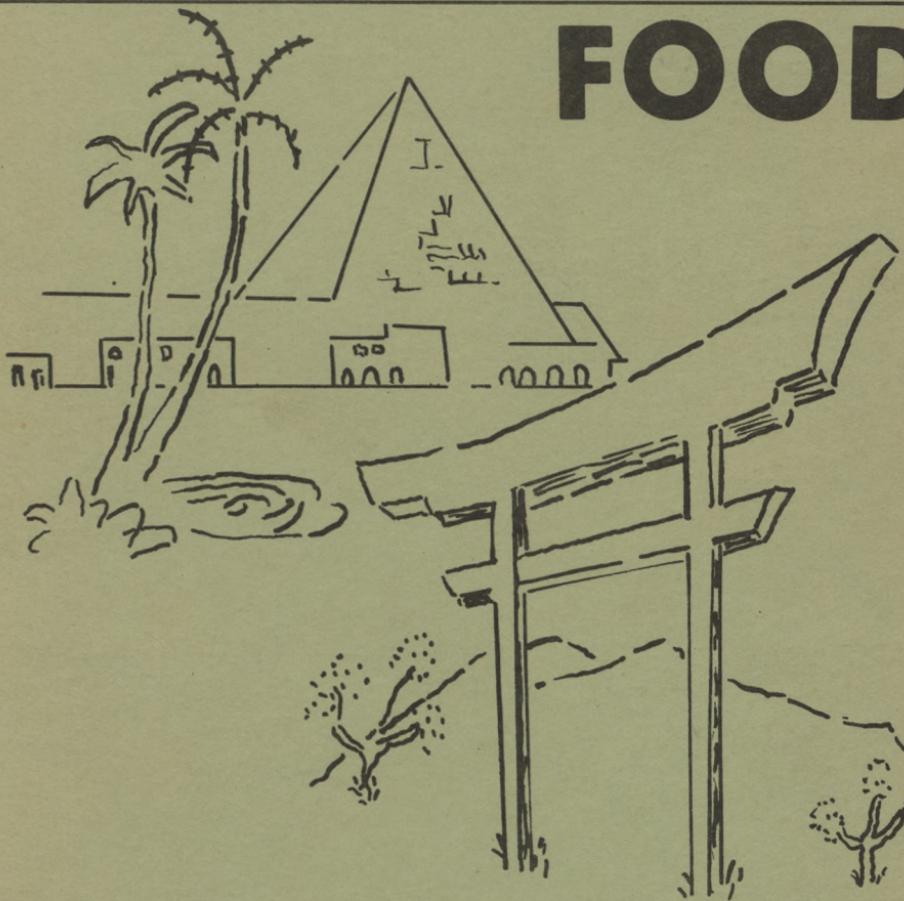




FOREIGN

FOOD



COOKBOOK

and the AHE Council for International Understanding.

The Team Award Fund was organized by the Sea Miners Area Council for International Understanding.

This non-profit corporation was incorporated as a separate entity in November, 1959, after

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possible through the courtesy
of:

Willi Ware & Associates

Fran Reese,

Public Relations Consultant

Hal & Emma Rogers,

Production Consultants

WHO WE ARE.....

The Tenth Annual Foreign Food Fair is sponsored by the Des Moines Area Council for International Understanding.

This non-profit, non-partisan organization was incorporated as a separate entity in November, 1968, after being an affiliate of the Iowa Board of International Education for many years. It is governed by a Board of Directors and is an agency of the Greater Des Moines United Way.

The Council's purpose is to foster international understanding and to co-operate with civic, religious, educational and service groups to create mutual respect and understanding among peoples of the world.

Services are extended to short-term visitors including resident foreign students enrolled at education institutions in the Des Moines area.

Volunteer chairmen of the world areas coordinate activities related to countries in their respective areas which include North and South America, Africa, Australia, East Asia, West Asia, and Europe. These volunteer chairmen have the responsibility for the Food Booths at the Foreign Food Fair. All work on the Cookbook has been done by volunteers, also.

Funds obtained from the Fair and from the Cookbook help sustain the program of the organization.

For further information, contact

* * * * *

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A Word From The Editor - - - - -

From world-wide area, a variety of recipes for delectable dining — including hors d'ouevres, cocktails, entres, vegetables, confections, pastries, breads, desserts, after-dinner drinks — have been contributed to this book by Foreign Food Fair committee members.

All recipes are given with tender kindness by ladies or men who have lovingly prepared the dishes or for whom the dishes have been lovingly prepared.

Many of the recipes have been handed down from generation to generation . . . passed many country borders by many modes of transportation . . . to find a place in our "Foreign Food Fair Cookbook". Many of the foods served at this 1969 Tenth Annual Foreign Food Fair were prepared from these basic recipes.

The authentic Irish recipes are Auld Sod prize winners. Cailin Deas Pancakes (pronounced Coleen Jass) are as Irish as you'll find this side of the sod.

"Zuppa Inglese", the Italian dessert is something special. It was brought to Iowa by a Des Moines Catholic Bishop who reportedly 'conned' the recipe from the dessert chef of Rome's famed Excelsior Hotel.

Danish pastries are noted for the typically Danish touch which usually requires rather a lot of preparation. However, the "Luxury Twists" recipe included here needs little pastry preparation but it 'works like a dream'.

The Iranian "Rice Pilaff" and "Hot Stuffed Dates with Oranges" recipes come from an old Persian caravansarie inn in Isfahan.

"Spring Keem-Chee" is a dish recognized by anyone who has served his/her country in Korea, or by any visitor to the "Land of Morning Calm". Keem-Chee's unforgettable aroma permeates the villages and its pungent taste penetrates the tastebuds.

Australia's "Carpetbag Steak" is described as a most delightful melding of 'sea and field' foods.

Canadian recipes are authentic according to each Province, its foreign-settler background, and its local products. For instance Ontario's wild rice, harvested by North American Indians, is served correctly when the costly delicacy is prepared according to this book's recipe.

Panama's "Wedding Cake" and Ghana's "Peanut Soup" are two of the most popular and sought-after of the "Foreign Food Fair" recipes.

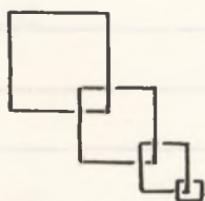
Guyana's "Sugar Cake" is made in layers by the Guyanese. Each layer is a different color. During festivals, the confection is sold along the roadside to celebrants.

Only lack of space limits comments on all countries, the recipes, and their origins.

Ingredients in some recipes may not be familiar to some cooks. All ingredients are available at many Des Moines and Iowa stores. It will be store-browsing fun and a taste treat for our cookbook users to purchase and sample the listed unfamiliar supplies. And, if the recipe calls for very thinly sliced meat, freeze the meat and slice while still firmly frozen.

Enjoy the exotic eating Des Moines' "Foreign Food Fair Cookbook" will give you.

Fran Reese, *editor*



This Space For Your Notes _____

Africa

ETHIOPIA

GHANA

KENYA

LIBERIA

MOROCCO

SOUTH AFRICA

SUDAN

UNITED ARAB REPUBLIC

WEST AFRICA

ETHIOPIAN FRUIT DESSERT

ETHIOPIA

- 1 papaya
- 2 bananas
- 1 No. 2 can pineapple chunks with syrup

Combine 3 fruits in approximately equal proportions. Chill in syrup and serve. (Fresh or frozen pineapple may be substituted.)

Grover Hahn

PEANUT SOUP OR STEW

GHANA

- 1 chicken, cut up, or
- 2 lbs. of beef, pork, lobster, or fish, cubed
- Peanut oil or corn oil
- 1 cup water
- 1 teaspoon salt
- $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon white pepper
- $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon red pepper
- $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon paprika
- Pinch of ginger
- Pinch of cloves
- $\frac{1}{2}$ cup creamy peanut butter
mixed with $\frac{1}{2}$ to 1 cup water*
- 1 cup chopped onion
- 1 cup cut tomatoes, fresh or canned
- Okra or flour-and-water mixture to thicken (optional)

Brown chicken, meat, or fish in hot oil. Add water and seasoning. Cook till meat is tender. Add peanut-butter mixture and vegetables; simmer till onion is tender. Thicken by adding okra or flour mixed with water, when you add vegetables, if you wish. Serve over rice, potatoes, or yams.

*For soup, add the larger amount of water; for stew, add the lesser amount.

Mrs. Max Tjoa

KITOWEO

(Curried Beef Stew)

KENYA

1 lb. beef cubes
5 medium potatoes, cut up
1 medium cabbage, chopped
fat, to brown beef
salt
1 teaspoon curry powder
4 cups water

Brown beef in oil. Put cooked beef in dutch oven or heavy pot. Add 2 cups water and cook till tender. Add chopped cabbage, and cut up potatoes, salt, curry powder and remaining two cups water. Cook until vegetables are tender, about 15-20 minutes. Serve with rice or Chapati or hot biscuits. 20 small servings.

Mrs. Fraser Thomason

CHAPATI

(Fried Bread)

KENYA

4 cups flour
1½ cups water
1½ teaspoon salt
cooking oil to brush on

Put flour, water and salt in large mixing bowl. Knead to workable dough consistency. Cut off a bun-sized piece, work into round and roll out on floured board until thin. Brush on oil, sprinkle flour lightly, then roll up into log. Stretch this log-shaped roll as you coil it up from one end into a pinwheel and tuck in the end. Repeat this process once or twice more. This is called layering. Then roll out again into a flat thin round. Fry slowly on ungreased griddle, not too hot. Layers separate and bubble up to form a flaky flat bread.

Mrs. Fraser Thomason



COLLARD GREENS

LIBERIA

1-2 lbs. meat
½ teaspoon instant onion
1 medium onion, sliced
salt and black pepper
red pepper for spice, if desired
1 pint collard (or other) greens (chop if fresh)
1¼-½ cup oil
1½ cups water

Cut meat into portions or cubes. Season with salt and pepper, and instant onion. Heat oil. Fry seasoned meat until well browned. Remove meat. Place greens in oil and fry over medium heat for a few minutes; add meat, stir well, and fry again. Add onion, mix well, add water. Cover and allow to boil slowly until greens are tender. A sauce will form in the pan. Serve over rice. Any meat may be used, and the amount may be varied if desired. Other greens may be used in place of collard greens (potato, mustard, etc.) Serves four or five.

Pauline Foshe

MINT TEA

MOROCCO

Pour 1 qt. boiling water over 3 mint tea bags into a tea pot. Steep for 5 minutes. Dilute with another qt. of hot water. Brand is Plantation Mint Tea and tastes similar to Moroccan tea. Makes 12 cups hot tea.

Mrs. Leighton Baker

This Space For Your Notes:

KOEKSISTERS (Glazed Cooky Braids)

SOUTH AFRICA

5 cups sifted flour
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon nutmeg
½ lb. (1 stick) butter, softened
2 well-beaten eggs
1 cup very cold water
1 tablespoon lemon juice

Sift together dry ingredients. Add butter and mix well. Add egg, water, and lemon juice; mix. (This will be a soft dough.) Roll out on floured board to $\frac{1}{4}$ inch thick. Cut in strips $2\frac{1}{2}$ inches wide and 2 inches long. Slit one end of each piece in thirds, leaving $\frac{1}{2}$ inch uncut at other end. Braid loosely, pinching bottom ends together.

Heat deep hot fat to 365 degrees and fry till golden. Lift out with perforated spoon and drain on paper towels. Plunge hot Koeksisters into very cold Syrup (below). Lift from syrup and place on wire and rack over a cooky sheet. Syrup may be collected and used again. Store in refrigerator. Makes 4 or 5 dozen.

Syrup:

6 cups sugar
3 cups water
 $\frac{1}{4}$ teaspoon cream of tartar
 $\frac{1}{4}$ teaspoon salt
A few whole cloves or $\frac{1}{4}$ teaspoon cinnamon, or
grated rind of 1 orange or $\frac{1}{2}$ teaspoon vanilla

Mix first 4 ingredients. Select and add flavoring. Heat and stir till sugar is melted. When mixture comes to boil, stop stirring. Boil 3 minutes—no longer. Chill till very cold. Place atop a bowlful of ice while dipping cookies.

POTATO CAKES

SUDAN

3 medium large potatoes
1 onion
2 beaten eggs
salt
pepper
garlic seasoning
milk

Finely grate or shred or chop potatoes and onion. Soak in milk with a little salt added for 15 minutes. Lift from milk and squeeze as dry as possible, discarding milk. Mix in with potato and onion, the beaten eggs, salt, pepper and garlic to taste. Drop into flat cakes about the size of a half-dollar, flatten, and fry in hot oil until brown and crispy, turning once to brown both sides. Serve immediately.

Ali Mahmond

MEAT BALLS

SUDAN

1 lb. ground lamb
1 small onion
1/8 teaspoon pepper
1 1/8 teaspoon salt
1/4 teaspoon garlic powder
1 tablespoon butter
1 tablespoon flour
1 beaten egg
1 cup wheat (fine bulgar)
1 tablespoon tomato paste

Mix all ingredients except tomato paste together and shape into balls about the size of a walnut. Fry in grease or oil until well browned. Place meatballs in a dutch oven or covered saucepan. Cover with tomato paste diluted in enough water to cover meatballs. Simmer until liquid is absorbed. Meat balls will swell as they absorb the moisture. Serves 4-6.

Bulgar or cracked wheat comes fine or coarse ground. These may be made with ground beef and are very good although lamb would be used in Sudan.

Ali Mahmond

KOUSAH MHAHSI
(Stuffed Zucchini)

UNITED ARAB REPUBLIC

8 large Zucchini squash
1 pound ground lamb (or beef)
½ can tomato paste
1 cup uncooked rice
1 onion, finely chopped
½ cup chopped parsley
1 teaspoon chopped fresh mint leaves
1 teaspoon pepper
1 tablespoon green pepper, finely chopped
salt to taste
½ can tomato paste
2 cups water

Cut squash in half through diameter. Scoop out pulp with an apple corer or peeler. Make stuffing by combining all ingredients except last two listed. Force stuffing into zucchini. Place in large pan. Cover with remaining ½ can of tomato paste mixed with 2 cups water. Bring to boil, then turn heat low. Cover pan and simmer about 35 minutes or until rice is tender. Serves 8.

Elizabeth Abul-Haj

CORUMB MHASHI

UNITED ARAB REPUBLIC

Make as above but using cabbage leaves in place of zucchini. Dip cabbage leaves in boiling water before stuffing.

