



IU World's Fare

food :: culture :: performance

2009 COOKBOOK

With Much Appreciation to:

Editors

Erin Clark

Megan Walsh

Authors

African Student Association

Asian American Association

Association for India's Development

Australasian Student Organization

Chinese Students & Scholars Association

Filipino Student Association

Hong Kong Student Association

Indian Student Association

Indonesian Student Association

Japanese Student Association

Kazakh Student Association

Korean Student Association

Latinos Unidos of Indiana University

Malaysian Student Association

Pakistani Student Association

Singapore Student Association

Taiwanese Student Association

Thai Students Association

Turkish Student Association

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Special thanks to Bart Perry (Catering Director), Damien Esposito (Executive Chef), and the Dining Services staff for all their help in preparing these exciting dishes!

About the Cookbook:

The IU World's Fare Cookbook is designed to complement the cultural experience presented at the 2009 IU World's Fare. We asked all participating international organizations to submit recipes, and their response was wonderful! We are happy to present this book to you, but please understand that we are not professional editors, nor are the organization members professional chefs! We have done our best to convert quantities, and know you'll have fun finding the ingredients. Work with the recipes, and enjoy experiencing a new cultural cuisine.

Sincerely,

The IU World's Fare Planning Committee

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Jollof Rice

Submitted By: African Student Association

Website: <http://www.indiana.edu/~iuasa>

E-mail: intiasar@indiana.edu

Ingredients

2.5-3 lb.	whole chicken
32 fl. oz.	stewed tomatoes
2 c.	water
2½ tsp.	salt
¼ tsp.	each: ground red pepper, black pepper, cinnamon
1 c.	rice
¼ lb.	smoked ham
3 c.	cabbage, coarsely shredded
8 oz.	green beans
2	onions

Directions

1. Heat chicken, stewed tomatoes (with juice), water, 2 tsp. salt and ¼ tsp. black pepper to boiling in 5-qt. dutch oven; reduce heat. Cover and simmer 30 minutes.
2. Remove chicken. Add rice, ham, cinnamon and red pepper.
3. Add chicken, cabbage, green beans and onions. Sprinkle with remaining ½ tsp. salt. Heat to boiling; reduce heat.
4. Cover and simmer until thickest pieces of chicken are done, 20-30 min.
5. Serve.

About the Recipe...

There are many versions of Jollof Rice. It is a common West African dish. Thyme and saffron added are good as variations to the recipe.

Type of Food

Entree (Main Dish)

Country/Region Represented

West Africa (Ghana)

Event or Time Typically Served

Special occasions such as family reunions/parties and national holidays

Chicken Dorinda with Lemon and Herbs

Submitted By: African Student Association

Website: <http://www.indiana.edu/~iuasa>

E-mail: intiasar@indiana.edu

Ingredients	
8-10	chicken drumsticks or wings
6-8	lemons, or equivalent amount of lemon juice
1	romaine lettuce head
½	cilantro bunch
2 tbsp.	olive oil
1½ c.	minced mixed fresh herbs
½ c.	cherry tomatos
2-3 tsp.	garlic salt
½ tsp.	salt
3-4	large mushrooms, thinly sliced

Directions

1. Rinse and dry the chicken pieces. If you are using wings, cut them into mini drumsticks and flat portions.
2. To make marinade - thoroughly mix the olive oil, garlic salt, lemon juice, herbs, and salt in a large bowl.
3. Put chicken pieces into the marinade, and stir well so that all the pieces are well coated. Cover and refrigerate for 12-24 hours to marinate thoroughly.
4. Preheat the oven to 400°F/200°C. Arrange the chicken pieces and marinade in a large baking dish and bake for 20 min. Remove from the oven and pour off the marinade. Return the chicken to the oven and bake for 20-30 min., or until well done and browned. As the chicken cooks, turn pieces regularly so that they brown evenly. The outside of the chicken pieces should be crisp, and the inside soft and moist. Keep a close eye on the baking process.
5. Separate the lettuce leaves. Wash and dry them and arrange on a large plate. Neatly arrange the cooked chicken pieces on top and garnish with cherry tomatoes, mushroom slices, cilantro sprigs, and lemon wedges. Serve the chicken hot or cold, alone or with rice.

About the Recipe...

Chicken is a very important part of daily life and is one of the most popular foods in Ghana. There are sometimes complications with livestock and so it is also a special food to serve.

Type of Food

Entree (Main Dish)

Country/Region Represented

West Africa (Ghana)

Event or Time Typically Served

Special occasions such as family reunions/parties and national holidays

Accra Banana Peanut Cake

Submitted By: African Student Association

Website: <http://www.indiana.edu/~iuasa>

E-mail: intiasar@indiana.edu

Ingredients	
4 c.	flour
¼ c.	cake flour (substitute: white flour)
4 tsp.	baking powder
1 tsp.	each: salt and cinnamon
½ tsp.	baking soda
10 oz.	butter or margarine
2½ c.	sugar
4	eggs
8	bananas, mashed
½ c.	peanuts

Directions

1. In a 2 qt. bowl, sift 4 c. all-purpose flour, ¼ c. cake flour, 4 tsp. baking powder, 1 tsp. salt, and ½ tsp. baking soda.
2. In a 3-qt. bowl, cream 10 oz. butter OR margarine with 2 c. sugar. Blend in 4 eggs lightly beaten. Fold the dry ingredients above alternately with 8 mashed bananas and ½ c. peanuts, coarsely chopped.
3. Bake in a greased 9 x 12-in. baking pan at 350°F for 30 min. Test by placing a toothpick in the middle of the cake. When the toothpick comes out dry, cake is done.
4. Combine: remaining ½ cup sugar with 1 tsp. cinnamon. Sprinkle cake with cinnamon mixture as it comes out of the oven.

About the Recipe...

Peanuts are a very popular food in Ghana. Chefs use it to make delicious soups as well as adding it to things like this dessert.

Type of Food

Dessert

Country/Region Represented

West Africa (Ghana)

Event or Time Typically Served

Special occasions such as family reunions/parties and national holidays

Gobi Manchurian (Cauliflower Manchurian)

Submitted By: Asian American Association

Website: www.indiana.edu/~aaa

E-mail: aaa@indiana.edu

Ingredients	
1	cauliflower of medium size
¾ c.	flour
1 tbsp.	corn flour
1	chili pepper, chopped
1½ tbsp.	garlic paste
1½ tbsp.	ginger paste
1 c.	onion, chopped
2 tbsp.	each: soy sauce, ketchup, oil
to taste	salt
garnish	cilantro leaves, chopped

Directions

1. Make a paste of flour, corn flour, and salt using water.
2. Add 1/2 tsp. of ginger and 1/2 tsp. garlic paste.
3. Dip cauliflower florets in paste and deep fry till golden brown. Set aside.
4. Heat oil in another pan and add remaining ginger and garlic paste, chopped onions, and green chili.
5. Mix in soy sauce and tomato sauce.
6. Add fried cauliflower and mix well.
7. Garnish with coriander leaves. Serve hot.

About the Recipe...

Cauliflower Manchurian is an interesting dish because it is the byproduct of the fusion of two cultures. This dish is a staple of the Indian Chinese cuisine. This cuisine is a variation in Chinese flavors and cooking styles that appeal to Indian tastes. For over a century, Indo-Chinese cuisine developed in the Chinese communities that lived in Kolkata. Today, Indo-Chinese cuisine is the most popular cuisine in India, next to traditional Indian cuisine. It can be found throughout the country and recently has begun to appear in international cities with many South Asian immigrants, e.g., New York City.

Type of Food

Appetizer

Country/Region Represented

India

Event or Time Typically Served

Anytime

Chicken

Submitted By: Asian American Association

Website: www.indiana.edu/~aaa

E-mail: aaa@indiana.edu

Ingredients	
6	chicken wings
1 tbsp.	ginger-garlic paste (half ginger, half garlic)
2 tbsp.	all-purpose flour
2	eggs, beaten
¼ tsp.	chili powder
pinch	sugar
1 tbsp.	soy sauce
to taste	salt

Directions

1. In a bowl mix soy sauce, ginger-garlic paste, sugar.
2. Coat chicken wings well in mixture and set aside for ½ hour.
3. Make a smooth batter by adding corn flour, all-purpose flour, salt, pepper, and beat in the eggs.
4. Heat oil in a wok
5. Dip each wing in the batter and coat evenly. Deep fry the drumsticks until golden brown.
6. Serve fried chicken wings hot with thin slices of onions and lemon.

About the Recipe...

Type of Food

Entree (Main Dish)

Country/Region Represented

India

Event or Time Typically Served

Anytime

Vegetable Lo Mein

Submitted By: Asian American Association

Website: www.indiana.edu/~aaa

E-mail: aaa@indiana.edu

Ingredients	
1 packet	lo mein noodles
1	carrot, sliced
1	onion, sliced
1	large red pepper, sliced
1	cabbage, shredded
1 tbsp.	vinegar
½ c.	soy sauce
2 tbsp.	oil
¼ tsp.	chili powder
¼ tsp.	salt

Directions

1. Boil noodles in water.
2. Strain noodles through cold water 2-3 times, drain water and set aside. Add few drops of oil to the noodles to avoid sticking.
3. Heat oil in a wok and add sliced onions and stir fry for 20-30 seconds, add all other vegetables and stir fry for 2 min.
4. Add salt and pepper and mix well.
5. Add boiled noodles and mix well (take care that noodles don't break).
6. Add vinegar, chili sauce and soy sauce and stir fry for a minute.

Note: Amount of vinegar, soy sauce and chili sauce can be increased or decreased according to taste.

