

The Best International Food

Favorite recipes from RENEW's International English Language Classroom!





Letter from the President

I am happy and proud to present this book of international recipes brought together by the students at RENEW!

The idea to create this book was conceived in a weekly English conversation class where the theme was Favorite Foods and Recipes. Of course, this project would not have come to fruition if it was not for the caring persistence of our excellent teachers, Lorraine, Marjorie, the follow ups and reminders by Kaisra and Humaira, and the artistic compilation by Tayyeba and Asma.

I hope you will try out these recipes and share them with family and friends.

Bon Appetit!

Best Wishes from the RENEW team!

Shanaz Tejani-Butt
President, RENEW

Founding Members

Kaisra Osman
Asma Siddiqui
Irina Lulu
Lorraine Ritacco Shaw

RENEW
www.renewmyself.org



Introduction

We are an international group of adult women, learning together to improve our English language skills and meet our goals. We live in the United States, but come from many different countries, including Afghanistan, Guatemala, Mexico Pakistan, Russia, Ukraine, the United States, and Yemen. **We have formed a community of learners!**

We have improved our English language skills and understanding of life in the U.S. while learning and discussing many aspects of life, such as community resources, the medical system, taking care of ourselves and our families, asking for and giving directions, shopping, preparing for appointments education of children, and many other life skills.

Preparing healthy, attractive and tasty food for our families and ourselves has been a favorite topic of conversation of all of ours! Describing our cultural foods has been one of many ways that we have shared our unique cultures with one another.

The idea to create an international cookbook was born when we practiced our English during our unit about food, while we shared traditional recipes and spices, as well as food shopping experiences. We all became hungry listening to and learning with one another.

Our class meets three times a week "on-line" through ZOOM. While we wish we could have eaten a meal with foods from our home countries, creating this cookbook is the next best thing!

Please enjoy these wonderful recipes from all over the world!

*Marjorie Scharf, MPH
English Language Instructor - Intermediate Curriculum Developer*



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Entrées

Chicken Korma by Tanzila Amber

Origin: Pakistan



Ingredients

- 3 tablespoons ghee or oil
- 3 onions (2 small 1 large -sliced finely)
- 1 chicken approximately 2 lbs. (small pieces)
- 1 clove garlic, minced
- 1 tablespoon minced ginger
- 1 1/2 cup yogurt
- 1/2 cup cashew (grind to fine paste)
- 4-5 black cardamom
- 12-15 cloves
- 2 bay leaves
- 1 tablespoon black peppercorn
- 1 stick cinnamon, medium size
- 10 green cardamoms
- 2 tablespoons coriander powder
- 1 tablespoon cumin powder
- 1 tablespoon chili powder (to taste)
- 1-2 tablespoon salt (to taste)
- Kewra water (optional)
- 15-20 almonds (skin removed)

Preparation

1. Heat the oil in a deep pot or pan, add sliced onions and fry them over medium heat. Keep stirring to ensure that the onions brown evenly. Once onions turn brown (not black), remove them from the pan and spread them on a paper towel. Set it aside.
2. Add spices, garlic, ginger to the oil in the pan. Then add the chicken pieces and continue frying until the chicken is no longer pink.
3. Add yogurt and cashew paste to the chicken mixture and continue to fry everything well. Make sure to keep stirring the entire time until the oil begins to separate from the sauce and the curry begins to look glossy.
4. Add approximately half liter of water (2 cups) and bring everything to a boil. Cover with a lid and cook on low heat for about 30 minutes.
5. Add kewra water and give everything a taste by adding salt or pepper if needed.
6. Garnish with almonds and serve.

Chicken Soup by Lida Faisal

Origin: Afghanistan



Ingredients

- 5 tablespoons oil
- 1 chopped onion
- 1 chopped carrot
- 5 cloves ground garlic
- 1 lb. chicken breast
- 1 teaspoon turmeric powder
- 1 lb. corn
- 6 tablespoons corn flour
- 1 teaspoon salt or to taste
- 2 packages Maggie seasoning
- 1 teaspoon black pepper
- 1 teaspoon red pepper
- 2 eggs
- Coriander (for garnish)
- 1 lemon
- 2 Liters water

Preparation

1. Sauté chicken breast and garlic in oil
2. Add black pepper, red pepper, corn, turmeric, salt, Maggie, chopped carrots and water
3. Boil for 15 minutes
4. Add corn flour
5. Garnish with coriander and lemon
6. Serve and Enjoy!!

Yaqoot Palaw (Pomegranate Rice) by Lida Faisal

Origin: Afghanistan



Ingredients

2 cups rice
Salt to taste
Red food coloring (optional)
1/4 cup oil
1/2 cup pomegranate
1 teaspoon cumin
1/4 cup pistachios

Preparation

1. Soak rice for 3 hours
2. Cook Rice for 15 minutes
3. In another pan, heat oil and add pomegranate and salt
4. Fry for a few minutes and add rice and cumin
5. Bake in oven for 15 minutes
6. Garnish with pomegranate and pistachios
7. Yaqoot Palaw is ready to serve and enjoy!