Elizabeth Abul-Haj

BECIMA

UNITED ARAB REPUBLIC

2 cups shredded coconut
1 cup sugar
1 cup milk
1 teaspoon margarine
2 tablespoons flour

Mix all ingredients together well. Spread in a greased 9x9 pan. Bake until lightly browned in 350 degree oven, approximately 20-30 minutes. Watch closely as it will burn easily. Makes a sweet confection—a cross between a cookie and a candy. Cut in squares to serve.

Medhat Sabri

JOLLOF RICE

WEST AFRICA

2 three-pound chickens
3 cups coarsely chopped onion
salt and pepper
¾ cup palm oil or salad oil
8 tomatoes, peeled and chopped
3 to 4 cups chicken stock
1 cup tomato puree
2 cups rice
coarsely ground pepper (red)

Combine chicken and onions in a mixing bowl. Sprinkle with salt and pepper. Let stand 1 hour. Heat oil. Lightly brown chicken and onions in oil. Pour off most of the oil and add tomatoes, chicken stock, and tomato puree. Bring to a boil and simmer uncovered 45 minutes to 1 hour. Add the rice. Simmer until rice is tender and most of the liquids are absorbed. Season with salt and pepper. Makes 4 to 6 servings.

Pauline Foshe

This Space For Your Notes: _____

the Americas

CANADA

ELVIA

BAZIL

COLOMBIA

BA

DOMINICAN REPUBLIC

UADOR

GUAYANA

JAMAICA

IXICO

PANAMA

RU

VENEZUELA

EMPANADAS (Meat Pie)

BOLIVIA

3 lbs. ground beef
1 onion, chopped fine or minced
½ cup raisins
6 hardboiled eggs
Pitted ripe olives
1 tblsp. salt
1 tsp. cumin seed (or to taste)
3 tblsp. flour
3 tblsp. shortening
½ cup beef broth
Paprika and melted butter
for brushing top of pastry
Use a regular pie crust.

Brown beef and onion. Add all ingredients except eggs and olives. Roll and cut pastry in saucer size circles. Put 2 tblsp. meat mixture, 2 slices of olive, and 2 slices hardboiled egg on pastry circles. Fold pastry over, wet edges with water and press together. Crimp edge with fork or fingers. Brush top of pie with melted butter and paprika. Place on baking sheet and bake in 400° for 20 minutes. Makes about 4 dozen pies.

Mrs. James R. Elliot

TAWA-TAWAS (Bolivian Fried Pastry)

BOLIVIA

2 cups flour
2 teaspoon baking powder
1 teaspoon salt
1 tablespoon butter
2 eggs
½ cup milk
2 cups oil or vegetable shortening

Mix flour, baking powder and salt; add softened butter and blend very well. Beat eggs very lightly and add to mixture. Add milk gradually. Remove dough from bowl and knead on floured board until it feels very light. Roll out very thin (about 1/8 inch), and cut into rectangles about 1½ x ¾ inches. Heat oil until very hot. Drop a few rectangles at a time into hot oil and fry until pastry puffs and is golden. Drain on absorbent paper. Serve warm or cool with syrup.

Mrs. James R. Elliot

PASTELESS DE NAVIDAD CON QUESO

(Bolivian Christmas Pastry with Cheese)

BOLIVIA

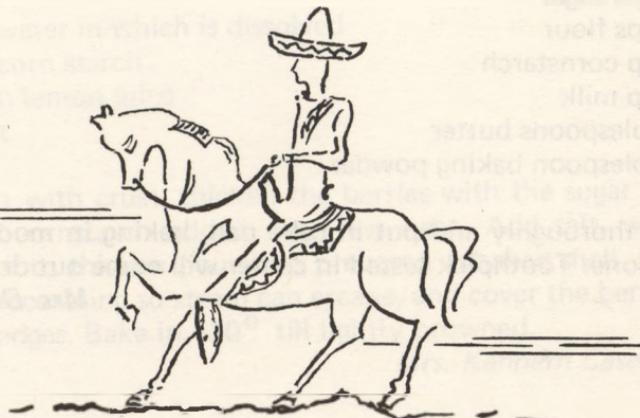
5 cups flour
2 teaspoons baking powder
1 teaspoon salt
3 teaspoons sugar
2 tablespoons lard or margarine
4 eggs
1 cup milk

Sift flour, baking powder and salt; add sugar and lard, mixing well. Beat eggs lightly and combine with milk. Add to flour mixture and blend. Remove from bowl and knead well until little globules appear on dough. Let stand about 15 minutes.

Roll out dough as thin as possible, on floured board. Cut out rounds as big as saucers. Place in center of each round 1 tablespoon of Cheese Filling (below). Moisten along top edge of each round and fold, fluting edge to seal. Fry in deep, hot fat until golden; drain on absorbent paper. Roll in powdered sugar mixed with cinnamon.

Cheese Filling: Beat 1 egg white with a pinch of sugar, then add about 8 ounces shredded American cheese.

Mrs. James R. Elliot



PANETONE**BRAZIL**

(Brazil Holiday Bread)

5 cups flour
4 tablespoons sugar
1 teaspoon salt
2 eggs broken, but not beaten
2 tablespoons butter
1 tablespoon shortening
1½ cup milk
½ cake of yeast
1½ handful of seedless raisins
8 oz. glazed fruit
1 oz. port wine

Dissolve yeast in warm milk (1 cup). Add 2 cups flour and 2 tablespoons sugar. Let stand in warm place one hour. Sift remaining flour, salt and sugar. Add butter, eggs milk and wine. Add to starting dough. Knead thoroughly. Add fruits. Put in greased and floured pans. Set in warm place until double in bulk. Bake 325° for 1 hour. Makes 3 loaves in 3 X 6½ X 2¼ pan.

*Mrs. Dean Kracht***HOMESICK CAKE (BOLO SAUDADE)****BRAZIL**

3 egg whites well beaten
2 cups sugar
2 cups flour
1 cup cornstarch
1 cup milk
2 tablespoons butter
1 tablespoon baking powder

Mix thoroughly and put in cake pan, baking in moderate oven till done. Toothpick tested in center will come out dry.

Mrs. Dean Kracht

ALBERTA PORK PIES

CANADA

1 medium cooked potato mashed
1 pound ground lean pork
½ cup potato water (from cooked potatoes)
1 small onion chopped
1 clove garlic chopped
½ teaspoon salt
½ teaspoon thyme
½ teaspoon sage
¼ teaspoon dry mustard
1/8 teaspoon ground cloves.

Combine pork, potato water, onion, garlic and seasonings. Bring to boil, then reduce heat and simmer 25 minutes. Remove from heat and stir in mashed potatoes. Chill. Make pie pastry crust and fill either tarts or whole pie size with filling. Puncture upper crust. Bake at 450 degrees for 10 minutes, reduce heat to 350 for another 20 minutes.

Mrs. M. A. Thorndycraft

BLUEBERRY PIE

CANADA

1 recipe of pastry for one 8" pie
(using two crusts)
1 can blueberries
½ cup sugar
¼ cup cold water in which is dissolved
1 teaspoon corn starch
1 tablespoon lemon juice
pinch of salt

Line pie tin with crust, thicken the berries with the sugar and water with cornstarch added over low heat. Add salt, when berries begin to thicken pour into prepared unbaked shell. Roll top crust, decorating so steam can escape, and cover the berries, sealing the edges. Bake in 420° till lightly browned.

Mrs. Kenneth Casebolt

WILD RICE

BY MARY CANADA

- 1 cup wild rice
- 1 teaspoon salt
- 1 small onion
- 2 tablespoons butter or margarine
- 4 cups boiling water
- 1/4 teaspoon thyme
- 1 teaspoon chopped parsley
- 1 cup mushrooms, sauteed

Combine rice, salt, onion, and boiling water in the top part of a double boiler. Cook the rice over boiling water until tender—about 45 minutes. Stir with a fork occasionally. Add the remaining ingredients and place in a well-buttered, 7-inch ring mold or casserole.

Set in a pan of warm water and bake in a moderate oven (350°) for 20 minutes. This is delicious with poultry or game. Serves four.

Mr. & Mrs. J. A. Townsend

YORKSHIRE PUDDING

BY MARY CANADA

- 1 cup sifted pastry flour
- 1/2 teaspoon salt
- 1/2 cup milk
- 2 eggs, separated
- 1/2 cup water
- Beef drippings

Sift flour and salt into a bowl and stir in milk. Beat the mixture until foamy. Beat egg yolks until thick and lemon colored. Beat whites until stiff, and fold into yolks. Beat eggs into the flour-and-milk batter. Then add water and beat until large bubbles rise to the surface. Allow the batter to stand one hour (optional).

Beat lightly again before using. Preheat the oven to 400°. Have ready a hot baking dish (about 10 by 6 by 2 inches), with about 1/4 inch hot beef drippings in it. Pour the batter into the prepared baking dish to a depth of 5/8 inch. Bake in a hot oven (450 degrees) for 20 minutes, then reduce the temperature to 350 degrees, and bake 10 to 15 minutes longer. Cut in squares and serve very hot. Serves 6.

Mr. & Mrs. J. A. Townsend

ENSALADA DE AQUACATE

(Avocado Salad)

COLOMBIA

(salad with avocado)

1 head lettuce
2 avocados, peeled and sliced
2 hard cooked eggs, sliced
 $\frac{3}{4}$ cup olive oil
 $\frac{1}{4}$ teaspoon powdered mustard
 $\frac{1}{2}$ teaspoon salt
1 teaspoon lemon juice
1 teaspoon grated onion and juice
Cayenne — to taste
ground thyme — to taste

Arrange lettuce on salad plates, with avocado slices and slices of egg. Combine remaining ingredients in blender, and pour over the salad. 4 to 6 servings.

Mrs. John Beeston

BUNUELOS

(Sweet Fritters)

COLOMBIA

grated rind of 1 lemon
 $2\frac{1}{2}$ tablespoons butter
 $2\frac{2}{3}$ cup sugar
3 eggs, well beaten
1 cup water
flour (1 cup)

Cream butter, sugar and lemon rind. Add eggs and mix thoroughly. Add water and enough flour to make a soft dough. Spread dough on a kneading board, and cut in small pieces. Drop in deep fat which is not too hot. Drain on absorbent paper. Sprinkle with powdered sugar and cinnamon.

Mrs. John Beeston

ARROZ CON POLLO

(Chicken with Rice)

CUBA

2 chickens (2½ to 3 lbs. each) cut into serving pieces.
3 cloves of garlic
Juice of 2 lemons, or limes.
1/3 cup olive oil
1 large green pepper
1 large onion diced.
1 can whole tomatoes
2 cans of red pimientos
1 can small green peas
1 can blanched asparagus
2 tablespoons salt
½ teaspoon pepper
1 laurel leaf
3½ cups cooking wine
2 cups chicken stock
2 lbs. short grain rice
Saffron for coloring

Make the chicken stock with the boney pieces of the chicken. Cut the chicken in serving pieces. Blend in garlic and lemon juice in blender, and rub on each piece of chicken. Heat the oil, brown chicken and cook till done. Meanwhile, in the olive oil, saute the onion, green pepper, and tomatoes. Add all the liquid from the early peas, asparagus and pimiento, dry wine, saffron and chicken stock. Wash rice and add to boiling liquid. After the rice boils again lower heat to low until the rice is open and soft. Arrange the browned chicken around the outer edge of a large serving platter. Pile in an attractive manner the rice in the center. Garnish with the green peas, and pimiento.

Mrs. Jose Romero

This Space For Your Notes: _____

FRIJOLES NIGROS

(Black Beans)

1 lb. black beans

10 cups water

1 large green pepper

2/3 cup olive oil

1/2 teaspoon black pepper

1 large onion

1/4 teaspoon oregano

4 cloves of garlic

1 laurel leaf

1 large green pepper

2 tablespoons sugar

4 teaspoons salt

2 tablespoons vinegar

2 tablespoons dry dark wine

2 tablespoons olive oil

Wash the beans in cold water and soak over night in the 10 cups of water. In the morning cook in the same water for 45 min. till soft. In a fry pan heat oil and saute the chopped onion, garlic crushed, and the green pepper (These can be blended in a blender) in medium heat. Add one cup of the beans to the fry pan and mash in with the mixture. Add salt, pepper, and seasoning. Bring to a boil and let simmer for 1 hr. Add vinegar, and cooking wine, let simmer over very low flame for 1 hr. more, they will be thick. When ready to serve, add a tablespoon of oil. Enough for 8 servings.

Mrs. Jose Romero

PIERNA DE PUERCO ASADA

(Fresh Pork Roast Cuban Style)

6 lb. fresh pork roast

1 whole garlic head

3/4 cup orange juice

3/4 cup lime juice

1 tablespoon oregano

2 teaspoons cumin seed

1/2 teaspoon pepper

2 tablespoons salt

1 lb. onions

Wash and clean the fresh ham roast. Stab it with a sharp knife to make pockets in it. In the blender blend the garlic, onion, and juices with the spices.

Rub into the fresh ham, and pack into the holes made by the knife. Cover with onions slices, and marinate for at least 12 hrs. Roast at 325° for 4 hrs., or until meat thermometer reads 185°.

CUBA

Mrs. Jose Romero

ARROZ CON FRIJOLES

(Rice and Beans)

CUBA

$\frac{1}{4}$ lb. raw pork, or ham, cubed
 $\frac{1}{4}$ cup olive oil
1 large onion, minced
1 large green pepper (mince half, cut
remaining half in wide strips)
3 small cloves garlic, minced
 $\frac{1}{2}$ bay leaf
Salt and pepper
3 cups uncooked long-grain rice
Frijoles (see below)
 $3\frac{1}{2}$ cups water

Brown pork in oil till very crisp. Add onion, minced green pepper, garlic, and seasoning. Cook till vegetables are tender.

Wash rice in water several times till water is clear (this is the secret success). Add to meat mixture and brown lightly. Add Frijoles and water. Boil briskly till water is soaked up. Turn heat very low and cook 25 min. or till rice is done. Serve with pork chops or turkey, and tossed or avocado salad. Serves 8 generously.

Frijoles:

1 pound dried beans
5 cups water
1 teaspoon salt
1 teaspoon oregano
1 teaspoon cumin seed
Green-pepper strips (see above)
 $\frac{1}{4}$ cup olive oil

Put beans, water, seasonings, and green pepper in pressure pan. Cook at 15 lb. pressure 1 hour (should be tender). Let pressure go down. Remove lid. Add olive oil. Cook uncovered another hour or till really tender and thick.

GUINEOS EN ALMIBAR

(Bananas in Syrup)

DOMINICAN REPUBLIC

(Guineos en almíbar)

Take 4 firm but not too ripe bananas.

Brown in butter. When well browned, add

1/4 cup water, and

2 tablespoons heaping brown sugar.