About the Recipe...

Type of Food

Entree (Main Dish)
or
Accompaniment (Side Dish)

Country/Region Represented

India

Event or Time Typically Served

Anytime

Sabudana Khichdi

Submitted By: Association for India's Development

Website: www.indiana.edu/~aid

E-mail: aid@indiana.edu

Ingredients	
1 c.	tapioca pearls (do not use instant)
2	potatoes
½ c.	roasted peanuts, skin removed
1 tbsp.	sugar
to taste	salt and chilli powder
2 tbsp.	oil or ghee (clarified butter)
1 tsp.	cumin seed
1	green chili
7-8	curry leaves (optional)
garnish	grated coconut, lime juice & chopped cilantro

Directions

1. Wash tapioca pearls in water. Soak for 30 min. (no more).
2. Drain. Add ¼ c. water and let sit for 8 hours at room temperature. After 8 hours, the tapioca pearls should be completely soft but not soggy.
3. Coarsely grind roasted peanuts. Mix with tapioca pearls, salt, sugar, and red chilli powder.
4. Peel and cut potatoes into small cubes or slices.
5. Heat oil/ghee in a pan and add the cumin, green chillies, and curry leaves.
6. Add potatoes and a pinch of salt. Sauté the potatoes until crisp.
7. Add the tapioca mixture, mix well and cook on low flame until the tapioca becomes translucent but not sticky.
8. Once cooked, add coconut (1 tbsp. suggested) and mix.
9. Garnish with lemon juice and cilantro; serve.

About the Recipe...

This dish is from Maharashtra, a western state of India.

Curry leaves, also called karry patta, can be purchased at the Olive Market on 2610 E. 10th St.

Type of Food

Entree (Main Dish)

Country/Region Represented

India/Maharashtra

Event or Time Typically Served

Anytime

Basundi

Submitted By: Association for India's Development

Website: www.indiana.edu/~aid

E-mail: aid@indiana.edu

Ingredients	
3 c.	whole milk
¾ c.	sugar
pinch	saffron threads
¼ tbsp.	cardamom powder
2-3 tbsp.	heavy whipping cream
1 tbsp.	almonds

Directions

1. Heat milk in a thick-bottomed pan.
2. Keep the heat on medium and cook till the milk reduces to half.
3. Add the sugar and cook till the sugar is dissolved.
4. Add saffron strands diluted in little warm milk (I directly added saffron to the cooking mixture). Add whipping cream and mix well.
5. The consistency of the milk should be very thick. Remove from heat; add cardamom and almonds.
6. Serve hot or cold.

About the Recipe...

Basundi is a very traditional sweet dish for any auspicious occasion, especially for Gujaratis and Marwadis.

Type of Food

Dessert

Country/Region Represented

India/Gujrat

Event or Time Typically Served

Wedding

Dahi Wada

Submitted By: Association for India's Development

Website: www.indiana.edu/~aid

E-mail: aid@indiana.edu

Ingredients	
1 c.	udad dal black gram dal)
¼ c.	mung dal (green gram dal)
5 c.	yogurt
1 tbsp.	green chillies, chopped
½ tbsp.	ginger grated
1 tbsp.	almonds
4 tbsp.	sugar (for yogurt)
¼ tbsp.	mustard seeds
pinch	asafoetida (hinga)
sprinkle	red chilli powder, roasted jeera powder, black salt

Directions

WADAS

1. Soak the two dals for 7-8 hours or overnight; grind to a smooth paste.
2. Add salt to taste.
3. Heat oil for deep frying in a deep pan or fryer. Add spoonfuls of dal batter and fry until the wadas are golden brown.
4. Drop the hot wadas in a bowl of cold water and leave for about 3-4 minutes. Take each wada out of the water, squeeze water out and set aside.

DAHI

1. Blend yogurt with a little water until it is smooth.
2. Add sugar, salt, green chillies and ginger.
3. Make a tarka (seasoning) of mustard seeds, asafoetida, and curry leaves. Add to the yogurt.
4. Place yogurt in the refrigerator until chilled.

SERVING THE WADAS (Very Important)

1. Arrange the squeezed wadas in a deep dish. Pour the yogurt on the wadas so that all the wadas are well covered by the yogurt. Sprinkle red chilli powder, roasted jeera powder, and black salt (sanchal).
2. Serve with sweet tamarind(imli) chutney.

About the Recipe...

This dish loved by almost all Indians.

Mung dal and udad dal can be purchased at the Olive Market on 2610 E. 10th Street, at the Sahara Mart on 2611 E. 3rd Street, or at the Sahara Mart on 106 E. 2nd Street.

Asafoetida (hinga) and Jeera powder can be purchased at the Sahara Mart on 2611 E. 3rd Street or at the Sahara Mart on 106 E. 2nd Street.

Type of Food

Accompaniment (Side Dish)

Country/Region Represented

India

Event or Time Typically Served

Auspicious occasions

Sausage Rolls

Submitted By: Australiasian Student Organization

Website: None

E-mail: marolive@indiana.edu

Ingredients	
½ c.	breadcrumbs
⅓ c.	milk
1 lb.	pork/veal or chicken/herb sausages (w/o casing)
½	small onion, chopped
2	eggs
2	puff pastry sheets, frozen
½ c.	sesame seeds
1 c.	ketchup

Directions

1. Combine the first four ingredients with 1 of the 2 eggs and blend in a food processor. Cover and place in refrigerator for 30 min.
2. On a floured surface cut each sheet of pastry in half. Spoon the sausage mixture into the center of the pastry, creating a long line of filling. Fold the pastry over the filling and seal with water, overlapping at center. Repeat for each roll.
3. Preheat the oven to 350°F. Place wax paper on the oven tray. Cut each long roll into 4-6 smaller pieces and arrange on the oven tray.
4. Whisk the remaining egg in a cup and brush each small roll with the egg. Sprinkle each small roll with sesame seeds.
5. Bake for approximately 30 min. and serve hot with ketchup.

About the Recipe...

This is a great Australian snack, finger food, and party favorite! Once known as Beef Wellington to the aristocratic English settlers of Sydney Cove, sausage rolls are a tasty treat made easy!

Type of Food

Appetizer

Country/Region Represented

Australia

Event or Time Typically Served

Anytime

Anzac Biscuits (Cookies)

Submitted By: Australiasian Student Organization

Website: None

E-mail: marolive@indiana.edu

Ingredients	
12½ tbsp.	butter, melted
1 c.	flour
1 c.	sugar
1 c.	coconut, unsweetened and dessicated (or blended)
1 c.	rolled oats
1 tbsp.	golden syrup (or half honey and half corn syrup)
1 tsp.	baking soda
¼ tsp.	salt

Directions

1. Preheat the oven to 350°F. Line a baking tray with wax paper. Set aside.
2. Melt the butter over medium heat in a small sauce pan. Add the golden syrup and baking soda. Stir; remove from heat.
3. Mix the flour, oats, sugar, coconut, and salt in a mixing bowl. Add the melted butter mixture to the dry ingredients and mix to combine. If dough seems too dry, add water.
4. Roll 1 ½ tbsp. of dough into small balls and flatten between the palms of your hands. Place dough on baking tray, allowing room between each.
5. Bake until golden brown (approximately 10-12 min.). Remove the biscuits from the oven and let sit for approximately 5 min. Remove from tray and cool on a wire rack.

About the Recipe...

The Anzacs were World War I soldiers from the Australian and New Zealand Army Corps. The crunchy Anzac biscuit was made by women on the homefront and sent across the sea to their soldiers. Originally named Soldier's Biscuits and containing just flour, sugar, milk powder, and water, they were made to endure life at sea. Now biscuits are more of a treat with additional butter, syrup, and coconut. Anzac Day is a national holiday in Australia and New Zealand -- it is on April 25.

Type of Food

Dessert

Country/Region Represented

Australia and New Zealand

Event or Time Typically Served

Anzac Day -- April 25

Damper (Bread)

Submitted By: Australiasian Student Organization

Website: None

E-mail: marolive@indiana.edu

Ingredients

2 c.	flour, self-rising
1 tsp.	sea salt
1 tsp.	sugar
½ c.	milk
8 oz.	butter
½ c.	water

Directions

1. Preheat the oven to 350°F. Grease a baking tray and line with wax paper. Set aside.
2. Mix flour, salt, and sugar together in a bowl. Use hand to mix in slices of butter (use 3 of the 8 oz. butter). Add water and milk to the mixture, stir until it becomes a sticky dough.
3. Shape dough into an 8 in. round. Rub flour on a knife and score the top of the Damper (bread) with 8 wedges.
4. Bake for 50 min. Tap the bread -- if it sounds hollow, it is ready to cool. Once cooled, serve sliced or pulled apart with remaining butter.

About the Recipe...

Damper is a traditional Bushman food made over the open fire with minimal ingredients. Often eaten with any available condiments, this is the most basic and hearty element to Aussie cuisine.

Type of Food

Entree (Main Dish)

or

Accompaniment (Side Dish)

Country/Region Represented

Australia

Event or Time Typically Served

Breakfast or lunch

Chicken Wings in Five Spice

Submitted By: IU Chinese Students and Scholars Association

Website: www.iub.edu/~iucssa

E-mail: iucssa@indiana.edu

Ingredients	
12	chicken wings, whole
1 c.	water-chestnut flour
4 c.	peanut oil
½ tsp.	ginger, freshly grated
⅛ c.	light soy sauce
⅛ c.	dry sherry cooking wine or Chinese rice wine
½ tsp.	five-spice powder

Directions

1. Cut each wing into 3 logical pieces. Save the tips for soup and use only the 2 meatier parts for this recipe.
2. Prepare the marinade; marinate the wing pieces for 30 min.
3. Drain and toss in the water-chestnut flour.
4. Deep-fry at 360°F until golden brown, about 5 min.

