

- YOUR PASSPORT TO A *Culinary* ADVENTURE -

# World Cuisine on a Plate







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# SOUTHERN SWEET POTATO CASSEROLE

FROM THE REGION OF: *Southern United States*



## INGREDIENTS:

### **Casserole:**

3 cups mashed sweet potatoes  
1/2 cup sugar  
1/2 cup butter  
2 eggs, beaten  
1 teaspoon vanilla  
1/3 cup milk

### **Topping:**

2/3 cup melted butter  
1 1/2 cups light brown sugar  
3/4 cup flour (or use a gluten free blend to make recipe GF)  
1 1/2 cups chopped pecans

MAKES 12 SERVINGS

## DIRECTIONS:

- Boil or bake sweet potatoes, depending on preference.
- Mash.
- Mix in sugar, butter, eggs, vanilla, and milk.
- For the topping, melt butter, light brown sugar, flour, and chopped pecans.
- Sprinkle on top of the potato mixture.
- Bake 25 minutes at 350 degrees Fahrenheit.



## NOTES:

My Aunt Sandy would make this dish every year for Thanksgiving.  
My family is huge, and this is one dish that NO one could pass up!



# GALUMPKIS (POLISH STUFFED CABBAGE ROLLS)

FROM THE REGION OF: *Poland*



## INGREDIENTS:

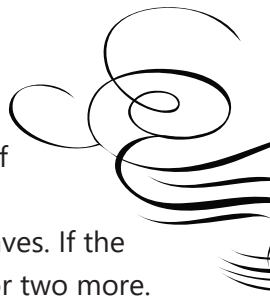
- 1 large-size head of cabbage (about 3-5 pounds)
- 1 ½ pounds ground beef
- 1 medium onion, diced
- 3 tablespoons minced garlic
- 1 teaspoon kosher salt
- ¾ teaspoon ground black pepper
- 1 teaspoon parsley flakes
- 2 eggs
- ¼ cup ketchup
- 2 tablespoons tomato paste
- 1 ½ cups cooked, cooled white rice
- 3 10.75 ounce cans tomato soup (if using a deep dish pan with a 3" side, use 4 cans)

MAKES 8-12 SERVINGS

## DIRECTIONS:

- Preheat oven to 350 degrees Fahrenheit, and place oven rack in the center of the oven.
- Cover and cook 3 minutes, or until softened enough to pull off individual leaves. If the leaves do not pull off easily, return the cabbage to the pot to boil a minute or two more.
- When the leaves are cool enough, use a paring knife to cut away the thick center stem from each leaf (without cutting all the way through).
- In a large bowl, add the ground beef, rice, onion, garlic, salt, pepper, eggs, ketchup, tomato paste, and parsley. Mix gently to combine.
- Add  $\frac{2}{3}$  of a can of tomato soup and mix.
- In a large, deep dish (at least 4") baking pan (or two 9x13 glass pans), spread the  $\frac{1}{3}$  remaining soup contents on the bottom of the pan. Add  $\frac{1}{2}$  of the second can of soup to the pan until the bottom is covered in a light coating.
- To stuff the leaves, lay a single large leaf, with the cut edge facing you, and place approximately  $\frac{1}{2}$  cup of the meat mixture in the lower third of the leaf (If the leaf is larger, add more meat. If it's smaller, use less).
- Fold the sides of the leaf over the meat and roll the cabbage (like rolling a burrito).
- Repeat until all the leaves are stuffed (If you have extra meat, roll it into meatballs, and place in the baking pan with stuffed cabbage).
- Place a single layer of stuffed cabbage rolls into the bottom of your pan. Add the remaining half of tomato soup. If you have leftover leaves, sprinkle them over the soup.
- Add the second layer of stuffed cabbage (you should have about a  $\frac{1}{2}$  inch space at the top of your pan.
- Add the last can of tomato soup, and spread evenly.
- Spray one side of a large piece of foil with cooking spray. Place oil side down on the pan, and close tightly around the dish.
- Place the pan on a larger cookie sheet to catch any spillage.
- Bake for 3-4 hours, or until the cabbage is tender when pierced with a knife (Begin checking for doneness after 2  $\frac{1}{2}$  hours).
- Remove from the oven. Uncover and allow to cool for 15 minutes before serving.