Baste bananas with syrup till syrup becomes thick.

Before serving sprinkle with

3 tablespoons grated sharp cheese.

Serves four — Accompanies meat course.

Mrs. Raymond Hall

MANTECADOS

(Dominican Shortening Cakes)

DOMINICAN REPUBLIC

1 cup vegetable shortening

1 cup sugar

2 cups flour

3/4 teaspoon baking soda

pinch of salt

1/2 teaspoon almond extract

1 egg yolk

tinted sugar, or cake decorations

Sift flour, measure and sift again with soda and salt. Cream sugar and shortening with mixer till light and fluffy. Add dry ingredients, and almond extract, and egg yolk. Dough should not stick to sides of mixing bowl. Place dough on lightly floured board and pat with hand to hold together. Take pieces about the size of a pecan and roll into balls. Pat them flat with hand and make a slight depression in the center with your thimble or thumb. Bake on a greased cookie sheet in 375 oven for 15 min. Remove from oven and put tinted sugar in each depression. Return to oven for 10 min. Yield 3 dz.

Mrs. Raymond Hall

SEVICHE DE CAMARONES

(Pickled Shrimp)

PANAMA

Peel 1 pound raw shrimp; chop. Place in sieve and lower into boiling water for a few seconds. Drain. Add 1 tablespoon vinegar, 1 finely chopped onion, 1 minced garlic clove, 2 teaspoons chopped mustard pickles, $\frac{1}{4}$ teaspoon marjoram, 1 chopped red pepper, and dash of ground black pepper. Let stand 30 minutes; then salt to taste and cover completely with lemon juice.

Cover with waxed paper; chill 6 hours. Put in tiny pastry shells or pass with crackers for appetizer.

WEDDING CAKE

(Drunkard's Soup)

PANAMA

2 cups sugar
 $\frac{3}{4}$ cup water
5 white cloves
1 stick cinnamon
1 tablespoon lime juice
 $\frac{3}{4}$ cup light cooking rum
 $\frac{3}{4}$ cup cooking Muscatel
1 cup pitted cooked prunes
1 12x8x2-inch sponge cake,
one day old

In saucepan, mix sugar, water, spices, and lime juice; bring to boiling and boil 5 minutes. Cool; add rum and Muscatel. Add prunes. Pour into jar; cover; refrigerate for 12 days.

Place cake on serving tray and spoon syrup over it several times. Arrange prunes atop for trim. Cut in 2x2-inch pieces; eat with spoons.



LLAPINGACHOS (Potato and Cheese Empanadas)

ECUADOR

2 lbs. cooked and mashed potatoes
3 tablespoons minced onion (run through blender)
1/3 cup butter
salt and pepper
1/4 lb. soft cheese
eggs (One for each serving)

Mash and season the potatoes. Saute the onion in the butter. Add the cheese. Form into small patties, place small amount of cheese and onion in center of each. Fry in butter on both sides till nice and brown. Garnish with a fried egg on top of each patty. Makes 8 to 10 servings.

Jaime Diaz

ESCABECHE DE MARISCOS

ECUADOR

3 lb. filleted fish, or shrimp may be used.
salt
flour
1/4 cup cooking oil
2 large red onions, sliced thin
1 1/2 cups white vinegar
1 1/2 cups olive oil
Juice of 2 large lemons
2 hot green peppers
salt and pepper to taste

Dip fish cut in medium size bits, or the shrimp in flour seasoned with salt. Fry lightly in oil. Have the sliced onions marinating in the lemon juice for 1/2 hour. Mix well vinegar and oil, salt and pepper. Add onions with their juice, green chilis. Add the seafood, and let stand for 3 to 4 hours before using.

Jaime Diaz

This Space For Your Notes: _____

COCONUT CANDY OR SUGAR CAKE

GUYANA

- 2 cups sugar
- ½ cup water
- 1 cup shredded coconut

Combine sugar and water. Boil until very thick. Add coconut, coloring ginger or cardamon. Pour quickly into pan and pat smooth. This candy sets up quickly so you must work fast. Almond flavoring is very good in this candy.

Mr. and Mrs. George Oster

DAHL

GUYANA

- 1 cup split peas
- 6 cups water
- 2 tablespoons chopped onions
- ¼ teaspoon garlic powder
- 1 teaspoon ground cumin
- ¼ teaspoon tumeric
- salt to taste

Combine all ingredients and cook in pressure cooker until gravy consistency is formed. Use as sauce on rice.

Mr. and Mrs. George Oster

PHOULARIC

GUYANA

- 1 cup split peas (ground)
- 1 tablespoon chopped onion
- ¼ teaspoon garlic powder
- 2 green onions or shallots
- salt
- ½ cup flour
- 1 egg

Soak peas for a time, drain and put through a blender. Using the blender is the best way to obtain the pea flour.

Add ingredients to peas to form a dough comparable to biscuit dough. Drop by teaspoon in hot oil. Serve hot or cold.

Mr. and Mrs. George Oster

PENUCHE

(Originated in Mexico)

MEXICO

3 cups brown sugar well packed
1 cup milk
2 tablespoons butter
1 teaspoon vanilla
1½ cup English walnuts

For variety you may substitute strong coffee
for milk.

Stir milk and sugar in sauce pan till sugar is dissolved. Cook over slow fire till reaches the soft ball stage. Constant stirring is necessary to prevent milk from curdling. When soft ball stage is reached, remove from fire. Add butter and set aside without stirring until it reaches lukewarm temperature. Beat till thick and creamy. Add vanilla and walnuts and mix well. Pour into buttered pan and cut into squares.

Mrs. John Beeston

GUACAMOLE

MEXICO

2 large avocados, peeled and seeded,
mashed with fork
3 tablespoon lemon juice
in blender add:
1 small onion
1 green chili
½ clove of garlic
salt to taste
Add:
3 tablespoons mayonnaise
1 tomato seeded, and chopped
Dash of cayenne pepper

Beat all ingredients till smooth. The secret of keeping the avocado from discoloring is to keep the seed in the mixture until ready to serve.

Can be used as a dip, if desired.

Mrs. John Beeston

POLVORONES

MEXICO

(Mexican Wedding Cakes)

1 cup butter

Confectioners' sugar

2 1/4 cups flour unsifted

1/2 teaspoon salt

1 teaspoon vanilla extract

1 cup nutmeats, chopped, as desired.

Mix butter, sugar and ingredients until smooth. Chill for 2 hours. Form into 1" balls and bake on cookie sheets in 375 oven for 15 to 16 min. Remove from sheet and roll in powdered sugar while still warm. 4 - 5 doz.

Mrs. John Beeston

SOPA A LA LIMENA

PERU

(Soup, in Lima, Peru)

Use almost a pound of fish, fried and cut into small pieces

3/4 lb. cooked and deveined shrimp

4-6 small potatoes peeled and quartered

1 cup uncooked long grained rice washed 3 times

1 cup cooked dried chickpeas

3 tomatoes, diced

1 cup uncooked sweet corn sliced from cob

1 clove of garlic

1 onion finely chopped

3 tablespoons cooking oil

1 tablespoons salt

1 teaspoon dried oregano

2 qts of water

1 beaten egg, added to

1/2 cup of milk

Saute onions, garlic tomatoes with the oregano in the oil. Add water, rice, chickpeas, potatoes, corn, and salt. Cook only till tender. Add the milk, fish and shrimp. Heat thoroughly before serving. Serves 12.

Elias Devoto

SEVICHE

PERU

1 lb. of bonito, or corvina (corvina is the better quality) We can use flounder here.

3 red chili peppers, hot, seeded, and sliced thin

3 green chili peppers, hot, seeded, and sliced thin

Juice of 6 lemons

3 medium sized onions sliced as thin as possible.

Salt and pepper to taste

Chopped parsley

Chill the fish so it will be firm. Slice it raw into thin strips. Add the peppers sliced, lemon juice and seasoning and let stand overnight. When ready to serve sprinkle with parsley. Serve chilled. Serves 4 to 6.

Elias Devoto

PAELLA, LATIN AMERICA

VENEZUELA

1 3-pound chicken, cut up
5 cups water
2½ teaspoons salt
1 lb. pork ribs, cut up
olive oil
2/3 cup uncooked long-grain rice
2 cloves garlic, crushed
¼ cup olive oil

2 whole tomatoes, peeled and cut up
1 medium onion, chopped
1 small can pimientos, cut up

1 lb. any spicy sausage, sliced
2/3 pound shelled raw shrimp
1 10-oz. package frozen peas

Salt and pepper
chopped parsley

Add chicken to water; add salt (and any other seasonings desired); simmer covered 1 hr. or till tender. Remove chicken from stock; bone; cut up meat. Strain stock; save 4 cups to use later.

Meanwhile, fry ribs in hot olive oil till done. Remove from skillet. Mix rice, garlic, and ¼ cup olive oil in skillet; cook and stir till rice is browned, about 10 min.

Add reserved chicken stock, tomatoes, onion, and pimiento. Cover and cook over low heat for 15 min. Add sausage, shrimp, peas, and the ribs. Bring to a boil, cover, and cook over very low heat 15 min. longer. Add salt, pepper, and chopped parsley to taste. Makes 6 servings.

BLUE MOUNTAIN DELIGHT

(Party Drink)

JAMAICA

- 5 oz. rum
- 2 teaspoons powdered sugar
- 1 small piece lemon peel
- rind of 1 orange
- rind of 1 lime, if available

Warm rum in chafing of heat-proof dish. Add powdered sugar, the orange rind broken into four pieces, the lemon peel and, if available, the rind of the lime. Stir briskly to dissolve sugar. When rum is warm, ignite, standing off at arm's length to flame. Stir with long-handled spoon for two minutes. Extinguish with dish cover. Blue Mountain Delight may be enjoyed as a liqueur or poured over vanilla ice cream, pineapple, or bananas as a dessert topping. Serves 4.

HOT JAMAICA GROG

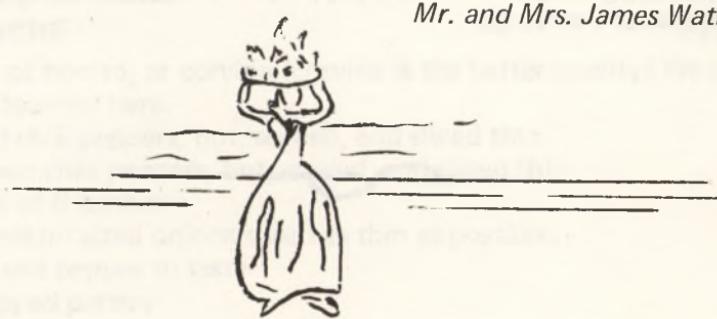
(Party Drink)

JAMAICA

- 1 lump of sugar
- 1 slice of lemon
- 2 cloves
- 1½ oz. rum
- boiling water

Grog is traditionally made in a small toddy or old-fashioned glass. Place a silver spoon in glass with a lump of sugar, a slice of lemon stuck with two cloves, rum, and pour enough boiling water into the glass to fill within a half-inch of top. Stir gently and sip while hot.

Mr. and Mrs. James Watkins



JAMAICA EGG NOG

(Party Drink)

12 egg yolks
12 egg whites
1 quart milk
1½ cups sugar
1 quart cream
nutmeg
1 bottle rum

Beat yolks and whites separately. Add 1 cup sugar to yolks while beating. Beat the whites stiff, then add ½ cup sugar. Mix yolks and whites together, stirring in cream and milk. Add rum, stirring thoroughly, and serve cold. Top with nutmeg. Serves 30.

Mr. and Mrs. James Watkins

JAMAICA

DAGGER INN SPECIAL

(Party Drink)

5 oz. light rum
4 oz. honey
1 oz. Lime juice
a dash of Angostura Bitters
cracked ice

Shake well and serve in cocktail type glasses.

Mr. and Mrs. James Watkins

JAMAICA

HOT BUTTERED RUM

(Party Drink)

Cinnamon stick
1½ oz. dark rum
butter pat
cider or apple juice

In a mug, place a stick of cinnamon and a jigger of rum. Fill with boiling cider or apple juice and dust with nutmeg.

Mr. and Mrs. James Watkins

HOT JAMOCHA (Party Drink)

½ lump of sugar
cinnamon
1½ oz rum
hot coffee
whipped cream

Place a silver spoon in a sour or small old-fashioned glass. Add rum, ½ lump of sugar, and a sprinkling of cinnamon. Fill glass with boiling hot coffee. Float whipped cream on top.

Mr. and Mrs. James Watkins

LOMO RELLENO (Stuffed Beef)

4½ lbs. beef loin
6 hard-cooked eggs, cooled
¼ lb. each ham, cut in strips, and bacon
stuffed green olives and capers
2 or 3 cloves garlic, minced
Finely chopped onion
butter
orange juice

VENEZUELA

Split loin in half lengthwise, almost through. Season with salt and pepper. Line up eggs on cut surface. Add ham, bacon, olives, capers, and garlic. Fold top half of meat over this "stuffing"; skewer and lace cut edges. Tie into compact roast.

Place on rack in shallow pan. Season. Top with chopped onion. Dot with butter. Roast uncovered at 325 degrees about 2½ to 3 hours. Baste occasionally with orange juice. To serve, remove strings; slice. Makes 3 or 4 servings per lb.

Eastern Asia

AUSTRALIA

BURMA

CHINA

INDONESIA

JAPAN

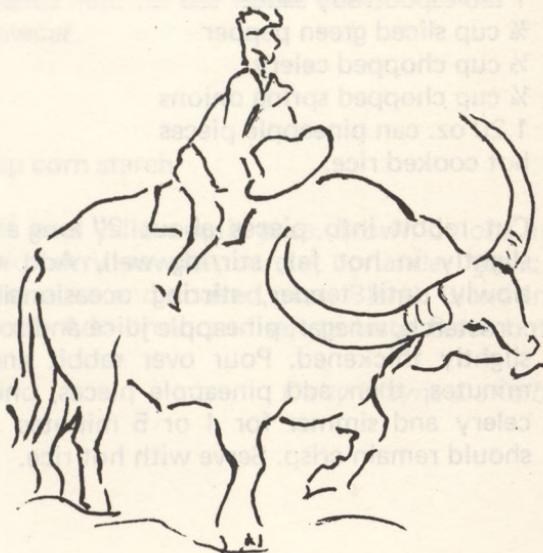
KOREA

MALAYSIA

NEPAL

PHILIPPINES

THAILAND



PINEAPPLE SURPRISE

AUSTRALIA

2 small pineapples
3 bananas
4 tablespoons butter
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ cup cognac
orange sherbet

Cut the pineapple in half lengthwise. Cut out the pulp and dice it. Reserve the shells. Peel and slice the bananas. Melt the butter in a pan, stir in the sugar. Add the diced pineapple and bananas. Cook 1 minute, stirring gently. Warm the cognac, set it aflame and pour over the fruit, baste. When flames die, stuff the shells with the fruit mixture and top with a scoop of orange sherbet.