About the Recipe...

This dish is typically served in Chinese restaurants.

Type of Food

Appetizer

Country/Region Represented

China

Event or Time Typically Served

Lunch or dinner

Almond Cookies

Submitted By: IU Chinese Students and Scholars Association

Website: www.iub.edu/~iucssa

E-mail: iucssa@indiana.edu

Ingredients	
2½ c.	flour
1 c.	sugar
½ tsp.	baking soda
1 c.	butter
2	eggs, beaten
1 tbsp.	almond extract
¼ lb.	almonds, blanched

Directions

1. Preheat oven to 325°F.
2. In a food processor, mix the flour, sugar, butter, salt and baking soda until it forms little balls.
3. Add the eggs and almond extract.
4. Roll out the dough on floured surface. Cut with 2½ in. cookie cutter. Place on greased cookie sheet and place an almond in center of each cookie. Bake for 25 min.

About the Recipe...

Usually we have Almond Cookies while in afternoon teatime; they are especially popular among elders.

Type of Food

Appetizer or Dessert

Country/Region Represented

China

Event or Time Typically Served

Chinese New Year or Moon Festival

Egg Bubble Soup

Submitted By: IU Chinese Students and Scholars Association

Website: www.iub.edu/~iucssa

E-mail: iucssa@indiana.edu

Ingredients

4	eggs, beaten
1/8 tsp.	pepper
3 1/2 oz.	lard or vegetable oil
1 tsp.	scallions, chopped
1 1/2 tsp.	salt
1 tsp.	MSG (optional)

Directions

1. Heat the oil in a work over low heat to about 350°F (175°C), or until a piece of scallion green sizzles and moves around when dropped in the oil.
2. Add the eggs and fry until the egg solution bubbles but has not yet begun to brown.
3. Add 4 c. water. Stir in the salt, MSG, and pepper. Simmer until fragrant. Pour the soup into a tureen, sprinkle with scallions, and serve.

About the Recipe...

This dish is to be served after dinner, its purpose is to smooth out the flavor of the main dish, because often the taste of the main dish will last a long time.

Type of Food

Accompaniment (Side Dish)

Country/Region Represented

China

Event or Time Typically Served

After dinner

Pancit Bihon

Submitted By: Filipino Student Association

Website: <http://www.indiana.edu/~fsa>

E-mail: fsa@indiana.edu

Ingredients	
8 oz.	rice noodles
1	cooked chicken breast, shredded
2 c.	chicken broth
¼	cabbage
1	onion
3	garlic cloves
⅓ c.	scallions
1	carrot, sliced into strips
2 tbsp.	cooking oil
2 tbsp.	diced celery

Directions

1. Soak the rice noodles to soften for 10 min.
2. Grease a large pan or wok with oil. Sauté garlic and onions.
3. Add the chicken broth, shredded chicken breast, and all the vegetables until cooked.
4. Mix in the rice noodles and add the soy sauce, cook for about 5 min. or until the noodles are soft.
5. Salt and pepper to taste.
6. Serve hot with sliced calamansi or lemon on the side.

Note: Calamansi or lemon is to be squeezed into the pancit bihon before eating.

About the Recipe...

Pancit or "Pansit" is a noodle dish common in the Philippines of Chinese origin. This food is second in popularity to rice in the country, and is similar to yakisoba and yakiudon, Japanese-style stir-fried noodles.

Type of Food

Entree (Main Dish)

Country/Region Represented

The Phillipines

Event or Time Typically Served

Lunch or dinner

Lumpia Shanghai

Submitted By: Filipino Student Association

Website: <http://www.indiana.edu/~fsa>

E-mail: fsa@indiana.edu

Ingredients	
1 tbsp.	vegetable oil
1 lb.	ground pork
2	garlic cloves, crushed
½ c.	each: onion, carrots, green onions, chopped
½ c.	green cabbage, thinly sliced
1 tsp.	each: black pepper, salt, garlic powder, soy sauce
30	lumpia or spring roll wrappers (square)
1	carrot, sliced into strips
2 c.	vegetable oil

Directions

1. Place a wok or large skillet over high heat, and pour in 1 tbsp. vegetable oil. Cook pork, stirring frequently, until no pink is showing. Remove pork from pan and set aside. Drain grease from pan, leaving a thin coating. Cook garlic and onion in the same pan for 2 min. Stir in the cooked pork, carrots, green onions, and cabbage. Season with pepper, salt, garlic powder, and soy sauce. Remove from heat, and set aside until cool enough to handle.
2. Place three heaping tablespoons of the filling diagonally near one corner of each wrapper, leaving a 1½ in. space at both ends. Fold the side along the length of the filling over the filling, tuck in both ends, and roll neatly. Keep the roll tight as you assemble. Moisten the other side of the wrapper with water to seal the edge. Cover the rolls with plastic wrap to retain moisture.
3. Heat a heavy skillet over medium heat, add oil to ½ in. depth, and heat for 5 min. Slide 3 or 4 lumpia into the oil. Fry the rolls for 1-2 min., until all sides are golden brown. Drain on paper towels. Serve immediately.

About the Recipe...

Lumpia are pastries of Chinese origin similar to spring rolls popular in the Philippines and Indonesia. The term lumpia derives from lunpia in the Hokkien language. The recipe, both fried and fresh versions, was brought by the Chinese immigrants from the Fujian province of China to Southeast Asia and became popular where they settled in the Philippines and Indonesia.

Lumpia or spring roll wrappers can be purchased at any Asian market - e.g., Saraga Oriental Market at 1305 S. College Mall Road and Long Ship International Market at 2038 N. Walnut Street.

Type of Food

Appetizer

Country/Region Represented

The Phillipines

Event or Time Typically Served

Lumpia's distinct taste and ease of preparation has caused it to be one of the staple food products on the menus of many Filipino restaurants in the United States.

Curry Fishball

Submitted By: Hong Kong Student Association

Website: www.indiana.edu/~hongkong

E-mail: hongkong@indiana.edu

Ingredients	
2 packs	fishballs, fried
1	white radish
1 tsp.	butter
1 tsp.	curry powder
1 tsp.	fish sauce

Directions

1. Boil white radish in water until mostly cooked.
2. Melt butter on low heat. Add curry powder, stir well.
3. Add fried fishball, add water gradually until fishballs are covered. Once boiling, add white radish and fish sauce.
4. Boil on medium heat until the white radish turns clear in color. Stir often.
5. Serve.

About the Recipe...

There were two friends deciding what to make for lunch. One loved curry while another loved fishballs. This put them into a quarrel, but they eventually came up with an idea of mix and match. They love the final product so much that they started a business named Curry Fishball.

Fishballs, white radish, and fish sauce can be purchased at Long Ship International Market on 2038 N. Walnut Street.

Type of Food

Appetizer

Country/Region Represented

Hong Kong

Event or Time Typically Served

Anytime

Stuffed Eggplants

Submitted By: Hong Kong Student Association

Website: www.indiana.edu/~hongkong

E-mail: hongkong@indiana.edu

Ingredients	
2	eggplants
8 oz.	shelled prawns
1 tbsp.	cornstarch
¼ tsp.	salt
½ tsp.	cornsarch
	pepper

Directions

1. Clean eggplants, remove stalks, and cut at an angle into thick slices.
2. Mash shelled prawns, season and mix until sticky, chill.
3. Dust one cut-side of eggplants with cornstarch, spread and stuff with shrimp paste.
4. Heat oil; add stuffed eggplants with filling facing downward. Turn when cooked. Slightly fry eggplants until soft. Drain and dish.

About the Recipe...

There is a myth that if a person commits a serious crime in his lifetime, he would not be permitted to enter heaven after his death. He would then be put to hell and tortured by demons. To escape from the demons, people invented a dish which the prawn symbolizes a stone while the eggplant represents the demons. The prawn is always put on top of the eggplant meaning the demons are fixed under the stones.

Type of Food

Entree (Main Dish)

Country/Region Represented

Hong Kong

Event or Time Typically Served

Chinese New Year

Taro in Sago Syrup

Submitted By: Hong Kong Student Association

Website: www.indiana.edu/~hongkong

E-mail: hongkong@indiana.edu

Ingredients	
10 oz.	brown taro root
4 oz.	sago pearls (may substitute tapioca pearls)
6 oz.	rock sugar
2½ c.	water
½ c.	evaporated milk
¾ c.	coconut milk

Directions

1. Peel and dice taro. Steam. Mash (optional).
2. Soak sago in boiling water for 15 min., stirring occasionally. Drain. Add water and boil until mostly cooked. Drain. Rinse under tap water and drain again.
3. Dissolve rock sugar in water. Add sago and taro, boil, stirring frequently. Remove from heat; add evaporated milk and coconut milk.
4. Serve hot.

About the Recipe...

A long long time ago, Chinese people used sago to stick stones together so as to build houses. After the houses were built, there was a lot of sago left behind, so people started to use the excess to cook soup. But they accidentally added too much sugar and turned the soup into syrup. This eventually became a traditional food and was even tasted by the emperor by that time!

Brown taro root, sago pearls, and rock sugar can be purchased at Long Ship International Market on 2038 N. Walnut Street.

