



Junior
Worldmark
Encyclopedia of

Foods and Recipes of the World

VOLUME

4

Spain
to Zimbabwe
Cumulative Index

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Encyclopedia of

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Karen L. Hanson, Editor

VOLUME **1**
Algeria to France

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JUNIOR WORLDMARK ENCYCLOPEDIA OF FOODS AND RECIPES OF THE WORLD

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Contents

READER'S GUIDE	vii
MEASUREMENTS AND CONVERSIONS	xi
GETTING STARTED WITH COOKING	xii
GLOSSARY	xv
ALGERIA	1
ARGENTINA	11
AUSTRALIA	19
AUSTRALIA: ABORIGINES AND BUSH TUCKER	29
BRAZIL	37
BRAZIL: AFRO-BRAZILIAN	45
CAMEROON	53
CANADA	61
CANADA: FRENCH CANADIANS	69
CANADA: ABORIGINALS	77
CHILE	83
CHINA	93
CÔTE D'IVOIRE	103
CUBA	113
CZECH REPUBLIC	123
EGYPT	131
ETHIOPIA	143
FRANCE	151

Reader's Guide

Junior Worldmark Encyclopedia of Foods and Recipes of the World presents a comprehensive look into the dietary lifestyles of many of the world's people. Published in four volumes, entries are arranged alphabetically from Algeria to Zimbabwe. Several countries—notably Australia, Brazil, Canada, and the United States—feature entries for specific ethnic groups or regions with distinctive food and recipe customs.

Junior Worldmark Encyclopedia of Foods and Recipes of the World features more than 700 recipes in 70 entries representing 57 countries. In selecting the countries, culture groups, and regions to include, librarian advisors were consulted. In response to suggestions from these advisors, the editors compiled the list of entries to be developed. The editors sought, with help from the advisors, to balance the contents to cover the major food customs of the world. Countries were selected from Africa (Algeria, Cameroon, Cote d'Ivoire, Ethiopia, Ghana, Kenya, Liberia, Morocco, Mozambique, Nigeria, South Africa, Tanzania, Zimbabwe); Asia (China, India, Indonesia, Japan, Korea, the Philippines, Thailand, Vietnam); the Caribbean (Cuba, Haiti, Jamaica); Europe (Czech Republic, France, Germany, Greece, Hungary, Ireland, Italy, Kazakhstan, Poland, Russia, Slovenia, Spain, Sweden, Turkey, Ukraine, United Kingdom); Central America (Guatemala);

the Middle East (Egypt, Iran, Iraq, Israel, Lebanon, Pakistan, Saudi Arabia); North America (Canada, Mexico, and the United States); Oceania (Australia, Islands of the Pacific); and South America (Argentina, Brazil, Chile, Peru).

For the United States entry, the advisors suggested preparing an innovative combination of five regional entries (including Great Lakes, Midwest, Northeast, Southern, and Western) and five ethnic/culture group entries (African American, Amish and Pennsylvania Dutch, Jewish American, Latino American, and Native American). Researchers interested in other major American ethnic and cultural groups, such as Chinese American, German American, and Lebanese American, are directed to the entries for the home countries of origin (such as China, Germany, and Lebanon).

Recipes were selected to reflect traditional national dishes as well as modern lifestyles. Persons familiar with the cuisines of the countries were consulted to ensure authenticity. The editors acknowledge the invaluable advice of these individuals, without whose help this encyclopedia would not be as authoritative: Thelma Barer-Stein; Stefanie Bruno; staff of Corky and Lenny's delicatessen, Beachwood, Ohio; Terry Hong; Marcia Hope; Solange Lamamy; staff of Middle East Restaurant, Cleveland, Ohio;

staff of Pearl of the Orient, Shaker Heights, Ohio, John Ranahan, Christine Ritsma, and Nawal Slaoui.

Profile Features

This new addition to the *Junior Worldmark* series follows the trademark format of the *Junior Worldmark* design by organizing each entry according to a standard set of headings.

This format has been designed to allow students to compare two or more nations in a variety of ways. Also helpful to students are the translations of hundreds of foreign-language terms (which can be found in italics throughout the text) to English. Pronunciations are provided for many unfamiliar words.

Every profile contains two maps: the first displaying the nation and its location in the world, and the second presenting the nation's major cities and neighboring countries. Each entry begins with a recipe table of contents guiding the student to specific page numbers.

Most entries feature approximately ten recipes, including appetizers, main dishes, side dishes, beverages, desserts, and snacks. Recipes were selected to balance authenticity and ease of preparation. Wherever possible the recipes use easy-to-find ingredients and familiar cooking techniques. Recipes are presented with the list of ingredients first, followed by the directions in a numbered procedure list. The editors tested the recipes for most of the more than 700 dishes included in the work, and photographed steps in the procedure for many of them.

A complete glossary of cooking terms used in the entries, from allspice to zest, is included at the front of each volume.

The body of each country's profile is arranged in seven numbered headings as follows:

1 GEOGRAPHIC SETTING AND ENVIRONMENT. Location, fertile/non-fertile areas, climate (temperature and rainfall), total area, and topography (including major rivers, bodies of water, deserts, and mountains), are discussed. Various plants (including crops) and animals may also be mentioned.

2 HISTORY AND FOOD. The influences of early cultures, outside influences (such as explorers and colonists), and the origins of staple foods and preparation techniques are discussed. Historical dietary influences between various ethnic or religious groups may also be discussed.

3 FOODS OF THE (COUNTRY OR CULTURE GROUP). Foods and beverages that comprise the staples of the country's daily diet, including national dishes, are presented. Identifies foods by social class and ethnic group, where applicable. May also discuss differences between rural and urban mealtime practices.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS. Discusses dietary guidelines, restrictions, and customs for national secular and religious holidays, both in food

and food preparation. Origins of holiday traditions may also be discussed. Traditional holiday menus for many holidays are presented.

5 MEALTIME CUSTOMS. Customs related to consumption of food at home, at restaurants, and from street vendors; entertainment of guests for a meal; number and typical times of meals; and typical school lunches and favorite snacks are discussed.

6 POLITICS, ECONOMICS, AND NUTRITION. Statistics from international organizations, including the United Nations and the World Bank. Discussion of health status of the population, with a focus on nutrition of the nation's children. Food laws and current dietary issues are discussed, where applicable.

7 FURTHER STUDY. An alphabetical list of books and web sites. Web sites were selected based on authority of hosting agency and accessibility and appropriateness for student researchers. Each web site lists when the site was last accessed. A few entries include listings of feature films notable for the role food and/or dining played in the story.

Volume 4 contains a cumulative index that provides easy access to the recipes by title and menu category (appetizers, beverages, bread, soup, main dish, side dish, snacks, vegetables, cookies and sweets, and desserts).

Acknowledgments

Special acknowledgement goes to the many contributors who created *Junior Worldmark Encyclopedia of Foods and Recipes of the World*.

Sources

Due to the broad scope of this encyclopedia, many sources were consulted in compiling the descriptions and recipes presented in these volumes. Of great importance were cookbooks, as well as books dedicated to the foods of a specific nation or culture group. Travel guides, where food specialties are often described for a country, were instrumental in the initial research for each entry. Cooking and lifestyle magazines, newspaper articles, and interviews with subject-matter experts and restaurateurs were also utilized. Publications of the World Bank and United Nations provided up-to-date statistics on the overall health and nutritional status of the world's children.

Advisors

The following persons served as advisors to the editors and contributors of this work. The advisors were consulted in the early planning stages, and their input was invaluable in shaping the content and structure of this encyclopedia. Their insights, opinions, and suggestions led to many enhancements and improvements in the presentation of the material.

READER'S GUIDE

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Comments and Suggestions

We welcome your comments on the *Junior Worldmark Encyclopedia of Foods and Recipes of the World*. Please write to: Editors, *Junior Worldmark Encyclopedia of Foods and Recipes of the World*, U•X•L, 27500 Drake Road, Farmington Hills, Michigan 48331-3535; call toll-free: 1-800-877-4253; or send e-mail via www.galegroup.com.

Measurements and Conversions

In *Junior Worldmark Encyclopedia of Foods and Recipes of the World*, measurements are provided in standard U.S. measurements. The tables and conversions below are provided to help the user understand measurements typically used in cooking; and to convert quantities and cooking temperatures to metric, use these equivalents.

Note: The system used in the United Kingdom, referred to as UK or British, is not described here and is not referred to in this work, but educated readers may encounter this system in their research. The British cup is 10 ounces, while the U.S. is 8 ounces; the British teaspoon and tablespoon are also slightly larger than those in the United States.

U.S. measurement equivalents

Pinch is less than a teaspoon.

Dash is a few drops or one or two shakes of a shaker.

3 teaspoons = 1 Tablespoon

2 Tablespoons = 1 liquid ounce

4 Tablespoons = $\frac{1}{4}$ cup

8 Tablespoons = $\frac{1}{2}$ cup

16 Tablespoons = 1 cup

2 cups = 1 pint

2 pints = 1 quart

4 cups = 1 quart

4 quarts = 1 gallon

Liquid measurement conversions from U.S. to metric

1 teaspoon = 5 milliliters

1 Tablespoon = 15 milliliters

1 U.S. cup = about $\frac{1}{4}$ liter (0.237 liters)

1 U.S. pint = about $\frac{1}{2}$ liter (0.473 liters)

1 U.S. quart = about 1 liter (1.101 liters)

Solid measurement conversions from U.S. to metric

1 U.S. ounce = 30 grams

1 U.S. pound = 454 grams

Butter: 7 Tablespoons = about 100 grams

Flour: 11 Tablespoons = about 100 grams

Sugar: 11 Tablespoons = about 100 grams

Oven temperatures

Fahrenheit equals Centigrade (Celsius)

250°F = 121°C

300°F = 150°C

325°F = 164°C

350°F = 177°C

375°F = 191°C

400°F = 205°C

425°F = 219°C

450°F = 232°C

500°F = 260°C

Getting Started with Cooking

Cooking is easier and the results are better if you take some time to learn about techniques, ingredients, and basic equipment.

TECHNIQUES

There are three important rules to follow when using any recipe:

First, be clean. Always start with very clean hands and very clean utensils. Keep your hair tied back or wear a bandana.

Second, keep your food safe. Don't leave foods that can spoil out longer than absolutely necessary. Use the refrigerator, or pack your food with ice in a cooler if it will be cooked or eaten away from home.

Third, keep yourself safe. Always have an adult help when using the stove. Never try to do something else while food is cooking. Keep burners and the oven turned off when not in use.

In addition to these rules, here are some helpful tips.

Read through the recipe before starting to cook.

Get out all the utensils you will need for the recipe.

Assemble all the ingredients.

Wash up as you go to keep the cooking area tidy and to prevent foods and ingredients from drying and sticking to the utensils.

If food burns in the pan, fill the pan with cold water. Add a Tablespoon of baking soda and heat gently. This will help to loosen the stuck-on food.

If you follow these three rules and helpful tips—and use common sense and ask for advice when you don't understand something—cooking will be a fun activity to enjoy alone or with friends.

The basic techniques used in the recipes in *Junior Worldmark Encyclopedia of Foods and Recipes of the World* are described briefly below.

Baking. To cook in the oven in dry heat. Cakes and breads are baked. Casseroles are also baked. When meat is prepared in the oven, cooks may use the term “roasting” instead of baking.

Basting. To keep foods moist while cooking. Basting is done by spooning or brushing liquids, such as juices from the cooking pan, a marinade, or melted butter, over the food that is being cooked.

Beating. To mix ingredients together using a brisk stirring motion. Beating is often done using an electric mixer.

Boiling. To heat a liquid until bubbles appear on its surface. Many recipes ask that you bring the liquid to a boil and then lower the heat to simmer. Simmering is when the surface of the liquid is just moving slightly, with just a few bub-

bles now and then around the edges of the liquid.

Chopping and cutting. To prepare food for cooking by making the pieces smaller. To chop, cut the food in half, then quarters, and continue cutting until the cutting board is covered with smaller pieces of the food. Arrange them in a single layer, and hold the top of the chopping knife blade with both hands. Bring the knife straight up and down through the food. Turn the cutting board to cut in different directions. To dice, cut the food first into slices, and then cut a grid pattern to make small cubes of the food to be cooked. To slice, set the food on a cutting board and press the knife straight down to remove a thin section.

Dusting with flour. Sprinkle a light coating of flour over a surface. A sifter or sieve may be used, or flour may be sprinkled using just your fingers.

Folding. To stir very gently to mix together a light liquid and a heavier liquid. Folding is done with a rubber spatula, using a motion that cuts through and turns over the two liquids.

Greasing or buttering a baking dish or cookie sheet. To smear the surfaces with butter or shortening (or sometimes to spray with nonstick cooking spray) to prevent the food from sticking during cooking.

Kneading. Working with dough to prepare it to rise. First dust the surface (counter-top or cutting board) with flour. Press the dough out into a flattened ball. Fold the ball in half, press down, turn the dough ball one-quarter turn, and fold and press

again. Repeat these steps, usually for 5 to 10 minutes.

Separating eggs. To divide an egg into two parts, the white and the yolk. This is done by cracking the egg over a bowl, and then carefully allowing the white to drip into the bowl. The yolk is transferred back and forth between the two shell halves as the whites drip down. There must be no yolk, not even a speck, in the white if the whites are to be used in a recipe. The yolk keeps the whites from beating well.

Turning out. To remove from the pan or bowl.

INGREDIENTS

A trip to the grocery store can be overwhelming if you don't have a good shopping list. Cooking foods from other countries and cultures may require that you shop for unfamiliar ingredients, so a list is even more important.

Sources for ingredients

Most of the ingredients used in the recipes in *Junior Worldmark Encyclopedia of Foods and Recipes of the World* are available in large supermarkets. If you have trouble finding an ingredient, you will need to be creative in investigating the possibilities in your area. The editors are not recommending or endorsing any specific markets or mail order sources, but offer these ideas to help you locate the items you may need.

Ethnic grocery stores

Consult the "Grocers" section of the yellow pages of your area's telephone book. If the stores are listed by ethnic group,

GETTING STARTED WITH COOKING

try looking under the country name or the the region (such as Africa, the Middle East, or Asia) to find a store that might carry what you need.

Ethnic restaurants

Ethnic restaurants may serve the dish you want to prepare, and the staff there will probably be willing to help you find the ingredients you need. They may even be willing to sell you a small order of the hard-to-find item.

Local library

Some libraries have departments with books in other languages. The reference librarians working there are usually familiar with the ethnic neighborhoods in your city or area, since they are often interacting with the residents there.

Regional or city magazine

Advertisements or festival listings in your area's magazine may lead you to sources of specialty food items.

Internet and mail order

If you have time to wait for ingredients to be shipped to you, the Internet may lead you to a grocery or specialty market that will sell you what you need and ship it to you.

BASIC EQUIPMENT

The recipes in *Junior Worldmark Encyclopedia of Foods and Recipes of the World* typically require that you have these basic items:

Baking pans. Many recipes require specific baking pans, such as an 8-inch square baking pan, round cake pan, 9-inch by 13-inch baking pan, or cookie sheet. Make sure you have the pan called for in the recipe before beginning.

Knives. Knives for cutting must be sharp to do the job properly. It is a good idea to get an adult's help with cutting and chopping.

Measuring cups. Measuring cups for dry ingredients are the kind that nest inside each other in a stack. To measure liquids, cooks use a clear glass or plastic measuring cup with lines drawn on the side to indicate the measurements.

Measuring spoons. Measuring spoons are used to measure both liquids and dry ingredients. It is important to use spoons made for measuring ingredients, and not teaspoons and tablespoons used for eating and serving food.

Saucepans and pots. These round pans are taller, and are generally used for cooking dishes that have more liquid, and for boiling or steaming vegetables.

Skillets and frying pans. These pans are shallow, round pans with long handles. They are used to cook things on top of a burner, especially things that are cooked first on one side, and then turned to cook on the other side.

Work surface. A very clean countertop or cutting board must be available to prepare most dishes.

Glossary

A

Allspice: A spice derived from the round, dried berry-like fruit of a West Indian allspice tree. The mildly pungent taste resembles cinnamon, nutmeg, and cloves.

Anise seed: A licorice-flavored seed of the Mediterranean anise herb. It is used as an ingredient in various foods, particularly cookies, cakes, and candies.

Arugula: An aromatic salad green with a peppery taste. It is popularly used in Italian cuisine.

B

Baguette: A long and narrow loaf of French bread that is often used for sandwiches or as an accompaniment to a variety of dishes.

Baking soda: A fine, white powder compound often used as an ingredient in such recipes as breads and cakes to help them rise and increase in volume.

Basil: An aromatic herb cultivated for its leaves. It is eaten fresh or dried and is most frequently used in tomato sauces or served with mozzarella cheese. The sweet basil variety is most common.

Baste: To moisten food periodically with liquid while cooking, such as broth or

melted butter. Basting helps add flavor to food and prevents it from drying out.

Bay leaf: A pungent, spicy leaf used in a variety of cuisines, including meats, vegetables, and soups. It is most often used in combination with other herbs, such as thyme and parsley.

Blini: A Russian pancake made of buckwheat flour and yeast. It is commonly served with caviar and sour cream.

Bouillon: A clear, thin broth made by simmering meat, typically beef or chicken, or vegetables in water with seasonings.

Braise: To cook meat or vegetables by browning in fat, then simmering in a small quantity of liquid in a covered container.

Bratwurst: A small pork sausage popular with German cuisine.

Brisket: A cut of meat, usually beef, from the breast of an animal. It typically needs longer to cook to become tender than other meats.

Broil: To cook by direct exposure to heat, such as over a fire or under a grill.

C

Canapé: A cracker or a small, thin piece of bread or toast spread with cheese, meat, or relish and served as an appetizer.

GLOSSARY

Caraway seed: The pungent seed from the caraway herb used as a flavoring and seasoning in various foods, including desserts, breads, and liquors.

Cassava: A tropical, tuberous plant widely used in African, Latin American, and Asian cuisines. It is most commonly used to make starch-based foods such as bread, tapioca, and pastes. It is also known as manioc or yuca (in Spanish, *yuca*).

Charcoal brazier: A metal pan for holding burning coals or charcoal over which food is grilled.

Cheesecloth: A coarse or fine woven cotton cloth that is often used for straining liquids, mulling spices, and lining molds.

Chili: A spicy pepper of varying size and color. It is most frequently used to add a fiery flavor to foods.

Cilantro: A lively, pungent herb widely used in Asian, Caribbean, and Latin American cuisines as a seasoning or garnish. It is also known as coriander.

Citron: A large, lemon-like fruit with a thick aromatic rind, which is commonly candied and used in desserts such as fruitcakes.

Clove: A fragrant spice made from the dried, woody flower bud of an evergreen tree native to tropical climates. In Indonesia, where cloves are grown, cigarettes are made from the crushed buds. Cloves also describe a single bud of garlic, shallot, or other bulb root vegetable.

Colander: A simple piece of kitchen equipment that resembles a metal bowl with

holes in it. It is used to drain foods, such as pasta or vegetables, that have been cooked in boiling water (or other liquid).

Coriander: See cilantro.

Cream of tartar: A fine, white powder that is added to candy and frosting mixtures for a creamier consistency, or added to egg whites before being beaten to improve stability and volume.

Cumin: An herb cultivated for its aromatic, nut-flavored seeds. It is often used to make curries or chili powders.

Currant: A raisin-like colored berry that is commonly used in jams and jellies, syrups, desserts, and beverages.

D

Daikon: A large, Asian radish with a sweet flavor. It is often used in raw salads, stir-fry, or shredded for a garnish.

Dashi: A clear soup stock, usually with a fish or vegetable base. It is frequently used in Japanese cooking.

Double boiler: Two pots formed to fit together, with one sitting part of the way inside the other, with a single lid fitting on both pans. The lower pot is used to hold simmering water, which gently heats the mixture in the upper pot. Foods such as custards, chocolate, and various sauces are commonly cooked this way.

F

Fermentation: A process by which a food goes through a chemical change caused

GLOSSARY

by enzymes produced from bacteria, microorganisms, or yeasts. It alters the appearance and/or flavor of foods and beverages such as beer, wine, cheese, and yogurt.

G

Garlic: A pungent, onion-like bulb consisting of sections called cloves. The cloves are often minced or crushed and used to add sharp flavor to dishes.

Garnish: To enhance in appearance and/or flavor by adding decorative touches, such as herbs sprinkled on top of soup.

Gingerroot: A gnarled and bumpy root with a peppery sweet flavor and a spicy aroma. Asian and Indian cuisines typically use freshly ground or grated ginger as a seasoning, while Americans and Europeans tend to use ground ginger in recipes, particularly in baked goods.

J

Jalapeno: A very hot pepper typically used to add pungent flavor. It is often used as a garnish or added to sauces.

Julienne: Foods that have been cut into thin strips, such as potatoes.

K

Kale: Although a member of the cabbage family, the large leaves do not form a head. Its mild cabbage flavor is suitable in a variety of salads.

Knead: To mix or shape by squeezing, pressing, or rolling mixture with hands. Bread is typically prepared this way before baking.

L

Leek: As part of the onion family, it has a mild and more subtle flavor than the garlic or onion. It is commonly used in salads and soups.

Lemongrass: Long, thin, grayish-green leaves that have a sour lemon flavor and smell. Popular in Asian (particularly Thai) cuisine, it is commonly used to flavor tea, soups, and other dishes.

M

Mace: The outer membrane of the nutmeg seed. It is typically sold ground and is used to flavor a variety of dishes.

Manioc: See cassava.

Marinate: To soak a food, such as meat or vegetables, in a seasoned liquid for added flavor or to tenderize.

Marzipan: A sweet mixture of almond paste, sugar, and egg whites, often molded into various shapes.

Matzo meal: Ground unleavened (flat), brittle bread often used to thicken soups or for breading foods to be fried. It is widely popular in Jewish cuisine.

Mince: To cut or chop into very small pieces, typically used to prepare foods with strong flavors, such as garlic and onion.

GLOSSARY

Mint: A pungent herb that adds a refreshing and sweet flavor to a variety of dishes, either dried and ground or fresh. Peppermint and spearmint are the most common of over thirty varieties.

Miso: A thick, fermented paste made of cooked soybeans, salt, and rice or barley. A basic flavoring of Japanese cuisine, it is frequently used in making soups and sauces.

Molasses: A thick syrup produced in refining raw sugar or sugar beets. It ranges from light to dark brown in color and is often used as a pancake or waffle topping or a flavoring, such as in gingerbread.

N

Napa: A round head of cabbage with thin, crisp, and mild-flavored leaves. It is often eaten raw or sautéed. Also known as Chinese cabbage.

O

Okra: Green pods that are often used to thicken liquids and to add flavor. It is commonly used throughout the southern United States in such popular dishes as gumbo, a thick stew.

Olive oil: Oil derived from the pressing of olives. Varieties are ranked on acidity. Extra virgin olive oil is the least acidic and is typically the most expensive of the varieties.

Oregano: A strong, pungent herb commonly used in tomato-based dishes, such as pizza.

P

Parchment paper: A heavy, grease- and moisture-resistant paper used to line baking pans, wrap foods, and make disposable pastry bags.

Parsley: A slightly peppery, fresh-flavored herb that is most commonly used as a flavoring or garnish to a wide variety of dishes. There are over thirty varieties of parsley.

Pâté: A seasoned meat paste made from finely minced meat, liver, or poultry.

Peking sauce: A thick, sweet and spicy reddish-brown sauce commonly used in Chinese cuisine. It is made of soybeans, peppers, garlic, and a variety of spices. Also known as hoisin sauce.

Persimmon: Edible only when fully ripe, the fruit resembles a plum in appearance. It has a creamy texture with a sweet flavor and is often eaten whole or used in such foods as puddings and various baked goods.

Pimiento: A sweet pepper that is often finely diced and used to stuff green olives.

Pinto bean: A type of mottled kidney bean that is commonly grown in the southwest United States and in Spanish-speaking countries, including Mexico. It is often used to make refried beans.

GLOSSARY

Pistachio nut: Commonly grown in California, the Mediterranean, and the Middle East, the mild-flavored green nut is enclosed in a hard, tan shell. They are either eaten directly out of the shell or are used to flavor a variety of dishes.

Plantain: A tropical fruit widely eaten in African, Caribbean, and South American cuisines. Plantains may be prepared by frying, boiling, steaming, or baking. Although closely resembling a banana, it turns black when ripe and may be eaten at any stage of ripeness.

Prosciutto: A seasoned, salt-cured, and air-dried ham. Eaten either cooked or raw, it is often thinly sliced and eaten with a variety of foods such as melons, figs, vegetables, or pasta.

R

Ramekin: A small individual baking dish typically made of porcelain or earthenware.

Ramen: A Japanese dish of noodles in a broth, often garnished with pieces of meat and vegetables. An instant-style of this noodle dish is sold in individual servings in supermarkets.

S

Saffron: A golden-colored spice used to add flavor or color to a wide variety of dishes. It is very expensive, so it is typically used sparingly.

Sage: A native Mediterranean pungent herb with grayish-green leaves. Its slightly

bitter and light mint taste is commonly used in dishes containing pork, cheese, and beans, and in poultry and game stuffings.

Sake: A Japanese wine typically served warm in porcelain cups. The sweet, low-level alcohol sake is derived from fermented rice and does not require aging.

Saltimbocca: Finely sliced veal sprinkled with sage and topped with a thin slice of prosciutto. It is sautéed in butter, then braised in white wine.

Sashimi: A Japanese dish consisting of very thin bite-size slices of fresh raw fish, traditionally served with soy sauce, wasabi, gingerroot, or daikon radish.

Sauerkraut: Shredded cabbage fermented with salt and spices. It was first eaten by the Chinese, but quickly became a European (particularly German) favorite. It is popular in casseroles, as a side dish, and in sandwiches.

Sauté: To lightly fry in an open, shallow pan. Onions are frequently sautéed.

Scallion: As part of the onion family, it closely resembles a young onion before the development of the white bulb, although its flavor is slightly milder. It is often chopped and used in salads and soups.

Shallot: A member of the onion family that closely resembles cloves of garlic, covered in a thin, paper-like skin. It has a mild onion flavor and is used in a variety of dishes for flavoring.

Shortening, vegetable: A solid fat made from vegetable oils such as soybean or

GLOSSARY

cottonseed oils. It is flavorless and is used in baking and cooking.

Sieve: A typically round device used to strain liquid or particles of food through small holes in the sieve. It is also known as a strainer.

Simmer: To gently cook food in a liquid at a temperature low enough to create only small bubbles that break at the liquid's surface. Simmering is more gentle than boiling the liquid.

Skewer: A long, thin, pointed rod made of metal or wood used to hold meat and/or vegetables in place while cooking. They are most commonly used to make shish kebabs.

Soybean: A generally bland-flavored bean widely recognized for its nutritive value. It is often cooked or dried to be used in salads, soups, or casseroles, as well as in such products as soy sauce, soybean oil, and tofu.

Star anise: A pungent and slightly bitter tasting seed that is often ground and used to flavor teas in Asian cuisines. In Western cultures it is more often added to liquors and baked goods (such as pastries).

Steam: A method of cooking in which food (often vegetables) is placed on a rack or in a special basket over boiling or simmering water in a covered pan. Steaming helps to retain the flavor, shape and texture, and vitamins and minerals of food better than boiling.

Stir-fry: A dish prepared by quickly frying small pieces of food in a large pan over very high heat while constantly and

briskly stirring the ingredients until cooked. Stir-fry, which is often prepared in a special dish called a wok, is most associated with Asian cuisines.

Stock: The strained liquid that is the result of cooking vegetables, meat, or fish and other seasoning ingredients in water. Most soups begin with stock before other ingredients are added.

Sushi: Fish and vegetables prepared in bite-sized portions with rice. Fish is usually raw, but may be cooked. (Shrimp is typically cooked for sushi.)

T

Tamarind: A brown fruit that is about five inches long and shaped like a large, flat green bean. Inside the brittle shell, the fruit contains large seeds surrounded by juicy, acidic pulp. The pulp, sweetened, is used to make juices and syrups.

Tapas: Small portions of food, either hot or cold, most commonly served to accompany a drink in Spanish and Latin American bars and restaurants.

Tarragon: An aromatic herb known for its anise-like (licorice) flavor. It is widely used in classic French dishes including chicken, fish, vegetables, and sauces such as béarnaise.

Tempura: Batter-dipped, deep-fried pieces of fish or vegetables, originally a Japanese specialty. It is most often accompanied by soy sauce.

Thyme: A pungent herb whose flavor is often described as a combination of mint and lemon. It is most commonly associ-

GLOSSARY

ated with French cooking. Thyme is used to flavor a variety of dishes, including meats, vegetables, fish, poultry, soups, and sauces.

Tofu: Ground, cooked soybeans that are pressed into blocks resembling cheese. Its bland and slightly nutty flavor is popular in Asia, particularly Japan, but is increasing in popularity throughout the United States due to its nutritive value. It may be used in soups, stir-fry, and casseroles, or eaten alone.

V

Vinegar: Clear liquid made by bacterial activity that converts fermented liquids such as wine, beer, or cider into a weak solution of acetic acid, giving it a very sour taste. It can also be derived from a variety of fermented foods such as apples, rice, and barley and is most popular in Asian cuisines in sauces and marinades.

Vinegar, rice: Vinegar derived from fermented rice that is often used in sweet-and-sour dishes, as a salad dressing, or as a table condiment. It is generally milder than other types of vinegar.

W

Water bath: A small baking pan or casserole dish placed in a larger roasting pan or cake pan to which water has been added. The small pan sits in a “bath” of water in the oven while baking. The

water tempers the oven’s heat, preventing the contents of the small pan from cooking too quickly.

Whisk: A kitchen utensil consisting of several looped wires, typically made of stainless steel, that are joined together at a handle. It is used to whip ingredients, such as eggs, creams, and sauces.

Wok: A large, round metal pan used for stir-fry, braising, and deep-frying, most often for Asian dishes. Most woks are made of steel or sheet iron and have two large handles on each side. It is used directly on the burner, similar to a saucepan.

Worcestershire sauce: A thin, dark sauce used to season meats, soups, and vegetable juices, most often as a condiment. Garlic, soy sauce, vinegar, molasses, and tamarind are just a few ingredients that may be included.

Y

Yucca: See cassava.

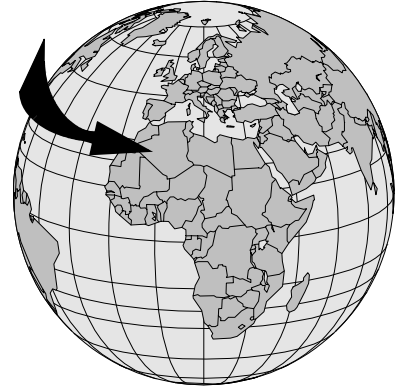
Z

Zest: The thin outer layer of the rind of a citrus fruit, particularly of an orange, grapefruit, lemon, or lime. The zest is the colorful layer of the rind, while the pith is the white portion. Most commonly used for its acidic, aromatic oils to season foods, zest can also be candied or used in pastries or desserts.

Algeria

Recipes

Saffron and Raisin Couscous with Fresh Mint.....	2
Fresh Sweet Dates	3
Etzai (Mint Tea).....	4
Sahlab.....	4
Banadura Salata B’Kizbara (Salad)	5
Sweet Couscous Dessert.....	5
Stuffed Dates and Walnuts	6
Algerian Cooked Carrot Salad.....	7
Chlada Fakya (Fresh Fruit Medley).....	8
Cucumber & Yogurt Soup.....	8



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Algeria is located in North Africa on the Mediterranean Sea. The fertile and mountainous northern region is home to the olive tree, cork oak, and vast evergreen forests where boars and jackals roam. Fig, agave, and various palm trees grow in the warmer areas. The grape vine is native to the coastal plain. Central Algeria consists of the High Plateaus that contain salt marshes and dry or shallow salt lakes. The land becomes more arid (dry) the farther south one travels, eventually becoming the Sahara Desert. Roughly 80 percent of the country is desert, where vegetation is sparse. Camels are widely used in this arid region, although jackals, rabbits, scorpions, and snakes also occupy the deserts.

The coastal region has a typical Mediterranean climate—pleasant nearly year round,

with winter temperatures rarely falling below freezing (32°F). Rainfall is also abundant along the coast. Farther inland, higher altitudes receive considerable frost and occasional snow. Little or no rainfall occurs throughout the summer months in this region. In the Sahara Desert, rainfall is unpredictable and unevenly distributed.

2 HISTORY AND FOOD

Algerian cuisine traces its roots to various countries and ancient cultures that once ruled, visited, or traded with the country. Berber tribesmen were one of the country’s earliest inhabitants. Their arrival, which may extend as far back as 30,000 B.C., marked the beginning of wheat cultivation, *smen* (aged, cooked butter), and fruit consumption, such as dates. The introduction of semolina wheat by the Carthaginians (who occupied much of northern Africa) led the

ALGERIA



across the Mediterranean from Spain during an invasion in the 1500s. Sweet pastries from the Turkish Ottomans and tea from European traders also made their way into Algerian cuisine around this time.

In the early 1800s, Algerians were driven off their own lands and forced to surrender their crops and farmland to the French. The French introduced their diet and culture to the Algerians, including their well-known loaves of bread and the establishment of sidewalk cafés. This French legacy remains evident in Algerian culture. In fact, Algeria's second language is French. (Arabic is the official language.)

Tomatoes, potatoes, zucchini, and chilies, significant to Algerian local cuisine, were brought over from the New World.



Saffron and Raisin Couscous with Fresh Mint

Ingredients

- 2 cups water
- ½ teaspoon saffron
- 1 teaspoon extra virgin olive oil
- ½ teaspoon salt
- 2 cups couscous
- ¼ cup raisins
- 3 Tablespoons fresh mint, chopped

Procedure

1. In a saucepan, bring the 2 cups of water to a boil and add the saffron.
2. Remove from the heat, cover, and let stand for 30 minutes.

Berbers to first create *couscous*, Algeria's national dish. The Romans, who eventually took over Algeria, also grew various grains. At the beginning of the twenty-first century, Algeria ranked among the top ten importers of grain (such as wheat and barley) in the world, according to ArabicNews.com.

Muslim Arabs invaded Algeria in the 600s, bringing exotic spices such as saffron, nutmeg, ginger, cloves, and cinnamon from the Spice Islands of eastern Indonesia. They also introduced the Islamic religion to the Berbers. Islam continues to influence almost every aspect of an Algerian's life, including the diet.

Olives (and olive oil) and fruits such as oranges, plums, and peaches were brought

3. Return the pan to the heat, return to a boil, and mix in the olive oil, salt, couscous, and raisins.
4. Remove from the heat, cover, and let stand for 30 minutes.
5. Top with the fresh mint.

Makes 8 servings.



Fresh Sweet Dates

Ingredients

- 1 pound fresh dates
- ½ cup butter
- ¾ cup flour
- 1 teaspoon cardamom, ground

Procedure

1. Remove the pits from the dates and arrange in 6 individual serving dishes.
2. Melt the butter in a heavy saucepan and stir in the flour.
3. Cook over medium heat, stirring constantly, until the flour turns golden brown. Be careful not to burn.
4. Remove the flour mixture from the heat and stir in the cardamom.
5. Remove from heat and allow to cool slightly, stirring occasionally.
6. While still warm, pour over the warm dates and allow to cool to room temperature before serving.

Makes 6 servings.

3 FOODS OF THE ALGERIANS

Traditional Algerian cuisine, a colorful combination of Berber, Turkish, French, and Arab tastes, can be either extremely mild or packed with flavorful seasonings. Ginger, saffron, onion, garlic, coriander,

cumin, cinnamon, parsley, and mint are essential in any Algerian pantry.

Couscous, the national dish, is often mistaken as a grain itself, rather than pasta. The pasta dough is a mixture of water and coarse, grainy semolina wheat particles. The dough is then crumbled through a sieve to create tiny pellets. Algerians prefer lamb, chicken, or fish to be placed on a bed of warm couscous, along with cooked vegetables such as carrots, chickpeas, and tomatoes, and spicy stews. Couscous can also be used in desserts by adding a variety of ingredients, such as cinnamon, nutmeg, dates, and figs.

No Algerian meal would be complete without bread, normally a long, French loaf. Similar to Middle Eastern customs, bread is often used to scoop food off of a plate or to soak up a spicy sauce or stew. More traditional Berber families usually eat flat, wheat bread.

Mechoui, a roasted whole lamb cooked on an outdoor spit, is usually prepared when a large group of people gathers together. The animal is seasoned with herb butter so the skin is crispy and the meat inside is tender and juicy. Bread and various dried fruits and vegetables, including dates (whose trees can thrive in the country's Sahara desert), often accompany *mechoui*.

Beverages such as mint tea are a favorite among all North African countries. Tea is usually offered to visiting guests, though coffee flavored with cardamom is another option. With the abundance of fruits year round, fresh juices are plentiful and children tend to favor apricot nectar. *Sharbats*, fruit or nut-flavored milk drinks, are popular

with all ages, including *sahlab*, a sweet, milky drink. Traditional Berbers, in particular, prefer drinks made from goat milk, although cow milk is now available. *Basbousa* (Egyptian semolina cake), *tamina* (roasted semolina with butter and honey), and sweetened *couscous* are just a few sweets enjoyed by the Algerians.



Etzai (Mint Tea)

Ingredients

1½ Tablespoons green tea
Boiling water
3 Tablespoons sugar, or to taste
Handful of fresh mint leaves

Procedure

1. Put the tea in a teapot.
2. Pour in a cupful of boiling water, then immediately pour it out again. This is to wash the leaves.
3. Add the sugar to taste, then the mint leaves.
4. Pour in boiling water 12 inches away from the top (this oxygenates the tea) and stir well. Be extremely careful not to splash the boiling water.
5. Serve the tea very hot, again pouring it from a height of about 12 inches.



Sahlab

Ingredients

3 cups (8 ounces each) milk
1 cup sugar
½ cup cornstarch
¾ cup water



EPD Photos/Sana Abed-Kotob

Sahlab, shown topped with chopped pistachios, is a favorite treat, often served when the weather is chilly.

¼ cup raisins
¼ cup coconut
¼ cup walnuts or pistachios, chopped
1 teaspoon cinnamon

Procedure

1. In a small mixing bowl, dissolve the cornstarch in the water and set aside.
2. In a heavy saucepan, bring the milk to a boil over low to medium heat.
3. As soon as the milk boils, reduce the heat.
4. Stir in the sugar, and allow the milk to simmer until the sugar has dissolved (no more than 1 minute).
5. Slowly pour the cornstarch mixture into the milk, making sure to whisk rapidly to prevent the milk from sticking to the bottom of the saucepan. The milk will gradually thicken.
6. When it reaches the consistency of a thick gravy, remove from heat.
7. Pour *sahlab* into decorative small bowls, glasses, or mugs.
8. Sprinkle with raisins, coconut, chopped nuts, and cinnamon, if desired.
9. Serve hot.

Makes 6 servings.



Banadura Salata B'Kizbara
(*Tomato and Coriander Salad*)

Ingredients

- ½ cup fresh coriander leaves, chopped
- 1 small hot chili pepper, seeded and finely chopped
- 5 medium ripe tomatoes, peeled
- 4 Tablespoons fresh lemon juice
- ¼ cup virgin olive oil
- 1 teaspoon salt

Procedure

1. Slice the peeled tomatoes and place in a bowl.
2. Sprinkle the chopped coriander over the tomatoes.
3. Mix the chopped chili pepper with the lemon juice and 1 teaspoon of salt.
4. Beat the olive oil into the chili-lemon juice mixture.
5. Pour over the tomatoes and coriander.
6. Let rest 15 minutes before serving.

Makes 6 servings.



Sweet Couscous Dessert

Ingredients

- 1 cup plus 2 Tablespoons couscous
- ⅔ cup warm water
- ⅔ cup fresh dates
- ⅔ cup ready-to-eat prunes
- 6 Tablespoons butter, melted
- ¼ cup sugar
- 1 teaspoon cinnamon, ground
- ½ teaspoon nutmeg, ground
- Rose petals, to decorate (optional)

Procedure

1. Place the couscous in a bowl and cover with ⅔ cup warm water.
2. Leave 15 minutes to plump up.
3. Halve each date lengthwise, remove the seed and cut into 4 pieces.
4. Roughly chop the prunes.
5. Fluff up the grains of couscous with a fork, then place in a cheesecloth-lined sieve and steam over simmering water for 15 minutes until hot.
6. Transfer to a bowl and fluff up again with a fork.
7. Add the melted butter, sugar, dates, and prunes.
8. Pile the couscous into a cone shape in a serving dish.
9. Mix the cinnamon and nutmeg together and sprinkle over couscous.
10. Serve decorated with rose petals, if desired.

Makes 4 servings.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The overwhelming majority of Algerians, about 99 percent, follow the beliefs of Islam, the country's official religion (Christians and Jews make up only 1 percent of the population).

The Algerian observance of Ramadan, the ninth month of the Islamic year (most often November or December), is the most celebrated of all holidays. During the monthlong observance, Muslims are required to fast (avoid consuming food and drink) between sunrise and sunset, although young, growing children and pregnant women may be allowed to eat a small amount. At the end of each day during Ramadan, sometimes as late as midnight,



A Typical Holiday Menu

Cucumber and yogurt soup
Stuffed dates and walnuts
Roast stuffed leg of lamb
Tomato and raisin-stuffed eggplant
Potato & chickpea salad
Cooked carrots
Fresh fruit medley

families join together for a feast. French loaves or wheat bread and a pot of hot mint tea will likely serve as refreshments.

The meal marking the end of Ramadan, *Eid al-Fitr*, is the most important feast. It almost always begins with soup or stew. Lamb or beef is most often served as the main dish, although families living close to the Mediterranean in northern Algeria enjoy a variety of seafood. In most Algerian homes, a bowl of fresh fruit is placed on the table at the end of the meal. Traditionally, each person is responsible for peeling and slicing his or her own fruit. However, on special occasions such as *Eid al-Fitr*, the host will often serve the fruit already peeled, sliced, and flavored (most often with cinnamon and various citrus juices).

Other popular holiday celebrations are Labor Day (May 1), and the anniversary of the revolution over French control (November 1). Two local festivals that are celebrated every spring are the cherry *mousse*

(festival) in Tlemcen and the tomato *mousse* in Adrar.



Stuffed Dates and Walnuts

Ingredients

12 fresh dates
½ cup ground almonds
2 Tablespoons pistachio nuts, very finely chopped
2 Tablespoons granulated sugar
Orange flower water (found at specialty stores)
24 walnut halves
Powdered sugar, to decorate

Procedure

1. With a sharp knife, make a slit down the length of each date and carefully remove the seed.
2. In a bowl, mix together the ground almonds, chopped pistachio nuts, and granulated sugar.
3. Add enough orange flower water to make a smooth paste.
4. Shape half of the paste into 12 nuggets the size of date seeds and use to stuff the dates.
5. Use the remaining paste to sandwich the walnut halves together in pairs.
6. Sift a little powdered sugar over the stuffed dates and walnuts. Serves best with rich coffee.

Makes 4 to 6 servings.

ALGERIA



Cory Langley

The marketplace in Algiers bustles with shoppers.



Algerian Cooked Carrot Salad

Ingredients

1 pound carrots
3 garlic cloves, chopped
Pinch of salt
Pinch of sugar
Lemon juice
¼ teaspoon salt
½ teaspoon cayenne pepper
¼ teaspoon cumin
Parsley, chopped

Procedure

1. Scrape the carrots and cut them into four pieces lengthwise.
2. Cook in a little water with garlic and a pinch of salt and sugar for 15 minutes.
3. Drain and chill the carrots.
4. Just before serving, cover with lemon juice, about ¼ teaspoon of salt, cayenne pepper, and cumin.
5. Sprinkle with chopped parsley.

Makes 6 servings.



Chlada Fakya
(Fresh Fruit Medley)

Ingredients

- ½ cantaloupe, peeled, seeded, cut into bite-sized pieces
- ½ honeydew melon, peeled, seeded, cut into bite-sized pieces
- 1 cup strawberries, cut in half, stemmed, washed
- 2 bananas, peeled and thinly sliced
- 5 seedless oranges, peeled and thinly sliced
- ½ cup orange juice
- Juice of 2 lemons
- 2 Tablespoons sugar
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon

Procedure

1. In medium serving bowl, carefully toss cantaloupe, honeydew melon, strawberries, bananas, and oranges.
2. In a small bowl, mix orange and lemon juice, sugar, vanilla, and cinnamon, and pour over fruit.
3. Toss gently, and refrigerate until ready to serve (at the end of a holiday feast, for example). Toss again before serving in individual bowls.

Makes 6 servings.



Cucumber & Yogurt Soup

Ingredients

- 1 large cucumber
- 2½ cups plain yogurt
- 2 cloves garlic, crushed

- 1 lemon rind, finely grated
- 2 Tablespoons fresh mint, chopped
- Salt and freshly ground black pepper
- ⅔ cup ice water
- Mint leaves, to garnish

Procedure

1. Rinse the cucumber and trim the ends. Do not peel.
2. Grate the cucumber into a bowl.
3. Stir in the yogurt, garlic, lemon rind, and chopped mint.
4. Season well with salt and pepper.
5. Cover the bowl and chill 1 hour.
6. Stir in ⅔ cup ice water. Add more water if the soup seems a little thick.
7. Adjust the seasoning, then pour into chilled soup bowls.
8. Garnish with mint leaves.

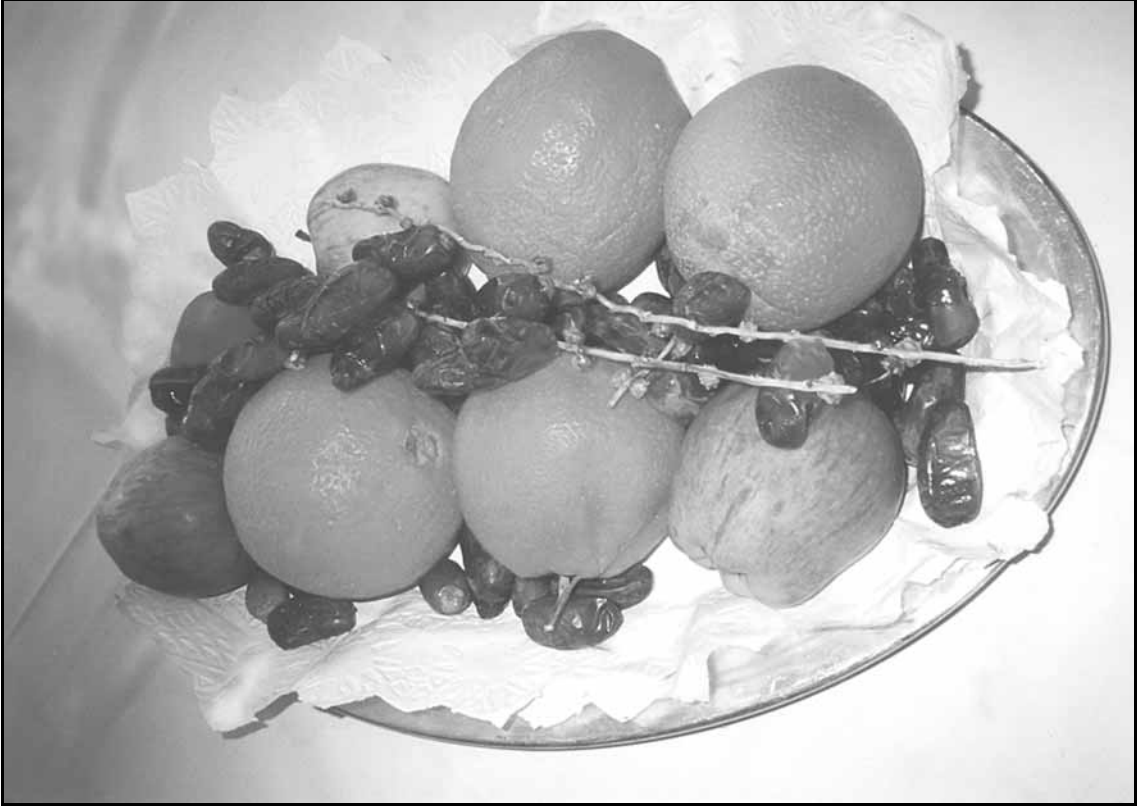
Makes 6 servings.

5 MEALTIME CUSTOMS

Arabs are hospitable and encourage family and friends to share their food. Even an unexpected visitor will be greeted warmly and offered coffee (often flavored with cardamom), while the females of the household prepare the meal. Cooking continues to be considered a woman's duty, as it has in the past. Historically, recipes and cooking customs have been passed down through generations by word of mouth when women gather together to prepare meals.

All meals (normally three a day) are leisurely and sociable, although there are varying degrees of structure and etiquette (polite behavior). Seated at a low table (*tbla* or *mida*), food is traditionally eaten with the

ALGERIA



EPD Photos/Sana Abed-Kotob

The traditional after-dinner treat consists of a platter of fresh fruit topped with domestically grown sweet dates.

thumb, forefinger, and middle finger of the right hand (the left hand is considered unclean). To use four or five fingers is considered to be a sign of over-eating and should be avoided. The dining atmosphere in a middle class family may be a bit more elegant. A servant or young family member might visit each individual at the table, offering a bowl of perfumed water to diners for washing their hands before the meal is eaten.

The country's capital, Algiers, and popular coastal towns tend to have a wide variety of restaurants, particularly French, Italian,

and Middle Eastern cuisine. Southern Algeria is less populated, and is farther from Algiers and the Mediterranean waters, where seafood and the hustle and bustle of trade are plentiful. Menus usually begin with either a soup or salad, followed by roast meat (usually lamb or beef) or fish as a main course, with fresh fruit commonly completing the meal. In the towns, *souks* (markets) or street stalls offer take-home products, such as spicy *brochettes* (kebabs) on French bread for those on the run. With the exception of an occasional fast food burger, school lunches are often such tradi-

tional foods as couscous, dried fruit, stews, and sweet fruit drinks.

6 POLITICS, ECONOMICS, AND NUTRITION

Malnutrition has been one of the principal health problems in Algeria in recent years. About 5 percent of the population of Algeria is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 13 percent are underweight, and nearly 18 percent are stunted (short for their age). Very little land in Algeria is cultivated (only 3 percent), too little for the country to be self-sufficient and feed its own people.

However, 91 percent of the population has access to adequate sanitation: nearly 100 percent of those in urban areas and 80 percent in rural areas. Free medical care, which was introduced by the Algerian government in 1974 under the Social Security system, helps pay for those who are ill.

7 FURTHER STUDY

Books

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Films

Samia, by Philippe Faucon. (Official selection at the 2000 Venice Film Festival) Samia is a teenage girl of Algerian descent living in Marseille (southern France) with her family. At home, Samia and her two sisters live in an Algerian culture. They speak the language, eat Algerian food, and observe the customs of their Muslim religion. But, as youngsters, they are torn; despite their parents' objections, they want to fit in with the rest of society. To be a young girl in this environment is even more difficult because her family's traditions have society believing that she has no independence. As she begins to spread her wings, the quick-witted and attractive Samia soon finds herself in conflict with her family. (In French and Arabic with English subtitles.)

Argentina

Recipes

Carbonada Criolla (Stew)	12
Chimichurri (Dipping Sauce)	13
Empanadas (Little Meat Pies).....	13
Bocaditos (Finger Sandwiches).....	14
Fruit Salad with Frozen Yogurt	15
Submarino (Milk with Chocolate Syrup).....	16
Dulce de Leche (Milk Jam).....	17
Alfajores de Maizena (Corn Starch Cookies).....	17



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Argentina is a wedge-shaped country, the second largest (after Brazil) in South America. In the west, it has the Andes Mountains, but the majority of Argentina's land is low. Because Argentina lies in the Southern Hemisphere, the winter months are May through August, and the warmest summer month is January. Argentina's climate and rich, lowland regions combine to make it one of the world's greatest food-producing nations. More than 4 percent of the world's cattle are raised by Argentine cattle ranchers. Argentina is also South America's largest producer of honey, an ingredient that makes its way into many delicious Argentine desserts.

2 HISTORY AND FOOD

Native Indians lived in Argentina many years before the European explorers arrived. Members of an Indian tribe in the northern part of Argentina were farmers who grew squash, melons, and sweet potatoes. Span-

ish settlers came to Argentina in 1536. Between 1880 and 1890, nearly one million immigrants came from Europe to live in Argentina. Most were from Italy and Spain. The Italians introduced pizza, as well as all kinds of pasta dishes, including spaghetti and lasagna. British, German, Jewish, and other immigrants also settled in Argentina, all bringing their styles of cooking and favorite foods with them. The British brought tea, starting the tradition of teatime. All of these cultures influenced the dishes of Argentina.

3 FOODS OF THE ARGENTINES

Beef is the national dish of Argentina. There are huge cattle ranches in Argentina, and the *gaucho*, or Argentine cowboy, is a well-known symbol of Argentine individualism. Many dishes contain meat, but prepared in different ways. A favorite main course is *parrillada*, a mixed grill of steak and other cuts of beef. Grilled steak is called *churrasco*, a beef roast cooked over an open fire is called *asado*, and beef that is

ARGENTINA

dipped in eggs, crumbs, and then fried is called *milanesa*. *Carbonada* is a stew that contains meat, potatoes, sweet potatoes, and chunks of corn on the cob.



Carbonada Criolla (Stew with Meat, Vegetables, and Fruit)

Ingredients

- 3 Tablespoons olive oil
- 2 pounds of stewing beef, cut into 1-inch chunks
- 4 large tomatoes, chopped thick
- 1 green pepper, chopped thick
- 1 large onion
- 3 cloves garlic, minced
- 2 bay leaves
- 1 teaspoon oregano
- 2 cups canned chicken stock
- 3 potatoes, diced into 1-inch cubes
- 3 sweet potatoes, diced into 1-inch cubes
- 2 ears of corn, cut into 1-inch widths (or use 2 cups of frozen corn)
- 2 zucchini, diced into ½-inch pieces
- 2 peaches in ½-inch pieces
- 2 pears in ½-inch pieces

Procedure

1. Heat oil in heavy pot.
2. Brown beef in separate batches so that all of it gets cooked. Remove from the pot and set aside.
3. In that same pot, cook tomatoes, pepper, onion, and garlic until soft.
4. Add bay leaves, oregano, and chicken stock, and bring to a boil.



5. Return beef to the pot, and add potatoes and sweet potatoes. Cover and simmer 15 minutes.
6. Stir in zucchini and corn. Simmer 10 more minutes, or until vegetables are almost soft, then add the peaches and pears.
7. Cook 5 more minutes.
8. Serve hot.

Makes 6 to 8 servings.

ARGENTINA

Because many Argentines are descendants of the Italian immigrants who came to Argentina in the late 1800s, Italian dishes are found throughout the country. Some favorite Italian dishes include pizza, all kinds of pastas (such as spaghetti and ravioli), and *ñoquis*, (gnocchi—potato dumplings) served with meat and tomato sauce.

Argentines eat more fruit than almost any other group of people in the world. Some favorite fruits include peaches, apricots, plums, pears, cherries, grapes, and *tuna*, the fruit of a prickly pear cactus.

Empanadas, little pies usually stuffed with beef, vegetables, and cheese, are a favorite dish. These are eaten by hand and they are often enjoyed as a snack, or may be carried to school for lunch. *Chimichurri*, a dipping sauce, is usually served with *empanadas*. Because the sauce has to sit for two hours before eating, it is prepared before the *empanadas*.



Chimichurri (Dipping Sauce)

Ingredients

- ½ cup olive oil
- 2 Tablespoons lemon juice
- ⅓ cup fresh parsley, minced
- 1 clove garlic
- 2 shallots (or 2 small onions), minced
- 1 teaspoon minced basil, thyme, or oregano (or mixture of these, if preferred)
- Salt and pepper to taste

Procedure

1. Combine all ingredients in a bowl and

let sit for at least 2 hours before serving with *empanadas*.



Empanadas (Little Meat Pies)

Ingredients

FILLING:

- 1 pound ground beef
- ½ cup onions, chopped
- 8 green olives, chopped
- 1 teaspoon salt
- ¼ teaspoon oregano

PASTRY:

- 2½ cups flour
- 1 egg yolk
- ½ cup water
- ¼ cup butter
- 1 teaspoon vinegar
- ½ teaspoon salt

Procedure

FILLING:

1. Brown the ground beef and onions in a frying pan until meat has lost all its pink color.
2. Stir in the remaining ingredients.
3. Drain the mixture well, and allow it to cool.

PASTRY:

1. Preheat oven to 400°F.
2. In a bowl, mix the flour, butter, egg, yolk, and vinegar together by hand.
3. Stir the salt into the water and sprinkle water, a little at a time, over the flour mixture.
4. Knead the dough until it is smooth. (To knead, flatten the dough on a surface that has been dusted with a little flour.



EPD Photos

Empanadas, homemade or purchased from a vendor, are popular for lunches or as snacks.

- Fold the dough in half and flatten again. Turn. Repeat the process for about 15 minutes.)
5. For each *empanada*, roll $\frac{1}{4}$ cup of dough into a 9-inch circle.
 6. Put $\frac{1}{2}$ cup filling on the circle, and fold it in half.
 7. Press the edges of the dough together, and poke a small hole in the top using a toothpick. Place on a cookie sheet.
 8. Repeat process until all the dough and filling are used up.
 9. Bake 10–15 minutes.
 10. Serve hot with *chimichurri*.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Lent is the 40-day period preceding Easter in the Christian year. During the week before Lent, a large festival, Carnival, is celebrated in many parts of Argentina. During Carnival, people dress up in costumes and dance. They eat spicy food, including corn stew and *humitas en chala* (corn patties wrapped and cooked in their husks). It is a tradition to eat a cake in the shape of a large ring. On Easter, children eat chocolate eggs with tiny candies hidden inside.

Because it is also tradition in the Roman Catholic Church to not eat meat during Lent, Argentines eat more seafood dishes during this time. *Bocaditos* (finger sandwiches), made with shrimp are a popular lunch or snack food during Lent.



Bocaditos (Finger Sandwiches)

Ingredients

- 12 thin slices French bread
- 1 container (3-ounce) cream cheese with chives
- $\frac{1}{2}$ cucumber, thinly sliced
- 4 to 6 precooked shrimp
- 4 cherry tomatoes, sliced

Procedure

1. Cut crusts off the bread.
2. Spread a thin layer of cream cheese on each slice of bread.

ARGENTINA

3. Place cucumber slices, tomatoes, and shrimp on one slice, and cover with another slice of bread to make a sandwich. (Any combination of these ingredients may be used.)
4. Cut into triangles or rectangles.

Serves 8 to 10.

On Christmas Eve, celebrated on December 24, Argentines eat a late meal of cold beef, chicken, or turkey, and fruit salad. Because Christmas occurs during summertime in South America, Argentines often eat the meal outside on decorated tables. After dinner, they eat almonds, dried fruits, and *pan dulce*, a sweet bread that is similar to fruitcake but has fewer fruits and nuts.



Fruit Salad with Frozen Yogurt

Ingredients

- 3 Tablespoons honey
- 3 Tablespoons lemon juice
- 1 medium apple, cored and chopped
- 1 medium plum, pitted and sliced
- 1 large orange, peeled and sliced into ¼-inch rounds
- 1 large grapefruit, peeled and sectioned
- 1 medium banana, peeled and sliced into rounds
- 1 quart frozen vanilla yogurt

Procedure

1. In a large bowl, whisk together the honey and lemon juice.
2. Stir in the fruit, and serve topped with a scoop of frozen yogurt.



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Fruit salad offers a refreshing balance of sweet and tart flavors with honey and lemon juice in the dressing, and a topping of sweet, light frozen yogurt.

In many areas of Argentina, people hold festivals to honor aspects of the environment. For example, a city on the Atlantic coast celebrates the seafood harvest that is brought in from its fishing grounds. It is tradition for people to eat a seafood feast of shrimp, crab, and scallops. After the feast, a parade with people dressed in sea-creature costumes is held. Someone dressed as The Queen of the Sea leads the parade, sitting in a giant seashell.

5 MEALTIME CUSTOMS

Argentine families, like families everywhere, are busy. Because everyone is on a different schedule, they aren't able to eat every meal together. *Desayuno* (day-sigh-OO-noh, breakfast) is often a light meal of rolls or bread with jam and coffee. Most working people in the cities have a small



Cory Langley

An Argentine fruit and vegetable vendor and her daughter greet customers at a market.

comida (coh-MEE-dah, lunch) such as a pizza from a cafeteria. A farmer eats a hot dish for lunch, carried out to him in the field, of beef, potatoes, and chunks of corn-on-the-cob. Upper-class city families usually eat a large midday meal of meat, potatoes, and green vegetables.

In the late afternoon, Argentines have a snack of tea, sandwiches, and cake to hold over their appetite until dinner (*cena*, SAY-nah), typically eaten around 9 P.M. The tea-

time tradition comes from the British immigrants that brought tea to Argentina in the late 1800s.

Vendors sell food on the streets (the equivalent to “fast food”). Ice cream vendors sell *helado*, Argentine ice cream, and warm peanuts, sweet popcorn, and candied apples. Some vendors sell *choripan* (a sausage sandwich) and soda. *Empanadas*, little pies stuffed with beef, chicken, seafood, or vegetables, are a popular snack. Children can take vegetable-filled *empanadas* to school for lunch. A favorite drink is a *submarino*, or milk with chocolate syrup.



Submarino (Milk with Chocolate Syrup)

Ingredients

- 1 glass of cold milk
- 1 teaspoon chocolate syrup

Procedure

1. Place the spoon with the syrup in the cold milk, but don't stir it.
2. Drink a little milk, then lick some of the chocolate off the spoon.
3. Continue until glass is empty.

The dinner meal has several courses, including meat dishes, and ends with dessert. *Dulce de leche* (milk jam) is a favorite dessert for many Argentine children. It is often eaten with bananas or as a filling in *alfajores* (corn starch cookies).

ARGENTINA



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To make *Dulce de Leche* (milk jam), fill a pan with sweetened, condensed milk and cover the pan with foil. Place it in a larger pan with about one inch of water in it.



Dulce de Leche (Milk Jam)

Ingredients

1 can sweetened condensed milk

Procedure

1. Preheat oven to 425°F.
2. Pour the sweetened condensed milk into an 8-inch round pie or square cake pan, and cover it with foil.
3. Place the pan in a shallow pan filled with one inch of water. Bake for one hour.
4. Allow to cool; eat with bananas or as a cookie filling.



Alfajores de Maizena (Corn Starch Cookies)

Ingredients

2½ cups cornstarch

1⅓ cups flour

- ½ teaspoon baking soda
- 2 teaspoons baking powder
- ¾ cup sugar
- 1 cup (2 sticks) butter or margarine
- 3 egg yolks
- 1 Tablespoon vanilla extract
- Grated lemon peel

Ingredients

1. Preheat oven to 350°F.
2. Sift the cornstarch with the flour, baking soda and baking powder in a bowl.
3. Beat margarine and sugar, and add the egg yolks one at a time. Mix well.
4. Add dry ingredients a little at a time.
5. Add vanilla and lemon peel. Mix to form a stiff, elastic dough.
6. Stretch until the dough is about ½-inch thick over surface covered with flour.
7. Cut into circles using the rim of a drinking glass or a round cookie cutter and put the circles on an ungreased cookie sheet.
8. Bake for about 15 minutes. Let cool.
9. Spread some *dulce de leche* on one cookie and sandwich with another cookie, and repeat with the rest of the cookies.

6 POLITICS, ECONOMICS, AND NUTRITION

Most people in Argentina receive adequate nutrition in their diets, although the World Bank classifies a small percentage as malnourished. Almost three-fourths of the population has access to safe drinking water and sanitation (hygienic conditions and safe disposal of waste products). A small percent of children under age five are underweight (about 2 percent) or stunted (are short for their age, 5 percent). These children are

ARGENTINA

from the poorest Argentine families, and may live in cities or rural areas.

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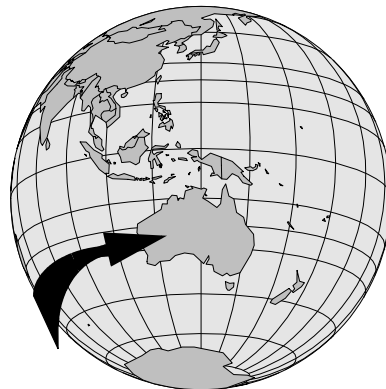
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Australia

Recipes

Grated Carrot, Apple, and Raisin Salad	20
Australian Meat Pie	21
Black Australian Coffee	22
ANZAC Biscuits	22
Lamingtons	23
Christmas Shortbread.....	24
Pavlova	24
Quick No-Cook Mini-Pavlova	25
Chocolate Crackles.....	27
Toast with Vegemite or Milo Spread.....	27



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Australia is the world's smallest continent. Lying southeast of Asia between the Pacific and Indian oceans, its diverse landscapes and climates are home to a wide variety of plants and animals.

It is generally warm and dry all year round, with no extreme cold and little frost. Average annual rainfall is 17 inches (42 centimeters), much less than the mean for all the countries of the world of 26 inches (66 centimeters). As a result, insufficient rainfall can cause droughts that threaten to destroy crops.

The country's limited rainfall can also cause problems with water quality and availability. Because Australia produces most of its own food, a water shortage for plants and animals can cause agricultural production to suffer.

2 HISTORY AND FOOD

Captain Arthur Phillip of England established the first modern settlement in Australia in January 1788. The settlers were not very experienced as farmers and early agricultural practices were disastrous. Crop failure caused food shortages and even starvation. Settlers depended on goods imported from England—such as tea, flour, beef, oatmeal, and cheese—to survive. They also learned to eat foods they found around them, such as fish and wild fruits and nuts.

The Australian diet has been heavily influenced by peoples from all over the world. The Potato Famine of the 1840s in Ireland led many desperate starving Irish people to leave their homeland, seeking relief in Australia (as well as Canada, the United States, and elsewhere). Gold was discovered in Australia a few years later, bringing more people to the country. Following World War II (1939–45), Europeans and Asians arrived in greater numbers. As a

AUSTRALIA



result, cuisines from other countries, such as Italy, Greece, and Lebanon, became popular. Europeans introduced tea, cocoa, coffee, fruits, and a variety of cheeses, and Asians introduced new spices and the technique of stir-fry.

3 FOODS OF THE AUSTRALIANS

The end of World War II brought about significant change in Australian cuisine. People from Europe and Asia brought new crops, seasonings, and cooking methods with them.

Wheat, rice, oranges, bananas, and grapes are just a few of the crops that grow

in abundance throughout the country. Meat has always been a large part of the Australian diet, although Australians (like others around the world) began to be concerned about controlling cholesterol and fat in their diet, and decreased their consumption of meat slightly toward the end of the twentieth century. Kangaroo, though once a popular meat in Australia's early history, is no longer widely consumed; beef, lamb, pork, poultry, and seafood are more common in twenty-first century Australia.



Grated Carrot, Apple, and Raisin Salad

Ingredients

- 1 head of lettuce
- 1 medium carrot, grated
- 1 medium red apple, chopped fine
- ¼ cup raisins
- 1 Tablespoon coconut, flaked
- Juice of lemon

Procedure

1. Carefully remove several firm leaves from the head of lettuce, and arrange in a bowl.
2. Mix the remaining ingredients in a bowl.
3. Mound mixture in the lettuce "cup." Serve with cottage cheese, chicken, or lean cold meat.

Serves 6.

A typical breakfast may consist of fruit, toast with Vegemite (a salty yeast spread), fried eggs and bacon, and juice. Lunch may be an apple or a salad (such as Grated Carrot, Apple, and Raisin salad), a sandwich

AUSTRALIA

filled with tuna or deli meats, and an ANZAC biscuit for a treat. (ANZAC is the acronym for Australia and New Zealand Army Corps. No one knows for sure, but many people think these biscuits were first prepared for troops—and for Australian and New Zealand families—around 1915 during World War I.) Dinnertime often brings leg of lamb or barbecued prawns (shrimp), roasted vegetables, a salad, and a custard or tart for dessert. *Damper*, a simple homemade bread, and *billy tea*, named for the pot it is heated in, both remain a staple for any meal.

Meat pie is considered the Australian national dish. One newspaper, the Sydney *Morning Herald*, reported some statistics about meat pie consumption in the country:

- Almost 260 million pies are consumed every year, or almost 15 per person
- Men eat meat pies almost twice as often as women
- 62 percent of meat pies are filled with chopped steak (ground beef)
- 36 percent are filled with steak and onion, steak and kidney, steak and potato, or steak and mushroom
- Just 2 percent are filled with chicken



Australian Meat Pie

Ingredients

2 pounds ground beef
1 cup ketchup
1 cup onion, chopped
1 teaspoon salt



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Meat pie, with dozens of recipe variations, is considered the Australian national dish.

1 cup milk
 $\frac{2}{3}$ cup bread crumbs
1 teaspoon oregano
 $\frac{1}{2}$ teaspoon pepper
2 Tablespoons Worcestershire sauce
2 cups cheddar cheese, shredded
2 prepared pie shells, 8-inch

Procedure

1. Preheat oven to 350°F.
2. Combine ground beef, ketchup, onion, salt, milk, breadcrumbs, oregano, and pepper in a bowl.
3. Mix well.
4. Divide mixture into 2 pie shells and bake for about 45 minutes.
5. While the pies are baking, mix together Worcestershire sauce and cheese in another bowl.
6. After about 45 minutes, remove pies from oven.
7. Spread Worcestershire sauce and cheese mixture on top of pie shells.
8. Bake for about 10 more minutes, or until cheese is melted.

Serves 6.



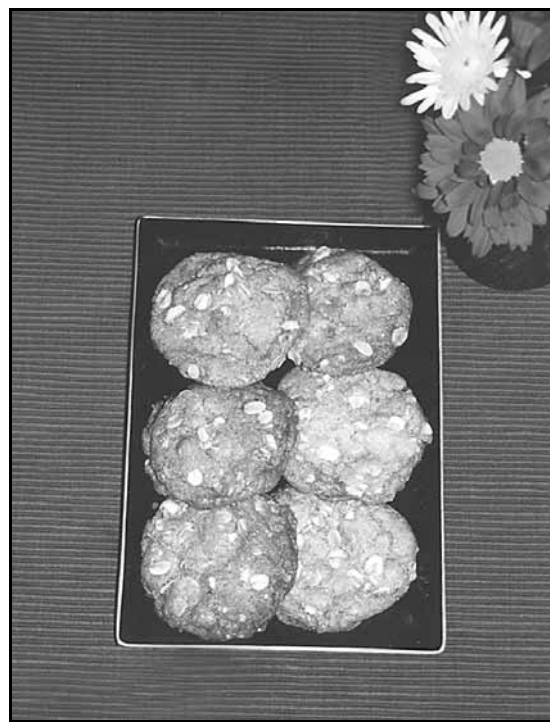
Black Australian Coffee

Ingredients

- 4 heaping Tablespoons decaffeinated coffee grounds
- 4 cups water
- Pinch of salt
- Pinch of dry powdered mustard (optional)
- 1 lemon, sliced crosswise into thin rounds

Procedure

1. Measure water into a saucepan and heat.
2. Sprinkle coffee on top of water.
3. Add salt and mustard, if desired.
4. Heat the mixture slowly to the boiling point.
5. Remove from heat immediately.
6. Let stand for 5 minutes and strain.
7. Serve coffee with a slice of lemon in each cup.



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Anzac biscuits have been popular with Australians for decades.



ANZAC Biscuits

Ingredients

- 1 cup margarine or butter
- 2 Tablespoons corn syrup
- 4 Tablespoons water
- 1 teaspoon baking soda
- 2 cups oatmeal
- 2 cups sugar
- 1 cup white flour
- 1 cup whole wheat flour

Procedure

1. Preheat oven to 325°F.

2. Combine oatmeal, sugar, white flour, and whole-wheat flour in a bowl.
3. Melt margarine and add corn syrup and water in a small pan over heat.
4. Add the baking soda to pan and stir until fizzy.
5. Pour contents in pan into the bowl with dry ingredients and stir well.
6. Shape dough into balls and flatten with a fork on a tray.
7. Bake for about 15 minutes or until golden brown.

Makes about 4 dozen biscuits.



A Biscuit for a Treat?

Australians, like the English, call cookies “biscuits.” They often use the nickname “bickies” or “bikkies” especially when offering a biscuit to a child (or even when offering a treat to a pet). Every household has a biscuit tin, a decorative round tin with a lid, to keep the supply of biscuits handy.