Mrs. J. E. Karsjens

RABBIT WITH SWEET-SOUR SAUCE

AUSTRALIA

1½ pound rabbit
1 tablespoon lard or butter
 $\frac{1}{4}$ cup water
 $\frac{1}{4}$ cup brown sugar
2 tablespoons cornstarch
 $\frac{1}{4}$ cup vinegar
1 cup pineapple juice
1 tablespoon soy sauce
 $\frac{3}{4}$ cup sliced green pepper
 $\frac{1}{2}$ cup chopped celery
 $\frac{1}{4}$ cup chopped spring onions
1 20 oz. can pineapple pieces
hot cooked rice.

Cut rabbit into pieces about 2" long and $\frac{1}{2}$ " wide and brown slightly in hot fat, stirring well. Add water, cover and cook slowly until tender, stirring occasionally. Mix brown sugar, cornstarch, vinegar, pineapple juice and soy sauce and cook until slightly thickened. Pour over rabbit and simmer for 5 to 6 minutes, then add pineapple pieces, onion, green pepper and celery and simmer for 4 or 5 minutes the vegetables should remain crisp. Serve with hot rice.

Mrs. J. E. Karsjens

CARPETBAG STEAK

AUSTRALIA

2 lbs. sirloin strip steak cut all in one piece
about 1½ inches thick
8 oysters (lift out of shell)
butter
squeeze lemon juice
chopped parsley
little sherry
seasoning to taste

Make a slit through the center, half-way across the steak, to form a pocket. Season this and insert oysters. Brush steak with melted butter and broil according to personal taste. If preferred, can be fried, add lemon juice, parsley and a little sherry to the juices remaining in the pan and pour over the steak.

Mrs. J. E. Karsjens

CHICKEN CURRY

BURMA

1 stewing chicken, stewed and diced
½ cup melted chicken fat or oil
1 extra large onion, minced fine
Broth from neck, ribs, wing tips
One 8 oz. can tomato sauce
½ cup yellow split peas
½ cup extracted cocoanut milk (or use whole milk)
2 tablespoon curry powder
1 teaspoon cumin
1 teaspoon coriander
garlic
2 tablespoons to ¼ cup corn starch

Cook and set aside ½ cup yellow split peas. Brown onions in melted fat or oil. Add curry powder, cumin, coriander, garlic. Stir well. Add tomato sauce and cooked peas. Blend. Blend in chicken and corn starch. Add broth and salt to taste. Serve hot on steaming rice.

Daisy Wayne DeKalb

SAUTEED GREEN BEANS

BURMA

One 10 oz. package frozen beans - julienned
or fresh julienned green beans
2 strips bacon cut in crosswise pieces
1/2 medium onion sliced thin

Place strips of bacon in skillet and brown. Remove bacon to use later as garnish. Drain off excess fat. Fry onions. Add beans and salt to taste.

Daisy Wayne DeKalb

POTROAST CURRY

BURMA

3 tablespoons shortening
1 small onion, chopped
2 tablespoons chopped green pepper
3 tablespoons flour
1 or 2 tablespoons curry powder
1/2 teaspoon salt
Dash pepper
1 can beef bouillon (undiluted)
2 cups cubed, cooked pot roast
2 cups hot cooked white rice
Snipped parsley (may be omitted)

In hot fat in skillet, saute onion and green pepper until tender. Stir in flour, curry powder, salt, pepper. Add bouillon gradually, cook, stirring, until thickened. Serve on rice tossed with snipped parsley. Pass curry accompaniments (toasted cocoanut, pineapple chunks, chopped, hardcook eggs, cucumber, ground peanuts) if desired. Serve a fruit cup including bananas and a not-too-sweet cookie for dessert.

Mrs. Paul Hasel



TA PIN LOU

(Chafing Dish)

Sometimes called "Stove Party"

CHINA

This is cooked, preferably in a Chinese brass chafing dish, right on the table. The charm of Ta Pin Lou lies in the ritual of preparation and cooking. You slice the foods, make sauces early. When guests are hungry, just heat up the broth, set out artistically arranged tidbits, hand out the chopsticks.

The thinly sliced ingredients are attractively arranged on trays, in the middle of the table is the cooking pot. Each person picks out a tidbit with chopstick or long handled fork then drops tidbits into the bubbling broth. When cooked, drop the tidbits into the sauce. After everyone has eaten their fill, put the remaining meat and vegetables in the pot and add Vermicelli or very fine egg noodles. When this is cooked, you have a delicious soup to be put in each person's bowl.

This is always eaten with rice.

Stock:

2 quarts chicken broth

1 minced green onion

1½ tablespoons soy sauce

4 drops sesame oil

1 tablespoon msg.

½ teaspoon ground ginger (optional)

1 lb. cleaned shrimp

½ lb. thin sliced chicken breast

½ lb. thin sliced beef sirloin (sliced across grain)

(Any meat of your choice) may be used, just so it

is sliced very thin)

4 cups spinach leaves

½ lb fresh mushrooms (halved)

½ head chinese cabbage (sliced across grain)

½ head cauliflower (broken up)

In electric skillet, chafing dish or chinese cooker heat stock to simmering. Then you are ready to cook. Sauces maybe: Chinese mustard, Ginger soy, Sweet and Sour (These can be bought in most stores) alway serve tea with this. Makes 4 servings and a lovely evening of eating.

Mrs. Donald Tew

FRIED CHICKEN AND WALNUTS

CHINA

- 1 lb boneless chicken cubed
- 1 tablespoon cornstarch
- 6 tablespoons oil
- 2 cups English walnuts blanched
- oil for deep frying
- 1 teaspoon cornstarch mixed with
- 1 tablespoon water
- 1 egg white unbeaten
- 2 slices ginger (thin 1" in diameter or
1/8 teaspoon ground ginger)
- 1 tablespoon wine
- 1 teaspoon sugar
- 3 tablespoons soy sauce

Cut the chicken into one inch cubes and mix with unbeaten egg white and one tablespoon cornstarch. Blanch walnut meats in boiling water for 15 minutes. Skins should be removed to eliminate bitter flavor. Heat oil and deep fry walnuts to light brown. Since walnuts burn easily they must be removed from oil as soon as color changes. Heat 6 tablespoons oil, add 2 ginger slices and chicken cubes and fry for a few minutes. When chicken changes color, add wine, sugar and soy sauce and fry a few minutes more, then add cornstarch mixture and fried walnuts. Mix well and serve hot.

Mrs. Donald Tew

STUFFED MUSHROOM CAPS

CHINA

- 2 tablespoons oil
- 24 large thoroughly washed mushroom caps, with stems removed
- 3/4 lb. pork, ground
- 1 teaspoon melted fat
- 1 tablespoon soy sauce
- 1 tablespoon onion, minced
- 1 tablespoon water chestnuts, cut fine
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon flour
- 1/4 cup stock

Mix pork well with all ingredients except mushrooms, oil and stock. Form into small balls and press into each mushroom cavity.

Heat oil. Place stuffed mushrooms in pan. Pour in stock. Cover pan. Simmer 20 min. Serves 4.

Mrs. Don Tew

CHINESE FRIED RICE

CHINA

Boil two cups of long grain rice 24 hours before serving it. Spread rice out on a long cookie sheet and dry in oven for a few minutes. Store on a cookie sheet in a cold place. (This makes each grain of rice a separate grain.) When ready to serve . . . chop 2 small onions, 2 green peppers, & 2 pimentoes.

Beat 2 whole eggs in $\frac{1}{4}$ cup water. Scramble in well-greased hot skillet until eggs are about half done. Remove from heat and quickly add above vegetables and rice plus 6 teaspoons of soy sauce. Stir until well mixed. Return to stove and cook 5 minutes turning occasionally with a pancake turner to avoid scorching. SERVE AT ONCE.

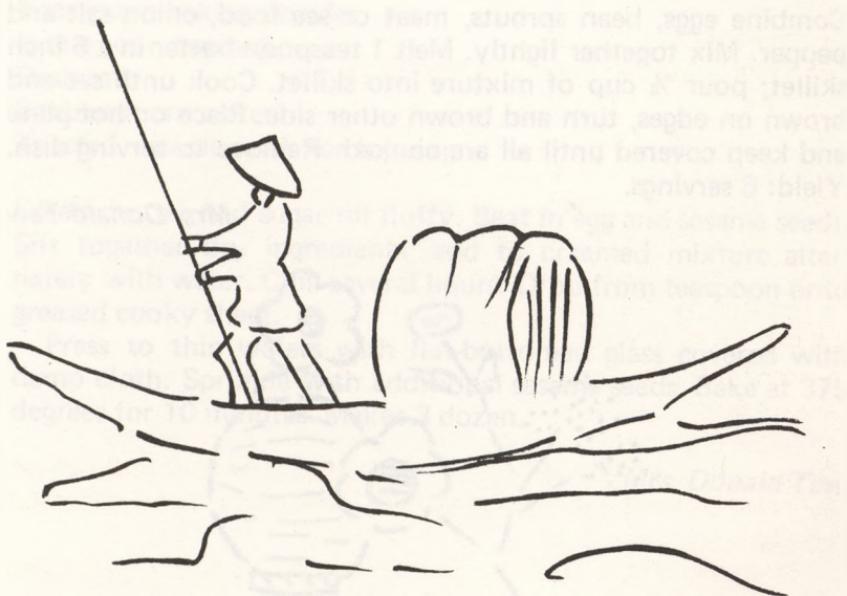
Fran Reese

HONEYED CHICKEN

CHINA

Cube 2 chicken breasts, boned, in 1 inch cubes. Roll in flour. Brown in butter in iron or oven-proof skillet. Place in 350 degree oven for 20 minutes or until chicken cubes are tender. Remove from oven. Add $\frac{1}{4}$ cup water, 3 tablespoons honey. Stir so honey gravy coats chicken thoroughly. Return to oven for 15 minutes but watch carefully so honey gravy does not evaporate or burn. Add a little more water if necessary. Serve with rice and hot soy sauce.

Fran Reese



SHRIMP FRIED RICE

CHINA

- 1 qt. cold cooked rice
- 2 tablespoons oil
- 2 cups cooked shrimp, chopped
- 1 egg, beaten
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons soy sauce
- 1 onion, minced.

Heat oil. Add onion and shrimp. Saute 1 minute, stirring all the time. Add egg, salt, and pepper. Mix well with shrimp. Add rice and soy sauce. Stir constantly for 5 minutes. Serves 4.

Mrs. Donald Tew

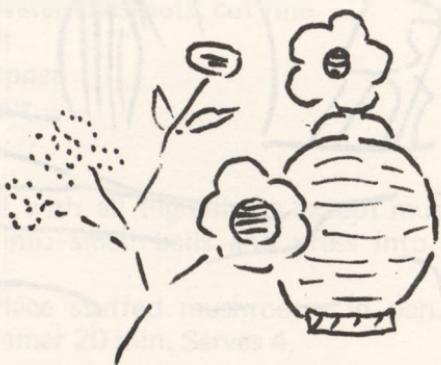
EGG FOO YONG

CHINA

- 6 eggs, well beaten
- 1 can bean sprouts, well drained
- 1 cup chopped pork, beef, chicken, shrimp, lobster or crab meat.
- 1 small onion, chopped fine or green onions
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon soy sauce

Combine eggs, bean sprouts, meat or sea food, onion salt and pepper. Mix together lightly. Melt 1 teaspoon butter in a 6 inch skillet; pour 1/2 cup of mixture into skillet. Cook until set and brown on edges, turn and brown other side. Place on hot plate and keep covered until all are cooked. Remove to serving dish. Yield: 6 servings.

Mrs. Donald Tew



SAUCE FOR EGG FOO YONG

3 tablespoons drippings from meat
3 tablespoons flour
2 tablespoons soy sauce
1 teaspoon brown gravy sauce
½ teaspoon salt, dash pepper
½ cup cold water
¾ cup hot water

Melt fat, blend in flour. Add sauces, seasonings and cold water. Mix thoroughly. Stir in hot water. Cook until smooth and thickened, stirring constantly. Serve with Egg Foo Yong or cooked or fried rice. Yield: 1 cup

Mrs. Donald Tew

JIN MAH BANG (Sesame Seed Cookies)

CHINA

½ cup butter
1 scant cup sugar
1 beaten egg
1½ tablespoons sesame seeds, toasted
2 cups sifted flour
1 teaspoon baking powder
½ teaspoon nutmeg
Dash salt
2 tablespoons water
Toasted sesame seeds for topping

Cream butter and sugar till fluffy. Beat in egg and sesame seeds. Sift together dry ingredients; add to creamed mixture alternately with water. Chill several hours. Drop from teaspoon onto greased cooky sheet.

Press to thin wafers with flat-bottomed glass covered with damp cloth. Sprinkle with additional sesame seeds. Bake at 375 degrees for 10 minutes. Makes 3 dozen.

Mrs. Donald Tew

SATTEE SAPI

(Meat on a Stick)

INDONESIA

Lean beef, pork, or lamb, cut in 3/8-inch cubes

Soy sauce (Kikkoman brand)

Peanut-butter Sauce (see below)

Thread 4 or 5 meat cubes on each thin bamboo skewer, being sure they cover tip, so it won't burn. Broil over hot charcoal till slightly brown.

Place 2 tablespoons soy sauce on a plate. Place 1 tablespoon Peanut-butter Sauce in center of soy sauce. (Add squeeze of lemon if desired.) Swish skewered meat through both sauces. Return meat to grill till hot.

Max Tjoa

GADO GADO

(Garden Salad)

INDONESIA

1 head cabbage, chopped fine

2 medium carrots, sliced very thin

Chinese pea pods or drained canned peas (optional)

2 cucumbers, sliced

1 1-lb. can cut green beans, drained

1 can bean sprouts, drained

Peanut-butter Sauce (see below)

1 onion, quartered, sliced, cooked till well-browned

Blanch cabbage, carrots, and Chinese pea pods separately in boiling salted water about 2 minutes or till just crisp-tender. Drain and cool. Arrange all vegetables in separate groups on large platter. Salt. If desired, dash with soy sauce and/or lemon juice. Drizzle Peanut-butter Sauce across center of each group of vegetables. Top with the browned onions. Makes 8 generous servings.

