

FOODS 2170

INTERNATIONAL CUISINE



GLOBAL RECIPE COLLECTION

THIS RECIPE BOOK BELONGS TO:

Vietnamese Salad Rolls

Ingredients:

6 shrimp, raw with shell
2 oz rice vermicelli noodles

Hoisin Peanut Dipping Sauce Recipe

1/2 cup (4 oz) hoisin sauce
1/8 cup smooth peanut butter
1/2 tbsp rice vinegar
1 garlic, crushed
1 minced thai chili, or more for desired spiciness

For Spring Roll Assembly:

About 8 rice paper wrappers
1/4 head Iceberg lettuce
1/4 Cucumber, julienne
1 Carrot, julienne
Mint or Cilantro
1 cup bean sprouts

Directions:

1. Fill a medium size pot half full of water, put on stove over high heat and bring to a boil. Turn down heat to medium high, add shrimp to water, cook until they turn pink~3 mins. In a colander, drain shrimp and rinse in cold water to stop the cooking process. Once they are cooled, peel the shrimp and cut in half, lengthwise so that each piece of shrimp is thin.
2. Fill a large pot half full of water, put on stove over high heat and bring to a boil. Add rice noodles and cook for 5-6 mins or until tender, not mushy! Drain and set aside.
3. In a small bowl, whisk all ingredients for the hoisin peanut dipping sauce. Blend until everything combines smoothly together. If it is too thick, continue adding warm water until desired consistency.
4. In bowl of warm water, dip each rice paper wrapper for about 3-5 seconds (depending on rice paper thickness). Do not over soak your rice paper wrapper! Place on clean tea towel and allow rice paper to soak up water and become gelatinous and pliable (about 30 seconds to 1 minute, again, depending on the thickness rice paper).
5. On top 1/3 side closest to you, lay lettuce on the bottom for added strength to the wrapper. Then place rice noodles, shrimp, herbs and other vegetables. Roll up spring roll about 1/3 way through, and then fold in the sides. View step-by-step photographs.
6. Serve with hoisin peanut dip.

Pita Bread & Roasted Red Pepper Hummus

Ingredients:

1 cup warm water (90° – 110°F)
2 ¼ tsp active dry yeast
1/2 tsp sugar

1 tsp salt
2 ½ - 3 cups unbleached all-purpose flour

*****Place a baking stone in the cold oven. Preheat on Convection Bake to 500F.*****

Directions:

1. Pour water and sugar into a large bowl and sprinkle in yeast. Stir to dissolve. With a wooden spoon, stir in salt into yeast mixture; mix thoroughly. Gradually add 2 ½ cups of flour, stirring constantly until the dough is smooth. Slowly work in the remaining flour (up to 1/2 cup) with your hands, kneading until the dough is no longer sticky. Turn the dough out onto a well-floured board. Knead until it is smooth and elastic, about 5 minutes.

2. Shape dough into an even rectangle and cut in half lengthwise. Divide the dough into 6 portions for large pitas. Shape each portion into a small ball. Place the balls on a floured surface and cover them with a slightly damp towel while you roll one ball at a time.

3. Gently press each ball flat with your fingers, keep them well rounded. Flour a work surface and a rolling pin. Roll each round from the center to the outer edge, giving the dough a 1/4 turn after each roll, to form a perfect circle not quite 1/4 inch thick (about 3 1/2 inches for large pitas). Carefully flip the circles over to smooth out any creases that might prevent the pocket from forming. As each loaf is rolled, place it carefully on a floured surface and cover with a clean, dry towel; do not let the surface of the loaves dry out. Let the loaves rise in a warm draft free area, 30 to 45 minutes.

5. To bake, place 1 large pita on hot baking sheet. Bake on the bottom rack of the oven until puffed and lightly browned on the bottom and almost white on top, about 3 1/2 minutes for large; the pita will be soft and flexible. If desired flip the loaves over after they have puffed and bake up to 1 minute longer to brown the tops; be careful not to let the pita get crisp and brittle. Remove the hot pitas from the oven and wrap immediately in clean, dry towels until cool enough to handle. Serve warm or at room temperature. Repeat this process until all pitas are baked.