Lamingtons

Ingredients

- ½ cup butter
- 1 teaspoon baking powder
- ¾ cup sugar
- ½ teaspoon baking soda
- 1 teaspoon vanilla extract
- 4 eggs
- 2 cups flour
- ½ cup milk
- Pinch of salt

For icing:

- 4 cups confectioners’ sugar
- 5 Tablespoons unsweetened cocoa powder
- 2 teaspoons butter
- ½ cup milk
- Shredded coconut

Procedure

1. Preheat oven to 350°F.

2. Mix together butter, sugar, vanilla, and eggs.
3. Slowly add baking powder, baking soda, flour, milk, and salt.
4. Pour mixture into an 8-inch square cake pan and bake for about 45 minutes.
5. Let cool and store overnight in a sealed container.
6. Make icing: Measure confectioners’ sugar and cocoa into a large mixing bowl.
7. Heat milk and 2 teaspoons butter until the butter is melted. Add the milk gradually to the sugar mixture, stirring constantly. The icing should be fluid but not too runny.
8. Cut the cooled cake into 2-inch squares, and put the coconut into a shallow baking dish. Have ready a cooling rack set over a sheet of waxed paper to catch icing drips.
9. Holding a cake square with two forks, dip it into the icing, and then roll in the coconut. Transfer to rack to dry. Repeat until all cake square are coated.

Serves 16.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Most Australians spend holidays with family, participating in special events and preparing a festive meal. Since the temperatures are mild, meals are often consumed outdoors at a picnic or on the beach. Because Australia is in the Southern Hemisphere, the seasons are the opposite of those in North America and Europe. Christmas falls in the middle of summer, when most school children are on their summer vacation. A typical Christmas menu may include a variety of hot and cold meats, seafood, pasta, salads, and many types of desserts. Mince pies, fruitcake, shortbread, and plum pudding are also popular after-dinner treats.

Christmas puddings may contain a small favor baked inside. It is said that the person who finds the favor will be blessed with good luck.

Easter is also widely celebrated in Australia. A traditional menu consists of roast lamb, beef, or chicken with roasted vegetables such as potatoes, carrots, peas, or broccoli. Seafood, lasagna, and salads are also favorites. Pavlova, an elegant dessert made of egg whites and sugar and garnished with fruit, is a popular Easter dessert. Most children prefer candy, and chocolate eggs are Easter favorites. Treats are often shaped like an Easter bilby, an endangered Australian mammal that resembles the North American Easter bunny.



Christmas Shortbread

Ingredients

- 2 cups flour
- 1 1/8 cups butter, cubed
- 1/3 cup sugar
- 2 Tablespoons rice flour (optional)

Procedure

1. Preheat oven to 325°F.
2. Grease two cookie sheets.
3. Mix flour, sugar, and rice flour in a bowl.
4. Add the butter by rubbing in with fingertips.
5. Press mixture together to form a dough ball.
6. Place dough on a lightly floured surface.
7. Knead gently.
8. Divide dough in half, placing one rounded, 1/2-inch thick piece on each cookie sheet.

9. Gently mark out eight equal portions on each piece, radiating from the center.
10. Prick dough with a fork.
11. Bake for 30 to 35 minutes.
12. Allow the shortbread to cool and store in an airtight container.



Pavlova

Ingredients

- 4 egg whites
- 1 teaspoon cornstarch (corn flour)
- Pinch of salt
- 1 teaspoon vinegar or lemon juice
- 1/2 teaspoon vanilla
- 3/4 cup castor sugar (finer than regular sugar, but regular sugar may be substituted)
- Whipping cream or whipped topping
- Strawberries and kiwi for topping (other fruits or berries may be substituted)

Procedure

1. Preheat oven to 250°F.
2. Cover a cookie sheet with cooking parchment.
3. In a very clean and dry bowl, use an electric mixer to beat egg whites until soft peaks form.
4. Slowly add sugar, sprinkling it into the bowl one spoonful at a time while continuing to beat the mixture until all the sugar has been added.
5. Sprinkle in the pinch of salt, and then slowly add the vinegar and vanilla, a few drops at a time. Finally, beat in the cornstarch.
6. Continue beating until the mixture stands in stiff peaks.

- Place mixture onto the center of the paper on tray, and spread it into a circle about 8 or 9 inches in diameter (20 to 22 centimeters).
- Make a slight indentation in the center.
- Place the cookie sheet on the center rack in the oven and bake for 1 hour. Do not open the oven door while the pavlova is baking.
- Leave pavlova in the oven to cool.
- When completely cool, peel off the paper and place the pavlova on a serving plate.
- Whip the heavy whipping cream with a teaspoon of sugar and ½ teaspoon vanilla.
- Spread the pavlova with whipped cream and sliced fruit (kiwi and strawberries are traditional).
- Slice and serve.



Quick No-Cook Mini-Pavlova

While not authentic, this recipe will produce a dessert that resembles pavlova.

Ingredients

6 meringue shells
Whipped topping
Strawberries and kiwi, sliced

Procedure

- Place meringue shells on a serving tray.
- Fill each with a generous dollop of whipped topping.
- Cover with sliced strawberries and kiwi.

Serves 6.

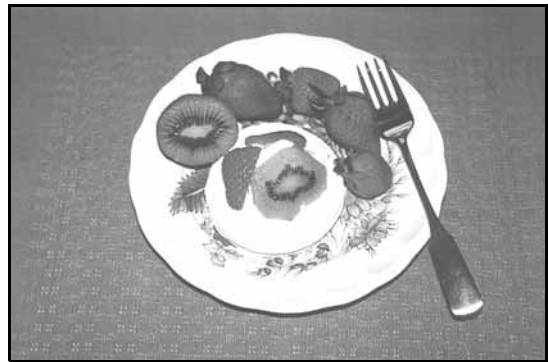
5 MEALTIME CUSTOMS

Australians traditionally spent hours in the kitchen preparing meals for family and



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Mound spoonfuls of whipped topping into prepared meringue shells.



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Serve quick pavlova garnished with fruit such as sliced kiwi or strawberries.

friends. The introduction of microwave cooking helped to speed the cooking process for busy Australian families, and also helped keep their kitchens cooler. As of 2000, nearly half of all households owned a microwave oven.

Australians eat three meals each day and enjoy an afternoon break for “tea and biscuits.” Breakfast is normally eaten between

AUSTRALIA



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Chocolate Crackles combine crunchy rice cereal with a sweet chocolate coating.

7 A.M. and 10 A.M. Lunch is increasingly being bought on the go as fast food. Australians' afternoon "tea and biscuits," served around 4 P.M., is usually composed of tea (or other beverage) accompanied by biscuits (cookies), small sandwiches, scones, or cakes. For school children, afternoon tea is the after-school snack. Dinner, the largest meal of the day, is served around 6 P.M. and is traditionally eaten European style, with the fork in the left hand and the tines pointing down, and the knife in the right.

Children normally enjoy snacks during the day, such as fruit, a beverage, or a small

sandwich. Milo, similar to instant hot chocolate mix, is often used as an ingredient in snacks or drunk alone. Lamingtons, Chocolate Crackles (similar to crispy rice cereal treats in North America), ANZAC biscuits, or just a simple fruit salad, are also popular among children.

Restaurants offer a wide variety of cuisines for those who prefer to eat out. They often offer seafood and meats that are not normally prepared at home, such as stingray and emu (similar to the ostrich). Cafes offer lunch and afternoon tea and serve as meeting places. Such places also offer a variety

of beverages. Coffee is growing in popularity, although tea is preferred in the afternoon and on Sundays, a traditional day for visiting with family and friends.



Chocolate Crackles

Ingredients

- 4 cups crispy rice cereal
- 1 cup vegetable shortening or margarine
- 1 cup confectioners' sugar, sifted
- 3 Tablespoons cocoa

Procedure

1. Melt the shortening in a large saucepan over low heat or in a microwave oven.
2. Add crispy rice cereal, confectioners' sugar, and cocoa to the saucepan.
3. Spoon mixture into paper cupcake holders.
4. Chill for 12 to 24 hours in the refrigerator.

Makes 24 treats.



Toast with Vegemite or Milo Spread

Ingredients

- Toast
- Vegemite (available at some supermarkets)
- Milo spread

MILO SPREAD

- ½ cup butter or margarine
- ½ cup hot chocolate mix

Procedure

1. Toast 4 slices of bread.



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Vegemite's distinctive jar with the red and yellow label may be found in large supermarkets around the world.

2. Spread 2 slices with Vegemite spread.
3. Spread 2 slices with Milo spread.
4. Cut toast into triangles and serve with milk or juice as a snack. May be eaten as a light breakfast or after-school snack.

MILO SPREAD

1. To prepare Milo spread, combine butter or margarine and powdered hot chocolate mix in a bowl.
2. Beat the mixture until well combined.
3. Store the Milo mixture in a covered container in the refrigerator.

6 POLITICS, ECONOMICS, AND NUTRITION

Beginning in the 1980s, Australian adults (like adults in many developed countries) began to improve their eating habits, according to a 1995 Australian Bureau of Statistics study. Meat, a source of saturated fat, is being consumed less. Chicken and seafood are eaten more frequently. Fruits, vegetables, and grains are also consumed more often. There is, however, also an increase in the purchase and consumption outside of the home of foods and beverages that are generally higher in fat. Approximately 64 percent of men and nearly half of all women are overweight or obese.

The study included the diet of Australian children under the age of 15. It found that around one-third of children younger than 12 had no fruit in their diets, and more than one-fifth had no vegetables. The amount of sugar consumption, however, declined and vegetable consumption increased with age. The majority of children usually eat breakfast on five or more days per week, with 12- to 15-year-olds eating breakfast the least often.

Promoting healthy eating habits among children is an important issue in Australia. The government has allocated funding for community projects, mostly for the disadvantaged. Fresh and nutritious foods are often unavailable for children in rural and remote areas. Indigenous (native) groups, such as the Aborigines, frequently live in these disadvantaged areas.

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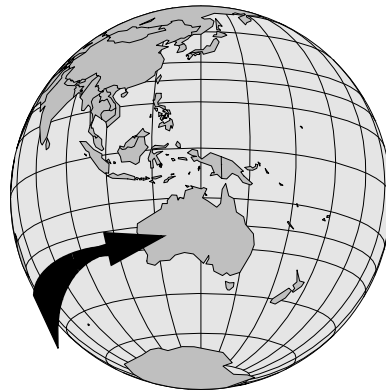
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Australia Aborigines and Bush Tucker

Recipes

Billy Tea	31
Damper (European style).....	32
Damper (Aborigine style)	32
Macadamia and Fruit Snack	33
Macadamia Nut Cookies	33



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Aborigines (ah-bow-RIH-jeh-neeZ) are people who have lived in Australia for approximately 40,000 to 60,000 years. The word comes from the Latin words—*ab* and *origine*—which mean “from the beginning.” Historically, the Aborigines were hunters and gatherers, and a small percentage were still living this traditional lifestyle as of the twenty-first century. Gathering plants or hunting animals usually depends on the climate. Central Australia is fairly dry and plants are sparsely scattered over the land. Aborigines rely on hunting animals and eating seeds and roots of plants for survival. In northeastern Australia, tropical trees offer a variety of fruits, vegetables, and nuts, including the popular macadamia nut. Those living along the coast who follow the traditional Aborigines lifestyle have access to seafood.

Most Aborigines are known to be skilled at growing things and most often use the land efficiently. Historically, they discovered that ashes from a fire acted as a natural fertilizer, providing nutrients for new plants to grow. Although this was successful, some groups living in the dry Australian desert regions often suffered a lack of food and were forced to move elsewhere.

2 HISTORY AND FOOD

Before the arrival of Europeans in the late 1700s, the Aborigines were successful hunters and gatherers. They lived off the land by understanding plants, animals, and natural resources. Aborigines continue to feel that they have a special relationship with the land.

The Europeans brought a new, unfamiliar way of life to the Aborigines. The European colonists established permanent

AUSTRALIA: ABORIGINES AND BUSH TUCKER



hunt, and prepare traditional foods. As Europeans began to settle the territory of Australia, their cooking techniques and some imported ingredients were combined with the native foods favored by the Aborigines. For decades, the European settlers tried to convince—or force—the Aborigines to adopt the European way of life, especially in customs of food, housing, clothing, and education. The most drastic example of this is something the government did for approximately 150 years, ending in the early 1970s. The Australian government enacted programs to remove Aboriginal children from their homes and place them with families of European descent. The government hoped the Aboriginal children would replace their own traditional customs with the European customs of the majority population. But by the end of the twentieth century, the Australian government took action to recognize the Aboriginal way of life and to restore their property rights.

homes, prepared food in pots and pans, and traded goods outside of Australia. Some Europeans adopted customs from the Aborigines, such as food-gathering techniques, but most continued to live by European customs.

Along with a different way of life, the Europeans carried new diseases, often infecting the Aborigines, who had no resistance to foreign illnesses. Thousands of Aborigines died and their population decreased. Many who survived were forced to abandon their land and move to areas that were governed by the European settlers. This limited their ability to live a traditional lifestyle. It became difficult to grow, gather,

3 FOODS OF THE ABORIGINES

The Aborigines ate simple, balanced diets prior to the arrival of the Europeans in the late 1700s. Their diets contained meat and fish, as well as fruits, vegetables, and nuts. Honey was a popular sweetener, gathered from the hives of native bees found among the rocky crevices or in muddy riverbanks. Aborigines used many different ways to find the beehives. According to legend, an Aborigine hunter would catch a bee, and carefully attach something, such as a tiny fragment of a feather or a blade of grass, to it. This would help the tracker see the bee, and would also slow its flight slightly. The hunter would follow the bee back to its hive.

Native plants and animals the Aborigines ate became known as *bush tucker* (or *bushfoods*—bush is the term Australians use for natural territory or wilderness, and tucker is another name for food). Bushfoods—native and wild foods—became a national industry in Australia in the early 1980s. There were bushfood restaurants, growers, and packagers of the popular native Australian foods. This industry expanded well beyond the early bushfood industry—macadamia plantations—of the late 1800s.

Bush tucker varies depending on the region, climate, and season. Kangaroo, emu, and possum are available all year round and are popular meat choices among the Aborigines. Other meats, such as lizards, frogs, and turtles, are most often enjoyed during the summer. Seafood is also a common meal, particularly in communities along the seacoast. In the mountains of New South Wales, the Aborigines may feast on moths, which are rich in fat. The deserts of central Australia are home to witchety grubs (larvae) found in the roots of acacia bushes. The larvae, which are high in calories, protein, and fat, were once staples in the Aboriginal diet. Other insects in the traditional Aboriginal diet are bees, ants, and termites. Native edible plants include yams, onions, spinach, tomatoes, berries, and grass seed. Roots of some other native plants are also harvested to eat. Seeds and flowers of the acacia were ground to make a kind of flour that could be mixed with water to make a simple cake.

Probably the most widely recognized *bush tucker* recipe is *damper*, a simple type of bread made of water and flour. Although the Aborigines originally baked this bread,

it was the Europeans that gave it the name *damper*. Billy tea, named for the “billy” (pot) with a handle that is used for cooking over an open fire, is also popular. The billy is used to boil water for tea. Billy tea is now enjoyed by all Australians, both Aborigines and Europeans alike. When a sweet drink is desired, the water is sweetened with either honey or nectar collected from flowers. Some people also enjoy billy tea prepared according to the European custom of adding milk and sugar to the brewed tea, just before it is drunk.



Billy Tea

Ingredients

- Billy pot (pot with handle, available at camping stores)
- Water
- Handful (2 or 3 Tablespoons) of loose tea leaves
- Small fire (or stove burner)
- Clean stick for stirring (wooden spoon or chopstick may be substituted)
- Drinking mug
- Sugar or honey (optional)
- Milk (optional)

Procedure

1. Fill billy pot $\frac{3}{4}$ full with water.
2. Place the pot on a burner and heat the water to a boil. (The traditional method is to hang the pot over an open fire.)
3. When the water is boiling, add the tea leaves.
4. Remove the pot from the fire or stove.
5. Stir leaves and water with stick (or wooden spoon).

6. Let the mixture stand (steep) for a few minutes, allowing the tea leaves to settle to the bottom of the pot. (Traditionally, someone would swing the pot by its handle in a wide circle over his or her head, using centrifugal force to settle the tea leaves. A safer method is to use the stick to tamp—push down—the leaves to the bottom of the pot.)
7. Pour the tea slowly into the drinking mug.
8. Add sugar (or honey) and milk if desired for taste.



Damper (European Style)

Ingredients

- 2½ cups self-rising flour
- 1 teaspoon salt
- 1 teaspoon butter
- 1 teaspoon sugar
- 1 cup milk (or ½ cup powdered milk and 1 cup water)

Procedure

1. Preheat oven to 350°F.
2. Grease and lightly flour a baking sheet.
3. Mix flour, salt, sugar, and butter together in a bowl.
4. Add milk and mix well. Knead the dough for about 5 minutes.
5. Shape into a flat circle and place on the baking sheet.
6. Bake for about 30 minutes. (Traditionally, balls of dough might be placed on rocks placed at the edge of a campfire to cook. Alternatively, wads of dough might be wrapped around the tip of a stick and held over an open fire to cook.)



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To make Damper (European Style), shape dough into a large flat circle on a greased and floured baking sheet.



Damper (Aboriginal Style)

Ingredients

- 2 cups flour (not self-rising)
- Pinch of salt
- 1 cup water (or enough to make a stiff dough)

Procedure

1. Preheat oven to 350°F.
2. Mix flour and salt together. Add water slowly until a stiff dough is formed.
3. Pat the dough into a round shape on a greased baking sheet. Bake for one hour.
4. To serve, break off pieces. Discard crust if too hard, and eat the soft center. (Traditionally, the Aborigines would bake the dough in the ashes of the fire. The crust, dirty with ashes, would be torn away.)



Macadamia and Fruit Snack

Ingredients

- 1 jar macadamia nuts
- 1 package dried fruit (may be cranberries, raisins, cherries, or apples)

Procedure

1. Combine nuts and dried fruit in a bowl.
2. To serve, shake a small amount from the bowl into the person's cupped hands, or use a cup or ladle to scoop servings out of the bowl.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Australia's national Journey of Healing Day, better known as Sorry Day, is probably the most significant modern national holiday for the Aborigines. In the 1970s, the government recognized that forcing the European lifestyle upon the Aboriginal people was wrong. It declared May 26 as "Journey of Healing Day" when all citizens

celebrate Aboriginal culture and customs. The celebration includes parades, public speakers, and other festivities. Aborigines often use this day to show off some of their best native cuisine.

For Aborigines, food is closely associated with spirituality. They believe that everything living, including humans, was created by great spiritual beings. A key part of their spirituality is *Dreaming*, a belief that the great spirits live on in nature and through rituals. They believe that the spirits do not want them to eat certain foods. Customs of hunting, gathering, preparation, and cooking evolved through their religious beliefs. Each person feels a connection between himself or herself and a particular plant or animal. This special plant or animal is known as the person's *totem*. Many people do not kill or eat their totems, except during special ceremonies.



Macadamia Nut Cookies

Ingredients

- ½ cup butter or margarine
- ½ cup shortening
- ½ teaspoon baking soda
- 2½ cups powdered sugar
- 2½ cups flour
- ¼ teaspoon salt
- 2 eggs
- 1 cup macadamia nuts, chopped and roasted



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Macadamia nuts from native trees were gathered by the Aborigines when they lived solely in outlying areas of Australia.

Procedure

1. Preheat oven to 350°F.
2. Combine baking soda, powdered sugar, flour, and salt in a bowl.
3. In a separate bowl, mix the butter, shortening, and eggs until smooth.
4. Combine and mix together all ingredients into one bowl. Add nuts.
5. Drop teaspoons of dough about 2 inches apart on an ungreased cookie sheet.
6. Bake for 10 to 12 minutes.

Makes 3 to 4 dozen cookies.

5 MEALTIME CUSTOMS

Historically, Aboriginal males were responsible for hunting most animals, including birds, various seafood, and kangaroo. Larger animals, such as the kangaroo that is more challenging to catch, were often hunted by groups of hunters. Men used spears, harpoons, nets, traps, clubs, and even boomerangs for hunting wild creatures. Women tended to be responsible for the gathering of plants, shellfish, and insects. These gender roles continue today in traditional Aboriginal families.

Even when plants are plentiful, the Aborigines are careful not to waste. They use all parts of the plants, including seeds, roots, stems, leaves, and fruits. However, many plants require special preparation. Some are poisonous, others are tough, covered with prickly foliage, and most require washing, pounding, or grinding before they can be boiled in water.

Food preparation methods differ among regional groups, often depending upon climate. Food has often been cooked in the smoldering ashes remaining after a fire. Alternatively, food may be placed directly on top of glowing coals, boiled in water, or steamed in an oven-like pit in the ground. In the twentieth century, some Aborigines began to use modern products (such as aluminum foil) in traditional cooking techniques such as steaming. The billy (pot) introduced by Europeans is widely used by Aborigines to make cooking easier.

Historically, Aborigine children had to begin caring for themselves at an early age. Most were given their first small spear before age four or five. Sons would follow



Boomerang

The Aborigines use a type of boomerang that is different from the modern “returning boomerang” that is popular in modern-day Australia. When an Aborigine hunter throws a “non-returning boomerang,” he uses a spinning motion. The boomerang hits the target with more force than a stick or rock. Many Aborigines also use the boomerang to scrape animal hides (and for other scraping tasks) and to start fires. Children use them as toys.

their fathers to watch how they hunted and made tools. Daughters would learn how to gather foods and prepare meals from their mothers. Some Aboriginal families continue to follow the occupations of their parents.

6 POLITICS, ECONOMICS, AND NUTRITION

At the beginning of the twenty-first century, nearly 400,000 Aborigines lived in Australia. Unfortunately, many of them are poor. Low incomes and living in isolated areas make it difficult for them to purchase food. Because of the cost to ship food to isolated areas, food sometimes costs almost twice as much in an outlying area than in densely populated urban regions. The long shipping distance may also cause fresh fruits and vegetables to spoil. As a result, rural community stores often carry convenience foods

and pre-packaged processed foods. Such foods are often higher in fat, sugar, and salt. These foods may last longer on shelves, but sometimes lack nutrients that are needed for a healthy life.

With the majority of income being spent on purchasing food, less money is available for Aborigines to spend on utilities, such as electricity, gas and water for cooking, and refrigeration for storage. Convenience foods that do not require much preparation are favored over healthier foods. As a result, Aboriginal children and adults have a higher rate of health-related problems than other Australians. Poorer diets lead to a higher rate of obesity, diabetes, and heart disease.

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Brazil

Recipes

Ambrosia.....	38
Feijoada (Meat Stew)	38
Orange Salad	39
Polenta (Fried Corn Mush)	40
Pepper-Scented Rice	41
Corn Cake.....	41
Banana Frita (Fried Bananas)	42
Pudim (Thick Custard).....	42
Pineapple-Orange Drink.....	43
Quejadinhas (Coconut and Cheese Snacks).....	43



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Brazil is the largest country in South America, and the fourth-largest country in the world. It lies on the East Coast of South America. Because Brazil lies in the Southern Hemisphere, the seasons are reversed from those in North America: the winter months are May through August, and the warmest summer month is January. The mighty Amazon River, the world's second-longest river after the Nile in Egypt, flows across northern Brazil. The area around the Amazon River is known as one of the world's largest rainforests. About one-fourth of all the world's known plants are found in Brazil. In the latter part of the 1900s, logging and other commercial industries were damaging the rainforest of Brazil. Dozens of animal and plant species became extinct in Brazil during the 1900s. The destruction of the rainforest environment has slowed a little, however. Brazil's soil is not fertile enough for agriculture in most areas, but it does produce large quantities of

cocoa (it ranks third in cocoa production after Cote d'Ivoire and Ghana, both in Africa). River water that flows near cities is polluted by industrial waste.

2 HISTORY AND FOOD

Brazil is a large country that is made up of many different cultures. Each region has a different food specialty. The Portuguese arrived in Brazil in 1500 and brought their tastes and styles of cooking with them. They brought sugar, citrus fruits, and many sweets that are still used for desserts and holidays. The Brazilian "sweet tooth" was developed through the influence of the Europeans. Brazilians use many eggs, fruits, spices (such as cinnamon and cloves), and sugar to make sweet treats, such as ambrosia. They also use savory (not sweet) seasonings such as parsley and garlic. Other nationalities that settled in Brazil were Japanese, Arabs, and Germans. More than one million Italians had migrated to Brazil by 1880. Each immigrant group brought along its own style of cooking.

BRAZIL

Long before the Europeans arrived, however, the Tupí-Guaraní and other Indian groups lived in Brazil. They planted *manioc* (a root vegetable like a potato) from which Brazilians learned to make tapioca and *farofa*, ground manioc, which is similar to fine breadcrumbs. It is toasted in oil and butter and sprinkled over rice, beans, meat, and fish. As of 2001, *farofa* was still used as the Brazilians' basic "flour" to make cookies, biscuits, and bread.



Ambrosia

Ingredients

- 4 cups milk
- 2 cups sugar
- 9 large egg yolks
- 1 Tablespoon lemon juice
- 4 whole cloves

Procedure

1. Place the milk in a large saucepan and bring to a boil over medium-high heat.
2. Remove it from the heat, and add the sugar and the egg yolks, one at a time, mixing well with a wire whisk after each addition. Add the cloves and the lemon juice.
3. Cook over medium heat for about an hour, stirring occasionally, until the mixture becomes golden and grainy.
4. Chill and serve cold.

Serves 8.

3 FOODS OF THE BRAZILIANS

Rice, black beans, and manioc (a root vegetable like a potato) are the main foods for many Brazilians. The national dish is



feijoada, a thick stew of black beans and pieces of pork and other meats. It is usually served with orange salad, white rice, *farofa* (ground manioc), and *couve* (kale), a dark green leafy vegetable that is diced and cooked until slightly crispy.



Feijoada (Meat Stew)

Ingredients

- 3 strips of raw bacon
- 2 onions
- 3 cloves garlic (or 1 teaspoon garlic powder)
- 1 pound smoked sausage
- 1 pound boneless beef (any cut of meat)
- 1 can (14-ounce) stewed tomatoes
- 1 cup hot water
- 1 Tablespoon yellow mustard
- 4 cups canned black beans
- Salt and pepper

Procedure

1. Cut the bacon strips into big pieces. Fry them in a large pot over medium-high heat for about 3 minutes, stirring often.
 2. Turn the heat down to medium.
 3. Cut the onion in half. Peel off the skin and outer layer. Chop both halves into small pieces.
 4. Peel the cloves of garlic. Chop them into small pieces.
 5. Add the onions and garlic to the bacon in the pot. Stir until the onions are soft, about 3 minutes.
 6. Cut the sausage and beef into 1-inch pieces. Add them to the onions and garlic.
 7. Cook until the meat is brown on all sides.
 8. Add the stewed tomatoes (with juice), hot water, yellow mustard, and some salt and pepper. Turn the heat down to simmer. Cover the pot.
 9. Cook for about 45 minutes, stirring often. If it looks too thick, add more water, ¼ cup at a time. Add the black beans (with liquid).
 10. Cover the pot, and cook for 10 more minutes.
- Serves 10 to 12.



Orange Salad

Ingredients

- 5 oranges
- 1 teaspoon sugar
- Salt and pepper

Procedure

1. Peel the oranges and remove the inner core.



EPD Photos

This salad offers sweet, salty, spicy, and tart tastes in one dish. The fresh orange slices are sprinkled with salt, pepper, and sugar.

2. Cut the oranges into thin slices. Arrange the slices on a plate.
3. Sprinkle them with sugar, salt, and pepper.
4. Serve, or cover with plastic wrap and refrigerate until ready to eat.

Almost every kind of fruit grows in Brazil, including apples, oranges, peaches, strawberries, bananas, papayas, mangoes, and avocados. Fruits, vegetables, meat, and flowers are sold at *feiras* (street markets). These outside markets are set up on streets, which are closed to vehicle traffic. The markets are set up in a new location every day.

Churrasco, chunks of beef cooked on a metal skewer over hot coals, is another favorite. Sometimes the beef is soaked in a mixture of vinegar, lemon juice, and garlic before cooking. This “Brazilian barbecue” is served with rice, potato salad, *polenta* (fried corn mush), or, occasionally, a fried banana. *Gaúchos* (cowboys) living in the region of Rio Grande do Sul especially



EPD Photos

Maté, an herbal tea-like beverage, is enjoyed in many parts of South America. The cup, made from a hollowed-out gourd, and metal bombilla (straw) are carried by gaúchos, hanging from their belts.

enjoy *churrasco*. After the gaúchos eat their meal, they drink *maté* (an herbal tea drunk in many parts of South America). The tea leaves are placed inside a hollowed-out gourd, and then boiling water is poured over them. Gaúchos slowly sip the *maté* through a metal straw, called a *bombilla*, with a strainer on the lower tip of it. The gourd and straw are carried, hanging from the belt.

Another popular beverage is guaraná, made from a small red fruit that is high in caffeine and grows in the Amazon River area. It is a refreshing soft drink, unique to Brazil and with a taste some describe as

similar to creme soda. People in the Amazon River area also chew the guaraná seeds, or make a drink by dissolving a powder made from the seeds in water. Powdered guaraná is available in the United States in some health food stores, or in markets specializing in foods from South America.



Polenta (Fried Corn Mushi)

Ingredients

- 3¼ cup water
- ¾ teaspoon salt
- 1 cup cornmeal

Procedure

1. Stir ingredients in a saucepan over medium-high heat until they come to a slow boil.
2. Reduce heat to low, cover and cook for 15 minutes. Stir frequently.
3. Spread the polenta in a bread pan.
4. Wait until it is completely cool, then cut into 2-inch wide slices.
5. Fry them in a skillet over medium heat in 2 Tablespoons of butter, 10 minutes on each side until crunchy.

4 FOODS FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Although Brazil has no national religion, the Portuguese who arrived in Brazil in 1500 brought their Roman Catholic religion with them. About 75 percent of Brazilians consider themselves Roman Catholic. Those who do not follow the Roman Catholic religion still enjoy the world-renowned Brazilian Carnival tradition. During Carnival, colorful parades are held on the streets, and

children and adults dress in costumes, dancing and celebrating in the streets all day and all night. People eat and drink continuously during Carnival, enjoying spice dishes, such as pepper-scented rice and feijoada, and sweets. Carnival is a week-long party that ends on Ash Wednesday, the beginning of the 40-day religious period of Lent before the Christian celebration of Easter. During Lent, it is a Roman Catholic tradition not to eat meat.



Pepper-Scented Rice

Ingredients

- 1 Tablespoon vegetable oil
- 1 small onion, finely diced
- 1 garlic clove, minced
- 1 cup long-grain rice
- 1 chili pepper
- 2 cups hot water
- ½ teaspoon of salt

Procedure

1. Pour the vegetable oil into a large saucepan and heat for a few seconds. Add the onion, garlic, and rice.
2. Fry gently, stirring for about 4 minutes.
3. Add the chili pepper, hot water, and salt. Stir well and bring to a boil.
4. Simmer for 15 to 20 minutes, until the rice is soft and the water has been absorbed.
5. Remove the chili pepper and serve.

Serves 4.

Festas Juninas (June Festivals) are held in honor of Roman Catholic saints—St. Anthony, St. Peter, and St. John. Brazilians

believe St. John protects the corn and green bean harvests, giving them plenty of food in the upcoming year. They celebrate St. John's Day with a harvest festival. Brazilians like to eat corn, as corn-on-the-cob and popcorn, and corn-based dishes such as corn puddings and corn cake, at all of the *Festas Juninas*.



Corn Cake

Ingredients

- 1 can (11-ounce) corn, drained
- 7 Tablespoons softened butter
- 1 cup whole wheat flour
- 3 eggs, beaten
- 1 can (14-ounce) coconut milk
- 1 Tablespoon baking powder
- 2 cups granulated sugar

Procedure

1. Preheat oven to 350°F.
2. Place all of the dry ingredients into a bowl and mix; slowly add milk, eggs, butter, and corn; mix until smooth.
3. Pour the mixture into a large greased loaf pan.
4. Bake for about 50 minutes.
5. To test if the cake is done, stick a toothpick into the center; the cake is done when the toothpick comes out clean.
6. Remove the cake from the pan by turning it over onto a wire rack to cool.
7. Slice and serve.

Serves 12.

Brazil is the world's largest producer of coffee, and Brazilians use coffee in many unique ways in cooking. For example, on Christmas Day, Brazilians prepare a turkey

basted with a rich dark coffee with cream and sugar. The traditional stuffing contains *farofa* (ground manioc), pork sausage, onions, celery, and seasonings. Side dishes for this meal are mashed white sweet potatoes, *banana frita* (fried bananas), and green beans. Dessert is an assortment of fruit *doces* (sweetened fruits, preserved through slow cooking), star fruit, and strips of mango.



Banana Frita (Fried Bananas)

Ingredients

6 small bananas, peeled
1 large egg, beaten
1 cup fine bread crumbs
½ cup (1 stick) unsalted butter
Salt, to taste

Procedure

1. In a mixing bowl, gently toss the bananas with egg to moisten, then lightly roll the bananas in the bread crumbs.
2. In a large skillet, melt the butter over medium heat.
3. When the foam goes away, add the bananas and fry on all sides until golden.
4. Season with salt and serve hot.

Serve 6.

5 MEALTIME CUSTOMS

Because Brazil is the world's largest producer of coffee, a typical *pequeno almoço* (breakfast) consists of a cup of *café come leite* (a hot milk and coffee mixture) and a piece of French bread. Many Brazilian children also drink a coffee and milk mixture for breakfast.

Lunch, usually the biggest meal of the day, consists of rice, beans, salad, meat, or other dishes, depending on where the family lives and what they can afford to buy. Between lunch and supper some Brazilians have midmorning and midafternoon *café*, which includes coffee, hot milk, and cookies. *Pastels* and *empadas*, little pastries filled with any combination of shrimp, meats, and cheeses that are either fried or baked, are a favorite snack. These can be purchased by street vendors (Brazilian "fast food") or made at home.

In the late evening, many Brazilians eat a light supper. Children enjoy desserts such as *pudim* or *churros*, fried dough rolled in sugar and filled with caramel, chocolate, or sweetened condensed milk.



Pudim (Thick Custard)

Ingredients

1 pound sugar
½ tablespoon butter or margarine
½ cup water
6 egg yolks, beaten
1 cup shredded coconut

Procedure

1. Preheat oven to 350°F.
2. Grease the cups of a 10 to 12 muffin tin and sprinkle with a bit of sugar.
3. In a saucepan, combine sugar and water. Bring to a boil, stirring until mixture forms a thin syrup.
4. Add butter and remove from heat and allow to cool.
5. When syrup is cool, add the egg yolks and coconut and mix well.

BRAZIL

6. Pour mixture into sections of muffin tin.
7. Place tin in a larger pan filled with 1 inch of hot water.
8. Bake for 30 to 40 minutes.
9. To test if they are done, stick a toothpick into the center—it should come out clean.
10. When the custards are cool, turn the tin over onto a large platter.

Serve in bowls. Serves 12.

The Portuguese brought oranges and other citrus fruits to Brazil in 1500, and they are used in several dishes and juices. Students may enjoy a fruity drink, such as pineapple-orange drink, as an after-school snack.



Pineapple-Orange Drink

Ingredients

- 2 Tablespoons crushed ice
- 2 Tablespoons sparkling water or seltzer water
- ½ cup orange juice
- ½ cup pineapple juice

Procedure

1. Pour the crushed ice and water into a large drinking glass.
2. Add the orange juice and the pineapple juice. Stir and drink.

This drink can also be made quickly in a blender. Serves 1 or 2.

Children may take *quejadinhas* (coconut and cheese snacks) to school as part of their lunch. These treats do not need to be heated and, if stored correctly, they stay fresh for several days.



EPD Photos

Drop the coconut-cheese mixture by spoonful into baking cups.



Quejadinhas (Coconut and Cheese Snacks)

Ingredients

- 1 cup tightly packed fresh grated coconut
- 1 can (8-ounce) sweetened condensed milk
- 2 Tablespoons freshly grated Parmesan cheese
- 2 large egg yolks

Procedure

1. Preheat the oven to 450°F.
2. Place all of the ingredients in a medium-size bowl and mix well.
3. Place paper cups into the cups of a muffin tin. Drop the mixture by the spoonful into the paper cups.

BRAZIL



EPD Photos

Quejadinhas (coconut-cheese snacks) and orange-pineapple drink combine to make a delicious snack anytime.

4. Place the muffin tin in a larger pan that has been filled with about 1 inch of water and cook for about 35 minutes.
5. These will keep well if they are stored in a tightly closed cookie tin.

6 POLITICS, ECONOMICS, AND NUTRITION

About 10 percent of the population of Brazil is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 6 percent are underweight, and over 10 percent are stunted (short for their age).

According to the Brazilian government, child poverty is one of the country's most serious concerns. About one-third of the children in Brazil live in poverty. Thousands of children spend their days on the streets of Brazil's cities; many abuse drugs and resort to crime and prostitution to get money to live. Many shopkeepers consider these street children a nuisance and ask police to keep the children away from their stores. International observers consider the child poverty in Brazil to be a human-rights issue, but many Brazilians see the children as a threat to security in the cities.

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Brazil

Afro-Brazilian

Recipes

Quiabo (Okra).....	46
Basic Rice	46
Moqueca (Spicy Fish and Coconut Milk Stew).....	47
Moqueca aos Ovos (Spicy Egg Stew).....	47
Quindins (Coconut Macaroons)	48
Brazilian Black Beans	49
Angu de Milho (Cornmeal Dish).....	49
Empadas (Little Baked Pies)	50
Açaçá (Steamed Rice Flour Pudding)	51
Olho de Sogra (Mother-in-Law Eyes).....	51



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The majority of Afro-Brazilians live in the nine states of the country’s northeastern section—home to nearly one-third of all Brazilians. Most Afro-Brazilians live near the coastal regions where there is an abundance of rainfall. The northeast states have three distinct areas. The flat coastal strip, which literally means “forest zone,” has rich soil that is suitable for the cultivation of sugarcane plantations. Vast hills and mountain ranges begin just miles from the fertile coastline. Highland shrubs and cacti grow here in large numbers. Lastly, the semi-arid interior covers nearly three-quarters of the northeast’s area (however, the least amount of people live in this topographic region—mostly those of Portuguese or Indian descent). Soil quality is poor and rainfall is often unpredictable.

2 HISTORY AND FOOD

The Portuguese claimed the rights to the territory that makes up modern-day Brazil in 1500, and in 1532, they began bringing African slaves to Brazil. The Africans introduced the Brazilians to new cooking styles and tastes, such as cooking food in *dendê* (palm oil), using okra as a thickener and a vegetable, and using the banana in different dishes. Africans also introduced a wide variety of chili peppers and ginger to season food, and this practice has continued to be part of Brazilian cooking. Another cooking technique Africans took to Brazil was the use of dried smoked fish and shrimp. The oldest African dish in Brazil, *caruru*, dates back to the 1600s. It is a spicy stew made with smoked fish or shrimp, *quiabo* (okra), onions, *dendê* (palm oil), and peppers. In the twenty-first century, the African influence on ingredients and cooking techniques

still thrives, especially in the northeastern state of Bahia.



Quiabo (Okra)

Ingredients

- 2 cups water
- 1 pound small okra pods, topped and tailed
- ½ teaspoon butter

Procedure

1. Place the water in a large saucepan and bring to a boil over medium heat.
2. Trim the tops and stem ends from the okra.
3. Place the okra in the water and cook for 3 to 5 minutes.
4. Remove from heat, drain, and serve hot with butter.

Serves 4.



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The tops and pointy tips (tails) of okra may be trimmed using clean scissors or a knife.

3 FOODS OF THE AFRO-BRAZILIANS

Most of the descendents of the African slaves, who were brought to Brazil by the Portuguese in the 1500s, live in the state of Bahia. Although Afro-Brazilian cuisine can be seen throughout Brazil, it is especially noticed in Bahia, where the people have kept the culture, food, and *Candomblé* religion (a mix of Roman Catholic and African religions) alive. The Afro-Brazilian cuisine features *malagueta* (chili peppers), *dendê* (palm oil), seafood, coconut milk, banana, and okra.

Vatapá is one of the most popular Bahian dishes. It is a creamy dish served over rice,

containing fish, shrimp, ground peanuts, coconut milk, *dendê*, and bread. Another favorite dish is *moqueca*, a stew made with fish, shrimp, crab, or a mixture of seafood in a *dendê* oil and coconut milk sauce. *Moqueca* is usually served over white rice.



Basic Rice

Ingredients

- 3½ cups water
- 1½ cups long-grain rice
- 1 teaspoon salt
- 1 Tablespoon butter

Procedure

1. Bring the water to a boil in a saucepan over medium heat.
2. Stir in the rice, salt, and butter.
3. Cover and reduce the heat to low.
4. Simmer for about 20 minutes.
5. Remove the saucepan from the heat, and let it sit for about 5 minutes.

Serves 4 to 6.



*Moqueca
(Spicy Fish and Coconut Milk
Stew)*

Ingredients

- 1 Tablespoon vegetable or olive oil
- 2 to 4 cloves garlic, peeled
- 1 onion, finely chopped
- 2 cups coconut milk
- 2 Tablespoons tomato paste
- 1 teaspoon fresh cilantro (remove stems), chopped
- 1 pound shrimp, shelled and deveined
- 2 Tablespoons white vinegar
- 2 limes
- 2 Tablespoons *dendê* oil (palm oil), optional
- Salt
- Pepper
- Boiled white rice (prepared separately)

Procedure

1. Place the shrimp in a bowl. In a small bowl, combine the juice of one lime, vinegar, and salt. Pour over shrimp and set aside to marinate for at least 30 minutes.

2. Add 1 Tablespoon vegetable or olive oil to a large saucepan and heat over medium heat. Add garlic cloves and cook until golden brown.
3. Add onion and cook, stirring often with a wooden spoon, for about 5 minutes until the onions are softened.
4. Pour shrimp and marinade into pan.
5. Add cilantro, tomato paste, and pepper to taste.
6. Stir in coconut milk and bring the stew to a boil.
7. Lower heat and simmer 10 minutes until shrimp is cooked through.
8. Stir in *dendê* oil and cook for 5 minutes more. (This step may be omitted.)
9. Serve over boiled white rice.

Serves 6.



*Moqueca aos Ovos
(Spicy Egg Stew)*

Ingredients

- 12 eggs
- 3 Tablespoons olive oil
- 2 cloves garlic, minced
- 3 onions, thinly sliced
- 2 teaspoons fresh cilantro, minced
- Salt and pepper, to taste

Procedure

1. Break the eggs into a bowl and beat gently.
2. Heat the oil in a large skillet over medium heat and cook the garlic, onion, and cilantro, stirring, until they are lightly browned.
3. Pour the eggs into the skillet, stir, and cook for a few seconds.

BRAZIL: AFRO-BRAZILIAN

4. Reduce the heat to low, and continue to cook, stirring occasionally, about 5 minutes.
5. Season and serve hot over white rice.

Serves 4 to 6.

Afro-Brazilian cuisine is well known for its sweets and desserts, probably because of the influence of the Portuguese colonists who brought their love of sugar with them from their European homeland. The African slaves added their own style to the existing recipes. The women of the state of Bahia, the heart of Afro-Brazilian culture, make delicious sweets. One favorite is *cocada*, a coconut candy boiled in sugar water with ginger or lemon. *Quindins* (coconut macaroons) are another favorite sweet. *Quindins* are often served for dessert.



Quindins (Coconut Macaroons)

Ingredients

- ¾ cup sugar
- 1 Tablespoon butter
- 1 cup tightly packed grated coconut
- 5 egg yolks
- 1 egg white, beaten into stiff peaks

Procedure

1. Preheat the oven to 350°F.
2. In a medium-size bowl, mix the sugar, butter, and coconut together.
3. Beat in the egg yolks one at a time, stirring well.



4. In another bowl and using an electric mixer, beat the egg white until it is very stiff, and peaks remain on the surface when the beaters are lifted from the whites.
5. Fold (stir very carefully) the beaten egg white into the egg yolk mixture.
6. Grease the molds of a 12-muffin tin with butter and divide the mixture into the molds.
7. Place the muffin tin in a larger baking pan filled with 1 inch of water.
8. Bake for 35 minutes, or until the *quindins* are golden.
9. Let them cool and remove from the tin.

Serves 12.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The African slaves transported to Brazil by the Portuguese brought their religion with them. The religion of the modern-day Afro-Brazilians, *Candomblé*, is a blend of the

Roman Catholicism of the Portuguese, and African religions.

Throughout the year, people who follow *Candomblé* worship *orixás*, African gods and goddesses. *Orixás* are similar to Catholic saints. Each has a distinct name and a favorite food. People who follow the *Candomblé* religion eat meals made from the saint's favorite food on the day that saint is celebrated.

Iemanjá, the goddess of the ocean, is honored on February 2 of each year, and her favorite food is watermelon. Fishermen believe she protects them when they are out at sea, and that she will send large schools of fish for them to catch.

The god *Oxalá* (Jesus Christ), father of all *orixás*, is honored at the *Bonfim* festival, held each year on the third Thursday in January. Since black beans are thought to be *Oxalá's* favorite food, many dishes for the festival are made with them.



Brazilian Black Beans

Ingredients

- 4 strips raw bacon
- 1 onion
- 2 cloves garlic
- 1 cup water
- 3 cans (14 ounces each) black beans
- Salt and pepper

Procedure

1. Cut the bacon strips into large pieces and fry them in a large pan over medium to high heat, stirring often.

2. Cut the onion in half and peel off the skin and outer layer. Chop both halves into large pieces.
3. Peel the cloves of garlic and chop into small pieces.
4. Add the onion and garlic to bacon, and cook until they are golden brown (about 3 minutes).
5. Add the water and black beans. Turn the heat to low. Cover and simmer for 20 minutes, until thick. If the beans look too thick, stir in more water, ¼ cup at a time.

Serves 6 to 8.

Festas Juninas (June Festivals) are held in honor of certain *orixás* (the Catholic names for them are St. Anthony, St. Peter, and St. John). Corn, prepared in different ways, is eaten at all of the June Festivals, including puddings and cakes. One popular cornmeal dish, similar to polenta, is *angu de milho*.



Angu de Milho (Cornmeal Dish)

Ingredients

- 3 cups cold water
- 2 teaspoons salt
- ¾ cup cornmeal
- 4 teaspoons butter

Procedure

1. Place half of the water (1½ cups) in a medium-size saucepan.
2. Add the salt, and bring to a boil over medium heat.
3. Slowly mix the cornmeal into the remaining 1½ cups water.

4. Gradually pour that cornmeal mixture into the boiling water, stirring constantly.
5. Add the butter and continue to stir continuously until it thickens where it can hold its shape.
6. Pour into a well-buttered 6-cup mold.
7. Let it cool before removing it from the mold.

Serves 4 to 6.

5 MEALTIME CUSTOMS

The heart of Afro-Brazilian culture, practiced by descendents of the African slaves brought to Brazil by the Portuguese, is in the state of Bahia in northeastern Brazil. A large percentage of the people living in these regions are poor. Afro-Brazilians usually eat foods that come from their surroundings, such as fruit and seafood. Other foods are bought at large produce markets in towns or from farms. Breakfast includes papayas, mangoes, pineapples, warm tapioca with milk and cinnamon, and coffee. Favorite snacks are *empadas* and *pastels*, little pastries filled with meat or fish and olives and cheese.



Empadas (Little Baked Pies)

Ingredients

DOUGH:

- 2 cups flour
- ½ teaspoon salt
- 5 Tablespoons unsalted butter
- 1 egg

EGG WASH:

- 2 Tablespoons water
- 1 egg yolk

FILLING:

- 1 Tablespoon olive oil
- 1 onion, grated
- 1 tomato, peeled, seeded, and chopped
- ¼ cup canned chicken stock
- ⅛ teaspoon ground nutmeg
- 1 cup raw shrimp or cooked and shredded chicken
- ½ cup pitted green or black olives, chopped
- 1 Tablespoon parsley
- Salt and pepper, to taste

Procedure

DOUGH:

1. In a bowl, combine flour, salt, and butter.
2. Add the egg and 1 Tablespoon of the water and mix until smooth, and form into a large ball.
3. Cover and set aside.

EGG WASH:

1. Beat the egg yolk with the remaining 1 Tablespoon of water to brush the tops of the *empadas*.
2. Set the egg wash aside.

FILLING:

1. For the filling, heat the oil over medium heat in a medium skillet.
2. Add the onion and cook for 1 minute.
3. Add the tomato, stock, nutmeg, shrimp or chicken, olives, parsley, and salt and pepper.
4. Simmer and cook for 2 minutes.
5. Remove from the heat.

EMPADAS:

1. Preheat oven to 375°F.
2. On a lightly floured board, roll out the dough to ⅛-inch thickness. (Work with half the dough at a time if necessary.)
3. Using a large round cookie cutter or rim of a large glass, cut out circles in dough.

4. Place a heaping Tablespoon of the filling onto a circle of dough.
5. Fold in half and press the edges together with fingers or by pressing with the back of a fork.
6. Poke a hole in the top using a toothpick.
7. Brush the tops of the *empadas* with the egg wash, and place them on a baking sheet.
8. Bake for 20 minutes, or until golden brown.

Serves 6 to 8.

Along with other foods, street vendors (the equivalent to “fast food”) sell the popular snack *acaçá* (steamed rice-flour pudding). It is prepared, wrapped in banana leaves, and steamed. In homes, *acaçá* is often eaten as a side dish with seafood meals.



Acaçá
(Steamed Rice Flour Pudding)

Ingredients

- 2 Tablespoons olive oil
- 1½ cups canned unsweetened coconut milk
- 1 cup milk
- 1½ cups rice flour (available at Latin American and specialty food stores)
- ⅓ cup heavy cream
- Salt and pepper, to taste

Procedure

1. In a large saucepan, mix together the olive oil, coconut milk, milk, and salt and pepper.
2. Bring to a boil over high heat.
3. Reduce the heat to medium and whisk in the rice flour a little at a time, stirring

constantly until mixture is smooth and thick (about 8 minutes).

4. Gradually add the cream, mix, and pour into a lightly oiled 8x8-inch shallow oven-proof pan.
5. Let it cool for a few minutes.
6. Cut into small squares and serve.

Serves 8 to 12.

A popular dinner is *vatapá*, a creamy dish of fish, shrimp, ground peanuts, coconut milk, *dendê* oil, and bread, typically served over white rice. *Ximxim de galinha* (chicken with peanuts and cashews) is another well-known dish. Sorbet, or passion fruit-, mango-, lime-, or burnt coconut-flavored ice, is a favorite dessert. Another popular dessert, which has been made for many years, is *olho de sogra* (mother-in-law eyes). These are actually prunes stuffed with coconut, but they look like eyes.



Olho de Sogra
(Mother-in-Law Eyes)

Ingredients

- 1 cup water
- 1¼ cup sugar
- 1 cup coconut, grated
- 2 large egg yolks
- ½ teaspoon vanilla extract
- 1 pound pitted prunes
- Whole cloves, for garnish

Procedure

1. Place 1 cup each of the sugar, water, and coconut in a medium-size saucepan and cook over low heat until mixture thickens, about 15 minutes.



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The sweet treats, Olho de Sogra (Mother-in-law Eyes), may be enjoyed anytime. Some people may prefer not to eat the whole clove in the center.

2. Remove from heat and let cool.
3. Whip egg yolks until lemon-colored, and add them to the coconut mixture.
4. Add the vanilla and return mixture to stove.
5. Cook and stir over low heat for about 5 minutes.
6. Remove from heat and cool again.
7. Spread the prunes open lengthwise.
8. Stuff the inside of the prunes with the mixture.
9. Place a piece of clove in the center of the mixture.
10. Roll the prunes in the remaining sugar.
11. Serve them on a platter or in individual paper baking cups.

Serves 8 to 12.

6 POLITICS, ECONOMICS, AND NUTRITION

Living conditions for Afro-Brazilians are often dreadful, with an overwhelming number living in *favelas*, or slums. An estimated 69 percent of the population has no public sanitation, 63 percent does not have access to safe drinking water, and nearly 400,000 die of curable diseases each year due to poor health facilities. In addition, the Brazilian infant mortality rate, especially that of Brazilian children of African ancestry, is one of the highest in the world. Apparent discrimination of Afro-Brazilians has kept most uneducated, illiterate (unable to read), and living in poverty. Many Afro-Brazilians cannot afford the fresh and nutritious foods available to other Brazilians. According to the World Bank, those living in the impoverished areas of Brazil's northeastern states only make about one-tenth of the national average (approximately \$230 each year).

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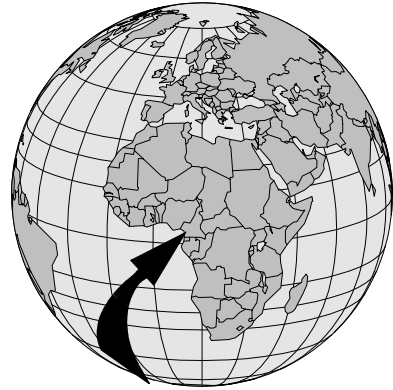
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Cameroon

Recipes

Safou a la Sauce Tomate (Prunes in Tomato Sauce).....	54
Easy Fufu.....	55
Traditional Fufu.....	56
Ndole (Bitterleaf Soup).....	56
Banana and Pineapple Salad.....	58
Boiled Cassava	59



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Situated in West Africa, Cameroon, shaped like an elongated triangle, contains an area of 475,440 square kilometers (183,568 square miles). Comparatively, the area occupied by Cameroon is slightly larger than the state of California.

There are four geographical regions: the western lowlands, which extend along the Gulf of Guinea coast; the northwestern highlands, which consist of forested volcanic mountains, including Mount Cameroon, the nation's only active volcano and the highest peak in West Africa; the central region, which extends eastward to the border with the Central African Republic; and the northern region, which is essentially a vast tropical plain that slopes down to the Chad Basin.

The southern and northern regions of the country are two distinct climatic areas. In the south there are two dry seasons, December to February, and July to September. The

northern part of the country has a more comfortable climate.

2 HISTORY AND FOOD

Many staples of the Cameroonian diet came from the explorers of the New World (the Americas). The Portuguese arrived in Cameroon in 1472 and brought with them such foods as hot peppers, maize (corn), cassava (a root vegetable), and tomatoes.

Other Europeans settled on the Cameroon coast in the mid 1800s, with the British arriving first, followed by the French and Germans. The French influence is reflected in the presence of some foods, such as omelets and French bread, as well as in the preparation of some dishes; however, for the most part, Cameroonians continue to prepare their own traditional foods.

Foreign restaurants can be found in the larger towns and cities of Cameroon. In 2001, the city of Doula boasted a number of Parisian-style cafes, Greek, Lebanese, and Chinese restaurants, as well as places offering pizza and hamburgers. Restaurants in



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Fried prunes are simmered in a savory tomato sauce and served over rice for a filling casual family dinner.

the capital city, Yaounde, also offered a variety of cuisines, including Chinese, French, Italian, Russian, and traditional Cameroonian food. In the smaller cities, street vendors and restaurants serve more traditional favorites than foreign dishes.



*Safou a la Sauce Tomate
(Prunes in Tomato Sauce)*

Ingredients

12 prunes
1 cup water
2 cups tomato sauce

2 Tablespoons peanut oil

2 cups cooked rice

Procedure

1. Rinse the prunes, cut them in half, and remove the pits.
2. In a saucepan, simmer the prunes with water until soft, about 4 minutes. Drain.
3. In a frying pan, heat the peanut oil over medium heat and fry the prunes, about 2 minutes.
4. Measure the tomato sauce into a medium saucepan, and add the fried prunes.
5. Cook over medium heat for 5 minutes. Serve over rice.

Serves 4 to 6.

CAMEROON

3 FOODS OF THE CAMEROONIANS

The staple foods eaten by the people of Cameroon vary from region to region, depending on climate, and what is grown locally. In general, the Cameroonian diet is characterized by bland, starchy foods that are eaten with spicy (often very hot) sauces. Meat on skewers, fried and roasted fish, curries and peppery soups are common dishes.

Staple foods eaten in the north are corn, millet, and peanuts. In the south, people eat more root vegetables, such as yams and cassava, as well as plantains (similar to bananas). In both north and south regions, the starchy foods are cooked, then pounded with a pestle (a hand-held tool, usually wooden) until they form a sticky mass called *fufu* (or *fofoo*), which is then formed into balls and dipped into tasty sauces. The sauces are made of ingredients such as cassava leaves, okra, and tomatoes. The food most typical in the southern region of Cameroon is *ndole*, which is made of boiled, shredded bitterleaf (a type of green), peanuts, and melon seeds. It is seasoned with spices and hot oil, and can be cooked with fish or meat. *Bobolo*, made of fermented cassava shaped in a loaf, is popular in both the south and central regions.

Fresh fruit is plentiful in Cameroon. The native mangoes are especially enjoyed. Other fruits grown locally and sold in village marketplaces include oranges, papayas, bananas, pineapples, coconuts, grapefruit, and limes.



Easy Fufu

This is a good recipe to make with a friend, so you can share the job of stirring the stiff mixture and holding the pot steady. Neither the ingredients nor the process is authentic, but the results are similar in texture to the fufu prepared in Cameroon from cassava.

Ingredients

- 2½ cups instant flour mix (such as Jiffy Mix or Bisquick)
- 2½ cups instant mashed potato flakes
- 1 cup tapioca (made from cassava)
- 6 cups water



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Cassavas resemble sweet potatoes, but have a shiny, brittle skin. Pictured with the cassavas here is a bag of gari (or cassava meal), which may be used to make fufu.

Procedure

1. Bring the water to a boil in a large pot.
2. Mix the instant flour mix, instant potato flakes, and tapioca together. Add the mixture to the boiling water, about 2 cups at a time. The mixture should be thicker and stiffer than mashed potatoes.
3. Stir constantly for 10 to 15 minutes while the mixture continues to boil. (The mixture will become very thick and difficult to stir, but it is important that it be stirred continuously.)
4. Let the mixture cool. Form the fufu into balls.
5. Serve with a spicy stew or soup.

Serves 8 to 10.



Traditional Fufu

Ingredients

2 to 4 pounds (4 to 8 large) white or yellow yams (not sweet potatoes)

Procedure

1. Scrub the yams. Place them in a large pot and cover them with water.
2. Bring the water to a boil and cook for 20 to 30 minutes, until the yams are soft. (The skins will be easy to cut through with a fork or knife.)
3. Drain yams into a colander, and run cold water over them to cool them.
4. Remove peels from yams and return them to the pot.
5. Using a potato masher or wooden spoon, mash and beat the yams for 10 to 15 minutes until completely smooth. (A helper can hold the pot steady while the yams are being beaten.)
6. Shape the fufu into balls and serve with stew, sauce, or gravy.

Serves 8 to 10.

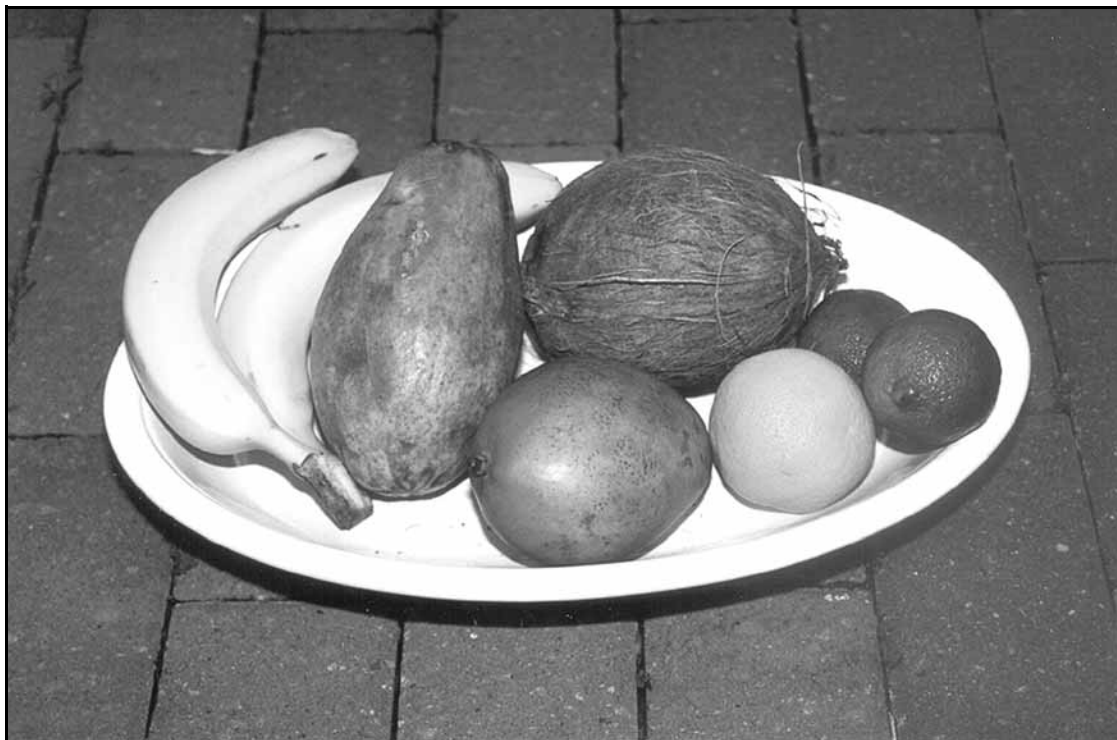


Ndole (Bitterleaf Soup)

Ingredients

- 2 cups dried bitterleaf (can substitute spinach, kale, collards, or turnip greens)
- ½ pound cooked shrimp (or one cup dried shrimp, if available)
- 1 cup natural-style peanut butter
- 1 large onion, chopped
- 2 cups water
- 2 Tablespoons fresh ginger, grated
- 2 cloves garlic, crushed
- 6 tomatoes, chopped

CAMEROON



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Fruits available in village markets include (left to right) bananas, papaya, mango (front), coconut (back), oranges (front), and limes.

2 to 3 Tablespoons vegetable oil
Salt and pepper, to taste

Procedure

1. (If using any greens other than bitterleaf, skip this step.) Soak the bitterleaf overnight; drain in the morning and press out the excess water.
2. If using kale, collards, or turnip greens, wash the greens, chop them, and cook them in a pot of boiling water for 5 minutes.
3. If using spinach, wash the leaves and chop the spinach.
4. Heat 2 Tablespoons of oil in a large pot and add the onions, garlic, and ginger. Sauté for 3 minutes.
5. Add the chopped tomatoes, reduce heat, and simmer for about 3 minutes.
6. Add the greens and simmer, stirring frequently, about 5 minutes.
7. Add the peanut butter. Stir to combine well, cover the pot, and continue simmering until greens are tender (about 15 minutes). If mixture seems too dry, add water, $\frac{1}{2}$ cup at a time.
8. Cut shrimp into small pieces.
9. Cook for 10 more minutes, then add the spinach.
10. Serve with rice or boiled plantains and fufu.

Serves 6 to 8.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

During the month long observance of the holiday of Ramadan, Cameroon's Muslims fast from dawn to dusk. This means they are forbidden to eat or drink during this time. The evening meal during Ramadan may include a rich soup. In most areas, a *fete des mouton* festival is celebrated two months after Ramadan to remember the willingness of Abraham to sacrifice a sheep from his flock. This celebration lasts for several days, during which it is customary for people to slaughter a sheep and then visit their friends and neighbors, giving them gifts of meat.

Most Cameroonians celebrate Christmas, even those who are not Christian. It is a time for visiting friends and family, and exchanging gifts. Holidays and events, such as coronations; saying goodbye to someone going abroad; weddings, and even funerals, are marked by feasts and meals at which friends and neighbors gather to eat local favorite dishes. It is traditional to slaughter and cook a sheep or goat at important occasions. Chicken dishes are also popular holiday fare.



Banana and Pineapple Salad

Ingredients

- 2 firm ripe bananas, peeled and sliced
- 2 firm ripe tomatoes, sliced
- 1 small pineapple, peeled and sliced
- 1 avocado, peeled, pitted, and sliced
- 1 Tablespoon roasted peanuts, chopped
- 1 can coconut milk

Procedure

1. Boil the coconut milk until it thickens.
2. Set it aside to cool.
3. Pile the bananas, tomatoes, pineapple, and avocado alternately in layers in individual glass dishes.
4. Top with chopped peanuts and the thickened coconut milk.
5. Serve cold.

Serves 4 to 6.

5 MEALTIME CUSTOMS

At mealtime, damp towels may be passed out to diners (before and after the meal), to wash their hands; Cameroonians eat out of communal bowls. Using their right hands, they dip three fingers into the starchy food—often *fufu* or a millet dish—and then into the stews or sauces of the meal. It is customary for the men to serve themselves first, while the women wait patiently and the children eat what is left after the adults have finished.

People of Cameroon eat three meals a day. A variety of foods, including fruit, porridge, and boiled plantains, may be eaten for breakfast. Eggs and boiled cassava are also popular choices. Lunch and dinner are likely to feature a starchy dish such as *fufu*, boiled cassava, rice or millet, generally served with a vegetable soup or a hearty stew.

Meal preparation is very time consuming. Preparation of *fufu*, for example, can take days. The cassava or yams must be boiled and pounded into a pulpy mass. The preparation of *fufu* from powdered starch or rice is less complicated, but still requires

much stirring. Cooking in the villages generally takes place over wood or charcoal fires, with iron pots and wooden spoons. In towns, canisters of propane may be used to power gas stoves. Even at the beginning of the twenty-first century electricity is seldom available for cooking use except in the largest cities.



Boiled Cassava

Ingredients

- 2 cassava
- Water
- 1 teaspoon salt

Procedure

1. Wash the cassava, then peel off the thin white and brown skins.
2. Cut the cassava into 3- to 4-inch long pieces.
3. Cut each piece in two and remove the midrib.
4. Place the cassava into a pot with enough water to cover the cassava half way. Add salt.
5. Boil until the cassava is soft, but not falling apart.
6. Drain and serve hot with fish or meat stew.

Serves 2 to 4.

6 POLITICS, ECONOMICS, AND NUTRITION

The government has tried for years to improve nutrition and health care, but there is a shortage of doctors and medical sup-

plies, so the life expectancy is just about fifty years. Less than half the children receive immunization against common diseases such as tuberculosis, polio, and measles.

Families spend about one-third of their income on food—mostly on plantains, cassava, corn, millet, and small amounts of meat. Peanuts, called groundnuts, are an important source of protein.

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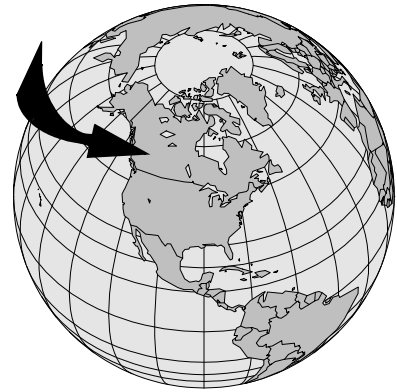
African Food Club [Online] Available <http://www.africanfoodclub.com> (accessed April 19, 2001).

Cassava, plantain, and other ingredients can be found in the produce section of larger grocery stores, as well as in Asian and African specialty stores in many areas of the United States.

Canada

Recipes

Sauteed Fiddleheads	63
Canadian Bacon with Maple Glaze	63
Sweet Corn Pancakes	64
Canada Day Cake.....	65
Nanaimo Bars	65
Maple Sundae	67
Fish and Brewis	67
Maple Syrup Upside-Down Cake	67



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Canada is the world's second-largest country (after Russia), and is the largest country in North America. The eastern provinces, known as the Maritimes, are separated from the rest of the country by low mountain ranges. Newfoundland and Prince Edward Island are island provinces in the Atlantic Ocean.

Along the border with the United States in the center of Canada is a fertile plain bounded by the Saint Lawrence River, Lake Ontario, and the Hudson Bay. Also along the U.S. border further to the west are farms and ranches. Extending through western Alberta to the Pacific Ocean is the northern portion of the Rocky Mountain range. Mount Logan, at 19,524 feet (5,915 meters) the highest peak in Canada, is near the Alaska border. The climate varies across the vast Canadian territory. The west coast gets about 60–120 inches (150–300 centimeters) of rain each year; the center part of the

country gets less than 20 inches (50 centimeters), and the Maritime provinces 45–60 inches (115–150 centimeters). In British Columbia, there are 252 rainy days each year, but in the center of the country, there are just 100.

2 HISTORY AND FOOD

France and England battled over who would colonize the territory of Canada in the late 1400s. The English explorer John Cabot arrived in Newfoundland in 1497. About 40 years later in 1534, Jacques Cartier began his exploration of Canada on behalf of France. By the early 1600s, there were permanent French colonies, and in 1663, New France was established as a territory of France. French fur traders competed with the traders of the Hudson's Bay Company, run by British merchants. Wars in North America, known as the French and Indian wars, were waged in the 1700s. The Treaty of Paris in 1763 ended the armed fighting and established British rule over all of the territory formerly called New France.

CANADA



In 1846 conflict over the western portion of the United States–Canada border was resolved, and the border was set at 49° north latitude. This border has been undisputed every since.

Food and other customs in Canada still carry hints of the colonial influences of England and France. Canadians speak English except in Quebec, where the language is French, reflecting the influence of French settlers. But there are other regional differences in food and customs, too.

Food in the provinces of Eastern Canada shows signs of English heritage, except in Quebec where the influence is French. In the provinces of Western Canada, the cuisine reflects the explorers and settlers, who, like their southern neighbors in the United

States, made simple, hearty meals from available ingredients. In northern Canada—Northwest, Yukon, and Nunavut territories—the diet is limited by the short growing season, dominated by preserved food ingredients, and influenced by the native Inuit diet. And along the west coast in British Columbia, immigrants from Asian nations influence food and cultural practices. In Vancouver in the west and Toronto in the east (and in many places elsewhere in Canada), Lunar New Year celebrations were inspired by the citizens of Asian heritage living there, but are enjoyed by many other Canadians as well.

3 FOODS OF THE CANADIANS

The favorite foods of Canadians vary slightly from region to region, and are strongly influenced by their family heritage, especially in relation to holiday celebrations. Along the Atlantic coast, seafood and dishes derived from English traditions (except in Quebec) are common. In Quebec, favorite foods come from the area's French heritage. Throughout Canada, maple syrup and maple products are popular, reflecting the significance of the maple tree, whose leaf adorns the flag of Canada. Many families enjoy a visit in early spring to a maple sugar “shack,” the special rustic building where sap from maple trees is boiled in a large open pan to make maple syrup.

Later in the spring, many people in Eastern Canada visit a wooded area to harvest fiddleheads. Fiddleheads, named because they look like the coiled end of a violin (“fiddle”), are the tasty new sprouts of woodland ferns, picked before they develop into large lacy fronds. They are a fragile

spring specialty, usually available for just a few weeks in the spring. Grocery stores in Canada may stock frozen fiddleheads alongside other frozen vegetables.



Sauteed Fiddleheads

Ingredients

- 1 bunch fiddleheads
- 1 Tablespoon butter
- 1 Tablespoon olive oil

Procedure

1. Trim the fiddleheads so that the stem end is about 2 inches long. Rub the dry brown flakes off the fiddleheads, and rinse well.
2. Fill a saucepan with cool water and plunge the fiddleheads into the water to rinse off any grit.
3. Remove the fiddleheads from the pan, change the water, and repeat the soaking. Rinse the fiddleheads under running water to remove any remaining grit.
4. Rinse and dry the saucepan. Measure oil and butter into it and heat until the butter is melted.
5. Add the fiddleheads and sauté, stirring with a wooden spoon, for about 5 minutes. Fiddleheads will be bright green and crispy.

Serves 8 to 10.



Canadian Bacon with Maple Glaze

Ingredients

- ½ cup cider vinegar
- ¾ cups maple syrup
- 1 Tablespoon brown sugar
- 1 pound (approximately) Canadian bacon

Procedure

1. Preheat oven to 300°F (150°C).
2. Combine vinegar, maple syrup, and brown sugar in a bowl. Set aside.
3. Slice Canadian bacon about ½-inch thick. Arrange the slices in a casserole or baking dish, and spoon the syrup mixture over the slices.
4. Bake for 30 minutes. Serve hot or at room temperature. (To serve as a snack, cut slices into bite-sized pieces and serve with toothpicks.)

Serves 6 for lunch or dinner, or 15 to 20 as a snack.

Western Canadians enjoy the products of the large ranches and farms in that part of the country. Barbecued food, beef, and corn dishes, such as Sweet Corn Pancakes, are popular. Berries such as blueberries and saskatoon berries, are popular accompaniments to pancakes, waffles, and are often made into syrups, jams and preserves.



Sweet Corn Pancakes

Ingredients

6 eggs, separated (Note: to separate eggs, crack the egg and allow just the white to fall into a bowl, holding the yolk in one of the shell halves. Transfer the yolk back and forth between the two shell halves, being careful not to break it, until all the white has dripped into the bowl. Put the yolk into a separate bowl.)