Peanut-Butter Sauce: Blend 1 cup water and 3 heaping tablespoons creamy peanut butter over heat to a smooth sauce. Add $\frac{1}{4}$ teaspoon (or more) ground red pepper and 1 teaspoon salt. Use half for the Sattee, half for the Gado Gado. Or serve on cooked rice or vermicelli.

Max Tjoa

SHRIMP TEMPURA

ASIAN JAPAN

- 2 lbs. raw shrimp in shell
- 1 cup all-purpose flour
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1 beaten egg
- 1 cup ice water
- 2 tablespoons salad oil

Peel shrimp, but leave last section and tail on. Cut slit through center back without cutting clear through shrimp; open butterfly style. Remove the black vein. Dry shrimp thoroughly.

Combine remaining ingredients for batter. Dip shrimp, then fry in deep hot fat (375 degrees) till golden brown. Drain on paper towels. Serve hot with soy sauce. Makes 4 to 6 servings. Fresh fruits may be prepared in same manner.

Mrs. Nick Kotz

PICKLED CUCUMBERS AND CARROTS

JAPAN

- 1 medium carrot
- 1 medium cucumber
- 1/2 teaspoon salt
- 1/4 cup vinegar
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon gourmet powder (MSG or Accent)
- Sesame seeds (optional)
- Sliced green onions (optional)

Slice carrot and cucumber thinly on the diagonal. Sprinkle with 1/2 teaspoon salt and let stand at least 1 hour. Drain and wash.

Mix together vinegar, sugar, 1/2 teaspoon salt, and gourmet powder. Pour over carrots and cucumbers. Chill. Sprinkle with sesame seeds and sliced green onions if you wish.

Mrs. Allen Towne

GINGER TEA

KOREA

Wash and scrape fresh gingerroot; slice very thin (takes 1/3 cup). Combine with 5 cups water, boil 20 minutes. Remove ginger.

Meanwhile, slice 2 dates very thin. Blanch 6 walnut halves; chop. Remove brown covering from 1 tablespoon pine nuts. Add dates, nuts, $\frac{3}{4}$ cup sugar, and $\frac{1}{2}$ teaspoon cinnamon to ginger water. While hot, serve in cups, adding small amount of the nuts and dates to each cup. Nuts and dates may be eliminated. Also, one stick of cinnamon bark may be included with fresh ginger and boiled, instead of adding powdered cinnamon.

Mrs. Allen Towne

KAH-RI KUI

(Broiled Ribs)

KOREA

2 lbs. short ribs, cut in 3- or 4-inch pieces
3 tablespoons sugar
2 tablespoons salad oil
1 green onion (including top)
1 clove garlic
6 tablespoons soy sauce
2 tablespoons Prepared Sesame Seed (see below)
1 tablespoon flour

Score rib pieces deeply every $\frac{1}{2}$ inch, on both sides. Place in shallow pan; sprinkle with sugar and salad oil. Let stand while chopping vegetables.

Chop onion and garlic; mix with soy sauce, Prepared Sesame Seed, and flour. Pour over the ribs. Let stand 15 to 30 minutes.

Broil ribs till done to your liking, turning once. Eat with your fingers.

Prepared Sesame Seed:

1 cup sesame seed
1 teaspoon salt

Put seeds in heavy skillet. Brown slowly, stirring constantly. When seeds are brown and rounded, remove from heat. Add salt, then mash seeds till pulverized. Sesame seed is used in this form in most Korean recipes.

Mrs. Allen Towne

SPRING KEEM-CHEE

KOREA

- 3 cups celery cabbage
- 3 tablespoons salt
- 3 green onions
- 1 clove garlic
- ½ teaspoon chopped red chile pepper
- 1 teaspoon chopped candied ginger
- 1½ cups water

Wash the cabbage and cut into pieces 1 inch long and 1 inch wide. Sprinkle with 2 tablespoons salt. Mix well and let stand 15 minutes. Cut the onions (including tops) into 1½ inch lengths and shred lengthwise.

Chop the garlic, red pepper and ginger in fine pieces. After the cabbage has stood 15 minutes, wash it twice in cold water. Mix the prepared vegetables with the cabbage. Add 1 tablespoon salt and put in stone or glass jar. Add enough water to cover the cabbage and let stand for several days. In warm weather, one day is sufficient, but in cold weather 5 days are needed. Keem-chee can be kept several weeks in the refrigerator.

Mrs. Allen Towne

PUL KO-KEE (Broiled Beef)

KOREA

- 1 lb beef
- 4 tablespoons sugar
- 2 tablespoons oil
- 6 tablespoons soy sauce (KiKoMan)
- speck of pepper
- 1 green onion
- 1 clove garlic
- 4 tablespoons prepared sesame seed
- 1 tablespoon flour

Cut the beef into thin slices 3 inches square. Add sugar and oil. Mix well. Combine soy sauce, pepper, chopped onion (including top), Chopped garlic, prepared sesame seed and flour, add to meat, mix well.

Let stand 15 minutes. Broil on a charcoal fire or fry in very small amount of oil until tender. If frying meat, cover tightly after it is well browned add a small amount of water and steam until meat is tender. Serve hot. Serves 4.

Mrs. Allen Towne

GINGER BEEF

MALAYSIA

1½ cups chopped onions
2 teaspoons garlic salt
½ cup ground cashew nuts
1 tablespoon grated lemon rind
3 tablespoons lemon juice
1 cup water
2 teaspoons minced ginger or
 1 teaspoon powdered ginger
4 tablespoons butter or margarine
2 tablespoons plum jam
3 pounds of sirloin steak cut ½ thick and in two inch squares.

Mix together the onions, garlic salt, nuts, ginger and lemon rind. Roll the meat squares in this mixture.

Brown the meat in the butter or margarine, add the lemon juice, plum jam and water. Cook over low heat for about 20 minutes. Serve with rice. Serves 8.

Mrs. Donald Boone

ADOBO

(Chicken and Pork Dish)

PHILIPPINES

2/3 cup vinegar
½ teaspoon pepper
1 bay leaf
2 teaspoons salt
4 cloves garlic
1 3 lb. chicken (fryer or boiler)
1½ lbs pork shoulder (cut into 1½ inch pieces)

In large bowl mix vinegar, salt, pepper, crushed garlic, bay leaf; toss in cut up chicken and pork and let it marinate for 30 minutes. Remove chicken and pork. Reserve vinegar mixture.

In dutch oven, heat 1 tablespoon salad oil; in it saute chicken and pork until golden brown; add reserve vinegar mixture and ½ cup water. Simmer covered for 30 minutes or until meat is tender. Then simmer uncovered until most liquid has evaporated (about 15 minutes). Serve with hot fluffy boiled rice. Makes 6 servings.

Mrs. Florita Tejada - Peralta Sullivan

LECHE PLAN (Caramel Custard)

PHILIPPINES

- 8 Egg yolks
- 1½ cup sugar
- 1 lemon rind or
- 1 teaspoon vanilla
- 1 can evaporated milk

Warm oven to 350 degrees. In skillet, over medium heat melt ¼ cup brown sugar stirring constantly until it forms a caramel like syrup. Pour at once into a cake pan; gently tilt dish so caramel coats also the side of the pan.

Mix egg yolks, sugar and vanilla and evaporated milk. Pour into cool caramelized lined baking dish. Set the pan into shallow pan filled with 1 inch hot water. Bake custard for 45 min. Let cool about 25 min. To unmold custard, run a knife around edge to loosen; invert a platter having a bit of a rim on top of dish. Invert both dishes. Lift off baking dish. Refrigerate custard till served. Serve with vanilla ice cream if desired. Makes 6 servings.

Mrs. Florita Tejada - Peralta Sullivan

PANCIT (Chinese Noodle Dish)

PHILIPPINES

- 2 cups meat broth
- 1 lb. egg noodles or vermicelli
- 2 cloves garlic, sliced
- 2 tablespoons lard
- ½ onion, sliced
- 1 cup finely diced pork
- 1 cup diced cooked chicken
- 1 cup peeled raw shrimp
- 1 cup shredded Chinese cabbage
- 2 tablespoons soy sauce
- 1 teaspoon food seasoning (MSG or Accent)
- Black pepper

Cook noodles in broth till tender. Meanwhile saute garlic in lard till golden. Add onion and pork; cook till pork is done. Add chicken and shrimp; brown.. (Reserve some of meats for trim, if desired). Drain the noodles; keep noodles warm. Add broth to meat mixture. Add cabbage and seasonings; cook just till cabbage is wilted. Add noodles; mix lightly. Serve.

Mrs. Florita Tejada - Peralta Sullivan

FRIED BANANAS

THAILAND

6 bananas
1½ cups flour
1 teaspoon salt
3 tablespoons sugar
1 cup coconut
Crisco for frying

Mix flour salt, sugar and coconut with water. Cut banana in half lengthwise. Slice halves into six pieces. (Sweet potatoes may be used instead of bananas). Dip in flour mixture and fry in crisco until brown.

Mrs. Yupha Onthuam

CHICKEN WITH GINGER

THAILAND

1 tablespoon Chinese soysauce
1 tablespoon vinegar
½ cup sliced onion
1 tablespoon cooking oil
3 tablespoons of shredded ginger roots
1 clove of garlic — chopped
4 spring onions (green onions) cut about 1" pieces
2 cups chicken breasts cut in bite size pieces
2 - 4 giblets cut up
½ teaspoon salt
parsley for garnishing
1 teaspoon sugar

Squeeze shredded ginger root in salt water to reduce some of the hot taste. Wash and drain well. Fry the sliced onion in hot cooking oil till soft. Add chopped garlic. Stir. Add the soy sauce, ginger, chicken and giblets, stirring all the time. Add the other ingredients when the chicken is tender. Decorate with parsley and serve hot with cooked rice. Beef can very well be used instead of the chicken. Round steak is the best. Cut it in small pieces like the chicken.

Nipha Pharksuwan Kumar

Europe

AUSTRIA

BELGIUM

DENMARK

FRANCE

GERMANY

IRELAND

ITALY

LATVIA

NETHERLANDS

NORWAY

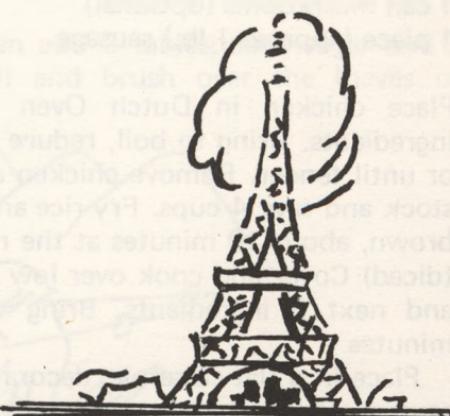
POLAND

SCOTLAND

SPAIN

SWEDEN

SWITZERLAND



SHORT BREAD

SCOTLAND

Cream 1 cup butter with $\frac{1}{2}$ cup brown sugar. Knead in 2 cups sifted flour, till smooth and pliable. Roll out on floured board to $\frac{1}{2}$ inch thick. Cut in squares, diamonds, and fancy shapes. Cover cooky sheet with brown paper. Place cut short bread on it. Bake at 325 degrees till lightly browned. These are very tender cookies.

PAELLA

SPAIN

1-3 lb. cut up chicken
5 cups water
2 carrots, sliced
2 onions, quartered
1 stalk celery, with leaves
3 teaspoons salt
coarse pepper
2/3 cup long grain rice or chicken flavored
rice or Saffron flavored rice
2 cloves garlic (or a little garlic powder)
 $\frac{1}{4}$ cup olive oil
 $\frac{1}{4}$ cup pimiento
1 pkg. frozen artichoke hearts,
thawed enough to separate
2/3 lb. shelled raw shrimp
1-10 $\frac{1}{2}$ oz. clams in shell
1 can tomato wedges (optional)
1 can mushrooms (optional)
1 piece (approx. 1 lb.) sausage

Place chicken in Dutch Oven or soup pot. Add next 6 ingredients. Bring to boil, reduce heat, cover and simmer 1 hr. or until tender. Remove chicken and bone. Cut up meat. Strain stock and save 4 cups. Fry rice and garlic in olive oil. stir until brown, about 10 minutes at the most. Add stock and pimiento (diced) Cover and cook over low heat 15 minutes. Add chicken and next 3 ingredients. Bring to boil, cover and cook 15 minutes.

Place in a flat casserole, decorated with clam shells and sliced sausage. If you wish to make the day previous to serving, place in oven to heat. Do not let the mixture become too dry.

Mrs. Stanley Lipsey

JULEKAGE (Christmas Bread)

NORWAY

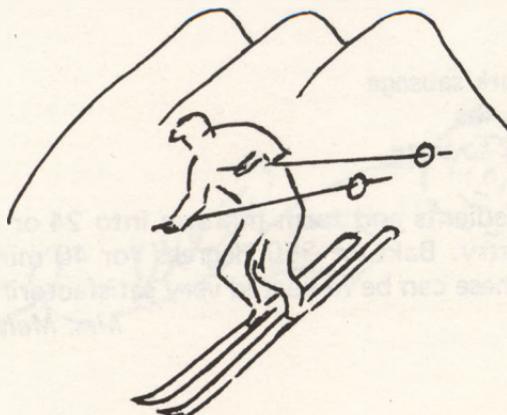
2 cakes yeast
1/2 cup lukewarm water
1 pint milk
1 cup shortening
1 cup sugar
1 teaspoon salt
2 well-beaten eggs
1 teaspoon ground cardamom
7 cups sifted all-purpose flour
1/2 pound seedless raisins
4 ounces citron, diced
Glaze (See below)

Soften yeast in lukewarm water. Scald and cool milk. Cream shortening, sugar, and salt together; add beaten eggs and cardamom. To lukewarm milk, add softened yeast and 3 cups of the flour, beating till smooth. Add creamed mixture and remaining flour. Mix till smooth, adding more flour if needed. Flour fruit; add.

Let dough rise till doubled; stir down, let rise again till doubled. Turn onto floured board and divide into 3 portions. Shape into loaves. Brush tops of the loaves with Glaze. Bake at 350 degrees for 50 to 60 minutes.

Glaze:

Beat 1 egg yolk slightly, then add 2 tablespoons sugar and 3 tablespoons water. Mix well and brush over the loaves of Julekage before baking.



GOLABKI (Cabbage rolls)

POLAND

- 1 medium head cabbage
- ½ lb. rice, cooked
- ¼ lb. pork, finely diced
- ¼ lb. bacon, finely diced
- ½ onion, minced

Cut center out of cabbage, then parboil cabbage just till leaves come off head easily. Drain, then remove leaves carefully, one at a time. Mix cooked rice, diced pork and bacon, and onion; spoon into center of cabbage leaves (will fill about 12 good-sized ones). Season. Roll up each leaf and place in pan. Cover with additional cabbage leaves. Add salted water till even with level of cabbage rolls. Cook about 2 hours over low heat. Add additional water if needed. Makes about 12 rolls.

