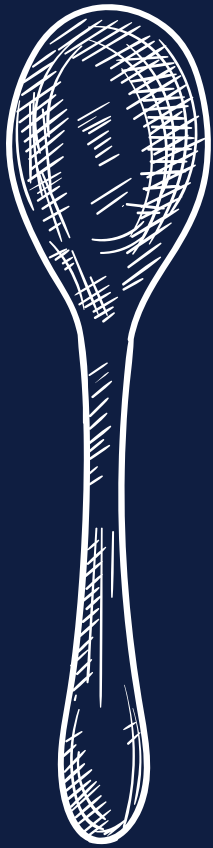




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MULTICULTURAL COOKBOOK

*Interested in submitting your
family's cultural recipe?
Send to: VOICES@gfacademy.org*



GHANAIAN CHIPS

Submitted by: The Quainoo Family

INGREDIENTS

- 3 1/2 cups all-Purpose flour plus more for dusting and rolling.
- 1 1/2 teaspoons salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon white pepper
- 1 teaspoon grated nutmeg
- 1/2 cup butter
- 2-3 garlic cloves minced
- 1/3 cup grated onion
- 1 large egg
- 1/2 cup milk plus 2 tablespoons more
- 2 tablespoon sugar (optional)
- Oil for frying

PREP TIME

- Prep | 35 m
- Cook | 20 m

PROCEDURE

- 01** Using a mixer or by hand mix the dry ingredients: flour, baking powder, salt, sugar, nutmeg and white pepper
- 02** Add the butter to the flour and mix well until the butter is well incorporated with the flour.
- 03** Add minced garlic, onions, milk and egg into the mixture. Keep mixing until you have formed a sticky dough ball
- 04** Dump the dough ball onto a floured surface and knead, incorporating more flour into the dough as needed, until the dough is smooth, elastic, and even in color and no longer sticky. Chin-chin can be cut into many shapes and sizes.
- 05** Divide dough in half. On a floured board roll each half about 1/6 inches thick. Just like linguine or fettuccine. You can make it easy by using a pasta machine if you have one available. Make shapes as desired.
- 06** Add oil (about 3 inches deep) to a heated skillet/sauce pan or Dutch oven that is over medium heat and bring it to 350 degrees. Fry in hot oil until golden.



PUMPKIN BREAD

Submitted by: The O'Malley Family

INGREDIENTS

- 1 3/4 cups flour unsifted
- 1 1/2 cup sugar
- 1/4 teaspoon baking powder
- 1 cup pumpkin
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cloves
- 1/2 cup oil
- 1/2 cup water
- 2 large eggs

PREP TIME

- Prep | 10 m
- Cook | 75-90 m

PROCEDURE

01

Preheat oven to 350 degrees F. Mix all ingredients in a medium bowl. Set aside.

02

Grease loaf pan and pour batter into pan.

03

Bake for 75-90 minutes. Enjoy!



ORECCHIETTE WITH TURKEY SAUSAGE AND BROCCOLI RABE

Submitted by: The Amone Family

INGREDIENTS

- 5 bunches broccoli rabe, stems trimmed
- 16 oz orecchiette pasta
- 6 tablespoons olive oil
- 1 pound turkey Italian-style sausage, casings removed
- 5 garlic cloves, minced
- Pinch dried crushed red pepper flakes
- 1/2 cup grated Parmesan
- 1 cup water

PREP TIME

- Prep | 15 m
- Cook | 15 m

PROCEDURE

01

Cook the broccoli rabe in a large pot of boiling salted water until crisp tender, about 1 minute. Transfer the broccoli rabe to a large bowl of ice water to cool, saving the cooking water. Bring the reserved cooking water back to a boil.

02

Heat the oil in a heavy large skillet over medium heat. Add the sausage and cook, breaking it up into pieces with a spoon, until browned and juices form, about 12 minutes. Add the garlic and red pepper flakes, and saute until fragrant, about 2 minutes.

03

Meanwhile, when the reserved cooking water is boiling, add the orecchiette and cook until al dente, tender but still firm to the bite, stirring occasionally, about 8 minutes.

04

Strain the broccoli rabe and add it to the pan with the sausage mixture and toss to coat with the juices. Add the pasta to the skillet. Stir in the Parmesan and serve immediately.



MOI MOI

Nigerian Bean Pudding

Submitted by: The Oshin Family

PROCEDURE

- 01** Peel the beans using a bender. Put the beans into a bowl, add some water to cover them, and leave to soak for 10-15 minutes, or a little more.
- 02** Blend the beans with a little water a handful at a time; use the pulse setting to start and stop, without allowing the blender to go more than 3 seconds at a time. This will help the skin (of the soaked dry beans) to loosen. Put into another large bowl; repeat the process for all the beans.