Type of Food

Dessert

Country/Region Represented

Hong Kong

Event or Time Typically Served

Chinese New Year

Crispy Vegetable Pakoras

Submitted By: Indian Student Organization

Website: <http://www.indiana.edu/~isa/ISA/Home.html>

E-mail: ISA@indian.edu

Ingredients	
1 c.	chickpea flour
½ tsp.	coriander, ground
1 tsp.	salt
½ tsp.	each: ground turmeric, chili powder, garam masala
2	garlic cloves, crushed
¾ c.	water
1 qt.	oil
½	head of cauliflower (florets only)
2	onions, sliced into rings

Directions

1. Sift the chickpea flour into a medium bowl. Mix in the coriander, salt, turmeric, chili powder, garam masala and garlic.
2. Make a well in the center of the flour. Gradually pour the water into the well and mix to form a thick, smooth batter.
3. Over medium high heat in a large, heavy saucepan, heat the oil to 375°F (190°C).
4. Coat the cauliflower and onions in the batter and fry them in small batches until golden brown, about 4-5 min. Drain on paper towels before serving.

About the Recipe...

These delightful snacks are traditionally eaten with tea during the long rainy seasons. Originating in northern India, pakoras are easy to make and commonly served with chutney or tamarind sauce as appetizers and are common street food in India.

Pakoras are created by taking one or two ingredients, such as chicken, onion, potato, tomato, and dipping them in a batter of gram flour and then deep-frying them.

Type of Food

Appetizer

Country/Region Represented

India / north & south India

Event or Time Typically Served

Ramadhan

Palak Paneer

Submitted By: Indian Student Association

Website: <http://www.indiana.edu/~isa/ISA/Home.html>

E-mail: ISA@indian.edu

Ingredients	
1 lb.	spinach, washed
3½ oz.	paneer, cubed
1	onion, finely chopped
¼ tsp.	black pepper
¾ tsp.	ginger-garlic paste or powder
½ tsp.	green chili paste or powder
3 tbsp.	butter
2-3	bay leaves
1 tsp.	each: cumin seeds, garam masala powder
to taste	vegetable oil, salt

Directions

1. Clean and wash the spinach (palak), boil in water, and cool. Crush the spinach in a mixer.
2. Heat oil in a kadai. Add ginger-garlic and chilli paste and stir-fry for a minute.
3. Add onions and fry them till they turn golden brown.
4. Add all spices.
5. Now add the spinach (palak) and little water if needed and cook for 4-5 min.
6. Cut paneer into pieces.
7. Fry the paneer till golden brown in a separate pan.
8. Add paneer pieces to the gravy and cook until done.
9. Just before serving, add some butter or cream on top of the palak paneer curry.

About the Recipe...

Palak Paneer is a very popular vegetarian spinach curry made with spinach and small pieces of fried cheese. Palak Paneer is very easy to make and goes well with chapati or even boiled rice. It is a popular vegetarian dish eaten in India and Pakistan with bread such as roti or naan.

Type of Food

Entree (Main Dish)

Country/Region Represented

India / northern India, New Delhi

Event or Time Typically Served

Cultural and religious holidays

Gajar Halva (Carrot Halva)

Submitted By: Indian Student Association

Website: <http://www.indiana.edu/~isa/ISA/Home.html>

E-mail: ISA@indian.edu

Ingredients	
8 oz.	carrots, grated
1 c.	milk
2 tbsp.	condensed milk
2 tbsp.	fresh cream
4 tbsp.	sugar
2 tbsp.	ghee (clarified butter)
to taste	cardamom powder
to taste	chopped nuts such as almonds
to taste	raisins

Directions

1. Heat ghee (clarified butter) on medium level in a pan till hot. Add grated carrots and mix well. Fry the carrots for about 10 min. or till they are cooked.
2. Mix milk, sugar, and condensed milk (replace condensed milk with 4 tbsp. khoya, if available). Add to carrots and keep on low heat uncovered for about 7 min., stirring periodically.
3. Dot with fresh cream. Sprinkle cardamom powder and chopped nuts. Keep on low heat for about 2 min.

About the Recipe...

Gajar Halva was introduced in India during the Moghul period by the traders from the Middle East and Asia Minor. It is the Indian cooks, however, who are credited with making halva by using vegetables such as carrots, pumpkin, zucchini, snake squash, potatoes, and yams carrot halva. It is the most popular halva in India and is enjoyed as a dessert as well as a sweet during religious and cultural events.

Type of Food

Dessert

Country/Region Represented

Punjab

Event or Time Typically Served

Cultural and religious events

Pisang Goreng (Fried Banana)

Submitted By: Indonesian Student Association (PERMIAS)

Website:

E-mail: asulimro@indiana.edu

Ingredients	
50	ripe bananas
24½ oz.	flour (Rose brand suggested)
12	eggs
1.7 fl. oz.	white sugar
	water

Directions

1. Cut the bananas in half.
2. Mix the flour, sugar, and eggs.
3. Add water to the mixture until it is of dripping consistency.
4. Dip the bananas into the mixture and deep fry.

About the Recipe...

Type of Food

Dessert

Country/Region Represented

Indonesia

Event or Time Typically Served

Anytime, anywhere

Kroket Kentang (Potato Croquette)

Submitted By: Indonesian Student Association (PERMIAS)

Website:

E-mail: asulimro@indiana.edu

Ingredients	
1 lb.	potatoes
1½ tsp.	each: salt and pepper
¾ tsp.	nutmeg
1	egg
1 tbsp.	water
1¾ oz.	breadcrumb/cheese flour
	INGREDIENTS AS LISTED BELOW: FILLING
	INGREDIENTS AS LISTED BELOW: SAUCE

Directions

WRAPPER

1. Steam the potatoes until soft; mash. In a small bowl, mix the salt, pepper, and nutmeg. Add to the potatoes and mix well. Mix 1 tbsp. flour with 2 tbsp. water. Beat 1 egg with 1 tbsp. water. Finely slice 1 carrot, 1¾ oz. yardlong beans, 1 green onion and 1 stalk of celery.

FILLING

2. Cook 2 finely sliced shallots and 2 finely sliced garlic cloves in 1 tbsp. oil. for 2 min. Add 3½ oz. beef (minced), carrot, and yardlong beans and cook until the liquids have evaporated. Mix in the water, a finely sliced red Thai chili, 2 tbsp. palm sugar, green onion and celery. Mix in the flour and stir it until it thickens. Let cool. Take 2 tbsp. of the potato mixture and roll it out until it is ½ cm thick. Put on 3 tbsp. of the meat mixture and fold it close in an oblong shape. Dip it in the egg and then through the breadcrumbs. Heat oil in a wok and fry the kroket until golden brown. Drain on paper towels and serve with the cooled sauce.

SAUCE

3. Pound or grind 1¾ oz. peanuts, 1½ tsp. salt, 2 tbsp. palm sugar and 2 red Thai chilis into a paste. Add 5 oz. water and 1 tbsp. vinegar. Heat in a pan until a sauce forms. Let cool.

About the Recipe...

Type of Food

Appetizer

Country/Region Represented

Indonesia

Event or Time Typically Served

Anytime, anywhere

Kabocha No Nimono (Simmered Pumpkin)

Submitted By: Japanese Student Association

Website: www.iub.edu/~jsa

E-mail: jsa@indiana.edu

Ingredients	
2 lb.	kabocha squash (can substitute pumpkin)
½ c.	dashi (can substitute water)
2 tbsp.	sugar
1 tbsp.	soy sauce

Directions

1. Wash kabocha squash and dry. If the skin is in good condition, there's no need to peel it. Cut in half, and again into quarters. Scoop out the seeds then cut into 1 in. x 1 in. cubes.
2. Put water, sugar, soy and salt in a sauce pan then add the kabocha cubes. Bring to a boil and place lid on pan, turning down heat to a low simmer for 15 min. Keep an eye on the amount of liquid in the saucepan, you don't want it all to evaporate and burn the kabocha squash. Cook until done, when a chopstick easily pierces the flesh without it falling apart. You don't want the kabocha squash too hard or too mushy.
3. Serve chunks hot or cold with any leftover liquid sauce.

About the Recipe...

The Hokkaido island of Japan is a common place of production for the Kabocha squash. This dish is usually served from summer through autumn.

Type of Food

Accompaniment (Side Dish)

Country/Region Represented

Japan

Event or Time Typically Served

Summer through autumn

Teriyaki Chicken

Submitted By: Japanese Student Association

Website: www.iub.edu/~jsa

E-mail: jsa@indiana.edu

Ingredients	
¾ lb.	chicken breasts or thighs
2 tbsp.	sake rice wine
4 tbsp.	soy sauce
4 tbsp.	mirin sweet rice wine
2 tbsp.	sugar
garnish	grated ginger (optional)

Directions

1. Poke chicken using a fork. Mix other ingredients in a bowl. Marinate the chicken in the mixture for 15 min. in the refrigerator.
2. Heat some vegetable oil in a frying pan. First, fry the skin side of the chicken on medium heat until the skin is browned. Turn the chicken over to fry the other side on low heat.
3. Pour the sauce used to marinate chicken in the pan. Cover the pan and steam cook the chicken on low heat until done.
4. Remove the lid and simmer until the sauce becomes thick. Stop the heat.
5. Slice the chicken and serve on a plate. Pour thickened sauce over the teriyaki chicken. Garnish with grated ginger if you would like.

About the Recipe...

Teriyaki is one of Japan's traditional style of flavoring. It is common in many type of dishes, but among them, fish and poultry are especially common. The name comes from the shine (called "teri" in Japanese) one can see on the surface of the food, which comes from the sugar content in the teriyaki sauce.