SAUCIJSEBROODJES (Pigs in Blankets)

NETHERLANDS

- 1 level cup shortening
- 1 tablespoon sugar
- ½ teaspoon salt
- 2 eggs
- 1 cup milk
- 2 teaspoons baking powder
- 3 cups flour

Roll out and cut with a large cooky cutter.

Filling:

- 1½ lbs. lean pork sausage
- 1 cup rusk crumbs
- salt and pepper to taste.

Mix these ingredients and form mixture into 24 or 30 rolls and cover with pastry. Bake at 350 degrees for 40 minutes. Serve while warm. These can be re-heated very satisfactorily.

Mrs. Melvin Proudfit

DUTCH PAN CAKES

NETHERLANDS

- 12 eggs
- 1 quart milk
- 1 cup flour
- 1 teaspoon salt

Beat eggs to a froth. Add milk and salt, slowly stirring. Stir mixture into flour. Cook very thin cakes on buttered griddle. Toss up to turn. When brown on both sides, spread with butter and brown sugar and roll up, or stack on plate and cut the heaped stack in pie-shaped wedges. These are delicious.

Mrs. Melvin Proudfit

BANKET GEBAK

NETHERLANDS

(Pastry Letters)

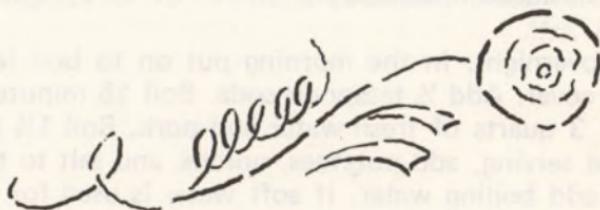
Have a rich pastry dough chilled and ready to roll.

Mix:

- 1 lb. sweet almonds
- 2 cups sugar
- 3 eggs
- grated rind of one lemon
- water

Grind almonds fine, add sugar and lemon, beaten eggs and enough water to make a firm mixture. Roll pastry quite thin into a long strip. Place almond filling on pastry and roll like jelly roll. Do not make roll thicker than two inches. Cut and form into letters desired. Bake until light brown. Brush with milk and sprinkle with sugar.

Mrs. Melvin Proudfit



BIEZPIENMAIZE (Cottage Cheese Cake)

LATVIA

1 12 oz. carton dry cottage cheese
½ pkg. or 4 oz. cream cheese
½ carton or 4 oz. sour cream
2 cups sugar
3 whole eggs & 1 egg for covering
¼ lb. butter
2 tablespoons potato flour or corn starch
½ lemon
1½ teaspoon vanilla extract
Previous dough recipe.

Beat cream cheese (kept at room temperature) and ½ cup sugar. Press cottage cheese through a sieve. Beat cottage cheese and remaining sugar. Beat in cream cheese mixture. Add sour cream and continue beating. Add one egg at a time. Add flour and melted butter. Add the vanilla extract. Grate rind from a half of a lemon. Add the rind and juice from ½ lemon to the mixture.

Roll out the dough to a ¼ inch thickness in a 8x12x2 pan. Pour in cheese mixture. Let stand 30 minutes for the dough to rise.

Beat 1 egg and 2 teaspoons sugar. Pour over the cheese mixture, covering it completely. Bake in a 350 degree oven for 50 to 60 minutes.

Mrs. John Dimza

ERWTEN SOEP (Dutch Pea Soup)

NETHERLANDS

3 cups dried peas
1 pig's foot or 2 lb. pork
1 large potato
1 medium sized onion
celery may be added if desired

Soak peas overnight. In the morning put on to boil in water enough to cover. Add ½ teaspoon soda. Boil 15 minutes, then drain. Add 3 quarts of fresh water and pork. Boil 1½ hrs. An hour before serving, add potatoes, onions, and salt to taste. If too thick, add boiling water. If soft water is used for making soup, do not use soda.

Mrs. Melvin Proudfit

PIRAGI AND BIEZPIENU DOUGH

(Ham Rolls or Pig in Blanket)

LATVIA

$\frac{3}{4}$ cup heated milk
 $\frac{1}{4}$ cup soft butter
2 teaspoons salt
2 tablespoons sugar
1 pkg. dry yeast
1 well beaten egg
 $3\frac{1}{2}$ cups sifted flour

Add yeast to lukewarm milk in a mixing bowl. Add the egg. Gradually blend in sifted flour. Cover bowl and let stand in warm place.

On a floured surface, gently and quickly knead the dough (about 5-6 minutes) until dough is relatively smooth. Return to bowl and cover. Let stand 1 $\frac{1}{2}$ - 2 hours until the dough has doubled in amount.

Filling:

bacon about 4 slices
1 medium onion
ready to eat ham about 4 or 5 slices
salt and pepper (add to own desired liking)

Dice the onion, and cut the bacon and ham into very small cubes slightly larger than the onion. Cook in pan at medium heat until lightly browned. Remove from heat to cool.

Crust: Using the dough recipe above, roll dough and form 1 - 1 $\frac{1}{2}$ square inch squares. With a teaspoon, drop ham filling into center of each square. Fold over a corner of the square forming a triangle. Seal edges. Place each piragi on a lightly greased cookie sheet. Glaze each piragi with a slightly beaten egg. Bake in 350 degrees for 13 - 18 minutes or until a desired brown.

Mrs. John Dimza

ZUPPA INGLESE

(Italian dessert)

Use an old platter. Line with Lady-fingers and Macaroons (about 2 doz. each) —

Soak all with Sherry Wine. Spooning it over lady-fingers and macaroons until 2/3 cupful of Sherry wine is used. Make a soft custard as follows:

1 pt. milk

4 egg yolks

1 tablespoon cornstarch

Put in double boiler and beat until well mixed. Then boil until thick. Remove from stove and add $\frac{1}{4}$ teaspoon vanilla. Cool slightly, then pour over lady fingers and macaroons. Beat 4 egg whites, adding a tablespoon of sugar for each egg white. Beat very stiff—arrange lightly over custard and put in oven to brown lightly. Can be decorated with whipped cream and red or green cherries.

Mrs. George Romanelli

GUANTIS

(Italian Fry Cookie)

ITALY

6 eggs

2 tablespoons vanilla

$\frac{1}{2}$ teaspoon salt

1 cup sugar

5 $\frac{3}{4}$ cups flour

1/3 cup butter or oil

2 tablespoons baking powder

Beat eggs—add rest of ingredients in order given. Knead well. Let stand about 5 minutes. Put in bowl and keep covered. Roll out small amount at a time, the thinner the better. Cut with cookie cutter or make in any desired fancy shape — fry in deep fat oil until a delicate brown. Frost with drip powdered sugar frosting. Makes $\frac{1}{2}$ bushel

Mrs. George Romanelli

ROAST VEAL WITH HAM STUFFING

IRELAND

3 lbs. shoulder of veal boned. Boil the bone with an onion. Skim and simmer. Open out veal and season inside. Spread stuffing inside (composed of 2 cups of breadcrumbs, 1 grated onion, 1 egg, $\frac{1}{4}$ lb. minced ham and season, parsley, 2 ozs. suet, $\frac{1}{2}$ teaspoon herbs.) Moisten with a little water if the egg is not sufficient. Sew up the veal and rub over with flour.

Melt $\frac{1}{4}$ lb. butter in baking pan and fry a finely chopped onion until it is transparent, then put in the veal and brown it all over. Put a lid on the tin and put it in a medium oven until veal is tender (usually about 2 hours). Remove veal and drain off most of fat, add the already prepared stock and reduce. Serve sauce with veal. Serves four.

Phyllis Lightner

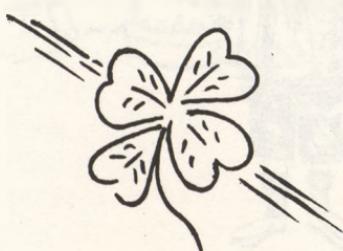
HAM ROSNAREE

IRELAND

4 slices raw ham
flour
2 ozs. butter
1 cooking apple (diced)
2 tablespoons honey
1 glass whiskey
 $\frac{1}{2}$ cup of cream
1 cup brown sauce
little dry mash potato
yolk of egg

Flour the ham slices and cook in butter, and when cooked pour in whiskey and allow the latter to flame. When finished remove ham and cook the diced apple. Add honey and brown sauce and blend in cream. Return ham to this sauce whilst yolk of egg is being beaten into dry mash potato. Decorate serving dish with the potato mixture in a forcing bag and colour under griller. Put ham in dish, cover with sauce and serve.

Phyllis Lightner



LETTUCE SALAD

ITALY

Break 1 head lettuce (or several heads Bibb) into garlic-rubbed salad bowl. Mix 4 tablespoons olive oil, 2 tablespoons red wine vinegar, 1 teaspoon prepared mustard, 3 mashed anchovy fillets, and salt to taste. Pour over lettuce and serve.

PUMPKIN PICKLES

GERMANY

1 big pumpkin

sugar - for every lb. of pumpkin use about 12 oz. of sugar

1 qt. of vinegar (if needed, add more vinegar)

1 pint of water

3 to 4 pieces of stick cinnamon

a few cloves

Cut rind off and remove seeds and pulp. Cut pumpkin pieces about a finger long and two fingers wide. Bring water and sugar to boil. Add enough vinegar to give the mixture a nice sweet and sour taste. Stir. Add pumpkin pieces. Let boil for five minutes, but be careful that pieces won't get too soft. Remove from heat, skim off foam. Place in a porcelain or glass dish, add cinnamon sticks and cloves.

The next day drain off vinegar mixture and heat to boiling. Add pumpkin pieces, bring to boil. Take from fire and immediately remove pumpkin pieces into glasses. Pour enough of the cooled down vinegar mixture over the jarred pumpkin pieces to cover them completely. It is best to add just a little more, for the pumpkin pieces will soak up some of the juice. — Cover glasses with saran wrap. Set aside for a few days. When pieces look transparent, they are ready to eat!.

Mrs. Ray Coon



PFEFFERNUESSE

(Pepper Nuts)

GERMANY

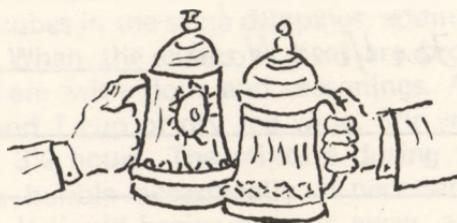
4 cups sifted flour
2 teaspoons cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{2}$ teaspoon allspice
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{4}$ teaspoon mace
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ cup or $2\frac{1}{2}$ oz. blanched almonds, chopped
4 eggs
2 cups sugar
3 oz. candied citron, chopped ($\frac{1}{2}$ cup chopped)
 $2\frac{1}{2}$ teaspoons brandy or brandy extract

Sift together dry ingredients. Add almonds. Beat eggs till thick and softly piled. Add sugar, part at a time, beating after each addition. Add flour-almond mixture in fourths, blending thoroughly after each addition. Mix in citron.

Turn about half of dough at a time onto lightly floured surface. Roll to $\frac{1}{2}$ inch thick. Cut with lightly floured 1-inch round cooky cutter. Place cookies on greased baking sheet. Put a drop of the brandy on center of each cooky.

Bake at 350 degrees for 15 to 20 minutes or till lightly browned. Remove to cooling racks. Cool and store in tightly covered containers with a piece of apple. This makes about 11 dozen cookies—and they will keep a long time.

Mrs. Ray Coon



SAUERBRATEN

GERMANY

1 cup vinegar
1 cup water
½ cup chopped onions
10 peppercorns
3 whole cloves
2 bay leaves
½ teaspoon thyme
3 pounds of beef round
¼ cup flour
2 tablespoons shortening
½ cup chopped carrots
¼ cup chopped celery
¼ cup chopped onion
¼ cup flour
Salt and pepper to taste
½ cup water
1 tablespoon chopped parsley for trim

Combine vinegar, water, ½ cup onion, and spices. Heat, but do not boil. Place meat in a large bowl and pour marinade over. (Marinade should half-cover meat.) Cover bowl. Refrigerate 4 to 7 days, turning meat once each day.

Remove meat and drain. Strain and save the marinade. Coat meat with flour and sear on all sides in the shortening (use Dutch oven). Add carrots, celery, and ¼ cup onion; cook 5 minutes, stirring constantly. Pour marinade over meat. Cover and simmer 3 hours.

Mix remaining ¼ cup flour, salt and pepper to taste, and the water. Stir into sauce and cook till thickened. Strain gravy and serve over meat. Sprinkle the chopped parsley atop. Serve with Spaetzels. Makes 6 to 8 servings.

Mrs. Ray Coon

This Space For Your Notes: _____

CAILIN DEAS PANCAKES

(pronounced Colleen Jass)

IRELAND

Batter

1 cup flour

1 egg

2 egg yolks

$\frac{3}{4}$ pint milk

Filling

Diced peaches soaked in Irish Whiskey
topped with whipped cream to which Irish
Whiskey has been added.

Place batter in cold place to settle for 2 hours. Place diced peaches in saucepan with Irish whiskey and heat gently. Make very thin pancakes; leave open on plates; add filling and cream.

Phyllis Lightner

BOEUF BOURGUIGNON

FRANCE

2 lb. lean beef

2 tablespoons bacon drippings

10 small or 5 medium sized onions

1½ tablespoons flour

marjoram

thyme

salt

pepper

½ cup beef bouillon

1 cup dry red wine

½ lb. fresh mushrooms.

Peel and slice the onions and fry them in the bacon drippings (or butter if preferred) until brown, using a heavy dutch oven. Remove to a separate dish. Cut the lean beef into 1 inch cubes, and saute cubes in the same drippings, adding a little more fat if necessary. When the cubes of beef are browned on all sides, sprinkle them with flour and seasonings. Add ½ cup of beef bouillon, and 1 cup of dry red wine. Stir well, then let simmer slowly for 3½ hours. The mixture during this cooking should just barely bubble occasionally. If necessary, put a mat under the skillet. If liquid begins to cook away, add enough bouillon and wine (in the proportion of 1 part stock to 2 parts wine) to keep the beef covered. After the mixture has cooked for 3½ hours, add browned onion, and mushrooms. Stir well. Cook $\frac{3}{4}$ of an hour more. The sauce should be dark brown and thick.