Pork Red Pozole by Celina Martinez

Origin: Mexico



Ingredients

6 pounds or a can of precooked hominy corn
1 onion
1 bulb of garlic
2 sprigs of fresh oregano
750 grams of pork leg
750 grams of solid pork
750 grams of pork backbone
1 pig trotter
50 grams of ancho chili (devein and remove seeds)
50 grams of guajillo - less spicy (devein and remove seeds)
Grain salt to taste
1/2 head romaine lettuce, thinly sliced
10 radishes thinly sliced
1 white onion finely chopped
1 lemon, cut in half
1 package of corn toast
Hot sauce to taste

Preparation

1. Place the corn in a large pot along with the onion and head of garlic. Add 5 liters of water and heat over high heat until it starts to boil, reduce the heat to medium, cover and cook until the corn pops (it can take from 30 minutes).
low, cover and cook, skimming surface occasionally, until meat is tender but firm, about 2 hours.
2. Meanwhile, boil chili for 10 minutes or until softened. Grind very well with a little water and strain.
3. Rinse the meat very well and add it to the pot with the popped corn, add the ground and strained chilies. At this point (not before) you can add salt. Reduce heat to
4. Adjust the seasoning and let it simmer over low heat until the meat is completely soft.
5. Serve the pozole with lettuce, radishes, and onion. Add lemon juice and hot sauce to taste. Accompany with corn toast.

Dalda by Neelab Amini

Origin: Afghanistan



Ingredients

Two large onions
3 tablespoons chopped garlic
1 cup mung beans
1 cup lentils
1 kg wheat groats
1 cup boiled chickpeas
1 cup boiled red kidney beans
1 kg ground beef
1 tablespoon red chili pepper
Salt
2 tablespoons turmeric
2 tablespoons cumin seeds
2 tablespoons coriander powder
1 liter water
One large tomato chopped
1 tablespoon tomato paste
1 cup yogurt
1 tablespoon dried mint
Fresh coriander to garnish

Preparation

1. Put oil in a big dish and add 1 large, chopped onion, cook until the color becomes golden
2. Add 1 tablespoon chopped garlic, mix well and let it cook for a minute
3. Add 1 tablespoon turmeric, 1 tablespoon coriander powder, 1 tablespoon red chili powder, one tablespoon cumin, and salt for taste. Mix all and cook them for 1 minute
4. Add 1 liter of water and let it boil. Then add 1 cup mung beans, 1 cup lentils, 1 kg wheat groats, 1 cup boiled chickpea, 1 cup boiled red kidney beans. Mix all of them and cover the pan and cook for 30 minutes on low heat and stir slowly during cooking
5. In another pan add oil and 1 large, chopped onion. Cook well and add 2 tablespoons of
6. chopped garlic. Add ground beef, 1 tablespoon turmeric, 1 tablespoon cumin seeds, 1 tablespoon coriander powder and salt and black paper to taste. Mix them all and keep them on heat for 1 minute.
7. Add one large, chopped tomato and 1 tablespoon tomato paste, mix
8. Add 1 glass of water, cover the pan and let it cook on low flame for 20 minutes
9. For the sauce add yogurt, chopped garlic and mint powder, mix it well.
10. Put the Dalda in a big dish first, add the sauce, then meat on top
11. Garnish with fresh coriander. Dalda is ready to serve.

Qaboli Palou (Vegetarian) by Mursal Sharifi

Origin: Afghanistan



Ingredients

- 1 lb. of rice
- 1 cup cooking oil
- 2 teaspoon salt
- 2 teaspoons caraway
- 0.5 pound raisins
- 1 lb. of sliced carrots

Preparation

Rice

1. Wash the rice and keep in water for three hours
2. Boil the water and then put the rice in.
3. Add oil & salt
4. Cook for 15 minutes
5. Add caraway

Carrots

1. Slice carrots and cook slowly in oil
2. Add raisins
3. Top on rice when serving

Yemeni Meat Fahsa by Elham Abado

Origin: Yemen



Ingredients

- | | |
|--|------------------|
| 1/4 pound of lamb | 2 garlic cloves |
| 1 1/2 cup Yemeni meat broth (meat soup) | 1 teaspoon oil |
| 1/4 cup green salsa (sauce) | 1 teaspoon salt |
| 2 teaspoons fenugreek powder | 1 lemon |
| 1/4 cup Zahawig (red salsa: a blend of tomatoes, garlic, cilantro, jalapeño, and salt) | 1/4 cup cilantro |
| 1 green onion | 2 tomatoes |
| 1 pepper | 2 jalapenos |

Preparation

1. Boil lamb in Yemeni beef broth and shred after it is cooked
2. Soak fenugreek powder in a bowl of water for 15 minutes and drain
3. Prepare Zahawig by blending tomatoes, garlic, cilantro, jalapeño, and salt
4. Mix the Zahawig, drained fenugreek and green salsa and stir until it is creamy and thick. Add salt and lemon
5. Heat up a stone or clay pot, add the oil, green onions, pepper, and garlic, stir and
6. Add the shredded meat the broth (meat soup) and let it boil.
7. When ready to serve, add (Fenugreek) and the rest of the Zahawig (red salsa) on top.
8. Serve with bread