To rinse, make sure the bowl with loosened beans has enough water, gently start rinsing off the floating chaff/skin. The skins should float to the top; they are lighter than the seed. The goal is to rinse off only the skin and not the (white) bean seed. Rinse thoroughly and set the clean seed aside.
- 03**
- 04** Wash the onions, bell pepper, and garlic and set aside. Open the tin of tomato paste.
- 05** Gently start blending the peeled beans, in batches, with onions, pepper, garlic, and a small amount of tomato paste plus water.
- 06** Once blended, pour the mixture into the big mixing bowl. Repeat the above process to blend the whole beans about three times or so.
- 07** After blending, place a big pot on the stove on low heat and add small some water, about 1-1½ cups. If you have a steamer, this would work better.
- 08** In a large mixing bowl, add all the other condiments: salt, curry powder, red pepper, nutmeg, and vegetable oil and crush in the Maggi. Also, add ground crayfish if you using it.
- 09** Use a wooden spoon to give a good stir to combine all the ingredients. Taste to ensure the flavors are how you want them before proceeding.
- 10** Use a spoon or cup and gently scoop some moi-moi paste into the moi-moi pouch. Ensure that each bag has an equal amount of paste for even cooking. Close each wrapper tightly, then place them in the pot or steamer.
- 11** Repeat the process until you have used the entire mixture, cover the pot, and turn the heat from low to medium-high. As it “steams”, the water will evaporate. Ensure you keep adding water to the pot to avoid it drying out.
- 12** Cook for about 30-35 minutes or until the moi-moi is ready. Serve on its own or with rice, avocado, or Nigerian stew.



DORO WAT

Ethiopian Chicken in Red Pepper Paste
Submitted by: The Tessema Family

INGREDIENTS

- 2 pounds skinless chicken legs and thighs
- Juice of 1 lemon
- 2 teaspoons salt
- 1/4 cup vegetable oil or melted butter
- 3 onions, peeled, chopped, and pureed
- 3 cloves garlic, peeled and crushed
- 1 tablespoon minced fresh ginger
- 1/4 to 1/2 cup berbere paste
- 3/4 cup water
- 4 hard-boiled eggs (optional)
- Injera bread for serving

PROCEDURE

01

Mix together the chicken pieces, lemon juice, and 1 teaspoon salt in a large, nonreactive bowl and set aside for about 30 minutes.

02

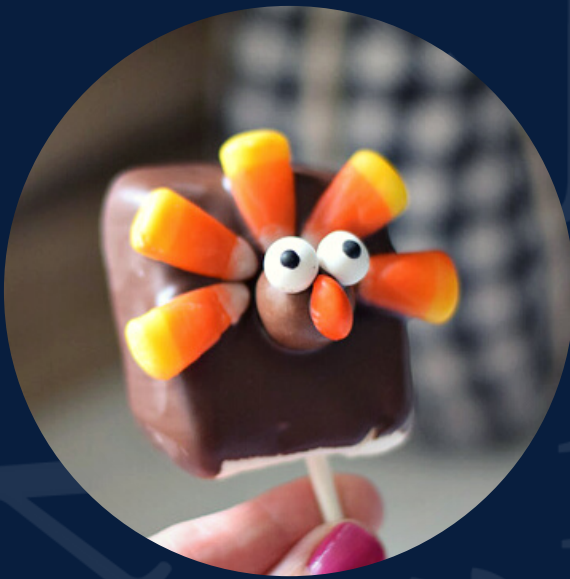
Heat the oil in a large skillet over medium-low heat and add the onions and 1 teaspoon salt. Cook for 20 to 30 minutes. Add the garlic and ginger and sauté until most of the liquid evaporates. Add the berbere paste and cook for 10 to 20 minutes, stirring frequently. Do not allow the mixture to burn.

03

Add the water and the chicken pieces. Bring mixture to a boil, reduce heat to low, cover, and simmer for 45 minutes.

04

Add the whole hard-boiled eggs, if desired, and cook for another 10 to 15 minutes or until the chicken is cooked through and very tender. Adjust seasonings to taste and serve with injera bread.



CANDY TURKEY

Messy but fun!

Submitted by: The Miller Family

INGREDIENTS

Amounts will vary according to how many turkeys you're making.

- Chocolate chips (semi-sweet)
- Regular size marshmallows
- Candy corn
- Optional: Something for eyes

PROCEDURE

01

In small microwavable dessert dish, melt chocolate chips in microwave, about 12 seconds at a time, stir and put back in microwave another 10 seconds until almost melted, then stir until melted.

02

With fork, dip a marshmallow in melted chocolate until whole marshmallow is covered. Let it drip for a couple of seconds over dish, then put flat side of marshmallow against one edge of cracker.

03

To “glue” each candy corn feather onto turkey, apply very small amount of melted chocolate to one side of small end of a candy corn. Try not to get chocolate on “front.” Press feather onto cracker.

04

For beak, position a candy corn on front of marshmallow.

05

As you finish each turkey, place on parchment or wax paper-covered cookie sheet or plate and place in fridge to harden chocolate for at least one hour.