Mrs. R. L. Andrews

CHEESE BUNS

DENMARK

2 egg-whites
3½ oz. grated cheese (Danish Samsoe)
Paprika
Celery salt
Oil

Beat the egg-whites until stiff, and add the cheese, grated coarsely along with the paprika. Form into buns and using a spoon put them in a pot of hot fat or oil until they become golden. Then lay them out on fat-absorbing paper and sprinkle with a few grains of celery salt. Serve piping hot.

Mrs. William Gift

BOEUF AU VIN

FRANCE

(Beef in Wine)

About 4 pounds round steak
½ pound fresh mushrooms, washed
8 slices bacon
¼ cup (½ stick) butter
4 shallots or green onions, minced
2 cloves garlic, minced
1 branch fresh tarragon, chopped, or 1 teaspoon dried
2 sprigs parsley with stalks, finely chopped
1 bay leaf
Thyme, salt, and pepper to taste
¾ bottle red wine
1 glass cognac
¾ cup fresh light cream
1 tablespoon flour

Cut round steak into serving pieces and roll in flour. Cut up mushrooms and bacon fine. In Dutch oven (or heatproof earthenware pot), brown meat in butter and bacon. Add shallots, garlic, herbs, salt and pepper, mushrooms, and wine. Cover and simmer 1 hour.

Add cognac. Blend cream into flour and stir in to broth. Cook and stir a few minutes longer.

Mrs. R. L. Andrews

"MOTHER EMILY'S GOOD TEA-CAKE WITH APPLES"

DENMARK

4½ oz. butter
4½ oz. granulated sugar
2 eggs
7 oz. flour
2 teaspoons baking powder
2 teaspoons vanilla sugar
or cardamom
1/3 cup milk
7 oz. apples (peeled)

Prepare a well beaten cake-dough. Place in a greased baking tin with removable bottom. Lay on top the thin slices of cored apple and sprinkle with sugar. Bake the cake at about 370 degrees for 20-25 minutes. Serve the cake warm with cold whipped cream.

Mrs. William Gift

LUXURY TWISTS

DENMARK

1¾ oz. yeast
2 tablespoons sugar
13 oz. cold butter
2 whole eggs
¼ cup cold milk
2 cups flour

Filling:

4½ oz. butter
4½ icing sugar
Chopped almonds
Raisins

Crumble the butter into the flour. Dissolve the yeast in the milk and add it, along with the eggs and sugar. Knead until the dough is firm and pliable. Allow to rise for 15 minutes; then roll it out 3 times as puff-pastry (must not be allowed to rest). Stir the filling together and lay down in the middle of the rolled out pastry; fold the sides over the filling. Form into twists, brush with whipped egg and sprinkle with sugar and chopped almonds. Bake at 440 degrees for about 25 minutes.

Mrs. William Gift

RAISIN-APPLE STRUDEL

AUSTRIA

Pastry: Sift 1½ cups sifted flour with 3 teaspoons baking powder and ¾ teaspoon salt. Cut in ¼ cup shortening and blend in ½ cup milk. On a board covered with a pastry cloth, roll dough to a 10x15-inch rectangle.

Filling: Melt ¼ cup butter; spread ¾ of it on pastry, leaving 1 inch unspread (for sealing). Pare, core, and chop 3 apples; mix with ¾ cup seedless raisins; scatter over dough. Sprinkle ¾ cup sugar and 1 teaspoon cinnamon over fruit.

Roll as for jelly roll, using pastry cloth to raise end of roll. Moisten edges; pinch together to seal well. Place on oiled cooky sheet; spread outside of roll with remaining butter. Bake at 425 degrees for 10 minutes, then reduce heat to 350 degrees for 30 minutes. Cut in slices and serve warm with thick cream.

FRANGIPANE

BELGIUM

½ cup butter

1 cup flour

1 tablespoon cold water

Mix as a pie crust and spread thinly on cookie sheet.

½ cup butter

1 cup water

Heat to boiling, remove from heat and add

1 cup flour

3 eggs beaten in one at a time

1½ teaspoons almond extract.

Spread lightly on above pastry. Bake 375 degrees for 45-50 minutes. Frost while warm with

1 cup sifted powdered sugar

1 tablespoon butter melted

1½ teaspoon almond flavoring

Cream together. Spread on top of above layer.

Mrs. John Leachman

GAZPACHO

SPAIN

1 cup peeled tomato
½ cup each, green pepper, celery
and cucumber
¼ cup chopped onion
1 teaspoon snipped chives
1 clove garlic
2 tablespoons vinegar
2 tablespoons olive oil
½ teaspoon worcester shire
2 cups tomato juice
salt and pepper

Combine all vegetables by grinding in meat grinder or in blender. Add remaining ingredients store in glass jar in refrigerator at least 4 hours. Serve with croutons.

Mrs. Stanley Lipsey



This Space For Your Notes: _____

KOTTBULLAR (Swedish Meat Balls)

SWEDEN

VERSION I:

2 lbs. ground round steak
1 lb. ground pork steak
2 beaten eggs
1 cup mashed potatoes
1 cup dry bread crumbs
1½ teaspoons salt
½ teaspoon pepper
1 teaspoon brown sugar
½ teaspoon each ginger, nutmeg, cloves, and allspice
1 cup milk

Combine all ingredients; mix well. Form golf-size balls (about 25). Brown in hot fat, turning often, then cover; cook 1 hour or till well done.

VERSION II:

1 lb. ground beef
1 lb. ground pork
1 large onion, minced
2 cups bread crumbs
2 cups milk
2 teaspoons salt
½ teaspoon cloves
¼ teaspoon allspice
1 cup brown sugar
½ cup vinegar
1 teaspoon dry mustard
½ cup water

Combine first 8 ingredients. Form into balls. Combine remaining ingredients for sauce. Place balls in casserole or pan; pour sauce over. Cover. Bake at 300 to 325 degrees for 1 hour.

ZEMENU TORTE

(Strawberry cake)

LATVIA

8 large eggs
8 tablespoons sugar (heaping)
6 tablespoons all-purpose flour (leveled)
2 tablespoons potato starch (leveled)
1/4 teaspoon baking powder
1/4 teaspoon cream of tartar
1 teaspoon pure vanilla extract
1 1/2 pint whipping cream
3 tablespoons sugar (leveled)
2 teaspoons pure vanilla extract
4 oz. crushed pecans
12 oz. pure red currant jelly
strawberries

Grease and flour three 9-inch layer pans. Start oven 10 minutes before baking; set to 450 degrees.

Measure flour, starch, baking powder and sift all together. Separate egg whites from egg yolks. Gradually beat the one half of the sugar (4 h. tablespoons) into the egg yolks, continue beating until the mixture thickens. Very gently beat in mixture of flour, starch and baking powder. Stir in vanilla.

Beat the egg whites and cream of tartar in a separate bowl until soft peaks are formed, gradually add remaining sugar (4 h. tablespoons) and beat until stiff peaks are formed. Stir 1/4 of egg whites into the batter, then fold this batter into the remaining egg whites. Immediately turn into prepared cake pans. Bake for about 20 minutes, gradually reducing heat to 350 degrees. Cakes are done when they have puffed and browned. Remove from oven and let stand for about 10 minutes until cakes begin to shrink from sides of pans, then reverse the cakes onto the racks. Allow to cool for an hour.

Spread red currant jelly over the top of one cake layer, place another cake layer over the jelly glazed cake.

Now is the time to whip the whipping cream. Use chilled bowl, beaters and cream. Pour the cream into bowl and start whipping, gradually reducing speed of the mixer. When it is done add 3 h. tablespoons of sugar and 2 teaspoons of pure vanilla extract.

Use less than half of whipping cream mix with 2 oz. pecans and sliced, sweetened strawberries. Spread it over second cake layer. Then place the third cake layer. Spread with whipping cream all over the cake.

Decorate with fresh strawberries, whipping cream and nuts, using your own imagination.

Mrs. John Dimza

This Space For Your Notes _____

Western Asia

INDIA

IRAN

IRAQ

ISRAEL

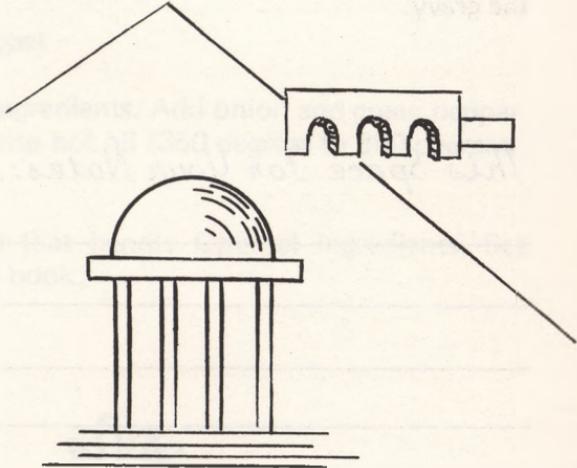
JORDAN

LEBANON

PAKISTAN

SAUDI ARABIA

TURKEY



INDIAN CHICKEN

INDIA

1 frying chicken
2 tablespoons shortening
3 large onions
3 cloves
4 tablespoons tomato Puree
one potato-cup up

Cut onions in large pieces and cook in the shortening with the cloves. When onion is quite soft, add the 4 tablespoons tomato puree. Cook about 5 minutes. Add the chicken pieces and potato.

Add:

2 teaspoons chili powder
½ teaspoon ground cumin
¾ teaspoon garlic powder or minced
¾ teaspoon ginger powder
salt to taste

Stir the above into chicken and mixture. Let cook over a slow fire for 5 minutes, then add one cup of water and continue to simmer. When this has evaporated add another cup of water and continue cooking. When chicken is done, mash the potato into the gravy.

Shripad N. Pai

This Space For Your Notes: _____

PAKHORAS (Fried Vegetables)

BAHAR AND HAWAII IN THE INDIA

- 1/3 cup chick-pea flour*
- 1/2 teaspoon salt
- 1/8 teaspoon turmeric
- 1/8 teaspoon paprika
- 3 tablespoons water
- Thin-sliced potato,
onion, cauliflower,
or green pepper

Make batter of first 5 ingredients (it will be between thin and medium thickness). Dip sliced vegetables in batter and fry in deep hot fat (350 degrees) till brown.

Obtained by Indian Student

BHUYJISS (Fried Dumplings)

INDIA

- 1 cup chick-pea flour
- 1 tablespoon wheat flour
- 1 teaspoon salt
- 1 teaspoon curry powder
- 1 tablespoon salad oil
- 1/2 cup minced onion
- 1/2 cup minced green pepper

Make batter of first 5 ingredients. Add onion and green pepper. Drop from tablespoon into hot oil (350 degrees to 390 degrees). Fry till well-brown.

*Available from stores that handle Oriental ingredients. See source listing in back of book.



LAMB WITH SPINACH from the PUNJAB

INDIA

- 3 lbs. lean lamb, cut in
2½ inch squares
- 1½ lbs. spinach, shredded fine
- 3 tablespoons yogurt
- 6 tablespoons butter
- 3 onions, thinly sliced
- 1½ teaspoons turmeric
- 1 tablespoon whole coriander
- 4 teaspoons powdered ginger
- ¾ teaspoon chili powder
- ¼ teaspoon thyme
- 4 teaspoons mustard seed
- 1 teaspoon salt

Saute onions in butter; add meat, turmeric, coriander, ginger and chili powder. Mix well and cook over medium heat 10 to 12 minutes. Add spinach, yogurt, thyme, mustard seeds and salt. Mix well. Cover and cook for 30 minutes shaking several times. Add ¼ cup water after first 15 minutes of cooking. Spinach should be a thick puree, completely mixed with meat. Finished dish should have no moisture. Serves 6.

Mrs. C. J. Watkins

BROILED SHRIMP from MALABAR

INDIA

- 3 lbs. shrimp
- 1½ cups olive oil
- 5 cloves garlic, crushed
- 4½ teaspoons chopped mint leaves
- 2½ teaspoons chili powder
- 4½ teaspoons turmeric
- 4½ teaspoons basil
- 2 tablespoons vinegar
- 1 teaspoon salt
- ½ teaspoon black pepper

Wash, shell and dry the shrimp thoroughly. Combine remaining ingredients. Add shrimp, mix well. Marinate overnight or for at least 3 hours. Place marinated shrimp and marinade in shallow pan and broil under high heat 6 to 10 minutes (depending on size of shrimp). Turn them once while broiling. Serve with the marinade. Serves 6.

Mrs. C. J. Watkins

RICE PILAFF

IRAN

3 cups rice (long grain)
6 cups of broth (chicken or beef consomme)
1/4 lb. butter
salt and pepper
1 tablespoon dried parsley flakes

Heat oven to 400 degrees. Melt butter in skillet. Add dry rice, braise well until butter begins to bubble. In another pan, heat broth and seasonings. Transfer rice mixture to a large casserole. Add broth mixture and mix well. Bake uncovered in 400 degree oven for 30 min. Take from oven and mix well. Return to oven to bake for 15 minutes more.

Fran Reese

HOT STUFFED DATES WITH ORANGES

IRAN

1/2 lb. pitted dates
pieces of English walnuts and/or almonds
2 large easy to peel oranges
lime or lemon juice
4 tablespoons powdered sugar

Stuff pitted dates with pieces of nuts. Peel and section oranges and cool. Heat dates in 350 degree oven for 8-10 minutes until warmed. Remove from oven. Squeeze lime or lemon juice over dates and sprinkle with powdered sugar. Arrange dates and orange slices alternating on serving plate. Serve while dates are hot.

Fran Reese

This Space For Your Notes: _____

FIRNI

IRAQ

(Almond Rice Pudding)

½ cup uncooked long-grain rice

6 cups milk

1 cup sugar

1 cup slivered almonds or pistachio nuts

¼ cup silver dragees (cake trim)

Soak rice for 1 hour in the milk. Drain milk from rice and heat milk to boiling. Add rice, reduce heat, cover, and let mixture simmer slowly, stirring occasionally till mixture begins to thicken, about 1 hour. Add sugar and stir in thoroughly. Simmer 1 minute longer and remove from heat. Cool.

Pour into individual bowls and sprinkle nuts and silver dragees over top of each.

Mrs. Max Beadleston

KHORESHE KARAFS

IRAN

(Celery Stew)

1 large onion, finely chopped

4 tablespoons butter

1½ lbs. lean beef stew meat, or cubed round steak

1 teaspoon salt

½ teaspoon pepper

1 teaspoon cinnamon

½ teaspoon nutmeg

¾ cup water

4 cups diced celery

1 cup chopped parsley

3 tablespoons lemon juice

Cook onion in 2 tablespoons butter in large frying pan until yellow. Remove from fat. To fat, add beef, salt, pepper, nutmeg, and cinnamon and cook over low heat until meat is brown. Add cooked onion and water; cover and simmer until meat is tender. Melt remaining butter in another large frying pan; saute celery and parsley 10 minutes. Add to meat mixture and juice. Simmer 15 minutes. Serve with steamed rice. Yields 6 servings.

