

PHOENIX PLAYERS PODCAST

# *Minding the Light*



Recipes  
from  
Around  
the  
World



# PASTELS

## INGREDIENTS

### For the filling

- 4 white fish fillets
- 2 onions , diced
- ½ bunch cilantro
- 2 whole cloves (optional)
- 3 cloves garlic , crushed
- 1 shallot , grated
- 2 green hot peppers , sliced
- 1 green bell pepper , cut into strips
- 1 red bell pepper , cut into strips
- 3 tomatoes , peeled, seeded and diced
- 1 bay leaf
- 3 tablespoons olive oil
- Thyme
- Salt
- Pepper
- Vegetable oil (for frying)

### For the dough

- 4 cups flour
- 1 tablespoon active dry yeast
- 1 egg
- 1 teaspoon salt
- 1 teaspoon sugar
- ½ teaspoon white pepper
- 2 tablespoons oil
- 1 cup milk (warm)

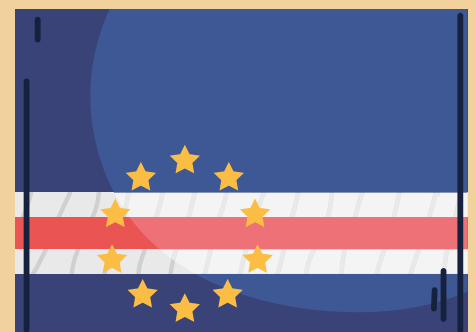
## INSTRUCTIONS

### Dough

1. In a mixing bowl, combine all the dry ingredients.
2. Make a well, add the egg and oil in the center.
3. Turn the food processor on to medium and add water gradually until the dough is smooth and light.
4. Let the dough rest at room temperature, protected from temperature changes or drafts for 1hr 15minutes.

### Filling

1. Sauté the onions in olive oil without browning.
2. Add the shallot and garlic and continue to sauté.
3. Add the remaining ingredients all at once and cook over medium heat, stirring often until the liquid is reduced.
4. Assembly and cooking of the pastels
5. Dust working surface with flour.
6. Roll out the dough to a thickness of about ¼ inch (5mm).
7. Cut out circles with a cookie cutter.
8. Stretch each circle a little and place a small mound of filling in the center.
9. Assemble the circle by folding one corner onto the other to form a crescent, then pinch the edges. Seal all the way around with a fork.
10. Deep fry the pastels in a non-stick skillet filled with oil.
11. Drain in a metal colander or place on paper towel and serve hot.





# Halawet El-Jibn

## Instructions

### Sugar Syrup

1. In a saucepan on medium-high heat, add the sugar, water and lemon juice.
2. Bring to a boil, then immediately reduce the heat and simmer on low heat for 12 minutes. The syrup should thicken slightly. Make sure to use a timer because if the syrup cooks longer, it may thicken too much.
3. Stir in the orange blossom water and rose water at the end of cooking.
4. Transfer to a glass bowl and let cool to room temperature.

### Cheese rolls

1. In a large saucepan over medium-high heat, cook the water and sugar together, stirring occasionally until the sugar dissolves.
2. Bring to a boil then add the fine semolina, stirring constantly with a spatula until it is well mixed and slightly thickened (about 30 seconds).
3. Reduce the heat then add the cheese and rose water, and mix well over low to medium heat until the cheese has melted and the mixture forms a soft and homogeneous dough.
4. Allow to cool until the mixture is warm enough to handle.
5. Divide the dough into 2 equal parts.
6. Take one first half of the dough and reserve the other half in a cloth.
7. Place the dough on a sheet of parchment paper and cover with another sheet.
8. Using a rolling pin, roll the dough between the 2 sheets into a rectangle of about 9 x 13 inches (23 x 33 cm).
9. Remove the top sheet.
10. Using a sharp knife or pizza cutter, cut the uneven sides of the dough to obtain a neat rectangle. You can use a ruler or the edge of an object to help you get straight sides.
11. Add the ashta into a piping bag and cut about 1 inch (2 cm) from the tip.
12. Spread the ashta on the long side closest to you, about 1 inch (2 cm) from the side.
13. Using the edge of the parchment paper under the dough, lift the dough and wrap it over the cream, until the cream is completely covered. The sealed dough looks like a thin log.
14. Using a sharp knife, make a cut along the log to cut it from the rest of the dough.
15. Repeat this procedure to create 2 additional logs.
16. For cleaner cuts, place the logs in the freezer for about 20 minutes to firm them up a bit. Then, using a sharp knife, divide the logs into 2-inch (5 cm) pieces, to obtain about 30 pieces.
17. Repeat the exact same procedure with the second piece of dough reserved in the cloth.



