

# Three Sisters Soup

## Native American Dish

### Top 5 Dishes:

1. Three Sisters Soup
2. Cornbread
3. Succotash
4. Cedar braised Bison
5. Frybread

**Common Ingredients:** Corn, Squash, Pumpkin, Cornmeal, Wild Rice, Salmon, and Turnips



**Ingredients:** Olive Oil, Yellow Onion, Garlic, Potatoes, Chipotle Powder, Cumin, Bay Leaves, Chicken Broth, Fire Roasted Tomatoes, Jalapeno, Zucchini, Summer Squash, Corn, Black-Eyed Peas, Black Pepper

### Steps to Prepare

1. Chop up ingredients
2. Saute the onions and garlic for 5 min
3. Add potatoes, chipotle powder, cumin, and bay leaves
4. Add broth and tomatoes
5. Lower the heat until the potatoes are tender, 8-12 min
6. Add zucchini, summer squash, and beans. Then the salt and pepper
7. Then serve

Three Sisters Soup • Native American recipe



# Native american

# Cedar Roasted Salmon

## Top 5 Dishes:

1. Frybread
2. Cornbread
3. Succotash
4. Cedar braised bison
5. Three sisters soup



Common Ingredients: Olive Oil, Yellow Onion, Garlic, Potatoes, Chipotle Powder, Cumin, Bay Leaves, Chicken Broth, Fire Roasted Tomatoes, Jalapeno, Zucchini, Summer Squash, Corn, Black-Eyed Peas, Black Pepper.

Ingredients: pacific salmon, olive oil, brown sugar, salt and pepper, red cedar wood, olive oil, minced shallot, clove of garlic minced, oregon blackberries, honey, sea salt, cracks of pepper

## Steps to Prepare

1. Soak wood
2. Make the sauce
3. Put fish on wood
4. Smoke it
5. Take out wood so it doesn't burn
6. plate

<https://www.opb.org/article/2022/11/04/superabundant-northwest-indigenous-food-news-sugar-cheese-candy-pumpkin-bread-recipe/>



# Ukraine Borscht

## Top 5 Dishes:

1. Varenyky- (dumplings)
2. Holubtsi (rolls)
3. Chicken Kyiv (chicken dish)
4. Banosh ) bread
5. Salo

## Common Ingredients:

Beets, beans, veggies

Ingredients: beets, chicken broth,  
onion, carrot, beans , bay leaf, white vinegar

## Steps to Prepare

1. Shred all veggies
2. Cook the broth and carrots
3. Saute the rest of the veggies and beets
4. Mix and cook all the ingredients
5. Add beans
6. serve



Borscht

# Ukraine Pelmeni

## Top 5 Dishes:

1. Varenyky
2. Borscht
3. Chicken kyiv
4. Holubtsi
5. DerunyDeruny

## Common Ingredients:

Dill, Beets, sour cream, potatoes,

## Ingredients:

## Steps to Prepare

1. Make the dough
2. Make the filling
3. Mold and boil them



# Eastern Asia (Chinese)

## Char Siu



### Top 5 Dishes:

1. Peking duck
2. Hot Pot
3. Kung Pao Chicken
4. Mapo Tofu
5. Char Siu

### Common Ingredients:

- rice and noodles
- soy sauce
- oyster sauce
- sesame oil
- five-spice powder
- Sichuan peppercorns

Ingredients: Garlic salt, brown sugar, oyster sauce, light soy sauce, hoisin sauce, red wine, shaping wine, red fermented bean curd, five spice powder, honey, water

### Steps to Prepare

1. Cut the pork shoulder into long slices, roughly about 1 inch thick. Poke each side of each slice with a fork
2. In a bowl add garlic salt, brown sugar, oyster sauce, light soy sauce, hoisin sauce, red wine, shaoxing wine, red fermented bean curd, five spice powder. Mix the marinade until it's evenly distributed and smooth.
3. Marinate the meat for at least 6-8 hours in a bag in the refrigerator.
4. Preheat the oven to 425 °F.
5. Line the baking pan with aluminum foil and place the baking rack on top, then lay out the pork on top of that.
6. Add 1-2 tbsp of water to the bottom of the pan, then place it in the oven.
7. Remove the char siu periodically to baste it with honey and water - 15 minutes, 15 minutes, and 10 minutes.
8. Turn the oven up to 450°F, then cook for another 5 minutes.
9. Baste both sides with the honey mixture, then let it cool for a few minutes before cutting into it.
10. Enjoy!