Sake rice wine can be purchased at the Asian grocery store Saraga on College Mall Road or at liquor stores such as Big Red. Mirin sweet rice wine can be purchased at Saraga.

Type of Food

Entree (Main Dish)

Country/Region Represented

Japan

Event or Time Typically Served

Lunch or dinner

Salt Boiled Edamame

Submitted By: Japanese Student Association

Website: www.iub.edu/~jsa

E-mail: jsa@indiana.edu

Ingredients

1 lb.	edamame, fresh in pods or frozen in pods
1 tbsp.	salt

Directions

1. Cut off the stem end of edamame pods. Wash edamame and drain. Put edamame in a medium bowl. Sprinkle a pinch of salt over the edamame. Rub them with salt.
2. Boil lots of water in a large pot. Add 1 tbsp. of salt in the boiling water. Add edamame in the boiling water and boil for 3 to 4 min.
3. Drain in a colander. Spread boiled edamame on a flat tray and sprinkle 1 tbsp. of salt over them. Cool the edamame.

About the Recipe...

Edamame is thought to have been enjoyed in its current form since the Nara and Heian era. During the Edo period, boiled edamame was sold on the streets on the twig during the summer, which is the origin of its name. Eda (twig) and Mame (bean).

Type of Food

Appetizer

Country/Region Represented

Japan

Event or Time Typically Served

Enjoyed in all over Japan, often in casual bars and restaurants with beer

Kuyrdak

Submitted By: Kazakh Student Association

Website: www.iub.edu/~kazakh

E-mail: kazakh@indiana.edu

Ingredients	
2 lb.	beef, cubed
5 oz.	onion, chopped
4 lb.	potato, cubed
2 c.	sunflower oil
pinch	each: salt and pepper (to taste)

Directions

1. Heat the oil over medium heat in a large pot. Add salt and pepper.
2. Place the meat into the large pot and cook for about 15 min.
3. Add chopped onions and cook for an additional 10 min.
4. Add boiled water (a little bit), cook for about 10 min.
5. Place the potatoes into the pot (add boiled water if necessary).

About the Recipe...

Kuyrdak is served in soup-plates and stewed with greens. Usually kuyrdak is served with taba-nan or fresh bread. The dish is stewed with greens to taste.

Type of Food

Entree (Main Dish)

Country/Region Represented

Kazakhstan

Event or Time Typically Served

Lunch or dinner

Tuna Kimbap

Submitted By: Korean Student Association

Website: <http://iuksa.org>

E-mail: pr@usksa.org

Ingredients	
7	laver sheets
4½ c.	short grain rice, steamed and cooled
8-9 oz.	canned tuna
7 strips	yellow pickled radish
7 sticks	each: burdock root and BBQ Kimbap ham
4 sticks	crab
4	each: eggs and stalks of spinach
½	medium carrot
14	perilla leaves
	mayonnaise, salt, sesame oil

Directions

1. Clean spinach, parboil. Drain. Add 2 dashes of salt and a small amount of sesame oil. Mix well.
2. Beat one egg in a bowl. Fry in a pan until 70% cooked, roll. Repeat with remaining eggs.
3. Cut crab sticks and egg rolls in half. Cut carrot into 14 long, thin slices.
4. Mix 1 tbsp. sesame oil, ½ tsp. salt, 1 tsp. sugar, and 1 tbsp. vinegar in a bowl. Place half of this seasoning mixture on the cooled rice and mix.
5. Cook carrots, crab sticks, and BBQ Kimbap ham in a skillet with oil.
6. Rinse perilla leaves.
7. Place on laver on a bamboo mat. Thinly spread rice on the laver with a rice spatula, leaving the top 10% of the laver empty. Use cold water to rinse fingers.
8. Put two perilla leaves in the center of the rice. Then add 2 carrot sticks, 2-3 spinach leaves, tuna, mayonnaise, 1 crab stick, BBQ Kimbap ham, burdock stick, yellow radish, and egg stick.
9. Lift the bottom end of the laver to cover the ingredients, then roll. Using a brush, paste the remaining seasoning on the laver surface and slice.
10. Serve.

About the Recipe...

Kimbap/Gimbap is a popular Korean "fast" food made from steamed white rice (bap) and various other ingredients, rolled in sheets of dried seaweed (gim) & served cold in bite-size slices. Kimbap is often eaten during picnics or outdoor events, or as a light lunch, served with yellow pickled radish (danmuji) or kimchi. It is similar, but not identical, to one of the many variants of the Japanese rice-based dish sushi.

While Japanese sushi roll uses plain non-seasoned rice, the rice for kimbap is lightly seasoned with sesame oil, sesame seed, salt, and soy sauce.

Laver sheets, yellow pickled radish, burdock root, BBQ Kimbap ham, and perilla leaves can be purchased at Long Ship International Market on 2038 N. Walnut Street.

Type of Food

Entree (Main Dish)

Country/Region Represented

Korea

Event or Time Typically Served

Outdoor picnics or lunch

Tteokbokki

Submitted By: Korean Student Association

Website: <http://iuksa.org>

E-mail: pr@usksa.org

Ingredients	
15	sticky rice cake sticks (tteok)
2	fried fish cakes
1½ c.	green cabbage
½	each: onion and carrot
1	green onion
3 tbsp.	Korean Red Pepper Paste
1 tbsp.	Korean Red Pepper Powder
2 tbsp.	honey
½ tbsp.	each: sugar and minced garlic
1 tbsp.	soy sauce

Directions

1. Slice onion into ¼ in. pieces. Cut carrot diagonally. Cut green onion into ½ in. pieces. Cut cabbage into ¼ in. pieces.
2. Boil 2½ c. water and fried fish cakes. (Optional: add 6 pieces kelp and one package dried anchovies.) Cook 10 min. before removing add ingredients from the broth. Retain the fish cakes.
3. Add last five ingredients from ingredient list to broth. Cook 5 min.
4. Cut cooked fish cakes and rice cakes into 2 in. pieces. Add rice cakes, carrot, onion, and cabbage to broth. Cook until rice cakes become soft. Then, add fish cakes and cook 1 min. longer. Finally, add the green onion, cook for 1 min., and remove from heat.
5. Serve.

About the Recipe...

Tteokbokki is a popular Korean snack food which is commonly purchased from street vendors or pojangmacha. Originally it was called tteok jjim, and was a broiled dish of sliced rice cake, meat, eggs, and seasoning.

Tteok jjim an early variant of modern tteokbokki, was once a part of Korean royal court cuisine. This type of tteokbokki was made by broiling tteok, meat, vegetables, eggs, and seasonings in water, and then serving it topped with ginkgo nuts and walnuts. In its original form, tteokbokki was a dish served in the royal court and regarded as a representative example of haute cuisine. The original tteokbokki was a stir-fried dish.

Rice cake sticks, fried fish cakes, Korean red pepper paste and powder can be purchased at Long Ship International Market on 2038 N. Walnut Street.

Type of Food

Appetizer
 Entree (Main Dish)
 or
 Accompaniment (Side Dish)

Country/Region Represented

Korea

Event or Time Typically Served

Afternoon and evening

Korean Plum Tea

Submitted By: Korean Student Association

Website: <http://iuksa.org>

E-mail: pr@usksa.org

Ingredients	
1	Korean plum tea, in bottle or concentrate

Directions

1. If purchased in bottle, choose first whether to serve warm or cold. Heat or cool as necessary prior to serving.
2. If purchased in concentrate, reconstitute with water as directed by the instructions. Use warm or cool water as necessary prior to serving.

About the Recipe...

The maesil (plum) came into Korea approximately 1500 years ago from China and Korean ancestors used the fruit for food and medicinal purposes.

The maesil juice or tea is traditionally flavored with sweet osmanthus flowers and is enjoyed chilled, usually in summer. The juice, produced in Japan and Korea, tastes sweet and tangy and is considered a refreshing drink. In Korea, maesil juice is marketed as a healthful tonic and is enjoying increasing popularity. It is commercially available in glass jars in sweetened, concentrated syrup form.

Plum tea can be purchased at Long Ship International Market on 2038 N. Walnut Street.

Type of Food

Appetizer
or
Dessert

Country/Region Represented

Korea

Event or Time Typically Served

Summer

Ceviche

Submitted By: Latinos Unidos of Indiana University

Website:

E-mail:

Ingredients	
1 lb.	small to medium shrimp, peeled and deveined
2 tbsp.	salt
¾ c.	each: lime juice and lemon juice
1 c.	red onion, finely chopped
1	serrano chile, ribs/seeds removed and minced
1 c.	cilantro, chopped
1	cucumber, peeled/diced and cut into ½ in. pieces
1	avocado, peeled and cut into ½ in. pieces

Directions

1. In a large pot, bring to a boil 4 qts. of water, salted with 2 tbsp. salt. Add the shrimp and cook for 1 min.- 2 min. max, depending on size of shrimp. (Over-cooking the shrimp will turn it rubbery.) Remove shrimp with a slotted spoon and place into a bowl of ice water to stop the cooking.
2. Drain the shrimp. Cut each piece of shrimp in half, or into 1 in. long pieces. Place shrimp in a glass or ceramic bowl. Mix in the lime and lemon juice. Cover and refrigerate for a half hour.
3. Mix in the chopped red onion and serrano chile. Refrigerate an additional half hour.
4. Right before serving, add the cilantro, cucumber, and avocado. Serves 4-6.

About the Recipe...