## Ingredients

### For the sugar syrup

- 2 cups caster sugar
- 1 cup water
- ½ teaspoon lemon juice
- ¾ teaspoon orange blossom water
- ¾ teaspoon rose water

### For the cheese rolls

- 1½ cup water
- ¾ cup caster sugar
- 1 cup fine semolina
- 8 oz. akkawi and majdoola cheese
- 1 tablespoon rose water
- 1 tablespoon orange blossom water

### For the filling

- 14 oz. ashta (Lebanese cream)

### For the decor

- Crushed pistachios
- Rose petals jam (optional)

## INGREDIENTS

- 2 3-inch pieces ginger, cut in half lengthwise
- 2 onions (peeled)
- 5 pounds beef marrow or knuckle bones
- 2 pounds beef chuck
- 2 scallions
- 1/3 cup fish sauce
- 2 1/2 tablespoons granulated sugar
- 8 star anise
- 6 cloves
- 1 cinnamon stick
- 1 black cardamom pod (optional)
- 2 teaspoons fennel seeds
- 2 teaspoons coriander seeds
- 1 tablespoon salt
- 1 pound dried pho noodles
- 1/3 pound beef sirloin

# Pho

## GARNISHES:

- Sliced chili
- Thinly sliced onion
- Chopped scallions
- Cilantro
- Mung bean sprouts
- Thai basil
- Lime wedges

## Instructions:

1. In a medium bowl, whisk together eggs, milk, sugar, and salt. Mix in flour, 1/4 - 1/2 cup at a time, until a runny batter forms. Whisk in the oil and let rest for about 15 minutes.
2. In a 10 inch skillet or pan, rub a little oil and heat over medium low to medium. Once thoroughly heated, add 1/4 - 1/3 cup batter to the center and immediately tilt the pan in a circle to coat the bottom in a thin layer. Cook until bubbles begin to form and the bottom turns golden, about 2 minutes. Flip and cook until the other side is golden, 30 seconds to 1 minute. Remove to plate. Rub the pan with more oil and repeat with remaining batter.
3. Serve immediately with your favorite filling.