¼ cup half-and-half

1 Tablespoon sour cream

⅓ cup flour

1 teaspoon baking soda

1 teaspoon baking powder

½ cup corn (may be fresh or frozen corn kernels)

Vegetable oil to oil the pan

Procedure

1. Beat the egg whites until they hold soft peaks when the beaters are lifted up.
2. In another bowl, combine the egg yolks, half-and-half, and sour cream.
3. Gradually add the dry ingredients to the egg yolk mixture. Add the beaten egg whites, using a gentle stirring motion to combine them with the yolk mixture.
4. Add the corn, and stir gently. Pour a small amount of oil into a non-stick pan and heat it over medium heat. Drop batter, about 1 Tablespoonsful at a time, into the pan for each pancake and cook until golden brown on each side.

Serves 4 to 6.

While Canada is known to some for its beers (such as Molson and Labatts), nonalcoholic beverages that are favorites in Canada are spruce beer (made from spruce trees, a specialty of eastern Canada), and apple and cherry ciders.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Canadian Thanksgiving is celebrated on the second Monday in October. A typical menu for Thanksgiving is similar to that served in the country's neighbor to the south, the United States.

Burns Day is celebrated January 25 to commemorate the birthday of poet Robert Burns (1759–96). It is especially significant for people of Scottish descent worldwide, and Scots Canadians are no exception. On Burns Day, the menu includes such Scottish favorites as haggis, cockaleekie soup (chicken-based leek soup), and Dundee cake (a rich fruitcake).



Thanksgiving

Beet Soup

Roast Turkey with Corn Bread Stuffing

Cranapple Relish

Brussels Sprouts

Mashed Potatoes

Burnished Squash Wedges

Pumpkin Pie



Canada Day Cake

Ingredients

- 1 white or yellow cake mix
- 1 container white frosting
- 1 quart strawberries
- Picture of flag of Canada

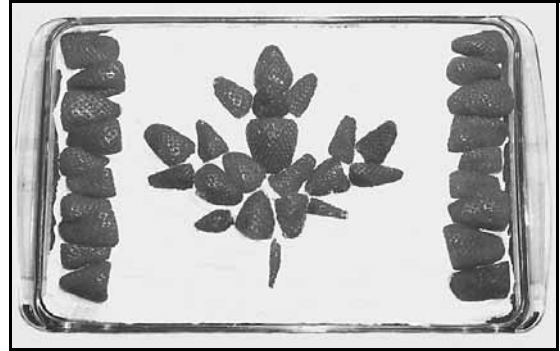
Procedure

1. Prepare cake according to package directions. Bake in a 9-inch by 13-inch cake pan. Allow cake to cool.
2. Frost cake with white frosting. Using a knife or spatula, make surface of frosting as smooth as possible. (It may help to dip the knife or spatula into a glass of water.)
3. Slice the strawberries, and arrange in rows at the left and right edges of the cake to represent the stripes at the edges of Canada's Maple Leaf Flag.
4. Referring to the picture of the flag, arrange the slices strawberries in the center of the cake to represent the Maple Leaf.

Serves 24.

On Canada Day (July 1), Canadians celebrate with picnics and fireworks (similar to the Fourth of July in the United States). Dishes served are typical casual dining fare, such as hamburgers, hot dogs, and table settings feature the patriotic color scheme of Canada's red and white maple leaf flag.

A common treat served across Canada is the nanaimo bar. It is believed that nanaimo bars, a sweet bar cookie made in layers, originated in the 1950s in the Vancouver area, when a recipe was published in the



EPD Photos

A sheet cake, decorated with strawberries to represent Canada's Maple Leaf flag design, is a fitting dessert for a Canada Day celebration.

Vancouver Sun newspaper. Since then, many variations on the original recipe have been developed. The recipe appears more complicated than it is because of the three separate layers.



Nanaimo Bars

Nanaimo Bars have three layers.

Ingredients for bottom layer

- ½ cup butter
- ¼ cup sugar
- ⅓ cup unsweetened cocoa
- 1 egg
- 1 teaspoon vanilla
- 2 cups crushed graham crackers (packaged graham cracker crumbs may be used)
- 1 cup shredded coconut
- ½ cup chopped walnuts

Ingredients for middle layer

- ¼ cup butter
- 2 cups confectioners' sugar
- 2 Tablespoons vanilla custard powder
(available in Canada, but not in the
United States; instant vanilla pudding
powder may be substituted)
- 3 Tablespoons milk

Ingredients for top layer

- 4 ounces semi-sweet chocolate
- 1 Tablespoon butter

Procedure

1. *Make bottom layer:* Grease a 9-inch square cake pan.
2. Combine ½ cup butter, sugar, cocoa, egg, and vanilla in a heavy sauce pan. Heat over low heat, stirring constantly, until mixture thickens.
3. Add graham crackers crumbs, coconut, and chopped walnuts, stirring to combine. Press the mixture in the greased pan.
4. *Make middle layer:* Beat together ¼ cup butter, confectioners' sugar, vanilla custard or pudding powder, and milk, until the mixture is creamy.
5. Spread over graham cracker base in cake pan. Refrigerate bars until firm, at least 1 hour.
6. *Make topping:* Melt semi-sweet chocolate and 1 Tablespoon butter. Drizzle over chilled bars. Return to refrigerator to chill until firm (at least 1 hour).
7. Cut into squares and serve.

Serves 16.

5 MEALTIME CUSTOMS

Most Canadians eat three meals each day, with breakfast featuring cold cereal, pastries, fruit juices, and hot beverages such as



EPD Photos

Hard Bread, not widely available in the United States, is rock-like and dry before soaking overnight in water.

coffee, tea, or hot chocolate. At around noon, Canadians may enjoy a sandwich or soup; students may carry a ham and cheese sandwich, chips or pretzels, and fruit to eat a noon during the school lunch break.

For dinner, depending on where they live, Canadians may have seafood (west coast or Maritime east coast provinces), beef (western Canada, especially Alberta), or chicken or pork. Many Canadians enjoy gravy, serving it frequently with potatoes prepared in many different ways. A tradi-

tional Newfoundland dish, Fish and Brewis, features ingredients that may be stored through the long winter months. Desserts featuring maple syrup, such as Maple Syrup Upside-Down Cake or a simple Maple Sundae, are popular treats.



Maple Sundae

Ingredients

- 3 Tablespoons pure maple syrup
- Vanilla ice cream
- Chopped nuts (optional)
- Whipped topping (optional)

Procedure

1. Spoon vanilla ice cream into bowls.
2. Drizzle about 3 Tablespoons of maple syrup over the ice cream.
3. Top with chopped nuts and whipped topping (if desired), and serve immediately.

Serves 1.



Fish and Brewis

- 2 pounds salt cod
- 6 loaves Hard Bread (not readily available in the United States; see Source of Special Ingredients)
- 1 cup salt pork

Procedure

1. Place salt cod in a saucepan, cover with water, and allow to soak overnight. Place Hard Bread in another saucepan, cover with water, and allow this to soak overnight also.

2. *Make fish:* Drain salt cod and return to saucepan. Refill saucepan with fresh water, heat to simmering, and cook, covered, for 20 minutes. Drain, flake the fish into serving-sized pieces, and arrange with Hard Bread (called *brewis*) on a serving platter.
3. *Make brewis (Hard Bread):* Do not drain Hard Bread. Heat over medium-low heat until water simmers. Simmer, covered, for about 15 minutes. Drain and place cooked Hard Bread, known as *brewis*, on a serving platter with fish. Place the platter, loosely covered, in the oven on the lowest setting to keep warm.
4. *Make scrunchions:* Dice the salt pork into small cubes and sauté them in a skillet until golden brown.
5. Serve the fish and brewis, topped with scrunchions.

Serves 6 to 8.



Maple Syrup Upside-Down Cake

Ingredients

- 1 cup maple syrup
- 1 Tablespoon butter, softened
- 3 Tablespoons sugar
- 1 egg
- 1 cup flour
- 2 teaspoons baking powder
- Pinch of salt
- ¼ teaspoon cinnamon or nutmeg
- ½ cup milk
- ¼ cup chopped walnuts (optional)
- Vanilla ice cream or whipped topping as accompaniment (optional)

Procedure

1. Preheat oven to 350°F (175°C)
2. Measure butter, sugar, and egg into a bowl, and beat with a wooden spoon or electric mixer until creamy.
3. Mix flour, baking powder, salt, and cinnamon (or nutmeg) together. Add the dry ingredients and the milk, a little at a time and alternating between the two, to the creamed butter mixture. Stir until well blended.
4. Measure syrup into a small saucepan. Heat the syrup until it boils, and pour into a generously buttered 8-inch square baking pan. If using chopped walnuts, add them to the hot syrup.
5. Scoop up the dough in four large balls and drop them into the hot maple syrup. Using two forks, stretch dough the edges of the balls until the dough forms one large mass. Bake at 350°F (175°C) for 30 minutes.
6. Serve warm, with ice cream or whipping cream (if desired).

Serves 16.

6 POLITICS, ECONOMICS, AND NUTRITION

Only about 5 percent of Canada's land is considered arable (able to grow crops), and agriculture contributes about 2 percent to the country's gross domestic product. The trend is toward larger farms. Canadian farms produce grains such as wheat, barley, corn, and oats. Canada ranks third in the world in grain exports. Canadian farmers and ranchers also raise livestock for export,

especially in Alberta, Saskatchewan, and Manitoba.

7 FURTHER STUDY**Books**

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Canada

French Canadians

Recipes

French Pea Soup	70
Doughboys (Dumplings).....	70
French-Canadian Creton (Spicy Pork Pate)	71
Butter Tarts	71
Tarte au Sucre (Sugar Pie)	72
Pudding au Chomeur (Poor Man’s Pudding)	72
Tourtière (Meat Pie)	73
Crêpes de la Chandeleur (Candlemas Pancakes).....	74
Ragoût de Boulettes (Spicy Meatballs).....	74
Quebec Poutine	75



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Most French Canadians (over 5 million) live in the province of Quebec. Most of the rest (about 1.5 million) live in the other northeastern provinces, known as the “Maritime Provinces” of Canada.

2 HISTORY AND FOOD

There are about 6.5 million French Canadians—descendants of French explorers and colonists—living in Canada. Most French Canadians (over 5 million) live in the province of Quebec. Most of the rest (about 1.5 million) live in the other northeastern provinces, known as the “Maritime Provinces” of Canada. French Canadians who live in the Maritime Provinces are often referred to as Acadians. There are small numbers of French Canadians living in the other provinces and territories, also.

Since the 1960s, interest in preserving French Canadian culture and traditions has grown. French Canadians share many common cultural practices: most are Roman Catholic, most enjoy food, art, music, and activities that began with their French ancestors. In 1974, French was recognized as the official language of Quebec, although English is the official language elsewhere in Canada.

3 FOODS OF THE FRENCH CANADIANS

Probably the best-known French Canadian dish is pea soup. It is enjoyed all over Canada, and is the traditional lunch (called dinner) on Saturday in Newfoundland, usually with dumplings called doughboys floating in it.

CANADA: FRENCH CANADIANS



French Pea Soup

Ingredients

- 10 cups water
- 2 cup dried yellow peas
- 1 small onion, chopped
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 potato, cut into bite-sized chunks
- ½ cup diced ham or 2–3 slices cooked bacon, crumbled

Procedure

1. Measure peas into a colander and rinse well, picking out any discolored peas or pebbles.

2. Measure the water into a saucepan and heat over high heat until the water begins to boil. Add the rinsed peas to the boiling water.
3. Lower heat immediately, and simmer peas until they are very soft (about 1 to 1½ hours). Add remaining ingredients and salt to taste and simmer for about 30 minutes longer, until vegetables are tender.
4. Make doughboys (if desired; recipe follows), or serve immediately.

Serves 8 to 10.



Doughboys (Dumplings)

These dumplings may be cooked in the pot of pea soup before serving.

Ingredients

- 1½ cups flour
- 1 Tablespoon baking powder
- ½ teaspoon
- ¾ cup water or milk

Procedure

1. Combine flour, baking powder, and salt. Gradually add the liquid until a soft dough forms.
2. Drop the dough by large spoonfuls into simmering soup, usually pea soup. Cover the pot tightly and simmer for about 15 minutes.
3. Serve bowls of soup with one doughboy floating in each bowl.

Makes 8 to 10 servings.



French-Canadian Creton (Spicy Pork Pate)

Creton may be served as an appetizer before a festive meal or as a picnic snack.

Ingredients

- 1 pound ground pork
- 2 onions, chopped
- 2 cloves garlic, minced
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 1 cup dry bread crumbs

Procedure

1. Combine the pork, onions, and garlic in a saucepan and cook over medium-low heat. Simmer, stirring frequently with a wooden spoon, for about one hour.
2. Add the cinnamon and cloves and continue simmering for about 20–30 minutes more.
3. Add bread crumbs and simmer for about 15 more minutes. (For a spicier mixture, more cinnamon or cloves may be added.)
4. Place a colander in the sink, and pour the creton mixture into it to drain off excess liquid. (Rinse the sink thoroughly, because the liquid may contain grease from the meat.)
5. Place the cooked creton in several small containers (such as empty margarine tubs or small bowls), packing the mixture down tightly.
6. Refrigerate. Serve cold as a spread for French bread or crackers.



EPD Photos

Butter tarts are popular both for a snack or for dessert. While they are most common in Quebec, they can be purchased elsewhere in Canada.



Butter Tarts

Ingredients

- Pastry for double crust pie
- ¾ cup raisins
- 1 egg, slightly beaten
- ½ cup brown sugar
- 1 teaspoon vanilla
- ½ cup maple syrup
- ¼ teaspoon salt
- ¼ cup shortening

Procedure

1. Preheat oven to 425°F (220°C).
2. Roll pastry out on a lightly floured surface. Cut into rounds with 4-inch round cutter. Fit the pastry into medium-sized muffin cups.
3. Put raisins into pastry shells, dividing evenly.

4. Measure all the other ingredients into a bowl and mix well to make the filling.
5. Fill each tart about two-thirds full with filling mixture, covering the raisins. Place muffin tin on bottom shelf of oven, and bake tarts for 12 to 15 minutes or until the filling is set.
6. Place tin on a wire rack, and allow tarts to cool. Remove from pan and serve.

Serves 12.



Tarte au Sucre
(*Sugar Pie*)

Ingredients

- Pastry for 9" pie, or frozen pie crust
- 2 cups brown sugar, firmly packed in the measuring cup
- 2 Tablespoons flour
- Salt
- 2 eggs
- 1 egg yolk (discard egg white or reserve for other use)
- 1 cup milk
- 1 teaspoon vanilla

Procedure

1. Roll out pastry and fit into 9" pie plate, trim and flute edges.
2. In bowl, blend sugar, flour, and salt.
3. In separate bowl using electric mixer, beat eggs and yolk till frothy; beat in milk and vanilla.
4. Stir egg mixture into sugar mixture till smooth. Pour into prepared pie shell.
5. Bake in 400°F (205°C) oven for 10 minutes; reduce to 350°F (175°C) and bake for about 35 minutes or till crust is golden brown and filling is set.

6. Allow to cool on rack.

Serves 6 to 8.



Pudding au Chomeur
(*Poor Man's Pudding*)

Upside down cake with caramel base.

Ingredients for pudding (cake)

- ½ cup milk
- 3 Tablespoons butter, melted
- 2 teaspoons vanilla
- ¾ cup flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 2 eggs
- ¾ cup sugar

Ingredients for sauce

- 1½ cups brown sugar
- ½ cup chopped nuts (optional)
- 2 Tablespoons butter
- Vanilla ice cream as accompaniment (optional)

Procedure

1. Preheat oven to 350°F (175°C).
2. *Make pudding (cake):* Combine ½ cup milk, melted butter, and vanilla in small bowl.
3. Stir together flour, baking powder, and salt in medium bowl.
4. Using electric mixer, beat eggs and ¼ cup sugar in large bowl until thick and fluffy, about 3 minutes.
5. Add about one-third of the flour mixture to the egg mixture and stir to combine.

6. Next add about one-half of the milk mixture and stir to combine. Continue adding flour and milk, beating well after each addition. Set batter aside.
7. *Make caramel sauce:* Combine brown sugar and butter in a small saucepan and cook over low heat until butter melts and sugar dissolves completely.
8. Pour sauce into an 8-inch-diameter ceramic soufflé dish.
9. Spoon cake batter over brown sugar mixture in soufflé dish. Bake until tester inserted into center of cake comes out clean and syrup is bubbling at edges, about 40 minutes.
10. Serve hot with vanilla ice cream.

Makes 6 to 8 servings.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

French Canadians celebrate holidays related to the Roman Catholic Church, especially Easter and Christmas. On Christmas Eve, families traditionally attend a religious service called a Mass (many attend Midnight Mass), followed by a festive holiday meal. One of the traditional dishes is a spicy meat pie called a *tourtière*, made on Christmas Eve using ground pork.



Tourtière (Meat Pie)

Ingredients

- 2 Tablespoons vegetable oil
- 1½ pounds ground meat (traditionally pork for Christmas Eve)
- 1 onion, chopped
- ½ teaspoon allspice

- ½ teaspoon ground cloves
- ½ teaspoon ground cinnamon
- 1 Tablespoon Worcestershire sauce
- 2 potatoes, grated
- Salt and pepper to taste
- Pastry for double crust pie (may use pre-packaged pie crust)

Procedure

1. Preheat oven to 375°F (190°C).
2. Prepare pastry (may use frozen or pre-packaged pie crust; recipe appears below).
3. Fit crust into pie plate and set aside.
4. Measure oil into a large skillet. Heat over medium heat for about 1 minute. Add onions and meat.
5. Cook until meat has lost all its pink color. Add allspice, cloves, cinnamon, Worcestershire sauce, and grated potatoes. Mix well, using a wooden spoon. Let simmer 5 minutes.
6. Fill pastry shell and cover with second crust.
7. Bake 30 minutes (until crust is golden). Serve hot. May be topped with ketchup or chili sauce.

Serves 6 to 8.

On February 2, French Canadian Roman Catholics celebrate the Fête de la Chandeleur (Candlemas), honoring the day in the church calendar when Mary took the baby Jesus to the temple, by eating crêpes (thin pancakes). A traditional French Canadian proverb says “*Manger des crêpes à la chandeleur apporte un an de bonheur*” (Eating crêpes on Candlemas brings a year of happiness).



Crêpes de la Chandeleur (Candlemas Pancakes)

Ingredients

- 1 cup flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 eggs
- ¾ cup milk
- Vegetable oil

Procedure

1. Break eggs into a large mixing bowl and beat with a wire whisk.
2. Measure flour, baking powder, baking soda, and salt into another bowl and stir to combine. Add gradually to egg mixture.
3. Add milk gradually, continuing to stir with the wire whisk. The batter should be smooth, with no lumps.
4. Pour oil into an 8-inch skillet to cover the bottom. Heat the oil over medium-high heat.
5. Using a soup ladle, carefully pour a ladleful (about ¼ cup) of the batter into the hot oil. Tilt the pan carefully to spread the batter into a large, thin crêpe that covers the bottom of the skillet.
6. Cook until the crêpe is golden brown on the bottom (about 3 to 4 minutes).
7. Carefully flip the crêpe over to cook the other side. Remove crêpe from pan, and blot on paper towel to remove excess oil.
8. Serve with maple syrup.

Serves 8 to 10.

5 MEALTIME CUSTOMS

French Canadians may eat a pastry, such as a croissant, for breakfast, accompanied by coffee or tea. For those with time for a heartier breakfast, eggs with Canadian bacon or sausage accompanied by toast and coffee. Lunch may be a ham and cheese sandwich made on crusty French-style or whole grain bread. Pea soup, served at home and in restaurants, is a favorite hearty weekend meal. Dinner may be *ragoût de boulettes* (spicy meatballs) or other meat dish, accompanied by potatoes, usually with gravy. Polite diners never put their elbows on the table until the meal is finished. Men may rest their forearms on the table, but women typically just hold their wrists against the table's edge while dining.

In Quebec street vendors and restaurants sell a quick snack called *poutine*. *Poutine* is French fries smothered in gravy and sometimes with melted cheddar cheese curds. Although this is not considered a traditional French Canadian food, *poutine* is a very common and popular snack or accompaniment to a casual meal everywhere in Quebec.



Ragoût de Boulettes (Spicy Meatballs)

Ingredients

- ¾ cup flour
- ¾ cup onion, chopped
- 1 Tablespoon olive oil
- 2 pounds ground pork (or combination of 1 pound ground pork and 1 pound ground beef or veal)

- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ground cloves
- 1 teaspoon salt
- ¼ teaspoon pepper
- 3 cans beef broth (about 6 cups)

Procedure

1. *Make browned flour:* Measure the flour into a large skillet and heat over low heat. Stir frequently until flour is slightly browned. Set aside.
2. Measure oil into a skillet and heat over medium-high heat. Add chopped onions and cook, stirring frequently, until onions are translucent.
3. In a large mixing bowl, combine cooked onions, ground meat, and seasonings. With very clean hands, combine meat and seasonings thoroughly.
4. Shape meat mixture into meatballs about 1½ inches in diameter.
5. Pour broth into a large saucepan and heat to boiling. Drop meatballs into boiling stock, lower heat, and simmer about 1½ hours. (Cover pan with the lid slightly offset to allow some steam to escape.)
6. Sprinkle in the browned flour, a little at a time, stirring with a wooden spoon, until gravy thickens.

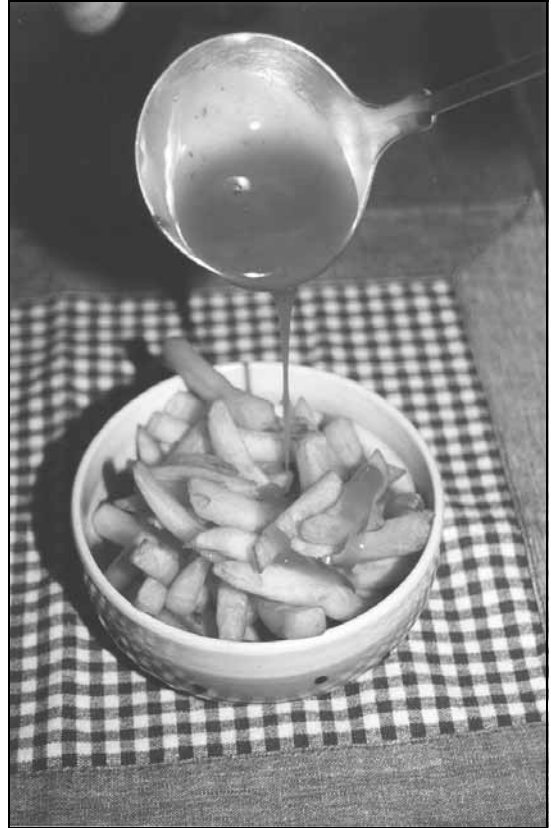
Serves 8 to 10.



Quebec Poutine

Ingredients

- 1 bag frozen French fries
- 8 ounces shredded cheddar cheese
- 1 jar beef or onion gravy (or packet of gravy mix)



EPD Photos.

Poutine is a favorite snack for Canadians living in or visiting Quebec.

Procedure

1. Prepare French fries in the oven according to the instructions on the package.
2. While the French fries are cooking, pour the gravy into a saucepan and heat it to just bubbling.
3. Remove the French fries from the oven, scatter shredded cheddar cheese over them, and return them to the oven for one minute, just long enough to melt the cheese.

4. Transfer the cheese-covered French fries to individual plates or bowls, and drizzle with the gravy.

Serves 8 to 10.

6 POLITICS, ECONOMICS, AND NUTRITION

A major concern of French Canadians is the preservation of their French language and culture, since English is the dominant language in the rest of Canada and in their influential southern neighbor, the United States. A movement to separate the French-speaking province of Quebec from the rest of the country became a national issue in the 1970s; in 1980, voters defeated a proposal that would have granted Quebec its independence from Canada, but many French-Canadian separatists continue the campaign.

Canadians in general receive adequate nutrition in their diets, and the health care system is funded by the government, covering about 75 percent of health care costs for Canadian families.

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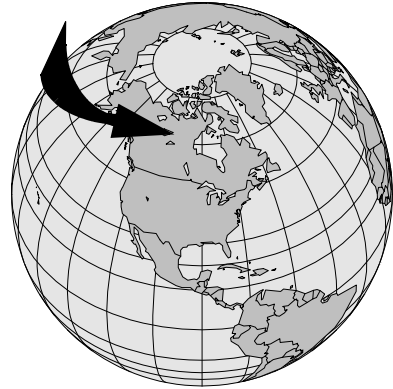
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Canada

Aboriginals

Recipes

Pemmican Cakes.....	78
Saskatoon Berry Snack.....	79
Three Sisters Soup.....	79
Bannock.....	80
Bannock on a Stick.....	80
Man-O-Min (Ojibwa Wild Rice).....	80
Wild Rice Cakes.....	81



1 GEOGRAPHIC SETTING AND ENVIRONMENT

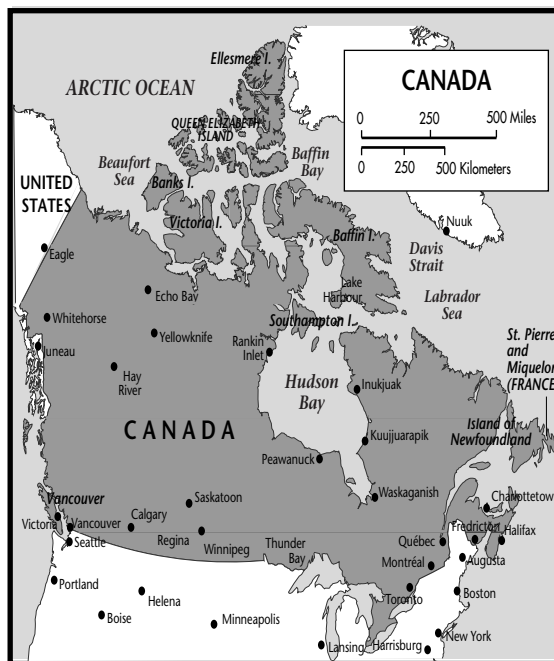
The phrases “Native Canadians” or “Aboriginals” describe the descendants of the people who were living in what is modern-day Canada before European colonists, explorers, and traders arrived in the 1600s. Giving labels to these groups is complicated by emotional and historical issues. Aboriginals inhabited all regions of Canada and the United States, and dozens of tribal groups, lived, hunted, fished, and foraged (gathered native plants) all across North America. The provinces of modern-day Canada obviously did not exist when the Europeans arrived on the east coast of Canada.

The Inuit inhabit the northernmost parts of Canada. On April 1, 1999, Nunavut (pronounced NOON-ah-voot) became Canada’s newest territory, created from about half the land that made up the Northwest Territories.

2 HISTORY AND FOOD

In general, most Canadians agree that the approximately 800,000 Aboriginal Canadians counted by the 1996 Census of Population may be identified as belonging to one of three groups: First Nations (554,000), Métis (210,000), and Inuit (Innu, 40,000). The First Nations people are members of the approximately 50 recognized “First Nations” or tribal groups in Canada, and they inhabit all parts of Canada. The Métis are descendants of the intermarriages that occurred between the men employed by the early European fur trading companies (Hudson’s Bay Company and Northwest Fur Company) and Native Canadian women.

The Inuit are the descendants of the Thule people who migrated from the Canadian arctic 700 to 800 years ago. They have been inhabiting the territory of modern Canada for thousands of years. They were historically hunters and fishers. Because of the



harsh climate of their northern homelands, the Inuit diet included very few fresh vegetables or fruits. In the short summers, they would gather berries, both for eating fresh and for drying to eat during the long, cold winter. They would also gather seeds and nuts to store to supplement the winter diet. Grains such as corn, wheat, and wild rice were harvested and dried. Grains would sometimes be ground to produce flour, or mixed with water and cooked.

Pemmican is a nutritious, high calorie food that can be prepared in quantities and stored. The French and English explorers, trappers, and traders, bought large quantities of pemmican from the Aboriginals, and even learned to make pemmican. Pemmican would be sealed inside an animal skin or stomach cavity to preserve it. Europeans carried these pemmican stores on long fur-trading expeditions.



Pemmican Cakes

Ingredients

- 1 package beef jerky
- 1 cup dried berries, such as dried blueberries, cranberries, or cherries
- 1 cup chopped nuts or sunflower seeds
- ¼ cup beef suet or vegetable shortening
- Honey to taste (1 to 3 teaspoons)
- 12-cup muffin tin

Procedure

1. Line muffin cups with paper liners (or grease cups well).
2. Grind or chop beef jerky into confetti-size pieces to make about 1 cup. Melt suet or shortening in a saucepan.
3. Remove from heat, stir in beef jerky, dried berries, and seeds. Stir in honey.
4. Spoon about ¼ cup of the pemmican mixture into each muffin cup. Press down firmly to make a cake, smoothing the top.
5. Refrigerate until well set.

Serves 12.

3 FOODS OF NATIVE CANADIANS

The traditional diet of Aboriginal people was made up of the animals and plants found on the land and in the sea around them. Seal, whale, buffalo, caribou, walrus, polar bear, arctic hare (rabbit), all kinds of fish and many species of bird were hunted or fished. Raw blubber (fat) was enjoyed or mixed with meat or berries. Every part of the animal was consumed or used to make clothing or shelter. Because the foods were eaten raw or with minimal processing, the

Aboriginal people were generally well nourished.

Modern-day First Nations, Métis, and Inuit people have added processed foods and convenience foods to their traditional diet, and are experiencing the health problems that come from consumption of foods rich in sugar and additives (such as tooth decay and obesity).

Their traditional diet was nutritious and high in calories, but the calories were needed to help keep their bodies warm through the long, frigid winters. During the short summers, Aboriginals (mainly the women) would plant small gardens and gather wild berries and seeds. Corn, beans, and squash were common vegetables grown in the small gardens of Manitoba and Alberta. These vegetables were often simmered to make soups or stews, such as Three Sister Soup (the “sisters” are corn, beans, and squash).

Snacks were often enjoyed right on the trail—a few berries or dried seeds plucked from the wild plants. Some were eaten right on the spot, and some may have been carried home to share or save for another day.



Saskatoon Berry Snack

Saskatoon berries, similar to blueberries, have been picked and eaten in the wild by Aboriginal Canadians for centuries. In the late twentieth century, commercial fruit growers began planting crops of these tasty berries to sell to grocery stores.

Ingredients

1 pint berries (may be blueberries, raspberries, strawberries, or other fresh berries

or

1 package dried berries (blueberries, cranberries, or other berries)

Procedure

1. If using fresh berries, rinse them under running water.
2. Divide berries into several waxed paper bags or plastic baggies. Carry these along for snacks during the day or to share with a friend.

Serves 8 to 10.



Three Sisters Soup

Ingredients

3 cans chicken broth

2 cups frozen corn, thawed

1 cup green beans or yellow wax beans, washed and ends trimmed off

1½ cups of butternut squash (or pumpkin)

2 bay leaves

Salt and pepper to taste

Optional spices: ½ teaspoon red pepper flakes or 1 teaspoon each fresh (or ½ teaspoon each dried) parsley, basil, and oregano

Procedure

1. Pour the chicken broth into a large saucepan or kettle. Heat until the broth begins to boil.
2. Add the corn, beans, squash, and bay leaves.
3. Lower heat and simmer for 45 minutes.
4. Add optional spices if desired, and simmer 15 more minutes.

5. Remove the bay leaves, and transfer the soup in batches to the blender to puree if desired. Serve with bannock (bread).

Serves 8 to 10.

Aboriginal peoples who lived on the prairies of western Canada consumed buffalo (and used buffalo skins for clothing and shelter). In central Canada, Ojibwa people would gather wild rice from the waters of Ontario and Manitoba, allowing it to dry and then roasting it. The fur traders, who came into contact with Aboriginal peoples all across Canada, introduced a bread similar to the Scottish scone. It became known as *bannock*. Bannock may be baked (Aboriginal people would lay it on hot rocks near a campfire) or twisted onto a stick and cooked over hot coals.



Bannock

Bannock may be baked in the oven or over a charcoal or open fire (recipe for Bannock on a Stick follows).

Ingredients

- 4 cups all-purpose flour
- 1 Tablespoon sugar
- 2 Tablespoons baking powder
- ½ teaspoon salt
- 2 cups milk (or water)

Procedure

1. Combine flour, baking powder, sugar, and salt in a large mixing bowl.
2. Measure the milk (or water) and add it to the flour mixture, stirring with a fork to combine. A dough should form. If the mixture seems too dry and crumbly, add more liquid, one Tablespoon at a time.

3. Turn the dough out onto a surface lightly coated with flour. Knead for about 3 minutes. (To knead, press down the dough, turn it clockwise, fold it in half and press it down. Repeat.)
4. Preheat oven to 350°F (180°C).
5. Pat the dough into a circle about ¾-inch thick. Transfer the dough to a well-greased cookie sheet. Prick the surface of the dough all over with a fork.
6. Bake about 20 to 30 minutes, or until golden brown.



Bannock on a Stick

Procedure

1. Prepare Bannock dough (see preceding recipe). Have ready several sticks, 3- to 4-feet in length.
2. Divide the dough into balls slightly larger than golf balls. Shape each ball into a rope about 8 inches long by rolling it between the hands.
3. Wrap each dough rope around a stick. Hold the dough over a bed of red hot coals (charcoal, wood, or gas grill flame set at medium.) Turn the stick frequently to bake the dough evenly.

Serves 10 to 12.



Man-O-Min (Ojibwa Wild Rice)

Ingredients

- 1 cup wild rice
- 4 cups
- 1 teaspoon salt

CANADA: ABORIGINALS



EPD Photos

Wild rice, called Man-O-Min by the Ojibwa of central Canada, quadruples in size when cooked.

Procedure

1. Wash the wild rice in a colander or bowl, changing the water two or three times.
2. Measure water into a large saucepan; add salt. Heat the water to boiling.
3. Slowly add the rinsed rice to the boiling water. Lower heat to medium and simmer the rice, undisturbed, for about 40 minutes. (Do not stir the rice.)
4. The rice grains will swell to four times their original size.
5. Serve hot or at room temperature.

Serves 12.

Aboriginal peoples living in the region of modern-day British Columbia enjoyed foods such as salmon cooked over an open fire, a popular modern-day delicacy.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The traditional feasts held by Aboriginal peoples usually revolved around a harvest, or seasonal excess of food. For example, if there was a large salmon catch, a feast

would be held. When a youth killed his first seal or caribou, a celebration feast might be held.

In western Canada, Aboriginal peoples held ceremonial parties called *potlatches* to celebrate the birth of a child, a young woman reaching puberty, or the marriage of a son. Modern-day potlatches are held to celebrate and preserve Aboriginal culture.

In 1996 an annual National Aboriginal Day was proclaimed, to be celebrated on June 21 each year. There is no specific menu associated with the celebration of this holiday, but many traditional foods, such as salmon, wild rice, and even buffalo, are enjoyed during the festivities staged by many of the Aboriginal groups.



Wild Rice Cakes

Ingredients

- 1 cup wild rice
- 4 cups water
- 1 teaspoon salt
- ¼ cup cornmeal
- 1–2 Tablespoons bacon drippings (or butter)

Procedure

1. Rinse the wild rice in a sieve under cold running water and drain.
2. Measure the 4 cups of water into a saucepan and add rice and the salt. Heat until the water boils, reduce heat, and simmer for about 30 minutes. The rice should be tender but not soft.

3. Add the cornmeal slowly, stirring constantly with a wooden spoon and cook for 3 or 4 minutes. Remove from the heat.
4. Melt bacon drippings (or butter) in a skillet.
5. Shape the rice mixture into pattie-like cakes about 1½ inches in diameter.
6. Sauté the patties until they are brown on one side (about 5 minutes). Carefully turn the cakes over to brown the other side. Drain on paper towels.

Serves 12; may be served hot or at room temperature.

5 MEALTIME CUSTOMS

Aboriginal peoples are hospitable, and always have stews or teas simmering and available to serve to guests. Historically, cooking utensils were fashioned from natural materials and cooking was done over an open fire. Food preservation methods included smoking, drying, and encasing in melted animal fat or whale blubber.

6 POLITICS, ECONOMICS, AND NUTRITION

The substitution of packaged and fast foods for the nutrient-rich traditional Aboriginal diet has contributed to health problems among Aboriginal children.

The Canadian Government's Minister of Indian Affairs and Northern Development continues to work to address the concerns of the Aboriginal peoples. Addressing historic wrongs and developing modern-day programs is challenging, and representatives of the government and the First Nations, Métis, and Inuit peoples are striving to com-

municate and design goals to meet the needs of all Canadians.

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Chile

Recipes

Té con Leche (Tea with Milk)	84
Ensalada Chilena (Chilean Salad).....	84
Pastel de Choclo (Corn and Meat Pie).....	84
Tomaticán (Tomato and Corn Stew)	86
Cola de Mono (Chilean Eggnog).....	87
Torta de Cumpleaños (Birthday Cake).....	87
Chancho en Piedra (Chili and Tomato Spread).....	89
Barros Jarpa (Ham and Cheese Sandwich)	89
Ponche (Berry Punch).....	90
Arroz con Leche (Rice Pudding).....	90



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Chile is located along the southwestern coast of South America. Chile is a 2,653-mile-long, skinny string of land, averaging just 109 miles wide. The country has the rugged Andes Mountains in the east and another lower mountain range along the coast of the Pacific Ocean. Between the two mountain ranges lies a fertile valley where Chile's agricultural activity is centered.

Around the main cities such as Santiago, the capital, and Rancagua, there is air and water pollution. Chile's main environmental problem is deforestation (clearing of forestland by cutting down all the trees), which leads to soil erosion. Chilean farmers do not grow enough crops or raise enough livestock to feed the country's population. Food must be imported, which is very expensive.

2 HISTORY AND FOOD

The Spanish came to Chile in 1541 and they brought grapes, olives, walnuts, chestnuts, rice, wheat, citrus fruits, sugar, garlic, and spices. They also brought chicken, beef, sheep, pigs, rabbits, milk, cheeses, and sausages.

Long before the Spanish came to Chile, the native Amerindians used corn in many of their dishes. The combination of the Spanish and Amerindians' foods formed popular corn-based dishes that are still part of the typical diet in the twenty-first century. Popular dishes include *humitas* (corn that is pureed and cooked in corn husks) and *pastel de choclo* (a corn and meat pie).

In 1848, many German immigrants came to Chile, bringing rich pastries and cakes with them. Italian and Arab immigrants also settled in Chile, along with other European immigrants. Each group brought its style of cooking to Chile. The Italians brought ices

and flavored them with the different Chilean fruits. The Arab immigrants brought their use of certain spices and herbs, and the combination of sweet and salty tastes. Between 1880 and 1900, British immigrants brought tea to Chile. Teatime—inviting friends over for tea and coffee—continues to be enjoyed in modern Chile. Chileans serve *té con leche* (tea with milk).



Té con Leche (Tea with Milk)

Ingredients

2 teabags
2 cups water
2 cups boiling milk
Sugar, to taste

Procedure

1. Heat 2 cups of water to boiling.
2. In a saucepan, heat the milk just to boiling, and remove from heat.
3. Place tea bags into 2 separate cups.
4. Pour the water into cups, filling $\frac{1}{3}$ of cup.
5. Let the tea steep (soak) for 5 minutes, then remove bag.
6. Fill the rest of the cup with the hot milk.
7. Add sugar to taste.

Recipe may be doubled or tripled, to serve more guests.

Serves 2.

3 FOODS OF THE CHILEANS

Chile has a wide variety of foods, including seafood, beef, fresh fruit, and vegetables. A

traditional Chilean meal is *pastel de choclo*, a “pie” made with corn, vegetables, chicken, and beef. This dish is usually served with *ensalada chilena* (Chilean salad).



Ensalada Chilena (Chilean Salad)

Ingredients

4 cups onions, finely sliced
4 cups peeled tomatoes (may be canned and drained well), finely sliced
3 Tablespoons oil
Lemon juice, to taste
 $\frac{1}{2}$ cup fresh cilantro leaves, chopped
Salt and pepper, to taste

Procedure

1. Place the sliced onions in a bowl.
2. Cover with cold water and let set for 1 hour, then drain the water.
3. Mix onions with the tomatoes on a large platter.
4. Season with salt and pepper.
5. Pour oil and lemon juice on mixture.
6. Mix and serve with chopped cilantro sprinkled on top.

Serves 4.



Pastel de Choclo (Corn and Meat Pie)

Ingredients

4 cups frozen corn
8 leaves fresh basil, finely chopped (or 1 teaspoon dried, crumbled)
1 teaspoon salt

CHILE

- 3 Tablespoons butter
- 1 cup milk
- 4 large onions, chopped
- 3 Tablespoons oil
- 1 pound ground beef
- Salt and pepper, to taste
- 1 teaspoon ground cumin
- 1 cup black olives
- 1 cup raisins
- 2 pieces of cooked chicken breast, cut into cubes or strips
- 2 Tablespoons confectioners' sugar

Procedure

1. Preheat oven to 400°F.
2. Heat the corn, basil, salt, and butter in a large pot.
3. Slowly add the milk, stirring constantly until the mixture thickens.
4. Cook over low heat for 5 minutes.
5. Set aside while the meat filling is prepared.
6. Fry the onions in oil until they are soft.
7. Add the ground meat and stir to brown.
8. Drain grease from pan.
9. Add salt, pepper, and ground cumin.
10. Use an oven-proof dish to prepare the pie. Spread the onion and ground meat mixture on the bottom of the dish, then arrange the olives and raisins on top.
11. Place chicken pieces over the top.
12. Cover the filling with the corn mixture, then sprinkle on the confectioners' sugar.
13. Bake in the oven for 30 to 35 minutes until the crust is golden brown.
14. Serve hot.

Makes 4 to 6 servings.



A typical Chilean dish is *cazuela de ave*, a thick stew of chicken, potatoes, rice, green peppers, and, occasionally, onions. *Humitas* are a national favorite, and they come from the Amerindians who are native to Chile. Humitas are made with grated fresh corn, mixed into a paste with fried onions, basil, salt, and pepper. The mixture is then wrapped in cornhusks and cooked in boiling water.



EPD Photos

Corn husks wrap humitas, a favorite snack. Inside is a paste of grated corn seasoned with onions, herbs, salt, and pepper.

Empanadas, little pies usually stuffed with beef, olives, and onions, are another favorite. A popular dish is *bistec a lo pobre* (poor man's steak), which is steak topped with two fried eggs, and served with fried onions and French fries. Despite the name, poor Chileans cannot afford to eat this meal because beef is very expensive; this dish is actually eaten by wealthier people. *Tomat-icán* (tomato and corn stew) is often served as a side dish with meat, chicken, or fish.



Tomat-icán
(Tomato and Corn Stew)

Ingredients

- 1 large onion, peeled and finely chopped
- 3 cloves garlic, peeled and chopped
- 2 Tablespoons olive oil
- 3 large plum tomatoes, peeled and diced
- 1 cup fresh or frozen corn kernels
- 1 pinch fresh parsley, chopped
- Salt, to taste

Procedure

1. In a large saucepan, cook the onion and garlic in hot oil.
2. Add the tomatoes and cook, covered, for 5 minutes.
3. Add the corn and cook for another 3 minutes.
4. Add salt to taste, sprinkle parsley on top.
5. Serve hot.

Serves 4.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

About 90 percent of Chileans are Roman Catholic, the religion that the Spaniards brought with them when they came to Chile in 1541. For Christmas, which occurs during the summertime in the Southern Hemisphere, families decorate Christmas trees, and on Christmas Eve they gather to eat a late meal. After the families eat, they open presents. Children enjoy *pan de pascua*, a Christmas cake made with fruits and nuts that comes from the German influence in Chile. During the holiday season, family and friends drink *cola de mono* (Chilean eggnog).



Cola de Mono (Chilean Eggnog)

Ingredients

- 1 gallon milk
- 1 cup sugar
- 1 vanilla bean
- 1 cup whole coffee beans (or ½ cup instant coffee)
- 6 egg yolks

Procedure

1. Bring the milk to a boil with the sugar, vanilla, and coffee.
2. Let it simmer slowly, stirring occasionally, until the milk turns a light brown.
3. Remove from the heat, strain, and return to low heat.
4. Add a couple of Tablespoons of the hot milk to the egg yolks to dilute and warm them.
5. Stir the yolks back into the mixture and cook for about 3 to 5 minutes.
6. Let it cool completely before drinking.

Serves 8 to 12.

Chileans also drink eggnog on New Year's Eve, celebrated on December 31. This is a favorite holiday. At midnight, Chileans hug and kiss each other, saying (in Spanish), "Good luck and may all your wishes come true." Some believe they will have good luck if they eat *lentejas* (lentils) at midnight.

Because many Chileans are Roman Catholic, days named after saints are important holidays. Children often celebrate the saint's day with the same name as theirs. October 4 is St. Francis of Assisi's day. Girls named Francisca and boys named Francisco celebrate this saint's day with a

party and cake, as if it were their birthday. They also celebrate their own real birthdays. At both celebrations, *torta de cumpleaños* (birthday cake) is served.



Torta de Cumpleaños (Birthday Cake)

Ingredients

- 1 box yellow cake mix (prepare the cake according to the package, using 2 round pans, 10-inch each)
- 1 cup grape jelly (another flavor may be substituted)
- 2 cups pastry cream (vanilla frosting may be substituted)

PASTRY CREAM:

- 2 cups whole milk
- 1 Tablespoon vanilla extract
- 5 egg yolks
- 1 cup sugar
- ½ cup flour
- 1 Tablespoon butter, melted

Procedure**PASTRY CREAM:**

1. Simmer the milk in a saucepan for 5 minutes and cover.
2. In a large mixing bowl, beat the egg yolks with the sugar until the mixture is light yellow.
3. Stir in flour, and pour the hot milk over the egg mixture, beating continuously with a whisk.
4. Pour the mixture back into saucepan and bring to a slow simmer, stirring constantly.
5. Lower the heat and cook for 2 minutes, stirring quickly.
6. Remove from heat.



Embassy of Chile

Chile's long coastline provides ample opportunities for fishermen to gain access to the sea. Chilean cooks will often offer at least one dish featuring seafood for lunch and dinner.

7. Add vanilla extract, and pour the cream into a bowl and spread melted butter over it.
8. Cover until ready to use

ASSEMBLE THE CAKE:

1. Once the cake is cool, remove from the pans.
2. In Chile, each layer would be sliced horizontally into two separate layers, so that the cake has 4 layers in all.
3. This is an optional step; the cake will taste almost the same with just two layers.
4. Place one layer of cake on a plate, spread some pastry cream or frosting on it and follow with a layer of jelly. If using more than two layers, alternate jelly and pastry cream or frosting between layers of cake.
5. Cover the top and sides of the cake with the remaining cream.
6. Let the cake sit overnight before eating.

Serves 8 to 12.

5 MEALTIME CUSTOMS

Mealtimes are an important part of family life. Families almost always eat together at home, only going to a restaurant on a special occasion.

CHILE

Mothers prepare a light breakfast of toast and milk for their children. Lunch is the biggest meal of the day, and two main dishes are often served. The first dish might be a salad with seafood. The other dish might be *cazuela de ave*, a thick stew of chicken, potatoes, rice, green peppers, and, occasionally, onions. *Chancho en Piedra* (Chili and Tomato Spread) is often served with bread as an accompaniment to meals, or may be eaten by students as a snack. In small towns, businesses close for almost three hours so people can go home and eat lunch with their families and take a *siesta* (nap).



Chancho en Piedra (Chili and Tomato Spread)

Ingredients

- 4 garlic cloves, peeled and mashed
- 1 small jar chopped green chilies
- 1 small can chopped tomatoes, drained
- 1 Tablespoon olive oil
- Salt, to taste (preferably kosher-style)

Procedure

1. Combine garlic and chilies in a glass bowl, and “smash” together, using a wooden spoon. (Traditional Chileans would use a marble mortar and pestle to grind the ingredients together.)
2. Add salt.
3. Gradually add the tomatoes, mixing them well.
4. Stir in the oil.
5. Pour mixture into a small serving bowl.
6. Spread on slices of crusty bread or toast.

Sandwiches are a popular snack. Children can also take sandwiches to school for lunch. One popular ham and melted cheese sandwich is called *Barros Jarpa*, named after a Chilean who ate large amounts of these sandwiches.



Barros Jarpa (Ham and Cheese Sandwich)

Ingredients

- 1 Tablespoon olive oil
- 4 slices sandwich bread
- 2 slices cooked ham
- 2 slices Monterey Jack cheese

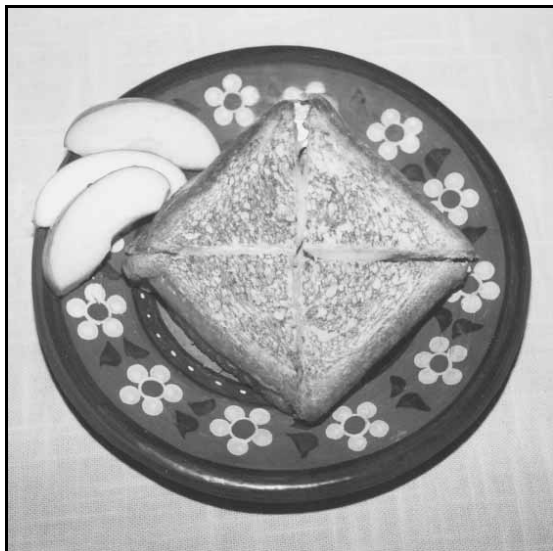
Procedure

1. Heat the oil in a pan.
2. Place one slice each of ham and cheese on a slice of bread and place the other slice of bread on top.
3. Toast the sandwich in the pan on both sides until the cheese melts.
4. Serve.

Serves 2.

Restaurants range from snack bars to expensive restaurants. A favorite Chilean “fast food” meal is a *completo*, which is similar to a hot dog and typically accompanied with mustard, avocado, tomatoes, and mayonnaise. *Ponche* (Chilean punch) is a traditional and popular beverage.

CHILE



EPD Photos

Barros Jarpa (grilled ham and cheese sandwich), served with fruit, is a common lunch for students.



Ponche (Berry Punch)

Ingredients

- 1½ quarts cranberry juice
- ½ teaspoon cinnamon powder
- ½ teaspoon nutmeg
- 6 whole cloves
- 1 lemon peel
- 1 orange peel

Procedure

1. In a pot, simmer the cranberry juice with the cinnamon, nutmeg, cloves, and the lemon and orange peels for 15 minutes.
2. Let it cool and throw away the cloves and fruit peels.
3. Pour into glasses and serve.

Serves 4.

Chileans also invite friends for teatime, a tradition from the British immigrants who came to Chile in the late 1800s. Dinner is usually one main dish. For dessert, Chileans eat fresh fruit, ice cream, or other desserts such as *arroz con leche* (rice pudding).



Arroz con Leche (Rice Pudding)

Ingredients

- 1 cup rice
- 2 cups water
- 1 cup whole milk
- 2 large eggs
- ½ cup sugar
- 1 teaspoon vanilla extract
- 1 teaspoon grated lemon peel
- 1 teaspoon butter, for greasing the pan
- 1 cup heavy cream
- Cinnamon to sprinkle on top

Procedure

1. Preheat oven to 350°F.
2. Put the rice and water in a medium-size saucepan and bring to a boil over medium-high heat. Reduce to low heat and cover the pan.
3. Cook the rice for about 20 minutes, or until tender.
4. In a medium bowl, stir the milk, eggs, sugar, vanilla extract, and lemon peel until blended.
5. Add the rice and stir gently until all ingredients are well mixed.
6. Butter a 9-inch pie pan and spoon the mixture into it. Bake for 25 minutes.
7. Remove pudding from the oven, stir it, and cool for 15 minutes.



EPD Photos

Arroz con Leche (rice pudding) may be served warm or chilled. A sprinkle of cinnamon adds just a hint of spice to complement the lemon peel in the pudding.

8. While the pudding cools, beat the heavy cream in a large bowl until it forms soft peaks.
9. Fold the rice pudding into the whipped cream.
10. Serve in a dish, warm or chilled, and sprinkle with cinnamon.

Serves 4.

6 POLITICS, ECONOMICS, AND NUTRITION

According to a report by the World Bank, about 5 percent of the total population in

Chile is undernourished, a decrease from nearly 15 percent in the early 1980s. A small percentage of children under age five show signs of malnutrition, such as being underweight or short for their age. Protein deficiency among the general population has induced an abnormally high rate of congenital (existing at or before birth) mental disabilities. Between 1994 and 1995, almost everyone had access to safe water and health care services.

One section of Chile's public health care system is called the National System of Health Services. It helps to provide periodic medical care to all children under six years of age not who are not enrolled in alternative medical plans. Through this program, low-income mothers can receive nutritional assistance for their children and for themselves. As a result of this program, the incidence of moderate to severe childhood malnutrition among those receiving assistance has been significantly reduced.

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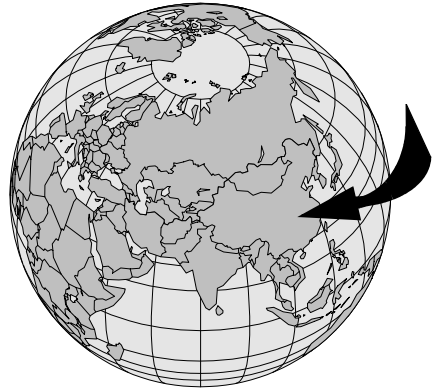
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China

Recipes

Wonton Soup.....	95
Eggdrop Soup.....	96
Sweet and Sour Pork.....	96
Baat Bo Fon (Rice Pudding).....	97
Fried Rice.....	97
Birthday Noodles with Peanut Sauce.....	99
Spiced Chicken.....	99
Almond Cookies.....	100
Fried Wonton.....	101
Fu Yung Don (Egg Fu Yung).....	101



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The official name of China is the People's Republic of China. Eastern China is made up of lowlands, whereas the middle and western sections of the country are mountainous. The largest river in China is the Yangtze, which travels almost 4,000 miles. Water pollution is a problem in China, but most Chinese people have access to safe drinking water.

About two-thirds of the population lives outside of the cities, but there are many people living in cities, too. More than sixty cities have populations over 750,000. Shanghai has over 14 million people, and Beijing has over 12 million. (To compare to U.S. cities: New York City has about 16

million people, Los Angeles has about 13 million, and Chicago has about 7 million.)

2 HISTORY AND FOOD

Throughout its history, China's growing population has been difficult to feed. By A.D. 1000, China's population reached 100 million (more than one-third of the U.S. population in 2000). The Chinese constantly had to adapt new eating habits because of the scarcity of food. Meat was scarce, so dishes were created using small amounts of meat mixed with rice or noodles, both of which were more plentiful. Vegetables were added, and stir-frying, the most common method of cooking, became a way to conserve fuel by cooking food quickly.

Regional differences in cuisine became noticeable in the 1200s when invaders from

CHINA



neighboring Mongolia swept into China. Cooking styles and customs began to be exchanged between the two countries. As people traveled further from their homes, cooking methods and foods were shared among the different regions within China.

3 FOODS OF THE CHINESE

The Chinese eat many foods that are unfamiliar to North Americans. Shark fins, seaweed, frogs, snakes, and even dog and cat meat are eaten. However, the Chinese follow the spiritual teaching of balance signified by yin (“cool”) and yang (“hot”). This philosophy encourages the Chinese to find a balance in their lives, including in the foods they eat. While preparing meals, the Chinese may strive to balance the color, texture, or types of food they choose to eat.

Rice is China’s staple food. The Chinese word for rice is “fan” which also means “meal.” Rice may be served with any meal, and is eaten several times a day. Scallions, bean sprouts, cabbage, and gingerroot are other traditional foods. Soybean curd, called tofu, is an important source of protein for the Chinese. Although the Chinese generally do not eat a lot of meat, pork and chicken are the most commonly eaten meats. Vegetables play a central role in Chinese cooking, too.

There are four main regional types of Chinese cooking. The cooking of Canton province in the south is called Cantonese cooking. It features rice and lightly seasoned stir-fried dishes. Because many Chinese immigrants to America came from this region, it is the type of Chinese cooking that is most widely known in the United States. Typical Cantonese dishes are wonton soup, egg rolls, and sweet and sour pork.

The Mandarin cuisine of Mandarin province in northern China features dishes made with wheat flour, such as noodles, dumplings, and thin pancakes. The best known dish from this region is Peking duck, a dish made up of roast duck and strips of crispy duck skin wrapped in thin pancakes. (Peking was the name of Beijing, the capital of China, until after the Cultural Revolution of the late 1960s. This traditional recipe is still known in the United States as “Peking duck.”) Shanghai cooking, from China’s east coast, emphasizes seafood and strong-flavored sauces. The cuisine of the Szechuan province in inland China is known for its hot and spicy dishes made with hot peppers, garlic, onions, and leeks. This type of

cooking became popular in the United States in the 1990s.

Tea, the beverage offered at most meals, is China's national beverage. The most popular types of tea—green, black, and oolong—are commonly drunk plain, without milk or sugar added. Teacups have no handles or saucers.



Wonton Soup

Ingredients

- ½ pound pork or beef, ground
- 1 Tablespoon scallions, finely chopped
- 1 egg, beaten
- 1 teaspoon salt
- 1 Tablespoon soy sauce
- 1 Tablespoon sugar
- 1 teaspoon sesame oil (optional)
- 1 Tablespoon water
- 2 packages wonton skins
- 3 cans (15 ounces each) chicken or other broth (about 6 cups)

Procedure

1. Mix ground pork (or beef), scallions, egg, salt, soy sauce, sugar, sesame oil, and water in a bowl.
2. Place 1 teaspoon of meat mixture in the center of a wonton skin.
3. Moisten the edges of wonton skin with water and fold it to form a triangle. Press the edges together to seal.
4. Fill and fold the rest of the wonton skins.
5. Bring a large pot of water to a boil to cook the wontons.



EPD Photos/Cynthia Bassett

A young Chinese vendor, with her hair styled in an elaborate bun, prepares vegetables to sell. All styles of Chinese cooking use fresh vegetables.

6. In another pot, heat the broth. (Wontons will be cooked first in the boiling water and then added to the broth.)
7. Add a few wontons at a time to the boiling water, giving them room to float freely. Cook over medium heat 8 to 10 minutes.
8. Add the cooked wontons to hot broth. Use about 3 dozen wontons for 6 cups of broth.

Recipe makes 48 wontons.



Eggdrop Soup

Ingredients

- 1 egg, room temperature
- 1 can chicken stock (about 2 cups)
- ½ teaspoon salt
- ½ teaspoon sugar
- 1 teaspoon soy sauce, thin
- Large scallions cut into tiny circles (green parts only)

Procedure

1. Remove the egg from the refrigerator and allow it to come to room temperature.
2. Beat the egg lightly in a bowl.
3. Put the stock in a saucepan or wok and bring to a boil.
4. Lower heat to the lowest setting.
5. Hold the bowl with the beaten egg above the pan with the simmering broth.
6. Slowly and carefully pour the egg into the broth in a very thin stream.
7. Hold a fork in your other hand, and trace circles on the surface of the broth, drawing out long filmy threads of egg on the surface of the broth.
8. Simmer for about 1 minute, and then remove the saucepan from heat and cover for 45 seconds.
9. The egg should be set in tender flakes.
10. Add salt, sugar, and soy sauce, and sprinkle the scallions on top.
11. Stir the mixture two or three times.
12. Transfer to individual soup bowls and serve.

Serves 2.



Sweet and Sour Pork

Note: This recipe involves hot oil and requires adult supervision.

Ingredients

- ½ cup flour
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 pound lean pork loin, cut into bite-size pieces
- 3 Tablespoons peanut or vegetable oil
- 2 green peppers cut in large pieces
- 1 onion, sliced
- 1 carrot, sliced
- ½ cup pineapple chunks
- ½ cup pineapple juice
- ¼ cup white vinegar
- 2 Tablespoons soy sauce
- ¼ cup brown sugar
- 2 Tablespoons cornstarch
- A few drops red food coloring (traditional, but optional)
- Boiled rice, warm

Procedure

1. Prepare rice according to package and keep warm.
2. Mix flour, salt, and pepper in a large plastic bag with a locking seal.
3. Add the pork pieces to the bag and seal.
4. Shake the bag well to coat each piece.
5. Remove the pork and throw the bag away.
6. Heat the oil in a large frying pan.
7. Cook the pork pieces on all sides until brown.
8. Lower the heat and cook for 20 minutes.
9. Add the peppers, onions, and carrots, and cook for 5 minutes.

10. Stir in pineapple, pineapple juice, vinegar, soy sauce, brown sugar, cornstarch, and food coloring.

11. Cook until the mixture is hot.

12. Serve over cooked rice.

Serves 4 to 5.



Baat Bo Fon (Rice Pudding)

Ingredients

¾ cup rice

1½ cups water

Pinch of salt

4 cups milk

½ cup sugar

½ teaspoon vanilla extract

Procedure

1. Combine the rice, water, and salt in a large pot.
2. Heat until almost boiling, stirring often.
3. Lower the heat, cover pot, and simmer for 15 minutes, or until most of the water has been absorbed.
4. Stir in the milk and sugar.
5. Cook uncovered for 30 to 40 minutes, or until mixture is thick and creamy, stirring often.
6. Stir in vanilla.
7. Serve topped with sliced almonds, whipped cream, or a sprinkle of cinnamon.

Serves 6.



EPD Photos

Ingredients ready for preparation of fried rice include (clockwise from top) chopped scallions, sliced mushrooms, bean sprouts, chopped red and yellow pepper, and sliced water chestnuts. In the bowl are three beaten eggs.



Fried Rice

Note: This recipe involves hot oil and requires adult supervision.

Ingredients

3 Tablespoons peanut oil

4 cups boiled rice, cold

1 teaspoon salt

½ teaspoon black pepper

½ a green, red, or yellow pepper, chopped

½ cup mushrooms, sliced

¼ cup water chestnuts, sliced

½ cup bean sprouts

¼ cup scallions, chopped

3 eggs, beaten

½ cup parsley, chopped

Procedure

1. Cook rice according to instructions on package.
2. Allow to cool.
3. Heat the oil in a wok or skillet over high heat.
4. Add rice and fry until hot, stirring constantly.
5. Stir in salt and pepper.
6. Add the green pepper, mushrooms, water chestnuts, bean sprouts, and scalions, stirring often.
7. Push the mixture to the sides of the wok or skillet, making an empty space in the center of the rice mixture.
8. Pour beaten eggs into the empty space.
9. Let the eggs cook halfway through.
10. Blend the eggs with the rest of the rice mixture.
11. Heat until the eggs are fully cooked.
12. Remove the pan from heat.
13. Sprinkle the chopped parsley over each serving.

Serves 4 to 6.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Although day-to-day cooking in China is quite simple, elaborate meals are served on holidays and festivals. A typical holiday meal might consist of steamed dumplings, suckling pig (or a spicy chicken dish), and a selection of desserts. Unlike in the United States, desserts are generally reserved for special occasions only. Most ordinary meals end with soup.

The most important festival of the year is the Chinese New Year, which is set according to the phase of the moon, and falls in January or February. Oysters are believed to bring good fortune and have become a tradi-

tional food for dinners celebrating the New Year. Oranges and tangerines (for a sweet life), fish (symbolizing prosperity), and duck are also eaten. Dumplings are commonly eaten in the north. Neen gow, New Year's Cake, is the most common dessert. Each slice of the cake is dipped in egg and pan-fried. A special rice flour makes the cake slightly chewy.

Another important holiday is the Mid-Autumn Festival in September. To celebrate this festival, which occurs during the full moon, the Chinese eat heavy, round pastries

*Peking Duck Holiday Feast*

Peking duck
Mandarin pancakes
Fish in wine sauce
Seaweed
Chinese celery cabbage in cream sauce
Pickled cabbage peking style

*Buddha Jumps Over the Wall
Feast Menu*

Buddha Jumps Over the Wall
(feast dish with as many as 30 main ingredients;
takes up to 2 days to prepare)
Snow pea shoots with steamed mushrooms
Choi sum with yunnan ham
Mustard green stems in sweet mustard sauce
Lotus root with pickled peach sauce

called mooncakes. They are filled with a sweet paste and sometimes have an egg yolk in their center. Other foods eaten at this time are rice balls and a special cake called yue bing.

After a baby is one year old, the Chinese only celebrate birthdays every ten years, starting with the tenth birthday. The Chinese eat noodles on their birthdays. They believe that eating long noodles will lead to a long life. Another traditional birthday food is steamed buns in the shape of peaches, a fruit that also represents long life.



Birthday Noodles with Peanut Sauce

Ingredients

- 2 Tablespoons peanut butter or sesame paste, smooth
- ¼ cup hot water
- 3 Tablespoons soy sauce
- 1 teaspoon honey
- 4 cups Chinese-style noodles or spaghetti, cooked
- 2 scallions cut in ½-inch pieces (optional)
- Bean sprouts (optional)
- Chopped peanuts (optional)

Procedure

1. Cook noodles according to package instructions and drain.
2. In a large bowl, use a fork to stir the peanut butter or sesame paste with the water until it is creamy.
3. Stir in the soy sauce and honey. Add the noodles to the peanut butter mixture and mix well.



Birthday Party Menu

- Noodles with peanut sauce
- Honey-glazed chicken wings
- Steamed buns
- Almond cookies

4. Refrigerate the mixture until ready to serve.
5. Serve the noodles cold, topped with scallions, sprouts, or chopped peanuts.

Suggestion: Eat with chopsticks.

Serves 4.



Spiced Chicken

Ingredients

- 3 pounds chicken pieces (may be chicken wings, boneless breasts cut into strips, or drumsticks)
- ¼ cup soy sauce
- 2 cloves garlic, crushed
- 1 teaspoon pepper
- ¼ cup sugar
- 2 Tablespoons vegetable oil
- Several lettuce leaves

Procedure

1. Rinse the chicken in cool water and pat dry with paper towels.
2. Mix the soy sauce, garlic, pepper, sugar, and oil in a bowl.



EPD Photos

To make Almond Cookies, press a whole almond into the center of each dough ball.

3. Thoroughly coat the chicken pieces with this mixture, reserving a little mixture in the bowl.
4. Let the chicken stand (marinate) for 2 to 4 hours in the refrigerator.
5. Preheat oven to 350°F.
6. Place chicken into a lightly oiled baking pan. Bake for about 40 minutes.
7. Every 10 minutes during roasting, turn the chicken and use basting brush to brush on the remaining soy sauce mixture. When the chicken is tender, remove from oven.
8. Arrange pieces on a bed of lettuce on a serving platter and serve warm or at room temperature.

Serves 6.



Almond Cookies

Ingredients

- 2½ cups flour
- 1 cup sugar
- 1 teaspoon baking soda

- ½ teaspoon salt
- 1 cup vegetable shortening
- 2 eggs, beaten
- 1 Tablespoon almond extract
- About 48 whole almonds, unsalted

Procedure

1. Preheat oven to 325°F. Grease cookie sheets.
2. Mix flour, sugar, baking soda, and salt in a bowl.
3. With a fork, slowly add shortening, a little at a time, to the flour mixture.
4. Add the beaten eggs and almond extract.
5. Shape the dough into balls the size of a large cherry.
6. Place the dough onto the cookie sheets and press an almond into the center of each cookie.
7. Bake for 25 minutes.

Makes about 4 dozen cookies.

5 MEALTIME CUSTOMS

Togetherness and cooperation is reflected in China's mealtime customs. A dish is never served to just one person, either at home or in a restaurant. Each person has his or her own plate, but everyone at the table shares food. Instead of a knife and fork, the Chinese eat with chopsticks, a pair of wooden sticks held in one hand. Food is cut into bite-size pieces while it is being prepared, so none of it has to be cut at the table. It is considered good manners to hold a bowl of rice up to your mouth with one hand. Chopsticks, held in the other hand, are used to help scoop the rice into the person's mouth. Drinking soup directly from the bowl is also an acceptable custom. It is rude, however, to leave chopsticks sticking straight up in a bowl of rice.

A typical family dinner consists of rice or noodles, soup, and three or four hot dishes. At a formal dinner, there will also be several cold appetizers.

A well-known type of Chinese snack is called dim sum (“touch of heart”). These are bite-size foods served with tea in mid-morning, afternoon, or at night. Typical dim sum are filled dumplings, shrimp balls, and spring rolls (also called “egg rolls” in the U.S.). Wontons, which can be boiled in soup, are also served fried as dim sum.



Fried Wonton

Note: This recipe involves hot oil and requires adult supervision.

Procedure

1. Prepare wontons according to recipe for Wonton Soup (or purchase packaged wontons).
2. Fry in hot oil until golden brown and crispy.
3. Drain the wontons on a paper towel and serve hot with duck sauce (sweet and sour sauce).



Fu Yung Don (Egg Fu Yung)

Note: This recipe involves hot oil and adult supervision is required.

Ingredients

- 8 large eggs at room temperature
- 1 cup peanut oil (used in varying amounts)
- ¼ teaspoon salt
- Pinch of pepper, preferable freshly ground

¼ cup scallion, finely sliced (green part only)

½ pound cooked shrimp, each shrimp cut in half

Procedure

1. In a large bowl, beat eggs with 1½ Tablespoons of peanut oil until bubbles start to form.
2. Add the shrimp to the beaten eggs and gently stir. Mix in the salt, pepper, and scallions.
3. Heat 2 Tablespoons of peanut oil in a wok or large skillet over high heat for about 20 seconds.
4. Tip the skillet or wok back and forth carefully to coat it thoroughly with oil.
5. Stir the eggs briefly once again, and pour the mixture into hot skillet or wok.
6. Cook the eggs, stirring gently with a wooden spoon until scrambled, about 3 minutes.
7. Turn off heat and transfer eggs to a heated platter and serve. Sprinkle with scallions.

Serves 4 to 6.

6 POLITICS, ECONOMICS, AND NUTRITION

The rapidly growing population in China has been difficult to feed throughout history. About 13 percent of the total population in China is undernourished according a report issued by the World Bank in 2000. This problem is most significant away from coastal areas. People living in inland areas are more likely to be poor and to have a diet lacking in adequate nutrition. About 17 percent of children under age five are underweight.

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Shops for Specialty Ingredients

Chinese ingredients can be found in many large grocery stores. Most cities have Chinese restaurants (where take-out versions of many recipes are available), and many have Asian specialty grocery stores. Look in the business pages of your local telephone book to find specialty grocery stores in your area.

Specialty Orient Foods, Inc.
43-30 38th Street
Long Island City, New York 11101
1-800-758-7634; [Online] Available http://www.sofi-ny.com/mail_order/english/mail_order_main_e.htm (accessed January 28, 2001).

The Oriental Pantry
423 Great Road (2A)
Acton, MA 01720
(978) 264-4576; [Online] Available <http://www.orientalpantry.com> (accessed January 28, 2001).

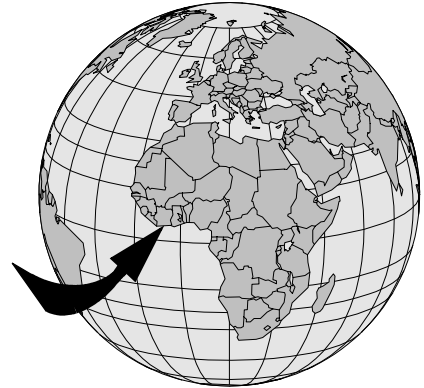
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Côte d'Ivoire

Recipes

Aloko (Fried Bananas).....	104
Cornmeal Cookies.....	105
Fufu (Boiled Cassava and Plantains).....	106
Melon Fingers with Lime.....	106
Kedjenou (Seasoned Meat and Vegetable Sauce)	107
Baked Yams.....	109
Chilled Avocado Soup.....	109
Calalou (Vegetable Stew)	109
Arachid Sauce	110
Avocado with Groundnut Dressing.....	111



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The Republic of Côte d'Ivoire (which means “ivory coast” in French), on the south coast of the western bulge of Africa, has an area of 322,460 square kilometers (124,502 square miles). Comparatively, the area occupied by Côte d'Ivoire is slightly larger than the state of New Mexico. The greater part of Côte d'Ivoire is a vast plateau, tilted gently toward the Atlantic, although the Guinea Highlands (in the northwest, from Man to Odienné) have peaks higher than 1,000 meters (3,280 feet).

The greatest annual rainfall, 198 centimeters (78 inches), is along the coast and in the southwest. The coastal region has a long dry season from December to mid-May, followed by heavy rains from mid-May to mid-July, a short dry season from mid-July to October, and lighter rains in October and November. Farther north, there is only one

wet and one dry season, with rainfall heaviest in summer.