Type of Food

Country/Region Represented

Event or Time Typically Served

Arepas

Submitted By: Latinos Unidos of Indiana University

Website:

E-mail:

Ingredients	
1 c.	arepa flour (precooked cornmeal)
1 c.	ricotta salata, crumbled or motzerella, grated
1 c.	water
2 tbsp.	water
¼ c.	vegetable oil
⅛ tsp.	salt

Directions

1. Toss together arepa flour, cheese, and ⅛ tsp. salt in a bowl, then stir in water until incorporated. Let stand until enough water is absorbed for a soft dough to form, 1-2 min. (dough will continue to stiffen).
2. Form 3 level tsbp. dough into 1 ball and flatten between your palms, gently pressing to form a ¼-in.-thick patty (2½ to 2¾ in. wide), then gently press around side to eliminate cracks. Transfer to a wax-paper-lined surface. Form more disks with remaining dough in same manner, transferring to wax-paper-lined surface.
3. Heat oil in a large nonstick or cast-iron skillet over medium heat until it shimmers, then fry arepas in 2 batches, turning over once, until deep golden in patches, 8-10 min. total per batch. Drain on paper towels.

About the Recipe...

Type of Food

Country/Region Represented

Event or Time Typically Served

Empanadas

Submitted By: Latinos Unidos of Indiana University

Website:

E-mail:

Ingredients	
3 c.	flour
1 tsp.	salt
½ c.	water, cold from the faucet or chilled
2	eggs
1 tsp.	white vinegar
3 tbsp.	shortening

Directions

1. In a bowl, beat the water, egg, egg white, and vinegar together. Set aside.
2. In a separate bowl, mix together the 3 c. flour and salt.
3. Cut the shortening into the flour mix with a pastry blender or two butter knives. Make a well in the center of the flour mix and pour the liquid ingredients from the first bowl into the center.
4. Mix the wet and dry ingredients with a fork until it becomes stiff.
5. Turn the dough out onto a lightly floured surface. Knead it just until all the flour is incorporated and the dough is smooth.
6. Wrap the dough in plastic and refrigerate for at least 1 hour, but never more than 24 hours. If you want to keep the dough longer than 24 hours, you can freeze it. Makes approximately 10 six in. empanadas.

About the Recipe...
Type of Food
Country/Region Represented
Event or Time Typically Served

Ayam Masak Merah (Red Cooked Chicken)

Submitted By: Malaysian Student Association

Website: www.indiana.edu/msaiub/MSA/home.html

E-mail: tanm@indiana.edu

Ingredients	
1.2 lb.	chicken
2	onions, quartered
3	potatoes, cut into wedges
4-6 oz.	can tomato paste
1½ c.	water
1½ in.	cinnamon stick
4	cloves
1	star anise
3-4 tbsp.	oil
SPICES AS LISTED BELOW	

Directions

1. Using a mortar and pestle or food processor/blender, grind together 10 shallots, 4 cloves garlic, 12 seeded red chilis, 2 tbsp. minced ginger.
2. Heat oil until hot, sauté ground spices until fragrant. Add cinnamon stick, cloves, and star anise. Cook for 1-2 min.
3. Add onions, tomato paste, and potatoes. Stir-fry well. Mix in water and tomatoes. Cook until mixture starts to boil. Reduce heat and simmer until chicken is tender and gravy turns thick.
4. Add salt and pepper to taste and serve this mildly spiced curry dish with bread slices or with plain rice.

About the Recipe...

Ayam masak merah (red cooked chicken) is a popular Malaysian dish. What makes this dish different from other sambals is the use of aromatic spices such as cinnamon sticks, star anise, cloves, and cardamom pods. The spice paste also includes coriander, turmeric, cumin, and fennel, all in powder form.

Type of Food

Entree (Main Dish)

Country/Region Represented

Malaysia

Event or Time Typically Served

Lunch or dinner

Kuih Serimuka

Submitted By: Malaysian Student Association

Website: www.indiana.edu/msaiub/MSA/home.html

E-mail: tanm@indiana.edu

Ingredients	
1.8 lb	rice, washed and soaked for 4 hours and drained
1	can coconut milk (15 oz.)
$\frac{5}{8}$ tsp.	salt
7	screw pine leaves, knotted
2	eggs
3.5 oz.	castor sugar
1 tsp.	vanilla
1 tsp.	mixed spices
$\frac{1}{4}$ tsp.	green food coloring
6 tsp.	flour

Directions

BOTTOM LAYER

1. Combine glutinous rice, salt and thick coconut milk in a 7 in. round cake pan. Place the screw pine leaves on top of the mixture and steam over rapidly boiling water for about 30-35 min. or until cooked through.
2. Discard screw pine leaves. Fluff up the rice, and then press rice firmly down with a banana leaf.

GREEN TOPPING

1. Stir eggs, sugar, thick coconut milk, 1 tbsp. screw pine juice and flour until sugar is dissolved.
2. Add green coloring and salt to mix then strain the batter.
3. Just before pouring in the green batter, scratch the lightly surface of the steamed rice with a fork.
4. Gradually pour the green batter over the rice. Steam over a medium to low heat for 12-15 min. or until set.
5. Remove the pastry and leave aside to cool completely before cutting into pieces.

About the Recipe...

Kuih Serimuka is a two-layered dessert with steamed glutinous rice forming the bottom half and a green custard layer made with screw pine juice (hence the green color). Coconut milk is a key ingredient in making this pastry. It is used as a substitute for water when cooking the glutinous rice and making the custard layer.

Type of Food

Dessert

Country/Region Represented

Malaysia

Event or Time Typically Served

Lunch or dinner

Kuih Lapis (Layer Cake)

Submitted By: Malaysian Student Association

Website: www.indiana.edu/msaiub/MSA/home.html

E-mail: tanm@indiana.edu

Ingredients	
25	eggs, reserving all yolks and 5 of whites
1.1 lb.	butter
7 oz.	sugar
1	can condensed milk
6 oz.	flour
2 tbsp.	golden syrup
1 tsp.	vanilla
1 tsp.	mixed spices

Directions

1. Cream butter with condensed milk, vanilla essence, golden syrup & mixed spices till well mixed and set aside.
2. Beat egg yolks with sugar until thick and creamy.
3. Add beaten egg yolk mixture to the creamed butter mixture and mix well. Fold in sieved flour.
4. Beat egg whites with a pinch of cream of tartar till stiff and fold in the mixture.
5. Grease and line an 8 in. square tin and preheat tin.
6. For first layer, spread 2 tbsp. of mixture in tin and bake in oven 180°C for 10-15 minutes.
7. For subsequent layers, grill each layer for about 3 min.
8. When top most layer is completed, cover with a metal tray or a piece of foil and bake for a further 5 min. It will take longer if the sides are still wet.
9. Turn cake out onto a metal grid and let cool completely before cutting.

About the Recipe...

Kuih Lapis (layer cake) is a rich kuih consisting of thin, alternating layers made of butter, eggs and sugar, piled on top of each other. Each layer is laid down and then steamed separately, making the creation of a kueh lapis an extremely laborious and time-consuming process.

Type of Food

Appetizer

Country/Region Represented

Malaysia

Event or Time Typically Served

Lunch or dinner

Cekodok Pisang (Banana Fritters)

Submitted By: Malaysian Student Association

Website: www.indiana.edu/msaiub/MSA/home.html

E-mail: tanm@indiana.edu

Ingredients	
3	ripe bananas, peeled
½ c.	flour
⅓	baking powder
pinch	salt
	oil

Directions

1. In a bowl, mash the bananas well. Add in the flour, baking powder and salt. Mix well. You will get a slightly thick batter.
2. In a wok or deep pan, put in the oil about 1.5-2 in. high and preheat at medium heat.
3. Scoop the batter using a tablespoon and slowly let it slide into the hot oil. Make sure the spoon is not too high up from the oil to avoid splattering. Fry until golden brown. Flip once or twice during frying.
4. Repeat step 3 until you have used all the batter. Fry 6-10 fritters at any one time depending on the size of your wok/pan. You don't want to fry too many at one time since that would change the oil temperature and you will end up with soggy fritters drenched with oil.

About the Recipe...

Cekodok Pisang are usually sold by the road-side stalls back in Malaysia during breakfast and tea time.

Type of Food

Dessert

Country/Region Represented

Malaysia

Event or Time Typically Served

Breakfast

Kheer

Submitted By: Pakistani Students Association

Website: www.indiana.edu/~psa

E-mail: psa.indiana@gmail.com

Ingredients

1 c.	rice (basmati recommended)
8	green cardamom pods, crushed
2 tbsp.	rose water or rose essence
2 tbsp.	ground pistachio nuts
7½ c.	whole milk
¾ c.	sugar

Directions

1. Place rice into a saucepan with the cardamom pods. Add 6¾ c. of milk and boil over medium heat stirring constantly.
2. Reduce heat to medium and add remaining milk. Cook until the rice thickens to a creamy consistency.
3. Add sugar and rose water; cook for 2 min.
4. Serve chilled, garnished with ground pistachio nuts.

About the Recipe...

The term kheer (N. India, Pakistan, and Nepal) is derived from Sanskrit. Both the terms ksheers and payasam (S. India) are derived from the Sanskrit words ksheer, (milk) and peeyusham (nectar), respectively. While most often made with rice, kheer can also be made with other ingredients such as vermicelli. As rice was known to the Romans and possibly introduced to Europe as a food crop as early as the 8th or 10th century AD, the recipe for the popular English rice pudding is believed by some to be descended from kheer. Similar rice recipes (originally called potages) go back to some of the earliest written recipes in English history.

Cardamom pods and rose water can be purchased at the Sahara Mart on 2611 E. 3rd St. or at the Sahara Mart on 106 E. 2nd St.