# East Asian Lotus Root & Peas



## Top 5 Dishes:

1. Tonkotsu ramen
2. Phở
3. Dim sum
4. Kimchi
5. Peking duck

## Common Ingredients:

**rice, noodles, soybeans, seafood,  
and various sauces and spices**

Ingredients: A few tablespoons of oil or lard, 1 large section lotus root, about 5 to 7 ounces, 20 sugar snap peas or snow peas, strings removed, or 5 stalks asparagus, cut into 1-inch segments, 2 stalks celery, cut into 1/4-inch slices on the diagonal, 1 tablespoon minced garlic

### Steps to Prepare

1. -To Prepare Lotus Root Stir-Fry: Peel the lotus root, rinse under cold water, and slice into 1/4-inch rounds. Rinse again, then set in a bowl with cold water and splash of vinegar to prevent discoloration.
2. -Combine all the ingredients for the sauce except the cornstarch in a small bowl. In a separate bowl, mix the cornstarch with 2 teaspoons water. Set aside.
3. -Add the sauce to the wok and stir-fry for thirty seconds, allowing the vegetables to absorb about half the liquid. Turn down the heat to medium low and add the cornstarch slurry, mixing constantly to prevent clumping. Let the sauce thicken for 20 or so seconds. Plate and serve immediately.
4. -To Prepare Lotus Root and Daikon Miso Soup: peel, then rinse under cold water. Slice the lotus root into 1/4-inch rounds. Rinse again, then set in a bowl with cold water and splash of vinegar to prevent discoloration.
5. -Bring the dashi to a simmer in a soup pot. Add the daikon and lotus root to the pot and simmer for 15 to 20 minutes, until both the daikon and lotus root are tender.
6. -Add the miso paste to the pot and press it against the pot to evenly distribute the paste. Simmer for another 2 minutes, tasting for saltiness. Add more paste if needed. Garnish with wakame seaweed and thinly sliced green onions. Serve immediately.

<https://www.serious-eats.com/seriously-asian-stir-fried-lotus-root-with-vegetables-daikon-miso-soup-recipe>

# Central America

# Arroz Con Leche



## Top 5 Dishes:

1. vigoron
2. Burritos
3. Pupusas
4. Tamales
5. ceviche

**Common Ingredients:** Vegetables, cheese, beans, some meat products, usually corn/flour tortillas

**Ingredients:** Rice, Sweetened Condensed Milk, Whole Milk, Dulce de Leche Caramel, cinnamon

## Steps to Prepare

1. Bring water to a boil, stir in rice/salt.
2. Mix in sweetened & condensed milk.
3. Bring milk to a boil, reduce heat to low
4. Stir constantly for 8-10 mins
5. Serve warm/cold (it will continue to thicken once cooled)

[Arroz Con Leche Recipe](#)

# Central America

# Cheese & Dumpling Soup

Dish



## Top 5 Dishes:

1. Frybread
2. Wild rice
3. Succotash
4. Whole roasted trout
5. Pemmican,



Common Ingredients: corn, beans, squash, pumpkins, peppers, tomatoes, yams, peanuts, wild rice, chocolate, pineapples, avocados, papayas, pecans, strawberries, cranberries, and blueberries

Ingredients: Masa Harina (white and yellow), Mozzarella Cheese, Parmigiano Cheese, Water, Onion, Cloves, Green Pepper, Celery Stalk, Tomato, Cilantro, Cumin, Salt and Black Pepper, and Vegetable Broth



## Steps to Prepare

1. To a mixing bowl add: masa harina, mozzarella and parmigiano cheese, and water. Then mix.
2. Add vegetable oil, the masa harina and water mixture and let simmer for 10 min
3. Add fried capirotadas and simmer for 5 min before serving



[Link to recipe](#)