2 HISTORY AND FOOD

Thousands of years prior to the arrival of the Europeans in the 1460s, independent tribes occupied present-day Côte d'Ivoire. They survived mostly on gathered seeds and fruits and hunted animals. Foods and eating habits were most likely influenced by outsiders who used the land as trade routes from as early as the 700s. Little, however, is known about the early inhabitants.

By the late 1400s, the Portuguese began to show a significant interest in Côte d'Ivoire. They were interested in spreading Christianity, purchasing slaves, and discovering new trade routes. The Portuguese soon established several trading centers along the country's coast, but poor coastal harbors helped to spare the country from the build up of a large slave trade. However, the

CÔTE D'IVOIRE



Europeans desperately sought the country's supply of ivory (from the tusks of elephants) and gold, so trading and exploitation of these goods continued. The country's nickname, the Ivory Coast, originated because of the country's well-known supply of ivory. In return for the gold and ivory, the Portuguese brought European weapons and cassava, now a daily staple, to the Ivoirians.

By the mid-1800s, French merchants discovered the large amounts of ivory and gold that originated from Côte d'Ivoire. In exchange for money and the promise of French protection, France was given permission to take control of the country's coastal trade routes. With the hopes of planting profitable cash crops (crops grown

to make money), the French began planting coffee, cocoa, and palm oil (an essential ingredient for preparing African food) along the coast. Eventually one-third of the cocoa, coffee, and banana plantations belonged to the French.

As a result of France's push towards a strong economy based on cash crops, Côte d'Ivoire continued to mass-produce several crops after gaining its independence from France in 1960. Côte d'Ivoire is the world's leading producer of cocoa, and is the third largest producer of coffee in the world (behind Brazil and Columbia). More than one-quarter of the population works with the production of cocoa. Côte d'Ivoire also became Africa's leading exporter of pineapples and palm oil. Unfortunately, many of the country's rainforests have been destroyed in order to plant more cocoa (and other cash crop) plantations. Corn, rice, millet, and yams have also thrived, but mostly as crops eaten by the people of Côte d'Ivoire.



Aloko (Fried Bananas)

Ingredients

5 bananas
Oil

Procedure

1. Cut the bananas lengthwise, then into little pieces.
2. Pour about 4 inches of oil into a saucepan and heat until boiling.
3. Place ½ of the sliced bananas into the oil.

4. Fry both sides until reddish-brown, then very carefully remove.
5. Fry the other ½, then remove.
6. Serve immediately alone, or with grilled fish.

Serves 4 to 6.



Cornmeal Cookies

Ingredients

- ¾ cup margarine
- ¾ cup sugar
- 1 egg
- 1¼ cups flour
- ½ cup cornmeal
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon vanilla

Procedure

1. Preheat oven to 350°F.
2. In a mixing bowl, beat margarine and sugar together until light and fluffy.
3. Add the egg and vanilla and beat well.
4. In a separate bowl, combine the flour, cornmeal, salt, and baking powder.
5. Slowly add the dry ingredients to the margarine mixture and mix well.
6. Drop dough in spoonfuls onto a greased cookie sheet and bake for 15 minutes.

Makes 3 dozen.

3 FOODS OF THE IVOIRIANS

Côte d'Ivoire's roughly 60 ethnic groups bring diversity to the country's cuisine. Each group has developed a diet that is suitable to their lifestyle. The Agni and Abron groups survive by farming cocoa and coffee.

The Senufo peoples live in the country's northern savanna (treeless plain). They cultivate rice, yams, peanuts, and millet (a type of grain). Rice with a peppery peanut sauce is often enjoyed by the Senufo people. The Dioula of the far northwest depend on their cultivation of rice, millet, and peanuts to survive, while the Kulango people of the north, who are mostly farmers, grow yams, corn, peanuts, and watermelons. Those living near the coast enjoy a wide variety of seafood.

Despite varying diets and food customs, the people of Côte d'Ivoire generally rely on grains and tubers (root vegetables) to sustain their diet. Yams, plantains (similar to bananas), rice, millet, corn, and peanuts (known as groundnuts in Africa) are staple foods throughout the country. At least one of these is typically an ingredient in most dishes. The national dish is *fufu* (FOO-fue), plantains, cassava, or yams pounded into a sticky dough and served with a seasoned meat (often chicken) and vegetable sauce called *kedjenou* (KED-gen-oooh). As with most meals, it is typically eaten with the hands, rather than utensils. *Kedjenou* is most often prepared from peanuts, eggplant, okra, or tomatoes. *Attiéké* (AT-tee-eck-ee) is a popular side dish. Similar to the tiny pasta grains of couscous, it is a porridge made from grated cassava.

For those who can afford meat, chicken and fish are favorites among Ivoirians. Most of the population, however, enjoys an abundance of vegetables and grains accompanied by various sauces. Several spicy dishes, particularly soups and stews, have hot peppers to enrich their flavors. Fresh fruits are the typical dessert, often accompanied by *ban-*

gui (BAN-kee), a local white palm wine or ginger beer. Children are fond of soft drinks such as Youki Soda, a slightly sweeter version of tonic water.

Often the best place to sample the country's local cuisine is at an outdoor market, a street vendor, or a *maquis*, a restaurant unique to Côte d'Ivoire. These reasonably priced outdoor restaurants are scattered throughout the country and are growing in popularity. To be considered a *maquis*, the restaurant must sell braised food (food that has been cooked over a low fire). The popular meats of chicken and fish are the most commonly braised food and are usually served with onions and tomatoes. Rice, *fufu*, *attiéké*, and *kedjenou* are also sold.



Fufu

(Boiled Cassava and Plantains)

Ingredients

2½ cups cassava (also called manioc or yucca); do not use very center of cassava
5 plantains; do not use very center of plantains

Procedure

1. Prepare the cassava and plantains by peeling them, slicing them lengthwise, and removing the woody core. Then cut the cassava and plantains into chunks and place in a large saucepan. Cover with water.
2. Heat the water to boiling, and then lower heat to simmer. Simmer the cassava and plantains until tender (about 20 minutes). Drain.



EPD Photos

Cassava has a glossy, brittle skin, and is typically 6 to 8 inches long.

3. Return the pan to low heat and pound, mash, and stir the mixture, using a wooden spoon or potato masher. Add a sprinkling of water to keep the mixture from sticking. Continue pounding and mashing for 15 minutes, until the mixture is smooth.
4. Form into balls and serve.

Makes 3 *fufu* balls.



Melon Fingers with Lime

Melon Fingers make a delicious and refreshing dessert.

Ingredients

1 large honeydew, chilled
1 lime

Procedure

1. Cut the melon into eighths, or sections, about 1-inch wide and remove the seeds.
2. Next make cuts cross-wise about ¾-inch wide across each melon slice.



EPD Photos

To make melon fingers, slice a honeydew melon, remove the seeds, and make cuts across each melon slice.

3. Arrange the slices on a large serving plate.
4. Section the lime and place a slice of lime in the center of each melon slice.

Serves 8.



Kedjenou (Seasoned Meat and Vegetable Sauce)

Ingredients

- 2 chickens, cut into pieces
- 3 large onions, chopped
- 6 tomatoes, peeled and diced

- 1 piece ginger root, peeled
- 1 clove of garlic, crushed
- 1 bay leaf
- Salt, to taste
- Hot red pepper, to taste

Procedure

1. Place the chicken, onion, tomatoes, ginger, garlic and bay leaf in a heavy casserole dish.
2. Season with the salt and pepper.
3. Cover with a thick, tight-fitting lid that will not let any steam escape.
4. Put the casserole on medium to high heat.

5. When the ingredients start to simmer, turn the heat down to medium to low.
6. Remove the casserole from the heat and without removing the lid, shake the casserole well to stir up the contents so that it cooks evenly.
7. Repeat this procedure every 5 minutes for 35 to 40 minutes.
8. Place the contents of the casserole on a warm platter and serve with rice.

Serves 8.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Most (65 percent) of Côte d'Ivoire's population follows traditional African religions. They honor their ancestors and believe in the spirits of nature. Even the other two major religions of the country, Christianity (12 percent) and Islam (23 percent), often combine traditional practices with their faith. Some traditional religions recognize sorcery and witchcraft, particularly those living in rural areas.

Probably the most anticipated time of the year for Muslims (believers of Islam) is Ramadan, a monthlong observance in which food and drink are not consumed between sunrise and sunset. *Eid al-Fitr*, the feast that ends this fasting month, lasts two to ten days. The feast may include a variety of seasoned meats with sauce, rice, yam or eggplant, salads, and soups or stews. *Eid al-Adha* (the feast of the sacrifice) starts on the tenth day of the last month of the Islamic calendar. After prayers, the head of each household typically sacrifices (kills) a sheep, camel, or an ox. It is often eaten that evening for dinner and is shared with those who could not afford to purchase an animal to sacrifice.



Eid al-Fitr Menu

Chilled avocado soup

Kedjenou

Fufu

Rice

Boiled yams

Fresh melon

Christians, both Protestant and Roman Catholic, observe such holidays as Good Friday, Easter, and Christmas. Similar to the custom of Muslims on their special days, Christians gather with family and friends on Christian holidays to enjoy a meal together. Cities are often decorated with bright lights and decorations, and people gather in the streets to sell fruits and other items. *Réveillon*, the Christmas Eve dinner served after midnight mass, is often considered the most important meal of the year. A Yule log is traditionally eaten as a special dessert.

The people of Côte d'Ivoire also celebrate secular (nonreligious) holidays such as National Day (December 7), commemorating the country's independence, and New Year's Day (January 1). At the beginning of harvest time, yam festivals take place to honor the spirits who they believe protect their crops each year. To celebrate, the Kulango people exchange gifts and eat a meal of mashed yams and soup and participate in dances and song. Some villagers celebrate the harvest of other important crops, including rice.



Baked Yams

Ingredients

5 cups yam pieces, boiled until soft
1 egg, beaten
1 Tablespoon butter, room temperature
Salt, to taste
1 egg yolk, beaten
Nutmeg and cinnamon, for dusting

Procedure

1. Mash the soft yam pieces in a mixing bowl.
2. Gradually add the beaten egg, butter, and salt, mixing well to make sure that all ingredients are blended.
3. Spoon the mashed yam into an oven-proof casserole dish and spread the top with the beaten egg yolk.
4. Place it in the oven for 15 minutes, or until golden brown.
5. Sprinkle the top with nutmeg and cinnamon.

Serve hot. Makes 4 to 6 servings.



Chilled Avocado Soup

Ingredients

2 ripe avocados, peeled and pitted
4 cups cold chicken or vegetable stock (2 14-ounce cans)
2 Tablespoons lime juice
1 Tablespoon plain yogurt
2 dashes Tabasco sauce, or to taste
Salt and pepper
4 paper-thin lime slices, for garnish

Procedure

1. Add the avocado flesh to a blender and puree.
2. Add the stock and continue blending until smooth.
3. Blend in the lime juice, yogurt, Tabasco sauce, and salt and pepper.
4. Refrigerate for at least 1 hour.
5. When ready to serve, spoon into bowls and top each with a thin slice of lime.

Serves 4.



Calalou (Vegetable Stew)

Ingredients

Cooking oil

2 to 3 pounds meat (red meat, poultry, or fish), cut into bite-sized pieces
2 pounds greens (traditionally cassava leaves, taro leaves, sorrel leaves; substitute mustard greens or spinach), stems removed and cleaned (note that taro greens must be boiled for a short time, then rinsed)
2 tomatoes, peeled and chopped
1 cup dried shrimp
Garlic, minced (optional)
Salt, pepper, or cayenne pepper, to taste
1 onion, finely chopped

Procedure

1. Heat the oil in a large pot.
2. Fry the meat and onion until the meat is browned.
3. Add all the remaining ingredients and enough water to partially cover them.
4. Cover, reduce heat, and simmer on a very low heat for 2 or more hours.
5. Serve with rice.

Serves 6 to 8.

5 MEALTIME CUSTOMS

Some of the country's most tasty food can be found in people's homes. The Ivoirians are generous, hospitable people who enjoy inviting others to join them for a meal. Ivoirians believe that those who are blessed enough to be able to prepare a meal should share their good fortune with others.

In a typical village, villagers eat together in a common area. They believe eating not only gives the body nourishment, but also unites people with community spirit. Women and girls eat as one group, men as another, and young boys as a third group. Most villagers eat on a large mat placed on the ground. With their right hand (the left is considered dirty), villagers will scoop up their food from large bowls placed in the center of the mat for everyone to share. Most often rice is rolled into a tight ball and is used to scoop up meat and sauce.

The eldest villagers eat first. They do this in order to detect any contaminated or sour food. If bad food is suspected, the elder members will stop the younger members, including children, from eating from the bowl.

Once everyone has begun eating, there are some rules that are followed. It is considered rude and selfish to reach across the table for food. Villagers want to make certain that everyone receives similar amounts of food. Coughing, sneezing, and talking during the meal is discouraged. If a person needs to cough or sneeze, it is customary to get up and walk away from the mat before doing so. After the meal is over, a bowl of water is passed around to cleanse the hands. Talking amongst the villagers will typically

resume as the diners relax to digest their meal.



Arachid Sauce

Ingredients

2 Tablespoons peanut butter
Water
4 pimentos (a type of pepper)
20 cherry tomatoes, mashed
Meat (beef, chicken, or fish)
Pinch of salt
1 Tablespoon oil
½ small onion

Procedure

1. Place the peanut butter in a pot and add 4 Tablespoons water.
2. Mix well until it is sauce-like and add 1 cup water.
3. Bring the sauce to a boil and add 2 more cups of water over a 25-minute period.
4. Add the pimentos.
5. Take 12 cherry tomatoes, remove the seeds, and mash.
6. Add the tomato mash and another 4 cups of water to the sauce and continue to boil.
7. After 50 minutes of boiling, add 2½ more cups of water, then let it boil again gently for 20 minutes.
8. Add precooked meat of choice and a pinch of salt and keep boiling for an addition 35 minutes.
9. Add the remaining cherry tomatoes, prepared as before, the oil, and the mashed onion.
10. Cook for at least 15 more minutes.

Serves 4 to 6.



*Avocado with Groundnut
Dressing*

Ingredients

- 2 ripe avocados (should feel soft when ripe)
- 1 Tablespoon lemon juice
- 2 Tablespoons peanuts, shelled
- ½ teaspoon paprika
- ½ teaspoon cinnamon
- Cayenne, to taste
- Salt, to taste

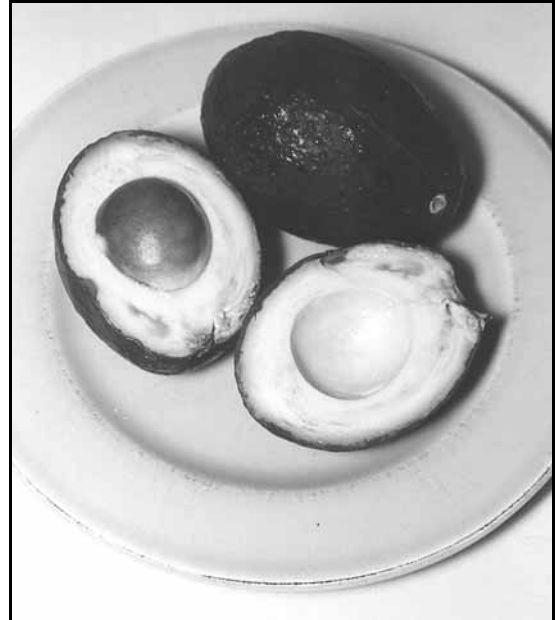
Procedure

1. Peel the avocados and cut out the pit.
2. Cut the avocados into cubes.
3. Sprinkle with lemon juice and set aside.
4. Grind the peanuts roughly with a rolling pin or in a grinder for a few seconds.
5. Mix the peanuts and spices well and sprinkle over avocados.
6. Refrigerate until ready to serve.

Serves 4.

6 POLITICS, ECONOMICS, AND NUTRITION

About 15 percent of the population of Côte d'Ivoire is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about one-quarter are both underweight and stunted (short for their age).



EPD Photos

The ripe avocados for Avocado with Groundnut Dressing have pebbly black skin and creamy, soft flesh. The large pit in the center is easily removed.

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Cuba

Recipes

Moors and Christians (Black Beans and Rice).....	114
Fried Plantains.....	115
Tuna in Sauce	117
Yucca (Cassava).....	117
Flan (Baked Custard)	117
Helado de Mango (Tropical Mango Sherbet)	118
Aceitunas Alinadas (Marinated Olives).....	119
Ensalada Cubana Tipica (Cuban Salad).....	119
Arroz Con Leche (Rice Pudding).....	120
Crème de Vie (Cuban Eggnog).....	120



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The Republic of Cuba consists of one large island and several small ones situated on the northern rim of the Caribbean Sea, about 160 kilometers (100 miles) south of Florida. With an area of 110,860 square kilometers (42,803 square miles), Cuba is the largest country in the Caribbean. The area occupied by Cuba is slightly smaller than the state of Pennsylvania.

Cuba's coastline is marked by bays, reefs, keys, and islets. Along the southern coast are long stretches of lowlands and swamps. Slightly more than half the island consists of flat or rolling terrain, and the remainder is hilly or mountainous. Eastern Cuba is dominated by the Sierra Maestra mountains, whose highest peak is Pico Real del Turquino. Central Cuba contains the Trinidad (Escambray) Mountains, and the Sierra de los Órganos is located in the west. The largest river is the Cauto.

Except in the mountains, the climate of Cuba is semitropical or temperate.

2 HISTORY OF FOOD

Christopher Columbus discovered the island of Cuba on October 28, 1492, claiming it in honor of Spain. As colonies were established, the Spanish began mistreating and exploiting the native inhabitants of the island until they were nearly extinct. The colonists resorted to importing black slaves from Africa to operate mines and plantations. As a result, both Spanish and African cultures formed the foundation of Cuban cuisine.

Spanish colonists brought with them citrus fruits, such as oranges and lemons, as well as rice and vegetables. They also grew sugar cane, a major Cuban crop. African slaves were unable to bring any items along with them on their journey to Cuba. They were, however, able to introduce their African culture. The slaves developed a taste for

fruits and vegetables such as maize (corn), okra, and cassava. In time, Spanish and African cultures joined together to create several popular dishes, including *arroz con gri* (rice and beans, often known as Moors and Christians) and *tostones* (pieces of lightly fried fruit, similar to the banana).

Cuban cuisine, however, drastically changed after the Cuban Revolution in 1959. Fidel Castro overthrew the government. Cubans who opposed him began to flee the island, including chefs and restaurant owners. As a result, food shortages became frequent, and food that was still available was of poor quality. As of 2001, Castro was still in power and because of political disagreements with other countries, trade restrictions imposed on Cuba remain, so living conditions and shortages of food have improved little.



EPD Photos

A favorite dish all year 'round is Moors and Christians made from black beans and rice. The name refers to the African (black beans) and Spanish Christian (white rice) roots of Cuban culture and cooking.



Moors and Christians (Black Beans and Rice)

Ingredients

- 1 pound black beans, dried (or 2 cups canned black beans)
- 1 large onion, diced
- 3 garlic cloves, crushed
- 3 teaspoons cumin, ground
- ½ cup green pepper, chopped
- Olive oil, for frying
- 2 cups chicken broth
- 3 Tablespoons tomato paste
- 1 cup long-grain white rice
- Salt and pepper, to taste

Procedure

1. If you are using canned beans, drain the water from them and set them aside.
2. If you are using dry beans, cover them with water. Bring to a boil, remove from heat, and let stand 1 hour. Drain the beans.
3. Use a large, covered cooking pot and sauté the onion, garlic, and green pepper in the olive oil until tender.
4. Add the tomato paste, black beans, cumin, and chicken broth.

CUBA

5. Add rice, cover and cook over low heat, stirring occasionally until rice is fully cooked (about 30 minutes).
6. Add salt and pepper to taste.

Serves 4 to 6.



Fried Plantains

Note: Ripe plantains have peels that are almost completely black. However, the firm, ripe ones called for in this recipe are black and yellow.

Ingredients

- 4 firm-ripe plantains
- Vegetable oil for frying

Procedure

1. With a small, sharp knife, cut ends from each plantain. Slice through the peel and remove it.
2. Cut the fruit into very thin slices, about 1/8-inch thick.
3. In a large, deep skillet, heat oil (about 1/4-inch deep) and fry 12 to 15 plantain slices at a time for 2 to 3 minutes, or until golden, turning them over once.
4. Use a slotted spoon or spatula to remove cooked slices and place them on paper towels to drain. Season the slices with salt. Plantain slices should be slightly crisp on outside but soft on inside.
5. The slices are best served immediately; however, they may be made 1 day ahead, cooled completely, and kept in an airtight container.
6. Reheat plantain slices on a rack in a shallow baking pan in a preheated 350°F oven for 5 minutes, or until heated through.

Serves 8.



3 FOODS OF THE CUBANS

Although Spain and Africa contributed most to Cuban cuisine, the French, Arabic, Chinese, and Portuguese cultures were also influential. Traditional Cuban dishes generally lack seasonings and sauces. Black beans, stews, and meats are the most popular foods. Root vegetables are most often flavored with *mojo*, a combination of olive oil, lemon juice, onions, garlic, and cumin.

Middle and upper class Cubans, including tourists, usually consume a wider variety of foods, if available. The most common meals include those made with pork, chicken, rice, beans, tomatoes, and lettuce. Hot spices are rarely used in Cuban cooking. Fried (*pollo frito*) or grilled (*pollo asado*) chicken and grilled pork chops are

CUBA



EPD Photos

Fried plantains, like white rice and black beans, are part of almost every dinner menu. In Cuba, the plantains would be fried in oil about one inch deep.

typically eaten. Beef and seafood are rarely prepared, with the exception of lobster (which is so popular that it is becoming endangered in Cuba). Rabbit (*conejo*), when available, is also eaten.

Other common dishes in Cuba are *ajiaco* (a typical meat, garlic, and vegetable stew), *fufú* (boiled green bananas mashed into a paste) which is often eaten alongside meat, *empanadas de carne* (meat-filled pies or pancakes), and *piccadillo* (a snack of spiced beef, onion, and tomato). Ham and cheese is a common stuffing for fish and steaks, or is eaten alone. The best place to find the fresh-

est fruits and vegetables on the island is at a farmers market. Popular desserts include *helado* (ice cream), *flan* (a baked custard), *chu* (bite-sized puff pastries filled with meringue), *churrizo* (deep-fried doughnut rings), and *galletas* (sweet biscuits).

Constant food shortages make finding or ordering certain foods nearly impossible. Economic hardship is another reason for poor food conditions. Cuba often trades its fresh produce, such as cassava, for money from other countries. This leaves a shortage of cassava and other produce in Cuba itself.



Tuna in Sauce

Ingredients

- 2 cans tuna, in oil
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 3 cloves of garlic, mashed
- 1 small can tomato sauce
- 1 teaspoon Tabasco sauce

Procedure

1. Mix all ingredients in a saucepan and cook over medium heat, stirring constantly for about 10 minutes.
2. Cover, lower heat and simmer for 20 minutes.
3. Serve over white rice.

Serves 4.



Yucca (Cassava)

Ingredients

- 4 to 6 yucca (cassavas), peeled and halved
- 1 teaspoon salt
- 4 cloves garlic, minced
- Juice of 1 lemon
- ½ cup olive oil

Procedure

1. Scrape the peel from the yucca, and cut the yucca into pieces. Boil yucca in salted water until tender (about 25 minutes).
2. Drain yucca and add garlic and lemon juice.
3. Heat olive oil in a pan until bubbling, then pour over yucca. Mix well and serve.

Serves 4.



Flan (Baked Custard)

Ingredients**FLAN:**

- 1 (14-ounce) can sweetened condensed milk
- ½ cup milk
- ½ cup water
- 4 egg yolks, beaten
- 1 teaspoon vanilla extract

CARAMEL COATING:

- ½ cup sugar
- 1 Tablespoon butter
- 2 Tablespoons water

Procedure**CARAMEL COATING:**

1. Measure sugar, butter, and water into a saucepan and cook over medium heat, stirring until bubbly and caramel brown. Be careful not to burn the mixture.
2. Pour into a warm baking dish, reserving a small amount to drizzle on top of finished flan. Roll dish to coat the sides completely with the caramel.

FLAN:

1. Preheat oven to 350°F.
2. Mix all flan ingredients and pour into a 2-quart baking dish that has been lined with a caramel coating (procedure above).
3. Place pan in a larger pan that contains water. Bake 55 to 65 minutes, or until pudding is soft set.
4. Chill. Drizzle caramel on top when serving.



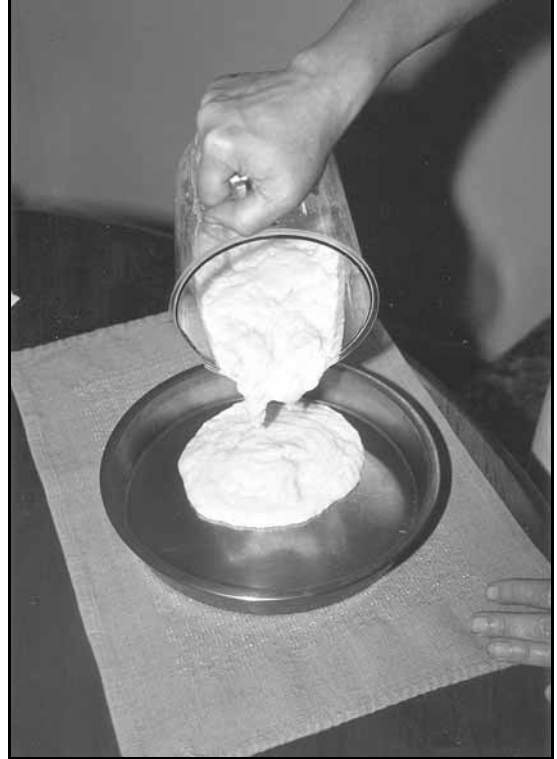
Helado de Mango (Tropical Mango Sherbet)

Ingredients

- 1 cup water
- ½ cup sugar
- Dash of salt
- 2 mangoes, peeled and sliced
- ½ cup light cream
- ¼ cup lemon juice
- 2 egg whites
- ¼ cup sugar

Procedure

1. In a saucepan, make syrup by combining the water, ½ cup of sugar, and dash of salt. Cook for 5 minutes on medium heat. Remove from heat and allow to cool.
2. In blender, combine mangoes and cream and blend until smooth and creamy. (If you do not own a blender, you can mash the mangoes with a fork and stir in the cream).
3. Stir in cooled syrup and lemon juice. Pour the mixture into one 6-cup or two 3-cup shallow pans and freeze until mixture is partially frozen (slushy).
4. Separate egg whites from eggs one at a time. Discard the yolks, or reserve for use in another recipe.
5. Beat egg whites to soft foamy peaks and gradually add the remaining ¼ cup sugar.
6. Place frozen mixture into a chilled mixer bowl, breaking partially frozen mixture into chunks. Beat until smooth.



EPD Photos

Pour the mango mixture from the blender into a pan. After the mixture becomes partially frozen, whipped egg whites will be added, giving the sherbet a lighter texture.

7. Carefully mix in the beaten egg whites. Return mixture to freezing container and freeze until firm.

Serves 6 to 8.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Cuba is officially an atheist country (denies the existence of God or a higher being). However, it is estimated that about half of all Cubans are believers of a particular faith.

There are three general faiths that religious Cubans tend to follow: Afro-Cuban religions (saint worship), Judaism, and Christianity. For Christians, celebrating Christmas during the second half of the 1900s was often difficult. For years the government, ruled by Fidel Castro, did not encourage the celebration of a Christian holiday. However, the holiday of Christmas has been making a comeback since the end of the 1990s. Those who celebrate Christmas prepare a large meal on Christmas Eve.

A typical Christmas menu in Cuba might include *aceitunas alinadas* (marinated olives), ham spread, or ham croquettes (a ham-filled fried cake) for appetizers. Cuban salad, black beans, mashed plantains (*fufu*), Cuban bread, Spanish potatoes, white rice, yucca with garlic, and roasted pig may be a typical dinner. For dessert, rice pudding, mango bars, coconut flan, rum cake, Three Milks Cake, or Cuban Christmas cookies may be served. To accompany their meal, Cubans might drink Cuban eggnog, Spanish sparkling hard apple cider, or a Cuban rum and mint drink.

Some Cuban public holidays are January 1 (triumph of the Revolution in 1959); April 4 (Children's Day); May 1 (Labor Day); and December 25 (Christmas Day). During these days, grocery stores are usually closed and people often head for the island's warm beaches to celebrate, often packing food for the trip. On New Year's Eve, a small feast is prepared. At the stroke of midnight, twelve grapes are often eaten (in memory of each month) and cider is served.



Aceitunas Alinadas (Marinated Olives)

Ingredients

2 cups green Spanish olives, drained and unpitted
¼ cup olive oil
¼ cup red wine vinegar
¼ teaspoon ground pepper
3 cloves garlic, mashed
Freshly-ground black pepper, to taste
Peel of 1 lemon
Juice of 1 lemon
½ teaspoon cumin

Procedure

1. Mix all the ingredients together in a glass bowl.
2. Cover and refrigerate for a minimum of two days.
3. Serve at room temperature. (This will keep in the refrigerator for several weeks.)



Ensalada Cubana Tipica (Cuban Salad)

Ingredients

2 ripe red tomatoes
1 head of iceberg lettuce
Radishes, sliced thin
1 white onion

DRESSING:

½ cup olive oil
2 Tablespoons white vinegar
2 Tablespoons fresh lemon juice
2 cloves garlic

- 1 teaspoon salt
- ¼ teaspoon pepper

Procedure

1. Cut the tomatoes into wedges.
2. Cut the onion in thin slices.
3. Break up the lettuce by hand.
4. Toss all the ingredients together with the radishes. Place all the vegetables in the refrigerator to chill.
5. In a separate bowl, mash the garlic with the salt and pepper.
6. Add the olive oil, vinegar, and lemon juice to the crushed garlic. Whisk together thoroughly.
7. Just before serving, gradually add the dressing, a little at a time, while you toss the salad with a large salad fork.
8. Add just enough dressing to cover the salad. Add more dressing, to taste.



Arroz Con Leche
(Rice Pudding)

Ingredients

- ½ cup rice
- 1 cup sugar
- 1½ cups water
- 1 quart milk
- ¼ teaspoon salt
- 1 lemon rind
- 1 teaspoon vanilla
- 1 cinnamon stick
- Ground cinnamon

Procedure

1. Boil the rice with water, lemon rind, and cinnamon stick in a pot until soft, stirring occasionally.
2. Reduce heat to low.

3. Add milk, salt, vanilla, and sugar.
4. Cook over medium heat, stirring occasionally until thick (about 1 hour).
5. Sprinkle with cinnamon and serve.

Serves 8.



Crème de Vie (Cuban Eggnog)

Ingredients

- 1 cup water
- 2 cups sugar
- 1 can evaporated milk
- 1 can condensed milk
- 8 egg yolks, beaten
- 1 teaspoon vanilla extract

Procedure

1. Before you begin, have a large bowl ready to fill with ice at the end of the cooking time.
2. Separate the egg yolks from the egg whites one at a time.
3. Combine the water and sugar and boil until it becomes syrupy.
4. Let cool.
5. In another saucepan, heat the evaporated and condensed milk and vanilla over low heat; do not let the mixture boil (if it starts to boil, take the pan off the heat right away.)
6. Add a little of the hot milk to the egg yolks to warm them.
7. Then very gradually add the egg yolks to the hot milk mixture.
8. Heat for about 5 minutes, stirring constantly with a wire whisk.
9. Remove pan from heat and put pan into large bowl filled with ice to chill the mixture.

10. While the mixture is cooling, add the syrup and mix well.
11. Strain the mixture through a coffee filter or a sieve lined with cheesecloth.
12. Pour into a pitcher or bottle, cover, and refrigerate until ready to serve. (Note: In Cuba, the egg yolks are added to cold milk and are not heated. Heating the yolk mixture thoroughly is recommended.)

5 MEALTIME CUSTOMS

A typical Cuban breakfast, normally served between 7 and 10 A.M., may include a *tostada* (grilled Cuban bread) and *café con leche* (espresso coffee with warm milk). The *tostada* is often broken into pieces and dipped into the coffee. Lunch often consists of *empanadas* (Cuban sandwiches containing chicken or another meat, topped with pickles and mustard). *Pan con bistec*, a thin slice of steak on Cuban bread with lettuce, tomatoes, and fried potato sticks, is also popular. Finger foods are popular snacks eaten throughout the day. *Pastelitos*, small, flaky turnovers (in various shapes) filled with meat, cheese, or fruit (such as guava), are also common snacks. Because Cubans are meat eaters, meat, chicken, or fish will normally be the main dish at dinner. It is almost always served with white rice, black beans, and fried plantains. A small salad of sliced tomatoes and lettuce may also be served.

Fast food establishments exist in Cuba, though popular U.S. chains, such as McDonald's or Burger King, have not yet set up restaurants on the island. However, a chain similar to KFC, called El Rápido, opened in 1995. *Burgui*, a chain similar to McDonald's, has restaurants throughout

major Cuban cities and is open twenty-four hours.

Cuban restaurants are almost entirely government-owned. They have a reputation for providing slow service and bland meals. Privately owned restaurants, called *paladares*, normally serve a better meal, but are under strict government guidelines. *Paladares* are not allowed to sell shrimp or lobster, and are only allowed to serve up to twelve people at one table. However, most *paladares* serve these dishes anyway. Government-owned restaurants often try to disguise themselves as being privately owned to attract more customers. In Cuban restaurants it is common to have several menu items unavailable due to shortages of food. Some of the highest quality of food on the island is often found at expensive hotels that mostly serve tourists.

6 POLITICS, ECONOMICS, AND NUTRITION

About 19 percent of the population of Cuba is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. About 9 percent of babies born in 1993 were considered to have low birth weight, a possible sign of inadequate prenatal (pregnancy) care. After the 1959 Cuban revolution and a decreased level of support from outside countries, some areas of social and health services began to fall behind.

Despite almost one-fifth of the population being undernourished, and a continuously unsettled economy, Cubans are in relatively good health. In 1993, nearly 100 percent of the population had access to free health care, and safe water was available to

nearly all (95 percent) in 1995. Almost all doctors work for rural medical services after graduation, allowing rural Cubans to have nearly equal health care services as those who live in Cuba's larger cities. Having access to doctors and various health care services may help to reduce the cases of malnourishment in children.

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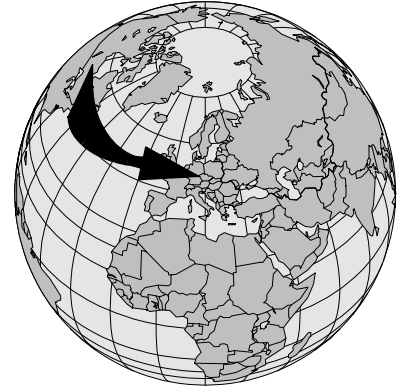
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Czech Republic

Recipes

Houbova Polevka Myslivecka (Mushroom Soup).....	124
Knedlíky (Czech Dumplings)	125
Kure Na Paprice (Chicken Paprikas).....	126
Fazolovy Gulás S Hovemzim Masem (Goulash).....	126
Moravske Vano ni Kukyse (Cookies).....	127
Topinky S Vejci (Eggs on Toast).....	128
Mala Sousta Se Syre (Small Cheese Bites)	129



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The Czech Republic is located in the middle of Eastern Europe. It borders Poland to the northeast, Germany to the north and northwest, Austria to the south, and Slovakia to the southeast. The country was formally known as Czechoslovakia, and decided to end its union with Slovakia on January 1, 1993.

The land of the Czech Republic is made up of two regions. Rolling hills, plains, and plateaus make up the western region of Bohemia. The eastern region of Moravia is very hilly. Czech summers are relatively cool, with temperatures averaging 66 °F. Winters are cold, cloudy, and humid, with temperatures typically around 30°F.

2 HISTORY AND FOOD

Czech cuisine was influenced historically by the surrounding regions that dominated

the country. In 1273, Count Rudolph, King of Germany, founded the Hapsburg dynasty. Eventually the dynasty controlled most of Europe, including the region of the present-day Czech Republic. The Germans brought with them roast goose, sauerkraut, and dumplings, which have since become Czech staple dishes.

In 1526, Ferdinand I of Austria began his reign as King of Bohemia (a western region in the Czech Republic) and the Hapsburg rule of Central Europe grew. From Vienna, the capital city of Austria, *schnitzels* (breaded and fried chicken or pork patties) were introduced to the Czechs.

Other culinary influences come from Hungary and Eastern Europe, whose people used present-day Czech Republic as a cross-road to other European countries. Hungary introduced *gulás* (goulash) to the Czechs, a meat-based dish served with dumplings, and

CZECH REPUBLIC



Eastern Europe offered such flavorings as sour cream, vinegar, and pickles.

3 FOODS OF THE CZECHS

Czech cuisine is considered heavy and very filling, with meals centered on meats and starches. This is because Czech winters are long and cold, which does not allow for a variety of fresh vegetables. In fact, if salads are available, they typically are limited to two vegetables, such as tomato and cucumber. *Houby* (mushrooms) are the exception, which flourish in local forests and are popular in soups, such as *houbova polevka myslivecka* (Hunter's mushroom soup).

Seafood is not widely available because the country is not located by any large bod-

ies of water. The fish, usually carp and trout, are raised in artificial lakes or fish farms. Some Westerners may think eating carp is unappealing, but in the Czech Republic, the water where they are raised is drained clean every year.



Houbova Polevka Myslivecka (Hunter's Mushroom Soup)

Ingredients

- ¾ pound mushrooms, sliced
- 1 onion, chopped
- 1 Tablespoon vegetable oil
- 2 strips bacon, cut into small pieces
- ¼ cup flour
- 5 cups water
- 1 chicken or beef bouillon cube
- ¼ cup heavy whipping cream
- ¾ cup cooking wine (or substitute water)
- Salt and pepper, to taste

Procedure

1. In a large pot, heat oil over medium heat.
2. Add the bacon pieces and fry until crispy.
3. Add the mushrooms and onion and fry until tender, about 4 minutes.
4. Add the flour and stir until the flour begins to brown.
5. Add the water and bring to a boil, then add the bouillon cube.
6. Stir until dissolved.
7. Reduce heat to medium and simmer about 20 minutes, stirring occasionally.
8. Add cream, salt, pepper, and cooking wine (or water).
9. Simmer for an additional 15 minutes.

Makes 4 servings.

Czechs eat a wide variety of meats, from pork, beef, *ryba* (fish), and chicken, to duck, hare (similar to a rabbit), and venison (deer meat). The meats are commonly served with *knedlíky* (dumplings), *brambory* (potatoes), or *rye* (rice), and are covered in a thick sauce. Dumplings are popular side dishes, and are even stuffed with fruit as a dessert. The sauces are thick, like gravy, and are commonly made with wine. Sometimes fruit (such as cherries or berries of some sort), mushrooms, or onions are added for more flavor. Other common flavorings in Czech dishes are caraway seeds, bacon, and salt.



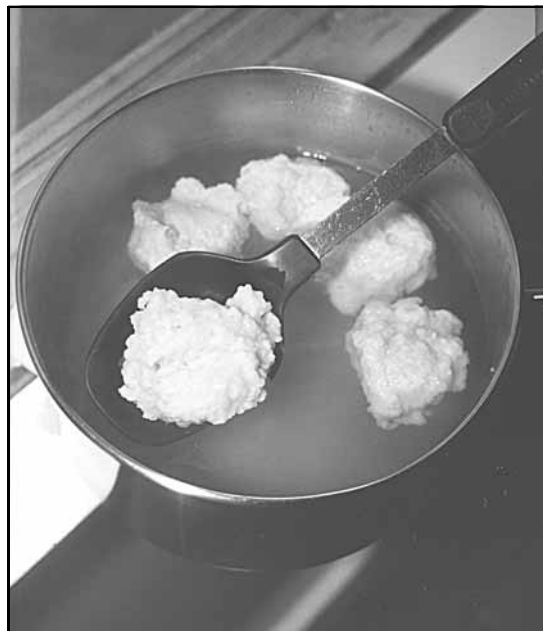
Knedlíky (Czech Dumplings)

Ingredients

- 1 egg, beaten
- ½ cup milk
- 1 cup flour
- ⅛ teaspoon baking powder
- 1 teaspoon salt
- 4 to 5 slices white bread, cut into cubes

Procedure

1. In a mixing bowl, combine beaten egg, milk, flour, baking powder, and salt until smooth.
2. Add bread cubes in batter and mix well.
3. Make 2 small balls from the dough.
4. Fill a large pot about half full with water and bring to a boil.
5. Drop the dough balls into the pot of boiling water and cook 10 minutes, then roll *knedlíky* over and cook an additional 10 minutes.



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Knedlíky, or dumplings, are made from dough that is boiled in water.

6. Remove immediately from the water and cut in half to release steam.
7. Serve with roast pork, sauerkraut, or *kure na paprice* (see recipe below).

Makes 4 servings.

One of the most popular dishes is called *vepro-knedlo-zelo*, which is roast pork served with *zeli* (sauerkraut) and *knedlíky*, made by boiling (or steaming) a mixture of flour, eggs, milk, and either dried bread crumbs or potatoes. Another popular dish is *kure na paprice*, chicken made with a spicy paprika sauce. Sliced dumplings are used to mop up *gulás* (goulash) for a filling lunch or dinner. A Czech specialty is *svíčková na smetane*, roast beef and bread dumplings in



EPD Photos

Kure Na Paprice (Chicken Paprikas), a favorite Czech dish, is typically served with knedlíky (dumplings).

sour cream sauce, with lemon and lingonberries (similar to cranberries).



Kure Na Paprice (Chicken Paprikas)

Ingredients

- 2 pounds boneless, skinless chicken, cut into chunks
- 4 teaspoons paprika
- 1 Tablespoon butter
- 1 Tablespoon olive oil
- ½ cup onion, chopped
- 1 cup chicken broth
- ¼ cup sour cream
- Salt and pepper, to taste

Procedure

1. Season chicken with 1 teaspoon paprika, salt and pepper.
2. Heat olive oil in skillet over medium to high heat and sauté chicken on both sides until thoroughly cooked. Set aside.

3. Add butter to skillet. Sauté onion until softened, about 3 to 4 minutes.
4. Add remaining 3 teaspoons paprika and stir.
5. Add chicken broth to mixture and boil until sauce is thickened, about 8 minutes.
6. Place chicken back in skillet. Turn heat down to low and add sour cream, mixing to blend thoroughly. Season with salt and pepper to taste.
7. Serve with *knedlíky* (dumplings).

Makes 6 to 8 servings.



Fazolovy Gulás S Hovemzim Masem (Bean Goulash with Beef)

Ingredients

- 1½ cups canned kidney beans
- ½ cup shortening
- ¾ pound beef, sliced
- Salt and pepper, to taste
- ⅓ cup flour
- 2 Tablespoons tomato sauce
- ½ cup onion, chopped
- ½ teaspoon paprika
- 2 cups water

Procedure

1. Heat beans in a large saucepan over medium heat until cooked through, about 3 minutes.
2. Add salt to taste.
3. Add the water and bring to a boil, then reduce heat to medium.
4. In a frying pan, heat the shortening over medium heat until it melts.



Cory Langley

Two Czech children enjoy ice cream, seated on the threshold of a shop advertising two Middle Eastern favorites—shawerma (grilled, skewered meat) and falafil (deep-fried chickpea balls), with prices quoted in Czech currency, the koruny (Kc).

5. Add the beef and onion and fry, about 4 minutes. Season with pepper.
6. Dust the meat with flour and allow it to brown.
7. Add a little water from the beans to the meat and onion mixture to make a paste.
8. Add this mixture to the saucepan of beans. Add tomato sauce and paprika.
9. Simmer for about 20 minutes on low heat.
10. Serve with bread.

Serves 4 to 6.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

More than 80 percent of the Czech Republic population is Christian, either Catholic or Protestant. Two of the biggest religious holidays are Christmas and Easter. Christmas Eve is celebrated on December 24 with a large dinner. According to one of the many Czech Christmas customs and traditions, a bowl of garlic is placed under the dinner table to provide protection to a family. There is an old superstition that if anyone leaves the dinner table early, they will die the following year. As a result, everything is prepared and placed on the table before anyone sits down so no one needs to get up before the meal is finished.

The traditional Christmas Eve meal is usually served around 6 P.M. and might include potato salad, soups, cookies, a fruit bread called *vánočka*, *koláče* (a type of pastry), and carp. Czechs go fishing for carp before Christmas Eve and usually keep the fish alive in the bathtub until it is ready to be prepared.



Moravské Váno ní Kukuše *(Moravian Christmas Cookies)*

Moravia is an eastern region in the Czech Republic.

Ingredients

- 1/3 cup molasses
- 3 Tablespoons shortening
- 2 Tablespoons brown sugar
- 1/2 teaspoon each cinnamon, ground ginger, baking soda, and salt
- 1 1/4 cup flour, more if needed

Procedure

1. In a large mixing bowl, combine molasses, shortening, sugar, cinnamon, ginger, baking soda, and salt.
2. Add flour, a little at a time, to form dough.
3. Cover with plastic wrap or foil and refrigerate for at least 4 hours.
4. Preheat oven to 375°F.
5. Divide dough into 4 balls, and keep covered with a damp towel.
6. On a lightly floured surface, roll each ball, one at a time, to about 1/8-inch thick (very thin).
7. Cut into desired shapes using cookie cutters or rim of a glass and place on greased cookie sheet.
8. Bake about 6 minutes, until lightly browned.

Makes about 24 cookies.

The food that is prepared for Easter dinner is usually taken to Mass on Easter Sunday, where it is placed on the altar and blessed by the priests. The blessed food is then taken home to be eaten. A traditional Easter dinner may include baked ham or lamb, *polevka z jarnich bylin- velikonocni* (Easter soup), made of different herbs and egg, and a loaf of sweet bread called *mazanec*, made with raisins and almonds.

5 MEALTIME CUSTOMS

A typical *snídane* (breakfast) in a Czech home is hearty—bread with butter, cheese, eggs, ham or sausage, jam or yogurt, and coffee or tea. For a quick breakfast, a Bohemian *koláče* (pastry) topped with poppy seeds, cottage cheese, or plum jam may be bought at a bakery.



Topinky S Vejci (Eggs on Toast)

Ingredients

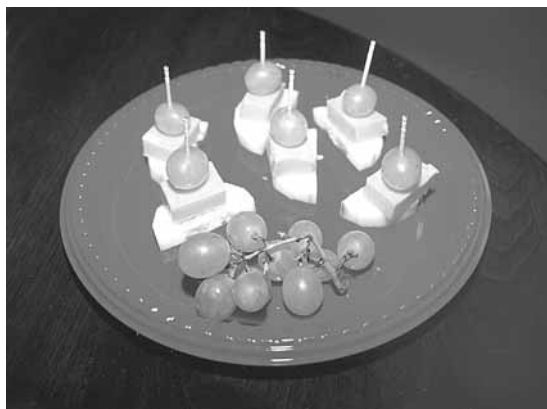
- 1/2 cup goat or cheddar cheese, grated
- 3 eggs
- Salt, to taste
- 8 slices bread
- 2 Tablespoons vegetable oil
- Paprika, to taste

Procedure

1. In a mixing bowl, beat the eggs.
2. Add the shredded cheese and salt.
3. Arrange the bread slices on a cookie sheet.
4. Cover the bread slices evenly with the egg and cheese mixture.
5. In a frying pan, heat the oil on medium heat.
6. With a pancake turner or spatula, pick up the bread slices one at a time and flip them mixture down, into the oil.
7. Fry the bread about 2 minutes, or until the eggs are cooked. Be careful not to burn.
8. When ready to serve, sprinkle with paprika. Serve immediately.

Serves 8.

Obed (lunch) is the main meal of the day for Czechs, where dinner may be no more than a cold plate of meats or cheese, such as *mala sousta se syre* (“small cheese bites”), and condiments. *Obed* is eaten between 11 A.M. and 1 P.M. Popular dishes may include *gulás* (goulash), *svíčková*, roast beef in a creamy sauce topped with lemon and lingonberries (similar to cranberries), *smážený syr* (fried cheese), or *smážený zampiony* (fried mushrooms).



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Mala Sousta Se Syre (Small Cheese Bites), slices of cucumber, cubes of cheese, topped with fruit, may be served as a snack or a light supper.



Mala Sousta Se Syre (Small Cheese Bites)

Ingredients

- 1 cucumber, thickly sliced
- 1¼ cups goat or cheddar cheese, thickly sliced
- 2 tangerines, peeled and sectioned, or 8 grapes

Procedure

1. Place a slice of cheese on each slice of cucumber.
2. Pin a piece of tangerine or grape on top with a toothpick.

Serves 4.

Travelers may stop at a street stand and buy a *párek* (hotdog), *klobása* (spicy sausage), or *hamburgery*, which are not like Western hamburgers. A *hamburgery* is ground pork (not beef) with sauerkraut,

mustard, and ketchup on a bun. Stands also sell Middle Eastern specialties such as falafil (deep-fried chickpea balls) and shawerma (grilled, skewered meat). Open-faced sandwiches called *obložené chlebíčky* are also popular, which are commonly made with cold meat, eggs, cheese, or mayonnaise-based salads, such as ham and pea, or potato. Sandwiches may be eaten with soups, such as *rajska* (tomato and rice), *polevka jatrovými knedlíčky* (soup with liver dumplings), or *polevka z hlávkového zeli s parkem* (cabbage soup with frankfurters).

Czech beer has been produced since the 1000s, and is considered some of the best in the world. Adults usually drink it at every meal, sometimes even at breakfast.

If there is room at the end of a meal, desserts such as *palacinky*, rolled crepes filled with jam, fruit, or topped with chocolate sauce, or *jablkový závin* (apple strudel) may be served.

Czechs prepare their foods in the kitchen and bring out the plates to the table. The head of the household or the guests are served first. The Czechs use their eating utensils to eat their meals. The *nuz* (knife) and *vidlicka* (fork) are kept in their hands throughout the meal and left crossed on the table to show that they are not finished eating. In many families, conversation while eating is minimal, unless there are guests. It is considered polite for a guest to bring inexpensive gifts to the children of a host.

6 POLITICS, ECONOMICS, AND NUTRITION

The Czechs have very few nutritional problems. Free assistance and care provided to women and children have resulted in a low

CZECH REPUBLIC

infant mortality rate (number of infant deaths) of 7 per 1,000 live births in 1999. All school children are provided with medical attention, including X rays, and annual examinations. In 1997, children up to one year old were immunized for a number of diseases, including tetanus, and measles.

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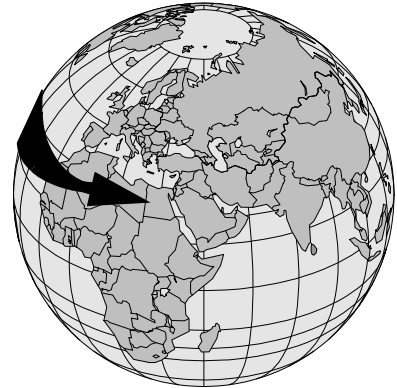
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Egypt

Recipes

Ful Mudammas (Broad Beans in Sauce).....	132
Koushari (Lentils, Macaroni, Rice, and Chickpeas).....	133
Shai (Mint Tea) and Baklava	134
Lemon and Garlic Potato Salad	135
Gebna Makleyah (Oven-Fried Cheese)	135
Bamia (Sweet and Sour Okra).....	137
'Irea (Cinnamon Beverage).....	138
Khoshaf.....	138
Lettuce Salad	138
Spinach with Garlic	139



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The Arab Republic of Egypt is located in the northeastern region of the African continent, bordering both the Mediterranean and Red Seas. The climate is arid and dry and most of the country receives less than one inch of rainfall each year. The Mediterranean may offer Egypt's northern coastline up to eight inches of rainfall each year, and keeps year-round temperatures cooler than the inland deserts. The widespread lack of rainfall makes it extremely difficult to grow crops. Egypt has no forests and only 2 percent of the land is arable (land that can be farmed).

The well-known Nile River, the longest river in the world, runs north and south through eastern Egypt and empties into the Mediterranean Sea. The Nile River Valley,

which includes the capital city of Cairo, is the most fertile land in Egypt. Approximately 95 percent of the country's population lives alongside the Nile River. However, overcrowding in this region is threatening Egypt's wildlife and endangering the Nile's water supply.

2 HISTORY AND FOOD

Thousands of years ago, ancient Egyptians left evidence of their love for food. Well-preserved wall paintings and carvings have been discovered on tombs and temples, depicting large feasts and a variety of foods. Many of these ancient foods are still eaten in Egyptian households today. Peas, beans, cucumbers, dates, figs, and grapes were popular fruits and vegetables in ancient times. Wheat and barley, ancient staple crops, were used to make bread and beer. Fish and poultry were also popular. Dried

EGYPT



fish was prepared by cleaning the fish, coating the pieces with salt, and placing them the sun to dry. *Fasieekh* (salted, dried fish) remained a popular meal in Egypt as of 2000.

The unique Egyptian cuisine has been influenced throughout history, particularly by its neighbors from the Middle East. Persians (modern-day Iraqis), Greeks, Romans (modern-day Italians), Arabs, and Ottomans (from modern-day Turkey) first influenced Egyptian cuisine thousands of years ago. More recently, the foods of other Arabic people in the Middle East such as the Lebanese, Palestinians, Syrians, as well as some foods from Europe, have affected the Egyptian diet. However, Egyptian cuisine main-

tains its uniqueness. After thousands of years, rice and bread remain staple foods, and *molokhiyya* (a spinach-like vegetable) and *ful mudammas* (cooked, creamy fava beans), a national dish, are nearly as popular as long ago.



Ful Mudammas (Broad Beans in Sauce)

Ingredients

- 2 cans (15-ounce each) cooked fava beans
- 6 cloves garlic, or to taste
- 1 teaspoon salt, or to taste
- 1 Tablespoon lemon juice, freshly squeezed
- ¼ cup olive oil
- 1½ Tablespoons parsley, minced
- Garnish, such as radishes, hard-boiled eggs, chopped scallions, pita bread (toasted and cut into wedges)

Procedure

1. Press the garlic cloves through a garlic press into a medium bowl.
2. Mash the garlic and salt together.
3. Next, add the lemon juice, olive oil, and parsley to the garlic mixture and combine thoroughly.
4. Drain the beans well, rinse, and put beans into a large pot over low heat.
5. Add garlic mixture and stir with a wooden spoon to combine thoroughly.
6. Serve warm with the garnishes arranged on a platter.
7. Each person is served a plateful of *Ful Mudammas* and adds the garnishes of his or her choice.

Serves 4 to 6.



EPD Photos

Koushari, a vegetarian dish, combines lentils, chick peas, macaroni, and rice in a tomato sauce subtly flavored with onions and garlic. It is always accompanied by pita bread.

3 FOODS OF THE EGYPTIANS

Egypt has a variety of national dishes. *Ful* (pronounced “fool,” bean paste), *tahini* (sesame paste), *koushari* (lentils, macaroni, rice, and chickpeas), *aish baladi* (a pita-like bread), *kofta* (spicy, minced lamb), and *kebab* (grilled lamb pieces) are the most popular.



Koushari (*Lentils, Macaroni, Rice, and Chickpeas*)

Ingredients

- 1 cup lentils
- 1 teaspoon salt
- 1 cup elbow macaroni
- 1 cup rice
- 1 can (15-ounce) chickpeas (also called ceci)
- 2 Tablespoons olive oil

SAUCE:

- 1 cup canned tomato puree
- ¼ cup olive oil
- 2 onions
- 1 garlic clove, or to taste

Procedure

1. *Prepare lentils:* Place the lentils in a sieve and rinse thoroughly. Place them in a large saucepan with 3 cups of water and 1 teaspoon salt.
2. Heat until the water begins to boil. Lower the heat, and simmer for about 1 hour until lentils are tender. Drain and set the lentils aside.
3. *Prepare the macaroni:* Fill the same saucepan with water (add salt if desired). Heat until the water begins to boil.
4. Add the macaroni and boil about 12 to 15 minutes, until macaroni is tender. Drain and set the macaroni aside. (It is okay to combine the macaroni and lentils.)
5. *Prepare the rice:* Heat the 2 Tablespoons of olive oil in the same saucepan. Add the rice and cook for 2 or 3 minutes, thoroughly coating the rice with oil.
6. Add 2 cups of water and heat until the water begins to boil. Cover the saucepan and simmer until the rice is tender, about 15 minutes.
7. Remove from heat and allow to cool for about 5 minutes.
8. *Assemble koushari:* Drain chickpeas and rinse. Add chickpeas, lentils, and macaroni to cooked rice and toss very gently with a fork.
9. *Make sauce:* Peel the onions and cut them in half lengthwise. Slice each half crosswise into thin slices.
10. Heat ¼ cup olive oil in a skillet. Add onions and cook, stirring often with a wooden spoon, until onions are golden brown.

11. Add garlic clove and cook 1 or 2 more minutes. Stir in tomato puree and heat until bubbly.
12. Now pour the sauce over the lentil mixture and heat over very low heat for about 5 minutes, until completely warm.
13. Serve with pita bread.

Serves 4 to 6.

Aish, the Arabic name for bread, means “life.” It accompanies most meals and is served in various forms. The most common bread is pita, usually made with whole wheat (or sometimes white) flour. Long, skinny French-style loaves of bread are also widely eaten throughout the country. Traditional Egyptian cheeses, as well as feta imported from neighboring Greece, are frequently served alongside bread at meals.

Despite the country’s dry climate and shortage of arable land (land that can be farmed), Egypt grows a variety of fresh fruits. *Mohz* (bananas), *balah* (dates), *burtu’aan* (oranges), *battiikh* (melon), *khukh* (peaches), *berkuk* (plums), and *’anub* (grapes) are commonly grown.

Ful (creamy bean paste made from fava beans), one of the country’s several national dishes, is a typical breakfast meal. It is often served in a spicy sauce, topped with an egg. Lunch, normally served between 2 P.M. and 4 P.M., usually includes meat or fish, rice, bread, and seasonal vegetables. Salad (*mezza*, or *mezze* if more than one is served), topped with typical Middle Eastern fare such as olives, cheese, and nuts, may also be eaten. Meat (usually lamb, chicken, fish, rabbit, or pigeon), vegetables, and bread make up a typical dinner in Egypt. Tea and a dessert, such as *baklava* (honey pastry), *basbousa* (cream-filled cake), or

konafa (cooked batter stuffed with nuts), are familiar after-dinner treats.

Tea and coffee are widely consumed. Egypt’s numerous coffee and teahouses brew very strong coffee and tea (often mint tea), usually offering both full of sugar. Coffeehouses are typically filled with men who gather to play dominoes or backgammon. Coffee is served *saada* or “bitter” (no sugar) or *ziyada* or “very sweet.” Egyptians also enjoy a drink called *sahleb*, made from wheat, milk, and chopped nuts.

For a typical dessert, Egyptians may serve mint tea with sugar and a sweet, flaky pastry called *baklava*.



Shai (Mint Tea) and Baklava

Ingredients

- 1 package mint tea (loose or in tea bags)
- Sugar
- 4 to 6 cups water (depending on how many people are being served)

Procedure

1. Bring water to a boil.
2. If using loose tea, measure 1 teaspoon of tea leaves into a teapot for each person being served.
3. Otherwise, place one tea bag per person into the teapot.
4. Pour boiling water over tea.
5. Allow to steep (soak) for about 3 minutes.
6. Pour tea into cups. (In Egypt, small glass tumblers are used.)
7. If loose tea is used, allow the tea leaves to settle to the bottom of the pot, and pour carefully to avoid disturbing them.

8. Add 4 or 5 teaspoonsful of sugar to each cup.
9. Enjoy with a piece of baklava, purchased from a bakery.

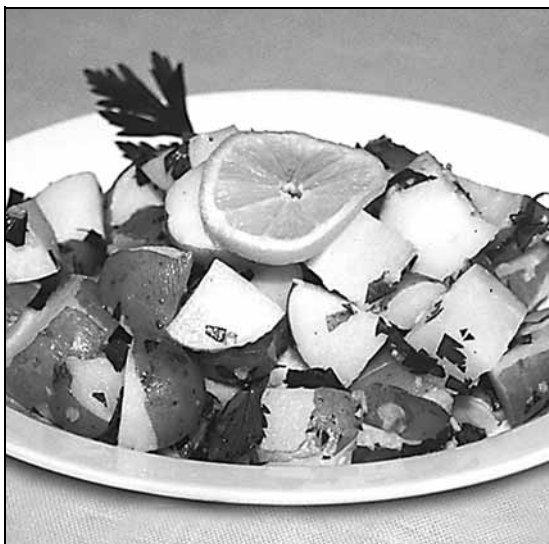
Serves 4 to 6.



Lemon and Garlic Potato Salad

Ingredients

- 2 pounds of red potatoes, scrubbed but with skin left on
- ½ cup parsley, chopped
- 4 garlic cloves, minced
- Juice of 1½ lemons
- 1 Tablespoon vegetable oil
- Salt and pepper, to taste



EPD Photos

The dressing for Lemon and Garlic Potato Salad is a light and flavorful combination of lemon juice, garlic, and parsley.



EPD Photos

Cheese with bread is frequently served at meals. Here, oven-fried cheese, Gebna Makleyah (recipe follows), is served with lemon wedges and pita triangles.

Procedure

1. Boil potatoes until tender (½ hour to 1 hour, or until a fork can easily pierce the skin) and let cool.
2. Add parsley, garlic cloves, lemon juice, oil, and salt and pepper; mix well.
3. Chill and serve.

Serves 4.



Gebna Makleyah (Oven-Fried Cheese)

Ingredients

- 1 cup firm feta cheese, crumbled, or traditional Egyptian cheese such as labna or gebna
- 1 Tablespoon flour
- 1 egg
- Salt and freshly ground black pepper, to taste
- Olive oil
- Lemon wedges and pita bread cut into triangles, for serving



EPD Photos

With very clean hands, shape the *Gebna Makleyah* cheese mixture into balls about one inch in diameter.

Procedure

1. Preheat oven to 400°F.
2. Place the cheese, flour, egg, salt, and pepper in a bowl and mix well with very clean hands.
3. Roll the mixture into 1-inch balls.
4. If the mixture seems too loose to hold the ball shape, add a little more flour.
5. If the mixture seems too dry, add a bit of lemon juice, vinegar, or water.
6. Pour 2 or 3 Tablespoons olive oil onto a cookie sheet to grease.
7. Arrange the cheese balls on the cookie sheet, rolling them around to coat thoroughly with the oil.
8. Bake 5 minutes.

9. Wearing an oven mitt, open the oven door and shake the cookie sheet to prevent cheese balls from sticking and to turn them.
10. Bake 5 more minutes, until golden brown.
11. Remove with a spatula and drain on absorbent paper.
12. Serve warm with lemon wedges and triangles of pita bread.

Serves 4 to 6.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Approximately 90 percent of Egyptians are Muslims, which means they practice the religion of Islam. The most important time of the year for Muslims is a monthlong holiday called Ramadan. During the month of Ramadan (the ninth month on the Islamic calendar, usually November or December), Muslims fast (do not eat or drink) from sunrise to sunset, and think about people around the world who do not have enough food. Muslim families will often come together to prepare hearty meals, including a variety of sweets, after sunset. Muslims end Ramadan with a three-day celebration called *Eid al-Fitr*.

Eid al-Adha, a three-day long “great feast,” is another important holiday for Muslims. In recognition of the Bible story of Abraham’s sacrifice of his son, Jacob, families will sacrifice (kill) a sheep or a lamb. The animal is slaughtered and cooked whole on a spit over an open fire, and some of the meat is usually given to poorer families. These animals are also sacrificed on other important occasions, such as births, deaths, or marriages.



Cory Langley

A bakery displays loaves of bread on racks.

Throughout the year, several *moulids* may take place. A *moulid* is a day (or as long as a week) celebrating the birthday of a local saint or holy person. Several events take place during this time. Food stands decorating the town's streets are usually set up near the holy person's tomb. Cairo, the capital of Egypt, celebrates at least three *moulids* every year. The largest *moulid*, *Moulid el Nabit*, commemorates the birthday of Muhammad and takes place in Cairo in early August.

Just under 10 percent of Egypt's population are Christians, whose most important

holiday is Easter, falling in either March or April. It is common for families to come together to share a hearty meal, much as Christians worldwide do. Egyptian Christians observe the Orthodox calendar, which places Christmas on January 7 each year.



Bamia (Sweet and Sour Okra)

Ingredients

- 1 pound small okra pods
- 2 Tablespoons olive oil
- 1 Tablespoon honey

Salt and freshly ground black pepper, to taste
 1 Tablespoon lemon juice, freshly squeezed
 ½ cup water

Procedure

1. Wash the okra and pat it dry with paper towels.
2. Discard any blemished or hard pods.
3. Heat the olive oil in a heavy saucepan and sauté the okra in the oil for 3 to 5 minutes, turning each pod once.
4. Add the honey, salt, pepper, lemon juice, and water. Cover, lower the heat, and simmer for 15 minutes, adding more water if necessary.
5. Serve hot.

Serves 4 to 6.



'Irea (Cinnamon Beverage)

Ingredients

2 cinnamon sticks
 2 teaspoons sugar, or to taste
 1 cup cold water
 Mixed nuts

Procedure

1. Place the cinnamon and sugar in a small saucepan with the cold water and bring to a boil, stirring occasionally.
2. Lower the heat and allow the mixture to simmer for 10 minutes, or until it is brownish.
3. Remove the cinnamon sticks and pour the drink into a cup.
4. Serve with mixed nuts sprinkled into the cup.

Makes 1 cup.



Khoshaf

Ingredients

1 cup dried prunes
 1 cup dried apricots
 1 cup dried small figs, halved
 1½ cups raisins
 1 cup sugar, or to taste
 2½ cups boiling water

Procedure

1. Place all the fruits in a bowl and mix together gently.
2. Sprinkle the sugar on top of the dried fruits.
3. Carefully pour the boiling water into the bowl, cover, and allow to cool to room temperature.
4. Refrigerate for several hours, or overnight if possible. (*Khoshaf* is best when allowed to marinate overnight or for several hours before serving.)

Serves 4.



Lettuce Salad

Ingredients

1 small head of lettuce, shredded
 ¾ cup orange juice
 Pinch of salt
 1½ teaspoons pepper, or to taste

Procedure

1. Toss lettuce with orange juice.
2. Season with a pinch of salt and pepper.

Makes 6 to 8 servings.

5 MEALTIME CUSTOMS

Dining customs vary throughout the country and between different religions. When guests are in the presence of Muslims (who make up approximately 90 percent of Egypt's population), there are some general guidelines one should follow. The left hand is considered unclean and should not be used for eating, feet should always be tucked under the table, and alcohol and pork should not be requested.

When invited to be a guest in an Egyptian household, it is polite for guests to bring a small gift to the host, such as flowers or chocolate, to show their appreciation for the meal. Before dinner, cocktails (often nonalcoholic) are frequently served. This is a time for socializing and becoming acquainted. *Mezze* (salads and dips) would also be served at this time. When dinner is ready, usually between 9 P.M. and 10 P.M., guests seat themselves and food is placed in the middle of the table. Bread will almost always accompany meals, which may include vegetables, rice dishes, soups, and meat dishes. Following dinner, guests will move into another room and enjoy coffee or mint tea. Guests should always compliment the cook.

Most Egyptian peasants cannot afford a large meal. Their diet includes vegetables, lentils, and beans. Meat, which is more costly, is eaten on special occasions. Most middle-class families eat a similar diet, but add more expensive ingredients when they can afford to. All social classes, however, enjoy quick bites at Egyptian cafes or street vendors. Traditional teahouses will serve tea in tall glasses (rather than teacups) and cafes normally offer strong, sweet Turkish

coffee. Street vendors sell a variety of inexpensive foods, including *ful* (fava beans) and *koushari* (a macaroni, rice, and lentil dish) as a lunchtime favorite. Vendors also sell a variety of *asiir* (fresh-squeezed juices) made from fruits like banana, guava, mango, pomegranate, strawberry, from sugar cane, and even hibiscus flowers.



Spinach with Garlic

Ingredients

- 1 medium onion, chopped
- 1 Tablespoon vegetable oil
- 2 garlic cloves, chopped
- 1 can (15-ounce) tomato sauce
- 10 ounces frozen spinach, thawed
- ½ cup water
- 2 cups cooked rice

Procedure

1. Heat oil in a large skillet.
2. Add onions and cook, stirring with a wooden spoon, until onions are softened.
3. Add the garlic and continue to cook for 2 minutes.
4. Add the tomato sauce and bring to a boil.
5. Simmer for 10 minutes on low heat.
6. Add the spinach and water, and heat to a boil again.
7. Cover and simmer on low heat for 15 minutes.
8. Serve warm over cooked rice.

Serves 4.



EPD Photos/Sana Abed-Kotob

In Cairo, Egypt, a young vendor pushes sugarcane stalks through a commercial juice extractor. Behind him is a supply of sugarcane, cultivated on the farms of Upper (southern) Egypt.

6 POLITICS, ECONOMICS, AND NUTRITION

In 1999, agriculture made up approximately 16 percent of Egypt's economy, employing about one-third of all Egyptians. However, Egypt's agriculture is also contributing to the slowing of economic growth. A shortage of arable land (land that can be farmed) has become a serious problem. The lack of farmable land has caused Egyptian farmers to move to other countries.

Irrigation necessary to grow its major crops, such as sugar cane, barley, wheat, corn, cotton, and rice, is also a growing

problem. The Nile River is Egypt's main water source for both drinking and irrigation, and overuse could risk the country's delicate water supply. More than two thousand years ago, the Greek historian Herodotus wrote: "Egypt is the gift of the Nile." Without the Nile River, Egypt would be virtually dry and crops to prevent hunger and malnutrition could not grow. Much in part to the irrigation from the Nile River, Egypt has one of the lowest childhood malnourishment rates on the continent. About 9 percent of children younger than five were considered malnourished.

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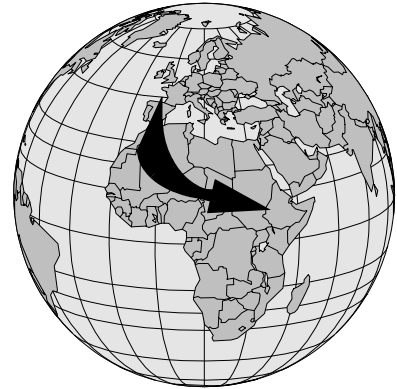
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Ethiopia

Recipes

Kategna	144
Berberere (Spice Paste).....	144
Niter Kebbeh or Kibe (Spiced Butter)	145
Injera (Ethiopian Bread).....	146
Lab (Ethiopian Cheese)	146
Kitfo (Spiced Raw Beef)	147
Dabo Kolo (Little Fried Snacks).....	147
Aterkek Alecha (Vegetable Stew)	148



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Situated in eastern Africa, Ethiopia (formerly called Abyssinia) has an area of approximately 1,127,127 square kilometers (435,186 square miles). Comparatively, the area occupied by Ethiopia is slightly less than twice the size of the state of Texas.

Ethiopia is a country of geographic contrasts, varying from as much as 125 meters (410 feet) below sea level in the Denakil depression to more than 4,600 meters (15,000 feet) above sea level in the mountainous regions. It contains a variety of distinct topographical zones: the Great Rift Valley runs the entire length of the country northeast-southwest; the Ethiopian Highlands are marked by mountain ranges; the Somali Plateau (Ogaden) covers the entire southeastern section of the country; and the Denakil Desert reaches to the Red Sea and the coastal foothills of Eritrea. Ethiopia's largest lake, Lake T'ana, is the source of the Blue Nile River.

The central plateau has a moderate climate with minimal seasonal temperature variation. The mean minimum during the coldest season is 6°C (43°F), while the mean maximum rarely exceeds 26°C (79°F). Temperature variations in the lowlands are much greater, and the heat in the desert and Red Sea coastal areas is extreme, with occasional highs of 60°C (140°F).

2 HISTORY AND FOOD

Ethiopia was under Italian military control for a period (1935–46) when Benito Mussolini (1883–1945) was in power. Except for that time, Ethiopian culture has been influenced very little by other countries. Ethiopia's mountainous terrain prevented its neighbors from exercising much influence over the country and its customs. Exotic spices were introduced to Ethiopian cooking by traders traveling the trade routes between Europe and the Far East.

ETHIOPIA



Ethiopia went through a period of recurring drought and civil war during 1974–91. In 1991 a new government took over, and civil tensions were relieved somewhat because the coastal territory seceded from the inland government, creating the new nation of Eritrea.

Ethiopian cooking is very spicy. In addition to flavoring the food, the spices also help to preserve meat in a country where refrigeration is rare.