Type of Food

Dessert

Country/Region Represented

South Asia

Event or Time Typically Served

Religious holidays and weddings

Chicken Satay

Submitted By: Singapore Student Association

Website: <http://www.indiana.edu/~ssa/>

E-mail: ssa@indiana.edu

Ingredients	
1 lb.	chicken breast halves, boneless and skinless
1/3 c.	soy sauce
2 tbsp.	lime juice
2	garlic cloves, minced
1 tsp.	ginger root, grated
3/4 tsp.	red pepper flakes
2 tbsp.	water
3/4 c.	coconut milk, unsweetened
1 tbsp.	peanut butter, creamy variety
4	green onions w/ tops, cut into 1 inch pieces

Directions

1. Cut chicken crosswise into 3/8-in.-wide strips; place in shallow glass dish.
2. Combine soy sauce, lime juice, garlic, ginger and red pepper flakes in small bowl. Reserve 3 tbsp. mixture; cover and refrigerate. Add water to remaining mixture. Pour over chicken; toss to coat well. Cover; marinate in refrigerator at least 30 min. or up to 2 hours, stirring mixture occasionally.
3. Soak 8 (10- to 12-in.) bamboo skewers 20 min. in cold water to prevent them from burning; drain. Prepare grill for direct cooking.
4. Meanwhile, for peanut sauce, combine coconut milk, 3 tbsp. reserved soy sauce mixture and peanut butter in small saucepan. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and simmer, uncovered, 2-4 min. or until sauce thickens. Keep warm.
5. Drain chicken; reserve marinade. Weave 3-4 chicken strips accordion-style onto each skewer, alternating with green onion pieces. Brush chicken and onions with reserved marinade. Discard remaining marinade.
6. Place skewers on grid. Grill skewers on uncovered grill over medium-hot coals 6-8 min. or until chicken is no longer pink, turning halfway through grilling time. Serve with warm peanut sauce for dipping.

About the Recipe...

Satay is a dish consisting of diced or sliced chicken, mutton, beef, pork; the more authentic version uses skewers from the midrib of the coconut leaf, although bamboo skewers are often used. These are grilled or barbecued over a wood or charcoal fire, then served with various spicy seasonings or with peanut sauce. It is a dish originating from the Malay culture but has gained widespread popularity throughout the nation among all races. (Since it is a dish originating from the Muslim culture, pork is seldom used due to religious reasons.) Satay is commonly accompanied by other main dishes, although a good number of Singaporeans treat it as a main dish. It's chickiliciously tasty!

Type of Food

Entree (Main Dish)

Country/Region Represented

Singapore

Event or Time Typically Served

Hari Raya Haji (Malay Festival)

Lunch or dinner

Banana Fritters

Submitted By: Singapore Student Association

Website: <http://www.indiana.edu/~ssa/>

E-mail: ssa@indiana.edu

Ingredients	
2	each: eggs and bananas, ripe
2 tbsp.	milk
1 qt.	oil
1 tbsp.	margarine, melted
1 c.	flour
3 T. & 1 c.	white sugar & powdered sugar
1 tsp.	baking powder
½ tsp.	salt
¼ tsp.	cinnamon, ground
pinch	nutmeg, ground

Directions

1. In a large bowl, mash the bananas. Mix in milk, eggs and margarine until smooth. In a separate bowl, combine flour, sugar, baking powder, salt, cinnamon and nutmeg. Stir dry ingredients into banana mixture.
2. Heat oil in a deep fryer or heavy bottomed pan to 375°F (190°C). Drop batter by spoonfuls into hot oil, and cook, turning once, until browned, 2-8 min. Drain on paper towels and dust with confectioners' sugar.

About the Recipe...

Type of Food

Dessert

Country/Region Represented

Singapore

Event or Time Typically Served

Curry Puffs

Submitted By: Singapore Student Association

Website: <http://www.indiana.edu/~ssa/>

E-mail: ssa@indiana.edu

Ingredients	
5 tbsp.	oil
1	red onion of medium size, finely chopped
½ tsp.	kurma powder or chicken curry powder
2 tbsp.	meat or chicken curry powder
1 tsp.	chili powder
½ tsp.	turmeric powder
½ c.	chicken breast, finely diced
2	potatoes, boiled and finely diced
1½ tsp.	sugar
½ tsp.	each: salt and pepper

Directions

FILLING

1. See above list of ingredients. Heat oil and fry onion gently until golden brown. Add the kurma powder, curry powder, chili, turmeric and fry gently. Add the chicken, potatoes, sugar, pepper, salt and cook for 5 min. Mix well and leave aside to cool.

PASTRY

2. Mix 1 lb. flour with 5 oz. margarine or shortening, ¾ c. water, and ½ tsp. salt. Knead well. Let it rest for ½ hour. Cut the dough into circles (3 in.) in diameter. Fold pastry over to make a half circle and crimp at edges. Deep fry in hot oil until golden.

About the Recipe...

Curry puff is a small pie consisting of specialised curry with chicken and potatoes in a deep-fried pastry shell. Commonly taken as a snack or side dish, curry puff is one of several "puff" type pastries with different fillings, though now it is by far the most common in Singapore. Other common varieties include sardines and onions or sweet fillings such as yam. Indian variants of curry puffs also exist in Singapore but the fillings are usually more spicy, while the Malay variants of curry puffs are usually sweeter. Sweet or spicy, this is bound to tingle your taste buds!

Kurma powder, chicken curry powder, and meat powder can be purchased at Saraga Oriental Market at 1305 S. College Mall Rd. at the Sahara Mart on 2611 E. 3rd St., or at the Sahara Mart on 106 E. 2nd St.

Type of Food

Accompaniment (Side Dish)

Country/Region Represented

Singapore

Event or Time Typically Served

Breakfast or lunch

Three Cups Chicken

Submitted By: Taiwanese Student Association

Website: <http://www.indiana.edu/~taiwan/index2.html>

E-mail: yanchang@indiana.edu

Ingredients	
2	chicken thighs
5	cloves garlic, sliced
4½ tsp.	ginger, minced
2	chili peppers, seeds discarded and diced
6	stalks basil leaves, stems discarded
4 tbsp.	black sesame oil
3 tbsp.	soy sauce
½ c.	cooking wine
½ tbsp.	sugar
½ c.	water

Directions

1. Chop the chicken into small bite-size pieces. Rinse.
2. Heat sesame oil and sauté ginger. Add garlic and chicken, stir evenly. Add chili pepper and remaining seasonings. Cook until most liquid has evaporated.
3. Add basil leaves, mix well, and serve.

About the Recipe...

There are several version for the origins of Three Cups Chicken. One version of the story relates to the Song Dynasty national hero Wen Tianxiang, a Jiangxi native; a sympathetic prison warden cooked the dish for him using the limited resources available before Wen Tianxiang's execution. As the KMT government fled to Taiwan in the early 1950s, this traditional Chinese dish has been fully accepted and highly regarded by the Taiwanese. Today, the Three Cups Chicken dish is still thought of as having "the taste of mom and the feeling of being home" by many Taiwanese.

Black sesame oil can be purchased at any Asian market. E.g., Saraga Oriental Market at 1305 S. College Mall Rd. or Long Ship International Market at 2038 N. Walnut Street.

Type of Food

Entree (Main Dish)

Country/Region Represented

Taiwan

Event or Time Typically Served

Lunch or dinner

Ants Climbing Trees

Submitted By: Taiwanese Student Association

Website: <http://www.indiana.edu/~taiwan/index2.html>

E-mail: yanchang@indiana.edu

Ingredients	
½ lb.	ground pork
2 bundle	mung bean noodles
2	scallions, trimmed
1 tsp.	minced garlic
1 tbsp.	Chinese cooking wine (can substitute rice wine)
2 tbsp.	chili bean paste
½ tbsp.	soy sauce
½ tsp.	sugar
½ c.	water
2 tbsp.	oil

Directions

1. Soak mung bean noodles in water until soft. Cut into small sections.
2. Mix soy sauce, sugar, and water together and set aside.
3. Begin cooking ground pork in oil. Drizzle with Chinese cooking wine and add minced garlic and chili bean paste. Cook until pork is no longer pink.
4. Add mung bean noodles and seasoning ingredients. Stir well to combine and cook until little liquid is remaining. Sprinkle with chopped scallions and serve.

About the Recipe...

Ants Climbing Trees is a classic Sichuan dish in Chinese cuisine. However, as many Sichuan chefs fled to Taiwan at the end of the Chinese civil war, the dish has been popularized on the island. It consists of ground pork cooked in a sauce and poured over bean thread noodles (in the case of this recipe, mung bean noodles). It is so called because the bits of ground pork clinging to the noodles evoke an image of ants walking on twigs.

Chinese cooking wine, chili bean paste, and mung bean noodles can be purchased at any Asian market. E.g., Saraga Oriental Market at 1305 S. College Mall Rd. and Long Ship International Market at 2038 N. Walnut Street.

Type of Food

Accompaniment (Side Dish)

Country/Region Represented

Taiwan

Event or Time Typically Served

Lunch or dinner

Moo Kra Tiam (Garlic Marinated Pork)

Submitted By: Thai Students Association

Website: <http://www.indiana.edu/~thai/>

E-mail: thai@indiana.edu

Ingredients	
¼ c.	coriander root, finely sliced
2 tbsp.	garlic, finely sliced
1 tsp.	white pepper
½ tsp.	salt
1 lb.	boneless pork loin or chops
3-4	green lettuce leaves

Directions

1. Grind the garlic and coriander root with a mortar and pestle or in a food processor/blender (if using a food processor/blender add oil to aid in the processing).
2. Mix the garlic and coriander root mixture with salt and white pepper. Use this to marinate the pork for 2 hours at room temperature or overnight in a refrigerator.
3. In a wok, heat oil on high. Deep-fry the pork until golden brown (approximately 5 min.).
4. Place the pork over lettuce leaves and serve with rice.