Chicken Biryani by Tanzila Amber

Origin: Pakistan, India, Bangladesh, Iraq, Iran, Afghanistan and other South-Asian countries



Ingredients

Fried Onions

5 large onions (peeled, fine sliced)
1/4 cup cooking oil or as needed

Chicken Marinade

2.2 lb/1 kg chicken (medium pieces)
2" piece raw papaya (made into a paste)
Half of the fried onions
1/2 cup yogurt (beaten)
1/2" piece Ginger (crushed)
3 cloves garlic (crushed)
1 1/2 teaspoon red chili powder (or to your taste)
1 teaspoon turmeric powder
1 teaspoon garam masala powder

Chicken Masala

5 tablespoons ghee or cooking oil
1 teaspoon crushed red chili flakes
2 teaspoons garam masala powder
3 cloves garlic
1" piece ginger
4-5 green chilies (or to your taste)
1 teaspoon turmeric powder
5 green cardamoms
1 black cardamom

2" cinnamon stick
1/4 teaspoon whole black peppercorns
4 medium finely chopped tomatoes
1/4 cup Yogurt (beaten)
1 teaspoon lemon juice
1/2 cup mint leaves + 1/4 cup for garnish (chopped)
1/2 cup cilantro + 1/4 cup for garnish (chopped)
1 tsp salt (or to your taste)

Rice

2 1/2 cups basmati rice (approximately 1/2 kg)
1/2 teaspoon cumin seeds
4-5 cloves
2 bay leaves
10 black peppercorns
3-4 green cardamoms
1 black cardamom
1" cinnamon stick
1 pinch saffron threads (dissolve in 1/2 cup of warm water)
1/4 teaspoon rose essence
1 teaspoon salt (or to taste)

Chicken Biryani by Tanzila Amber (Continued)

Origin: Pakistan, India, Bangladesh, Iraq, Iran, Afghanistan and other South-Asian countries



Preparation

Heat oil in a pan over high heat. Add finely sliced onions; cook until dark brown; stirring occasionally. Remove and drain on to the paper towel; set aside. (Note: Use half of the fried onions to marinate chicken and save the other half for chicken masala.)

Marinating Chicken

In a large bowl, add all the ingredients listed for Chicken Marinade and allow the chicken to marinate for 1/2 to 1 hour.

Prepare Chicken Masala

1. Grind ginger, garlic, green chilies to a paste and set it aside.
2. Heat ghee/oil in a large cooking pot over high heat (Note: We are going to layer the rice in this same pot, so make sure to use a large capacity-cooking pot, 6-7 quart capacity)
3. Add garam masala powder, red chili flakes, turmeric powder, whole black peppercorns, whole garam masala listed for Chicken Masala; sauté until fragrant for a minute. (Make sure not to burn the spices)
4. Add ground garlic, ginger, green chili paste, chopped tomatoes and cook, stirring for a couple of minutes.
5. Add the marinated chicken and cook until lightly browned, about 5 minutes. Cover, reduce heat to medium; cook until chicken is tender, about 15 minutes.
6. Now add the remaining half of fried onions, 1/2 cup of yogurt, chopped mint, and chopped cilantro leaves (save little for garnish); cook, uncovered for about 10 minutes. Add salt and

pepper to your taste. Set aside.

Prepare rice for Biryani

1. Soak the rice for 30 minutes and drain the water completely.
2. Bring 4 cups of water to a boil in a big saucepan. Add cumin seeds, black peppercorns, green cardamoms, black cardamom, and cinnamon stick listed above "For Rice", and add salt to taste.
3. Cook the rice till 3/4 done. Drain in the colander and set it aside.

Final Cooking and Layering Biryani

1. Transfer half the chicken masala to a cooking pot or any pan. Top the chicken masala with half the rice.
2. Pour half the saffron mixture onto rice along with a few drops of rose water; mix gently into rice with a fork.
3. Top with remaining chicken masala and remaining rice; drizzle with remaining saffron and drops of rose water; mix gently with fork.
4. Sprinkle a few coriander and mint leaves as the final layer over the rice.
5. Cover and steam on very low heat until rice is tender. Remove from the stove.
6. Let it rest unopened in the cooking pot for another 10 mins. Open and garnish with remaining chopped mint and cilantro.
7. Serve hot with yogurt, pickle or boiled eggs and enjoy.