**NOTES:** Made by my Polish grandma for all special occasions!



# RATATOUILLE

FROM THE REGION OF: *France*



## INGREDIENTS:

6 ounce can of tomato paste  
½ yellow onion, thinly sliced  
3 teaspoons minced garlic  
¾ cup water  
1 small eggplant, peel, trimmed, and thinly sliced  
1 zucchini, trimmed and thinly sliced  
1 yellow squash, trimmed and thinly sliced  
1 red bell pepper, cored, seeded, and thinly sliced  
1 yellow bell pepper, cored, seeded, and thinly sliced  
1 teaspoon fresh thyme leaves, or to taste  
salt and pepper to taste  
parchment paper

MAKES 4 SERVINGS (6-8 SERVINGS AS A SIDE)



## DIRECTIONS:

- Preheat oven to 375 degrees Fahrenheit.
- In a cast-iron skillet or Dutch oven, lightly sauté onions, garlic, and 1 tablespoon of olive oil until onions are translucent and garlic is fragrant (about 1 minute).
- In a small bowl, combine tomato paste and water. Add to garlic and onion mixture. Stir to combine. Season with salt.
- Starting on the outer edge of your pan, begin assembling vegetable slices. Arrange alternating slices eggplant, zucchini, squash, red pepper, and yellow pepper. Work concentrically toward the center of the dish, overlapping the vegetables to display colors.
- Drizzle remaining 3 tablespoons of olive oil over vegetables.
- Season with salt, pepper, and thyme.
- Cut parchment paper to fit inside your skillet or Dutch oven.
- Cover vegetables with parchment paper.
- Bake until vegetables are roasted and fork-tender (approximately 45 minutes to 1 hour).
- Serve with pasta noodles, quinoa, plain, or topped with parmesan cheese!

## NOTES:

**Tip:** Cut parchment paper to fit over vegetables so they don't burn while cooking. A mandolin slicer works wonders for getting the vegetables sliced evenly thin.

Casserole Directions - Before assembling vegetable slices, spread bottom of casserole pan with the combined tomato paste and water, and stir in the sautéed onion and garlic mixture.



# CHICKEN TIKKI MARSALA

FROM THE REGION OF: *India*



## INGREDIENTS:

### **Marinade:**

- 1 cup yogurt
- 1 tablespoon lemon juice
- 2 teaspoons fresh ground cumin
- 1 teaspoon ground cinnamon
- 2 teaspoons freshly ground black pepper
- 1 tablespoon minced fresh ginger
- 1 teaspoon salt, or to taste
- 3 boneless skinless chick breasts, cut into bite-sized pieces

\* will also need 4 long skewers

### **Sauce:**

- 1 tablespoon butter
- 1 clove garlic, minced
- 1 jalapeno pepper, finely chopped and seeded
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 1 teaspoon salt, or to taste
- 8 ounces tomato sauce
- 1 cup heavy cream
- ¼ cup fresh cilantro, chopped

MAKES 4 SERVINGS

## DIRECTIONS:

- In a large bowl, combine yogurt, lemon juice, 2 teaspoons cumin, cinnamon, cayenne, black pepper, ginger, and salt. Stir in chicken. Cover and refrigerate for 1 hour.
- Preheat a grill or grill pan for high heat.
- Lightly oil the grill grate.
- Thread the chick onto skewers and discard marinade.
- Grill until juices run clear (about 5 minutes on each side).
- Melt butter in a large, heavy skillet over medium heat. Sauté garlic and jalapenos for 1 minute.
- Season with 2 teaspoons cumin, paprika, and salt to taste.
- Stir in tomato sauce and cream.
- Simmer on low heat until sauce thickens (about 20 minutes).
- Add grilled chicken and simmer for 10 minutes.
- Transfer to a serving platter and garnish with fresh cilantro.
- Serve with rice or warm pita bread.