Hummus Ingredients

½ - 14 to 19 oz can chickpeas, drained and rinsed
1 clove garlic, minced
½ red pepper
1 ½ tbsp lemon juice
1 tbsp plain yogurt

1 tbsp cilantro, chopped
1 tbsp tahini (sesame paste)
½ tsp hot pepper sauce
½ tsp ground cumin
¼ tsp salt

Directions:

1. Preheat oven to Broil 500F. Rinse and dry the pepper under cold running water. Remove any seeds on the inside and discard. Place the pepper, skin side up, in a loaf pan and place in the oven.
2. Keep a watch on the pepper, about 5-10 mins, when the skin is black and blistered it is done. Take out of the oven and place inside a paper bag. This will allow the steam to remove the skin easier. When it is cooled, remove from the bag and use a paring knife to remove the skin. Discard the skin of the pepper and keep the flesh. Set aside.
3. In a food processor, puree the chickpeas, garlic, roasted pepper, lemon juice, yogurt, cilantro, tahini, hot pepper sauce, cumin and salt until very smooth. Taste and adjust seasoning with more lemon juice, hot pepper sauce or salt. If your hummus is too thick, stir in more yogurt.

Indian Butter Chicken

Ingredients:

500 g chicken thighs, cubed	1 tsp cinnamon
½ large onion, diced	3 cardamom pods
1 tbsp canola oil	28 ounce can tomato puree
3 tbsp butter	1 tbsp white sugar
1 tsp ginger	2 tbsp lemon juice
2 cloves garlic	¼ c cream
2 tsp garam masala	½ c plain yogurt
2 tsp paprika	1 cup basmati rice
2 tsp ground coriander	1 cup coconut milk
¼ tsp chili powder	1 cup water

Directions:

1. In a small pot, add rice, coconut milk and water. Bring to a BOIL and then turn down to low, keep the lid on and cook until all the liquid is absorbed and there are small holes in the rice. DO NOT STIR!
2. On medium high heat, add oil into large, deep frying pan or stockpot. Add onions, sauté until transparent. Add chicken and cook until brown. Transfer onto a plate, set aside.
3. On medium high heat and in the same pot, add the butter and deglaze the pan. Add ginger, garlic, garam masala, paprika, coriander, cinnamon and chili powder. Cook 1 min. Add cooked chicken.
4. Add cardamom pods, tomato puree and sugar to stock pot, simmer 20 mins.
5. Add lemon juice, cream and yogurt. Simmer for 10 mins. Remove cardamom pods. Serve over coconut basmati rice...enjoy!

Moroccan Chicken with Apricot & Almonds

Ingredients:

- 1 teaspoon ground cinnamon
- ½ tsp cumin
- ½ tsp paprika
- ½ tsp cayenne
- 1 teaspoon fresh, grated ginger
- 1/2 teaspoon turmeric
- 1/2 teaspoon black pepper
- 1 1/4 teaspoons salt
- 2 tablespoons oil
- 3 lbs chicken (4 chicken breasts with skin on)
- 1 tablespoon unsalted butter
- 1 medium red onion, halved, then sliced
- 4 garlic cloves, finely chopped
- 5 sprigs fresh cilantro
- 5 sprigs fresh flat-leaf parsley
- 1 1/2 cups chicken stock
- 2 tablespoons mild honey
- 1 (3-inch) cinnamon stick
- 1/2 cup dried Turkish apricots, cut in half
- 1/3 cup whole blanched almonds

Directions:

Stir together ground cinnamon, cumin, paprika, cayenne, ginger, turmeric, pepper, 1 teaspoon salt, and 1 tablespoons oil in a large bowl. Add chicken and turn to coat well.