Chicken Sizzler with Garlic Rice by Zunera Akram

Origin: Pakistan



Ingredients

Garlic Rice

- 3 tablespoons Butter
- 2 tablespoons chopped garlic
- 1 tablespoon chopped green onion
- 1 tablespoon chopped fresh coriander
- 1/2 tablespoon ground black pepper
- Salt to taste
- 2 cups boiled rice

Grilled Chicken

- 1/2 tablespoon ginger & garlic paste
- 1/2 tablespoon ground black pepper
- Salt to taste
- 1/2 tablespoon soy sauce
- 1 tablespoon vinegar
- 2 tablespoons chicken tandoori masala
- 1 tablespoon chicken tikka masala
- 3-4 chicken fillets

- 2 tablespoons cooking oil

Sizzling Sauce

- 2 tablespoons butter
- 2 tablespoons chopped garlic
- 2 tablespoons white flour/corn flour
- 2 tablespoons soy sauce
- 1/2 tablespoon black pepper
- Salt to taste
- Chili garlic sauce
- 1 cup chicken stock

Vegetables

- 2 tablespoons cooking oil
- 2 tablespoons chopped onion
- 1/2 cup yellow bell pepper
- 1/2 cup green bell pepper
- 1/2 cup red bell pepper
- Salt to taste

Preparation

Rice

1. Melt butter in a wok.
2. Add garlic and mix well.
3. Add green onion, black paper, salt, fresh coriander and mix well.
4. Now add boiled rice and mix it well

Grilled Chicken

1. Mix ginger/garlic paste, salt, black paper, soy sauce, vinegar and tikka masala
2. Add chicken fillets, mix well, and marinate for 30 min.
3. In a grill pan add cooking oil and marinated chicken fillets, grill on low flame on both sides until done.

Sizzling Sauce

1. Melt butter in a pan
2. Add garlic and mix well
3. Add salt, soy sauce, chili, garlic sauce, black paper, chicken stock, and corn flour. Whisk until well combined or until sauce thickens.

Vegetables

Add cooking oil. Green, red and yellow bell peppers, onion, and salt. Mix well and stir fry for 2 min.

Assembling

Heat sizzler sauce, add rice, fried vegetables, chicken fillet & serve!

Qabuli Palaw (Non-Vegetarian) by Diana Jalali

Origin: Afghanistan



Ingredients

- 1 kg. veal
- 600 g rice
- 4 carrots
- 1 cup raisins
- Oil
- 3 onions
- 2 cloves garlic
- Salt to taste
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 1 cardamom
- 150 ml sesame oil
- 1 Liter hot water (to cook veal)
- 400 ml. water for rice

Preparation

1. Soak rice in water for at least one hour and steam for 15 minutes
2. Fry the veal in oil
3. Add onion and cook for 10 minutes
4. Add water, coriander seeds, salt and cook for 20 minutes until the meat is soft.
5. Fry carrots in oil
6. Add the fried carrots, raisins and rice to the veal. Mix and add water and boil until the water is reduced
7. Add garlic, cardamom and cumin seeds
8. The Qabuli Palaw is ready to serve

Farfalle Pasta with Cabbage by Lorraine Ritacco Shaw

Origin: Italy



Ingredients

1/4 cup olive oil
2-3 minced garlic cloves
6 anchovies
Pinch of crushed red pepper
1 medium chopped onion
3 cups green cabbage
2 cups red cabbage
1 cup milk
Salt and pepper to taste

Grated hard Italian cheese such as Parmesan,
Pecorino Romano, or Locatelli
1 pound farfalle pasta

Preparation

1. Sauté the minced garlic, anchovies, and crushed red pepper in the olive oil over medium low heat for one minute, or until you can crush the anchovy with a spatula
2. Add onion and sauté until the onion begins to soften
3. Add the green cabbage and cook until the cabbage begins to wilt
4. Add the red cabbage and cook for about 10 minutes, until all the vegetables are cooked and soft
5. Add milk and simmer on low heat for 2-3 minutes
6. Sprinkle grated cheese and turn off the heat
7. In the meantime, bring a pot of water to boil, add a tablespoon of salt and the pasta. Cook for 10 minutes
8. Drain the pasta and top it with the cabbage mixture
9. Mix well and serve

Pasta with Tomato Sauce by Lorraine & Students

Origin: Italy



Ingredients

Garlic
Chili - crushed
Salt and pepper (to taste)
Oil
1 can of tomato
Ginger paste (optional)
Boneless chicken (optional)
1 1/2 tablespoons of yogurt (optional)
1 pound of pasta

Preparation

1. Heat the oil and add the spices and garlic, ginger (optional) and salt and pepper to taste
2. Add the tomato
3. Add yogurt and chicken (optional).
Simmer until cooked.
4. Cook the pasta in boiling water
5. Add the pasta to the sauce and enjoy!