# CARIBBEAN PORK CHEEK STEW

FROM THE REGION OF: *The Carribean*



## INGREDIENTS:

### **Marinade:**

2 tablespoons sunflower oil or olive oil  
1 tablespoon ground cumin  
pinch of fresh ground pepper, or to taste

### **Stew:**

2 pounds pork cheek, cut into large chunks	½ bunch thyme (leaves only), finely chopped
2 tablespoons coconut oil	2 whole cloves, ground
1 teaspoon brown sugar	2 cardamom pods, ground
2 tablespoons molasses	1 star anise
½ cup flat leafy parsley, chopped	½ teaspoon peppercorns, ground
1 white onion, chopped	½ teaspoon fresh nutmeg, grated
2 carrots, chopped	1 cinnamon stick
2 sweet potatoes, cubed	1 bay leaf
2 cloves garlic, chopped	1 cup chicken stock
4 spring onions, chopped	sea salt and fresh ground pepper to taste
1 scotch bonnet chili pepper, deseeded and finely chopped	
2 tablespoons fresh ginger, sliced thin	

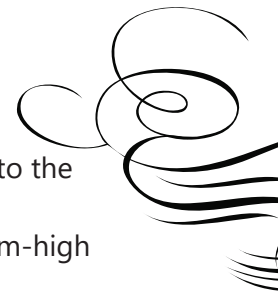
MAKES 4-6 SERVINGS

## DIRECTIONS:

- Place the pork into a bowl and add all marinade ingredients. Knead them into the meat and marinate overnight.
- Heat the coconut oil and brown sugar in a heavy based saucepan on medium-high heat.
- When the sugar has caramelized, add meat in small batches with a pinch of salt. Brown for several minutes, then transfer meat to a large pot on low heat.
- Repeat until all pork is browned. Add a little stock to the pot to keep the meat from drying out.
- After removing all meat, add a dash of oil to the pan, and add garlic, onions, and carrots. Stir. Add the bay leaf, cinnamon stick, star anise, cloves, cardamom, peppercorns, nutmeg, ginger, thyme, the white part of the spring onions, and salt and pepper to taste. Stir. Sweat mixture for several minutes.
- While mixture is sweating, cut, deseed, chop, and add scotch bonnet chili pepper (Be sure to immediately and thoroughly wash hands after).
- Transfer mixture to meat pot.
- Place meat pot on medium-high heat and pour in remaining stock. Add enough to cover all ingredients.
- Bring to a quick boil.
- Add molasses and stir.
- Season to taste with additional salt and pepper.
- Reduce heat and simmer for 45 minutes.
- After 45 minutes, add sweet potatoes. Stir well. Simmer for another 45 minutes, or until the potatoes are fully cooked.
- When ready to serve, add parsley and green part of the spring onions.
- Serve immediately with roti, flatbread, or your favorite crusty bread.

## NOTES:

Another cut of pork, such as pork shoulder, can be substituted for the pork cheek, but do yourself a favor and ask your butcher for this wonderful cut of meat! If you're especially adventurous, try substituting goat meat for an authentic island meal!