Heat butter and 1 tablespoon oil in base of the skillet, uncovered, over moderate heat until hot but not smoking, then brown half of chicken, skin sides down, turning over once, 8 to 12 minutes. Transfer to a plate. Brown remaining chicken in same manner, adding any spice mixture left in bowl.

Add onion and remaining 1/4 teaspoon salt to skillet and cook, uncovered, stirring frequently, until soft, about 8 minutes. Add garlic and cook, stirring occasionally, 3 minutes. Tie cilantro and parsley into a bundle with kitchen string and add to skillet along with 1/2 cup chicken stock, chicken, and any juices accumulated on plate. Reduce heat and simmer, covered, 15 minutes.

While chicken cooks, bring honey, remaining cup of chicken stock, cinnamon stick, and apricots to a boil in a 1- to 2-quart heavy saucepan, then reduce heat and simmer, uncovered, until apricots are very tender (add more water if necessary). Once apricots are tender, simmer until liquid is reduced to a glaze, 10 to 15 minutes.

While apricots cook, heat a small skillet over moderate heat and toast almonds, stirring occasionally, until just golden, 1 to 2 minutes.

Ten minutes before chicken is done, add apricot mixture to skillet. Discard herbs and cinnamon stick, and then serve chicken sprinkled with almonds on top.

SERVE WITH COUSCOUS!

Italian Egg Pasta

Ingredients:

3 cups Tipo "00" flour or all purpose flour
4 eggs
1 tsp extra virgin olive oil
½ tsp salt
warm water as needed

Directions:

1. Place the 2 cups plus 2/3 cup flour on a clean counter, holding back 1/3 cup for later. In a small bowl, beat eggs, oil and salt together until combined. Make a large well in the centre and pour the liquid ingredients into the well. If it is looking dry at this time, add a tsp or so of warm water. Beat the liquid ingredients with a fork, gradually incorporating some of the flour around the edges, do this until smooth. Using the fork or tips of your fingers, mix the eggs with more of the flour, incorporating a little at a time until everything is combined.
2. Knead the pieces of dough together – with a bit of work and some love and attention they will bind together to give you one big, smooth lump of dough! ~ 5 mins. Wrap dough in plastic wrap, put into fridge for 30 mins. In the meantime, begin to make the sauce for your pasta.

How to roll your pasta...using a pasta machine!

1. Work the dough through the machine, from the widest down to the narrowest. Lightly dust both sides of the pasta with a little flour every time you run the pasta through the machine.
2. When you've got the pasta down to the narrowest setting, lightly dust the pasta with a little flour. Fold the pasta in half, lengthwise. Fold in half, lengthwise, and continue this process until you have a square-ish piece.
3. Turn 90' and feed it through the machine at the widest setting. Work your way through to the narrowest setting. The dough should feel silkier.
4. With your large pasta sheet. Lightly dust with flour, fold in half lengthwise. Lightly dust top with flour again, fold in half lengthwise, continue until the pasta is ~ 3 inch wide. Run knife through pasta creating the width that you like, lightly toss with your hands so they are not stuck together.
5. In a large stock pot, bring enough salted water to a boil so the pasta can "swim", add fresh pasta and cook for 3-4 mins. Drain from water, DO NOT RINSE! Add pasta sauce and enjoy!

Quick Marinara Sauce

Ingredients:

1 – 28 oz can whole tomatoes in juice	3 garlic cloves, finely chopped
½ bunch fresh basil, stemmed	1 tsp dried oregano
¼ cup extra virgin olive oil	1 tsp white sugar
1 small onion, finely chopped	salt and pepper to taste

Directions:

1. In a blender, puree the tomatoes with their juices and the basil until almost smooth. Set the puree aside.
2. Heat the oil in a large, heavy saucepan over medium heat. Add onions and garlic, sauté until very tender, about 12 mins. Stir in tomato puree, oregano and sugar. Bring to a simmer over medium high heat. Decrease heat to medium and continue simmering until the sauce thickens slightly, stirring occasionally, about 10 mins. Season the sauce to taste with salt and pepper.