Noodle Kugel by Marjorie Scharf

Origin: United States & Eastern Europe



Ingredients

- 1 pound (1#) of wide egg noodles
- 5 eggs
- 4 cups of half and half milk
- 1 cup of ricotta or cottage cheese.
- 1/4 cup of brown sugar.
- 2 teaspoons of vanilla extract
- 1 teaspoon of salt
- 1/2 teaspoon of ground black pepper
- 1 cup of golden raisins (or other dried fruit)

Preparation

1. Preheat the oven to 350 degrees. Butter a baking pan.
2. Put a little oil and salt in a big pot. Boil the water.
3. When the water boils, put in the noodles and cook them for 6 - 8 minutes. Drain the noodles.
4. In a big bowl, beat together eggs, half and half milk, brown sugar, vanilla, salt and pepper.
5. Stir in the ricotta or cottage cheese and the raisins.
6. Add the cooked noodles to the big bowl. Stir.
7. Put the mix in a baking pan (or casserole) in order to bake.
8. Cover the mix with aluminum foil.
9. Bake for 45 minutes. Take off the foil and bake for another 15 minutes until it is ready.
10. Serve warm with sour cream, yogurt or applesauce, and of course, try fresh fruit with it.

Edikang Ikong Soup by Esther Ejovi

Origin: Nigeria



Ingredients

- 1 kg spinach/fluted pumpkin leaves (Ugwu)
- 200g water leaves (or lamb lettuce)
- 500g assorted meat (cow tripe [shaki], snails, cow skin [kanda])
- Stockfish (optional)
- Smoked fish
- 250ml palm oil
- 2 tablespoons ground crayfish
- 2 stock cubes
- 1 medium sized onion
- 2 scotch bonnet pepper (fresh pepper)
- Salt to taste
- ‡ Periwinkle

Preparation

1. Prepare the vegetables by washing and cutting them into tiny pieces (preferably thin slices) and set aside
2. Wash and cut the assorted meat in bite size pieces
3. Clean the periwinkles, smoked fish, and stockfish. Set aside
4. Place the assorted meat and stockfish in a pot
5. Add water, chopped onion and one stock cube
6. Cook until the meat is cooked, and there is just a little liquid remaining in the pot (Note: Cook toughest meat first)
7. Add the smoked fish, spinach, periwinkle, palm oil ground pepper and crayfish and leave to boil for 10 minutes
8. Add water leaves (or lamb lettuce) and cook for 3 minutes
9. Add fluted pumpkin leaves (Ugwu) and salt to taste
10. Stir thoroughly and leave to simmer on low heat
11. Enjoy!

Edikang Ikong Soup is usually served with Usi (starch) such as pounded yam, Eba, Fufu, wheat meal (Tuwon Alkama), Semolina or Amala

Tip: Some folks add water leaves at the same time as the oil is added as they say that the liquid from the water leaves actually serves as the main base for the soup.

Chargha - Roast Chicken by Lubna Shahzade

Origin: Pakistan



Ingredients

- 1 whole chicken (skinless-approx. 1kg)
- 1 tablespoon yellow or orange food coloring
- 1 tablespoon vinegar
- Oil
- 2 tablespoon yogurt
- 1 tablespoon ginger and garlic paste (fresh)
- 1 tablespoon red chili powder or to taste
- 1 tablespoon coriander powder (dry roasted & crushed)
- 1 tablespoon cumin powder (dry roasted & crushed)
- 1 tablespoon garam masala powder
- 1 tablespoon black pepper powder
- 2 tablespoons lemon juice (fresh squeezed)
- 1 tablespoon salt or to taste
- 1 large onion sliced into round rings (for garnish)
- Fresh coriander (for garnish)

Preparation

1. Make deep cuts in the chicken and rub with food coloring and vinegar
2. Mix all the ingredients together to make the marinade
3. Marinate chicken overnight or at least 3 hours
4. Place chicken in a large pot and cook on low heat
5. When chicken is almost tender, remove chicken from pot
6. Keep cooking the remaining marinade on low heat until the water has almost evaporated
7. Add 1 tablespoon oil in marinade to make a gravy dip. Remove from heat.
8. Deep fry the chicken on medium heat until the color turns golden brown
9. Serve chicken on a platter and pour some of the gravy dip over it. Serve extra gravy dip on the side
10. Garnish chicken with fresh coriander leaves and sliced onions rings
11. Serve and enjoy!

This recipe belongs to Mughal emperors and is usually served on special occasions.

Chicken Karahi by Ghazala Mannan

Origin: Pakistan



Ingredients

1 whole chicken
2 medium onions sliced
3 tomatoes peeled
Black pepper
Garam masala powder
Salt
Red chili powder
Coriander leaves finely chopped
Green chili finely chopped.

Ginger and garlic paste

Preparation

1. Fry onions in oil and put them aside
2. Add chicken in the same oil, then add black pepper, salt, and red chili powder, then mix well
3. Leave it for 10 min and take the chicken out
4. Then add onion in oil, add pinch of salt, black pepper, garam masala, and ginger garlic paste and mix it well
5. Next add chicken and tomatoes and leave it for 10 min so that tomatoes get soft
6. When tomatoes are done, mash all tomatoes by hand and mix it well in chicken
7. Then add green chilies and mix
8. Finally, garnish it with chopped coriander and serve

Mixed Vegetables by Kaisra Osman

Origin: East Africa



Ingredients

2 medium onions
2 medium fresh tomatoes (sliced)
4 tablespoons crushed canned tomatoes
1 tablespoon tomato paste
2 large eggplants
2 green bell peppers
1 red bell pepper
1 orange bell pepper
1 yellow bell pepper
2 large potatoes