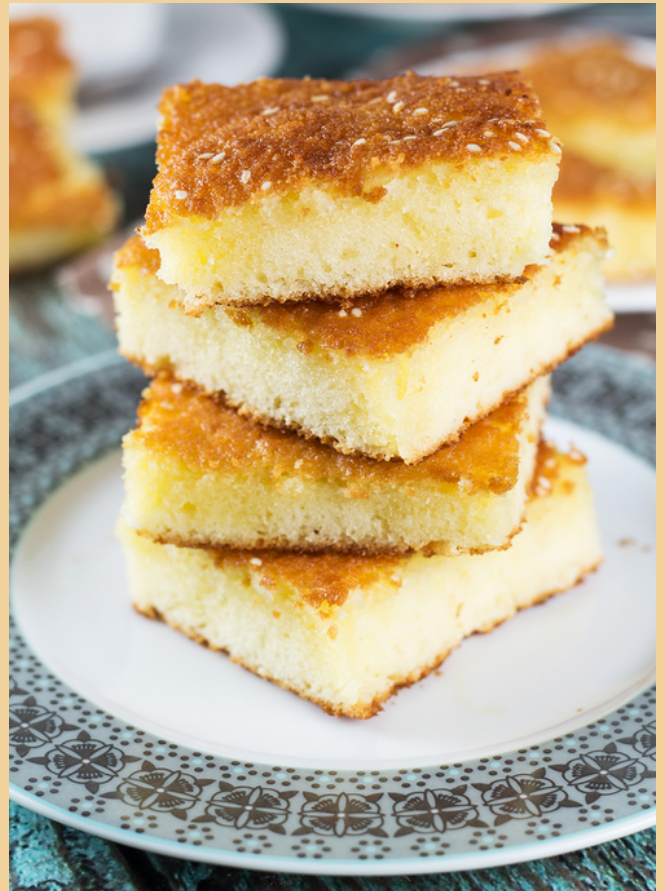


# QUESADILLA SALVADOREÑA



## INGREDIENTS

- All-purpose flour -- 2 cups
- Baking powder -- 2 teaspoons
- Grated queso fresco or Parmesan cheese -- 1/2 pound
- Sugar -- 2 cups
- Eggs, beaten lightly -- 4
- Whole milk -- 1 cup
- Butter, melted -- 2 sticks (1/2 pound)
- Sesame seeds (optional) -- 2 tablespoons



## METHOD

1. Preheat oven to 350°F. Sift the flour and baking powder together into a bowl.
2. Add the cheese, sugar, eggs and milk to a large bowl and beat until smooth. Stir in the melted butter.
3. Slowly stir the flour mixture into the cheese mixture until fully incorporated and a smooth batter is formed.
4. Pour the batter into two well greased loaf pans, filling them only halfway. If using, sprinkle sesame seeds over the top of the batter.
5. Bake for 20 to 25 minutes, or until a toothpick inserted into the middle comes out clean. Set on racks and allow to come to room temperature before slicing and serving.



# MOONCAKES

## Preparing the dough

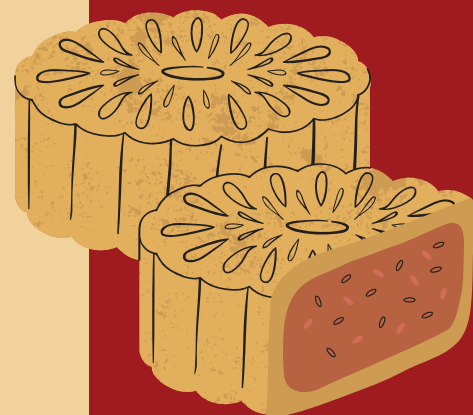
1. Measure the amount of golden syrup, lye water, and vegetable oil accurately with a kitchen scale.
2. Sieve the flour. Add all at once to the above mixture.
3. Use a fork to combine all the ingredients. It will become a soft dough that picks up all the flour in the mixing bowl.
4. Cover the dough with cling wrap. Refrigerate for thirty minutes to let the dough relax. It is more manageable to work with a relaxed dough which is more elastic. As a result, it will not break or crack easily during shaping and wrapping.

## Prepare the filling

1. Soak dried lotus seeds long enough (overnight preferably) to reduce the boiling time. Once they are soft, split open and remove the greenish core. Those cores are bitter.
2. Put the cooked lotus seeds in a blender. Blend until it is of a muddy paste consistency. Add  $\frac{1}{3}$  of the oil and keep stirring until the oil is absorbed before adding the next  $\frac{1}{3}$ . Continue to do this until you use up all the oil.
3. The mixture will start to look shiny and no longer sticky. When you get to this point, add the maltose and stir until it is all combined. The end result will be a shiny and smooth paste.