Fortune Cookies

The history of fortune cookies dates back to the 13th and 14th centuries when China was occupied by the Mongols.

The traditional lotus nut paste moon cakes were used in which to hide secret messages regarding the date of a popular uprising against the invaders. The moon cakes were distributed by the patriotic revolutionary Chu Yuan Chang (disguised as a Taoist priest) who was safe in the knowledge that the Mongols had no taste for lotus nut paste. The uprising was successful and so the basis of the Ming Dynasty was formed.

The transition from moon cakes to modern-day fortune cookies was born out of necessity in the hard days of the American gold rush and the railway boom. When the Chinese 69'ers were building the great American railways through the Sierra Nevada to California they put happy messages inside biscuits to exchange at the moon festival instead of cakes, and so fortune cookies began.

Ingredients:

Nonstick spray	2 tablespoons water
2 egg whites	Pinch salt
1/2 cup all-purpose flour, sifted	Fortunes written on strips of colored paper
1/2 cup superfine sugar	Parchment paper or silpat baking mat
1 teaspoon almond extract	

Directions:

1. Position an oven rack in the center of the oven and preheat to 400 degrees F.
2. Fill a soup bowl half full of cold water. Set aside.
3. On a baking sheet, spray a piece of parchment with nonstick spray.
4. In a medium bowl whisk egg whites until **foamy**. Add the flour, sugar, almond extract, water, and salt to the egg whites and beat until smooth, about 30 seconds.
5. Pour or spoon 1 tablespoon of batter onto one half of a prepared parchment paper sheet and spread with the back of a spoon into a very thin 4-inch circle. Repeat on the other half of the sheet, making only 2 cookies per sheet tray.
6. Bake the cookies on middle rack of oven until golden brown around edges, about 8 minutes. Remove from oven and working very quickly with a bowl of cold water near by. Use an offset spatula, remove cookie from baking sheet and place a fortune in the center of the round. Fold to create a half circle. Bend pointed edges of cookie toward each. This should be done quickly since the cookie will become hard and brittle within 10 seconds. Let cool.

Banoffee Pie

..standing for bananas and toffee, this dessert was first created in 1972 by Ian Dowding and Nigel Mackenzie at The Hungry Monk restaurant in Jevington, East Sussex, England. This recipe is famous English Pub Fare.

Ingredients:

1 cup graham cracker crumbs	1 ½ cup heavy whipping cream
4 tablespoons butter, melted	2 tbsp confectioners' sugar
2 tbsp sugar	1 teaspoon vanilla extract
1 (14-ounce) can sweetened condensed milk	¼ cup chocolate shavings
2 large bananas	

Directions:

1. Preheat oven to 350 degrees F.
2. Mix graham cracker crumbs, butter and sugar together in a medium sized bowl. Add more crumbs if it is too wet; and press mixture into tart shells. Bake for 5 to 8 minutes.
3. Lower the oven to 300 degrees F for the toffee filling.
4. To create the toffee filling, caramelize the sweetened condensed milk. Pour the condensed milk into a small saucepan over medium low heat. The water will begin to evaporate as steam. Stir steadily so that the mixture does not stick to the bottom of the pan and burn. Adjust the temperature so that the mixture stays just barely at a simmer. The mixture will slowly begin to thicken and darken slightly in color. Keep stirring - this takes patience!
5. Cook and stir until the mixture is making big slow bubbles and is very thick. Lift the spoon out of the pot and drizzle some of the caramel over the surface. If it forms a ribbon that does not disappear after 10 seconds or so, it is ready. Also check by dragging the spoon along the bottom of the pot. You should be able to see the bottom of the pot for a few seconds before the thickened mixture closes in on itself and covers the bottom. The mixture will have been simmering for 30-45 minutes.
6. Once both the crust and toffee filling are cooled, spread half of the filling evenly inside the crust. Slice the bananas and layer on top of filling. Pour remaining half of filling over bananas, spreading evenly. Whip the cream with the confectioners' sugar and vanilla and spread on top of toffee filling and bananas. Decorate with chocolate shavings and then chill or enjoy!