Canola oil
Salt to taste
1 teaspoon red chili powder
1½ teaspoon cumin powder
1 teaspoon turmeric powder
1 teaspoon fresh crushed garlic (powder can be substituted)
1 teaspoon fresh crushed ginger (powder can be substituted)
Freshly chopped cilantro to garnish (Optional)

Preparation

Vegetable Preparation

1. Slice all bell peppers into strips. Do not mix them
2. Fry each bell pepper type separately. (Sauté them for a healthier option)
3. Slice eggplant into strips and fry or sauté
4. Slice potatoes into strips and fry as french fries

Sauce

1. Slice onions and sauté in 3 tablespoons of oil
2. Add garlic and ginger
3. Add sliced tomatoes, crushed tomatoes and tomato paste

4. Add salt, red chili powder, cumin powder, turmeric powder and mix
5. Simmer on medium heat for five minutes mixing constantly
6. Add all the fried vegetables except the potatoes
7. Mix well and simmer on medium heat for another five minutes. If needed, add a little water to stop it sticking to the bottom of the pan
8. Add potatoes and fold slowly into the mixture
9. Cover and take off the stove.
10. Garnish with chopped cilantro (optional)
11. Serve with chapatti, pita bread or white boiled rice.

Aloo Ki Bhujia by Tayyeba Syeda

Origin: Pakistan



Ingredients

- 5 tablespoons oil
- 5-6 medium size potatoes
- 2 medium size tomatoes
- 1 medium size onion
- 3 cloves garlic
- 1 inch fresh ginger
- 1 teaspoon salt
- 1 teaspoon crushed chilies
- 1 teaspoon coriander powder
- 1 teaspoon cumin seeds
- 1/4 teaspoon turmeric powder
- Handful fresh cilantro
- 2 green chilis (optional)

Preparation

1. Crush ginger and garlic together
2. Wash, peel, and thinly cut potatoes
3. Slice onions and sauté them until they turn pink and soft
4. Add tomatoes and all of the spices along with the crushed ginger and garlic. Sauté until the tomatoes are soft (about 7-10 minutes)
5. Add potatoes to the pot and cover the lid until the potatoes have cooked through. Be sure to stir occasionally so the potatoes don't stick to the bottom
6. Once the potatoes have cooked through, add fresh cilantro, and green chilies and stir



Sides

Cranberry Sauce by Marjorie Scharf

Origin: USA



Ingredients

- 12 oz. bag fresh or thawed frozen cranberries
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ cup fresh orange juice
- Zest of 1 orange (grate the skin of an orange)

Preparation

1. Place one 12-ounce bag fresh or thawed frozen cranberries in a small saucepan over medium-high heat. heat, cover pan, and allow to cool.
2. Pour over the cranberries $\frac{3}{4}$ cup sugar and $\frac{3}{4}$ cup fresh orange juice.
3. Stir.
4. Cook until sugar is entirely melted, and cranberries begin to burst in the heat, 4 to 6 minutes.
5. Stir again, add the zest of one orange, and cook for 2 or 3 minutes longer, turn off
6. Put the cranberry mixture in a serving bowl, cover, and place in the refrigerator until cold, at least 2 hours, or until you need it.

This is a traditional dish eaten with turkey on Thanksgiving Day!

Falafel by Mariam Moheb

Origin: Egypt & Across the Middle East



Ingredients

2 cups chickpeas, soaked and drained
1 onion, roughly chopped
1/4 cup parsley, freshly chopped
1/4 cup coriander, freshly chopped
4 cloves garlic
1 teaspoon coriander powder
1 teaspoon cumin
1 teaspoon baking soda
3 tablespoon all-purpose flour
Salt to taste

Preparation

1. Soak chickpeas overnight, drain and rinse until golden brown and crispy from outside.
2. Blend chickpeas, onion, parsley, cilantro, and garlic in a food processor. The mixture should resemble coarse sand
3. Transfer the mixture to a bowl and add the all-purpose flour, baking soda, coriander powder, cumin, and salt. Mix together
4. Make round balls, cover and place in the fridge for about 30minutes
5. Fry or bake the balls for 15-20 minutes

Kyiv-style Cutlets by Marina Gonchar

Origin: Ukraine



Ingredients

800 grams of fillet chicken
150-200 grams of butter
2 eggs
Breadcrumbs
2-3 tablespoons of flour
50 grams of milk
Chopped greens (dill or parsley)
Salt and pepper to taste

Preparation

Filling

1. Mash soft butter with a fork
2. Mix finely chopped greens, salt and black pepper with a fork to a homogeneous mass
3. Using a tablespoon, make oval or cone shapes from the butter and put it in the freezer for 3-5 minutes. This is done so that the filling of butter and greens does not spread during the formation of cutlets