# CIOPPINO

FROM THE REGION OF: *Italy*



## INGREDIENTS:

- 3 small white onions
- 4-6 heads of garlic
- 1 head of fennel
- 1 can tomato paste
- 2 cans crushed tomatoes
- 1 pint cherry tomatoes
- 2 cans clam sauce
- 4-6 quarts fish stock (depending on how much liquid you want)
- 3 whole bay leaves
- 1 teaspoon red pepper flakes, or to taste
- 1 bunch fresh parsley
- 1 bunch fresh dill (optional)
- 1 bunch fresh cilantro
- 1/3 bottle red wine
- salt and pepper to taste
- desired amount of mixed seafood (calms, mussels, shrimp, scallops, white fish fillet, etc)

MAKES 4 SERVINGS OR 6-8 AS A SIDE



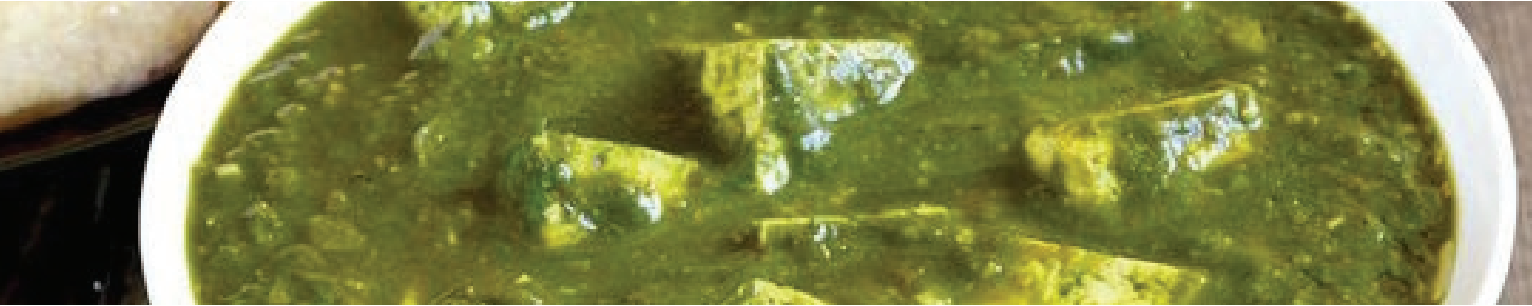
## DIRECTIONS:

- Heat 2 tablespoons of oil in a large soup pot.
- Sauté chopped onion, garlic, and fennel until soft.
- Add tomato paste, crushed tomatoes, and cherry tomatoes.
- Once tomato ingredients come to a simmer, add clam sauce, stock, bay leaves, red pepper flakes, and red wine.
- Bring to a boil, then add seafood (fresh or thawed from frozen).
- Cook for another 10-15 minutes, until seafood is done.
- Sprinkle fresh herbs on top and enjoy with garlic bread!



# PALAK PANEER

FROM THE REGION OF: *India*



## INGREDIENTS:

500 grams spinach, pureed  
15-16 paneer cubes  
2 tablespoons oil  
1 teaspoon cumin seeds  
1 bay leaf  
1 teaspoon ginger, finely chopped  
1 teaspoon garlic, finely chopped  
1 cup onion paste, boiled and grated  
½ cup tomato, pureed  
2 teaspoons salt  
½ teaspoon garam masala  
½ teaspoon red pepper, powdered  
½ teaspoon coriander powder  
2 black cardamoms, crushed  
1 tablespoon cream

MAKES 4 SERVINGS

## DIRECTIONS:

- Boil spinach in a pressure cooker and grind it down to make palak puree.
- Heat oil in a pan and fry paneer cubes until golden brown.
- Remove paneer cubes and add cumin. When oil begins to splatter, add bay leaf.
- When mixture starts to crackle, add ginger, garlic, and onion paste. Cook until pinkish-brownish in color.
- Add salt, garam masala, coriander powder, along with red pepper. Stir until well mixed.
- Add tomato puree and stir-fry over medium heat.
- Add spinach and sauté for 2-3 minutes.
- Return paneer cubes to the pan and stir to completely mix with the palak gravy.
- Add cream. Stir well, and serve hot.



## NOTES:

My kids love paneer, and this recipe is a great way to get them to eat some greens!