Crème Brûlée with Berries

Ingredients:

1 ½ cups whipping cream
½ vanilla bean, split lengthwise
5 egg yolks
1/3 cup plus 4 teaspoons sugar
Mixed berries

Directions:

1. Preheat oven to 325°F. Place cream in heavy medium saucepan. Scrape in seeds from vanilla bean; add seeds and bean pod to cream mixture. Bring to simmer over medium heat. Whisk yolks and 1/3 cup sugar in medium metal bowl to blend. Set bowl over saucepan of simmering water (do not allow bowl to touch water). Whisk vigorously until yolk mixture is pale yellow and hot to touch, about 3 minutes. Gradually whisk in hot cream mixture; discard vanilla bean pod.
2. Divide cream mixture among 4 ramekins or custard cups. Arrange dishes in 9 x 9 inch baking pan. Pour enough hot water into pan to come halfway up sides of dishes. Bake custards until almost set in center and light golden on top, about 35 minutes. Remove custards from water; refrigerate overnight.
3. Preheat broiler. Sprinkle 1 teaspoon sugar atop each custard. Place dishes on small baking sheet. Broil until sugar just starts to caramelize, rotating sheet for even browning, about 2 minutes. Refrigerate custards until topping hardens, at least 30 minutes and up to 3 hours.
4. Spoon berries atop custards and serve immediately.

Homemade Cheese Tortillas with Pico De Gallo

Ingredients:

TORTILLAS

4 cups fine-grind masa harina (such as Maseca or Goya Masarica brand)

2 to 2 ¼ cups warm water (about 100°F)

1 tsp. kosher salt

FILLING

1 cup Monterey Jack cheese, grated

1 cup Mexican melting cheese, such as queso quesadilla, Chihuahua, or Oaxaca

PICO DE GALLO

1/4 cup finely chopped white onion

1/4 cup finely chopped fresh cilantro

1 tbsp lime juice

1 fresh serrano or jalapeño chiles, cored, seeded, and finely chopped

4 ripe medium roma tomatoes, finely chopped

Kosher salt and freshly ground black pepper

Directions:

TORTILLAS

1. Cut two 8-inch circles from parchment paper set aside.
2. In a large bowl, combine the masa harina, 2 cups of the warm water, and the salt. Mix and knead with your hands until the dough is smooth and homogenous, adding more water a little at a time as needed—the dough should feel like Play-Doh: flexible, soft, and smooth, not stiff. To test the dough, pinch off a bit, roll into a ball, and flatten between your palms. The dough should flatten easily, with few if any cracks forming around the edges. If deep U-shaped cracks form, add more water and test again.
3. Divide the dough into 2-oz. balls (about the size of golf balls), keeping them covered with a damp towel while you shape them.
4. Heat a large griddle over medium heat (or use two large skillets if you don't have a large griddle). Use a tortilla press or the bottom of a wide, heavy pot to flatten a dough ball between the two pieces of plastic into a 6-inch tortilla of even thickness. Peel off the top piece of parchment, flip the tortilla over onto your hand, and carefully peel off the other piece of parchment.
5. Slap the tortilla onto the griddle (this breaks any air bubbles) and cook, flipping once, until the surface is brown in spots and appears dry, 1 to 2 minutes per side. While the first tortilla cooks, shape and begin cooking another. Continue shaping and cooking the remaining tortillas in this manner. As they're done, wrap them in a slightly damp dishtowel to keep them warm and flexible.

FILLING

1. Place a small amount of cheese between two tortillas, place in a heated skillet until melted. Remove and cut into pie shaped wedges. Dip in Pico De Gallo

PICO DE GALLO

2. Transfer all chopped ingredients to a bowl and stir. Season with about 1/2 teaspoon salt and 1/4 teaspoon pepper. Serve with the tortillas.