Chicken fillet

1. Clean chicken and carefully beat it
2. Put a frozen mold made of butter with greens in the center of the cut fillet and wrap it with chicken fillet on all sides (butter should be tightly wrapped with meat, no gaps should be visible. All gaps should be covered with pieces of fillet, otherwise the filling may leak during frying)

3. Put the cutlets in the freezer for a few minutes
4. While the cutlets are cooling, beat eggs with milk in a small bowl with a whisk
5. Take the cutlets out of the freezer. (Frozen patties should not fall apart, but they should not be completely frozen either)
6. Sprinkle cutlets with pepper and roll in flour
7. Dip in milk and egg mixture and roll in breadcrumbs. Breading should be repeated twice to form a crispy, appetizing crust on the cutlets, which will also prevent the cutlets from falling apart during frying.
8. Deep fry the Kiev-style cutlet for 4-5 minutes on each side and put them in the oven for 10-15 minutes. It is necessary to fry the Kiev-style cutlet immediately before serving.

Potato Chicken Cutlets with Mozzarella by Humaira Ahmad

Origin: Pakistan



Ingredients

1½ pounds boneless chicken breasts pieces
10 medium potatoes ½ bunch coriander leaves - washed and chopped
2 cups grated mozzarella cheese
2 teaspoons salt
3 teaspoons crushed red pepper
1 teaspoon black pepper powder
Pinch of caraway seeds (also known as carom seeds or ajwain)
5-6 green chilis (optional) - cut in very small

Coating

3-4 beaten eggs
4 cups breadcrumbs
¾ cup white sesame seeds
Cooking oil for frying

Preparation

1. Boil chicken with salt, black pepper and green chilis, till tender. Shred it when ready (1 tablespoon sesame seeds to 1 cup crumbs)
2. Boil potatoes till tender (don't overboil them). Grate them when they have slightly cool down.
3. Put together the shredded chicken, grated potatoes and add salt, crushed red pepper, black pepper powder, pinch of caraway seeds (ajwain), chopped green chilis, chopped coriander leaves, and mozzarella cheese. Mix gently.
4. Combine breadcrumbs with sesame seeds
5. Make small round patties with firm hands. Coat them with beaten egg, then cover them with breadcrumbs/sesame seeds.
6. Fry them till golden brown and ENJOY

Note: Makes approximately 30 cutlets. Cutlets can be frozen after frying. To reheat, microwave for 1 minute, then put them in the oven for 15 minutes at 350 F degrees

Gola Kabab by Ghazala Mannan

Origin: Pakistan



Ingredients

1 lb. ground beef
Brown onion
1 tablespoon yogurt
Crushed chili
Garam masala powder
Salt
Red chili powder
1 tablespoon raw papaya paste
Ginger and garlic paste
Cumin seeds powder
Nutmeg and mace powder
1 egg
2 tablespoons lemon juice
Green chilies
Coriander leaves (chopped)

Preparation

1. Mix all the ingredients in the ground beef
2. When it is done put a little oil on hand and make small rolls
3. Then take a pan and heat up some oil and fry rolls until cooked and golden
4. Serve with your favorite sauce

TIP: When making rolls make it with light hands (soft touch) or else they will be really hard



Desserts

Seviyan by Shanaz Tejani-Butt

Origin: India (Mumbai)



Ingredients

- 1 packet roasted vermicelli (5-6 oz) optional for garnish
- 2 tablespoons of oil or ghee
- Sugar syrup (8-10 tablespoons of sugar dissolved in 8-10 teaspoons of water - cook till dissolved)
- Water ($\frac{3}{4}$ - 1 cup)
- Rose essence or powdered cardamom seeds (your preference)
- Raisins and crushed nuts (almonds, pistachio) -

Preparation

1. Break up the long strands of vermicelli before roasting till lightly brown.
2. Add oil or ghee and fry lightly.
3. Add $\frac{1}{2}$ cup water and cook on low heat.
4. Add $\frac{1}{2}$ cup more water if you feel it is dry. When the vermicelli is almost soft, add the sugar solution. Cook on very low heat till soft.
5. Can add rose essence (1/4 teaspoon) or crushed cardamom seeds and garnish with nuts.

This is my mother's recipe - makes me remember my childhood in Mumbai!

Ghulab Jamun by Kaisra Osman

Origin: India & Pakistan



Ingredients

1 cup whipping cream
2 cups dry powder milk
1 cup flour
2 eggs
2 tablespoons butter
4 teaspoons baking powder
4 1/2 cups water
4 cups sugar
Oil for deep frying

Orange food coloring (optional)
A pinch of cardamom seed (optional)
1/4 teaspoon kewra (optional)

Preparation

Syrup

1. Boil water and sugar until sugar has melted.
2. Add a few drops of food coloring cardamom seeds and kewra
3. Keep on low heat to stay warm until you add the balls to the syrup

Ghulab Jamun Balls

1. Beat eggs and whipping cream together until blended
2. Mix in flour, milk, and baking powder
3. Melt butter in microwave
4. Pour over the mixture and mix

5. Let it stand for 5 minutes
6. Make 1/4 oz balls (approximately 1 teaspoon size) and deep fry in a deep wok or pan at medium hot oil turning constantly. Depending on the size of your wok, you will have to fry multiple batches.
7. Fry until golden brown
8. Add the balls to the syrup. Make sure the stove is turned off
9. Keep soaked in syrup for an hour before serving
10. The Ghulab Jamun are ready to serve. Enjoy!