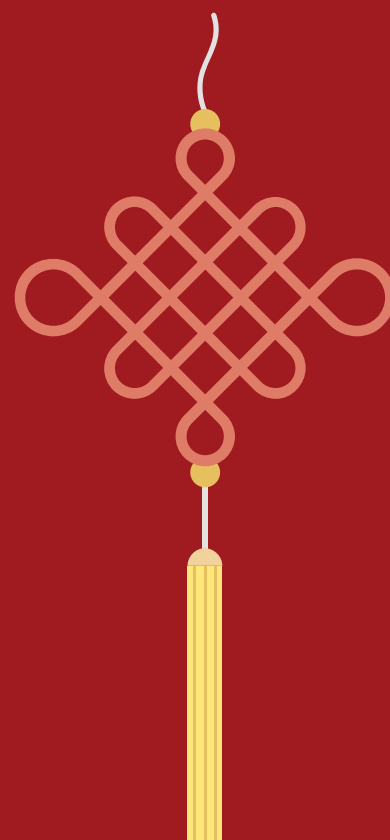
## Measure the ingredients

1. The ratio of pastry to filling is critical. A good mooncake should have a thin layer of pastry with plenty of fillings. The ratio should be one part of pastry to two parts of fillings. A skillful chef can use even less pastry to encase the filling. I use 18g of pastry to 35g of filling. The weight of the filling is the combination of the lotus paste and the yolk. Since the weight of the yolk varies, just put the yolk on the weighing scale and add the lotus paste up to 35g.



## Ingredients:

- golden syrup
- lye water
- vegetable oil
- plain flour
- lotus seeds







# MOONCAKES

## Wrap the egg yolk inside the lotus paste & Shaping the mooncake

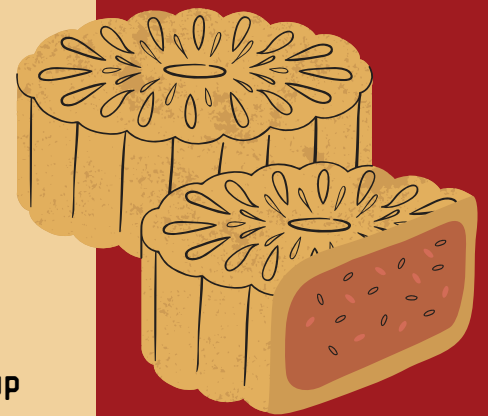
1. Place the egg yolk at the center. (You can use half egg yolk if you prefer more lotus paste.)
2. Wrap the egg yolk with the lotus paste. Close the top by pushing up the paste to the top.
3. Roll it into a ball. Set aside.
4. If you feel that it is too soft to handle, keep it in the refrigerator for a while until it becomes firmer before starting wrapping with the pastry.

## Bake the mooncake

1. Bake it at the middle rack, 175°C/350°F top and bottom temperature for five to six minutes or until the surface starts to firm up. It is essential to let it firm up before removing them to apply the egg wash. Otherwise, it will end up with a blurred pattern.
2. Remove the mooncake from the oven and brush the surface of the mooncake with egg wash. Use a kitchen paper towel to remove any excess egg wash trapped in the gaps of the pattern.
3. Return the mooncake to bake for another ten minutes or until golden brown.

## Resting

1. Remove the cake from the oven to cool at room temperature.
2. Transfer the mooncake to an airtight container and keep for three days. During this period, the oil from the filling will migrate to the thin layer of pastry, resulting in a very soft and moist outer layer.



# Antijucuos/Anticuchos



## Ingredients

- Fried Puya chiles or 4 dried California chiles, wiped clean
- 4 Chiles de Arbol
- 2 tablespoons Annatto seeds
- 1 garlic cloves, peeled
- 1 teaspoon cumin seeds
- 1/2 cup red wine vinegar
- 1 jalapeno chile, stemmed, seeded and roughly chopped
- 1/2 cup olive oil
- 2 teaspoons salt
- 1 pound beef hearts, trimmed of all sinew

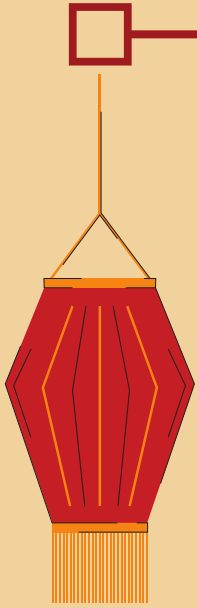
## Instructions

1. Remove stems from chiles and shake out and discard seeds.
2. In small saucepan place chiles with enough water to cover. Bring to a boil, remove from heat and let sit 20 minutes to soften. Drain and discard water.
3. In a blender combine dried chiles, annatto seeds, garlic, cumin, red wine vinegar and jalapeno. Puree at high speed 1 - 2 minutes, or until thick and smooth. Add olive oil and salt and blend again until mixed.
4. Cut beef hearts into 2 x 1/4-inch strips. Place in a bowl, pour over chile mixture and toss to coat evenly. Cover and marinate in the refrigerator at least 4 hours or overnight.
5. Preheat grill or broiler. Thread 4 - 5 pieces of beef heart on a bamboo skewer. Grill until seared on all sides, about 3 - 5 minutes. Serve hot.