Berberé (pronounced bare-BARE-ee) is the name of the special spicy paste that Ethiopians use to preserve and flavor foods. According to Ethiopian culture, the woman with the best *berbere* has the best chance to win a good husband.



Kategna

Ingredients

- Large flat bread (flour tortilla, lavosh, or other “wrap” bread)
- 3 Tablespoons Cajun spices
- 2 teaspoons garlic powder
- ½ stick (4 Tablespoons) unsalted butter, softened

Procedure

1. Preheat oven to 250°F.
2. Mix the garlic powder, spices, and butter together to make a spread.
3. Spread a thin layer over a piece of flat bread.
4. Place the bread on a cookie sheet, and bake for about 20 minutes, until crispy.



Berberé *(Spice Paste)*

Ingredients

- 1 teaspoon ground ginger
- ½ teaspoon ground cardamom
- ½ teaspoon ground coriander
- ½ teaspoon fenugreek seeds
- ¼ teaspoon ground nutmeg
- ⅛ teaspoon ground cloves
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground allspice
- 2 Tablespoons onion, finely chopped
- 1 Tablespoon garlic, finely chopped
- 2 Tablespoons salt
- 3 Tablespoons red wine vinegar
- 2 cups paprika

- 1 to 2 Tablespoons red pepper flakes (use larger quantity to make a hotter paste)
- ½ teaspoon black pepper
- 1½ cups water
- 2 Tablespoons vegetable oil

Procedure

1. Measure the ginger, cardamom, coriander, fenugreek seeds, nutmeg, cloves, cinnamon, and allspice into a large frying pan.
2. Toast the spices over medium-high heat for 1 minute, shaking the pan or stirring with a wooden spoon constantly.
3. Let cool for 10 minutes.
4. Put the spices, onions, garlic, salt, and vinegar in a blender and mix at high speed until the spices form a paste.
5. Toast the paprika, red pepper flakes, and black pepper in the large frying pan for 1 minute, stirring constantly.
6. Add the water slowly to the pan, then add the vegetable oil.
7. Put the blender mixture into the pan as well, and cook everything together for 15 minutes stirring constantly.
8. Place the paste in a jar and refrigerate.

Makes 2 cups.



Niter Kibbeh or Kibe (Spiced Butter)

Ingredients

- 4 teaspoons fresh ginger, finely grated
- 1½ teaspoons tumeric
- ¼ teaspoon cardamom seeds
- 1 cinnamon stick, 1-inch long
- ⅛ teaspoon nutmeg
- 3 whole cloves
- 2 pounds salted butter

- 1 small yellow onion, peeled and coarsely chopped
- 3 Tablespoons garlic, peeled and finely chopped

Ingredients

1. Melt the butter in a heavy saucepan over moderate heat.
2. Bring the butter up to a light boil.
3. When the surface is covered with a white foam, stir in the remaining ingredients, including the onion and garlic.
4. Reduce the heat to low and cook uncovered for about 45 minutes. Do not stir again. Milk solids will form in the bottom of the pan and they should cook until they are golden brown. The butter will be clear.
5. Strain the mixture through several layers of cheesecloth placed in a strainer.
6. Discard the milk solids left in the cheesecloth.
7. Serve on toast, crackers, or use in cooking.
8. Store the spiced butter in a jar, covered, in the refrigerator (where it can keep up to 3 months).

3 FOODS OF THE ETHIOPIANS

The national dish of Ethiopia is *wot*, a spicy stew. *Wot* may be made from beef, lamb, chicken, goat, or even lentils or chickpeas, but it always contains spicy *berbere*. *Alecha* is a less-spicy stew seasoned with green ginger. For most Ethiopians, who are either Orthodox Christian or Muslim, eating pork is forbidden. Ethiopian food is eaten with the hands, using pieces of a type of flat bread called *injera*. Diners tear off a piece of *injera*, and then use it to scoop up or pinch off mouthfuls of food from a large shared platter. A soft white cheese called *lab* is popular. Although Ethiopians rarely

use sugar in their cooking, honey is occasionally used as a sweetener. An Ethiopian treat is *injera* wrapped around a slab of fresh honeycomb with young honeybee grubs still inside. *Injera* is usually made from *teff*, a kind of grain grown in Ethiopia. The bread dough is fermented for several days in a process similar to that used to make sourdough bread. Usually enough bread is made at one time for three days. Little fried snacks called *dabo kolo* are also popular.



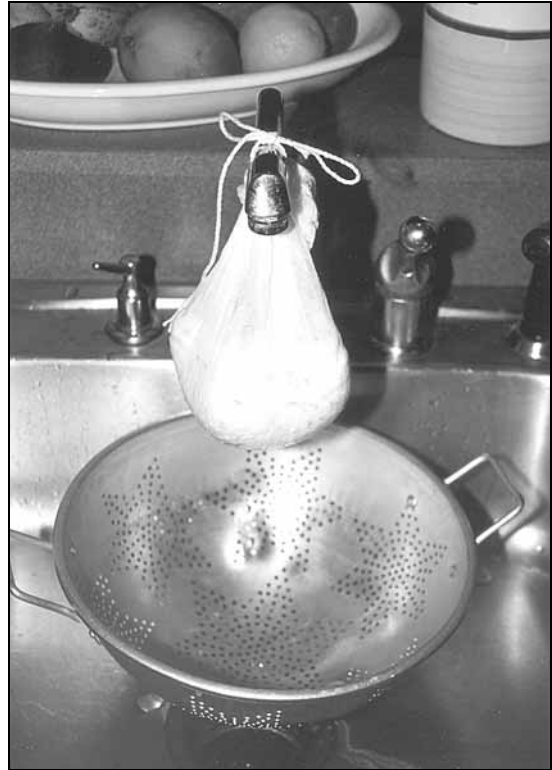
Injera (Ethiopian Bread)

Ingredients

- 1 cup buckwheat pancake mix
- ¾ cup all-purpose flour
- 3 teaspoons baking powder
- 1 cup club soda
- ½ teaspoon salt
- 1 beaten egg
- 2 Tablespoons butter

Procedure

1. Mix buckwheat pancake mix, all-purpose flour, salt, and baking powder together in a medium bowl.
2. Add egg and club soda, and stir with a wooden spoon to combine.
3. Melt about 1 Tablespoon of the butter in a skillet until bubbly.
4. Pour in about 2 Tablespoons of batter and cook for 2 minutes on each side until the bread is golden brown on both sides.
5. Remove the bread from the pan carefully to a plate.
6. Repeat, stacking the finished loaves on the plate to cool.



EPD Photos

The lab mixture, held in a cheesecloth sack and hung from the faucet, should drain for several hours.



Lab (Ethiopian Cheese)

Ingredients

- 16 ounces (1 pound) cottage cheese
- 4 Tablespoons plain yogurt
- 1 Tablespoon lemon rind, grated
- 2 Tablespoons parsley, chopped
- 1 teaspoon salt
- ¼ teaspoon black pepper

Procedure

1. Combine all the ingredients in a bowl.
2. Place a clean piece of cheesecloth (or a very clean dishtowel) in a colander and pour mixture into the colander to drain off extra liquid.
3. Gather the cheesecloth to make a sack and tie it with clean string or thread.
4. Suspend from the faucet over the sink. (Another option is to suspend the sack over a bowl by tying the string to the knob of a cupboard door.)
5. Allow to drain for several hours until the mixture has the consistency of soft cream cheese.
6. Serve with crackers or injera.



Kitfo (Spiced Raw Beef)

Ingredients

- 1/8 cup niter kebbeh (spiced butter, see recipe above)
- 1/4 cup onions, finely chopped
- 2 Tablespoons green pepper, finely chopped
- 1 Tablespoon chili powder
- 1/2 teaspoon ginger, ground
- 1/4 teaspoon garlic, finely chopped
- 1/4 teaspoon cardamom, ground
- 1/2 Tablespoon lemon juice
- 1 teaspoon *berbere* (see recipe above)
- 1 teaspoon salt
- 1 pound ground beef

Procedure

1. Melt the niter kebbeh in a large frying pan.
2. Add onions, green pepper, chili powder, ginger, garlic, and cardamom, and cook for 2 minutes while stirring.
3. Let cool for 15 minutes.

4. Add lemon juice, *berbere*, and salt.
5. Stir in raw beef and serve.

Serves 6.



Dabo Kolo (Little Fried Snacks)

Ingredients

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 2 Tablespoons honey
- 1/2 teaspoon cayenne pepper
- 1/4 cup oil

Procedure

1. Mix all the ingredients together in a bowl.
2. Add water slowly to create a stiff dough.
3. Knead on a lightly floured board for about 5 minutes. (To knead, flatten the dough, fold in half. Then turn the dough about one-quarter turn, and fold again. Keep turning and folding the dough.)
4. Pull off pieces of dough to fit on the palm of the hand.
5. Press or roll out (using a rolling pin) into a strip about 1/2-inch thick on a floured countertop.
6. Cut the strip into squares 1/2-inch by 1/2-inch.
7. Cook in a frying pan on medium heat until light brown in color on all sides.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

About half of the Ethiopian population is Orthodox Christian. During Lent, the forty days preceding the Christian holiday of Easter, Orthodox Christians are prohibited from eating any animal products (no meat,

*Some food words
from Ethiopia:*

berbere. A paste, composed of hot spices, used to season many foods.

injera. Spongy, fermented bread that tastes similar to sourdough bread and resembles a large flour tortilla or large, thin pancakes

kitfo. Raw beef dish.

teff. A grain used to make teff flour, the basis for the national bread, injera

tib. Generic name for cooked meat dishes

wot. Spicy stews. If a dish has “wot” in its name, it will be hot, while “alecha” means mild.

cheese, milk, or butter). Instead they eat dishes made from beans, lentils, and chickpeas called *mitin shiro* that is a mixture of beans and *berbere*. This is made with lentils, peas, field peas, chick peas, and peanuts. The beans are boiled, roasted, ground, and combined with *berbere*. This mixture is made into a vegetarian *wot* by adding vegetable oil and then is shaped like a fish or an egg; it is eaten cold. A vegetable *alecha* may also be eaten during Lent.

During festive times such as marriage feasts, *kwalima*, a kind of beef sausage, is

eaten. This sausage is made with beef, onions, pepper, ginger, cumin, basil, cardamom, cinnamon, cloves, and tumeric. It is smoked and dried.



Aterkek Alecha (Vegetable Stew)

Ingredients

- 1 cup vegetable oil (used as ¼ cup and ¾ cup)
- 2 cups red onion, chopped
- 2 cups yellow split peas
- 1 teaspoon salt
- ½ teaspoon ground ginger
- ⅓ teaspoon turmeric
- 3 cups water

Procedure

1. Pour ¼ cup oil into a large pot and place over medium heat.
2. Add onion and cook, stirring often, until the onion is golden brown.
3. Add ¾ cup oil and add all other ingredients.
4. Cook over medium heat until the vegetables are tender.
5. Serve with *injera* made with vegetable oil instead of butter.

5 MEALTIME CUSTOMS

Before eating a meal Ethiopians wash their hands under water poured from a pitcher into a basin. Then a prayer or grace is said. An appetizer of a bowl of curds and whey may be served. At the start of the meal, *injera* is layered directly on a round, woven basket table called a *mesob*. Different kinds of stews such as *wot* (spicy) and *alecha* (mild) are arranged on top of the *injera*.

ETHIOPIA



Cory Langley

An Ethiopian boy displays the produce, including peppers, squash, and grains, his family is offering for sale in the central market.

Sometimes the meal will not begin until the head of the household or guest of honor tears off a piece of bread for each person at the table. The right hand is used to pick up a piece of *injera*, wrap some meat and vegetables inside, and eat. As a sign of respect, an Ethiopian may find the best piece of food on the table and put it in their guest's mouth. Ethiopians drink *tej* (a honey wine) and *tella* (beer) with their meals. Coffee, however, the most popular beverage in the country, is usually drunk at the end of a meal. Ethiopia is considered the birthplace of coffee. Coffee is a principal export.

The coffee, or *buna*, ceremony begins by throwing some freshly cut grasses in one corner of the room. Incense is lit in this corner next to a charcoal burner, where charcoal is glowing and ready to roast the coffee. All the guests watch while the raw green coffee beans are roasted. The host shakes the roasting pan to keep the beans from scorching and to release the wonderful aroma of the beans. The beans are then ground with a mortar and pestle (a bowl and pounding tool). A pot is filled with water, the fresh ground coffee is added, and the pot is placed on the charcoal burner until the water boils. The coffee is then served, often

with a sprig of rue (a bitter-tasting herb with a small yellow flower). The same grounds may be used for two more rounds of coffee.

6 POLITICS, ECONOMICS, AND NUTRITION

Approximately half of the population of Ethiopia is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 48 percent are underweight, and nearly 64 percent are stunted (short for their age).

Wars, drought, political unrest, and population pressures of the 1970s and early 1980s have left their mark on the health of Ethiopians. Hundreds of thousands of people died during a famine (widespread food shortage) in 1973, and as many as one million may have died between 1983 and 1985. Ethiopia's coffee farmers produce one of the largest coffee crops in Africa; however, food crops are mainly produced by small farmers, known as subsistence farmers, who attempt to grow just enough food to feed their family. These farmers are not as successful. Ethiopians continue to suffer from malnutrition and a general lack of food. Sanitation (toilets and sewers to carry away human waste) is a problem as well, with only one-fifth of the population having access to adequate sanitation. Between 1994

and 1995, a little over one-quarter had access to safe drinking water.

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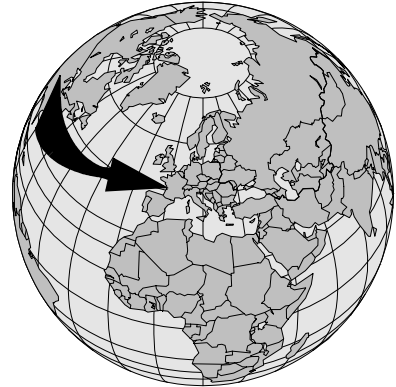
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France

Recipes

Baguette (French Bread).....	152
Baguette Sandwich	153
Soupe à l'Oignon Gratinée (Onion Soup).....	153
Croque-Monsieur (Ham and Cheese Sandwich)	154
Quiche au Saumon et Crevettes (Quiche).....	155
Mousse au Chocolat (Chocolate Mousse).....	155
Fromage (Cheese Board).....	156
Bûche de Noël (Yule Log).....	156
La Galette des Rois (King's Cake).....	157



1 GEOGRAPHIC SETTING AND ENVIRONMENT

France is the second-largest country in Europe (after Russia). Much of the country is surrounded by mountains. The highest mountain, Mount Blanc, is near France's border with Italy. The climate and soil of France create good conditions for farming. Although only four percent of the French people earn their living from farming, the country is self-sufficient when it comes to growing its own food.

2 HISTORY AND FOOD

The French have always been proud of their sophisticated way of cooking. Fertile soil provides fresh fruits, vegetables, herbs, grains, and meat, nearly year-round. The soil is also suitable for growing grapes, which are used for making some of the finest wines in the world. Food and alcohol play important roles in French society—the way a person eats often reflects their French

heritage, region of birth, social status, and health.

During the reign of Louis XIV (1661–1715), the nobility (upper class citizens) would hold twelve-hour feasts with over ten different dishes served. The presentation of the food was just as important as the taste and quality of the ingredients. Such elaborate feasts were too expensive and required too much time for the common people to prepare for themselves, but others were also able to enjoy exotic foods and spices, such as the kumquat fruit and yellow saffron, brought back from Africa and Asia by explorers. These foods were quickly incorporated into the French diet.

3 FOODS OF THE FRENCH

The baguette, a long, thin loaf of crusty bread, is the most important part of any French meal. Everyone at the table is expected to eat a piece. It is eaten in a variety of ways, including being used to make

FRANCE



sandwiches. Melted cheese spread on a baguette is often presented as part of a meal. A meal of grilled food (called *la raclette*) is sometimes served. Using an open grill, diners melt their own cheese with ham or beef slices, or fry their own egg. The grilled food is accompanied by potatoes. Sometimes diners spear pieces of bread on long-handled forks, and dip the bread into a pot full of melted cheese called *la fondue*.

The regions of France have varying cuisine: in Brittany (northwestern France), the main dish is *crêpes* (thin pancakes) with cider; and in the Alsace region (eastern France near Germany), a popular dish is cabbage with pieces of sausage, called *la choucroute*. The French from the Loire River Valley eat a special dish made of the

Lotte fish that can only be found in the Loire River. On the coasts of France seafood is plentiful, including mussels, clams, oysters, shrimp, and squid. The French enjoy *escargots* (snails) cooked with garlic and butter, roast duck, and rabbit.



Baguette (French Bread)

Ingredients

- 1 package dry yeast
- 1 Tablespoon salt
- 2 Tablespoons sugar
- 2½ cups warm water
- 7 cups flour
- Egg white, lightly beaten

Procedure

1. Grease two cookie sheets.
2. Dissolve the yeast, salt, and sugar in water in a large mixing bowl.
3. Stir in the flour until a stiff dough forms. Turn the dough onto a floured surface (countertop or cutting board) and knead for 10 minutes.
4. Clean out the mixing bowl, lightly oil it, and return the dough to the bowl.
5. Cover the bowl with plastic wrap. Let the dough rise until doubled in size, ½ hour or so.
6. Dip your fist in flour and push your fist into the center of the dough to “punch” it down. Remove from the bowl, and knead 3 or 4 more times.
7. Separate the dough into 4 equal pieces. Form each piece into a long loaf. Place 2 on each of the greased cookie sheets.
8. Carefully slash the top diagonally every few inches with a knife.

9. Brush the loaves with the egg white. Cover lightly with plastic wrap and let the loaves rise again for about 30 minutes.
10. Preheat oven to 400°F. Bake loaves for 10 minutes.
11. Lower heat to 350°F and bake 20 more minutes.



Baguette Sandwich

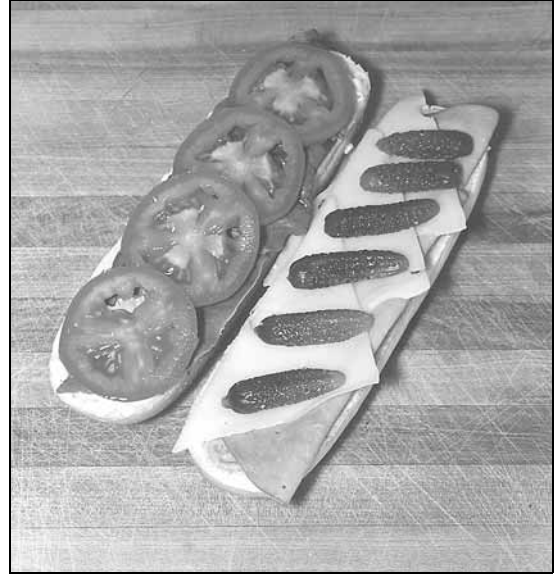
Ingredients

- 1 small baguette (purchased or freshly baked; see recipe above)
- Cheese (may be soft cheese, such as Brie, or hard cheese, such as Gouda)
- Ham
- Tomato
- Leaf lettuce
- Mayonnaise or mustard
- Cornichons (tiny sweet French pickles)

Procedure

1. Slice the baguette in half lengthwise.
2. Spread one half with mayonnaise or mustard, depending on preference.
3. Arrange sliced cheese and ham over the mayonnaise.
4. Slice the sweet pickles in half, and arrange on ham.
5. Top with sliced tomato and lettuce.
6. Wrap in plastic wrap and carry for lunch away from home.

Serves 1 or 2.



EPD Photos

A uniquely French accent to the filling of the Baguette Sandwich are the cornichons (French pickles).



Soupe à l'Oignon Gratinée (Onion Soup)

Ingredients

- ½ pound onions, cut into thin slices
- 3 ounces Swiss cheese, grated
- 1 Tablespoon butter
- 3 Tablespoons olive oil
- 1 cup white wine (optional) or water
- 1 Tablespoon flour
- 1 beef bouillon cube and a dash of Worcestershire sauce (optional)
- 3 cups water
- Four ¾-inch thick slices of bread, cut from a baguette
- Salt and pepper

Procedure

1. Melt the butter and olive oil in large saucepan over medium heat and add the onions.
2. Brown the onions for about 5 minutes.
3. Sprinkle the flour on onions and stir until dissolved, heating 5 more minutes.
4. Add the wine (if desired) and the water.
5. Add salt and pepper to taste.
6. Add the bouillon cube and dash of Worcestershire sauce (if desired).
7. Simmer for 20 minutes.
8. Pour soup into bowls. Float a slice of bread in each bowl.
9. Top the hot soup with cheese.

Serves 4.



*Croque-Monsieur
(Ham and Cheese Sandwich)*

Ingredients

- 1 loaf (12 slices) of sandwich bread
- 8 slices of ham
- 8 slices of Swiss cheese
- Swiss cheese, grated
- 1 cup milk
- 1 Tablespoon butter
- 2 Tablespoons flour
- Salt and pepper

Procedure

1. Preheat oven to 400°F.
2. Place a slice of ham and a slice of cheese between two pieces of bread; repeat this step on the same sandwich to make a triple-decker sandwich.
3. Repeat to make 4 sandwiches in all. Arrange the sandwiches in a baking dish.



EPD Photos

These triple-decker croque-monsieurs (ham and cheese sandwiches) will be covered with a creamy sauce and topped with shredded Swiss cheese before baking.

4. *Make the béchamel:* Combine the flour, milk, butter, salt, and pepper in a saucepan. Heat over low heat, stirring constantly with a wire whisk, until the flour has completely dissolved.
5. Pour the *béchamel* (white sauce) mixture over the sandwiches and top with the grated Swiss cheese.
6. Bake for 15 minutes, or until the cheese is melted and crusty.
7. Serve on 4 plates. Cut sandwiches into halves or quarters.

Serves 4.



Quiche au Saumon et Crevettes (Salmon and Shrimp Quiche)

Ingredients

- 1 prepared pie crust
- 4 small pieces of smoked salmon
- 1 small can of little shrimp
- Swiss cheese, grated
- ½ cup sour cream
- 3 eggs
- Salt and pepper

Procedure

1. Preheat oven to 350°F.
2. Beat the eggs until light and fluffy.
3. Add the sour cream and cheese to the eggs and beat again.
4. Poke holes in the bottom of the pie crust with a fork.
5. Cover the bottom of the crust with the salmon. Arrange the shrimp evenly on top of salmon.
6. Pour the egg mixture over the seafood. Bake for 25 minutes.
7. Cut pie into quarters and serve hot with a salad and crusty bread.

Serves 4.



Mousse au Chocolat (Chocolate Mousse)

Packaged instant chocolate mousse mix, simpler to prepare than this traditional recipe, is available at most grocery stores and may be substituted.

Ingredients

- 4 ounces unsweetened cooking chocolate
- 4 eggs, separated

½ cup sugar

1 cup heavy cream

Pinch of salt

Raspberries, strawberries, and ladyfinger cookies as accompaniment

Procedure

1. Melt the chocolate over low heat in a saucepan.
2. Remove from heat, add cream and allow mixture to cool.
3. Separate egg whites from the yolks.
4. Add sugar to the yolks and mix well.
5. Add yolk mixture to chocolate in the saucepan.
6. Add a pinch of salt to egg whites, then beat with an electric mixer until stiff.
7. Stir egg whites gently into chocolate mixture and let cool in the refrigerator for at least 4 hours.
8. To serve, arrange ladyfinger cookies vertically around the mousse.
9. Arrange fresh fruit such as strawberries or raspberries on top. Serve chilled.

Serves 2 to 4.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Major French holidays include Christmas (December 25), New Year's Day (January 1), and Bastille Day (July 14). On Bastille Day, named for the prison that citizens stormed on July 14, 1789, the French celebrate their liberation (freedom) from the monarchy and the beginning of their Republic. There are fireworks, dances, and parties with picnics. Picnics almost always include fromage (cheese), such as Camembert, brie, chevre (goat's milk cheese), or Roquefort.

∞
Fromage
(Cheese Board)

Ingredients

¼ to ½ pound of 3 different cheeses: select from Camembert, brie, chevre (goat's milk), Roquefort (bleu cheese)

1 loaf of crusty French bread (or 1 package of crackers)

Wooden cutting board for cheese

Basket for bread or crackers

Cheese knife or paring knife

Procedure

1. Arrange the cheeses on the wooden cutting board.
2. Line the basket with a napkin (*serviette* in French), and fill it with crackers or the bread, sliced into thin rounds.
3. Diners will use the knife to cut their own individual slices of cheese. Serve at room temperature.

Serves 12 or more.

For Christmas, the French have large feasts with many courses, which usually end with a *Bûche de Noël*, or Yule log. This cake is shaped to look like a log of wood because of the traditional French custom of lighting a real log at Christmas. On the first Sunday of January, the Christian holiday, Epiphany, is celebrated, marking the three kings' visit to the newborn baby Jesus. For this occasion, a special dessert called *la galette des rois*, is prepared. A small token, either a bean or porcelain toy, is baked inside. Whoever finds the hidden bean or porcelain toy in their piece gets to be king or queen for the day and wear a golden crown. Traditionally, the king (the man who found the bean

in his piece of cake) had to pick a queen and present her with a gift. To avoid this obligation, the "king" would sometimes eat the evidence. To solve this problem, in 1874 French bakers began putting collectible porcelain charms in their cakes instead of beans.

∞
Bûche de Noël (Yule Log)

4 eggs

1 cup sugar

3 Tablespoons water

1 cup cake flour

1½ teaspoons cornstarch

1½ teaspoons baking powder

¼ teaspoon salt

½ teaspoon almond extract

½ teaspoon vanilla

Large jar of seedless jelly (strawberry or raspberry)

Chocolate frosting, 1 can

Powdered sugar

Optional decorations: holly berries and evergreen leaves (fresh or artificial)

Procedure

1. Preheat oven to 400°F.
2. Grease a jelly-roll pan (cookie sheet with a rim all around) and line the bottom with waxed paper. Grease the waxed paper well.
3. Beat the eggs until frothy and pale yellow in a large mixing bowl.
4. Add the sugar and water to the eggs and continue to beat.
5. Mix flour, cornstarch, baking powder, and salt in a separate bowl.
6. Add the flour mixture to egg mixture.
7. Add the vanilla and almond extract.

8. Pour the batter into the prepared pan.
9. Bake for 15 minutes. (Toothpick inserted into the center should come out clean. Do not overbake.)
10. Remove from oven. Cover pan with a clean dishtowel, and turn over to remove cake from pan. Remove pan and carefully peel off the wax paper. (Cake is wrong-side up.) Trim off any crusty edges.
11. Fold one end of towel over short end of cake, and carefully roll cake up inside the towel.
12. Lift the whole roll and place it, seam side down on a cooling rack.
13. Allow to cool completely. Unroll carefully.
14. Coat the cake completely with jelly.
15. Carefully roll the cake back up again, without the towel.
16. Cut a 2-inch slice from one end and cut in half.
17. Attach these pieces to the sides of the cake to resemble branch stubs on a log.
18. Frost the cake “log” with chocolate icing. Drag a fork along the length of the cake, scoring the frosting to resemble bark.
19. Arrange holly berries and evergreen leaves around the cake if desired.

Serves 12 or more.



La Galette des Rois (King's Cake)

- 1¼ pounds puff pastry (available in the frozen foods section of the supermarket)
- 1 dry bean (such as a dried kidney bean or navy bean)
- 2 eggs
- 7 ounces almond paste
- Paper crown for decoration

Procedure

1. Preheat oven to 425°F.
2. Grease a cookie sheet.
3. Roll out pastry an 8-inch round.
4. Mix 1 egg with the almond paste until smooth and spread evenly onto the pastry.
5. Place the bean anywhere on the filling.
6. Roll out another 8-inch piece of pastry and place it over the almond filling. Press the edges together firmly to seal. Score the top layer lightly with a sharp knife.
7. Beat the other egg lightly and gently brush over the top layer.
8. Bake for 20 minutes. Lower the heat to 400°F, and bake for another 25 minutes.
9. Serve warm, with the crown on top.

Serves 8. The person who finds the bean is designated as the queen or king.

5 MEALTIME CUSTOMS

When entertaining at home, the hosts pride themselves on making mealtime a memorable and positive experience. For everyday lunches and dinners, four courses are typically served: salad, main dish with meat, cheese with bread, and dessert. Bread and water are always served. Special occasions include even more courses such as an appetizer of savory pastries, or other finger foods. This is normally served with an alcoholic beverage, often French wine. Several bottles of wine may be served with the meal. Coffee is also served.

Restaurants in France are generally more formal than those in the United States. It is expected that patrons are there to have a full meal. Wine is ordered by the half or full carafe (a glass container). Waiters are rarely tipped because a fee for service is added to

the bill for the meal. Eating out is a social occasion, and is a leisurely activity. It is considered rude to ask to have leftover food wrapped to be taken home. Several fast food restaurants such as Quick (a French version of McDonald's), and Pizza Hut are available. Sidewalk vendors and cafés or local *boulangeries* (bakeries) also offer quick.

The typical eating habits of the French include three meals a day, with tea served at 4 P.M. Breakfast often includes a fresh baguette and buttery croissants, sometimes filled with chocolate or almond paste. Coffee, café, is usually very strong; café au lait is coffee served with hot milk. Fresh fruit and yogurt are also common at breakfast. Lunch is the main meal of the day and takes more time to eat than the typical lunch in the United States. For this reason, many businesses are closed between 12 noon and 2 P.M. A school lunch might consist of a baguette filled with cheese, butter, meat, lettuce, and tomato. Dinner usually takes place after eight at night.

6 POLITICS, ECONOMICS, AND NUTRITION

The diet of the French people is generally considered healthy, and most citizens receive adequate nutrition. In 2001 the countries of Europe experienced outbreaks of two diseases, "mad cow disease" and "hoof and mouth disease" that affected the cattle and sheep herds. Many countries enacted laws and regulations restricting the import and export of meat during that period, until the diseases could be brought under control. In France, there have been protests at some fast food restaurants in an attempt to drive them out of the country to

keep the traditional quality of French food and the French lifestyle.

7 FURTHER STUDY

Books

- Denny, Roz. *A Taste of France*. New York: Thompson Learning, 1994.
- Fisher, Teresa. *France*. Austin: Raintree Steck-Vaughn, 1999.
- Langer, William L. *An Encyclopedia of World History*. 5th ed. Boston: Houghton Mifflin, 1980.
- Loewen, Nancey. *Food in France*. Vero Beach: Rourke Publications, 1991.

Web Sites

- French Food and Cook. [Online] Available <http://www.ffcook.com> (accessed July 24, 2001).
- French Information Center. [Online] Available <http://www.france.com> (accessed July 24, 2001).
- Recipe Source. [Online] Available <http://www.recipesource.com/ethnic/europe/french/> (accessed July 24, 2001).

Films

Babette's Feast. Rated G. (1987)

This film is set in France in the late 1800s. During an uprising, a French chef named Babette is exiled to Denmark where she becomes maid and cook for two sisters. Babette spends years making simple meals for the sisters until one day she wins the French lottery. Babette uses her winnings to prepare an extravagant seven-course French meal for the sisters and ten other community members. The film depicts the lavish feast in detail, including the food preparation and consumption.

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Karen L. Hanson, Editor

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Contents

READER'S GUIDE	vii
MEASUREMENTS AND CONVERSIONS	xi
GETTING STARTED WITH COOKING	xii
GLOSSARY	xv
GERMANY	1
GHANA	11
GREECE	21
GUATEMALA	31
HAITI	39
HUNGARY	49
INDIA	59
INDONESIA	69
IRAN	81
IRAQ	93
IRELAND	103
ISLANDS OF THE PACIFIC	113
ISRAEL	123
ITALY	133
JAMAICA	143
JAPAN	153

Reader's Guide

Junior Worldmark Encyclopedia of Foods and Recipes of the World presents a comprehensive look into the dietary lifestyles of many of the world's people. Published in four volumes, entries are arranged alphabetically from Algeria to Zimbabwe. Several countries—notably Australia, Brazil, Canada, and the United States—feature entries for specific ethnic groups or regions with distinctive food and recipe customs.

Junior Worldmark Encyclopedia of Foods and Recipes of the World features more than 700 recipes in 70 entries representing 57 countries. In selecting the countries, culture groups, and regions to include, librarian advisors were consulted. In response to suggestions from these advisors, the editors compiled the list of entries to be developed. The editors sought, with help from the advisors, to balance the contents to cover the major food customs of the world. Countries were selected from Africa (Algeria, Cameroon, Cote d'Ivoire, Ethiopia, Ghana, Kenya, Liberia, Morocco, Mozambique, Nigeria, South Africa, Tanzania, Zimbabwe); Asia (China, India, Indonesia, Japan, Korea, the Philippines, Thailand, Vietnam); the Caribbean (Cuba, Haiti, Jamaica); Europe (Czech Republic, France, Germany, Greece, Hungary, Ireland, Italy, Kazakhstan, Poland, Russia, Slovenia, Spain, Sweden, Turkey, Ukraine, United Kingdom); Central America (Guatemala);

the Middle East (Egypt, Iran, Iraq, Israel, Lebanon, Pakistan, Saudi Arabia); North America (Canada, Mexico, and the United States); Oceania (Australia, Islands of the Pacific); and South America (Argentina, Brazil, Chile, Peru).

For the United States entry, the advisors suggested preparing an innovative combination of five regional entries (including Great Lakes, Midwest, Northeast, Southern, and Western) and five ethnic/culture group entries (African American, Amish and Pennsylvania Dutch, Jewish American, Latino American, and Native American). Researchers interested in other major American ethnic and cultural groups, such as Chinese American, German American, and Lebanese American, are directed to the entries for the home countries of origin (such as China, Germany, and Lebanon).

Recipes were selected to reflect traditional national dishes as well as modern lifestyles. Persons familiar with the cuisines of the countries were consulted to ensure authenticity. The editors acknowledge the invaluable advice of these individuals, without whose help this encyclopedia would not be as authoritative: Thelma Barer-Stein; Stefanie Bruno; staff of Corky and Lenny's delicatessen, Beachwood, Ohio; Terry Hong; Marcia Hope; Solange Lamamy; staff of Middle East Restaurant, Cleveland, Ohio;

staff of Pearl of the Orient, Shaker Heights, Ohio, John Ranahan, Christine Ritsma, and Nawal Slaoui.

Profile Features

This new addition to the *Junior Worldmark* series follows the trademark format of the *Junior Worldmark* design by organizing each entry according to a standard set of headings.

This format has been designed to allow students to compare two or more nations in a variety of ways. Also helpful to students are the translations of hundreds of foreign-language terms (which can be found in italics throughout the text) to English. Pronunciations are provided for many unfamiliar words.

Every profile contains two maps: the first displaying the nation and its location in the world, and the second presenting the nation's major cities and neighboring countries. Each entry begins with a recipe table of contents guiding the student to specific page numbers.

Most entries feature approximately ten recipes, including appetizers, main dishes, side dishes, beverages, desserts, and snacks. Recipes were selected to balance authenticity and ease of preparation. Wherever possible the recipes use easy-to-find ingredients and familiar cooking techniques. Recipes are presented with the list of ingredients first, followed by the directions in a numbered procedure list. The editors tested the recipes for most of the more than 700 dishes included in the work, and photographed steps in the procedure for many of them.

A complete glossary of cooking terms used in the entries, from allspice to zest, is included at the front of each volume.

The body of each country's profile is arranged in seven numbered headings as follows:

1 GEOGRAPHIC SETTING AND ENVIRONMENT. Location, fertile/non-fertile areas, climate (temperature and rainfall), total area, and topography (including major rivers, bodies of water, deserts, and mountains), are discussed. Various plants (including crops) and animals may also be mentioned.

2 HISTORY AND FOOD. The influences of early cultures, outside influences (such as explorers and colonists), and the origins of staple foods and preparation techniques are discussed. Historical dietary influences between various ethnic or religious groups may also be discussed.

3 FOODS OF THE (COUNTRY OR CULTURE GROUP). Foods and beverages that comprise the staples of the country's daily diet, including national dishes, are presented. Identifies foods by social class and ethnic group, where applicable. May also discuss differences between rural and urban mealtime practices.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS. Discusses dietary guidelines, restrictions, and customs for national secular and religious holidays, both in food

and food preparation. Origins of holiday traditions may also be discussed. Traditional holiday menus for many holidays are presented.

5 MEALTIME CUSTOMS. Customs related to consumption of food at home, at restaurants, and from street vendors; entertainment of guests for a meal; number and typical times of meals; and typical school lunches and favorite snacks are discussed.

6 POLITICS, ECONOMICS, AND NUTRITION. Statistics from international organizations, including the United Nations and the World Bank. Discussion of health status of the population, with a focus on nutrition of the nation's children. Food laws and current dietary issues are discussed, where applicable.

7 FURTHER STUDY. An alphabetical list of books and web sites. Web sites were selected based on authority of hosting agency and accessibility and appropriateness for student researchers. Each web site lists when the site was last accessed. A few entries include listings of feature films notable for the role food and/or dining played in the story.

Volume 4 contains a cumulative index that provides easy access to the recipes by title and menu category (appetizers, beverages, bread, soup, main dish, side dish, snacks, vegetables, cookies and sweets, and desserts).

Acknowledgments

Special acknowledgement goes to the many contributors who created *Junior Worldmark Encyclopedia of Foods and Recipes of the World*.

Sources

Due to the broad scope of this encyclopedia, many sources were consulted in compiling the descriptions and recipes presented in these volumes. Of great importance were cookbooks, as well as books dedicated to the foods of a specific nation or culture group. Travel guides, where food specialties are often described for a country, were instrumental in the initial research for each entry. Cooking and lifestyle magazines, newspaper articles, and interviews with subject-matter experts and restaurateurs were also utilized. Publications of the World Bank and United Nations provided up-to-date statistics on the overall health and nutritional status of the world's children.

Advisors

The following persons served as advisors to the editors and contributors of this work. The advisors were consulted in the early planning stages, and their input was invaluable in shaping the content and structure of this encyclopedia. Their insights, opinions, and suggestions led to many enhancements and improvements in the presentation of the material.

READER'S GUIDE

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Comments and Suggestions

We welcome your comments on the *Junior Worldmark Encyclopedia of Foods and Recipes of the World*. Please write to: Editors, *Junior Worldmark Encyclopedia of Foods and Recipes of the World*, U•X•L, 27500 Drake Road, Farmington Hills, Michigan 48331-3535; call toll-free: 1-800-877-4253; or send e-mail via www.galegroup.com.

Measurements and Conversions

In *Junior Worldmark Encyclopedia of Foods and Recipes of the World*, measurements are provided in standard U.S. measurements. The tables and conversions below are provided to help the user understand measurements typically used in cooking; and to convert quantities and cooking temperatures to metric, use these equivalents.

Note: The system used in the United Kingdom, referred to as UK or British, is not described here and is not referred to in this work, but educated readers may encounter this system in their research. The British cup is 10 ounces, while the U.S. is 8 ounces; the British teaspoon and tablespoon are also slightly larger than those in the United States.

U.S. measurement equivalents

Pinch is less than a teaspoon.

Dash is a few drops or one or two shakes of a shaker.

3 teaspoons = 1 Tablespoon

2 Tablespoons = 1 liquid ounce

4 Tablespoons = $\frac{1}{4}$ cup

8 Tablespoons = $\frac{1}{2}$ cup

16 Tablespoons = 1 cup

2 cups = 1 pint

2 pints = 1 quart

4 cups = 1 quart

4 quarts = 1 gallon

Liquid measurement conversions from U.S. to metric

1 teaspoon = 5 milliliters

1 Tablespoon = 15 milliliters

1 U.S. cup = about $\frac{1}{4}$ liter (0.237 liters)

1 U.S. pint = about $\frac{1}{2}$ liter (0.473 liters)

1 U.S. quart = about 1 liter (1.101 liters)

Solid measurement conversions from U.S. to metric

1 U.S. ounce = 30 grams

1 U.S. pound = 454 grams

Butter: 7 Tablespoons = about 100 grams

Flour: 11 Tablespoons = about 100 grams

Sugar: 11 Tablespoons = about 100 grams

Oven temperatures

Fahrenheit equals Centigrade (Celsius)

250°F = 121°C

300°F = 150°C

325°F = 164°C

350°F = 177°C

375°F = 191°C

400°F = 205°C

425°F = 219°C

450°F = 232°C

500°F = 260°C

Getting Started with Cooking

Cooking is easier and the results are better if you take some time to learn about techniques, ingredients, and basic equipment.

TECHNIQUES

There are three important rules to follow when using any recipe:

First, be clean. Always start with very clean hands and very clean utensils. Keep your hair tied back or wear a bandana.

Second, keep your food safe. Don't leave foods that can spoil out longer than absolutely necessary. Use the refrigerator, or pack your food with ice in a cooler if it will be cooked or eaten away from home.

Third, keep yourself safe. Always have an adult help when using the stove. Never try to do something else while food is cooking. Keep burners and the oven turned off when not in use.

In addition to these rules, here are some helpful tips.

Read through the recipe before starting to cook.

Get out all the utensils you will need for the recipe.

Assemble all the ingredients.

Wash up as you go to keep the cooking area tidy and to prevent foods and ingredients from drying and sticking to the utensils.

If food burns in the pan, fill the pan with cold water. Add a Tablespoon of baking soda and heat gently. This will help to loosen the stuck-on food.

If you follow these three rules and helpful tips—and use common sense and ask for advice when you don't understand something—cooking will be a fun activity to enjoy alone or with friends.

The basic techniques used in the recipes in *Junior Worldmark Encyclopedia of Foods and Recipes of the World* are described briefly below.

Baking. To cook in the oven in dry heat. Cakes and breads are baked. Casseroles are also baked. When meat is prepared in the oven, cooks may use the term “roasting” instead of baking.

Basting. To keep foods moist while cooking. Basting is done by spooning or brushing liquids, such as juices from the cooking pan, a marinade, or melted butter, over the food that is being cooked.

Beating. To mix ingredients together using a brisk stirring motion. Beating is often done using an electric mixer.

Boiling. To heat a liquid until bubbles appear on its surface. Many recipes ask that you bring the liquid to a boil and then lower the heat to simmer. Simmering is when the surface of the liquid is just moving slightly, with just a few bub-

bles now and then around the edges of the liquid.

Chopping and cutting. To prepare food for cooking by making the pieces smaller. To chop, cut the food in half, then quarters, and continue cutting until the cutting board is covered with smaller pieces of the food. Arrange them in a single layer, and hold the top of the chopping knife blade with both hands. Bring the knife straight up and down through the food. Turn the cutting board to cut in different directions. To dice, cut the food first into slices, and then cut a grid pattern to make small cubes of the food to be cooked. To slice, set the food on a cutting board and press the knife straight down to remove a thin section.

Dusting with flour. Sprinkle a light coating of flour over a surface. A sifter or sieve may be used, or flour may be sprinkled using just your fingers.

Folding. To stir very gently to mix together a light liquid and a heavier liquid. Folding is done with a rubber spatula, using a motion that cuts through and turns over the two liquids.

Greasing or buttering a baking dish or cookie sheet. To smear the surfaces with butter or shortening (or sometimes to spray with nonstick cooking spray) to prevent the food from sticking during cooking.

Kneading. Working with dough to prepare it to rise. First dust the surface (counter-top or cutting board) with flour. Press the dough out into a flattened ball. Fold the ball in half, press down, turn the dough ball one-quarter turn, and fold and press

again. Repeat these steps, usually for 5 to 10 minutes.

Separating eggs. To divide an egg into two parts, the white and the yolk. This is done by cracking the egg over a bowl, and then carefully allowing the white to drip into the bowl. The yolk is transferred back and forth between the two shell halves as the whites drip down. There must be no yolk, not even a speck, in the white if the whites are to be used in a recipe. The yolk keeps the whites from beating well.

Turning out. To remove from the pan or bowl.

INGREDIENTS

A trip to the grocery store can be overwhelming if you don't have a good shopping list. Cooking foods from other countries and cultures may require that you shop for unfamiliar ingredients, so a list is even more important.

Sources for ingredients

Most of the ingredients used in the recipes in *Junior Worldmark Encyclopedia of Foods and Recipes of the World* are available in large supermarkets. If you have trouble finding an ingredient, you will need to be creative in investigating the possibilities in your area. The editors are not recommending or endorsing any specific markets or mail order sources, but offer these ideas to help you locate the items you may need.

Ethnic grocery stores

Consult the "Grocers" section of the yellow pages of your area's telephone book. If the stores are listed by ethnic group,

GETTING STARTED WITH COOKING

try looking under the country name or the the region (such as Africa, the Middle East, or Asia) to find a store that might carry what you need.

Ethnic restaurants

Ethnic restaurants may serve the dish you want to prepare, and the staff there will probably be willing to help you find the ingredients you need. They may even be willing to sell you a small order of the hard-to-find item.

Local library

Some libraries have departments with books in other languages. The reference librarians working there are usually familiar with the ethnic neighborhoods in your city or area, since they are often interacting with the residents there.

Regional or city magazine

Advertisements or festival listings in your area's magazine may lead you to sources of specialty food items.

Internet and mail order

If you have time to wait for ingredients to be shipped to you, the Internet may lead you to a grocery or specialty market that will sell you what you need and ship it to you.

BASIC EQUIPMENT

The recipes in *Junior Worldmark Encyclopedia of Foods and Recipes of the World* typically require that you have these basic items:

Baking pans. Many recipes require specific baking pans, such as an 8-inch square baking pan, round cake pan, 9-inch by 13-inch baking pan, or cookie sheet. Make sure you have the pan called for in the recipe before beginning.

Knives. Knives for cutting must be sharp to do the job properly. It is a good idea to get an adult's help with cutting and chopping.

Measuring cups. Measuring cups for dry ingredients are the kind that nest inside each other in a stack. To measure liquids, cooks use a clear glass or plastic measuring cup with lines drawn on the side to indicate the measurements.

Measuring spoons. Measuring spoons are used to measure both liquids and dry ingredients. It is important to use spoons made for measuring ingredients, and not teaspoons and tablespoons used for eating and serving food.

Saucepans and pots. These round pans are taller, and are generally used for cooking dishes that have more liquid, and for boiling or steaming vegetables.

Skillets and frying pans. These pans are shallow, round pans with long handles. They are used to cook things on top of a burner, especially things that are cooked first on one side, and then turned to cook on the other side.

Work surface. A very clean countertop or cutting board must be available to prepare most dishes.

Glossary

A

Allspice: A spice derived from the round, dried berry-like fruit of a West Indian allspice tree. The mildly pungent taste resembles cinnamon, nutmeg, and cloves.

Anise seed: A licorice-flavored seed of the Mediterranean anise herb. It is used as an ingredient in various foods, particularly cookies, cakes, and candies.

Arugula: An aromatic salad green with a peppery taste. It is popularly used in Italian cuisine.

B

Baguette: A long and narrow loaf of French bread that is often used for sandwiches or as an accompaniment to a variety of dishes.

Baking soda: A fine, white powder compound often used as an ingredient in such recipes as breads and cakes to help them rise and increase in volume.

Basil: An aromatic herb cultivated for its leaves. It is eaten fresh or dried and is most frequently used in tomato sauces or served with mozzarella cheese. The sweet basil variety is most common.

Baste: To moisten food periodically with liquid while cooking, such as broth or

melted butter. Basting helps add flavor to food and prevents it from drying out.

Bay leaf: A pungent, spicy leaf used in a variety of cuisines, including meats, vegetables, and soups. It is most often used in combination with other herbs, such as thyme and parsley.

Blini: A Russian pancake made of buckwheat flour and yeast. It is commonly served with caviar and sour cream.

Bouillon: A clear, thin broth made by simmering meat, typically beef or chicken, or vegetables in water with seasonings.

Braise: To cook meat or vegetables by browning in fat, then simmering in a small quantity of liquid in a covered container.

Bratwurst: A small pork sausage popular with German cuisine.

Brisket: A cut of meat, usually beef, from the breast of an animal. It typically needs longer to cook to become tender than other meats.

Broil: To cook by direct exposure to heat, such as over a fire or under a grill.

C

Canapé: A cracker or a small, thin piece of bread or toast spread with cheese, meat, or relish and served as an appetizer.

GLOSSARY

Caraway seed: The pungent seed from the caraway herb used as a flavoring and seasoning in various foods, including desserts, breads, and liquors.

Cassava: A tropical, tuberous plant widely used in African, Latin American, and Asian cuisines. It is most commonly used to make starch-based foods such as bread, tapioca, and pastes. It is also known as manioc or yuca (in Spanish, *yuca*).

Charcoal brazier: A metal pan for holding burning coals or charcoal over which food is grilled.

Cheesecloth: A coarse or fine woven cotton cloth that is often used for straining liquids, mulling spices, and lining molds.

Chili: A spicy pepper of varying size and color. It is most frequently used to add a fiery flavor to foods.

Cilantro: A lively, pungent herb widely used in Asian, Caribbean, and Latin American cuisines as a seasoning or garnish. It is also known as coriander.

Citron: A large, lemon-like fruit with a thick aromatic rind, which is commonly candied and used in desserts such as fruitcakes.

Clove: A fragrant spice made from the dried, woody flower bud of an evergreen tree native to tropical climates. In Indonesia, where cloves are grown, cigarettes are made from the crushed buds. Cloves also describe a single bud of garlic, shallot, or other bulb root vegetable.

Colander: A simple piece of kitchen equipment that resembles a metal bowl with

holes in it. It is used to drain foods, such as pasta or vegetables, that have been cooked in boiling water (or other liquid).

Coriander: See cilantro.

Cream of tartar: A fine, white powder that is added to candy and frosting mixtures for a creamier consistency, or added to egg whites before being beaten to improve stability and volume.

Cumin: An herb cultivated for its aromatic, nut-flavored seeds. It is often used to make curries or chili powders.

Currant: A raisin-like colored berry that is commonly used in jams and jellies, syrups, desserts, and beverages.

D

Daikon: A large, Asian radish with a sweet flavor. It is often used in raw salads, stir-fry, or shredded for a garnish.

Dashi: A clear soup stock, usually with a fish or vegetable base. It is frequently used in Japanese cooking.

Double boiler: Two pots formed to fit together, with one sitting part of the way inside the other, with a single lid fitting on both pans. The lower pot is used to hold simmering water, which gently heats the mixture in the upper pot. Foods such as custards, chocolate, and various sauces are commonly cooked this way.

F

Fermentation: A process by which a food goes through a chemical change caused

GLOSSARY

by enzymes produced from bacteria, microorganisms, or yeasts. It alters the appearance and/or flavor of foods and beverages such as beer, wine, cheese, and yogurt.

G

Garlic: A pungent, onion-like bulb consisting of sections called cloves. The cloves are often minced or crushed and used to add sharp flavor to dishes.

Garnish: To enhance in appearance and/or flavor by adding decorative touches, such as herbs sprinkled on top of soup.

Gingerroot: A gnarled and bumpy root with a peppery sweet flavor and a spicy aroma. Asian and Indian cuisines typically use freshly ground or grated ginger as a seasoning, while Americans and Europeans tend to use ground ginger in recipes, particularly in baked goods.

J

Jalapeno: A very hot pepper typically used to add pungent flavor. It is often used as a garnish or added to sauces.

Julienne: Foods that have been cut into thin strips, such as potatoes.

K

Kale: Although a member of the cabbage family, the large leaves do not form a head. Its mild cabbage flavor is suitable in a variety of salads.

Knead: To mix or shape by squeezing, pressing, or rolling mixture with hands. Bread is typically prepared this way before baking.

L

Leek: As part of the onion family, it has a mild and more subtle flavor than the garlic or onion. It is commonly used in salads and soups.

Lemongrass: Long, thin, grayish-green leaves that have a sour lemon flavor and smell. Popular in Asian (particularly Thai) cuisine, it is commonly used to flavor tea, soups, and other dishes.

M

Mace: The outer membrane of the nutmeg seed. It is typically sold ground and is used to flavor a variety of dishes.

Manioc: See cassava.

Marinate: To soak a food, such as meat or vegetables, in a seasoned liquid for added flavor or to tenderize.

Marzipan: A sweet mixture of almond paste, sugar, and egg whites, often molded into various shapes.

Matzo meal: Ground unleavened (flat), brittle bread often used to thicken soups or for breading foods to be fried. It is widely popular in Jewish cuisine.

Mince: To cut or chop into very small pieces, typically used to prepare foods with strong flavors, such as garlic and onion.

GLOSSARY

Mint: A pungent herb that adds a refreshing and sweet flavor to a variety of dishes, either dried and ground or fresh. Peppermint and spearmint are the most common of over thirty varieties.

Miso: A thick, fermented paste made of cooked soybeans, salt, and rice or barley. A basic flavoring of Japanese cuisine, it is frequently used in making soups and sauces.

Molasses: A thick syrup produced in refining raw sugar or sugar beets. It ranges from light to dark brown in color and is often used as a pancake or waffle topping or a flavoring, such as in gingerbread.

N

Napa: A round head of cabbage with thin, crisp, and mild-flavored leaves. It is often eaten raw or sautéed. Also known as Chinese cabbage.

O

Okra: Green pods that are often used to thicken liquids and to add flavor. It is commonly used throughout the southern United States in such popular dishes as gumbo, a thick stew.

Olive oil: Oil derived from the pressing of olives. Varieties are ranked on acidity. Extra virgin olive oil is the least acidic and is typically the most expensive of the varieties.

Oregano: A strong, pungent herb commonly used in tomato-based dishes, such as pizza.

P

Parchment paper: A heavy, grease- and moisture-resistant paper used to line baking pans, wrap foods, and make disposable pastry bags.

Parsley: A slightly peppery, fresh-flavored herb that is most commonly used as a flavoring or garnish to a wide variety of dishes. There are over thirty varieties of parsley.

Pâté: A seasoned meat paste made from finely minced meat, liver, or poultry.

Peking sauce: A thick, sweet and spicy reddish-brown sauce commonly used in Chinese cuisine. It is made of soybeans, peppers, garlic, and a variety of spices. Also known as hoisin sauce.

Persimmon: Edible only when fully ripe, the fruit resembles a plum in appearance. It has a creamy texture with a sweet flavor and is often eaten whole or used in such foods as puddings and various baked goods.

Pimiento: A sweet pepper that is often finely diced and used to stuff green olives.

Pinto bean: A type of mottled kidney bean that is commonly grown in the southwest United States and in Spanish-speaking countries, including Mexico. It is often used to make refried beans.

GLOSSARY

Pistachio nut: Commonly grown in California, the Mediterranean, and the Middle East, the mild-flavored green nut is enclosed in a hard, tan shell. They are either eaten directly out of the shell or are used to flavor a variety of dishes.

Plantain: A tropical fruit widely eaten in African, Caribbean, and South American cuisines. Plantains may be prepared by frying, boiling, steaming, or baking. Although closely resembling a banana, it turns black when ripe and may be eaten at any stage of ripeness.

Prosciutto: A seasoned, salt-cured, and air-dried ham. Eaten either cooked or raw, it is often thinly sliced and eaten with a variety of foods such as melons, figs, vegetables, or pasta.

R

Ramekin: A small individual baking dish typically made of porcelain or earthenware.

Ramen: A Japanese dish of noodles in a broth, often garnished with pieces of meat and vegetables. An instant-style of this noodle dish is sold in individual servings in supermarkets.

S

Saffron: A golden-colored spice used to add flavor or color to a wide variety of dishes. It is very expensive, so it is typically used sparingly.

Sage: A native Mediterranean pungent herb with grayish-green leaves. Its slightly

bitter and light mint taste is commonly used in dishes containing pork, cheese, and beans, and in poultry and game stuffings.

Sake: A Japanese wine typically served warm in porcelain cups. The sweet, low-level alcohol sake is derived from fermented rice and does not require aging.

Saltimbocca: Finely sliced veal sprinkled with sage and topped with a thin slice of prosciutto. It is sautéed in butter, then braised in white wine.

Sashimi: A Japanese dish consisting of very thin bite-size slices of fresh raw fish, traditionally served with soy sauce, wasabi, gingerroot, or daikon radish.

Sauerkraut: Shredded cabbage fermented with salt and spices. It was first eaten by the Chinese, but quickly became a European (particularly German) favorite. It is popular in casseroles, as a side dish, and in sandwiches.

Sauté: To lightly fry in an open, shallow pan. Onions are frequently sautéed.

Scallion: As part of the onion family, it closely resembles a young onion before the development of the white bulb, although its flavor is slightly milder. It is often chopped and used in salads and soups.

Shallot: A member of the onion family that closely resembles cloves of garlic, covered in a thin, paper-like skin. It has a mild onion flavor and is used in a variety of dishes for flavoring.

Shortening, vegetable: A solid fat made from vegetable oils such as soybean or

GLOSSARY

cottonseed oils. It is flavorless and is used in baking and cooking.

Sieve: A typically round device used to strain liquid or particles of food through small holes in the sieve. It is also known as a strainer.

Simmer: To gently cook food in a liquid at a temperature low enough to create only small bubbles that break at the liquid's surface. Simmering is more gentle than boiling the liquid.

Skewer: A long, thin, pointed rod made of metal or wood used to hold meat and/or vegetables in place while cooking. They are most commonly used to make shish kebabs.

Soybean: A generally bland-flavored bean widely recognized for its nutritive value. It is often cooked or dried to be used in salads, soups, or casseroles, as well as in such products as soy sauce, soybean oil, and tofu.

Star anise: A pungent and slightly bitter tasting seed that is often ground and used to flavor teas in Asian cuisines. In Western cultures it is more often added to liquors and baked goods (such as pastries).

Steam: A method of cooking in which food (often vegetables) is placed on a rack or in a special basket over boiling or simmering water in a covered pan. Steaming helps to retain the flavor, shape and texture, and vitamins and minerals of food better than boiling.

Stir-fry: A dish prepared by quickly frying small pieces of food in a large pan over very high heat while constantly and

briskly stirring the ingredients until cooked. Stir-fry, which is often prepared in a special dish called a wok, is most associated with Asian cuisines.

Stock: The strained liquid that is the result of cooking vegetables, meat, or fish and other seasoning ingredients in water. Most soups begin with stock before other ingredients are added.

Sushi: Fish and vegetables prepared in bite-sized portions with rice. Fish is usually raw, but may be cooked. (Shrimp is typically cooked for sushi.)

T

Tamarind: A brown fruit that is about five inches long and shaped like a large, flat green bean. Inside the brittle shell, the fruit contains large seeds surrounded by juicy, acidic pulp. The pulp, sweetened, is used to make juices and syrups.

Tapas: Small portions of food, either hot or cold, most commonly served to accompany a drink in Spanish and Latin American bars and restaurants.

Tarragon: An aromatic herb known for its anise-like (licorice) flavor. It is widely used in classic French dishes including chicken, fish, vegetables, and sauces such as béarnaise.

Tempura: Batter-dipped, deep-fried pieces of fish or vegetables, originally a Japanese specialty. It is most often accompanied by soy sauce.

Thyme: A pungent herb whose flavor is often described as a combination of mint and lemon. It is most commonly associ-

GLOSSARY

ated with French cooking. Thyme is used to flavor a variety of dishes, including meats, vegetables, fish, poultry, soups, and sauces.

Tofu: Ground, cooked soybeans that are pressed into blocks resembling cheese. Its bland and slightly nutty flavor is popular in Asia, particularly Japan, but is increasing in popularity throughout the United States due to its nutritive value. It may be used in soups, stir-fry, and casseroles, or eaten alone.

V

Vinegar: Clear liquid made by bacterial activity that converts fermented liquids such as wine, beer, or cider into a weak solution of acetic acid, giving it a very sour taste. It can also be derived from a variety of fermented foods such as apples, rice, and barley and is most popular in Asian cuisines in sauces and marinades.

Vinegar, rice: Vinegar derived from fermented rice that is often used in sweet-and-sour dishes, as a salad dressing, or as a table condiment. It is generally milder than other types of vinegar.

W

Water bath: A small baking pan or casserole dish placed in a larger roasting pan or cake pan to which water has been added. The small pan sits in a “bath” of water in the oven while baking. The

water tempers the oven’s heat, preventing the contents of the small pan from cooking too quickly.

Whisk: A kitchen utensil consisting of several looped wires, typically made of stainless steel, that are joined together at a handle. It is used to whip ingredients, such as eggs, creams, and sauces.

Wok: A large, round metal pan used for stir-fry, braising, and deep-frying, most often for Asian dishes. Most woks are made of steel or sheet iron and have two large handles on each side. It is used directly on the burner, similar to a saucepan.

Worcestershire sauce: A thin, dark sauce used to season meats, soups, and vegetable juices, most often as a condiment. Garlic, soy sauce, vinegar, molasses, and tamarind are just a few ingredients that may be included.

Y

Yucca: See cassava.

Z

Zest: The thin outer layer of the rind of a citrus fruit, particularly of an orange, grapefruit, lemon, or lime. The zest is the colorful layer of the rind, while the pith is the white portion. Most commonly used for its acidic, aromatic oils to season foods, zest can also be candied or used in pastries or desserts.

Germany

Recipes

Weisse Bohnensuppe (White Bean Soup).....	3
Bratwurst (Sausage)	4
Kartoffelknödeln (Potato Dumplings)	4
Rye Bread.....	5
Spargelgemüse (Fresh Asparagus)	5
Apfelpfannkuchen (Apple Pancakes).....	5
Lebkuchen (Cookies).....	6
Apfelschörle (Sparkling Apple Drink)	7
Glühwein (Non-alcoholic Drink).....	7
Soft Pretzels	9
Red Coleslaw.....	9



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Germany is located in Western Europe. The topography of the country is varied, and includes regions of deep forest and high mountains, as well as a wide valley surrounding the Rhine, Germany's largest river. The highest mountain peak, the Zugspitze, lies on the border with Austria. Less than 3 percent of Germans are farmers, and the country must import much of its food. Apples, pears, cherries, and peaches, as well as grapes for wine production, are important crops in Germany.

2 HISTORY AND FOOD

Food has always been a major part of German culture. Even the well-known German fairy tale, Hansel and Gretel, makes reference to food. Hansel and Gretel, brother and sister, discover a house in the forest made of gingerbread and candies. King Frederick II (King Frederick the Great, 1712–1786)

introduced the potato, a staple in the German diet. He gave away seed potatoes and taught the people how to grow them. But wars caused food shortages and hardship twice during the twentieth century. After the Germans lost World War I (1914–18), food was scarce and soldiers trying to get home were starving. After World War II (1939–1945), the country had even less food available, but this time nations that had defeated Germany, including the United States, helped to feed the Germans and rebuild the country. In 1949 after World War II, Germany was divided into East Germany and West Germany. This division caused the country's two halves to develop different styles of cooking. East Germany, closely associated with its neighbor, Russia, took on a more Russian style of cooking. West Germans continued the traditional German cuisine.

There are also differences in cooking style between the northern and southern

GERMANY



Germany, similar to the northern and southern styles of cooking in the United States. In the north, restaurants in Hamburg and Berlin might feature *aalsuppe* (eel soup) or *einpotf* (seafood stew). Soups of dried beans, such as *weisse bohnsuppe* (white bean soup) are also popular. In the center of the country, menus include breads and cereals made with buckwheat and rye flour. A favorite dish is *birnen, bohnen und speck* (pears, green beans, and bacon). In the middle of the country, a region near the Netherlands known as Westphalia is famous for *spargel* (asparagus), especially white asparagus, and rich, heavy pumpernickel bread. Westphalian ham, served with pungent mustard, is popular with Germans worldwide.

Frankfurt, located in the south, is the home of a sausage known as *Wüstchen*. This sausage is similar to the U.S. hot dog, sometimes called a “frankfurter” after the German city. In the south, a dish mysteriously called *Himmel und erde* (Heaven and Earth) combines potatoes and apples with onions and bacon. The southern region of Bavaria features rugged mountains and the famous Black Forest. Black Forest cherry cake and tortes, as well as *Kirschwasser*, a clear cherry brandy, are two contributions from this area. *Spätzle* (tiny dumplings) are the southern version of *knödel* (potato dumplings) of the north. *Lebkuchen* is a spicy cookie prepared especially during the Christmas season. East and West Germany were reunited in the early 1990s, but Germans continue to cook according to their region.

3 FOODS OF THE GERMANS

Germans tend to eat heavy and hearty meals that include ample portions of meat and bread. Potatoes are the staple food, and each region has its own favorite ways of preparing them. Some Germans eat potatoes with pears, bacon, and beans. Others prepare a special stew called the *Pichelsteiner*, made with three kinds of meat and potatoes. Germans from the capital city of Berlin eat potatoes with bacon and spicy sausage. *Sauerbraten* is a large roast made of pork, beef, or veal that is popular throughout Germany, and is flavored in different ways depending on the region. In the Rhine River area, it is flavored with raisins, but is usually cooked with a variety of savory spices and vinegar. Fruit (instead of vegetables) is often combined with meat dishes to add a sweet and sour taste to the meal. Through-

out Germany desserts made with apples are very popular.

Knödel, or dumplings, accompany many meals, especially in the north. In the south, a tiny version called *spätzle* is more common. *Knödel* may be made either of mashed potatoes or bread (or a mixture of both), and are either boiled or fried. Germans enjoy bread with every meal, with rye, pumpernickel, and sourdough breads more common than white bread. Soft pretzels can be found almost anywhere. *Spargel* (asparagus) served with a sauce or in soup is popular in the spring.



Weisse Bohnensuppe (White Bean Soup)

Ingredients

- 1 pound dry navy beans
- 3 quarts (12 cups) water
- ½ pound ham, cubed
- 2 Tablespoons fresh parsley, chopped
- 2 medium onions, chopped
- 1 garlic clove, minced
- 5 stalks of celery, chopped (including the leafy tops)
- 1 teaspoon salt
- Pumpernickel or rye bread or rolls as accompaniment

Procedure

1. Rinse beans in a colander and remove any discolored or shriveled beans.
2. Place beans in a large pot, cover with water, and leave to soak overnight.
3. Drain beans in colander, rinse them, and return them to the pot.



Cory Langley

Sidewalk cafés are popular meeting places for kaffee (snack with coffee) in the afternoon.

4. Measure 3 quarts of water (12 cups) into the pot.
5. Heat the water to boiling, and then lower heat and simmer the beans, uncovered, for about 2 hours, until the beans are tender.
6. Add parsley, onions, garlic, celery, and salt. Simmer for about one hour more.
7. Add chopped ham, and heat for about 10 minutes more. Serve hot, accompanied by pumpernickel or rye bread or rolls.

Serves 10 to 12.



Bratwurst (Sausage)

Ingredients

- 6 slices bacon
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 can of sauerkraut (32-ounces), drained and rinsed in a strainer
- 2 medium potatoes, peeled and sliced
- 1 cup water
- ½ cup white grape or apple juice
- 1 Tablespoon brown sugar
- 1 cube chicken bouillon
- 1 bay leaf
- 1 teaspoon caraway seed
- 1 pound bratwurst
- 1 large apple, cored and sliced

Procedure

1. In a deep skillet, cook the bacon, drain most of the fat, and crumble into pieces.
2. In the same skillet, fry the onion and garlic in the remaining bacon fat over medium-low heat until tender.
3. Add the sauerkraut, potatoes, water, white grape (or apple) juice, brown sugar, bouillon, bay leaf, and caraway seed.
4. Add enough water to cover potatoes and bring to a boil.
5. Add the bratwurst to the mixture.
6. Cover and simmer for 20 to 30 minutes.
7. Add apple slices and simmer 5 to 10 more minutes.

Serves 4 to 6.



Kartoffelknödeln (Potato Dumplings)

Ingredients

- 8 medium potatoes
- 3 egg yolks, beaten
- 3 Tablespoons cornstarch
- 1 cup bread crumbs
- ½ teaspoon pepper
- 1½ teaspoons salt
- Flour

Procedure

1. Peel the potatoes. Place them into a large pot and fill the pot with enough water to cover them.
2. Bring the water to a boil, lower the heat, and simmer until the potatoes are soft (about 20–30 minutes).
3. Drain the potatoes well in a colander, place them in a bowl, and mash them, using a hand mixer or potato masher.
4. Add the egg yolks, cornstarch, bread-crumbs, salt, and pepper.
5. Rinse out the pot and refill it with water and heat the water to boiling.
6. While the water is heating, shape the potato mixture into golf-ball sized dumplings.
7. Roll the dumplings in flour, and drop immediately into boiling water for 15 to 20 minutes.
8. Serve with butter and salt.

Makes about 2 dozen dumplings.



Rye Bread

Ingredients

- ¾ cup water
- 2¼ teaspoons dry yeast
- 4½ teaspoons sugar (used in varying amounts)
- ¼ cup molasses
- 2 Tablespoons honey
- 1 teaspoon salt
- 1 Tablespoon shortening
- 1¼ cups whole grain rye flour
- 1¼ cups unbleached flour
- 1½ teaspoons caraway seed
- 1 rind of a small orange, finely-grated

Procedure

1. In a large mixing bowl, dissolve yeast in warm water with 1½ teaspoons sugar.
2. Add molasses, honey, shortening, salt, caraway seed, orange rind, and the rest of the sugar.
3. Slowly add both types of flour to mixture and knead until smooth and elastic (about 10 minutes).
4. Clean out the mixing bowl, butter it lightly, and return dough to bowl. Cover with plastic wrap and allow the dough to rise for 1 to 2 hours.
5. Push a fist dipped in flour into the center of the dough. Turn dough out onto a floured countertop or cutting board and shape into a loaf. Transfer the loaf to a greased cookie sheet.
6. Cover the dough with plastic wrap and allow it to rise again for 1 hour.
7. Preheat oven to 375°F.
8. Bake for 30 to 40 minutes.



Spargelgemuse (Fresh Asparagus)

Ingredients

- 2 pounds of asparagus
- ¼ cup butter
- 3 Tablespoons Parmesan cheese, grated
- 1 large egg, hard-boiled

Procedure

1. Wash the asparagus and snap off the hard ends.
2. Cook the asparagus in boiling, salted water for 7 to 10 minutes (until tender) and drain.
3. Melt the butter in a saucepan.
4. Add cheese to butter and cook until melted and lightly browned.
5. Serve asparagus topped with cheese sauce.
6. Garnish with a sliced, hard-boiled egg.

Serves 8 to 10.



Apfelpfannkuchen (Apple Pancakes)

Ingredients

- ⅔ cup flour
- 2 teaspoons sugar
- ¼ teaspoon salt
- 4 eggs, beaten
- ½ cup milk
- 2 large apples, peeled, cored, and cut into thin slices
- 1½ sticks butter (¾ cup)
- 2 Tablespoons sugar
- ¼ teaspoon cinnamon
- Confectioners sugar

GERMANY

Procedure

1. Combine the flour with 2 teaspoons sugar and salt and set aside.
2. In a large bowl, beat eggs and milk together.
3. Gradually add flour mixture to the eggs and milk, and beat until smooth.
4. Melt ½ stick (¼ cup) butter in a saucepan.
5. Add apple slices and cook gently until apples are softened.
6. Mix 2 Tablespoons sugar and cinnamon together and stir gently into apples.
7. In a 6-inch frying pan, melt 2 Tablespoons of butter.
8. Pour in batter so that it is about ¼-inch deep.
9. Cook until the bubbles on top of the batter burst and the pancake begins to set.
10. Spoon about ¼ of the apples over the pancake and cover with more batter.
11. Allow it to set, and then gently turn the pancake to brown it on the other side.
12. Repeat to make 3 more pancakes.
13. Dust with confectioners sugar and serve.

Serves 4.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Oktoberfest is the German festival of October. It is held, not in October but during the last week of September in Munich. In late summer or early fall in the United States, many cities stage Oktoberfests to celebrate German culture, especially German beer. At German Oktoberfests, beer is traditionally drunk from a large, decorated stone mug called a *Bier Stein* (beer stein). Germany has more than 1,200 breweries, making over 5,000 different kinds of beer.

For Christmas, cut-out honey cakes called *Lebkuchen* are baked in squares, hearts, semicircles, or little bear shapes, iced, and decorated with tiny cutouts of cherubs (angels) and bells. One large or five to seven small cakes are then tied together with a bright ribbon and presented by a young lady to a young man of her choice on Christmas Day. *Springerle* (cookies), marzipan candies, and *Stollen* (a type of coffee-cake with candied and dried fruit) are also popular Christmas desserts. To accompany the cookies, Germans drink *Glühwein*, a type of mulled wine. A favorite drink with teenagers is *Apfelschörle*, a sparkling fruit juice. A traditional Christmas dinner is roast goose with vegetables and *Kartoffelknödeln* (potato dumplings).