# TRADITIONAL ITALIAN PIZZELLES

FROM THE REGION OF: *Italy*



## INGREDIENTS:

1 ¼ cups all purpose flour  
¾ teaspoon baking powder  
pinch salt  
3 eggs at room temperature  
½ cup sugar  
¼ cup vegetable oil  
1 teaspoon vanilla extract  
1 teaspoon anise extract (optional)  
orange zest

MAKES 36 SERVINGS

## DIRECTIONS:

- Preheat pizzella iron.
- In a medium mixing bowl, sift together flour, baking powder, and salt. Set aside.
- In a large mixing bowl, or the bowl of an electric mixer fitted with the whisk attachment, beat the eggs until frothy and beginning to thicken (about 3-4 minutes).
- Add sugar. Continue to whisk until well thickened.
- Add the oil, extracts, and orange zest (if using). Mix well.
- Slowly add the flour mixture until well combined – dough will be soft and sticky.
- Drop 1 tablespoon of batter on hot pizzelle press.
- Close lid and cook 30-45 seconds, or until slightly golden brown.
- Remove from press with the help of a fork.
- Transfer to a flat surface or mold into desired shape.

## NOTES:

My great grandmother used to make this for us. Making cookies with her is one of my favorite childhood memories. This Italian cookie is my all-time favorite, especially with coffee!

This requires a pizzelle iron, which is similar to a waffle iron in appearance. It makes thin, wafer-like cookies with lace or snowflake designs. An Italian tradition for the holidays!





# CHRUSCIKI (POLISH ANGEL WINGS)

FROM THE REGION OF: *Poland*



## INGREDIENTS:

5 tablespoons cream  
5 egg yolks  
½ teaspoon salt  
¼ cup sugar  
2 ¼ cups flour, plus  
1 teaspoon vanilla  
powdered sugar

MAKES 50 SERVINGS

## DIRECTIONS:

- Beat eggs until thick.
- Add salt slowly while stirring.
- Add sugar and vanilla. Beat well.
- Add cream and flour, alternating until blended. You may need more flour than listed, depending on how humid it is that day.
- Turn onto a floured cutting board.
- Cover with a clean dish cloth for 10 minutes.
- Knead until dough blisters.
- Roll very thin.
- Cut into 1 inch by 4 inch rectangles.
- Cut a gash in the middle of the rectangle and pull one end through so it looks like a twist.
- Fry in 375 degree Fahrenheit oil until golden brown.
- Drain on a rack for 3 minutes, then roll into powdered sugar.



## NOTES:

Made by my Polish grandma for all special occasions!

# CLASSIC SCOTTISH SHORTBREAD

FROM THE REGION OF: *Scotland*



## INGREDIENTS:

1 cup unsalted butter  
¾ cup confectioner's sugar  
½ teaspoon salt  
1 cup oats (traditional or quick)  
1 ½ cup unbleached all-purpose flour

MAKES 16 SERVINGS

## DIRECTIONS:

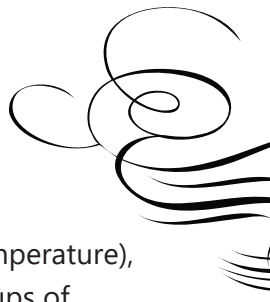
- Preheat oven to 350 degrees Fahrenheit.
- Lightly grease an 8-inch round cake pan.
- In a food processor (see note), process 1 cup of unsalted butter (at room temperature),  $\frac{3}{4}$  cup confectioner's sugar, generous  $\frac{1}{2}$  teaspoon salt, 1 cup oats, and 1  $\frac{1}{2}$  cups of unbleached all-purpose flour together to make a smooth, sticky dough.
- Press the dough into the prepared pan, and score it into 16 wedges with a knife dipped in water between cuts.
- Bake the shortbread for 35 to 40 minutes, until it's firm and golden brown.
- Remove from the oven.
- After 5 minutes, turn the pan over onto parchment or a clean work surface.
- Cut all the way through the score marks to make wedges.
- Place the wedges on a rack to cool completely.