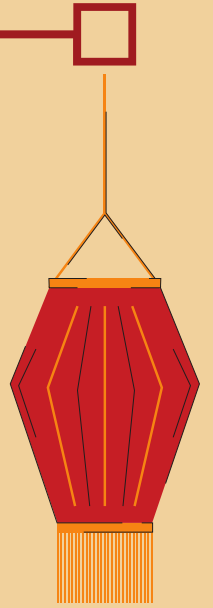


# Tangyuan



## INGREDIENTS

- 2 oz. roasted black sesame seeds
- 3 oz. caster sugar (about 1/3 cup)
- 6 tablespoons softened butter (not melted!)
- 1 cup sweet rice flour (also known as glutinous rice flour, plus more for dusting)
- 1/2 cup warm water



## INSTRUCTIONS

- In a food processor or blender, finely grind the sesame seeds. Add the caster sugar and use a spatula to mix together in the food processor a bit. Then add the butter and pulse for 10 seconds at a time until the mixture is well combined. Scoop everything out into a bowl and put in the refrigerator for about 30 minutes. The purpose of this cooling process is to harden the mixture slightly for easy handling later.
- While the filling is cooling, make the dough. Put the sweet rice flour into a mixing bowl. Slowly add in the warm water, while stirring to form a dough. The dough can't be too wet, or it will not hold its shape. Cover with a damp towel.
- Now boil some water in a small pot, take out a small piece of the dough, about 1" in diameter. Add it to the boiling water and cook the piece of dough until it floats. Scoop it out and add it to the rest of the dough. Mix the two parts together until the dough is soft and smooth. Divide the dough into 12 equal pieces (about 18 grams each, if you want to be really exacting), and roll them into balls. Keep the dough and dough balls covered with a damp paper towel while assembling.
- Take out the filling after it's cooled for 30 minutes. It should be slightly hard, but still workable. Roll the filling into small marble-sized balls, about 4 to 5 grams each. Then take each dough ball and flatten into a circle about 2 inches in diameter. Add the filling to the center, and close the dough over the filling. Roll the ball around in your hands until it's smooth and round. Repeat until all the sesame balls are made. Cover the remaining filling and return to the refrigerator for later.
- While you are assembling, bring a medium pot of water to a boil. Add the sesame balls and stir immediately to prevent them from sticking. Adding the sesame balls will cool down the water temperature significantly, so once the water comes back up to a boil, add a 1/2 cup of water to the pot. Repeat this step two more times. This cooking process will allow enough time for the sugar and butter to melt nicely into a smooth filling. Serve the sesame balls in a bit of the hot cooking water.

## Ingredients:

- 2 eggs
- 2 cups milk
- 1 tablespoon granulated sugar
- 1/2 teaspoon salt
- 2 cups all purpose flour
- 2 tablespoons canola oil plus more for pan

## For Filling:

- Sour cream or sweetened condensed milk
- Jam
- Nutella
- Cooked ground meat or caviar

## Instructions:

- In a medium bowl, whisk together eggs, milk, sugar, and salt. Mix in flour, 1/4 - 1/2 cup at a time, until a runny batter forms. Whisk in the oil and let rest for about 15 minutes.
- In a 10 inch skillet or pan, rub a little oil and heat over medium low to medium. Once thoroughly heated, add 1/4 - 1/3 cup batter to the center and immediately tilt the pan in a circle to coat the bottom in a thin layer. Cook until bubbles begin to form and the bottom turns golden, about 2 minutes. Flip and cook until the other side is golden, 30 seconds to 1 minute. Remove to plate. Rub the pan with more oil and repeat with remaining batter.
- Serve immediately with your favorite filling.

# BLINI