Lebkuchen

Ingredients

- 1 cup margarine
- 1 cup sugar
- 1 egg
- 1 cup honey
- 1 cup sour milk (add 1 Tablespoon vinegar to 1 cup milk and let stand for 10 minutes)
- 2 Tablespoons vinegar
- 6 cups flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon ginger, ground
- ½ teaspoon mace
- 1 Tablespoon cinnamon



EPD Photos

After rolling out the dough, cut the lebkuchen into shapes such as hearts or teddy bears. If the cookies are to be hung by a ribbon, pierce one or two holes in the dough near the top of the cookie.

Procedure

1. Preheat oven to 375°F.
2. Cream margarine and sugar together in a bowl. Add the egg and beat until fluffy.
3. Add the honey, sour milk, and vinegar. Add flour, baking powder, salt, ginger, mace, and cinnamon.
4. Chill for 1 hour.
5. Roll out to ¼-inch thickness and cut into shapes, especially hearts.
6. Bake for 6 minutes.
7. Decorate with white frosting and candies.



Apfelschörle

Ingredients

- 4 cups apple juice
- 1 bottle of club soda (1-liter, 33.8 ounces)

Procedure

1. Mix equal parts of apple juice and club soda in a tall drinking glass and serve.

Serves 4.



Glühwein (Non-alcoholic Drink)

Ingredients

- 4 cups apple juice
- 2 cups black tea
- 2 Tablespoons sugar
- 1 lemon
- 1 orange
- 1 cinnamon stick
- 2 cloves

Procedure

1. Slowly heat the apple juice and tea in a pan.
2. Squeeze the juice from the lemon and orange, keeping the peels.
3. Add the lemon and orange juices, sugar, peels, and spices to the pan and heat without boiling.
4. Carefully strain the mixture through a sieve and serve.

Serves 4 to 6.

5 MEALTIME CUSTOMS

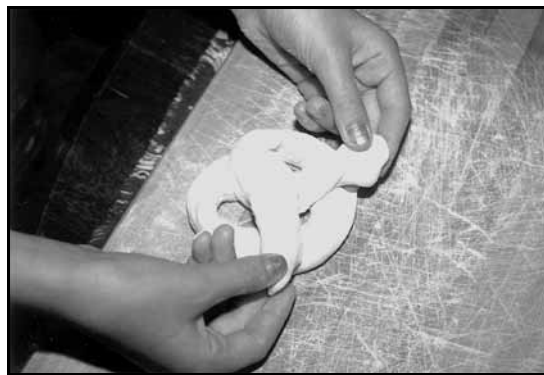
When eating out in Germany, it is polite to have both hands above the table at all times, but elbows should not rest on the table. It is also considered impolite to leave food on a plate. Waiters expect a 5 to 10 percent tip. An *imbiss* is a food stand that may serve bratwurst or other fast foods. Another type of restaurant is the *bierhall*, which commonly serves bratwursts, accompanied by beer.

Breakfast, or *früstück*, consists of rolls with jam, cheese, eggs, and meat. Coffee or tea may also be served. The *zweites früstück* (literally second breakfast) is a mid-morning snack eaten at work or school. Students

GERMANY



After dividing the dough into twelve pieces, using very clean hands, roll each piece into a long rope (about 12 to 16 inches long).



Twist the ropes into pretzel shapes and place them on a greased cookie sheet.



Using a clean pastry brush, brush each pretzel with beaten egg and then sprinkle them with coarse salt.



EPD Photos

The baked pretzels are best served warm, but they may be stored in a plastic bag or other airtight container for a few days.

Making soft pretzels.

may have *belegtes brot* (literally covered bread), a small sandwich of meat or cheese, and a piece of fruit. Germans eat their big meal of the day, *mittagessen*, around noon or later, sometimes lasting two hours. The meal almost always begins with *suppe* (soup), and several more courses follow (see sample menu). In the afternoon, *kaffee* (snack with coffee) is often served, consist-

ing of pastries and cakes. *Abendbrot* (supper, literally “bread of the evening”) is a lighter meal than lunch, usually offering an open-faced sandwich of bread with cold cuts and cheese, eaten with a knife and fork, and perhaps some coleslaw or fruit. Pretzels and sweets may be enjoyed, especially by children, any time during the day.



Soft Pretzels

Ingredients

- 1 package active dry yeast
- 1½ cup warm water
- 1 teaspoon salt
- 1 Tablespoon sugar
- 4 cups flour (approximate)
- Shortening for greasing bowl and cookie sheet
- 1 egg, beaten
- Coarse salt

Procedure

1. Dissolve sugar, salt, and yeast in warm water.
2. Allow to stand for 3 to 4 minutes.
3. Stir in 3 cups of flour.
4. Add the last cup of flour, a little at a time, until a stiff dough forms.
5. Sprinkle flour onto a cutting board or countertop and turn the dough out of the bowl.
6. Using clean hands, knead the dough (fold it over, press down, turn).
7. Repeat this process for about 7 or 8 minutes. Clean out the mixing bowl and coat the inside lightly with oil.
8. Return the dough to the bowl, cover with plastic wrap, and leave the bowl in a warm place for 1 to 2 hours.
9. During this time the dough will expand, or “rise” to about twice its size.
10. Grease two cookie sheets and remove the plastic wrap from the bowl.
11. Cover your fist with flour, and then punch down into the center of the dough.
12. Turn the dough back out onto the floured counter and cut or tear it into about 12 equal pieces.
13. Roll each piece into a long rope (about 12 to 16 inches long).
14. Twist the ropes into pretzel shapes and place them on a greased cookie sheet.
15. Using a clean pastry brush, brush each pretzel with beaten egg and then sprinkle them with coarse salt.
16. Cover the cookie sheets loosely with plastic wrap and allow the pretzels to rise again for about 1 hour.
17. Preheat oven to 425°F.
18. Bake the pretzels for 10 to 15 minutes (until lightly browned).
19. Serve immediately with spicy mustard.

Makes about 1 dozen pretzels.



Red Coleslaw

Ingredients

- 1 small head of red cabbage
- 1 Tablespoon salt
- 2 small onions, chopped
- 1 Granny Smith apple, peeled, cored, and cut into matchstick-sized slivers
- 3 Tablespoons vinegar
- 1 teaspoon sugar
- 3 Tablespoons salad oil

Procedure

1. Remove the tough outer leaves from the head of red cabbage.
2. Cut the cabbage into quarters and slice away the tough core.
3. Grate or chop the cabbage coarsely.
4. Put the grated cabbage in a large bowl, sprinkle with salt, and add the chopped onions and slivered apples. Toss gently to combine.
5. In a small bowl, combine the vinegar, sugar, and salad oil.
6. Pour over the cabbage mixture, toss, and serve.

Serves about 8.



Sample Mittagessen Menu

Fleischbrühe (clear soup)
Rollmops (rolled herring fillets)
Königsberger klopse (meatballs in cream sauce)
Sauerkraut
Armer ritter (German French toast, literally “poor knight”)
Cheese and crackers
Cookie platter with coffee

6 POLITICS, ECONOMICS, AND NUTRITION

Many Germans have begun to modify their eating habits to lower their calorie and cholesterol intake. Since the unification of East and West Germany in the 1990s, the government has faced the challenge of bringing the living conditions in the former East Germany up to the standard found in the former West Germany. Upgrading housing, schools, and utilities will continue after

2001. Despite unequal living conditions, Germans in all parts of the country are well nourished. In fact, most German children have enough to eat.

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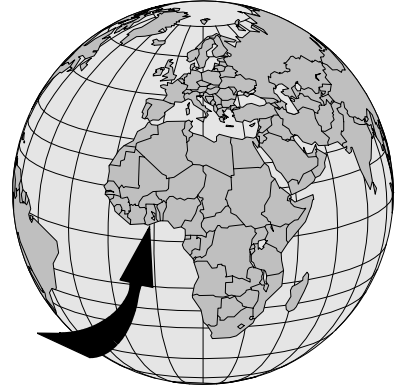
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Ghana

Recipes

Yams	12
Jollof Rice	13
Fufu	14
Kelewele (Fried Plantains).....	15
Groundnut Toffee (Peanut Toffee).....	15
Gari Biscuits	17
Oto (Yams & Eggs)	17
Groundnut Stew	18
Kenkey (Ground Cornmeal).....	19
Pepper Soup	19
Akara (Fritters).....	19



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Situated on the southern coast of the West African bulge, Ghana has an area of 238,540 square kilometers (92,100 square miles), extending 672 kilometers (418 miles) from north to south and 536 kilometers (333 miles) from east to west. Comparatively, the area occupied by Ghana is slightly smaller than the state of Oregon. Ghana's capital city, Accra, is located on the Gulf of Guinea coast.

The climate is tropical but relatively mild with two rainy seasons (April through June and from September to November). A serious environmental problem in Ghana is desertification (land that once supported plant life changing into barren desert). This is caused by poor land management practices, such as overgrazing, heavy logging, and slash-and-burn agriculture (where the land is cleared by cutting down all plants

and trees and then burning away the remaining brush and stumps).

2 HISTORY AND FOOD

Ghana's earliest inhabitants existed as long ago as 6000 B.C. Ancient stone tools and other artifacts have been discovered that suggest early hunter-gatherer communities, most of which lived by the ocean. These nomadic tribes (traveling from one place to another) roamed the land in search of berries and wild seeds, and followed herds of animals for meat.

Ancient trade routes existed long before the arrival of the first Europeans in 1471. Trade routes running north to south, and east to west, many of which ran through Ghana, existed throughout the continent of Africa. Modern-day Ghana imported dates, salt (for food preservation), tobacco, and copper from northern territories, while

GHANA



Ghana offered ostrich feathers, cloth, and cola nuts in return.

The Portuguese arrived in modern-day Ghana in 1471, the first Europeans to explore the land. Though they were searching for a sea route to the Far East, the explorers began building forts along the coast and trading with inland tribes for their gold. By 1600, the Dutch and English began exploring Ghana. One hundred years later, the Germans and Danes also built forts—all hoping for ivory and gold. In return, explorers brought rum, cotton, cloth, beads, and weapons to the tribesmen. Eventually the Europeans forcefully captured Ghanaians as slaves.

In addition to ivory and gold, Ghana was exporting palm oil, pepper, and corn by the mid-1800s. By 1902, the British had driven out all other European powers and named their new British colony the Gold Coast (it was later named Ghana in 1957). To continue the economic development of Ghana, the government distributed cocoa beans to local farmers to encourage the growth of a cocoa industry. At the beginning of the twenty-first century, Ghana's economy continued to be largely reliant on the exports of gold and cocoa. Bananas, cola nuts (the basic ingredient of many cola drinks), coconuts, rice, palm fruit, and various citrus fruits have also flourished into profitable cash crops.



Yams

African yams taste slightly different than Western yams, but Western yams may be used.

Ingredients

4 yams (a sweet potato may be substituted)
Salt, pepper, and butter, to taste

Procedure

1. Preheat oven to 375°F.
2. Scrub yams. Wrap each in aluminum foil (or banana leaves, available at some specialty food stores), as one would wrap baking potatoes.
3. Bake for 45 minutes, or until tender when pricked with a fork.
4. Be very careful unwrapping foil from yams.
5. Serve with salt, pepper, and butter.

Serves 4 (or more).

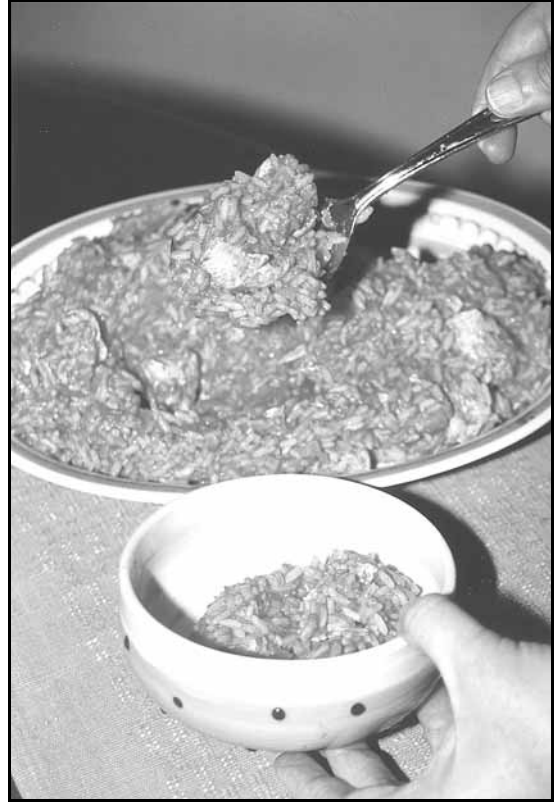
3 FOODS OF THE GHANAISANS

Ghanaians enjoy a rather simple, but flavorful cuisine. The majority of meals consist of thick, well-seasoned stews, usually accompanied by such staple foods as rice or boiled yams. Stews come in a variety of flavors, the most popular being okra, fish, bean leaf (or other greens), *forowe* (a fishy tomato stew), *plava* sauce (spinach stew with either fish or chicken), and groundnut (peanut), one of the country's national dishes.

Many spices are used to prepare stews and other popular dishes. Cayenne, allspice, curry, ginger, garlic, onions, and chili peppers are the most widely used seasonings. Onions and chili peppers (along with tomatoes, palm nuts, and broth) help to make up the basis for most stews.

Certain foods that make up the Ghanaian diet vary according to which region of the country people live in. In the north, millet (a type of grain), yams, and corn are eaten most frequently, while the south and west enjoy plantains (similar to bananas), cassava, and cocoyams (a root vegetable).

The people of the dry southeastern region eat mostly corn and cassava. Rice is a staple throughout most of the country. *Jollof rice*, a spicy dish that includes tomato sauce and meat, is enjoyed by most of the population. *Pito*, a fermented beverage made from sorghum (a type of grain), is a popular drink in the north, while those living in the south prefer palm wine.



EPD Photos

Jollof rice, tomato-flavored rice to which meat or fish is often added, may be served hot or at room temperature.



Jollof Rice

Ingredients

- 1¼ cups white rice
- 1 medium onion, chopped
- 1 pound boneless, skinless chicken breast
- 2 teaspoons vegetable oil
- 1 can (6-ounce) tomato paste
- 3 cups chicken broth

Procedure

1. In a saucepan sauté rice and onion in oil.
2. Cover and cook until onion is translucent and soft.
3. Cut chicken into ½-inch cubes and add to sauté mixture.
4. Mix in tomato paste and then broth.
5. Bring mixture to a boil.
6. Cover pan and reduce heat to low.
7. Cook until rice is tender, liquid is absorbed, and chicken is cooked, about 20 to 25 minutes.

Makes 8 servings.

A staple throughout West Africa, including Ghana, is *fufu* (boiled plantain, cassava, or rice that is pounded with a large mortar and pestle into a round ball). Other commonly eaten vegetables include spinach, okra, eggplant, onions, tomatoes, sweet potatoes, beans, corn, and cocoyams. Some villagers eat *bangu*, a fermented corn dish, or corn on the cob with pieces of coconut.

Meat is considered a sign of wealth and luxury in Ghana and is seldom eaten. Fish, especially near the coast, is found more often in everyday dishes and stews. *Kyembuma*, crabs with cassava dough, meat, and potatoes, and *gari foto* (eggs, onions, dried shrimp, and tomatoes) accompanied by *gari* (coarse manioc flour) are popular seafood dishes.

There are many treats for Ghanaians to enjoy after meals. Surprisingly, not many of them include chocolate as an ingredient, despite Ghana being one of the world's leading producers of cocoa. *Kelewele*, a dessert or snack, is made of fried plantains seasoned with ginger and ground red pepper or fresh chili peppers. Another dish that may

be served for dessert is a pancake made of mashed plantains, deep-fried in palm oil.



Fufu

Ingredients

- 6 cups water
- 2½ cups instant baking mix (such as Bisquick or Jiffy Mix)
- 2½ cups instant mashed potato flakes

Procedure

1. Boil the water in a large saucepan.
2. Add the instant flour mix and potato flakes to the boiling water and mix well.
3. Cook, stirring constantly for 10 to 15 minutes.
4. This is best accomplished by two people working together: one to hold the pot while the other stirs vigorously with a strong, wooden spoon.
5. The mixture will become very thick and difficult to stir, but the mixture must continuously be stirred.
6. Fill a medium-sized bowl with water to thoroughly wet its surface, then empty the water out.
7. Gather a large mass of the mixture (about 1 cup) on the spoon and transfer it to the wet bowl.
8. Shake the bowl vigorously until the dough forms into a smooth ball.
9. Serve on a large platter with soup or stew.

Makes about 6 servings.



Kelewele
(Fried Plantains)

Ingredients

- 6 large ripe plantains
- 1 teaspoon powdered ginger
- ½ teaspoon salt
- ½ teaspoon ground red pepper
- 2 Tablespoons water
- 3 cups oil or shortening

Procedure

1. Peel the plantain and cut crosswise into ½-inch slices, removing any woody parts from the center.
2. Mix ginger, salt, and red pepper with water in a mixing bowl.
3. Drop plantain slices into mixture and turn them to coat.
4. Heat oil or shortening in a large skillet and fry the mixture-coated slices until golden brown.

Serves 6.



EPD Photos

Two spoons are used to separate the sticky Groundnut Toffee mixture into balls. Groundnuts (peanuts) are used in many recipes, from main courses to desserts.



Groundnut Toffee
(Peanut Toffee)

Ingredients

- 1¼ cups sugar
- 1 Tablespoon butter
- 2 cups roasted peanuts

Procedure

1. Measure sugar into a saucepan and heat over medium high heat.
2. Heat for about 5 minutes, stirring frequently.

3. The sugar will melt and brown lightly.
4. Add butter and mix well.
5. Slowly stir in nuts until well-coated.
6. Dampen a pastry board and pour the toffee mixture onto it. (Be careful because mixture will be hot.)
7. Roll toffee into balls, using a metal or wooden spoon.
8. Cool and store in a tight, plastic container.

Makes about 2 dozen toffee balls.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The government does not recognize any religion as Ghana's official national religion. This is because Ghanaians believe in several different religions. Roughly 60 percent are Christians, 15 percent are Muslims (believers in the Islamic religion), and the remainder of the population practices a form of indigenous religion that existed hundreds of years before the introduction of Christianity or Islam. Such beliefs are called animism, the belief that all objects possess a spirit that is capable of causing both harm and good to those who come in contact with it.

The Portuguese introduced Christianity to Ghana in the 1400s, though Christian missionaries in the 1800s were most responsible for spreading the faith. In modern-day Ghana, the majority of Christians live near the coastal regions and enjoy taking part in Christian holidays.

Christmas is a special time of year for all Christians, including the Ghanaians, who observe Christmas for up to eight days. It is a time when relatives and friends visit one another and children receive new clothes and toys. The most popular dish at Christmas dinner is chicken, though goat or sheep may also be prepared for the special occasion. Yams and stew or soup are popular accompaniments served with the main dish. Fresh fruits and sweet treats are often offered for dessert. Muslims celebrate Islamic holidays (such as Ramadan) with as much anticipated joy, though they rarely consume pork or alcohol.



A Typical Ghanaian Christmas Menu

Chicken, goat, or sheep
 Chicken stew
 Cooked rice or *jollof rice*
 Boiled soybeans, yams, or eggplant
 Fufu
 Gari biscuits
 Mangoes, oranges, or pawpaws (papayas)

More than 100 festivals take place throughout Ghana each year, many of which are based on animistic beliefs and revolve around times of harvest. They typically pay tribute to their ancestors. These vibrant festivals give the Ghanaians a feeling of spiritual and cultural connection. All festivals, even somber ones, involve dancing, singing, and feasting.

One of the most popular festivals is *Odwira*, the presentation of the new harvest of yams to their ancestors. The weeklong festival in either September or October (depending on the harvest) follows strict guidelines each year. One rule prohibits the consumption of new yams until the festival has ended. On the fourth day before the start of the festival, a huge feast is held in honor of the living and the dead and feasts are held at the center of many towns.

Independence Day is joyously observed each year on March 6 in remembrance of Ghana's independence from Great Britain in 1957. Fireworks, sporting events, awards

shows, and cultural displays are all a part of the festivities. As in most of West Africa, the yam or plantain (similar to the banana) dish called *fufu* is a favorite dish to eat on this special day. A yam dish called *oto* is served with hard-boiled eggs for breakfast on festival mornings.



Gari Biscuits

Ingredients

- 5 cassavas
- 3 eggs
- ½ cup milk
- ¾ cup sugar
- 1 teaspoon nutmeg
- 1 Tablespoon flour

Procedure

1. Preheat oven to 350°F.
2. Peel, clean, and grate the cassavas.
3. Using a whisk or wooden spoon, beat the eggs and milk together in a mixing bowl.
4. Add the grated cassavas, sugar, nutmeg, and flour; mix well.
5. Roll out with a rolling pin and cut into circular shapes.
6. On a greased cookie sheet, bake for 15 minutes, or until a light, golden color.
7. Watch them carefully so they do not burn.

Makes about 2 dozen biscuits.



Oto (Yams & Eggs)

Ingredients

- 2 cups mashed yams, or mashed white potatoes
- 2 Tablespoons onions, grated
- ¾ cup palm oil (vegetable oil may be substituted)
- 1 ripe tomato, peeled and diced (optional)
- 6 hard-boiled eggs
- Salt and pepper, to taste

Procedure

1. Boil the yams or potatoes, then mash smoothly with a fork (or prepare the instant mashed potatoes using directions on package, but using water instead of milk).
2. Prepare the sauce in a separate saucepan by frying the onions with salt and pepper in palm oil.
3. Add the tomatoes, if desired, and remove the saucepan from heat.
4. Mash the solid egg yolks from 2 of the hard-boiled eggs, and stir into the sauce mixture.
5. Stir sauce into mashed yams and mix well until the color is even.
6. Empty the *oto* into a bowl and decorate with remaining whole hard-boiled eggs.

Makes 4 to 6 servings.

5 MEALTIME CUSTOMS

Ghanaians traditionally consume three meals a day and each meal is usually only one course. The typical kitchen contains an open fire, a clay oven, a large pot for cooking large quantities of food (such as stew), and a large iron griddle for frying. Although each ethnic group has its own style of cook-

ing, most Ghanaians typically cook by their own instincts, adding ingredients as necessary and determining preparation and cooking times simply by monitoring their meals.

Breakfast is occasionally more substantial than the light, midday snack that some groups consume. *Ampesi* (*am-PEH-si*) is a popular dish eaten in the morning. It consists of a cassava, cocoyam, yam, and plantain mixture that is boiled with onion and fish, and then pounded and boiled a second time. *Kenkey* (*ken-KAY*) may be eaten morning, midday, or in the evening. Ground cornmeal is soaked in water and left to ferment for up to two full days before it is shaped into a ball, boiled, and wrapped in plantain leaves. It is a popular accompaniment to fish or stew. *Pumpuka*, a porridge made from ground millet, is another breakfast dish.

Dishes served for lunch and dinner are typically very similar. *Fufu* (cassava, plantain, or cocoyam dough), palm fruit, fish, beans, eggplant, and groundnuts are often eaten alone or combined and eaten over rice, or as ingredients in a stew. Pepper soup is hot and spicy, but loved by most Ghanaians. To offset the spicy pepper, drinks native to Ghana such as Refresh, a soft drink made with fresh fruit juice, are extremely popular, especially among children who enjoy its sweet taste. Fried bean cakes called *kose* (or *akara*), boiled plantains, and *koko*, porridge made from corn or millet mixed with milk and sugar, are all popular meals for school children.

Sundays are often the day for wealthier Ghanaians to eat out, especially those living in the coastal regions. Cheaper café-like establishments called “chop houses” sell

local food and are popular among locals and tourists alike. However, street stalls sell local dishes for the least amount of money. Most chop houses and street stalls are run by women. Stalls often sell fresh fruit, *kelewele* (fried plantains), and porridge.



Groundnut Stew

Ingredients

- 3 Tablespoons vegetable oil
- 2 medium onions, chopped
- 2 carrots, chopped
- 1 green pepper, chopped
- 1 can tomatoes (28 ounces)
- 1 can black beans (14 ounces)
- 1 teaspoon salt
- 1–2 teaspoons red pepper (to taste)
- ¾ cup chunky peanut butter

Procedure

1. Measure oil into a large saucepan and heat over medium-high heat.
2. Add onions and carrots and sauté, stirring with a wooden spoon, until vegetables are softened.
3. Add green pepper and continue cooking a about 5 more minutes.
4. Stir in canned tomatoes with liquid (do not drain them), canned black beans, salt, and red pepper. Lower heat, cover, and simmer about 15 minutes.
5. Stir in peanut butter and continue simmering, covered for 10 more minutes. Serve hot.

Serves 6.



Kenkey (Ground Cornmeal)

Ingredients

- 6 to 8 cups cornmeal
- Banana leaves or cornhusks, available at African, Asian, or Latino groceries (or aluminum foil may be substituted)
- 1 Tablespoon vinegar
- 1 cup water (for boiling)

Procedure

1. In a large container, combine the cornmeal with just enough warm water to dampen all of it; mix well.
2. Cover the container with a clean cloth and set it in a warm place for 6 hours (normal fermentation takes 2 to 3 days).
3. After the time has passed, add vinegar to cornmeal and mix well.
4. Knead the dough with your hands until it is thoroughly mixed and slightly stiffened. Divide the dough into 2 equal parts.
5. In a large pot, bring water to a boil. Slowly add half of the dough and cook for about 10 minutes, stirring constantly and vigorously. Remove from heat.
6. This half of the dough is called the *aflata*.
7. Combine the *aflata* with the remaining uncooked dough half; mix well.
8. Divide the entire dough mixture into serving-sized pieces and tightly wrap the pieces in the leaves, husks, or foil.
9. Place the wrapped dough on a wire rack above water in a large pot.
10. Bring to a boil and steam for 1 to 3 hours, depending on their size and thickness.
11. Serve at room temperature.



Pepper Soup

Ingredients

- 2 Tablespoons cooking oil
- 2 medium onions, quartered
- 1 pound stew beef (chicken may be substituted)
- 2 chili peppers, chopped
- 2 tomatoes, chopped
- 1 small can tomato paste
- 1 teaspoon thyme
- 1 teaspoon curry powder
- Salt and pepper, to taste

Procedure

1. Heat oil in a large pot.
2. Fry onions in a small amount of oil in a skillet for a few minutes.
3. Add beef or chicken to pot and cover with water.
4. Bring to a boil and allow to cook until meat begins to become tender.
5. Reduce heat and add remaining ingredients and seasonings. Stir well.
6. Simmer for ½ hour.

Makes 4 servings.



Akara (Fritters)

Ingredients

- 2 to 3 cups dried black-eyed peas
- 1 onion, finely chopped
- ½ teaspoon salt
- 1 chili pepper or sweet green or red pepper, finely chopped, or to taste
- Cayenne pepper, to taste
- Vegetable oil, for frying

Procedure

1. Rinse peas under running water and soak them in a bowl of water for a few hours or overnight.
2. After they are soaked, rub them together between your hands to remove their skins.
3. Rinse again to wash skins away. Drain them in a sieve.
4. Crush, grind, or mash the peas into a thick paste.
5. Add enough water to form a smooth, thick batter that will cling to a spoon.
6. Add remaining ingredients (not including oil) and mix well.
7. Heat the oil in a skillet over medium heat.
8. Make fritters by scooping up a spoonful of batter and using another spoon to quickly push the batter into the hot oil.
9. Fry the fritters until they are golden brown. Turn them frequently to brown evenly.

Makes about 2 dozen fritters.

6 POLITICS, ECONOMICS, AND NUTRITION

About 11 percent of the population of Ghana is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 27 percent are underweight, and more than one-quarter are stunted (short for their age). Goiter (a swelling of the thyroid gland) was present in one-third of all school children between 1990 and 1995. This is usually a sign of an iodine deficiency. However, Ghanaians consume a fairly large amount of yams, which contain Vitamin B₁ (thiamin) and Vitamin C. Vitamin B₁ helps the body use energy foods and Vitamin C helps to keep the body tissues

strong and helps the body to use iron. Yams also provide some fiber, which helps keep the digestive system working properly.

Northern Ghana suffers harsher, more extreme weather conditions than the south, causing less food to be available during times of disaster. Floods during the wet season and droughts during the dry season can lead to serious health risks, including undernourishment. Southern Ghana experiences more stable conditions and is located closer to seaports. Food in the south can also be more efficiently stored, and most people can afford to buy food from markets when weather conditions destroy their crops.

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Greece

Recipes

Avgolemono (Egg-Lemon Soup)	22
Moussaka (Lamb-Eggplant Casserole)	23
Arni Souvlakia (Lamb on Skewers)	24
Lambropsoma (Greek Easter Bread).....	25
Melopitta (Honey Pie)	26
Kourabiethes (Butter Cookies).....	27
Tzatziki (Cucumber-Yogurt Sauce)	28
Greek Salad.....	28
Greek Salad Dressing.....	28
Patates Fourni Riganates (Baked Potatoes).....	28
Frouta Ke Yaourti (Fruit Salad).....	29



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Greece is the southernmost country in the Balkan Peninsula, the region that includes Albania, Macedonia, and Bulgaria to the north. It has a total area of 131,940 square kilometers (50,942 square miles). About a fifth of the area is composed of more than 1,400 islands in the Ionian and Aegean seas. About four-fifths of Greece is mountainous, including most of the islands.

Oranges, olives, dates, almonds, pomegranates, figs, grapes, tobacco, cotton, and rice abound in the areas of lower elevation, primarily in the east. Among Greece's main environmental problems are industrial smog and automobile exhaust fumes in the area around the capital, Athens. The smog regularly sends Greeks to the hospital with respiratory and heart complaints.

2 HISTORY AND FOOD

Greek cooking traditions date back thousands of years. Greeks today eat some of the same dishes their ancestors did in ancient times. These include *dolmades* (stuffed grape leaves) and many of the same fruits, vegetables, and grain products. A Greek, Archestratus, is thought to have written the first cookbook in 350 B.C.

The Greek diet has been influenced by traditions from both the East and West. In ancient times, the Persians introduced Middle Eastern foods, such as yogurt, rice, and sweets made from nuts, honey, and sesame seeds. In 197 B.C., when Rome invaded Greece, the Romans brought with them foods that are typical in Italy today including pasta and sauces. Arab influences have left their mark in the southern part of Greece. Spices such as cumin, cinnamon, allspice, and cloves play a prominent role in the diet of these regions. The Turks later



introduced coffee to Greece. Potatoes and tomatoes were brought from New World after exploration of the Americas began about five hundred years ago.

3 FOODS OF THE GREEKS

Fresh fruits and vegetables play a large role in the Greek diet. With its long coastline, Greece also relies heavily on fish and seafood. Meat tends to play a less important role. It is often used as an ingredient in vegetable dishes instead of as a main dish. The islands and coastal areas of Greece favor lighter dishes that feature vegetables or seafood. In contrast, the inland regions use more meat and cheese in their cooking.



Avgolemono (Egg-Lemon Soup)

Ingredients

- 8 cups (4 cans) chicken broth
- 1 cup uncooked rice
- 3 eggs
- 3 Tablespoons lemon juice
- 2 Tablespoons salt, or to taste

Procedure

1. In a large pot, bring broth to a boil over medium to high heat and add salt.
2. Add rice, cover, and simmer on low heat for 20 minutes. Remove from heat.
3. In a mixing bowl, beat eggs well. Add lemon juice to eggs while stirring constantly.
4. Slowly pour 1½ cups of hot chicken broth into egg-lemon mixture, stirring constantly.
5. Add egg mixture to rest of broth-rice mixture. Continue to stir. Heat on low heat without boiling.
6. Serve with toasted pita bread.

Serves 8.

The Greeks eat bread, grains, potatoes, rice, and pasta nearly every day. Staples of the Greek diet include olives (and olive oil), eggplant, cucumbers, tomatoes, spinach, lentils, and other types of beans, lemons, nuts, honey, yogurt, feta cheese, eggs, fish, chicken, and lamb. The following are some of the most famous Greek dishes: *dolmades*, (stuffed grape leaves); an egg and lemon soup called *avgolemono*; meat, spinach, and cheese pies; *moussaka* (a meat and eggplant dish); *souvlaki* (lamb on a skewer); and *bak-*

lava (nut-and-honey pastry wrapped in layers of thin dough called *phyllo*). The national beverage of Greece is strong Turkish coffee, which is served in small cups. Other beverages include *ouzo*, an alcoholic drink flavored with anise, and a popular wine called *retsina*.



Moussaka (Lamb-Eggplant Casserole)

Ingredients

- 2 medium eggplants, thinly sliced
- 3 Tablespoons olive oil
- 2 medium onion, diced
- 2 green peppers, seeded and diced
- 4 cloves garlic, minced
- 1½ pounds ground lamb or beef
- 2 teaspoons paprika
- ½ teaspoon black pepper
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- ¾ cup plain yogurt
- 4 egg yolks
- 1 Tablespoon flour

Procedure

1. In a large skillet, heat the olive oil and brown the onion, peppers, and garlic.
2. Add the ground meat, paprika, pepper, salt, and cinnamon.
3. When the meat is crumbled and cooked, put it in a bowl and set aside.
4. Sauté the eggplant slices in the skillet, adding more oil if needed.
5. Brown on both sides, remove, and set aside.



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Dolmades, one of the best-known of all Greek dishes, are grape leaves rolled around a mixture of ground meat and rice, simmered in a rich tomato broth.

6. In a large casserole dish, alternate layers of the eggplant and the meat mixture.
7. Preheat oven to 350°F.
8. Place cover or aluminum foil over the dish. Bake for 45 minutes.
9. In a mixing bowl, beat together the yogurt, egg yolks, and flour. Remove the casserole from the oven and remove cover.
10. Spread the yogurt mixture over the top of the moussaka.
11. Return uncovered casserole to the oven and bake for 15 minutes. Serve hot.

Serves 6 to 8.



Arni Souvlakia
(Lamb on Skewers)

Ingredients

- 2 Tablespoons olive oil
- 2 Tablespoons lemon juice
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 2 pounds lamb or beef, cut into cubes
- Lemon wedges

Procedure

1. Measure olive oil, lemon juice, salt, and pepper into a large, flat dish. Add lamb or beef and stir to coat pieces well.
2. Cover the dish with plastic wrap and let stand in refrigerator for at least 30 minutes.
3. Spear the cubes of meat onto 4 long metal skewers.
4. Preheat broiler or gas grill. Place skewers in a shallow broiling pan.
5. If using broiler, position oven rack about 6 inches from broiler flame.
6. Broil (or grill) meat for 10 minutes, then turn over the skewers and broil 10 minutes more.
7. Remove meat from the skewers with a fork and serve with lemon wedges.
8. Serve with white rice, accompanied by lemon wedges.

Serves 4.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Greece is a mostly Orthodox Christian country, and many Greeks observe the church's fast days. On these days, they eat



Easter Menu

- Roast lamb seasoned with herbs
- Mayeritsa (Easter soup with lamb meat and bones and vegetables)
- Lambropsoma (Easter bread)
- Rice or orzo (a rice-shaped pasta)
- Salad
- Baklava

either no meat or no food at all. There are strict dietary rules for Lent and Holy Week (the week before Easter). During Holy Week and on Wednesdays and Fridays in Lent, meat, fish, eggs, and dairy products are forbidden.

Greeks observe feasts as well as fasts. A roasted, stuffed turkey is eaten for Christmas, and a baby lamb or goat, roasted whole, is served for Easter dinner. A soup called *mayeritsa*, made with lamb parts is also eaten on Easter. Many traditional cakes are served for both Christmas and Easter. These include honey-dipped biscuits called *finikia* and shortbread cake-like cookies called *kourabiethes*. There is also a special New Year's cake called *vasilopitta*. Before Easter, hard-boiled eggs are painted bright red and then polished with olive oil. On Good Friday (the Friday before Easter) a special holiday bread called *lambropsoma* is baked. On Easter Sunday, family members crack their eggs against each other for good luck.



Cory Langley

The diet of people living on the islands and in coastal areas of Greece features abundant quantities of fruits, vegetables, and seafood.



Lambropsoma
(Greek Easter Bread)

Ingredients

- 2 loaves (1-pound each) of frozen white-bread dough
- 4 uncooked eggs in shell, tinted red with fast-color Easter egg dye
- Egg glaze (1 egg, beaten and mixed with 1 Tablespoon water)

Procedure

1. Thaw the bread dough according to directions on package, but do not allow to rise.
2. Put thawed loaves on floured work surface.
3. With clean hands, stretch each loaf into a rope about 2 feet long.
4. Hold both dough ropes together at one end and twist them around each other into one thick rope.
5. On greased or nonstick baking sheet, make a circle out of the coiled rope of dough.



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To prepare Lambropsoma (Greek Easter Bread) for baking, tuck the four dyed eggs into the twisted coil of unbaked bread dough.

6. Brush both ends lightly with water, pinch them together, and tuck them under the coil.
7. Preheat oven to 350°F.
8. Space eggs evenly between coils of dough, tucking them in deep (but still visible) so they will not be pushed out when the dough rises.
9. Cover with the towel and set in a warm place until bread doubles in size (about 1 hour).
10. Brush bread with egg glaze. Bake in oven for about 1 hour, or until golden brown.
11. Remove bread from oven and place on wire rack to cool.
12. To eat, slice or break of chunks of bread.
13. Eggs can be peeled and eaten.



Melopitta (Honey Pie)

Ingredients

- 2 cups cottage cheese
- ½ cup cream cheese, at to room temperature
- ½ cup sugar
- 1 cup honey
- 4 eggs, lightly beaten
- 1 teaspoon almond extract
- ½ cup coarsely chopped almonds
- Pie crust (to cover only the bottom of the pan), frozen or prepared
- Cinnamon, to taste

Procedure

1. Preheat oven to 350°F.
2. In large mixing bowl, mix cottage cheese, cream cheese, and sugar until well blended.
3. Mixing constantly, add honey, eggs, and almond extract.
4. Add the nuts and stir.
5. Pour mixture into pie crust and bake in oven for about 45 minutes, until crust is golden brown and pie is firm.
6. Sprinkle with cinnamon.
7. Cool to room temperature and serve in small wedges.

Serves 10 to 12.



Kourabiethes (Butter Cookies)

Ingredients

- 2½ cups flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup (2 sticks) butter softened
- ½ cup sugar
- 1 egg
- ½ teaspoon vanilla extract
- ¼ teaspoon almond extract
- Powdered sugar

Procedure

1. Preheat oven to 350°F.
2. In a small bowl, combine flour, baking powder, and salt.
3. Beat together butter, sugar, and egg in a large bowl until light and fluffy.
4. Add flour mixture to butter mixture and mix until well blended.
5. Add vanilla and almond extracts and mix well.
6. With your hands, form dough into balls, half-moons, or S-shapes. Place cookies 2 inches apart on cookie sheet.
7. Put on middle oven rack and bake 15 to 18 minutes, or until barely brown around the edges.
8. Remove cookies from cookie sheet and cool on wire rack or paper towels for 5 minutes. Sprinkle with powdered sugar.

Makes about 2 dozen cookies.

5 MEALTIME CUSTOMS

Greeks are not known for eating big breakfasts. Typical breakfast foods include bread, cheese, fresh fruit and, for adults, coffee. In rural areas, the main meal of the day is eaten at around 1:00 or 2:00 in the afternoon. It is followed by a rest period when schools and businesses close, allowing people to stay home during the hottest part of the day. In the cities, however, many people do not have time to go home for a large lunch. Instead they eat a light meal at midday and a larger dinner later on.

In the late afternoon, many Greeks help themselves to light refreshments called *mezethes*. These may consist of bread, fresh vegetables, cheese, olives, dips, or soup. *Mezethes* are sometimes served as appetizers at the beginning of a big meal. Like many other Europeans, Greeks eat their evening meal late—sometimes as late as 10 P.M. In the city, dinner is the main meal. In rural areas where a big lunch is eaten, dinner is lighter. The most common dessert in Greece is fresh fruit, but the Greeks also love to eat sweets, either as a snack or dessert.

Greeks are known for their hospitality. A traditional offering for guests is *glyko*, a thick jam made with fruit or a vegetable such as tomato or eggplant. It is served with ice water and coffee.

Since it is warm and sunny in Greece for so much of the year, eating outdoors is very popular.



Tzatziki
(Cucumber-Yogurt Sauce)

Ingredients

- 2 cups plain yogurt
- 1 unpeeled cucumber, finely chopped
- 2 cloves garlic, crushed, or 2 teaspoons prepared crushed garlic
- 2 Tablespoons olive oil
- 1 teaspoon salt

Procedure

1. In a bowl, add the cucumber, garlic, olive oil, and salt to the yogurt.
2. Blend well with a fork and refrigerate.
3. Serve with toasted pieces of pita bread or fresh vegetables, such as carrots, celery, or peppers.

Makes 2½ cups of sauce.



Greek Salad

Ingredients

- ½ head iceberg lettuce, torn by hand into small pieces
- 1 clove garlic, finely chopped
- 1 cucumber, peeled and thinly sliced
- 1 onion, thinly sliced
- 2 green or red bell peppers, thinly sliced into rings
- 1 cup Greek olives, pitted
- 2 tomatoes, cut into quarters, or about 10 cherry tomatoes
- ¼ to ½ pound crumbled feta cheese

Procedure

1. Combine all ingredients in a large salad bowl and toss well.

2. Cover and toss with Greek salad dressing (see recipe below).

Serves 4.



Greek Salad Dressing

Ingredients

- ½ cup olive oil
- 3 Tablespoons red wine vinegar
- 1 teaspoon lemon juice
- ½ teaspoon salt
- ½ teaspoon oregano
- Black pepper, to taste

Procedure

1. Mix all ingredients into a bowl.
2. Pour over salad and serve with warm pita bread.



Patates Fourni Riganates
(Baked Potatoes with Oregano)

Ingredients

- 4 large potatoes
- 3 Tablespoons olive oil
- 1½ Tablespoons lemon juice
- ½ teaspoon oregano
- ½ teaspoon salt

Procedure

1. Scrub potatoes under cool running water.
2. Place in a large, heavy saucepan with enough water to cover potatoes completely.

GREECE



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Greek potatoes, subtly flavored with lemon and oregano, can accompany grilled or roasted meat—lamb, chicken, or beef.

3. Boil potatoes over medium heat 20 to 25 minutes, or until fairly soft but not mushy.
4. Drain in a strainer, cool to room temperature, then peel.
5. Preheat oven to 350°F.
6. Cut potatoes into slices about ¼-inch thick and place them in a 1-quart baking dish.
7. Pour olive oil over potatoes. Add lemon juice, oregano, and salt.

8. Stir very gently to keep potato slices from breaking.
9. Bake uncovered for 20 minutes.

Serves 4 to 6.



Frouta Ke Yaourti (Fruit Salad)

Ingredients

- 4 cups mixed fresh fruit (grapes, melon, orange segments, peaches, berries, etc.), cut into chunks
- ¼ cup slivered almonds
- 1 cup plain yogurt
- 3 Tablespoons honey
- 1½ Tablespoons grated lemon rind

Procedure

1. In a mixing bowl, combine yogurt, honey, and lemon rind.
2. Put fruit and almonds in serving bowl.
3. Stir gently to mix.
4. Pour yogurt mixture over fruit and serve in individual dessert bowls.

Serves 4.

6 POLITICS, ECONOMICS, AND NUTRITION

Greece has an abundance of native herbs, including thyme, basil, oregano, rosemary, and sage, and fruits, such as nectarines, oranges, peaches, and apples. Many Greek villagers farm, and herd sheep or goats for a living. Fish (providing protein) and other seafood are plentiful, as four seas surround the peninsula of Greece.

GREECE

Many Greeks have adequate nutrition; however, there is a growing number of homeless children living and working on the streets. Laws to protect children are in place, but applied unevenly.

7 FURTHER STUDY

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Guatemala

Recipes

Picado de Rabano (Radish Salad).....	33
Frijoles Negros Volteados (Fried Black Bean Paste).....	33
Guacamole.....	33
Spanish Tortilla	33
Arroz Guatemalteco (Guatemalan-Style Rice)	34
Cucumber Soup.....	34
Bunuelos (Fried Fritters).....	35
Hot Christmas Punch	36
Pepinos Rellenos (Stuffed Cucumbers).....	36
Mantequilla de ajo casera (Garlic Butter)	37
Pan de Banano (Banana Bread)	37



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Guatemala is located in Central America. It has an area of 108,890 square kilometers (42,043 square miles), slightly smaller than the state of Tennessee. Because of its consistently temperate climate, Guatemala has been called the “Land of Eternal Spring.” Crops such as coffee, sugar, bananas, and cocoa are grown both for consumption in Guatemala and for export. Guatemala, with parts of Mexico and Honduras, occupies the Yucatán peninsula, where the lowland forest of Petén, once the home of the Mayas, is found. Guatemala’s main environmental problems are caused by deforestation—more than 50 percent of the nation’s forests have been destroyed since 1890. The nation’s water supply is also at risk due to industrial and agricultural pollutants.

2 HISTORY AND FOOD

The history of Guatemala is often recognized in three stages: the Mayan Empire,

Spanish rule, and the modern republic (which is in existence today). All three have had an influence on Guatemalan cuisine. The ancient Mayan civilization lasted for about six hundred years before collapsing around 900 A.D. These ancient natives lived throughout Central America and grew maize (corn) as their staple crop. In addition, the Maya ate *amaranth*, a breakfast cereal similar to modern day cereals.

Guatemala remained under Spanish rule from 1524 to 1821. Typical Spanish dishes, such as *enchiladas*, *guacamole*, *tamales*, and *tortillas*, began making their way into the Guatemalan diet. At the beginning of the twenty-first century, an *empanada* (meat turnover) could be purchased for about twenty-five cents, chicken tortillas for fifty cents each, and a hot beef sandwich for about seventy-five cents. Other countries and their cultures have also affected the Guatemalan diet, including the Chinese. Most Guatemalan cities and towns have at least one Chinese restaurant.

GUATEMALA



Guatemala became independent from Spain in 1821, and continues to remain independent. In the late 1800s and early 1900s, banana and coffee plantations were established. Sugarcane became another successful agricultural crop by the end of World War II (1939–1945).

3 FOODS OF THE GUATEMALANS

Guatemala does not have a national dish, but there are many foods that have become a part of the everyday diet. Just as during the time of the Mayans, corn continues to be a staple food. It is most often eaten in the form of a tortilla (a thin corn pancake). These are usually served warm and wrapped in cloth. Black beans (*frijoles*), another

Mayan staple, are eaten at almost every meal. They are usually refried (*volteados*), mashed, or simply eaten whole (*parados*). Rice, eggs, and cheese are also widely consumed.

Chicken, turkey, and beef (roasted, grilled, or fried) are the country's most popular meats and are normally accompanied by beans and rice (*frijoles con arroz*). Meats are often served in stews (*caldos*) or cooked in a spicy chili sauce, though whole chickens may occasionally be served with the feet still attached. *Pepián*, a thick meat and vegetable stew, is a common dish in the area of Antigua (a town just outside of Guatemala City, the country's capital). Seafood is most common along the coasts, and is usually prepared with various spices.

Other popular dishes are *bistec* (grilled or fried beef), *guacamole* (mashed avocado with onions and spices), *mosh* (porridge), *churrasco* (charcoal-grilled steak), and *chiles rellenos* (chiles stuffed with meat and vegetables). Fresh fruits and vegetables, such as yucca, carrots, plantains, celery, cucumbers, and radishes, help to keep the Guatemalan diet healthy. However, snacks, such as doughnuts (*donas*), are also widely popular.

Guatemalan coffee, which is most often exported, is considered some of the best in the world. Most Guatemalans, however, tend to drink weak coffee loaded with plenty of sugar. Rich, savory coffee is more commonly found in tourist areas. *Agua*s, soft drinks, are also abundant. Sweetened fruit juice mixed with either water or milk, called *licuado*, is a refreshing alternative.



Picado de Rabano (Radish Salad)

Ingredients

- ½ pound radishes (about 20)
- 12 fresh mint leaves, finely chopped
- Salt, to taste
- ¼ cup of a mix containing ⅔ orange juice and ⅓ lemon juice

Procedure

1. Trim the ends and slice the radishes.
2. Combine sliced radishes with mint leaves, salt, and orange and lemon juice mix in a bowl and serve as a salad.

Serves 2 to 4.



Frijoles Negros Volteados (Fried Black Bean Paste)

Ingredients

- 2 cups black bean puree (canned refried black beans)
- 1 Tablespoon oil

Procedure

1. Heat oil over moderate heat in a skillet.
2. Add bean puree and mix well with a wooden spoon.
3. Stir until the puree thickens and the liquid evaporates.
4. Continue until mix begins to come away from skillet and can be formed by shaking the skillet to give a sausage shape.
5. Serve warm with tortillas, cheese, sour cream, or bread.



Guacamole

Ingredients

- 1 ripe avocado
- 1 teaspoon chicken bouillon (or 1 cube chicken bouillon)
- 1 to 2 cloves garlic, minced
- Tomatoes and onions, chopped, to taste (optional)

Procedure

1. Peel, remove the pit, and thoroughly mash the avocado.
2. Add the bouillon and the minced garlic. Mix well.
3. Add chopped tomatoes and onions, if desired.

Serve with tortilla chips.



Spanish Tortilla

Ingredients

- 3 large, white potatoes, thinly sliced
- ¼ cup olive oil
- 1 onion, chopped
- Salt and pepper, to taste
- 4 eggs
- 1 small red pepper, seeded and sliced
- Flat-leaf parsley, minced

Procedure

1. Skins may be left on the potatoes, if preferred. Slice the potatoes very thin.
2. Heat 2 Tablespoons of the oil in a 9- or 10-inch skillet and sauté the potatoes and onion, stirring, until golden brown.
3. Season with salt and pepper.

4. Beat the eggs and gently mix the potatoes with the eggs.
5. In another frying pan, heat the remaining oil and pour in the potato and egg mixture.
6. Cook over medium heat without stirring until set.
7. With a plate, flip over and cook on the other side until browned. Garnish with pepper and parsley.



Arroz Guatemalteco (Guatemalan-Style Rice)

Ingredients

- 2 cups long grain rice
- 2 Tablespoons oil
- 1 cup mixed vegetables (carrots, celery, sweet red peppers, green peas), finely chopped
- Salt and pepper, to taste
- 4 cups chicken stock

Procedure

1. Heat the oil in a heavy saucepan and add rice.
2. Sauté lightly until the rice has absorbed the oil, being careful not to let it change color.
3. Add the mixed vegetables, salt, pepper, and chicken stock.
4. Bring to a boil, cover, and reduce heat to low.
5. Cool for about 20 minutes until rice is tender and the liquid has been absorbed.

Serves 6 to 8.



Cucumber Soup

Ingredients

- 1 Tablespoon vegetable oil
- 1 pound pickling cucumbers (peel off skin, if waxed), chopped
- 1 medium onion
- 1 medium red bell pepper, chopped
- 3 cups low sodium chicken broth
- Ground pepper, to taste
- Pinch of salt (optional)
- ¼ cup plain, nonfat yogurt
- 1 Tablespoon fresh parsley, chopped

Procedure

1. In a large saucepan, warm the oil over medium heat.
2. Add the cucumbers, onions, and red pepper.
3. Cook until all the vegetables are tender, about 15 minutes.
4. Stir in the chicken broth and simmer for 10 minutes, stirring occasionally.
5. Remove from heat.
6. In a blender or food processor, puree the soup until very smooth, and then return it to the saucepan.
7. Bring to a simmer and season to taste with salt (optional) and pepper.
8. Serve hot, topped with a Tablespoon of yogurt and a sprinkling of parsley.

Makes 4 servings.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The majority of Guatemalans (approximately 60 percent) are Roman Catholic. The traditional Mayan religion, however, still exists and is widely popular throughout the country. Both religions have holiday and

GUATEMALA

festival celebrations, although there are several special days throughout the year that are observed by everyone. The country is also home to several minority groups.

Christmas and Easter are two of the most widely celebrated holidays in Guatemala. The days before Christmas are filled with parties and various festivities, including decorating homes with *manzanillas* (small, yellow fruits) and watching fireworks. Tamales and punch are often served on Christmas Eve.

Holy Week, also known as *Semana Santa*, is celebrated the week before Easter. Guatemalans dress in colorful costumes to celebrate the week of festivities, which includes floats, music, and all types of food. Fish, chickpeas, *torrejas* (pastries similar to French toast), *encurtidos* (spicy vegetables with vinegar), and candied fruits are popular foods during this time. Those of Mayan descent often feast on *tobic* (vegetable, beef, and cabbage soup), *kilim* (chicken in a seasoned sauce, served with rice and potatoes), *joch* (a hot drink made of ground corn, barley, cinnamon, and brown sugar), and cooked fresh fruit, such as peaches or pears. Small doughnuts glazed with honey and cinnamon, called *bunuelos* (boon-WAY-lows), are popular holiday treats.

The first day of November marks All Saints Day, also known as the “Day of the Dead.” Rather than a day of mourning, it is a time to celebrate the lives of loved ones that have passed away. To feel close to the dead, families often have a picnic on top of a loved one’s grave.

Children’s parties frequently feature *pinatas*, hollow decorations filled with toys

and treats. Blindfolded children attempt to break open the *pinata* with a stick to release the treats inside. Weddings in Guatemala often feature bell-shaped *pinatas* that are filled with raw beans, rice, and confetti.



Bunuelos (Fried Fritters)

Ingredients

1 cup flour
1 teaspoon baking powder
Pinch of salt
1 cup water
¼ pound butter
3 eggs
Vegetable oil, for deep-frying

Procedure

1. Stir together the flour, baking powder, and salt.
2. Combine the water and butter in a heavy saucepan and bring to a boil.
3. Remove from heat, and use a wooden spoon to mix in the flour mixture.
4. Mix in the eggs, 1 at a time.
5. Heat the oil in a deep skillet over medium to high heat.
6. Shape the batter into balls about the size of a golf ball.
7. Carefully slip them into the oil.
8. Be sure not to crowd the skillet (cook separate batches, if necessary).
9. Using the wooden spoon, keep moving the bunuelos around so they will puff up and brown evenly.
10. When golden brown, remove them to a plate lined with paper towels.
11. Top with cinnamon sugar or powdered sugar, or serve with a side of honey.
12. Serve warm.

Makes about 30 bunuelos.



Hot Christmas Punch

Ingredients

- 8 cups apple juice
- 8 cups cranberry juice
- 5 cinnamon sticks, broken
- 5 oranges, sliced ¼-inch thick

Procedure

1. Place all ingredients into a large, stainless kettle and bring to a boil.
2. Reduce heat and simmer 45 minutes to 1 hour.
3. Strain and serve hot.

Serves 8.

5 MEALTIME CUSTOMS

Guatemalans who live in urban areas generally eat three meals a day. Breakfast most often consists of coffee, eggs, beans, or toast with marmalade. Lunch is traditionally the largest meal. Soup is often served, followed by meat, rice, vegetables, and a simple salad. Fresh fruit or pudding may follow the meal. Dinner, eaten around 7 or 8 P.M., usually includes such foods as sweet bread, beans, artichokes, rice, lamb, or grilled snapper. Fried plantains, flan (caramel custard), or fresh fruit are popular desserts.

A rural diet normally contains more simple ingredients. The day may begin with coffee, black beans, and tortillas. A mid-morning snack around 10 A.M. may be *atole*, a sweet corn drink. Following a traditionally large lunch, another snack, such as coffee and a sweet pastry, is usually enjoyed around 4 P.M. Eggs and vegetables often accompany black beans and tortillas (often made by combining ground cornmeal with

lime juice) for dinner. Extremely poor Guatemalans sometimes eat little more than corn, beans, and fruit.

When guests are invited for dinner in a Guatemalan home, it is polite to bring a small gift to the hosts, such as candy or flowers, but most people prefer that the guest simply bring dessert.

Those dining at a restaurant will have several options for international cuisine: Spanish, Mexican, French, Italian, Chinese, Caribbean, and Mediterranean, to name a few. A 10 percent tip is suggested at most restaurants.

As an alternative to traditional food, American fast food chains have established themselves throughout the country. They provide quickly prepared meals and are relatively inexpensive. As of 2001, several of the most popular American chain restaurants existed in Guatemala, in addition to other chains.



Pepinos Rellenos (Stuffed Cucumbers)

Ingredients

- 2 to 3 cucumbers
- ½ lime
- 1 red pimiento chile (red pepper)
- 1 small (3-ounce) package of cream cheese
- 1 Tablespoon cream
- 1 Tablespoon basil
- 1 Tablespoon green onions, chopped
- 2 garlic cloves, chopped
- Salt and pepper
- Pinch of paprika

Procedure

1. Cut the cucumbers down the middle, lengthwise, peel and remove the seeds.
2. Rub the cucumbers with lime juice, and salt and pepper.
3. Cut the red pepper down the middle, remove the seeds, and dice into small pieces.
4. Combine the cream cheese and cream together with the remaining ingredients and mix well.
5. Fill the cucumbers with the mix and refrigerate for 2 hours.
6. Cut into slices and serve. (May be served on a bed of lettuce leaves.)

Serves 6 to 10.



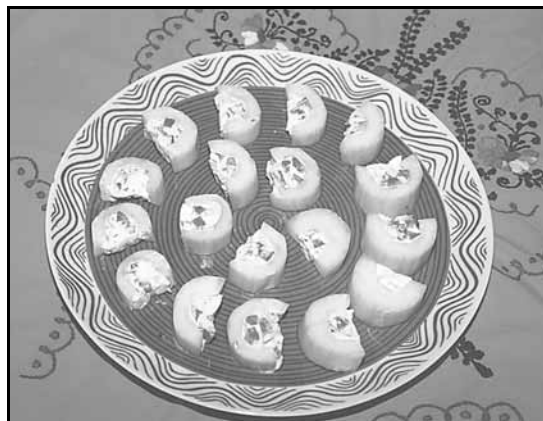
Mantequilla de ajo casera (Garlic Butter)

Ingredients

- ½ pound unsalted butter, softened
- 6 garlic cloves, chopped
- 1 teaspoon parsley, chopped
- 1 Tablespoon lemon juice
- Salt and pepper, to taste

Procedure

1. Mix the ingredients in a bowl using a wooden spoon.
2. When well mixed, place on aluminum foil and form into a ball.
3. Refrigerate and use as desired.



EPD Photos

Pepinos Rellenos combine the cool firm flesh of the cucumber with a soft, creamy, flavorful filling.



Pan de Banano (Banana Bread)

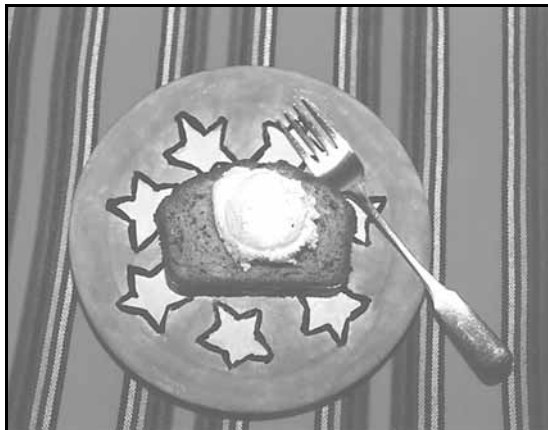
Ingredients

- ½ cup butter
- ½ cup sugar
- 1 pound ripe bananas (about 2 or 3 large)
- ½ teaspoon salt
- 1 teaspoon cinnamon, ground
- 1 Tablespoon lemon juice
- 1 egg, beaten well
- 1½ cups flour
- 2 teaspoons baking powder

Procedure

1. Preheat oven to 350°F.
2. Soften the butter to room temperature and mix it with the sugar in a mixing bowl until light and fluffy.
3. Mash the bananas and add it to the butter and sugar mixture.
4. Add the salt, lemon juice, cinnamon, and egg.

GUATEMALA



EPD Photos

A slice of banana bread is a simple snack; when served topped with butter or honey, it is an accompaniment for a salad or light meal; when topped with whipped cream or ice cream, it becomes dessert.

5. Sift the flour with the baking powder and slowly add it to the liquid mixture.
6. Pour the batter into a greased loaf pan, approximately 9 x 5 inches.
7. Bake in oven for 1 hour, or until a toothpick inserted into the center comes out clean.
8. Serve with honey as a cake bread, or as a dessert with cream or ice cream.

6 POLITICS, ECONOMICS, AND NUTRITION

About 17 percent of the population of Guatemala is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 27 percent are underweight, and more than 50 percent are stunted (short for their age).

It is estimated that the poorest half of the population gets only 60 percent of the mini-

mum daily caloric requirement. Malnutrition, alcoholism, and inadequate housing and sanitation pose serious health problems.

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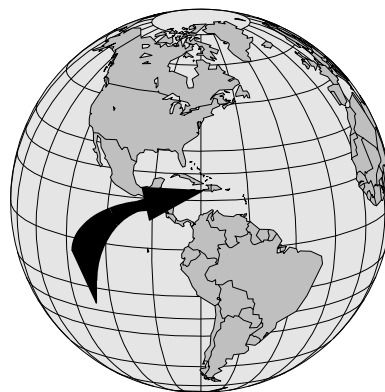
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Haiti

Recipes

French-Style Lettuce Salad.....	40
Corn Pudding	41
Spiced Cocoa	41
Mango Juice.....	42
Bannann Peze (Fried Plantains).....	43
Riz et Pois Rouges (Rice and Red Beans)	44
Riz Djon-Djon (Rice and Haitian Mushrooms).....	44
Haitian Fruit Salad	44
Pain Haïtien (Haitian Bread).....	46
Pineapple Nog	46
Ti-Malice (Spicy Haitian Sauce).....	47
Cornmeal Porridge.....	47



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Haiti occupies the western third of the island of Hispaniola (the Dominican Republic occupies the eastern two thirds). Haiti is slightly larger than the state of Maryland, with an area of 27,750 square kilometers (10,714 square miles) including several islands. Three main mountain ranges, separated by open plains, stretch across the country. The climate is tropical, with some variation depending on altitude. Coffee, cocoa, coconuts, avocado, orange, lime, and mango grow wild. The most important commercial crops are coffee and sugarcane. Other important crops include bananas, corn, rice, sorghum, beans, and cocoa beans. The virgin forests that once covered the entire country have now been reduced to about 4 percent of the total land area.

2 HISTORY AND FOOD

Spain, France, the continent of Africa, and later the United States, were crucial in shaping traditional Haitian cuisine. Throughout its history, several foreign countries gained control of Haiti, introducing food and ideas from their native lands, many of which significantly affected the foods modern Haitians eat.

The island of Hispaniola, which encompasses both Haiti and the Dominican Republic, was inhabited by hunter-gatherers as early as 5000 B.C. Fruits and vegetables such as guavas, pineapples, cassava, papayas, sweet potatoes, and corn were cultivated by early Haitian tribes, particularly the Arawak and Taino Indians. It was not long before the first European arrived on the island and began introducing oranges, limes, mangoes, rice, and sugarcane. Slaves from Africa were eventually transported to Haiti to work the sugarcane plantations.

HAITI



On December 6, 1492, Christopher Columbus landed on the island and named it *La Isla Espanola* (later named Hispaniola), or the Spanish Island, and claimed it for Spain. The Spaniards called it Santo Domingo. The Spanish established sugar plantations and made the native Indians work as slaves. Hard labor and disease nearly wiped out the indigenous population by 1520, forcing the Spaniards to ship slaves from Africa to work the plantations instead. The Africans introduced okra (also called gumbo; edible pods), *ackee* (red and yellow fruit), *taro* (edible root), pigeon peas (seeds of an African shrub), and various spices to the diet. They later introduced such Haitian specialties as red beans and rice and *mirlicton* (or *chayote*; a pear-shaped vegetable) to Louisiana's Creole cuisine.

By 1700, the French had taken control of Hispaniola from Spain. The French colonists successfully cultivated sugarcane, coffee, cotton, and cocoa with the help of African slaves.

Haitians won their independence and became the first African-American republic in the New World in 1804. French rule, however, remains evident in modern Haitian society, particularly in the wide use of the French language, and in the contributions to the country's cuisine. French cheeses, desserts, and breads are commonly found at local markets and stores.



French-Style Lettuce Salad

Ingredients

- 1 head lettuce
- 1 garlic clove, sliced
- 2 Tablespoons salad oil
- 1 Tablespoon wine vinegar
- ¼ teaspoon salt
- Pepper, to taste
- 1 Tablespoon parsley, minced
- 1 teaspoon lime juice

Procedure

1. Wash, drain, and thoroughly dry the lettuce.
2. Rub a salad bowl with garlic and add the other ingredients to the bowl.
3. Mix well.
4. Tear lettuce leaves into bowl.
5. Just before serving, toss thoroughly.

Serves 4 to 6.



Corn Pudding

Ingredients

- 1 Tablespoon cornstarch
- 1 Tablespoon flour
- 1 Tablespoon sugar
- 1 can creamed corn
- Salt
- 2 eggs, beaten
- ½ cup milk
- 1 teaspoon vanilla
- 3 Tablespoons butter, melted

Procedure

1. Preheat oven to 325°F.
2. Combine cornstarch, flour, sugar, and salt in a saucepan.
3. Stir in creamed corn and beaten eggs.
4. Add the milk, vanilla and butter.
5. Mix well and pour into a shallow casserole dish and bake for about 1 hour.

Serves 2 to 4.



EPD Photos

Corn pudding may be served warm from the oven or at room temperature.



Spiced Cocoa

Ingredients

- 3 egg whites
- ¾ cup cocoa
- 1 teaspoon cinnamon
- 4 to 8 Tablespoons sugar, to taste
- 1 cup cold milk
- 11 cups milk

Procedure

1. Mix egg whites, cocoa, cinnamon, and sugar into a paste.
2. Dilute the paste with 1 cup of cold milk.
3. Boil the remaining 11 cups of milk over low heat.
4. Gradually add the paste to the boiling milk, beating constantly.
5. Serve hot and foamy.

Serves 12.



Mango Juice

Ingredients

- 4 cups water
- 3 cups orange juice
- 2 mangoes
- 1 cup sugar

Procedure

1. Boil the sugar and water together until sugar is dissolved; let mixture cool.
2. Scoop out the mango flesh and combine with orange juice in a blender.
3. Add the sugar water with puree and continue to blend.
4. Pour into a pitcher filled with ice cubes and serve.

Serves 8.

3 FOODS OF THE HAITIANS

Haitian food is often lumped together with other Caribbean islands as “Caribbean cuisine.” However, Haiti maintains an independently unique flavor. Unlike its Spanish-influenced counterpart, the Dominican Republic, Haitian cuisine is based on Creole and French cooking styles. Strong pepper flavoring in many dishes also sets Haitian food apart from the other islands.

Several dishes are specifically native to Haiti, including rice *djon-djon* (jon-JON). It requires Haitian black mushrooms, locally grown fungi. The stems of the mushrooms are used to color the rice black, then the mushroom caps with lima beans are used as a tasty topping. *Calalou* (kah-lah-LOO), consisting of crabmeat, salted pork, spinach, onion, okra, and peppers, and *pain patate* (pane pah-TAT), a sweetened potato,

fig, and banana pudding, are other native dishes to Haiti. *Soup jomou* (pumpkin soup) is traditionally served for lunch on Sundays.

In general, the average Haitian diet is largely based on starch staples such as rice (which is locally grown), corn, millet, yams, and beans. However, wealthier residents can afford meats (usually pork and goat), lobster, spiced shrimp, duck, and sweet desserts such as French-influenced mousse and pastries.

Extravagant fare such as frog legs, cold cuts, and French cheeses are available (typically in Port-au-Prince, Haiti’s capital), but they are not commonly eaten by the average Haitian. *Riz et Pois*, the country’s national dish of rice and beans, is more common fare. It is relatively inexpensive, and the rice and beans provide carbohydrates for field workers. *Mayi moulen* (cornmeal mush) cooked with kidney beans, coconut, and peppers, and *pikliz* (spicy pickled carrots and cabbage) can be filling, and its ingredients are usually affordable. Haitians also tend to frequently fry their meals in pig fat to give them greater flavor. *Bannann peze* (fried plantains, similar to bananas), *poule* (fried chicken), *tasso* (deep-fried beef), and *grio* (fried pork) are common examples.

Haiti’s tropical Caribbean climate allows for tropical fruits such as avocados, mangoes, pineapples, coconuts, and guava to grow in abundance. Such fruits are often used to make refreshing fruit juices. Other popular beverages include shaved ice topped with a fruity syrup, *Juna* (a locally produced orange squash drink), and even sugarcane. Both adults and children enjoy chewing on the stalks to extract its sweet juice.



EPD Photos

Use a flat spatula or the bottom of a drinking glass to flatten the fried plantain slices to make Bannann Peze.



Bannann Peze (Fried Plantains)

Ingredients

½ cup vegetable oil

2 medium-sized green plantains, peeled and sliced

Procedure

1. In a heavy 12-inch skillet, heat the oil over moderate heat.

2. Add as many plantain slices as you can without crowding the pan and brown for about 2 minutes on each side.
3. As they brown, transfer them to paper towels to drain.
4. On a board, using a spatula, press each slice flat and round, about ¼-inch thick and 2 inches in diameter.
5. Heat the oil and fry the rounds again for about 1 minute on each side.
6. Drain on paper towels and serve immediately.
7. Serves 4.



Riz et Pois Rouges
(*Rice and Red Beans*)

Ingredients

- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 medium green bell pepper, chopped
- 2 Tablespoons vegetable oil
- 1 cup rice, uncooked
- 2 cans (15 ounces each) kidney beans, drained
- ¼ pound ham, chopped
- ½ teaspoon cumin
- ¼ teaspoon salt
- ¼ teaspoon oregano
- ¼ teaspoon crushed red pepper
- 2½ cups boiling water

Procedure

1. Preheat oven to 350°F.
2. Heat oil in a large skillet.
3. Cook and stir the onion, garlic, and green pepper until tender, about 3 minutes.
4. In a separate bowl, combine and mix all the remaining ingredients.
5. Add the onion mixture to the bowl and stir well.
6. Pour entire mixture into an ungreased 2-quart casserole dish.
7. Cover and bake until liquid is absorbed and rice is tender, about 55 minutes.
8. Stir before serving.

Makes 5 to 6 servings.



Riz Djon-Djon
(*Rice and Haitian Mushrooms*)

Ingredients

- 2 cups long grain rice
- 1 cup Haitian black mushrooms (or dried, black European mushrooms)
- 2 cloves garlic, finely chopped
- 4 Tablespoons butter
- Salt, pepper, and thyme, to taste

Procedure

1. Remove the stems from the mushrooms and soak them in a cup of hot water for 30 minutes.
2. Soak the heads in a separate cup of hot water.
3. Sauté the rice and garlic in butter, then add all the other ingredients, including the water used to soak the mushrooms (discard the mushroom stems, which are inedible).
4. Cook for 20 minutes and serve.

Serves 6.



Haitian Fruit Salad

Ingredients

- 2 oranges, peeled and sectioned
- 3 bananas, sliced
- ½ cup melon balls
- ½ cup strawberries, sliced
- 4 slices pineapple, diced
- ½ cup raspberries
- ¼ cup roasted peanuts
- ¼ cup pineapple juice
- ¼ cup lime juice

1 cup sweetened condensed milk
Shredded coconut (optional)

Procedure

1. In a large bowl, combine oranges, bananas, melon balls, strawberries, pineapple, raspberries, and nuts.
2. In a separate bowl, combine the pineapple juice, lime juice, condensed milk, and beaten eggs.
3. Pour the juice mixture on top of the fruit.
4. Top with shredded coconut.

Serves 4.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Religion is an important part of Haitian life and culture. The two main religions are Roman Catholicism and Voodoo (or Voodoo), a mixture of African animism (belief in spirits and nature) and Christianity. In addition to visiting family and enjoying delicious meals together, religious and secular (nonreligious) celebrations are also a time to forget about everyday poverty and hardship.

Roman Catholics observe such holidays as Good Friday, Easter Sunday, and Christmas—one of the most celebrated of all Christian holidays worldwide. On Christmas Eve in Haiti, Roman Catholics attend midnight mass, followed by a celebration dinner and gift exchanges. Children will also travel through local streets carrying a small house or church that they have made ahead of time with strips of cardboard called a *fanal* (fah-NAHL). Typically, only the homes of the wealthy will own a Christmas tree, but everyone in a village might get to enjoy *pis d'etoil* (firecrackers).

Haitians who practice voodoo enjoy harvest festivals that take place for two days each November. Haitian peasants observe *Manger-Yam* (mahn-djay YAM), literally meaning “eat yam” day. Along with singing and dancing, the festival is celebrated by feasting and drinking. The purpose of this day is to recognize the importance of the yam in the rural Haitian diet.

National holidays, holidays observed and celebrated by the majority of the population (regardless of religious beliefs), are also popular. November 2 is All Souls’ Day (or the Day of the Dead). On this special day, loved ones who have passed away are honored and their lives celebrated through storytelling, eating, and drinking. Many people choose to place food in front of a loved one’s grave or on the table where they used to eat. Only after the food has been offered will the rest of the family enjoy their own meals.