## NOTES:

If you use salted butter, reduce the salt to  $\frac{1}{4}$  teaspoon.

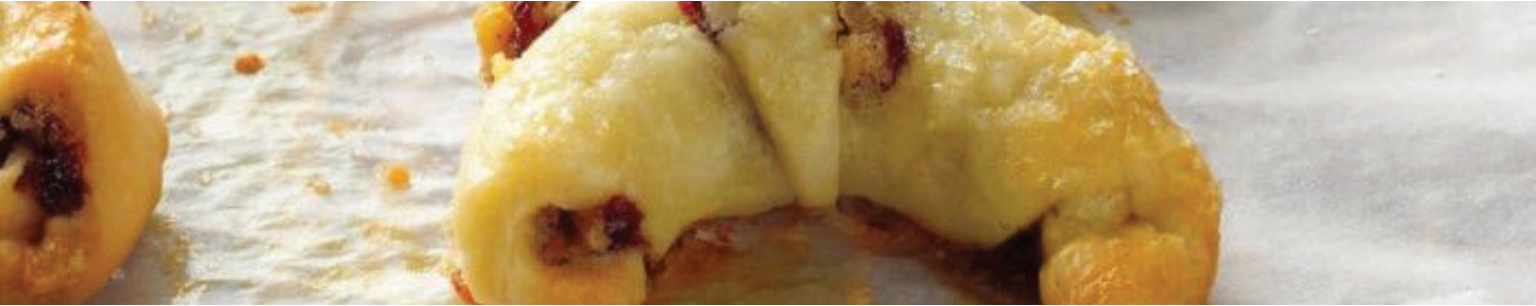
For more traditional shortbread, reduce the sugar to  $\frac{1}{2}$  cup. The Scots generally prefer their shortbread less sweet.

The easiest way to make the dough is in a food processor. If you don't have a food processor, grind the oats in a blender before using. If you don't have either of these appliances, use quick oats, rather than the traditional. Combine the oats with the remaining ingredients and mix until smooth.



# CRANBERRY RUGELACH

FROM THE REGION OF: *Poland*



## INGREDIENTS:

### Dough:

1 cup butter, softened  
1 package (8 ounces) cream cheese, softened  
½ cup sugar  
2 ¾ cups all purpose flour  
1 teaspoon salt

### Filling:

¾ cup sugar  
⅔ cup dried cranberries, finely chopped  
½ cup finely chopped walnuts, toasted  
⅓ cup butter, melted  
2 teaspoons ground cinnamon  
1 teaspoon ground allspice  
1 large egg, lightly beaten  
additional sugar

MAKES 5 DOZEN



## DIRECTIONS:

- Preheat oven to 350 degrees Fahrenheit.
- In a large bowl, cream the softened butter, cream cheese, and sugar until light and fluffy. Combine flour and salt; gradually add to creamed mixture and mix well.
- Turn onto a lightly floured surface. Knead for 3 minutes or until smooth.
- Divide into eight portions.
- Roll each portion into a ball and flatten to a four-inch circle.
- Wrap in plastic and refrigerate for at least 1 hour.
- In a small bowl, combine the sugar, cranberries, walnuts, melted butter, cinnamon, and allspice.
- On a lightly floured surface, roll one portion of dough into an 8 -inch circle. Sprinkle with 3 tablespoons of filling to within ½ inches of edges. Cut into 8 wedges.
- Roll up wedges from the wide end. Place point side down and 2 inches apart on foil-lined baking sheets.
- Curve ends down to form a crescent shape. Brush with egg and sprinkle with additional sugar.
- Repeat with remaining dough and filling.
- Bake at 350 degrees Fahrenheit for 18-20 minutes or until golden brown.
- Remove to wire racks to cool.







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18 JUN 2007

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