Lila Saebi

NARGACY ("Daisy" side dish)

IRAN

1 large can spinach
4 eggs
1 tablespoon butter

Heat spinach in butter in medium-sized frying pan. Distribute spinach evenly in bottom of frying pan and pat smooth. Break eggs and place each on spinach as numbers on a clock. Cover frying pan and cook over medium heat until eggs are done. Cut between eggs and serve.

Lila Saebi

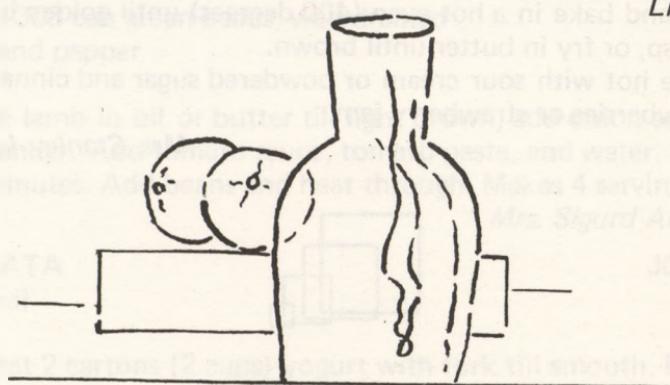
JUJA KABOB (Bar-B-Que Chicken)

IRAN

2 small chickens
1 cup olive oil
 $\frac{1}{2}$ cup lemon juice
dash salt
dash saffron
1 carton yogurt
1 cup chopped onion

Cut chicken into small cubes. Remove skin. Soak cubes in yogurt and onion mixture for 5 hours. Remove and place on kabob sticks. Combine olive oil, lemon juice, salt and saffron. Place kabobs on grill and baste frequently with the lemon sauce. Before serving, pour remaining sauce over kabobs.

Lila Saebi



JORDAN

Mr. Sigurd Anderson

BLINTZES

ISRAEL

BATTER

2 eggs
½ teaspoon salt
½ teaspoon sugar
1 cup water
1 cup flour
¼ teaspoon baking powder

FILLING

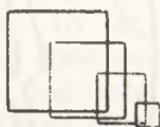
¾ lb. cottage cheese
1 egg
1 tablespoon sugar
dash of cinnamon
dash of salt
1 teaspoon grated lemon rind
1 teaspoon soft butter

Prepare filling by pressing the cheese through a ricer or strainer and mix the other ingredients. Refrigerate.

For batter, beat eggs, add salt and sugar, water and flour mix. . . . beat until smooth. Drop this batter, two tablespoons at a time, onto a small frying pan that has been slightly greased and heated. About the same size as for crepes. Tip the pan so that the batter spreads thinly over the entire pan. Work quickly. Bake on one side only until the top is dry and starts to blister. Turn out, bottom side up on a board or clean cloth. When all the pancakes have been made, fill each with one tablespoon of the cheese mix. Fold over the opposite sides to form little rectangles. Place in a well-greased baking pan, brush with melted butter and bake in a hot oven (400 degrees) until golden brown and crisp, or fry in butter until brown.

Serve hot with sour cream or powdered sugar and cinnamon, or strawberries or strawberry jam.

Mrs. Stanley Lipsey



KNAIDLACH (Matzoh Balls)

ISRAEL

4 eggs, separated
4 tablespoons cold water
½ teaspoon salt
Dash pepper
Dash cinnamon or nutmeg
1 cup Matzoh meal
1 tablespoon schmaltz (rendered chicken fat)

Combine egg yolks with cold water and seasonings. Beat till frothy. Beat egg whites till stiff. Alternately stir egg whites and Matzoh meal into egg yolks. When well mixed, add Schmaltz. Chill batter for 1 hour.

Roll in balls and place in rapidly boiling water. Cover (do not remove cover during cooking) and cook for 30 to 35 minutes. Makes 1½ dozen balls. Serve in clear chicken broth—delicious!

Mrs. Stanley Lipsey

YACHNI BANADORA (Lamb Stew in Tomato Sauce)

JORDAN

1 lb. lamb, cubed
Olive oil or butter
1 small onion, chopped
2 8-ounce cans tomato sauce or
chopped fresh tomatoes
1 6-ounce can tomato paste
1 cup water
1 no. 303 can green beans, well drained
Salt and pepper

Saute lamb in oil or butter till light brown; add onion and cook till tender. Add tomato sauce, tomato paste, and water. Simmer 45 minutes. Add beans and heat through. Makes 4 servings.

Mrs. Sigurd Anderson

SALATA (Salad)

JORDAN

Beat 2 cartons (2 cups) yogurt with fork till smooth. Peel and slice 1 large cucumber; add to yogurt, along with garlic powder and salt to taste. Chill. Trim with chopped parsley. Makes 4 servings.

Mrs. Sigurd Anderson

TABBOOLY OR SUFF

(Salad)

LEBANON

(لبنان - Lebanon)

- ½ lb. cracked wheat
- 1 bunch of mint, chopped (when available)
- 1 small bunch parsley, chopped
- Chopped green onions to taste
- ½ cup olive oil
- 5 tablespoons lemon juice
- 1 head lettuce, torn in pieces
- Tomatoes, peeled and cut in wedges
- Cucumber, sliced

Soak cracked wheat 1 hour in water; drain. To wheat, add mint, parsley, green onion, oil, and lemon juice. Pour over torn lettuce in salad bowl. Top with tomato wedges and cucumber slices. Tuck in fresh grape leaves, if you have them.

Fred Eckrosh

ALU KO ACHAR

(Potato Salad)

NEPAL

- 2 cups potatoes (cooked in skins-peeled and diced)
- 2 tablespoons lemon juice
- ½ teaspoon salt
- 2 tablespoons oil
- ½ teaspoon turmeric powder
- 2 teaspoons poppy seeds (skillet fried in butter 3 min.)

Mix seasoning together and stir into diced potatoes. Let stand at least 1 hr. before serving - or overnight if refrigerated.

Mrs. Ralph Norris

This Space For Your Notes: _____

LEBANESE BREAD

LEBANON

1 cake compressed yeast
1/4 cup lukewarm water
2 lbs. flour
1 teaspoon salt
Additional water as needed

Soften yeast in lukewarm water. Add flour and salt; mix. Add enough additional water to make a dough you can knead. Knead till smooth; place in greased bowl; turn to grease top; cover and let rise 1 hour. (Dough is now ready to use for Meat Pies.)

Turn out of bowl and cut in hamburger-bun size balls. Round each ball in your hands. Place on floured board and flatten to saucer size. Let stand 30 minutes.

Flatten to dinner-plate size thus: Pat out edges on opposite sides of circle, using flat of hand, then turn circle $\frac{1}{4}$ to $\frac{1}{2}$ way round and pat again on opposite edges. Continue to pat out edges and turn circle till of desired size. Do Not pat center of circle or it will tear eventually. Let stand for 1 hour.

Now, unless you can learn stretching from a good Lebanese cook, you'll have to use a rolling pin to make circles as thin as possible—about 20 inches across.

You need a large wooden paddle that fits in the bottom of your oven—about $\frac{1}{2}$ inch thick on handle side and tapered to an edge on the far side.

Place sheet of bread on paddle, lay paddle on bottom of oven, give a flip—so bread rests on oven bottom as you remove the paddle. Bake till puffy, about 2 minutes (depending on oven). Pull back on paddle and remove bread from oven. Place bread under broiler a few seconds. Serve bread crisp or sprinkle with water; eat moist.

Fred Eskrosh

This Space For Your Notes: _____

FATAYAR WITH MEAT (Meat Pies)

LEBANON

1 lb. raw lamb, chopped

1 large onion, chopped

Salt and pepper

Cinnamon

Lemon juice

Butter, if desired

Make $\frac{1}{2}$ recipe of Lebanese Bread dough.

After dough has risen, pinch off bun-size balls and roll to 5-inch circles. Spoon some lamb and onion in center of each circle. Season with salt, pepper, and cinnamon. Dash with lemon juice and dot with butter if desired. Bring up sides of dough to form three sides, then pinch together along all edges. (This gives you little three-sided pyramids.) Bake at 350 degrees till golden.

Fred Eckrosh

BEEF CURRY

PAKISTAN

1 large onion, sliced

1 $\frac{1}{2}$ lbs. lean beef, in 1- to 1 $\frac{1}{2}$ -inch cubes

water to cover meat

2 teaspoons salt

1 teaspoon curry (or more to taste)

1 teaspoon turmeric

$\frac{1}{4}$ teaspoon pepper

2 whole cloves

1 inch of stick cinnamon

2 fresh tomatoes, peeled and diced (optional)

2 potatoes, peeled and cut in $\frac{3}{4}$ inch cubes

1/3 cup yogurt or sour cream

Cook onion in small amount hot fat. Add meat and brown. Add water and seasonings. Add tomatoes and potatoes. Cover and cook till meat is tender. Uncover and stir in yogurt. Heat and stir till slightly thickened. Makes 6 servings.

Mrs. Verle Buckman

SIVAIYAN

(dessert)

PAKISTAN

1 10-oz. package vermicelli or very fine egg noodles. Cook in 3 qts. boiling water and 2 tablespoons salt. (Break in thirds) Cook 5 minutes and drain most of water. Add 1½ qt. milk gradually while vermicelli boils. Stir constantly. Add 1½ cups sugar. Add ¾ cube (3/8 cup) margarine while boiling. Cook until thickens (10 minutes). Pour into 9x13 pan. Sprinkle with powdered cardamon and slivered almonds. Serve with milk or cream, warm or cold.

Mrs. Verle Buckman

MURGH QORMA

(Chicken Curry)

PAKISTAN

1 2 or 3-lb chicken cut in pieces
2 large onions sliced
2 teaspoons ground coriander
¼ teaspoon garlic salt
1/8 teaspoon ground ginger
1/8 teaspoon red pepper
¼ teaspoon ground turmeric
½ - ¾ cup sour cream
1 bay leaf
1 teaspoon salt

Saute onions until golden. Add ½ cup water and all spices. Boil 10 minutes. Brown chicken. Add 2 cups water and onion and spices. Simmer until chicken is tender. Just before serving add sour cream. Serve with rice.

Mrs. Verle Buckman

This Space For Your Notes: _____

KIMA

PAKISTAN

1lb. ground beef
1 large onion chopped
½ teaspoon garlic salt
2 fresh tomatoes diced
3 tablespoons butter
1-2 tablespoons salt
1 small can peas
1 tablespoon curry powder
1 teaspoon paprika
½ teaspoon chili powder
¼ teaspoon black pepper
1/8 teaspoon red pepper

Saute onions in butter. Add meat and tomatoes. Simmer 10 minutes. Add spices and peas with liquid. Cover and simmer 30 minutes. Serves 4. Serve with rice.

Mrs. Verle Buckman

RUZ BUKHARY

SAUDI ARABIA

1 frying chicken, medium size
(or equivalent in lamb)
1 quart water
3 tablespoons butter or oleo
2 medium onions sliced
6 to 8 carrots sliced thin
3-4 cups cooked rice
1 teaspoon cinnamon
1 teaspoon cardamom
½ teaspoon ground cloves
2 cups hot tomato juice
2-3 cups hot chicken broth

Simmer chicken in 1 quart water until about half done.

Remove from broth and cut up. Save broth. Heat butter or oleo in large heavy skillet. Saute onions until they begin to turn yellow, add carrots and fry with onions 5 minutes. Remove from skillet. Cook chicken in fat until brown. Return onions and carrots to skillet.

Mix rice and spices and spread over top of chicken and vegetables. Then pour tomato juice and broth over rice. Cover and cook until the moisture has evaporated. Remove cover and reduce heat. Allow mixture to simmer until the rice becomes fluffy. Yield: 6 servings.

Mrs. Clifford Proctor

SHISH KEBAB

(Kebobs)

TURKEY

1 tablespoon olive oil
1½ tablespoons lemon juice
2 pounds leg of lamb, cut
in 1-inch cubes
Salt and pepper
1 medium onion, cut in wedges
3 medium tomatoes, in wedges
a few bay leaves
green pepper, cut in squares
eggplant, cut in cubes

Mix olive oil and lemon juice; rub into meat. Place in dish, sprinkle with salt and pepper. Cover with onion, tomato, and bay leaves. Chill 4 or 5 hours.

Arrange meat on skewers alternately with tomato, onion, an occasional bay leaf, green pepper squares, and eggplant cubes.

Broil over hot coals, an open wood fire, or in your oven broiler, till meat is of desired doneness and vegetables are crisp-tender.

Mrs. Doris Eliazarof

This Space For Your Notes: _____

CACIC
(Salad)

TURKEY

Peel and remove seeds from cucumber
Chop cucumber very fine (do not use blender)
Add:

Add:

small amount grated garlic

few drops of wine vinegar

a few dill seeds

plain yogurt-enough to mix well

Sprinkle a pattern of dill seeds on

top—preferably fresh dill seeds.

Mrs. Doris Eliazarof

TURKISH HORS D'OEUVRE

TURKEY

Remove all tissue from calves liver and cut in small cubes. Season with salt and pepper, roll in flour and fry in hot olive oil, drain. Chop entire green onion, sprinkle on the arrangements of cooked cubes and serve with picks.

Mrs. Doris Eliazarof

MEZELER

TURKEY

Chill brains in ice water for an hour or so, all membrane can be pulled off and only white substance remains. Refrigerate until firm, cut in bite size pieces. Season with salt, pepper and a little lemon juice. Cook in hot fat. Arrange on plate and sprinkle with chopped parsley. Serve with picks.

Mrs. Doris Eliazarof

This Space For Your Notes: _____

SUGGESTED SOURCES FOR FOREIGN INGREDIENTS

in Des Moines, Iowa

Dahl's Food Marts

3425 Ingersoll

1819 Beaver

1208 Prospect, WDM

4141 Fleur Drive

8700 Hickman Road

6400 S.E. 14th

El Patio Mexican Foods – 611 37th

Graziano Bros. – 1601 Union

Italian Importing Co. – 316 3rd St.

King Ying Low – 223 4th St.

Malin/Fishel Kosher Delicatessen – 1241 Sixth Ave.

Manhattan Delicatessen – 3705 Ingersoll

Matulef's – 904 42nd Street

Oriental Gift Shop – 824 Locust

Younkers Fine Foods Section

Merle Hay Plaza Shopping/Business Center

Downtown store