Probably the most widely celebrated event in Haiti is known as Carnival, or Mardi Gras. Though the main attraction is music, these three days preceding Ash

*A Typical Christmas Menu*

Fried pork or goat
Pikliz (spicy pickled carrots and cabbage)
Fried plantains
Pain Patate (sweetened potato, fig, and banana pudding)
Haitian bread
Pineapple Nog

Wednesday each February (known as “Fat Tuesday” in the United States) are also marked by days of celebratory feasting.



Pain Haïtien (Haitian Bread)

Ingredients

- 2 packages active dry yeast
- 1½ cups warm water
- ¼ cup honey
- 2 Tablespoons vegetable oil
- 1 teaspoon salt
- ¾ teaspoon ground nutmeg
- 4 cups flour
- ¼ teaspoon instant coffee
- 2 Tablespoons milk

Procedure

1. Preheat oven to 350°F.
2. Dissolve the yeast in a large bowl in warm water.
3. Stir in honey, oil, salt, nutmeg, and 2 cups of the flour.
4. Beat until very smooth, about 1 minute.
5. Gradually add enough of the remaining flour to make a stiff dough.
6. Turn dough onto a lightly floured surface; knead until smooth, about 5 minutes.
7. Place in a greased bowl, cover, and let rise in a warm place until about double in size, about 50 minutes. Punch down on dough.
8. Press in greased jelly roll pan (about 15x10x1-inch).
9. Cut dough into about 2½-inch squares with a sharp knife, cutting two-thirds of the way through the dough.
10. Cover and let rise until double in size, about 30 minutes.

11. Dissolve the instant coffee in the milk and brush over the dough.
12. Bake until the bread is golden brown, about 35 minutes.
13. Break the bread into squares to serve.

Makes 2 dozen squares.



Pineapple Nog

Ingredients

- 1 can pineapple, crushed
- ⅛ teaspoon nutmeg, plus additional for topping
- ½ cup coconut milk
- 1 cup milk

Procedure

1. Combine all the ingredients in a blender and mix well.
2. Top the drink with additional nutmeg.

Serves 4 to 6.

5 MEALTIME CUSTOMS

Most of Haitian society consists of peasants who live a simple lifestyle. On a small plot of owned or rented land, the peasants usually cultivate beans, sweet potatoes, maize (similar to corn), bananas, or coffee (and sometimes a combination). Men plant and harvest the crops while the women typically take care of the children, prepare meals, and sell the extra crops they have grown (if there are any) at the local market.

Markets are frequently the center of economic and social activity in small Haitian villages, and a place where mostly women can be seen selling produce. Markets located in tourist areas, such as Port-au-

Prince, the country's capital, often open for business as early as 5 A.M. It is normal for women to sometimes walk several miles each way to the market carrying large baskets of produce on their heads. Though vegetables and fruits are probably the most commonly sold food, salted codfish, and various meats, and manioc flour are also popular. There are no refrigerators, so seafood and meat is typically covered in salt to help preserve it in the warm, outdoor markets. Other homemade products such as clothing, cooking utensils, and baskets are also sold.

Ready-to-eat meals are also available, usually for the hungry tourist. The most popularly sold dish is a porridge made of a ground corn, sugar, and milk, cooked over a large fire. It is usually eaten immediately after it has been purchased, typically served in a tin cup.

Peasants themselves usually begin the day with a light breakfast of locally grown coffee and bread made of manioc flour (wheat flour is often too expensive for the typical Haitian peasant, who has very little money). Most peasants work in the fields and take a break for a light snack around midday. Another break from fieldwork (as well as a chance to see his family) is in the late afternoon when peasants often return home to eat the main meal of the day. Unfortunately, the main meal of the day may be little more than what was eaten for the midday snack—porridge and possibly a freshly grown fruit, such as pineapple, coconut, or mango. Haiti's national dish of beans and rice may also be eaten. Pumpkin soup is traditionally eaten for lunch on Sundays, for those who can afford its ingredi-

ents (it is also eaten on New Year's Day for good luck).

Spicy, flavorful sauces are common in several Haitian dishes, particularly to season bland peasant dishes. The most popular sauce is *ti-malice* (tih-mah-LISS), a very spicy tomato and onion mixture.



Ti-Malice (Spicy Haitian Sauce)

Ingredients

- 10 large tomatoes, peeled and quartered
- 3 white onions, quartered
- 4 red hot peppers (jalapeños work well), seeded
- 3 Tablespoons brown sugar
- 1 Tablespoon salt
- 2 cups malt vinegar

Procedure

1. Purée the tomatoes, onions, and peppers in a food processor.
2. Transfer to a large saucepan and add the brown sugar, salt, and malt vinegar.
3. Stir well to combine.
4. Cook the sauce over medium heat, stirring occasionally, until it begins to boil.
5. Lower the heat and simmer for 20 minutes, continuing to stir occasionally.
6. Serve with any Haitian rice or meat dish.



Cornmeal Porridge

Ingredients

- 6 cups water
- 1 teaspoon salt (optional)
- 2 cups cornmeal

2 Tablespoons butter, margarine, canola oil,
or olive oil

Procedure

1. Bring water to boil in a large pot. Add the salt, if desired.
2. Gradually stir in cornmeal with a whisk. Turn heat down to medium.
3. Stir briskly to get the lumps out, then cook for another 10 to 20 minutes, stirring frequently (add water if it becomes too thick).
4. Remove from heat and stir in butter or oil.
5. Serve immediately or pour into a square pan.
6. Let cool and cut into squares.

Serves 4 to 6.

6 POLITICS, ECONOMICS, AND NUTRITION

About 61 percent of the population of Haiti is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 28 percent are underweight, and nearly one-third are stunted (short for their age).

Haiti is the poorest country in the Western Hemisphere, with unemployment rates as high as 70 percent of the population. Many families cannot afford healthy, vitamin-enriched meals, although mangoes are frequently eaten to avoid a Vitamin A deficiency. In addition, only about one-quarter of Haitians have access to adequate sanitation.

Although the country is surrounded by an abundance of water, it continues to lack water in both quantity and quality. Poor nutrition and sanitation have caused Haiti to have one of the youngest life expectancies. In 1998, the average life expectancy was 54.4 years of age.

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Hungary

Recipes

Pörkölt (National Hungarian Stew).....	51
Gulyás (Hungarian Goulash).....	51
Paprika Chicken	52
Stuffed Green Peppers.....	52
Pork Cutlets with Potatoes.....	53
Hungarian Butter Cookies	54
Almond Kisses	55
Hungarian Cold Plate	56
Small Dumplings.....	56
Noodle Pudding.....	57
Summer Cucumber Soup.....	57



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Hungary is a landlocked country in the middle of Europe. It is a little smaller than Indiana, and is a land with fertile soil. Hungarian farmers grow enough wheat, corn, rye, potatoes, and some fruits, to feed its population. Even though many Hungarian farmers raise livestock, the quality of the animals they raise (and the meat they produce) is below the standard of Hungary's neighbors, mostly because there is not enough quality animal food available.

One of the largest challenges facing Hungary is the preservation of its environment. Hungary has huge problems with air and water pollution, but the government does not have enough money or technology to minimize pollution from factories.

Hungary's principal rivers are the Danube and Tisza, and the largest lake is

Balaton. All three provide good fishing areas for Hungary's sport and commercial fishers.

2 HISTORY AND FOOD

The first people to live in present-day Hungary were nomads called the Magyars, who arrived in around A.D. 800. Hungary's national dish, a meat stew called goulash, can be traced to the Magyars' eating habits. They traveled with dried cubes of meat cooked with onions, and water could be added to make a stew.

The reign of King Matthias (1458–90) was a high point in Hungarian history, for both culture and food. Through his Italian wife, Queen Beatrice, King Matthias brought Italian cooking to Hungary. During this period, cooking was raised to a fine art.

When the Turks invaded Hungary in the sixteenth century, they brought their cook-

HUNGARY

ing customs with them. These included the use of the spice paprika and a thin, flaky pastry called *filo* (or *phyllo*) dough. They also taught the Hungarians how to cook stuffed peppers and eggplants. The Turks introduced coffee to Hungary.

Austria's Hapsburg monarchy gained control over Hungary from the seventeenth century to the beginning of the twentieth century. Under Austrian rule, German and Austrian cooking styles influenced Hungarian eating habits. During this period, Hungary became famous for its cakes and pastries.

3 FOODS OF THE HUNGARIANS

The best-known ingredient in Hungarian food is the red-powdered spice called paprika. It is used to flavor many dishes. Other staples of Hungarian cooking include onions, cabbage, potatoes, noodles, and caraway seeds. Both cream and sour cream are used heavily in Hungarian food. Dumplings (dough wrapped around different kinds of fillings) are very popular as are cabbages or green peppers stuffed with meat and rice. Another favorite is the pancake called a *palacsinta*. It is often rolled or wrapped around different kinds of fillings.

Hungarians eat a lot of meat, mostly pork or beef. Many meat dishes are dipped in bread and then baked or fried. Hungarians also prepare many different kinds of sausages. The Hungarian national dish is meat stew. People outside Hungary call it “goulash,” but the Hungarians have several different names for it, including *pörkölt* and *tokány*. The dish they call goulash, or *gulyás*, is actually a soup made with meat



and paprika. Paprika is also a key ingredient in another national dish; a fish soup called *halaszle*.

The Hungarians are known throughout the world for their elegant pastries and cakes. The flaky pastry dough called *filo* or *phyllo* was brought to Hungary by the Turks in the seventeenth century. Instead of the honey and nuts used in Turkish pastry, the Hungarians filled *phyllo* dough with their own ingredients to make a dessert known as strudel. Strudel fillings include apples, cherries, and poppy seeds. Hungary is known for its wines, especially the sweet wines of the Tokaj region.



Pörkölt (*National Hungarian Stew*)

Ingredients

- 2 Tablespoons olive oil
- 2 Tablespoons butter
- 3 onions, finely chopped
- 1 pound lean beef stew meat
- 4 potatoes, peeled and sliced thin
- 1 cup beef broth
- 1 small can tomato paste
- Salt and pepper, to taste (½ teaspoon each is suggested)
- 2 to 4 Tablespoons paprika
- 1 bay leaf
- 1 cup sour cream

Procedure

1. Heat olive oil and butter in a large pot.
2. Add onions and beef, and cook until beef is browned on all sides and onions are softened.
3. Add remaining ingredients, except sour cream, and stir gently with a wooden spoon.
4. Heat until liquid begins to bubble.
5. Reduce heat to low, cover, and simmer stew 1½ to 2 hours.
6. Stir in sour cream and simmer about 15 more minutes.
7. Serve with crusty bread.

Serves 6.



Gulyás (Hungarian Goulash)

Ingredients

- 2 Tablespoons vegetable oil
- 1½ pounds beef (round steak or boneless chuck), cut into 1-inch cubes
- 2 onions, coarsely chopped
- 3 cloves garlic, chopped, or 1 teaspoon dried garlic
- 2 cups water
- 2 cups beef broth, homemade or canned
- 1 cup canned stewed tomatoes
- 2 teaspoons Hungarian paprika
- 2 bay leaves
- 2 potatoes, cut into 1-inch cubes
- 2 carrots, cut into ½-inch slices
- 2 green peppers, cut into 1-inch pieces
- Salt and pepper, to taste
- Caraway seeds

Procedure

1. Heat oil in skillet or Dutch oven over medium heat, add beef, and cook, stirring continually, until brown (about 5 minutes).
2. Reduce heat to medium, add onions and garlic, and cook for 5 minutes more until onions are soft. Stir frequently.
3. Add water, beef broth, tomatoes, paprika, caraway seeds, and bay leaves, reduce to simmer, cover, and cook for 1 hour.
4. Add potatoes, carrots, green peppers, and salt and pepper to taste. Mix well, cover, and simmer for about 20 minutes more or until vegetables are tender.
5. Before serving, remove bay leaves and discard.

HUNGARY

- Serve in individual bowls with chunks of crusty bread for dunking. Both a fork and spoon are needed to eat *gulyás*.

Serves 6 to 8.



Paprika Chicken

Ingredients

- 1 large onion, sliced in rings
- 4 Tablespoons butter
- 1½ Tablespoons Hungarian paprika
- 1½ pound chicken, washed, cut up and salted
- 1 green pepper, sliced
- 1 tomato, sliced
- ¼ pound mushrooms (optional)
- ½ cup sour cream (optional)

Procedure

- Sauté onion rings in butter in a medium pot or a Dutch oven until you can see through them.
- Remove from heat and add paprika, chicken, half of the green pepper and half of the tomato.
- Cover tightly with a lid and simmer slowly for 1½ hours.
- Occasionally turn pieces over so they will cook evenly.
- If necessary, add small amounts of water.
- If mushrooms are used, add during last 15 minutes of cooking time.
- When meat is tender, transfer to a baking dish.
- Make pan gravy, scraping onion from the pan and adding a little water.
- Pour over chicken.
- Garnish with remaining green pepper and tomato.

- Cover with foil and keep warm in the oven at a low temperature until ready to serve.

- Sour cream can be added to the gravy.

Serves 4.



Stuffed Green Peppers

Ingredients

- 3 Tablespoons rice
- 6 green peppers
- 1 medium-sized onion, finely-chopped
- 2 Tablespoons butter, melted
- 1 pound ground meat
- 1 egg
- Salt and pepper, to taste
- 2½ cups tomato sauce

Procedure

- Simmer rice in 5 Tablespoons water for 10 minutes.
- Cut off the top of the peppers at the stem and scoop out the seeds.
- Sauté onion in butter until transparent.
- Remove from pan and mix with meat, rice, egg, salt, and pepper.
- Fill green peppers with meat mixture.
- Bring tomato sauce to a boil, add peppers and simmer well covered 1 hours or until peppers are tender.

Serves 6.



EPD Photos

Every Hungarian cook has a recipe for green peppers filled with a stuffing of ground meat and rice.



Pork Cutlets with Potatoes

Ingredients

2 pounds (about 8 medium) potatoes
1½ pounds pork cutlets, or thinly-sliced,
boned pork chops
Salt
Freshly ground black pepper
Flour, sifted or granular, in a shaker

¼ cup cooking oil
1 large onion, sliced thin
1 teaspoon paprika
Pinch of caraway seeds, crushed with the
back of a spoon
2 cloves garlic, peeled and stuck on
toothpicks
1 medium green pepper, cored and cut in ½-
inch strips
2 small peeled tomatoes, preferably canned

Procedure

1. Peel the potatoes and cut them into ¼-inch slices. Cover them with cold water and set them aside until ready to use.
2. Pat the cutlets dry and sprinkle them with salt, pepper, and flour.
3. Shake off any excess, the brown them quickly in hot oil in a pot large enough to hold them and the potatoes. After browning, remove the cutlets and set them aside.
4. Sauté the onion slices in the skillet until they go limp. Using a slotted spoon or spatula, remove the onions from the skillet and set them aside with the cutlets.
5. Pour ½ cup of water into the skillet, loosen up the pan juices with a wooden spoon, and then stir in 1 teaspoon of salt, the paprika, and caraway seeds.
6. Return the meat and onions to the skillet.
7. Add the garlic, green pepper, and tomatoes plus enough water to just cover the meat. Cover and simmer 10 minutes.
8. Add the potatoes, 1 more teaspoon of salt, and enough water to cover.
9. Simmer 25 minutes or until the potatoes are done.
10. Throw out the garlic, skim the grease off the sauce, and add more salt if needed.

Serves 6 to 8.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Christmas and New Year's are often celebrated with a roasted stuffed turkey or roasted pig. The turkey is usually stuffed with chestnut dressing. Eating roast pig on New Year's Day is supposed to bring good luck. On New Year's Eve, a spicy punch called *Krambambuli* is served. It is made from chopped fruit, candied orange peel, walnuts, sugar, rum, and brandy, to which even more ingredients are added.



Hungarian Butter Cookies

Ingredients

- 2¾ cups flour
- 1 teaspoon baking powder
- ⅔ cup sugar
- ¼ teaspoon salt
- 1 cup butter or margarine, at room temperature
- 1 egg
- ⅓ cup sour cream

Procedure

1. Mix flour, baking powder, sugar, and salt in large mixing bowl.
2. Add butter or margarine, and, using clean hands, blend until mixture resembles coarse meal.
3. Add egg and sour cream and mix until dough holds together. Cover and refrigerate for about 2 hours.
4. Preheat oven to 350°F.
5. Pinch off small egg-size pieces of dough and form into balls.



EPD Photos

Bakers decorate the tops of Hungarian Butter Cookies by pressing a fork into the top of each ball of dough to make a cross-hatch pattern.

6. Place on buttered or nonstick cookie sheet about 2 inches apart. Use fingers to press to about ½-inch thick.
7. Make a crosshatch design by pressing the back of fork tines on top of each cookie.
8. Bake in oven for about 20 minutes or until pale golden. Continue baking in batches.

Makes 2 to 3 dozen cookies.

Ham and lamb are popular Easter dishes. Easter ham, boiled together with the Easter eggs, is served smoked, spiced, or pickled. Lamb may be served as chops or cutlets or be cooked in a stew with paprika. Pastries

sprinkled with poppy seeds or walnuts and called horseshoe cakes are served for dessert. Breaded chicken is traditionally eaten on the Monday after the Easter. Chicken is often eaten on Sundays.



Almond Kisses

Ingredients

- 3 egg whites
- 3½-ounce package walnuts, ground
- 1 cup sugar
- 3 Tablespoons flour
- 1 teaspoon vanilla
- 1 teaspoon grated lemon rind
- ½ teaspoon almond extract
- 3½-ounce package slivered almonds

Procedure

1. Put egg whites, walnuts, and sugar in a double boiler and heat, stirring constantly, until ingredients are hot and melted together.
2. Remove from heat and mix in flour, vanilla, lemon rind, and almond extract.
3. Set side until mixture cools and thickens.
4. Grease two or three baking sheets and line them with waxed paper. Lightly grease the waxed paper.
5. Wet your hands and shape dough into little balls; roll in slivered almonds.
6. Place the cookies several inches apart on the baking sheets.
7. Let stand for several hours.
8. Preheat oven to 250°F; reduce heat to 200°F and bake for 30 minutes, or until easily removed from waxed paper.

5 MEALTIME CUSTOMS

Most people who live in the country eat a big breakfast. It may consist of eggs, ham or sausage, cheese, green peppers and tomatoes, and rolls and butter. Adults drink tea or coffee; children drink milk or cocoa. In the city, some people eat a lighter breakfast consisting of a beverage and rolls with honey or jam.

Lunch, eaten between noon and 2:30 P.M., is the main meal of the day. Soup, vegetables, and dessert usually accompany a main meat dish. A light supper is eaten in the evening, between 5:30 and 8:00 P.M. Usually this is a one-course meal, consisting of soup, a vegetable dish, or a "Hungarian cold plate." This is a plate of cold meats, cheeses, vegetables, and hard-boiled eggs. It can be eaten for supper, as a snack, or even for breakfast. Hungarians eat salad as a side dish with the main part of the meal, not before or after. Most Hungarian meals end with something sweet, such as sweet noodles, pancakes, dumplings, or a dessert like strudel or cake. In addition to cold meat,



Sunday Dinner Menu

Hard-boiled eggs and cold vegetable appetizer
Chicken vegetable soup
Paprika chicken with dumplings
Cucumber salad
Strudel
Coffee

popular snacks include dumplings, noodle dishes, and baked goods such as *lángos*, or fried dough.

Before each meal, Hungarians wish their friends or relatives a good appetite, saying *Jó étvágyat kívánok* (YO ATE-vah-dyat KEE-vah-nok). At the end of a meal, they express thanks to their host or hostess, saying *Köszönöm* (KOH-soh-nohm). The host responds, *Váljék kedves egészségére* (VAH-lyake KEHD-vesh EH-gase-shay-reh). This means “I wish you good health.” Music is commonly played in Hungarian restaurants.



Hungarian Cold Plate

Ingredients

- ½ pound smoked sausage, cut into ½-inch pieces
- ½ pound salami, sliced
- 4 to 6 slices ham
- 2 to 3 hard-cooked eggs, shelled and cut in half lengthwise
- 2 medium red peppers, seeded and cut into strips
- 2 medium green peppers, seeded and cut into strips
- 4 medium tomatoes, sliced
- 1 medium cucumber, peeled and sliced
- Assorted cheeses
- Pickles
- Radishes
- Scallions

Procedure

1. Arrange all ingredients on a large plate and serve with rolls and butter.



Small Dumplings

Ingredients

- 2 Tablespoons butter or margarine
- 1 egg
- 1 cup milk
- 2 teaspoons salt
- 2 cups all-purpose flour
- 12 cups (3 quarts) water

Procedure

1. In a medium bowl, cream 1 Tablespoon butter and stir in egg, milk, and 1 teaspoon salt.
2. Add flour, a little at a time, stirring well after each addition, until mixture is the consistency of cookie dough.
3. If dough is too stiff, add 2 Tablespoons milk or water.
4. In a kettle, bring water and 1 teaspoon salt to a boil over medium-high heat.
5. Dip a teaspoon in hot water, scoop up small pieces of dough (about ¼ teaspoon each), and drop carefully into boiling water.
6. Dip spoon in hot water again if dough starts to stick.
7. Boil dumplings 2 to 3 minutes or until they rise to the surface.
8. Drain in a colander.
9. Melt 1 Tablespoon butter in a medium saucepan.
10. Add dumplings and stir gently until well coated.
11. Serve immediately.

Serves 4.



EPD Photos

When making Noodle Pudding, cooked noodles are added to a creamy mixture of sour cream, egg yolks, sugar, raisins, and nuts. The pudding is then transferred to a casserole and baked.



Noodle Pudding

Ingredients

- 3 Tablespoons butter
- 2 Tablespoons bread crumbs
- ½ pound egg noodles, ½-inch wide
- ⅓ cup sugar
- 3 eggs, separated
- Rind of ½ lemon, grated
- 1 cup sour cream
- ½ cup yellow seedless raisins
- ½ cup nuts, chopped (optional)
- ½ cup apricot jam (optional)
- Vanilla confectioners' sugar

Procedure

1. Lightly grease a 1½-quart rectangle-shaped baking dish with some of the butter and sprinkle the bottom and sides with bread crumbs, shaking out the excess.

2. Cook the noodles according to the package directions, drain them, and toss them with the rest of the butter.
3. Beat the sugar and egg yolks together and add the lemon rind.
4. Stir in the sour cream, then the raisins and the nuts if you wish.
5. Add the noodles and turn them carefully so all are coated.
6. Preheat the oven to 350°F.
7. Beat the egg whites until stiff, and fold them into the noodles.
8. Pour them into the baking dish.
9. If you want to add jam, pour only half the noodles in, spread the layer with jam, then pour the rest on top.
10. Bake for 30 minutes or until the pudding is set and the top is golden brown.
11. Dust with vanilla confectioners' sugar and serve hot from the casserole.



Summer Cucumber Soup

Ingredients

- 3 Tablespoons sweet butter
- 6 shallots, diced
- 4 leeks, white part only, sliced
- 3 Tablespoons fresh parsley, minced (chopped very fine)
- 4 large cucumbers, peeled, seeded, and diced
- 4 Idaho potatoes, peeled and diced
- 8 cups soup stock (vegetable or chicken)
- Salt and pepper, to taste
- 1 cup yogurt
- 1 Tablespoon paprika, for topping
- 1 Tablespoon fresh dill, minced

Procedure

1. Heat the butter in a skillet over medium heat and lightly sauté the shallots, leeks, and parsley. Do not let them get dark.
2. Bring the cucumbers and potatoes to a boil in the stock.
3. Lower heat, add salt and pepper, and simmer for 30 minutes.
4. Stir in leek mixture and remove from heat.
5. In a blender or food processor, process the soup to a coarse purée (mash or paste). Return to the soup pot and simmer for 10 minutes.
6. Place in a tureen or covered bowl and refrigerate overnight or until chilled through.
7. Stir in yogurt and garnish with paprika and dill.

Makes 8 servings.

6 POLITICS, ECONOMICS, AND NUTRITION

Almost all Hungarians receive adequate nutrition. There is little scarcity of food, and, except for occasional years when there is not enough rainfall, Hungarian farms produce enough food to feed the people.

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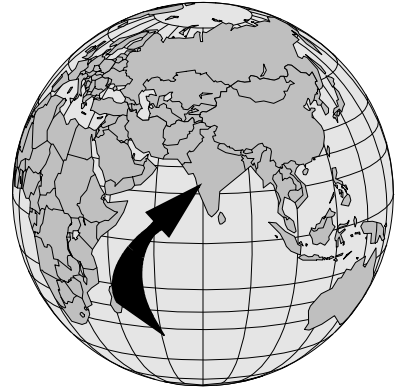
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India

Recipes

Baigan Bhartha (Eggplant Puree).....	60
Garam Masala (Spice Mixture)	60
Dal (Lentils).....	62
Palak Bhaji (Spicy Fried Spinach)	62
Tandoori Chicken (Spicy Barbecued Chicken)	63
Tamatar Salat (Luscious Tomato Salad)	64
Fancy Rice.....	65
Kheer (Sweet Rice Pudding)	65
Chai (Indian Tea)	66
Vegetable Sandwich.....	67
Mathis (Spicy Cookie)	67



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The Republic of India, Asia's second-largest country after China, occupies the largest part of the South Asian subcontinent, which it shares with Pakistan, Nepal, Bhutan, and Bangladesh. India's total area is 3.3 million square kilometers (1.3 million square miles). Among India's most serious environmental problems are land damage, water shortages, and air and water pollution (about 70 percent of India's water is polluted). Even in rural areas, the burning of wood, charcoal, and dung for fuel, coupled with dust from wind erosion during the dry season, creates an air pollution problem. Rice, the largest crop, is grown wherever the conditions are suitable.

2 HISTORY AND FOOD

Some of India's foods date back five thousand years. The Indus Valley peoples (who settled in what is now northern Pakistan) hunted turtles and alligator, as well as wild

grains, herbs and plants. Many foods from the Indus period (c. 3000–1500 B.C.) remain common today. Some include wheat, barley, rice, tamarind, eggplant and cucumber. The Indus Valley peoples cooked with oils, ginger, salt, green peppers, and turmeric root, which would be dried and ground into an orange powder.

The Aryan-speaking peoples who entered India between 1500 and 1000 B.C. used leafy vegetables, lentils, and milk products such as yogurt and ghee (clarified butter). The Aryans also used spices such as cumin and coriander. Black pepper was widely used by 400 A.D. The Greeks brought saffron, while the Chinese introduced tea. The Portuguese and British made red chili, potato and cauliflower popular after 1700 A.D.

Perhaps the biggest contributors to India's culinary heritage are the Muslim peoples from Persia and present-day Turkey, who began arriving in India after 1200.

INDIA



These peoples, known later as the Mughals, ruled much of India between 1500 and early 1800. They saw food as an art, and many Mughal dishes are cooked with as many as twenty-five spices, as well as rose water, cashews, raisins and almonds.



Baigan Bhartha (Eggplant Puree)

Ingredients

- 1 large eggplant
- 1 tomato
- 1 onion
- 1 teaspoon fresh ginger, finely chopped or grated
- 1½ teaspoons vegetable oil
- ½ teaspoon turmeric, ground

- ½ teaspoon chili powder
- 1 teaspoon salt
- 1 teaspoon garam masala (see recipe below)

Procedure

1. Wash and cut eggplant and tomato into small cubes and finely chop onion and ginger.
2. Heat the oil in a saucepan for 1 minute.
3. Add the onion and ginger and fry over medium to high heat, stirring constantly, until golden brown.
4. Add the turmeric, chili powder, salt, and garam masala to saucepan. Mix thoroughly.
5. Add the eggplant and tomato to saucepan. Stir well and cover pan with lid.
6. Reduce the heat to low and cook until the eggplant and tomato are soft, stirring occasionally to prevent vegetables from sticking to pan.
7. After 20 minutes, remove the lid and continue to cook over low heat, stirring often, until liquid evaporates. The dish is ready when the ingredients are blended together as a thick puree.
8. Serve with rice, whole wheat bread, or tortillas.

Serves 6.



Garam Masala (Spice Mixture)

Ingredients

- 2 teaspoons cardamom, ground
- 1 teaspoon cumin, ground
- 1 teaspoon black pepper, ground
- 2 teaspoons cinnamon
- ½ teaspoon cloves, ground
- Nutmeg, ground, to taste



EPD Photos/Himaneer Gupta

Chapati, or Indian bread, is prepared throughout India. The woman in the picture on the left is working in a typical urban kitchen in the city of Ghaziabad. The woman on the right prepares chapati in a typical village kitchen in northern India.

Procedure

1. Mix all the ingredients together.
2. Store in an airtight container and add to recipes as needed.

3 FOODS OF THE INDIANS

What Indians eat varies by region and religion. Northern Indians eat more flat breads, while those from southern India prefer rice. In coastal states, such as Kerala and Bengal, fish dishes are popular. Chicken and mutton (sheep) are eaten more often in mountain and plains regions. While many Hindus avoid eating beef, Muslims avoid pork. In addition, many Indians—particularly Hindus, Buddhists, and Jains—are vegetarian.

Spices are used in many Indian dishes. When it is hot, spices such as chili peppers and garlic help the body sweat and cool it down. In colder weather, spices such as cloves, cinnamon, ginger, black pepper, cardamom, and nutmeg help warm the body.

Indian cuisine is varied, but many dishes are cooked in a similar way. The preparation starts with frying onion, ginger, garlic or spices such as cumin seeds in oil at a high temperature. Meats, vegetables, flavorings such as yogurt, and spices such as turmeric then are added. The dish then simmers at a low heat until the ingredients are cooked. At the end of the preparation, leafy herbs such as cilantro and flavorings such as lemon juice are added.

This style of preparation may be linked to the traditional use of cow dung. For centuries, families would cook by placing a pan on top of patties made from cow dung. Like the charcoal used in modern-day barbecues, dung initially produces a high heat, but then burns slowly. Although middle-class and urban Indians have electric or gas stoves, many rural households still use cow dung (waste).



EPD Photos/Himaneer Gupta

Dal, or spicy lentils, are shown here in a traditional serving dish. Dal is usually made with red lentils, but any lentils may be used.



Dal (Lentils)

Ingredients

- 1½ cups raw red lentils (other lentils may be substituted)
- 4½ cups water
- 1 Tablespoon canola oil
- 1 medium onion, minced
- 2 cloves garlic, minced
- 1 or 2 small hot green chilies, to taste, minced
- 1 teaspoon each: freshly grated ginger, ground cumin, and turmeric
- Nutmeg, pinch
- Salt, to taste

Procedure

1. Rinse the lentils and combine them with the water in a large, heavy saucepan.
2. Bring to a boil, cover, and simmer until the lentils are quite mushy, about 40 minutes.

3. Heat the oil and skillet; sauté the onion and garlic over medium heat until golden.
4. Add to the saucepan.
5. Stir in the remaining ingredients.
6. Cover and simmer over very low heat for 15 minutes.
7. Serve hot.

Serves 4.



Palak Bhaji (Spicy Fried Spinach)

Ingredients

- 1 pound fresh spinach
- 1 Tablespoon butter
- 1 Tablespoon vegetable oil
- 1 onion
- 2 cloves garlic
- 1 teaspoon ginger, finely chopped or grated
- 1 teaspoon cumin seeds
- ½ teaspoon cumin, ground
- ½ teaspoon coriander, ground
- ½ teaspoon turmeric, ground
- ¼ teaspoon chili powder
- 1 teaspoon salt

Procedure

1. Wash the spinach well and remove stems.
2. Finely chop the onion, garlic, and ginger.
3. Heat the oil and butter in a saucepan over medium to high heat.
4. Add the cumin seeds and fry for 30 seconds.
5. Add the chopped onion and fry until golden, about 2 minutes.



EPD Photos/Himaneer Gupta

Palak Bhaji (Spicy Fried Spinach) earns its name from several of the favorite spices of Indian cooks—garlic, ginger, cumin, coriander, turmeric, and chili powder.

6. Next add the chopped garlic and ginger and fry for about 1 more minute.
7. Add the ground cumin, coriander, turmeric, chili powder, and salt; mix well and add the spinach.
8. Mix rapidly to coat with spicy mixture.
9. Lower the heat to medium and add about ¼ cup water.
10. Stir, cover with lid, and cook for about 5 minutes.

Serves 4-6.



Tandoori Chicken *(Spicy Barbecued Chicken)*

Ingredients

2 pounds boneless chicken thighs or breasts,
skin removed

- ½ cup plain yogurt
- 2 teaspoons turmeric, ground
- 1 teaspoon paprika
- ½ teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon garam masala (optional)
- 1 lemon
- Onion slices (optional)

Procedure

1. Prick each piece of chicken with a fork. Rub the pieces with salt and black pepper.
2. In a separate bowl, combine the yogurt, ground turmeric, paprika, chili powder, garlic powder, salt, and garam masala. Mix well.
3. Drop each piece of chicken into a bowl and coat with the yogurt mixture.
4. Place the chicken in a glass baking dish and cover with plastic wrap; refrigerate for at least 1 hour. (The chicken can be refrigerated overnight).
5. Preheat the oven to 350°F. Bake the chicken, uncovered, for about 30 to 40 minutes. (When pricked with a fork, the juice that runs out of the chicken should be clear.) When thoroughly cooked, place the chicken on a serving plate.
6. Slice the lemon and squeeze the juice on top before serving. Top with the sliced onions if desired.

Serves 4 to 6.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Nearly every holiday in India requires a feast. The year's biggest festival is Diwali, which occurs in October or November. The

actual date is set by the lunar calendar and varies from year to year. The festival's meaning varies by region and religious group. But some traditions are shared: old debts are paid off, homes are cleaned, new clothes are made or purchased, and an elaborate meal is prepared.

On Diwali and other festive occasions, India's Mughal heritage takes center stage. The Mughals saw eating as an art and a pleasure. Courtly chefs prepared food that tasted good, and delighted the senses of smell, sight and touch. Many Mughal dishes call for meat, but vegetarians incorporate the spices and nuts that Mughal cooking made popular. In addition, many purchase sweets such as *ladhu* and *barfi* at local shops, and distribute them among their relatives and friends. Many of these sweets also date to Mughal times, and use ingredients such as *besan* (chickpea flour), *paneer* (a white cheese), rose water, almonds, and sugars.

Many celebrate the start of spring with Holi. In the morning, people splash each other with colored water and smear one another with red, yellow, green, blue and orange powders. Many also drink *bhang*, a yogurt drink. After the festival, the old clothes are burned and *halwa* (a sweet dish made with wheat or rice flour, butter and sugar) is eaten. The day often ends with a feast and musical festivities. Halwa "cakes" are often served for breakfast on special occasions, such as birthdays.



EPD Photos/Himanee Gupta

Tamatar Salat combines the cooling flavor of mint with the sharper flavors of tomatoes, onions, and lemon.



Tamatar Salat (Luscious Tomato Salad)

Ingredients

- 2 firm tomatoes
- 3 green onions
- ¼ cup mint leaves
- 1½ Tablespoons lemon juice
- ¼ teaspoon salt, or to taste
- 1 teaspoon sugar

Procedure

1. Dice the tomatoes, finely slice the green onions, and chop the mint leaves.
2. Toss together in a large bowl.
3. In a small bowl, mix the lemon juice, salt and sugar together.
4. Pour the mixture over the tomatoes, onion and mint leaves.
5. Mix thoroughly, but gently.
6. Cover and chill until ready to serve.

Serves 4.



Fancy Rice

Ingredients

- ½ cup cilantro
- 4 green chilies
- 1 teaspoon ginger, minced or grated
- ½ lemon
- 1½ cups basmati or long-grain rice, washed and drained
- 2 sticks cinnamon
- 2 cloves
- ½ cup peas
- 2 Tablespoons butter
- Salt, to taste
- ¼ cup cashews or slivered almonds, chopped

Procedure

1. Preheat the oven to 400°F.
2. Squeeze the lemon juice into the blender.
3. Place the cilantro, green chilies, and remaining lemon rind in a blender and grind into a paste.
4. Heat the butter in a saucepan and add the cinnamon, ginger, and cloves, stirring for 30 seconds.
5. Add the rice and stir until coated with butter, then remove from heat.
6. Add the peas, the paste from the blender, salt, nuts, and 4 cups of water.
7. Mix well and transfer the rice mixture to an earthen pot or glass baking dish.
8. Cover and bake until rice is cooked, about 30 to 40 minutes.
9. Serve hot with yogurt.

Serves 6.



Kheer (Sweet Rice Pudding)

Ingredients

- ½ cup basmati or long-grain rice
- 4 cups milk
- ¼ cup raisins
- 1 cup sugar
- 1 teaspoon cardamom seeds
- ¼ cup almonds, slivered

Procedure

1. Wash the rice and soak in water for 30 minutes. Drain well.
2. Boil the milk in a large pan. Lower the heat and add the rice and cardamom seeds.
3. Simmer on low heat until mixture thickens to a pudding-like consistency, about 1½ to 2 hours.
4. Stir every 5 to 10 minutes to prevent mixture from sticking to sides and bottom.
5. When the mixture has thickened, remove from the heat. Let cool about 25 minutes, and then add the sugar and stir well.
6. Add the raisins and almonds. Serve hot or cold.

Serves 4 to 6.

5 MEALTIME CUSTOMS

Indians eat several small meals a day. Many families begin the day at dawn with prayers. A light meal of *chai* (Indian tea) and a salty snack will follow. Breakfast usually takes place a couple of hours later, and may include a traditional Indian dish such as *aloo paratha* (a flatbread stuffed with

potato and fried), or toast with eggs. Other popular breakfast dishes include *halwa* (made with ground wheat, butter, sugar and sliced almonds) or *uppma*, which is a spicier version of *halwa*.

Students often eat a mid-morning snack, such as a banana with juice or tea, at school. Lunch usually includes one or two cooked vegetable dishes, rice and *chapati* (a flatbread that resembles a Mexican tortilla). Many students carry their lunches from home in containers known as *tiffins*. Many students also eat sandwiches.

An afternoon snack often is served around 5 or 6 P.M. It includes tea and *namkeen* (snacks or appetizers), and sometimes may involve a visit to a restaurant or street stall that sells spicy snacks such as *samosa* (a small turnover stuffed with potatoes and peas) or *bhel puri* (a combination of puffed rice, yogurt, tamarind sauce, and boiled potatoes). In addition, fruits such as mango, pomegranate, grapes, and melon may be served. Dinner traditionally is served quite late, and includes two or three vegetable dishes along with rice and *chapati*. In many households, both adults and children take a cup of hot milk, flavored with sugar and a touch of cardamom before going to sleep.



Chai (Indian Tea)

Ingredients

- 1 teabag
- 2 Tablespoons milk
- 1½ teaspoons sugar
- 1 to 2 cardamom pods



EPD Photos/Himaneer Gupta

Black cardamom pods give chai (Indian tea) its distinctive flavor.



EPD Photos/Himaneer Gupta

A mother in a suburban kitchen near New Delhi prepares warm milk for her daughter. It is common for both adults and children to drink warm milk, flavored with sugar and cardamom, at bedtime.

Procedure

1. Place the teabag in a teacup or coffee mug.
2. Add the milk, sugar, and cardamom pods.
3. Boil water on the stove.

4. Pour the boiling water in a teacup or coffee mug, stirring with a spoon.
5. Allow to steep for 2 to 3 minutes.
6. Remove the teabag and serve.

Serves 1.



Vegetable Sandwich

Ingredients

Bread, thinly sliced

Tomatoes or cucumber, thinly sliced

Butter

Black pepper

Salt

Procedure

1. Place the 2 slices of bread on the counter and spread lightly with butter. Sprinkle the black pepper and salt lightly over the butter.
2. Place the tomato or cucumber slices on 1 of the bread slices. Place the other slice on top and cut in half with a knife.



Mathis (Spicy Cookie)

Ingredients

2 cups flour

1 Tablespoon vegetable oil

¼ teaspoon ajwain (or dried oregano)

Salt

Black pepper

Warm water

Oil, for deep frying

Procedure

1. In a large bowl, blend together the flour,

salt, ajwain (or dried oregano) and black pepper.

2. Add the oil and rub into the flour with fingers.
3. Add water to the flour and continue mixing with fingers to create a smooth, flexible dough.
4. With the thumb, index, and middle finger, break off pieces of the dough.
5. Press until each piece is about ¼-inch thick.
6. Prick each piece with a fork; let dry for 20 to 30 minutes.
7. Heat the oil in deep-frying pan and drop the dough pieces into the oil and fry for about 3 minutes.
8. Carefully remove from oil with a slotted spoon and drain on paper towels.

Makes about 2 dozen.

6 POLITICS, ECONOMICS, AND NUTRITION

About 22 percent of the population of India is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 53 percent are underweight, and more than 52 percent are stunted (short for their age). The government put into place a national system to distribute Vitamin A to children, which contributes to malnutrition and blindness.

India is one of the few countries where men, on the average, live longer than women. To explain this, it has been suggested that daughters are more likely to be malnourished and be provided with fewer health care choices. In a society where sons are favored over daughters, female infanticide is a mounting problem. In addition,

INDIA

hundreds of thousands of children are living and working on the streets. Child prostitution is widespread. Special measures are being taken by the government to rehabilitate juvenile prostitutes and convicts to help remedy the growing problem.

India's government has established an extensive social welfare system. Programs for children include supplementary nutrition for expectant mothers and for children under the age of seven, immunization and health programs, and prevocational training for adolescents. The government is also paying increasing attention to health, maternity, and childcare in rural India by sending out growing numbers of community health workers and doctors to areas in need.

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Sources for Special Ingredients

Most ingredients for Indian foods are available at grocery stores. Health food stores and ethnic stores that specialize in Indian, Pakistani or Middle Eastern cuisine often have special ingredients such as garam masala and pre-mixed tandoori masala pastes.

Indonesia

Recipes

Nasi Goreng (Fried Rice)	71
Kelapa Susu (Coconut Milk)	71
Rujak (Spicy Fruit Salad, Indonesian National Salad)	71
Uli Petataws (Sweet Potato Fritters)	73
Sarikayo Telor (Coconut Milk Pudding)	74
Sambal Kecap (Chili and Soy Sauce).....	74
Es Pokat or Es Avocad, Bali (Avocado Drink)	74
Tahu Goreng (Fried Tofu).....	75
Pisang Goreng (Fried Banana Cakes)	77
Teh Halia (Hot Ginger Tea, Ambon)	77
Nasi Kuning (Yellow Rice).....	78
Gado Gado (Vegetable Salad with Peanut Sauce).....	78
Nasi Jagung (Corn Rice)	79



1 GEOGRAPHIC SETTING AND ENVIRONMENT

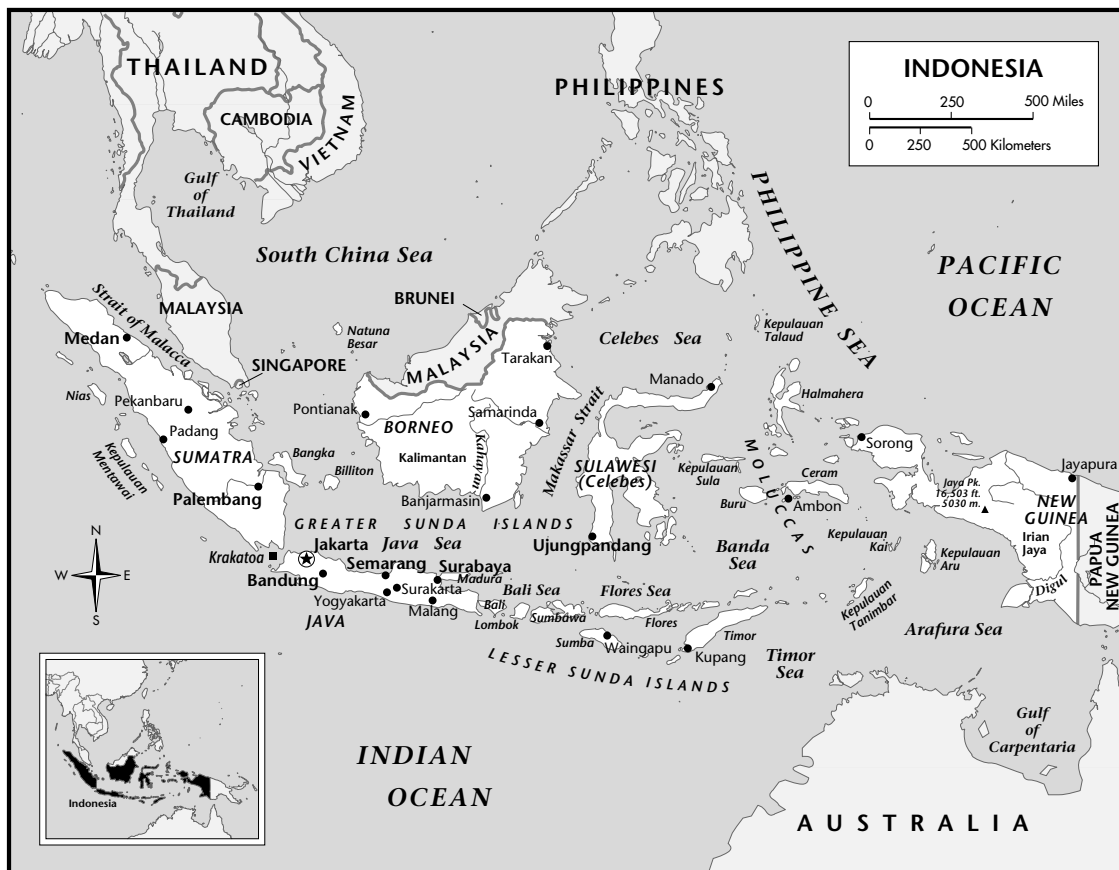
The Republic of Indonesia consists of five large islands and thousands of smaller islands (about 6,000 of which are inhabited), with a total area of 1,919,440 square kilometers (741,100 square miles). The country's soil and climate support a number of agricultural crops, with sugar being the largest commercial crop. Indonesia is the world's third largest producer of coffee (after Brazil and Colombia), the the second-largest producer of palm oil (after Malaysia). Rice production increased during the 1980s and 1990s. Because of improved agricultural techniques, Indonesia now grows almost enough rice to meet the country's demands. However, the unrestricted use of fertilizers and pesticides has also resulted in significant damage to the environment.

2 HISTORY AND FOOD

Indonesia's 17,508 islands have attracted traders, pirates, and adventurers from all over the world throughout its history. Located among ancient trading routes and rich with botanical resources, these remote islands quickly became a global interest. Spices were valued not only for their flavor, but also for their ability to disguise spoiled foods, freshen breath, and remedy health problems. Though eastern Indonesia's "Spice Islands" received most of the attention, the country's cuisine, as a whole, developed largely as a result of spice-seeking immigrants.

Rice, the country's staple food, dates back as early as 2300 B.C. Ancient meals consisted of fish, fruits, and vegetables, including bananas, yams, coconut, and sugar cane. Trade with the Chinese, which

INDONESIA



first began around 2000 B.C., influenced Indonesian cuisine and is still evident through the use of tea, noodles, cabbage, mustard, soybeans, and the method of stir-frying. The Chinese dish, *nasi goreng* (fried rice), is one of Indonesia's national dishes.

By 100 A.D., curries (spicy sauces), cucumbers, onions, mangoes, and eggplant were brought over by traders and Hindu missionaries from India. Ginger, cumin, cardamom, coriander, and fennel were also introduced, adding to the wide variety of spices. Around the 1400s, Muslims from the Middle East began incorporating goat and

lamb dishes into the Indonesian diet, as well as yogurt-based sauces (though coconut milk is now used in its place).

The Portuguese were the first Europeans to significantly affect Indonesian cuisine. They took control of trade routes to and from the islands, bringing with them cassava (a tropical root crop) and sweet potatoes. Cauliflower, cabbage, and turnips were brought to the islands about a century later by the powerful Dutch East Indies Company, which gained control of the trading routes. Though the Spanish contributed peanuts, tomatoes, corn, and the widely popular

chili pepper, they were unable to defeat the Dutch, who ruled until the mid-1900s.



Nasi Goreng (Fried Rice)

Ingredients

- 1½ cups cooked and cooled long grain rice
- 3 Tablespoons vegetable oil, for frying
- 1 medium onion, finely chopped
- 2 cloves garlic, crushed and finely chopped
- 2 teaspoons chili powder
- 2 teaspoons dark soy sauce
- Pinch of dark brown sugar
- Pinch of salt and freshly ground pepper

Procedure

1. After preparing the rice, heat the oil in a wok or saucepan and add the onion, garlic, and chili powder.
2. Add the rice, soy sauce, and sugar and adjust the seasoning with salt and pepper, to taste.
3. Combine and stir well, cooking for 5 to 6 minutes.
4. If the mixture becomes too dry, add some water, or even a beaten egg.
5. Remove from the heat and serve on a large plate.
6. Garnish as desired.

Makes 4 servings.



Kelapa Susu (Coconut Milk)

Ingredients

- 1 cup dried coconut
- 2 cups warm water



EPD Photos

Coconut milk is an essential cooking ingredient in Indonesian cuisine.

Procedure

1. Place the coconut in a pan and cover with the water.
2. Allow to soak for 20 minutes and then squeeze the coconut very hard to produce a milky liquid.
3. When the coconut milk has been added to a dish, it will need to be constantly stirred at first to avoid separation.



Rujak (Spicy Fruit Salad)

Rujak is considered Indonesia's national salad.

Ingredients

- 1 medium-sized can pineapple chunks
- 2 bananas, peeled and chopped



Cory Langley

Harvesting rice is labor intensive, but Indonesia now produces almost enough rice to feed its population.

- 3 green apples, peeled and chopped
- 1 small cucumber, peeled and sliced

DRESSING:

- 1 teaspoon chili powder
- 1 Tablespoon dark soy sauce
- ½ cup dark brown sugar
- 2 Tablespoons lime (or lemon) juice

Procedure

1. Place all fruits and vegetables into a bowl and mix thoroughly.
2. In a separate bowl, combine dressing ingredients.

3. Pour the dressing over the fruits and vegetables. Chill before serving.

Serves 4 to 6.

3 FOODS OF THE INDONESIANS

The combination of geographic and cultural diversity in Indonesia has resulted in one of the most unique cuisines in the world. Although meals are generally simple, the plentiful use of various roots, spices, grasses, and leaves adds zest to most dishes. The common use of the chili pepper may mislead some to believe that all Indonesian dishes are spicy and hot. On the contrary,

the most widely used spices are coriander (which has a faint orange flavor), cumin, and ginger, all relatively mild spices. In addition, most Indonesian food is prepared with contrasting flavors, such as a spicy sweet or hot sauce served over a bed of plain white rice, a popular meal throughout the country.

Rice is Indonesia's most important staple food. It normally accompany every meal and is often the main ingredient for desserts and beverages. The two most common types are *nasi putih* (long-grain white rice) and *nasi ketan* (glutinous rice), a rice that is most often used to make cakes, snacks, and other sweet treats. Those who cannot afford rice, or who live in a region with poor soil or low rainfall, must rely on an alternative staple, such as yams or soybeans. The reliable abundance of seafood across the country can also bring relief to hungry families. Most social classes, however, can afford drinks sold at *warungs* (street-lined food stalls) and *kaki lima* (food carts), including fruity refreshments and sugar- and cream-filled teas.

The most common method for preparing food is frying, though grilling, simmering, steaming, and even stewing (most often with coconut milk) are also popular. Some of the most commonly fried items are *bumbu* (basic spice paste), which frequently accompanies rice, and various meats such as chicken, goat, or beef. The final preparation for many meals consists of adding coconut milk, an essential cooking ingredient and a thickener for many sauces.

For as many similarities that exist across the islands, there are just as many regional differences. Bali, the most widely recog-

nized Indonesian island, is home to cooked duck and *babi guling* (pig). Minahasa enjoys mice and dog, and the Sundanese of West Java prefer their meat or fish cooked in the blood of buffalo or pig. Most Indonesians also enjoy *durian*, an oval, football-sized fruit, although many Westerners consider its smell to be foul and unappetizing.



Uli Petataws (Sweet Potato Fritters)

Ingredients

- 1 pound sweet potatoes
- ½ cup coconut, grated
- ½ teaspoon vanilla extract
- ½ teaspoon salt
- 2 Tablespoons packed brown sugar

Procedure

1. Scrub sweet potatoes, place them in a large saucepan. Cover with water and boil until soft (about 20 to 30 minutes). Drain and allow to cool.
2. When cool enough to handle, peel and mash the potatoes in a mixing bowl. Add in coconut, vanilla, and salt and mix thoroughly.
3. Preheat oven to 450°F.
4. Shape about ⅓ cup of the potato mixture into a round pancake, put 1 teaspoon of brown sugar in the center, and roll the pancake into a cylinder about 3 inches long and 1 inch in diameter.
5. Repeat the procedure with the remaining sweet potato mixture and brown sugar.
6. On a lightly oiled baking sheet, bake the fritters for 15 minutes.

7. Serve at room temperature with coffee or tea.

Makes 6 fritters.



Sarikayo Telor (Steamed Egg and Coconut Milk Pudding)

Ingredients

- 2 cups brown sugar
- 2 Tablespoons granulated sugar
- ½ cup water
- 8 large eggs, beaten lightly
- ¼ teaspoon salt
- ¼ teaspoon vanilla
- 4 cups coconut milk (canned is acceptable)

Procedure

1. Cook the granulated and brown sugar in water over low heat for 3 minutes, or until the sugars are completely dissolved and form a syrup; let the syrup cool.
2. Whisk in the eggs, salt, vanilla, and coconut milk.
3. Pour the mixture into a 2-quart heat-proof dish and steam over hot water for 15 minutes, or until the pudding is firm.
4. Serve warm or chilled.

Serves 8.



Sambal Kecap (Chili and Soy Sauce)

Ingredients

- 6 Tablespoons dark soy sauce
- 1 teaspoon chili powder
- 3 small fresh green chilies, sliced
- 1 small onion, finely diced

- 2 Tablespoons lime (or lemon) juice
- 2 cloves garlic, crushed and finely chopped

Procedure

1. Place all the ingredients in a small saucepan and cook over a medium to low heat for about 5 minutes, stirring constantly.
2. This sauce adds an excellent taste when poured over plain rice.

Serves 4.



Es Pokat or Es Avocad, Bali (Indonesian Avocado Drink)

Ingredients

- 5 Tablespoons sugar
- 5 Tablespoons water
- 2 avocados, peeled and pit removed
- ½ cup milk
- 1 cup chocolate milk
- Ice, crushed

Procedure

1. To make the simple syrup, combine the sugar and water in a small saucepan over medium to high heat.
2. Stir until clear. Remove from heat and let cool.
3. Spoon out the avocado pulp and place in a blender.
4. Add the syrup and blend to mix, then add cold milk and blend.
5. Divide the mixture between two tall glasses. Top each serving with ½ cup chocolate milk (to form a separate layer) and crushed ice.

Makes 2 servings.



Tahu Goreng (Fried Tofu)

Ingredients

Vegetable oil, enough to deep-fry the tofu
½ cup tofu, cut into bite-sized cubes
3 Tablespoons dark soy sauce
Coriander (or parsley leaves or scallions)
chopped, to garnish

Procedure

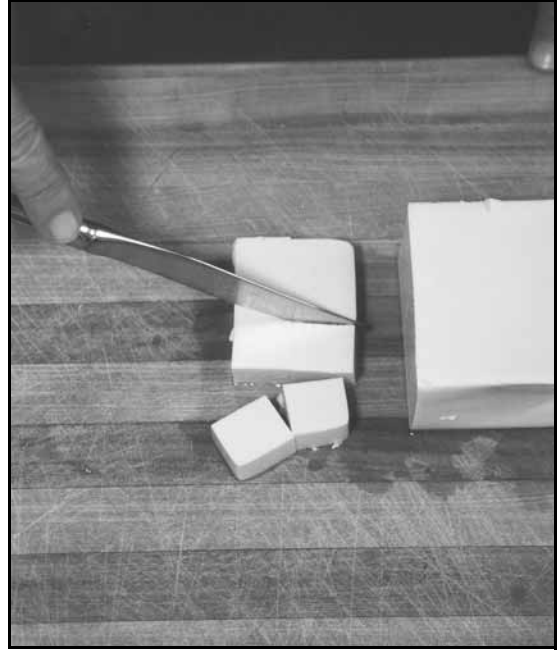
1. Heat the oil in a deep fry pan and deep-fry the tofu cubes until crispy and golden brown.
2. Remove the cubes and drain on paper towels; place on a serving dish.
3. Pour the soy sauce over the cubes, garnish, and serve.

Serves 4.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Islam, Catholicism, Protestantism, Buddhism, and Hinduism are the five religions officially recognized by the Indonesian government. The vast majority (approximately 87 percent) adheres to Islam, giving Indonesia one of the largest percentages of Muslims in the world.

Islam is the predominant religion throughout the country, maintaining five of the twelve national holidays. *Puasa* (Ramadan), a month-long observance of fasting and celebration, is the most important time of the year for Muslims. During *Puasa*, families rise as early as 3 A.M. to consume as much food as possible before



EPD Photos

Tahu Goreng (fried tofu cubes with soy sauce) makes a healthy, satisfying main course or side dish.

INDONESIA



AP Photos/Vincent Yu

Indonesians are enthusiastic about the durian, the football-sized spiky fruit that some Westerners have described as smelling like kerosene. Chefs use the flesh to make cakes, ice cream, and other desserts.

dawn. The fast is broken every day after sunset, when groups come together for a large feast. *Lebaran* (also called *Hari Raya* or *Eid al-Fitr*) marks the end of *Puasa*, as well as the return of regular eating habits. Among family and friends, Muslims often prepare *ketupat*, blocks of rice cooked in coconut or palm leaves. Cake and cookies are served with a seemingly bottomless pot of tea.

Selamatan is a uniquely Indonesian tradition. The custom of praying to a God

before a significant event (such as marriage or building a new house) is still practiced by most. Following the prayer (and at the kick-off of most major events throughout the country), *tumpeng*, a cone-shaped mountain of steamed yellow rice, is sliced at the top and served.

Hari Raya Nyepi, the Hindu New Year (also known as the Hindu Day of Silence), is most elaborately celebrated on Bali, home to the greatest Indonesian Hindu population. On New Year's Eve, food is pre-



A Typical Independence Day Menu

Gado-gado, steamed vegetables in peanut sauce

Sate, marinated meat or fish kebabs

Roti, Indonesian sweet bread

Nasi tumpeng, ceremonial cone-shaped steamed yellow rice (*nasi kuning*)

Krupuk udang, shrimp-flavored cracker snacks

Pisang goreng, fried banana cakes

The halia, hot ginger tea

pared for the following day (particularly homemade pastries and sweetmeats) when Hindus refrain from all activities, including food preparation. Streets are deserted and tourists are often not allowed to leave their hotel.

Secular (nonreligious) holidays offer more reasons to indulge in celebratory feasts. The most popular is *Hari Proklamasi Kemerdekaan* (Independence Day), celebrating Indonesia's independence from Holland on August 17, 1945. One of the most spirited observances takes place in Jakarta, Indonesia's capital. The city and its citizens prepare for the festivities several weeks ahead of time. Money is raised for contests such as the *krupuk udang* (shrimp crackers)-eating children's contests and the women's baking contest, which is usually an attempt to make the largest *tumpeng*.

The memory of Raden Kartini, Indonesia's first woman emancipationist, is celebrated every April 21. In her honor, traditional family roles are reversed on this day, leaving the responsibility of cooking and housecleaning to fathers and children.



Pisang Goreng (Fried Banana Cakes)

Ingredients

6 medium-sized ripe bananas, peeled

1 Tablespoon sugar

1 Tablespoon flour

Oil, for deep-frying

Procedure

1. Finely mash the bananas and mix with sugar and flour.
2. Heat the oil in a large saucepan or wok and drop in a large spoonful of batter.
3. Cook several at one time, but do not overcrowd the wok or the temperature of the oil will be lowered.
4. When cakes are crisp and golden brown, drain on paper towel and serve while still warm.

Makes 4 to 6 cakes.



Teh Halia (Hot Ginger Tea, Ambon)

Ingredients

6 cups water

1 cup brown sugar, packed

2-inch piece of fresh ginger, cracked

Procedure

1. Combine the water, sugar, and ginger in a saucepan and bring the mixture to a boil.
2. Cook over moderate heat for about 5 minutes.
3. Strain.

Serves 6.

*Nasi Kuning (Yellow Rice)***Ingredients**

- 2 cups rice
- 2¼ cups coconut milk
- 2 teaspoons turmeric (found in most supermarkets)
- 1 blade lemon grass

Procedure

1. Wash and drain the rice.
2. Combine all the ingredients in a saucepan and bring to a boil.
3. Lower the heat to a simmer and continue to cook until all the coconut milk is absorbed.
4. Put the rice into a steamer (a vegetable steamer lined with cheesecloth set over boiling water will also work).
5. Steam until the rice is tender.

Serves 4 to 6.

*Gado Gado (Vegetable Salad with Peanut Sauce)***Ingredients**

- 2 potatoes
- 1 cup bean sprouts

- 10 string beans
- 1 cucumber, thinly sliced
- 1 cup green cabbage, chopped
- 1 carrot, thinly sliced
- 8 to 12 ounces tofu (optional)
- 5 Tablespoons vegetable oil
- 2 hard-boiled eggs, cut in wedges
- Peanut Sauce (available in small bottles in grocery stores)

Procedure

1. Boil all the vegetables (except tofu and cucumber), or steam until crisp and tender.
2. Set aside.
3. Cut the tofu into small pieces and fry until golden brown, then set aside.
4. Place the cooked vegetables on a plate, top with the tofu, cucumber slices, and sliced hard-boiled eggs wedges, and pour the peanut sauce on last.

Makes 2 servings.

5 MEALTIME CUSTOMS

Mealtime is typically a casual and solitary affair for Indonesians, who often choose to snack on a variety of small dishes throughout the day, rather than three larger meals. Indonesian women gathered provisions early in the day, including picking fresh fruits and vegetables from their own gardens or purchasing ingredients from the local market. Once the meals are prepared, they are usually left, at room temperature, on the kitchen table for family members to nibble on whenever they are hungry.

When separate larger meals are consumed, *makan pagi* (breakfast) is normally a bowl of fried rice, noodles, or *soto* (soup),

accompanied by Java coffee (which has become world famous) or tea. *Makan siang* (lunch) is often the main meal of the day, followed by *makan malam* (dinner) after the workday has ended. The base of most meals is *nasi* (rice).

When a meal is enjoyed together, the prepared dishes are usually placed in the middle of a table or a floor mat so everyone may share. *Rijstafel* (meaning “rice table”), an idea brought to the islands by the Dutch, almost always includes *nasi*, accompanied by a variety of meats and vegetables for the purpose of contrasting flavors and textures. Hot and spicy dishes will often be served with a distinct texture, such as crunchy peanuts or *krupuk* (crispy crackers), or a contrasting flavor, such as a creamy gravy, palm sugar, or *kecap manis*, a sweet soy sauce.

Similar to a small convenience store in the United States, Indonesia's *warung* provide villages and towns with a place for social gathering and a quick bite or refreshing drink. Giant *krupuks* are commonly sold to children rushing off to school, while adults may prefer a refreshing banana and milk beverage or *nasi campur* (boiled rice topped with meat, vegetables, and egg). Students normally eat the foods offered to them by their school, which usually include sweet potatoes, rice, corn, fruits and vegetables, and chocolate milk made from powdered milk imported from the United States. (According to the United Kingdom's independent charity, Milk for Schools (MFS), chocolate milk is thought to have boosted school attendance among low-income households by 20 percent in the late 1990s.)



Nasi Jagung (Corn Rice)

Ingredients

- 1½ cups uncooked rice, washed thoroughly
- 1½ cups sweet corn kernels, cut from the cob or canned

Procedure

1. Place the rice and corn in a pot with 3½ cups of water and bring to a boil. (If using canned sweet corn, do not add water).
2. Simmer the rice and corn until the water is absorbed.
3. If using canned sweet corn, add the water now.
4. Lower the heat to low and cook rice and corn for another 10 minutes, until the rice is dry and fluffy.

6 POLITICS, ECONOMICS, AND NUTRITION

About 6 percent of the population of Indonesia is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 34 percent are underweight, and more than 42 percent are stunted (short for their age).

The economic crisis of the late 1990s took a toll on the welfare of the nation's children; infant mortality nearly doubled between 1995 and 1998. As of 1999, UNICEF estimated that eight million preschool-age children suffered from malnutrition. In 1994-95, only 63 percent of the population had access to safe water, and 55 percent had adequate sanitation. In addition, severe drought caused Indonesia to be the

world's number one importer of rice in 1998. However, Indonesia has received much help from the UN, particularly through the World Health Organization (WHO) and UNICEF, in solving health problems. The Ministry of Health is also seeking to build up a health service to provide more facilities and better-trained personnel.

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Iran

Recipes

Dolma (Stuffed Grape Leaves).....	82
Yogurt and Mint Sauce	83
Kebab Morgh (Grilled Skewered Chicken).....	85
Shirazi (Cucumber and Tomato Salad)	85
Halva	86
Dugh (Sparkling Yogurt Drink).....	86
Lettuce Dipped in Honey and Vinegar Dressing.....	88
Shir-Berenj (Rice Pudding).....	88
Iranian Rice Cakes	88
Maast (Homemade Yogurt).....	91
Feta Cheese and Vegetable Tray.....	91
Desser Miveh (Persian Fruit Salad).....	91



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Iran is located in southwestern Asia. It covers an area of 1,648,000 square kilometers (636,296 square miles), slightly larger than the state of Alaska. Iran is geologically unstable, and experiences periodic earthquakes. In 1978, a deadly earthquake struck eastern Iran, killing at least 25,000 people.

Air and water pollution are significant problems in Iran. Twenty-five percent of the rural people do not have pure water.

2 HISTORY AND FOOD

Since the beginning of human civilization in present-day Iran, a series of peoples has invaded and conquered the region, exposing the area to new customs, beliefs, ideas, and foods, as well as bringing Iranian customs and foods back to their own home countries. The ancient Babylonians, Assyrians, Per-

sians, Greeks, Romans, and Turks are just a few of the groups that have had an influence on Iranian culture and its cuisine.

Iranian cuisine is often referred to as “Persian.” This is because, until 1934, Iran was known as Persia. The Persians are an ancient culture believed to have originated in central Asia as far back as 2000 B.C. At one time, Persian territory stretched as far east as India. Curry (a spice) was adapted from the people of India and incorporated into the Persian (now Iranian) cuisine. Modern spicy curry stews demonstrate India’s influence.

The Indians also adapted foods from the Persians. When the Moghuls invaded India in 1526, they brought with them ingredients from the Persian cuisine, which they highly admired. A northern Indian cuisine called *mughulai* is modeled after what the Persians commonly ate: mounds of rice seasoned

IRAN



Three hundred years later, the Turks expanded their Ottoman Empire into Persian territory. The idea of stuffing leaves, vines, fruits, and vegetables with various fillings (Turkish *dolma*) was reinforced by the Turks. *Dolma* and *kofte* (meatballs) have become very popular throughout the Middle Eastern countries. The *kebab* (cubes of skewered meat) is probably the most important introduction by the Turks—it has become one of Iran’s national dishes. Strong Turkish coffee was also introduced. Once a widely consumed Iranian beverage, it has now fallen behind the popularity of *chây* (tea). The strong, dark tea is brewed in an urn called a *samovar*, a Russian word. Tea most likely originated in Russia.



Dolma (Stuffed Grape Leaves)

Ingredients

- 1 jar grape leaves (available at most Greek, Middle Eastern, and Italian markets)
- 1½ cups uncooked rice
- 1 medium onion, diced
- ¼ cup olive oil
- 2 cups water
- ½ cup fresh parsley, chopped
- 2 Tablespoons fresh dill, chopped
- 1 teaspoon fresh mint, chopped
- ¼ cup feta cheese, crumbled
- ½ cup pine nuts
- ½ cup raisins
- ½ cup lemon juice
- Salt and pepper, to taste



EPD Photos

Grape leaves are sold in jars at most large supermarkets. In many Middle Eastern and Mediterranean countries, including Iran, cooks prepare a filling of rice and meat to be rolled up inside the tender grape leaves. The rolls are then simmered in a savory broth, often with tomato juice.

Procedure

1. In a saucepan, sauté the onion in olive oil until light brown.
2. Add rice and brown lightly.
3. Add the water, salt, and pepper.
4. Bring the water to a boil and simmer for 5 to 7 minutes, or until water is absorbed but rice is only partially cooked.
5. Make certain rice does not stick or burn.
6. Add all the ingredients except the lemon juice and mix well.
7. Drain the grape leaves and place 1 Tablespoon of filling in the center of each leaf.
8. Fold the sides in and roll the leaf up.
9. Place stuffed leaves in a pot in even and tight rows covering the bottom of the pan. When the bottom layer is complete, start another layer. Continue rolling *dolmas* until all of the filling is used.
10. Add ½ of the lemon juice and enough water to cover half of the rolled leaves.
11. Place a plate on the top layer to hold the stuffed leaves down and to prevent them from unrolling while cooking.
12. Simmer over low heat until most of the liquid is absorbed, about 45 minutes.
13. Remove the plate and *dolmas* from the pan, drizzle with olive oil and lemon juice, and serve. May be served warm or at room temperature. Serve with Yogurt and Mint Sauce (recipe follows) if desired.

Makes about 20 to 25.



Yogurt and Mint Sauce

Ingredients

- 1 cup plain yogurt
- ¼ cup fresh mint, minced
- 1 garlic clove, minced
- Lemon wedges

Procedure

1. Combine yogurt, mint, and garlic in a small bowl.
 2. Season to taste with salt and pepper.
- Serve with *Dolmas* (Stuffed Grape Leaves, recipe precedes), cucumbers, or with any salad.

3 FOODS OF THE IRANIANS

Iranian food (also referred to as Persian food) is some of the most delicious and fresh in its region. It is also quite healthy, using only small amounts of red meat (usu-



Cory Langley

Chây (tea), the favorite beverage in Iran, is brewed in a large, ornate pot called a samovar.

ally lamb or beef), emphasizing larger amounts of grains (especially rice), fruits, and vegetables. Although it is often lumped under the category of general “Middle Eastern” fare, the Iranian cuisine is able to retain its uniqueness in a variety of ways. One of these ways is preparing meals with contrasting flavors, such as a combination of sweet and sour or mild and spicy.

The country’s cuisine is largely based on *berenj* (rice). It is relatively inexpensive and grown locally, making it an affordable and

readily available staple in the everyday diet. A typical Iranian meal is often a heaping plate of *chelo* (CHEH-loh; plain, cooked rice) topped with vegetables, fish, or meat. It also provides a cool contrast to spicy meat toppings. The two national rice dishes are *chelo* and *polo* (POH-loh; rice cooked with several ingredients). There are seemingly endless varieties of dishes that can be prepared with rice in Iran.

Nân (bread), a round, flat bread that can either be baked or cooked over a bed of small stones, is the other staple food of Iranian cuisine. There are several varieties, including *lavâsh*, a very thin, brittle bread served for breakfast, and *sangak* (sahn-GAHK), a thicker, chewier variety that is usually marked by small “dimples” in the crust. Villages often make their own *nân*, while those who live in the city are frequently seen leaving bakeries with armfuls of freshly made loaves.

Meat, particularly chicken and lamb, is most commonly eaten as *kebabs* (KEE-bahbs), pieces of meat served on a skewer. *Âsh* (soups) and *khoresh* (stews) make popular entrees to most Iranian meals and often contain such meat. *Abgoosht* (up-GOOSHT) is a hearty soup made of mutton (sheep meat) and chickpeas. Soups are drunk directly from the bowl. *Koftas* (meatballs), vegetables (such as eggplant), fruits (such as quince, an apple-like fruit), and even yogurt (an Iranian mainstay) are often added to soups and stews.

Quinces, pears, grapes, dates, apricots, and Iranian melons flavored with rosewater are typically eaten for dessert. *Halva* (HAHL-wah, a sesame treat) and *baklava* (bahk-LAH-vah, crisp paper-like pastry lay-

ered with nuts and honey) are common throughout the Middle East. Iranians also love ice cream and puddings. Although sugared *chây* (tea) is the country's most treasured beverage and *ghahvé* (coffee) is highly popular, Iranians (particularly children) often enjoy a sweet drink after large meals. *Palouden* (PAO-loo-den), a rose- and lemon-flavored drink, *dugh* (sour milk or yogurt mixed with sparkling water) and fresh fruit juices can be made at home or bought in cafes and at street stalls.



