

From: France

We do not have any French in us, but this recipe is a favorite in our family. Grandma always cooks me crepes when I go to her house. It makes a big batch and I eat them all. We have tried to make them at home, but Grandma makes them best!

Ingredients:

- ½ cup sifted flour
- 1TBLS. sugar
- 1 cup milk
- 4 eggs
- 3 TBLS. Melted butter

Directions:

1. Combine flour and sugar in mixing bowl
2. Add eggs and half the milk
3. Beat with beater until smooth
4. Blend in remaining milk and butter
5. Melt butter in a crepe pan
6. Spread a think layer of batter in the pan. Let it cook on one side and then flip.
7. Place on a plate and sprinkle with cinnamon and sugar, roll up and enjoy!

We would like to thank all the students and families that donated recipes!

Compiled by Shahar, Lilian, Mason, and Luke!