About the Recipe...

This dish is very easy to prepare and tastes very good. It is very popular to all Thai people.

Coriander root can be purchased at any Asian market. Some Asian markets in Bloomington include Saraga Oriental Market at 1305 S. College Mall Rd. and Long Ship International Market at 2038 N. Walnut Street.

Type of Food

Entree (Main Dish)

Country/Region Represented

Central Thailand

Event or Time Typically Served

Anywhere, anytime

Gai Tod (Thai Fried Chicken)

Submitted By: Thai Students Association

Website: <http://www.indiana.edu/~thai/>

E-mail: thai@indiana.edu

Ingredients	
6	chicken wings
2 tbsp.	salt
2 tsp.	black pepper
1	egg
7 oz.	bread crumbs (fine)
1 qt.	oil

Directions

1. Mix chicken legs with salt and pepper. Let sit for 20 min.
2. Steam legs for 30 min. or until no longer pink. Let cool and dry with paper towel.
3. If using a deep fryer, turn to medium heat. If using a pan, fill with oil and turn stovetop burner to medium heat.
4. Mix the egg. Place bread crumbs in a plastic storage bag. Dip each chicken leg in the egg before dipping in the bread crumbs. Close the plastic storage bag holding the bread crumbs and shake the crumbs/chicken until the crumbs stick to the chicken.
5. Deep fry each chicken leg approximately 5 min. or until golden brown.

About the Recipe...

This is a very typical side dish that can be found basically anywhere in Thailand. It is usually sold as street food due to its very cheap production cost.

Type of Food

Accompaniment (Side Dish)

Country/Region Represented

Northeast Thailand

Event or Time Typically Served

Anywhere, anytime

Thai Pumpkin

Submitted By: Thai Students Association

Website: <http://www.indiana.edu/~thai/>

E-mail: thai@indiana.edu

Ingredients

1 c.	water
½ tsp.	salt
2 c.	pumpkin
⅓ c.	palm sugar
½ c.	coconut milk (if thick dilute with water)

Directions

1. Remove the skin and seeds from the pumpkin, cut into pieces of 2 in. x ½ in. x ½ in.
2. Add water and coconut milk to a pot and heat over low. Add salt. Add half of the sugar and taste before adding more. If you find it to be too sweet, add more water. Stir to dissolve the sugar. Add the pumpkin; without allowing the coconut milk to curdle (hint: use thin or thinned coconut milk), let boil until pumpkin is cooked.
3. Serve hot, warm, or at room temperature.

About the Recipe...

This is a very simple Thai dessert that is a favorite among many foreigners. It originated from the south of Thailand where there is an abundance of pumpkins and other various fruits.

Palm sugar can be purchased at any Asian market. E.g., Saraga Oriental Market at 1305 S. College Mall Rd. and Long Ship International Market at 2038 N. Walnut Street.

Type of Food

Dessert

Country/Region Represented

Northeast Thailand

Event or Time Typically Served

Anywhere, anytime

Hünkar Beğendi (Sultan's Delight)

Submitted By: Turkish Student Association

Website: <http://www.indiana.edu/~tsa/>

E-mail: TSA@indiana.edu

Ingredients	
2 lb.	boneless lamb shoulder
6 tbsp.	butter
2	chopped onions
3	diced tomatoes (can substitute 16 oz. canned)
2 c.	hot meat stock or water
2	medium eggplants
3 tbsp.	each: lemon juice and flour
1½ c.	milk, warmed
½	kasseri/roquefort/romano/gruyere cheese, grated
	salt and pepper

Directions

1. Cut lamb into $\frac{3}{4}$ in. cubes and sauté in 2 tbsp. of butter for 3-4 min. on high heat. Add onions, cover and cook over medium heat. Stir until meat browns for 20 min. Stir in tomatoes and turn to low heat. Add salt, pepper, $\frac{3}{4}$ meat stock. Cover and simmer for 1½ hours. Add water if it gets low. Meat should be moist but not in a runny/watery mixture.
2. Place unpeeled eggplants directly on gas burner over high flame/over a charcoal fire. Turn frequently to cook all sides. They are done when skin is charred and black and eggplants are thoroughly soft when pierced with a fork. Cool slightly. Peel, carefully removing all the pieces of burnt black skin. Wipe eggplant clean with wet hands and place in a bowl.
3. Melt 4 tbsp. of butter in a saucepan, blend in the flour and stir 2-3 minutes over medium heat. Take small pieces of eggplant by hand and squeeze out all the water. Stir into butter and flour mixture. Finish adding eggplant and beat with fork over low heat until smooth. Gradually add hot milk, beating briskly with a wire whisk until smooth and bubbling. When the mixture becomes a smooth paste, stir in the cheese. Season to taste. Remove from heat. Keep warm.
4. Transfer the meat mixture to a platter and serve the eggplant.

About the Recipe...

There exist two stories about this dish. The first says that the court chefs created the recipe for Sultan Murad IV in the early 17th century. The Sultan enjoyed the meal so much that it was named Hünkar Beğendi literally translated as, "the sultan liked it." The second story says the dish was named in honor of Empress Eugenie, the wife of Napoleon III. The pair visited the Ottoman Court in 1869, and sampled a dish which the Empress was immediately enamoured of. She had her personal chef go to the kitchen with measuring scales and notebook in hand, only to have the poor fellow thrown out by chefs who said a true recipe cannot be quantified. The Ottoman court was nonetheless so impressed by the empress's liking of the dish, that it was named Hünkar (a gender-neutral word in Turkish for sultan) Beğendi.

Type of Food

Entree (Main Dish)

Country/Region Represented

Turkey/Istanbul

Event or Time Typically Served

Dinner

Naneli Yoğurt Çorbası(Yogurt Soup with Mint)

Submitted By: Turkish Student Association

Website: <http://www.indiana.edu/~tsa/>

E-mail: TSA@indiana.edu

Ingredients	
2 qt.	beef or chicken stock
½ c.	rice
4	egg yolks
3 c.	plain yogurt
6 tbsp.	flour
4 tbsp.	butter
¾ tbsp.	dried mint leaves, crushed
½ tsp.	cayenne pepper or paprika

Directions

1. Put the meat stock and rice in a pan, cover and simmer until the rice is soft, about 30 min.
2. In a separate bowl, beat the egg yolks with the yogurt and flour. Add the water and blend to the consistency of a thin batter.
3. Gradually add this to the soup through a sieve, stirring constantly. Cover and leave to simmer 10 to 15 min. Remove from heat.
4. Melt 4 tbsp. of butter in a saucepan, stir in the mint leaves and cayenne or paprika, and cook until bubbly. Gently stir this mixture into the hot soup and serve immediately.

About the Recipe...

Soups are a particular favorite in Turkish cuisine especially during the winter months. Yogurt and mint soup is most commonly associated with the region of Erzurum (Eastern Turkey). The reason for choosing this recipe is to show an example of what an important role yogurt plays in Turkish cooking. A reason for this may be derived from the origins of Turkic people (known in Turkish as the Yörük or Oğuz Turkic), were tribal Turkmen groups who migrated into Anatolia from the north and mixed with Anatolian peoples. Their name comes from the Turkish verb yürümek, “to walk”. As nomads, these peoples' greatest source of food came from their livestock. Cow and goat milk could be transformed into butter, cheese, milk and yogurt.

Type of Food

Entree (Main Dish)

Country/Region Represented

Turkey/Erzurum

Event or Time Typically Served

Anytime

Kadın Göbeği (Lady's Navel)

Submitted By: Turkish Student Association

Website: <http://www.indiana.edu/~tsa/>

E-mail: TSA@indiana.edu

Ingredients	
3 c.	sugar
5 c.	water
1 tsp.	lemon juice
7 tbsp.	butter, unsalted
2½ c.	flour
4	large eggs at room temperature
1½ c.	oil

Directions

1. Dissolve the sugar with 3 c. water in a saucepan; bring to a boil. Turn the heat to low and simmer the syrup 10 min. Add lemon juice; simmer 5 min. longer. Remove from heat and cool.
2. Place 2 c. water and butter in a heavy pan. Bring to a boil, and add the flour all at once, stirring quickly with a wooden spoon. When mixture is smooth and no longer sticking to the sides of pan, remove pan from the heat. If overcooked, the dough will not puff. Cool to lukewarm.
3. Add eggs one at a time, beating vigorously. The dough will look slippery. Put a little oil on your hands and take walnut sized pieces, shape them into a ball, flatten and make a hole in the middle by putting your finger through the dough. Add oil to your hands to keep the dough from sticking.
4. Heat oil in a deep pot, preferably a wok, until lukewarm or warmer than 250°F. Do not exceed 300°F; you may need to remove pot from heat between batches. Be careful to space out the dough when you place it in the pan because they will puff out. Fry each side golden brown. Drain pastries on a paper towel, then drop into cool syrup. Leave 5-10 min. depending on level of sweetness preferred. Serve plain or with whipped cream.

About the Recipe...

This is a very traditional desert that was prepared in the kitchens on of the Topkapi Palace. These are small, golden round pastries with a hole in the middle (resembling a lady's navel) and are made from an egg based paste.

Type of Food

Dessert

Country/Region Represented

Turkey/Istanbul

Event or Time Typically Served

Afternoon tea or after meal



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