This recipe makes approximately 42 Ghulab Jamuns. It is a great sweet to distribute to family and friends during a celebration!

Ras Malai by Humaira Ahmad

Origin: Pakistan



Ingredients

- 1 cup powder milk (Nido powder milk is preferred)
- 1 level teaspoon baking powder (less if you open a new can)
- 1 teaspoon plain flour
- 3/4 tablespoon cooking oil
- 1 egg (normal size, not extra-large ones)
- 1 liter fresh milk
- 3/4 cup Sugar
- 3-4 cardamoms (crushed coarsely)
- 6-7 pistachios (chopped coarsely)

Preparation

1. In a bowl, put 1 cup powder milk, add baking powder and plain flour, and mix thoroughly
2. Add cooking oil and mix.
3. Add 1 egg and mix it with hand till combined. Consistency will be like dough
4. Make small flat disc like shapes (will make around 13-14 discs)
5. Meanwhile put the fresh milk in a pot and add sugar and crushed cardamoms. Bring to boil and as soon as it starts to boil add the discs and let them boil.
6. Make sure the milk doesn't boil over (keep on rotating the pot and swirling the discs in the milk for 4-5 minutes). Note: do not stir with spoon, this may break the pieces
7. Let it cook on low heat for 10 minutes. Add crushed pistachios
8. Continue cooking for another 10 minutes. The discs should be double in size now
9. Let it cool down naturally while covered (this may take half hour or so)
10. When it has cooled down, refrigerate, and serve cold

Dates & Dry Fruits Energy Bites by Ghazala Mannan

Origin: Pakistan



Ingredients

50g seedless dates cut in half
Dry fruits of all kinds or the ones you like
Sesame seeds or crushed coconut
2 tablespoons butter

Preparation

1. In a pan, add 1 tablespoon of butter, all the dry fruits (except dates) and roast them, then put them aside
2. Add 1 tablespoon of butter in a pan, add dates and cook until soft then add all the dry fruits in it and mix well
3. Grease plastic wrap with butter spray or oil, and place sesame seeds or coconut on it
4. Pour the dry fruit and dates mixture on it and roll it then leave it until cool
5. When it has cooled down, cut them into pieces and serve.

Nankhatai by Ghazala Mannan

Origin: Pakistan



Ingredients

- 2 cups of all-purpose flour
- 1 cup powdered sugar
- 3-4 crushed cardamoms
- 1 pinch salt
- 1 teaspoon baking powder
- 1 cup ghee/butter
- 1 egg
- Food coloring (optional)

Preparation

1. Preheat your oven to 180 C degrees
2. In a clean bowl, mix all-purpose flour, powdered sugar, crushed cardamoms, salt, and baking powder
3. Add ghee and mix well with your hand to make sure it is tight enough to make a good cookie shape
4. Separate egg yolk and egg white. Add 2 pinch of food color in both
5. Make small balls and press them to form cookie shape
6. On half of the cookies brush egg white
7. For the rest of the cookies make a thumb impression in the middle and pour a little egg yolk
8. Place cookies in a baking tray and bake for 15 minutes
9. Serve when cookies come to room temperature



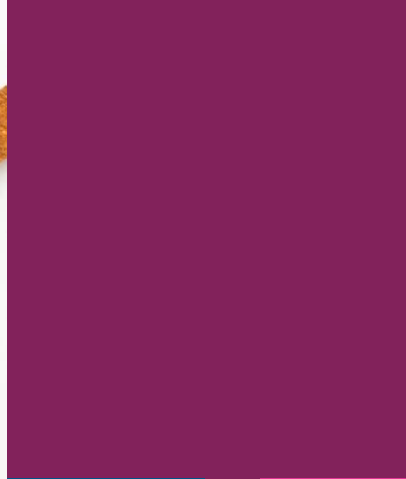
Student Tribute

Preparing food is a tradition passed on from generation to generation. It is hard to write these recipes into a cookbook. Often, the older generations in our family teach us about food by smelling the fresh spices, watching the ingredients simmer in the pot, and understanding how it feels to stir it until it is ready. Sometimes, there is no written recipe at all, just memories. Now, imagine writing about this experience in a new language! It is so difficult! Yet, you did it. You shared your experience cooking foods from your home country, and you did it in English!

I am so impressed and proud of everything you have accomplished. It has been such a pleasure working with you this session, and I have no doubt that your English will continue to improve. I cannot wait to cook your recipes, and I will think of you fondly as I do. I wish you all the best!

Lorraine Ritacco Shaw, MJ, Ms. Ed

English Language Instructor/Curriculum Developer



THE BEST INTERNATIONAL FOOD