Cory Langley

Iranians enjoy grilled meat and poultry. Typically the Iranian Kebab Morgh (Grilled Skewered Chicken) would include just chicken on the skewer, but here mushrooms, tomatoes, onions, and peppers have been added.



Kebab Morgh (Grilled Skewered Chicken)

Ingredients

- 2 onions, finely grated
- 6 Tablespoons lemon juice
- 1½ teaspoons salt
- 2 pounds boneless chicken, cut into bite-size pieces
- 4 Tablespoons melted butter
- Small pinch of saffron threads, dissolved in 2 teaspoons warm water (optional, but recommended)

Procedure

1. Mix the onion, lemon juice, and salt in a bowl.
2. Add the chicken and marinate for at least 4 hours.
3. Thread the chicken pieces onto metal skewers.
4. Stir the melted butter and dissolved saffron into the marinade.
5. Brush the marinade onto the chicken.

6. Preheat broiler or grill. Grill the chicken for 10 to 15 minutes.
7. Baste (occasionally moisten) and turn the chicken as needed.

Serves 8 to 10.



Shirazi (Cucumber and Tomato Salad)

Ingredients

- 4 medium-sized cucumbers
- 3 medium-sized tomatoes
- 1 large onion, chopped
- 1½ cups lime juice
- ½ cup olive oil
- Salt and pepper, to taste

Procedure

1. Peel the cucumbers, remove the inner pulp and seeds, and chop them into bite-size pieces.
2. Wash the tomatoes and chop them the same-size.
3. Remove all the tomato seeds and let the excess tomato juice drain.
4. Mix all the chopped ingredients together in a bowl.
5. Refrigerate the mixture until you are ready to serve (no longer than 1 hour).
6. Twenty minutes before serving, add the lime juice, olive oil, salt, and pepper.
7. Serve in small salad bowls as a salad or side dish.
8. It tastes particularly good with rice and *kebabs* or stews.
9. Serves 4 to 6.



Halva

Ingredients

- 1 cup sugar
- ½ cup water
- ¼ cup rose water (optional)
- 4 teaspoons liquid saffron (optional, but recommended)
- 1 cup unsalted butter
- 1 cup flour

Procedure

1. Boil the sugar and water together until the sugar is dissolved, then add the rose-water and saffron. Remove from the heat (but keep warm).
2. Melt the butter in a pan over low heat and gradually stir in the flour to a smooth paste.

3. Continue to cook over a low heat until golden in color. Slowly add the sugar and water mixture, stirring constantly. Remove from heat immediately.
4. While still warm, spread onto a plate and press down with the back of a spoon, making a pattern with the spoon.
5. Cut into small wedges and serve cold with toast and tea.

Serves 8 to 10.



Dugh (Sparkling Yogurt Drink)

Ingredients

- Plain yogurt
- 1 teaspoon pepper (optional)
- 2 teaspoons salt (optional)
- Dash of mint
- Seltzer water
- Ice cubes

Procedure

1. Fill a tall glass halfway with the yogurt.
2. Add pepper, salt, and mint; stir with a spoon.
3. Continuing to stir, add enough seltzer water to fill the rest of the glass; stir well and add ice cubes.
4. If a thinner drink is preferred, add more seltzer. For a thicker drink, use more yogurt.

Makes 1 serving.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Almost all (about 98 percent) of Iranians are Shi'ah Muslims. They follow Shi'ah Islam, the government religion, and celebrate Mus-

lim holidays throughout the year. Many of the country's religious holidays celebrate the birthdays of *imams* (religious leaders). One such leader is the Prophet Muhammad, who is remembered each year with a celebration called *Mouloud* (moo-LOOD). *Ashura* is a day to remember the Prophet's grandson, Husayn, who was murdered in A.D. 680. On this day, parades typically crowd city streets and people give money or food to the poor if they can afford to.

Ramadan is the most sacred time of the year for Muslims. For an entire month, Muslims fast (do not eat or drink) from sunrise to sunset every day, hoping to cleanse their bodies and minds and remember those who are less fortunate. Restaurants and food stores are often closed or have limited hours during this holy month. Ramadan ends with the sighting of the new moon. The three-day festival marking Ramadan's end is known as *Eid al-Fitr*. During this time, the month-long fast is broken by community prayer, and then followed by a large feast with family and friends.

Now Ruz (no-ROOZ), the Iranian New Year, takes place on the first day of spring (March 21) and is probably the most important festival in Iran. Iranians of all ages eagerly await this day (literally meaning "new day"), and look forward to a new beginning and an abundance of delicious meals and sweets.

Festivities for *Now Ruz* begin nearly two weeks ahead of time—planting seeds, buying clothes, and cleaning homes. *Haft sin* (hoft-SEEN) is a tradition in which tables are decorated with seven items that symbolize triumph over evil, including *sir* (garlic) and *senjid* (olives). *Samanu* (sah-muh-

NOO), a pudding made from flour, sugar, and walnuts, is also made at this time. For additional good luck, a mother will often eat one cooked egg for every one of her children.

Beginning on the day of *Now Ruz* and lasting for two weeks, feasting and visiting with friends and relatives takes place while schools and offices remain closed. Iranian sweets and snacks such as fruits, nuts, pastries, puddings, and tea, are placed on tables in anticipation of visiting guests. Iranian rice cakes and *sabzi polo*, a rice dish flavored with herbs, are popular foods. On the thirteenth day of the New Year, called *Siz-deh Bedar* (seez-DAH-bee-DAR), it is believed that homes are filled with bad luck. To help chase it away, *sabzeh* (wheat or lentil seeds grown during *haft sin*) are thrown out the window and a picnic outdoors is enjoyed. At 5 P.M., it is customary to eat lettuce leaves dipped in a honey and vinegar dressing, accompanied by tea.

When Iranians make their container of *sabzeh*, or green sprouts, for *Now Ruz*, they sometimes simply scatter the seeds over a plate and keep them moistened with water as they sprout and grow. They may also choose to fill a porous clay pot or jar with water and attach the seeds to the outside of the jar with strips of cloth until they stick to the moist surface. The strips are then removed and the sprouts grow upward in sunlight—green and full.

Sprouts, similar to those grown by Iranians, can be grown by filling a bowl or other container with sterile potting mix from a plant nursery, and scattering lentils or grains of barley or wheat thickly across the surface of the potting mix. The mix should

be watered until it is evenly moist throughout, and then the container should be covered loosely with plastic wrap to hold in the moisture. The seeds will sprout if the container is left on a sunny windowsill; the surface should be sprinkled with water once or twice a day to keep the seeds moist.

After three days, the seeds should have begun to sprout and the plastic wrap may be removed. When the sprouts are a few inches tall, they may be tied into a bunch with a pretty ribbon, or snipped and added to a salad.



Lettuce Dipped in Honey and Vinegar Dressing

This is prepared on the thirteenth day of Now Ruz, the Iranian New Year.

Ingredients

- 1 head of lettuce
- 1 cup honey
- ½ cup vinegar, or to taste

Procedure

1. Remove brown leaves from head of lettuce.
2. Tear off crisp, green leaves and arrange on a large plate.
3. In a bowl, combine the honey and vinegar; stir well.
4. Pour dressing onto a small plate or bowl and place in the center of larger plate holding lettuce.
5. To eat, dip lettuce leaves into dressing.



Shir-Berenj (Rice Pudding)

Ingredients

- 2 cups rice
- 3 cups milk
- 1 cup water
- ½ cup rose water (optional)
- ½ cup heavy cream
- Sugar or jam

Procedure

1. Measure the rice into a saucepan, rinse it, and drain off the water.
2. Add water and milk to rice in saucepan and cook, covered, over low heat for about 20 minutes, until rice is soft.
3. Add the rose water and cook for another minute or so.
4. Add the cream. Serve topped with sugar or jam.

Makes 8 servings.



Iranian Rice Cakes

Ingredients

- 2 cups rice
- 2½ cups water
- 1 cup milk
- 1 teaspoon salt
- 2 Tablespoons butter

Procedure

1. Bring water and milk to a boil in a large saucepan. Stir in rice and salt.
2. Simmer over low heat, covered, for about 20 minutes, then remove from heat and let stand for 10 more minutes.



EPD Photos

Tender lettuce leaves are arranged around a bowl of honey-vinegar dip to be served in the late afternoon of the thirteenth day of Now Ruz (New Year).

3. Melt the butter in a skillet and add the cooked rice, pressing down with a spatula to form a flat cake the size of the skillet.
4. Cover and cook over low heat for 1 hour, flattening with the spatula every 15 minutes.
5. The cake is done when it is golden brown on the bottom and the top edges are lightly browned.
6. Remove the skillet from the heat and let the cake cool until it is just warm to the touch.
7. Turn the skillet upside down over a platter, holding the top of the cake with your other hand. Let the cake gently slide out onto the platter.
8. The rice cake may be eaten warm or cold. Cut into pie-shaped wedges to serve.

Serves 6 to 8.

5 MEALTIME CUSTOMS

Upon entering an Iranian home and removing one's shoes at the door, a gift or reciprocated dinner invitation should be offered to the host. When the meal is ready to be served, the host will place large platters of food on top of the *sofreh* (sof-RAY, tablecloth) that rests on top of a floor rug. Diners sit cross-legged in front of individual settings of plates, bowls, and silverware (typically a fork and a spoon). Iranians of the opposite sex (unless related) do not sit next to one another while eating. Talking is also kept to a minimum.

Although most meals will offer bread, rice, and meat (often a *kebab*), Iranians often choose what foods will be served by following a set of food rules that originated from ancient Greek medicine. Foods are classified as either "hot" or "cold," depending on the food's heating or cooling effect on the individual (rather than the food's actual temperature). Hot foods include meats, sweets, and eggplant. Yogurt, cucumbers, and fish classify as cold. Iranians try to serve a balance of hot and cold foods. After dinner, *chây* (tea) is commonly accompanies fresh fruit for dessert, although more elaborate meals or special occasions will include pastries such as *baklava* or *halva*.

Iranians consume three meals a day, including snacks (usually nuts, seeds, fruit, or a light yogurt dish). *Soph'ha'neh* (breakfast), separate from the typical Iranian fare of lunch and dinner, usually consists of hot tea, cheese, and fresh baked bread from the local bakery or home kitchen. Some choose to purchase it from "bicycle breadmen" who travel from door to door, selling leftover bread for a reduced price. Northern provinces prefer *asal* (honey) with cooked, cold rice and fish. Central Iranians enjoy yogurt and soft cream, while southern Iranians prefer cheese and dates.

A child's weekday (Saturday through Thursday) breakfast before school is often the same as that of adults: tea, honey, bread, and feta cheese. Similar to breakfast, the light lunch served by most schools typically includes fresh fruit, dates, pistachio nuts, bread, and cheese.



Maast (Homemade Yogurt)

Ingredients

- 4 cups (approximately) milk
- 1 heaping spoonful plain yogurt

Procedure

1. Scald the milk by heating it just until it starts to boil.
2. Allow it to cool until it feels warm to the touch without burning.
3. Add the spoonful of yogurt and mix lightly. Place in a container with a closed lid.
4. Cover with a thick cloth or towel for at least 5 hours well (to maintain warmth), or until the yogurt has thickened.
5. Unwrap the container and refrigerate until ready to serve.

Makes about 8 servings.



Feta Cheese and Vegetable Tray

Ingredients

- 1 bunch green onions, sliced into 2-inch pieces
- Feta cheese, crumbled
- Spicy pickles, sliced into 1-inch long pieces
- 1 red onion, sliced
- ½ pound of sliced turkey
- Small spinach leaves
- 2 or 3 tomatoes, sliced

Procedure

1. Roll up the slices of turkey.
2. Arrange all the ingredients on a platter or large, circular dish.

3. Serve chilled.

Makes 4 to 8 servings.



Desser Miveh (Persian Fruit Salad)

Ingredients

- 2 seedless oranges, peeled and cored
- 2 apples, peeled and cored
- 2 bananas, sliced
- 2 cups pitted dates, chopped
- 1 cup dried figs or apricots, chopped
- 1 cup orange juice
- 1 cup almonds, chopped

Procedure

1. Place the fruit in serving bowl and pour the orange juice over the fruit and mix gently.
2. Garnish with almonds or coconut.
3. Cover and chill several hours before serving.

Makes 6 servings.

6 POLITICS, ECONOMICS, AND NUTRITION

About 6 percent of the population of Iran is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 16 percent are underweight, and roughly 19 percent are stunted (short for their age).

Unemployment, caused by Iran's unstable economy, helps to contribute to urban and rural poverty. Such poverty often leads to hunger and undernourishment. An absence of cooked eggs, beans, lentils, and

nuts from the diet can lead to protein deficiency. Similarly, a lack of fruits and vegetables can result in an overall vitamin deficiency. Many families affected by the country's shaky economy cannot afford to purchase or grow themselves the necessary foods for a healthy diet.

7 FURTHER STUDY

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Films

"The White Balloon." Iranian director Jafar Panahi, 1996. 85 minutes. This is a story of a seven-year-old Iranian girl named Razieh who asks her mother for money to buy a special goldfish for the *Now Ruz* celebration. (Goldfish in a bowl of water are traditionally placed on the table this time of year.) Eager to purchase one, Razieh travels through the city of Tehran on her journey to the pet store. As she does so, she meets people of many different cultures. The differences and similarities of people from all over the world become apparent in this charming film.

Iraq

Recipes

Beef with Fruit.....	94
Adas Bil Hamod (Lentils with Lemon Juice).....	96
Red Lentil Soup.....	96
Yalanchi (Tomatoes Stuffed with Rice).....	97
Ma'mounia (Wheat Pudding).....	98
Khubaz (Pita with Jelly).....	99
Kebabs.....	99
Kibbe Batata (Potato-Beef Casserole).....	100
G'shur Purtaghal (Candied Citrus Peels).....	101



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Iraq is located in southwestern Asia, in the heart of the Middle East. Its land area is comparable in size to California. There are four distinct land regions in Iraq. The Delta region is a broad plain in the southeast. To the west are the Steppe-Desert Plains, made up of sand and stony plains. The north region, between the Tigris and Euphrates Rivers, is a fertile area of grassy flatlands and rolling hills. The Zagros Mountains rise steeply in the northeast.

The climate in Iraq is as varied as the different regions, ranging from tropical in the east and southeast, to dry and desert-like in the west. The north is pleasant during summer months and freezing in the winter months. On average, Iraq is a dry country, even in the fertile lands between the rivers. In the summer, a dry, dusty wind called the

shamal blasts through the country with dust storms, lasting for several days.

Since the country is so dry, there are few plants, except for the date palm, known for its fruit (dates). In fact, more than 80 percent of the world's date supply is grown in Iraq.

2 HISTORY AND FOOD

Settled between the Tigris and Euphrates Rivers, the area known as Iraq today was called Mesopotamia up until the end of World War I (1914–1918). In ancient Greek, Mesopotamia translates to “land between rivers.” The first human civilization (called Sumer) is thought to have flourished here around 4000 B.C.

Although the area received little rainfall, the soil around the rivers fertilized many different crops. The rich soil, commonly referred to as the “Fertile Crescent,” produced crops such as leeks, onions, lentils,



wheat, and barley. Grapes also grew plentifully and were used for wine. The native olive tree was valued for both its fruit and oil. Sumerian stone tablets dating to 2500 B.C. record the usage of figs, which when cooked, were used as sweeteners in place of sugar.

3 FOODS OF THE IRAQIS

Iraqi food is so strongly influenced by its neighboring countries, Turkey and Iran, it is one of the few nations of the Middle East to lack a unique cuisine. Like the Turks, Iraqis like to stuff vegetables and eat a lot of lamb, rice, and yogurt. Like Iranians, they enjoy cooking fruits with beef and poultry.



Beef with Fruit

Ingredients

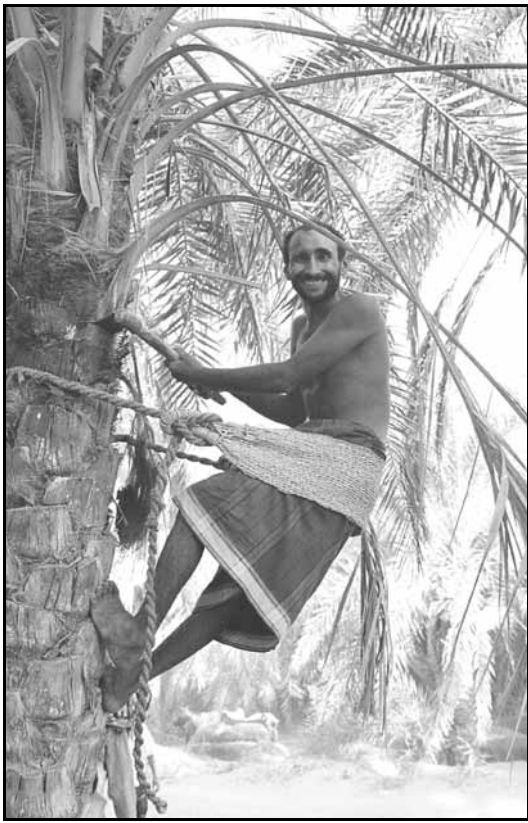
- 1 cup dried prunes, pits removed
- 1 cup dried apples
- 1 cup dried apricots
- 2 pounds beef, cut into cubes
- 3 Tablespoons vegetable oil
- 1 Tablespoon sugar
- 1 Tablespoon cinnamon
- 1 teaspoon black pepper
- ½ teaspoon salt
- ⅓ cup tomato sauce
- 4 cups cooked rice

Procedure

1. Place the dried fruits in separate bowls and pour boiling water over them. Let sit for about 15 minutes, then drain.
2. In a frying pan, heat the oil and sauté the meat until browned.
3. Add the prunes and cook on low, uncovered, for 20 minutes.
4. Add the apples, apricots, seasonings, and tomato sauce.
5. Stir well and cook uncovered for another 10 minutes. Serve hot over rice.

Serves 8.

Although Iraq may not have a distinct cooking style, there are several dishes native to the country. *Masgoof* is a whole-skewered fish barbecued on an outdoor grill. Iraqis cook almost every part of an animal, from the kidneys and liver, to the brain, feet, eyes, and ears. *Pacha* is a slowly cooked combination of sheep's head, stomach, feet, and other parts in a broth. A popu-



Cory Langley

Date palm trees grow all over the Middle East. A picker climbs a date palm tree to harvest its tasty fruit.



Ways to Enjoy Dates

Eat them plain.

Mix with different nuts and chopped bananas for a snack.

Cut up and use in cookie recipes in place of chocolate chips or raisins.

lar side dish, *turshi*, is a mixture of pickled vegetables.

Wheat, barley, rice, and dates are the staple foods of Iraq. Sheep and goats are the most common meat, but lamb, cows, chickens, fish, and sometimes camels are eaten as well. The meat is usually cut into strips, then cooked with onions and garlic, or minced for stew and served with rice. For the majority of Iraqis who practice the Muslim religion (95 percent of Iraqis), eating pork is forbidden.

Alcohol is also forbidden to Muslims, so Western soft drinks, ice water, tea, and coffee are drunk. Coffee and tea are served before and after, but never during, a meal. Iraqis usually drink their coffee with sugar and cream or milk. The rich, dark coffee prepared in Iraq is unique. The beans are ground, then heated and cooled nine times before the coffee is served. This is believed to remove all impurities from the imported coffee.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The majority of Iraqis are Muslim, about 95 percent. Of those, 54 percent are *Shi'ite*, and 41 percent are *Sunni*. The difference between the *Shi'ite* and *Sunni* Muslims is a conflicting belief in authority dating back to the early history of the religion. The two groups, however, share the same Muslim beliefs and religious holidays.

The fast of Ramadan is celebrated the entire ninth month of the Muslim year. This means for the whole month, no food or water may be consumed from sunrise to sunset. Cooks (or people who are buying foods) may taste them, but they cannot be

swallowed. Muslims believe fasting makes them stronger in their faith. They also believe it helps them understand how it feels to be poor and hungry. Families who can afford it slaughter a lamb and share the meat with the less fortunate.

During Ramadan, Muslims rise before dawn to eat a meal called *suhur* (pronounced soo-HER). Foods containing grains and seeds, along with dates and bananas, are commonly eaten because they are considered slow to digest. This helps to ease hunger during the fast, which can be as long as 16 hours in the summer. At sunset, the day's fast is broken with *iftar*, a meal that traditionally starts with eating a date. The rest of the meal might include assorted *mezze* (appetizers) such as nuts or cooked fava beans, lentil soup, bread, and fresh fruit.



Adas Bil Hamod
(Lentils with Lemon Juice)

Ingredients

- 1½ pounds (about 3 cups) lentils
- 2 potatoes, peeled and chopped
- 2 Tablespoons flour
- 1 Tablespoon water
- 6 garlic cloves, crushed
- ¼ cup coriander, chopped
- ¼ cup lemon juice
- Salt and pepper to taste
- 2 Tablespoons vegetable oil

Procedure

1. In a pot, boil lentils in water for 15 minutes.

2. Add the potatoes and continue cooking until both vegetables are tender.
3. Heat the oil in a frying pan and fry garlic and coriander until slightly tender (about 5 minutes).
4. Add mixture to pot of lentils and potatoes.
5. Mix flour with water in a little bowl.
6. Add this to the pot of lentil mixture.
7. Cook 30 minutes on medium heat.
8. Before serving, add lemon juice and season with salt and pepper. Serve hot or cold with pita bread.

Serves 8 to 10.



Red Lentil Soup

Ingredients

- 2 Tablespoons butter
- ½ large onion, chopped
- 1 stalk celery with leaves, chopped
- 1 carrot, chopped
- ¾ cup lentils
- 3¾ cups water or chicken stock
- ½ teaspoon salt
- Pita bread
- Lemon juice, to taste (optional)
- Cumin, to taste (optional)

Procedure

1. In a large pot, heat the butter over medium to high heat.
2. Add onion, celery, and carrot and stir until soft. Add the lentils, water or stock, and salt.
3. Bring to a boil, then reduce heat to medium. Stir.
4. Let soup cook for 45 minutes to 1½ hours, or until lentils are soft, stirring occasionally.

Iraqi folk dancers perform at festivals, on holidays, and for other celebrations.

5. Add more water if the soup thickens too much. Add lemon juice and cumin to taste (optional). Serve with pita bread.

Serves 6.

At the end of Ramadan comes a three-day festival called *Eid al-Fitr*. Friends and family gather to pray and share a large meal. In some cities, fairs are held to celebrate the end of the fast. Eating pork is forbidden to Muslims, but other meats such as beef, lamb, and fish are served on elegant platters. Other common dishes may include *kebabs*, *yalanchi* (spicy rice stuffing for eggplants or other vegetables), and *ma'mounia*, a dessert that dates from the 800s.



Yalanchi
(Tomatoes Stuffed with Rice)

Ingredients

6 medium to large, firm, ripe tomatoes
2 to 4 Tablespoons olive or vegetable oil
1 onion, finely chopped
½ cup raisins, soaked in warm water 10 minutes, drained
½ cup pine nuts
½ teaspoon cinnamon
2 to 2½ cups cooked rice
Salt and pepper, to taste



EPD Photos

After cutting the tops from six tomatoes, remove the tomato stem and core. The remaining tops will be chopped and added to the stuffing mixture for Yalanchi (Tomatoes Stuffed with Rice).

Procedure

1. Preheat oven to 350°F.
2. Cut a slice from the top of each tomato, about ¼- to ½-inch down.
3. Cut the middle of the tops out (core) and finely chop the remaining tops.
4. Scoop out tomatoes with a spoon and turn upside down on paper towels to drain. Throw the pulp and seeds away.
5. Heat 2 Tablespoons oil in a large skillet over medium to high heat.
6. Add onion and cook until soft, about 3 minutes. Stir frequently.
7. Add chopped tomato tops, raisins, pine nuts, and cinnamon and mix well.

8. Reduce heat to low and simmer, about 2 minutes. Remove from heat and add cooked rice. Season with salt and pepper and mix gently until well blended.
9. Fill tomatoes with mixture and set side-by-side in a greased baking pan. Drizzle remaining oil on tomatoes so they are well greased.
10. Bake in oven until tender but still firm, about 25 minutes.
11. Serve warm or at room temperature for best flavor.

Serves 6.



*Ma'mounia
(Wheat Pudding)*

Ingredients

- 3 cups water
- 2 cups sugar
- 1 teaspoon lemon juice
- ½ cup butter, unsalted
- 1 cup wheat flour
- Whipped cream
- Cinnamon

Procedure

1. Combine water and sugar in a large saucepan. Over low heat, stir constantly until sugar dissolves.
2. Increase heat slowly to bring mixture to a boil (mixture will look like syrup). Add lemon juice.
3. Reduce heat and simmer until syrup thickens, about 10 minutes. Set aside.
4. In another saucepan, melt butter and add flour. Stir until lightly browned.
5. Add the syrup from the other pan. Simmer mixture about 10 minutes, stirring constantly.

6. Remove from heat and let cool 20 minutes.
7. Spoon *ma'mounia* into bowls and top with whipped cream and cinnamon.

Serves 6.

∞
Khubaz
(*Pita with Jelly*)

Ingredients

1 package of whole wheat pita bread
Butter
Jelly

Procedure

1. Spread each pita lightly with butter. Top with a layer of jelly.
2. Cut the pitas in half and serve. *Khubaz* is usually served as an accompaniment for salad.

Serves 12.

5 MEALTIME CUSTOMS

Hospitality is considered a highly admired asset to the Iraqis. Iraqis are known for being very generous and polite, especially when it comes to mealtime. Meals are more often a festive, casual experience than a formal one. Many Iraqis were raised to feed their guests before themselves, and to feed them well. Most Iraqis hosts feel that they are failing in their role as hosts if their guests have not tried all of their dishes. In fact, proper appreciation is shown by over-eating.

A typical Iraqi meal starts with a *mezze* (appetizer), such as *kebabs*, which are cubes of marinated meat cooked on skewers. Soup is usually served next, which is drunk from

the bowl, not eaten with a spoon. For *gadaa* and *ashaa*, Arabic for lunch and dinner, the meals are much alike. A simple main course, such as lamb with rice is served, followed by a salad and *khubaz*, a flat wheat bread served buttered with fruit jelly on top. Other popular dishes include *quzi* (stuffed roasted lamb), *kibbe* (minced meat, nuts, raisins, and spices), and *kibbe batata* (potato-beef casserole).

∞
Kebabs

Ingredients

1½ pounds boneless lamb, beef, or chicken
cut into medium-sized cubes
⅓ cup soy sauce
⅓ cup cooking oil
¼ teaspoon ground pepper
Juice of 1 lemon
1 clove garlic, crushed
1 large green pepper, seeds removed, cut
into 12 pieces
1 large red onion, peeled and cut into pieces
12 cherry tomatoes, or three tomatoes, cut
into quarters
12 fresh mushrooms
Salt
½ teaspoon ginger

Procedure

1. Measure soy sauce, oil, lemon juice, ginger, pepper, and garlic into a large mixing bowl. This is marinade; reserve about 3 Tablespoons of it to use later.
2. Add the meat cubes to the marinade in the mixing bowl, and stir to coat all the meat thoroughly. Cover the bowl with plastic wrap and refrigerate several hours or overnight.



Cory Langley

Kebabs, shown here made with chicken, may be prepared using chicken, beef, or lamb. In Iraq, kebabs are most often made with lamb.

3. Prepare vegetables. Remove meat from the refrigerator, pour off marinade, and throw away.
4. Assemble 6 kebabs by alternating meat cubes, green pepper, tomatoes, and mushrooms on skewers.
5. Brush with the marinade you set aside earlier.
6. Cook outdoors on a charcoal or gas grill, or broil in the oven, 3 to 4 inches from the heat source for 5 to 7 minutes.
7. Brush with marinade (as needed) during cooking to prevent drying.
8. Sprinkle with salt and pepper before serving.

Serves 6.



Kibbe Batata (Potato-Beef Casserole)

Ingredients

- ½ pound ground lamb or beef
- 1 onion, chopped

- ¼ cup parsley, chopped
- 2 cloves garlic, minced
- Salt to taste
- ½ cup rice
- 4 potatoes, peeled and quartered (chopped in 4 halves)
- ½ teaspoon turmeric
- 2 Tablespoons butter
- Cinnamon (optional)

Procedure

1. Combine meat and onion in skillet. Cook and stir until meat is brown and crumbly.
2. Add parsley, garlic, and season with salt.
3. In a deep saucepan, cook rice with potatoes in water (enough to cover potatoes) until potatoes are tender (about 25 minutes).
4. Drain potato mixture in a strainer. Return to saucepan. Add turmeric and season with salt. Mash until smooth.
5. Preheat oven to 350°F.
6. Spread half the potato mixture in a greased 13 x 9-inch baking pan.
7. Spread the meat filling over potato layer.
8. Top with remaining potato mixture.
9. Sprinkle with cinnamon (optional).
10. Dot with butter on top and bake for 30 to 40 minutes, or until golden.
11. Cut into squares to serve.

Serves 8.

Many Iraqi households keep pastries, desserts, and candies on hand for snacks and as gifts to visiting friends. Desserts are a favorite among the Iraqis. They can include *shirini* (pumpkin pudding) and *baklava*, a pastry made of honey and nuts layered between paper-thin sheets of dough. However, only fruits, not sweets, are eaten at the end of a meal. Candied lemon, grape-

fruit, or orange peels called *g'shur purtaghal* are very popular. Once the meal has ended, Iraqis say to one another "*sahtayn*," which means "two healths to you."



G'shur Purtaghal
(Candied Citrus Peels)

Ingredients

- 1 pink grapefruit
- 2 oranges
- Water
- 3½ cups sugar
- Cooking spray

Procedure

1. Using a sharp knife or vegetable peeler, carefully peel thin strips of grapefruit and orange rind (peel). Remove only the colorful part of the peel, leaving as much pith (the bitter white skin just under the peel) as possible. Save fruit for another use.
2. Place the peels into a saucepan and cover with water.
3. Bring to a boil and cook over medium to high heat, about 10 minutes.
4. Drain in a strainer. Repeat this procedure 2 more times to remove the bitterness of the peel.
5. Pour 1¼ cups water into medium saucepan. Add 1½ cups of the sugar and stir until dissolved. Bring to a boil.
6. Reduce heat to medium and add peel.
7. Simmer, stirring frequently, until the syrup is absorbed, about 45 minutes.
8. Cover a cookie sheet with waxed paper and spray the waxed paper with the cooking spray.
9. Arrange the peels on the papered cookie sheet and cool for at least 3 hours.



EPD Photos

A vegetable peeler or sharp knife works well to remove thin strips of the outer rind from grapefruit and oranges for G'shur Purtaghal (Candied Citrus Peel).

10. Put remaining sugar into a plastic bag. Add the peels and shake until they are well covered.
11. Place them on another piece of wax paper and let dry overnight.

Serves 6 to 8 as a snack.

6 POLITICS, ECONOMICS, AND NUTRITION

When Iraq, led by Saddam Hussein, invaded Kuwait in 1990, it set off the Gulf War. The 15 member countries of the United Nations Security Council agreed to stop trading with Iraq (this action is called "imposing economic sanctions"). The countries hoped that if they stopped trading with Iraq, Saddam Hussein would feel pressure to cooperate with the other countries of the world.

Because of the sanctions, no food was allowed to be imported into Iraq. The people of Iraq, particularly children, did not receive enough nutrition as a result.

About 15 percent of the population of Iraq is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 12 percent are underweight, and more than 22 percent are stunted (short for their age).

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Ireland

Recipes

Traditional Irish Stew.....	105
Soda Bread.....	105
Corned Beef with Cabbage	106
Champ.....	106
Colcannon	107
Barm Brack.....	108
Irish Christmas Cake.....	109
Dublin Coddle.....	110
Scones	110
Apple Cake.....	111



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Ireland, or officially the Republic of Ireland, is an island nation in the North Atlantic Ocean. (The northernmost part of the island is Northern Ireland, which is part of the United Kingdom.) Almost 20 percent of the land is devoted to farming. Less than 10 percent of farmland is used to grow crops and the majority is used as grazing land for livestock.

2 HISTORY AND FOOD

The arrival of the Anglo-Normans in Ireland in 1169 affected both farming and diet in Ireland. (Anglo-Normans are the Normans who remained in England after the Norman Conquest. Led by William the Conqueror, the Normans came from the Normandy region of France in 1066.) Wheat, peas, and beans became staple foods and people began preparing more elaborate dishes. Food customs were also changing, as

French and Italian cooking customs influenced the upper-class cuisine.

The potato was introduced to Ireland by the late 1500s. Within 200 years it had replaced older staples, including oats and dairy products. The potato became the mainstay of the Irish diet. In the 1840s, the country's heavy reliance on potatoes led to the disaster known as the Irish Potato Famine. Most Irish farmers grew one particular variety of potato, which turned out to be highly sensitive to disease. A potato blight that had started in Belgium swept the country. It destroyed one-third of Ireland's potato crop in 1845 and triggered widespread famine. In the next two years, two-thirds of the crop was destroyed. More than one million people died as a result of the potato blight, and two million emigrated (moved away) to other countries. Even though they had suffered through the Irish Potato Famine (also called the Great Famine), Irish people continued to love potatoes. As soon as the spread of the disease

IRELAND



stopped, the potato returned its place as the staple food in the Irish diet. Farmers began to spray their crops with chemicals to protect them from disease. As of 2001 the Irish were consuming more potatoes than most countries in the world.

3 FOODS OF THE IRISH

Irish food is known for the quality and freshness of its ingredients. Most cooking is done without herbs or spices, except for salt and pepper. Foods are usually served without sauce or gravy.

The staples of the Irish diet have traditionally been potatoes, grains (especially oats), and dairy products. Potatoes still appear at most Irish meals, with potato scones, similar to biscuits or muffins, a specialty in the north. The Irish have also been

accomplished cheesemakers for centuries. Ireland makes about fifty types of home-made “farmhouse” cheeses, which are considered delicacies.

Soups of all types, seafood, and meats also play important roles in the Irish diet. Irish soups are thick, hearty, and filling, with potatoes, seafood, and various meats being common ingredients. Since their country is surrounded by water, the Irish enjoy many types of seafood, including salmon, scallops, lobster, mussels, and oysters. However, meat is eaten more frequently at Irish meals. The most common meats are beef, lamb, and pork. A typical Irish dinner consists of potatoes (cooked whole), cabbage, and meat.

Irish stew has been recognized as the national dish for at least two centuries. A poem from the early 1800s praised Irish stew for satisfying the hunger of anyone who ate it:

*Then hurrah for an Irish Stew
That will stick to your belly like glue.*

Bread is an important part of Irish culture. Fresh soda bread, a crusty brown bread made from whole-wheat flour and buttermilk, is a national dish of Ireland. Irish bakers don't stop with soda bread, however. They bake a wide variety of other hearty breads and cakes.

The most common everyday beverage in Ireland is tea. Popular alcoholic beverages include whiskey, beer, and ale. Coffee mixed with whiskey and whipped cream is known throughout the world as “Irish coffee.”



Traditional Irish Stew

Ingredients

- 4 potatoes, thinly sliced
- 4 medium onions, thinly sliced
- 6 carrots, sliced
- 1 pound Canadian bacon, chopped
- 3 pounds lamb chops, 1-inch thick, trimmed, and cut into small pieces
- Salt and pepper to taste
- 2½ cups water
- 4 potatoes, halved
- Fresh parsley, finely chopped

Procedure

1. To make Irish stew, all the ingredients are assembled in layers in a large stew pot.
2. Begin with layers of sliced potatoes, onions, and carrots.
3. Top with a layer of Canadian bacon and lamb.
4. Sprinkle liberally with salt and pepper.
5. Repeat these steps until all the ingredients are used.
6. Add enough water to just cover the ingredients.
7. Arrange the halved potatoes on top of the stew, but not in contact with the water, so they can steam as the rest is cooking.
8. Simmer over a very low heat for about 2 hours.
9. Sprinkle liberally with the chopped parsley and serve in soup bowls.

Makes 4 to 6 servings.



EPD Photos

Irish Soda Bread, loaded with raisins and caraway seeds, is cut into wedges and served with sweet butter.



Irish Soda Bread

Ingredients

- 4 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- ¾ cup raisins
- 2 Tablespoons caraway seeds
- 1 cup buttermilk

Procedure

1. Preheat oven to 425°F.
2. Mix flour, baking soda, and salt in a bowl. Add raisins and caraway seeds.
3. Add buttermilk all at once and mix.
4. Knead the dough on a lightly floured board. (To knead, press the dough flat, fold it in half, turn the dough, and repeat.) Form into a round loaf on a well-greased baking sheet.
5. With a knife, carefully mark an X across the top of the loaf. Lay a piece of foil over the loaf. Bake for 5 minutes.

6. Lower heat to 250°F and bake 30 minutes more. Remove foil and bake another 10 minutes, until the loaf is slightly browned.

7. Cut into wedges and serve with butter.

Serves 10 to 12.



Corned Beef with Cabbage

Ingredients

- 4 pounds corned brisket of beef
- 3 large carrots, cut into large chunks
- 6 to 8 small onions
- 1 teaspoon dry mustard
- ¼ teaspoon thyme
- ¼ teaspoon parsley
- 1 head of cabbage (remove two layers of outer leaves)

Salt and pepper

Boiled potatoes as accompaniment

Procedure

1. Place brisket in a large pot. Top with carrots, onions, mustard, thyme, and parsley.
2. Cover with cold water, and heat until the water just begins to boil.
3. Cover the pot with the lid, lower the heat, and simmer the mixture for 2 hours.
4. Using a large knife, cut the cabbage into quarters, and add the cabbage wedges to the pot.
5. Cook for another 1 to 2 hours or until the meat and vegetables are soft and tender.
6. Remove the vegetables to a platter or bowl, cover with foil, and keep them warm.
7. Remove the brisket, place it on a cutting board, and slice it.

8. Serve the corned beef slices on a platter, surrounded by the vegetables.

9. Ladle a little of the cooking liquid over the meat and vegetables.

Serves 12 to 16.



Champ

This is one of the most widely eaten potato dishes in Ireland.

Ingredients

- 6 to 8 baking potatoes, unpeeled
- 1 bunch scallions
- 1½ cups milk
- 4 to 8 Tablespoons butter (to taste)
- Salt and pepper

Procedure

1. Scrub potatoes (do not peel), place them in a pot, and cover them with water.
2. Heat the water to boiling, and cook the potatoes until they can be pierced with a fork (about 25 minutes).
3. Finely chop the scallions (use both the white bulbs and the green stems) and put them in a small saucepan.
4. Cover the scallions with the milk and bring slowly just to a boil.
5. Simmer for about 3 to 4 minutes, stirring constantly with a wooden spoon. Turn off the heat and let the mixture stand.
6. Peel and mash the hot boiled potatoes in a saucepan. Add the milk and scallions mixture and beat well.
7. Beat in the butter. Season to taste with salt and pepper.
8. Serve in 1 large or 4 individual bowls with a pat of butter melting in the center of each serving. May be reheated.

Serves 4 to 6.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The most festive holiday meal of the year is Christmas dinner, followed by Easter Sunday dinner. During the 40 days of Lent, Irish Catholics choose certain foods they wish to not eat. At one time, all animal products, including milk, butter, and eggs, were not to be consumed during Lent. The poorer Catholics of Ireland were often left to eat only oatcakes for the 40-day period. On Good Friday, the Friday before Easter Sunday, the Irish eat hot cross buns, a light, bread-like pastry topped with a frosting cross that holds spiritual meaning.

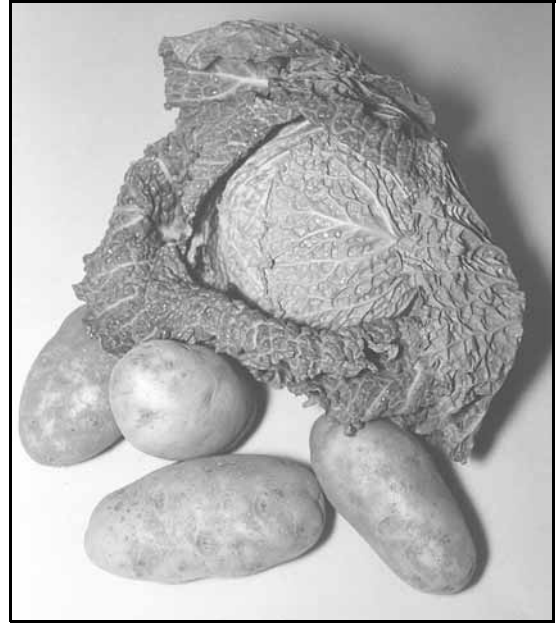
Another day on the Catholic calendar that the Irish Catholics do not eat meat is All Saints' Day (November 1). Each county has its own special meatless dishes for this occasion. Popular dishes include oatcakes, pancakes, potato pudding, apple cake, and blackberry pies. For Christmas, people throughout Ireland eat spiced beef, and a fancy Christmas cake full of dried and candied fruits for dessert.

ALL SAINTS' DAY DINNER

Nettle soup
Colcannon
Poached plaice fillets
Soda bread
Barm Brack
Carrot pudding

CHRISTMAS DINNER

Kidney soup
Christmas goose (roasted) with chestnut stuffing and port sauce
Garden peas with fresh mint
Potato oat cakes
Christmas cake
Mince pies



EPD Photos

Potatoes and kale (or cabbage) are staples of the Irish diet, and form the main ingredients in Colcannon, a traditional Halloween dish.



Colcannon

This potato and cabbage dish is traditionally served on Halloween with a ring or lucky charm hidden in the center.

Ingredients

1 pound kale (or green leafy cabbage)
1 pound potatoes
6 scallions (or small bunch of chives)
 $\frac{2}{3}$ cup milk (or half-and-half)
Salt and freshly ground black pepper
4 to 8 Tablespoons butter, melted

Procedure

1. Remove the tough stalk from the kale or cabbage and shred the leaves finely.

2. Put about 1 inch of water in a saucepan large enough to hold the kale, and add a teaspoon of salt.
3. Heat the salted water until it boils, and add the kale. Cook, covered for 10 to 20 minutes until the kale is very tender. Drain well.
4. Scrub the potatoes and place them in a saucepan, unpeeled. Add water to cover.
5. Heat the water to boiling, and cook the potatoes until tender (about 25 minutes).
6. Drain, peel, and return to the pan over low heat to evaporate any moisture (This will take just a minute or so).
7. Mash the potatoes while warm until they are smooth.
8. Chop scallions and simmer in the milk or cream for about 5 minutes.
9. Gradually add this liquid to the potatoes, beating well to give a soft, fluffy texture.
10. Beat in the kale or cabbage along with the salt and pepper.
11. Heat thoroughly over low heat and serve in bowls. Make an indentation in the center and pour in some melted butter.



Barm Brack

Barm Brack is the traditional cake bread eaten at Halloween.

Ingredients

- 6 cups flour
- ½ teaspoon allspice
- 1 teaspoon salt
- 1 envelope active dry yeast
- 4 Tablespoons sugar
- 1¼ cups warm milk
- ⅔ cup warm water
- 4 Tablespoons butter, softened
- 4 Tablespoons currants

5 Tablespoons orange or lemon peel,
chopped

Milk or syrup, to glaze

Powdered sugar, to decorate

Procedure

1. The night before baking, make a cup of tea, and put the currants and chopped peel into it to soak overnight.
2. Mix the flour, allspice, and salt together. Stir in the yeast and sugar.
3. Make a well in the center of the flour mixture, and pour in the milk and water, and mix into a dough.
4. Move dough to a floured board and knead for 5 or 6 minutes, adding flour as necessary, until smooth and no longer sticky. (To knead, flatten the dough slightly, fold it over, flatten again, turn.)
5. Place dough in a clean bowl, cover with plastic wrap, and leave in a warm place for 1 hour to rise (expand) to about double in size.
6. Turn the dough back out onto the floured board, and add the butter, currants, and chopped peel and knead into the dough.
7. Return the dough to the bowl and cover again with plastic wrap. Leave to rise for another 30 minutes.
8. Grease a 9-inch round cake pan. Fit the dough into pan, cover with plastic wrap, and leave until the dough rises to the edge of the tin (about 30 minutes).
9. Preheat oven to 400°F.
10. Brush the surface of the dough with milk and bake for 15 minutes.
11. Cover loosely with foil; reduce the heat to 350°F and bake for 45 minutes more.
12. Sprinkle with powdered sugar.

Serves 12.



Irish Christmas Cake

The cake tastes best when baked 1–3 weeks ahead of time. This traditional cake is served at holiday festivities throughout December. It is traditionally decorated with marzipan (almond paste), white icing, and holly sprigs.

Ingredients

- 2¼ cups dried currants
- 2 cups golden raisins
- 1 cup dark raisins
- ¼ cup candied cherries
- ¼ cup candied fruit peel
- ⅔ cup almonds, chopped
- 1 lemon (juice and grated rind of its peel)
- 1½ teaspoons allspice
- ½ teaspoon nutmeg, ground
- 1 cup Irish whiskey (used in ½-cup amounts; may substitute ½-cup strong tea)
- 2 sticks butter, room temperature
- 1 cup firmly-packed light brown sugar
- 5 eggs
- 2 cups flour
- Marzipan (almond paste)
- White icing (purchased)
- Holly sprigs (optional decoration)

Procedure

1. The day before baking: Combine all the fruit, peel, rind and juice, spices, and nuts in a large bowl with ½ cup of the whiskey (or tea) and let soak overnight.
2. The day of baking: Preheat oven to 275°F and grease a 9-inch round cake pan, lining the bottom with cooking parchment paper.
3. In a large bowl, cream the butter and sugar together until light and fluffy.
4. Beat the eggs in one at a time, adding flour with each egg.
5. Mix in the remaining flour and soaked fruit.
6. Pour the mixture into the cake pan and bake until it is firm to the touch and a toothpick inserted into the center comes out clean, about 2 hours.
7. Let the cake cool in the pan for 30 minutes. If substituting tea for whiskey, skip this step: Prick the top in several places and pour the remaining ½ cup whiskey over the top.
8. Wrap in plastic wrap, then foil, and store in a cool, dark place for several weeks to allow the cake to mature (fully absorb the flavors). The cake can be unwrapped occasionally and more whiskey added, if desired.

5 MEALTIME CUSTOMS

The Irish value hospitality, and generous portions of food are common at home and in restaurants.

A large breakfast was traditionally eaten in rural Ireland. Common breakfast foods included soda bread, pancakes, porridge, eggs, and various meat products. A full old-fashioned country breakfast might include fresh fruit juice, porridge, a “mixed grill” of breakfast meats and black pudding, scones, and soda bread with butter and preserves, tea, and coffee with hot milk.

Dinner, the main meal of the day, used to be eaten at lunchtime. A typical dish was “Dublin coddle,” a bacon, sausage, potato, and onion soup. Today, however, many Irish people eat lighter meals in the morning and at midday. They have their main meal later in the day, when they come home from work or school. Lunch is often a bowl of hot soup that is served with freshly baked soda bread.

However, many pubs (bars) still serve the traditional large midday dinner. “Supper” in Ireland means a late-night snack. A typical supper is a slice of bread with butter and a glass of milk.



Dublin Coddle

Ingredients

- 1 pound bacon, sliced
- 2 pounds pork sausage links
- 2 onions, peeled and sliced
- 2 cloves garlic, whole
- 4 large potatoes, thickly sliced
- 2 carrots, thickly sliced
- 1 bouquet garni (bay leaf, tarragon, whole cloves, whole peppercorns; see Procedure step 8)
- Black pepper
- Apple cider (about 4 cups)
- Chopped parsley for garnish

Procedure

1. Separate bacon into slices and place them side by side in a large frying pan. (The bacon may be cooked in batches.) Fry over low heat, turning once, until crisp. Drain bacon grease from pan before cooking another batch.
2. Drain the pan and wipe most of the bacon grease out with a paper towel.
3. Place sausages in the pan to brown (again, the sausage may be browned in batches).
4. Place bacon and sausages in a large pot.
5. Drain frying pan again, wipe it with a paper towel, and add the sliced onions and garlic cloves, cooking them over low heat until the onions are softened.
6. Add onions and garlic to the bacon and sausage in the pot.

7. Add the thick slices of potato and carrot.
8. Make a bouquet garni: In a 3-inch square of cheesecloth, place 1 bay leaf, ½ teaspoon tarragon, 2 whole cloves, and 2 whole peppercorns. Tie with twine, and place in pot.
9. Cover everything with apple cider (or apple juice).
10. Cover, and simmer 1½ hours over medium-low heat. The soup should not boil.
11. Serve, garnished with a sprinkling of parsley and black pepper.

Serves 8 to 10.

The Irish are known for their rich, dark beer, called stout. The most famous and widely known brand is called Guinness. Tea is another popular beverage. It is served with scones, probably the most popular snack in Ireland. “Fish and chips,” or battered and fried fish served with French fries, is also very popular.



Scones

Ingredients

- 8 cups flour
- Pinch of salt
- ⅓ cup sugar
- 4 teaspoons baking powder
- 1½ sticks butter (¾ cup)
- 3 eggs
- 1¾ cups milk

Procedure

1. Preheat oven to 475°F.
2. Combine flour, salt, sugar, and baking powder in medium mixing bowl.

3. Cut butter into small cubes and add it to the flour mixture. With clean fingertips, rub the butter into the flour.
4. In a separate bowl, beat the eggs and milk together. Add to the flour-butter mixture to make a soft dough.
5. Place mixture on a floured board. Knead lightly for 3 or 4 minutes.
6. Roll out with a rolling pin to a thickness of about one inch.
7. Cut dough into 3-inch circles, using a cookie or biscuit cutter.
8. Place dough circles onto a lightly greased cookie sheet. Bake 10 to 12 minutes until golden brown.
9. Cool on a wire rack.
10. Serve, split in half, with berry jam.

Makes 18 to 20 scones.



Apple Cake

Ingredients

- 1 pound of apples (about 3 or 4 medium)
- Juice and grated rind of 1 lemon
- ¾ cup butter (1½ sticks)
- 1 cup sugar
- 3 eggs, beaten
- 2 cups self-rising flour
- ½ teaspoon baking powder
- ½ teaspoon cinnamon, ground
- 5 Tablespoons raisins
- 2 Tablespoons hazelnuts, chopped
- 4 Tablespoons powdered sugar

Procedure

1. Preheat oven to 350°F and grease a 9-inch round cake pan.
2. Peel, core, and slice the cooking apples and place them in a bowl.

3. Sprinkle apples with the lemon juice and set aside.
4. In another bowl, beat together the butter, lemon rind, and all but 1 Tablespoon of the sugar until light and fluffy.
5. Gradually beat in the eggs.
6. Add the flour and baking powder to the butter mixture and mix well.
7. Spoon half of the mixture into the prepared cake tin. Arrange the apple slices on top.
8. Mix the remaining Tablespoon of sugar and the cinnamon together in small bowl. Sprinkle evenly over the apples.
9. Scatter the raisins and hazelnuts on top.
10. Smooth the remaining cake mixture over the raisins and hazelnuts.
11. Bake for 1 hour.
12. Cool in the tin for 15 minutes. Remove, transfer to a serving platter, and sprinkle with powdered sugar.

Serves 12.

6 POLITICS, ECONOMICS, AND NUTRITION

Modern Ireland has few problems related to availability of food. In the early part of 2001, Irish cattle and sheep farmers, like other farmers in Europe, were fighting against an outbreak of hoof and mouth disease, a deadly viral disease that is fatal to hooved animals. By summer, the outbreak had been brought under control.

Irish citizens generally receive adequate nutrition in their diets, and Irish children are considered healthy by international health care agencies.

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Islands of the Pacific

Recipes

Coconut Milk	115
Fresh Grated Coconut	115
Poisson Cru (Marinated Fish).....	116
Roast Pork	117
Bananas and Sweet Potatoes	118
Badam Pistaz Barfi (Fijian Hindu Nut Candy)	118
Papaya Chicken and Coconut Milk.....	118
Tropical Fruit Dessert.....	121
Tropical Fruit Shake.....	121
Firifiri (Tahitian Sugared Doughnuts).....	121
Baked Papaya Dessert.....	121



1 GEOGRAPHIC SETTING AND ENVIRONMENT

There are thousands of islands in the South Pacific Ocean. Some island groups are independent nations, others are territories or dependencies of the United States, France, and the United Kingdom. The island groups are categorized as Polynesia, Melanesia, and Micronesia. Polynesia includes the U.S. state, Hawaii, along with New Zealand, Easter Island, Tonga, Tahiti, and other islands. Melanesia includes Papua New Guinea, Vanuatu, New Caledonia, the Solomon Islands, and their surrounding islands. Micronesians inhabit about 2,500 islands that make up the countries Kiribati, Federated States of Micronesia, Palau, Republic of the Marshall Islands, and Northern Mariana Islands. The islands of Fiji are volcanic, with rugged peaks. The environmental conditions on the islands of the Pacific Ocean

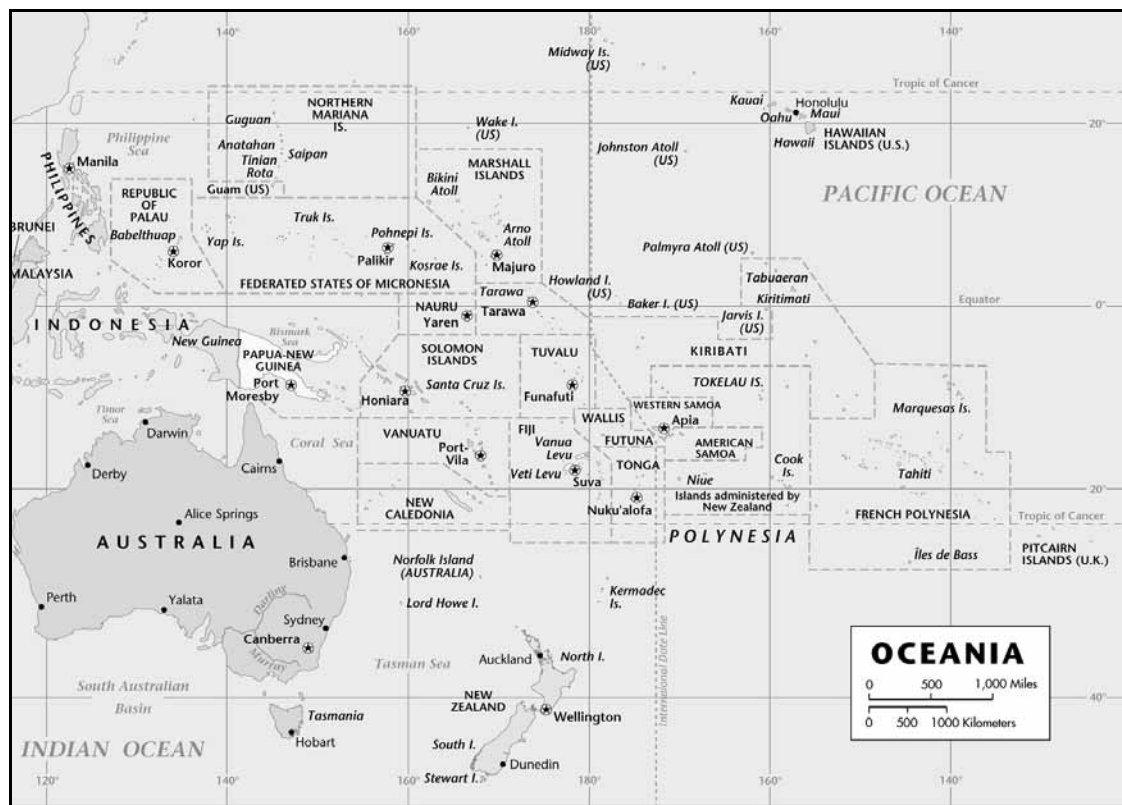
support seafood and lush tropical vegetation.

2 HISTORY AND FOOD

The first inhabitants on the islands of the Pacific came from Southeast Asia more than 20,000 years ago. They were hunters and gatherers who depended on the plentiful supply of seafood from the ocean that surrounded them. They became known for the great fishing skills they developed.

New islanders who arrived around 3000 B.C. are believed to have introduced agriculture to the Pacific region. Bringing with them seeds and livestock from the Asian mainland, they planted and harvested crops and bred animals. They introduced foods including bananas, coconuts, sweet potatoes, yams, and breadfruit. The animals they

ISLANDS OF THE PACIFIC



brought with them included dogs, chickens, and pigs.

Explorers from Europe in the 1500s brought more new foods to the islands. These included carrots, potatoes, turnips, beef cattle, and sheep. It took a long time until the Western world showed serious interest in the Pacific Islands. By 1900, however, the United States, France, Germany, and Britain all claimed control of islands in the Pacific. Over time, they made a lasting impact on the food customs of the islands they controlled. Cooking styles on the island of Tahiti, for example, continue to reflect a strong French influence.

3 FOODS OF THE PACIFIC ISLANDERS

Seafood, particularly fish, has long been the primary dietary staple and source of protein for Pacific Islanders. Nearly 300 varieties of fish are found in the waters of Polynesia alone. Fish is typically eaten raw, poached, or grilled. Root vegetables and tubers, such as taro (also known as a cocoyam), sweet potatoes, and yams, are also central to the diet of the region. A wide variety of tropical fruits are also eaten in large quantities. These include bananas, plantains (similar bananas), mangoes, papayas, and pineapples.

One dish that is uniquely Hawaiian is poi, made from the taro root. Traditionally, the root was roasted in an underground pit filled with hot coals for several hours, and then pounded with a stone to make a sticky paste. By adding water, the pudding-like poi was created. Hawaiians ate poi by the bowlful, using only fingers to scoop it up.

The coconut, a common fruit grown in tropical regions, is a main dietary staple. Nearly all of the Pacific islanders use coconut milk as their main cooking ingredient. The starchy fruit of the breadfruit tree is another Pacific island staple. When it is cooked, it has a texture like bread (which is how the tree got its name). It can be peeled and eaten whole or mashed into a paste that is dipped into warm coconut milk. The most commonly used spice in the Pacific islands is soy sauce. Gallon containers of it can be found in many households.

Introduced by Westerners, corned beef and Spam (canned meat, usually of chopped pork) have become very popular throughout the region. Popular beverages include coconut milk and beer.



EPD Photos

Canned coconut milk, widely available in supermarkets, may be substituted for freshly made coconut milk. Fresh coconut milk should be used immediately, since it loses its flavor even if refrigerated.

2. Strain the mixture through a coffee filter into a small bowl, pressing down hard on the solid grated coconut flesh to squeeze out all the liquid. For thinner milk, add a little more water.
3. Use immediately in any recipe calling for coconut milk.



Fresh Grated Coconut

Ingredients

1 ripe coconut (shake coconut before purchasing to make sure there is liquid inside)

Procedure

1. Preheat oven to 400°F.
2. With help from an adult, use a metal skewer or ice pick to pierce two of the soft spots at the top, where the “eyes” are.
3. Drain the liquid and save to use in other recipes.



Coconut Milk

Ingredients

2 cups grated fresh coconut (see next recipe)

1¼ cups hot water, or as needed

Procedure

1. In a blender (or food processor fitted with the metal blade), process the coconut and hot water for about 2 minutes. Let cool for 5 minutes.



EPD Photos

After baking, the hard shell of the coconut often cracks open. If the oven's heat didn't crack the shell, it can be broken open easily by striking with a hammer or rolling pin.

4. Place the coconut on a cookie sheet and bake for 15 minutes. Remove from oven and let it cool until it can be handled (about 5 minutes).
5. If it is not already cracked open, place the coconut on a hard surface and tap with a hammer until the shell breaks.
6. Remove the white flesh with a spoon or table knife. Peel off the thin, brown inner skin with a vegetable peeler.
7. Grate the coconut pieces on the fine side of a manual grater or cut into coarse pieces and grind in a food processor.
8. Use the grated coconut to make coconut milk (recipe follows), as a garnish for fruit salad or ice cream, or in other recipes.



Poisson Cru

The name of this dish is pronounced "PWAH-sun croo."

Ingredients

- 1 pound fresh raw tuna or halibut
- ½ cup fresh lime juice
- ⅓ cup coconut milk (canned, bottled, or fresh; see preceding recipe)
- Salt, pinch
- ½ cup carrot, shredded or grated
- ½ cup cucumber, thinly sliced
- 1 large or 2 small vine-ripe tomatoes, coarsely chopped
- ½ bunch green onions, trimmed and sliced

- 2 Tablespoons chives or parsley, minced
- 2 teaspoons lime zest (thin green outer layer of lime peel), grated

Procedure

1. Cut the tuna into ½-inch thick strips about 2 inches long.
2. In a large bowl (preferably glass or stainless steel) combine the lime juice, coconut milk, and salt; stir to mix.
3. Add the tuna, carrot, cucumber, tomato, green onions, chives, and lime zest. Stir to mix. The lime juice “cooks” the fish. Taste for seasoning.
4. Serve immediately.

Makes 4 servings.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Pacific Islanders are known for their love of enormous feasts. They hold feasts to celebrate saints’ days, births, marriages, and local events such as the crowning of a new chief. There are also funeral feasts. A typical feast might include cooked fish and shellfish and barbecued chicken or pork (or both). Also served are a wide variety of dishes made from taro (also known as cocoyam), sweet potatoes, yams, bananas, plantains, and coconuts.

Many Pacific Islanders are Christians and celebrate the major Christian holidays, including Christmas and Easter. Some Catholics fast (do not eat or drink) during the day or give up certain foods for Lent. Roast pig is a popular dish for Christmas dinner. Buddhism and Hinduism are also found in the region. Fiji, which has a large Indian population, observes Hindu festivals. Sweets are eaten on Diwali, the Hindu new year.



Holiday Feast Menu

Roast suckling pig
Roast chicken pieces
Taro root steamed in coconut milk
Sliced yams
Steamed crabs
Fish marinated in lime juice (*poisson cru*)
Coconut cream puddings wrapped in banana leaves



Roast Pork

Ingredients

- 4- or 5-pound lean pork roast, boned
- ½ cup brown sugar
- ½ cup soy sauce
- 2 Tablespoons dark molasses
- 1 teaspoon garlic powder
- 1 cup water
- Salt and pepper, to taste

Procedure

1. Place pork roast in roasting pan or baking pan, and set aside.
2. In a small mixing bowl, mix brown sugar, soy sauce, molasses, garlic, water, and salt and pepper.
3. Pour mixture over meat and refrigerate. Let the meat marinate (soak) in the liquid for 4 hours, turning it occasionally.
4. Preheat oven to 450°F.
5. Roast the pork for 15 minutes, then reduce heat to 325°F.

6. Roast for another 2½ to 3 hours, or until well done. Baste often. (To baste, pour the pan juices over the meat with a spoon or basting syringe.)
7. Carve into slices and serve with Bananas and Sweet Potatoes (recipe follows) or other side dish.

Serves 8 to 10.



Bananas and Sweet Potatoes

Ingredients

- 3 Tablespoons butter or margarine, or as needed
- 6 ripe bananas, peeled and cut into 2-inch chunks
- 4 sweet potatoes

Procedure

1. Scrub the sweet potatoes. Place them in a large saucepan, cover with water, and simmer until soft (about 20 minutes). When cool enough to handle, peel the sweet potatoes and cut into 2-inch thick pieces. Set aside.
2. Melt 3 Tablespoons butter or margarine in large skillet over medium heat.
3. Add bananas and fry, turning often, until well coated and heated through (about 5 minutes).
4. Add sweet potatoes, toss carefully to coat, and heat through, about 5 minutes. Serve as a side dish with Roast Pork (see preceding recipe) or grilled meat.

Serves 6 to 8.



Badam Pistaz Barfi *(Fijian Hindu Nut Candy)*

Ingredients

- 1 box (3-ounce) vanilla pudding mix (do not use instant)
- 1 cup sugar
- ½ cup evaporated milk
- 1 teaspoon ground cardamom
- 1 teaspoon almond extract
- 2 cups almonds, finely ground

Procedure

1. In a medium saucepan, combine vanilla pudding mix, sugar, and evaporated milk.
2. Stirring constantly, bring to a boil. Cook over medium heat for 2 minutes.
3. Remove from heat, add cardamom, almond extract, and almonds, and stir.
4. Return to heat and cook for 2 more minutes until thickened, stirring frequently. (Mixture darkens to a tan color as it cooks.) Transfer to buttered 8-inch pan and smooth the top with a knife or plastic batter scraper.
5. Cool to room temperature and refrigerate for about 4 hours. Cut into squares.

Serves 8 to 10.



Papaya Chicken and Coconut Milk

Ingredients

- 8 chicken skinless, boneless breast halves, cut into ¾-inch cubes
- 1 papaya, peeled, seeded, and thinly sliced

1¾ cups coconut milk (canned, bottled, or fresh; see recipe)

1 onion, chopped

¼ cup olive oil

Procedure

1. In a frying pan, heat the olive oil and cook chicken cubes over high heat until they are almost cooked (about 5 minutes).
2. Add the chopped onion and cook until the onion becomes clear, about 5 minutes.
3. Add the papaya slices and cook for 5 more minutes.
4. Remove mixture from heat and add the coconut milk.

Serves 4.

5 MEALTIME CUSTOMS

Mealtime customs vary among the many different nationalities and ethnic groups of the Pacific Islands. For example, dinner is the main meal of the day for Tahitians of Chinese and Polynesian descent. However, those of European descent eat their most significant meal at lunchtime.

Pacific Island feasts are gala occasions that can be enjoyed by family, friends, or an entire village. Music is usually played while the food is eaten. Instead of a table, bowls and baskets of food may be laid out on mats or on a carpet of banana leaves.

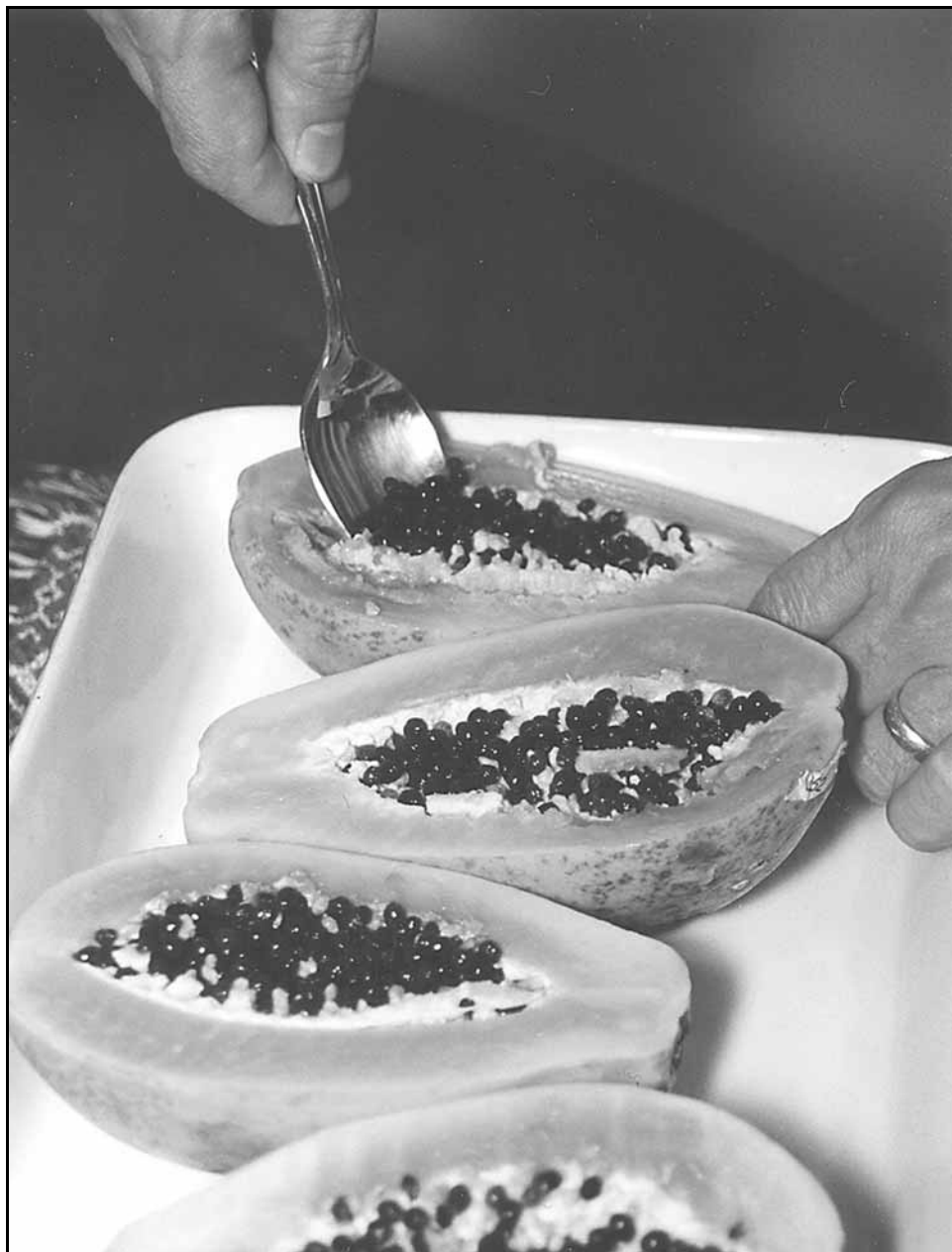
Food for feasts is prepared in a special “underground oven” (called a *hima* in Tahiti, a *lovo* in Fiji, and an *imu* or *umu* on other islands). It consists of a large pit dug in the ground and filled with stones heated over a fire made from dried branches and



EPD Photos

The taro root is grown all over the Pacific region, but Hawaiians are the only ones who pound it into the pudding-like dish called poi. Other islanders grate it or roast it to add to stews and similar dishes.

twigs. The food is wrapped in banana leaves and placed on top of the heated stones. Then it is covered with more layers of banana leaves and other materials to keep the heat in while it cooks. Once the food has finished cooking, it is taken out of the pit and removed from its wrapping of leaves. Pacific Islanders typically eat with their fingers. Sunday dinners and meals for other special occasions are often cooked in these underground ovens.



EPD Photos

Arrange the peeled papaya halves, cut side up, in a baking dish. Scoop out the seeds before baking the papaya dessert.



Tropical Fruit Dessert

Ingredients

- 1 mango, peeled (½ cup canned pineapple chunks may be substituted)
- 2 bananas, peeled and cut into bite-size pieces
- ½ cup shredded coconut (prepackaged or fresh; see recipe)

Procedure

1. Slice the mango (if using) into bite-size pieces and place with banana slices in a medium-size bowl.
2. Add the shredded coconut and stir well with a spoon.
3. Scoop into dessert bowls and serve.

Serves 2.



Tropical Fruit Shake

Ingredients

- 1 mango (½ cup canned pineapple chunks may be substituted)
- 2 bananas
- ½ cup shredded coconut (prepackaged or fresh; see recipe)
- 2 scoops vanilla ice cream

Procedure

1. Place ingredients in blender and blend until smooth and creamy. Serve immediately.

Serves 2.



Firifiri (Tahitian Sugared Doughnuts)

Ingredients

- 3 cups flour
- 1 package dry yeast
- 1½ to 2 cups water
- 1 cup sugar
- Peanut oil, for frying (another oil may be substituted)

Procedure

1. Mix the flour and dry yeast. Add water and mix to form a soft dough.
2. Add sugar and let rise 4 to 5 hours. Divide the dough into about 12 to 15 pieces.
3. Pull them into “ropes” and twist to form figure eights.
4. Fry in very hot peanut oil until golden. Roll in sugar after frying.

Makes about 1 dozen.



Baked Papaya Dessert

Ingredients

- 2 small ripe papayas, peeled, seeded, and cut in half lengthwise
- ½ cup sugar
- ¼ cup water
- 1½ cups coconut milk (canned, bottled, or fresh; see recipe)

Procedure

1. Preheat oven to 375°F.
2. Place the papayas, cut side up, in a shallow baking dish.

3. Sprinkle with the sugar and add the water.
4. Bake uncovered in the middle of the oven for 1½ hours, or until the papayas are tender but still keep their shape.
5. Every half hour, pull out the oven rack and baste the papayas with the liquid from the dish (pour it over them with a spoon).
6. Raise the heat to 400°F and bake until the syrup gets thick and becomes the color of caramel, about 5 minutes.
7. Turn off heat and pour the coconut milk into the center of the papayas.
8. Leave them in the oven until the milk gets warm, about 5 minutes. Serve immediately, or refrigerate and serve cold.

Makes 4 servings.

6 POLITICS, ECONOMICS, AND NUTRITION

The islands of the Pacific Ocean enjoy beautiful scenery and tropical climates. However, the people living in these island nations are vulnerable to catastrophic weather, such as intense cyclones, droughts, and even more serious, global warming. While there is still much debate about global warming among scientists, serious consequences could result. The islands' economies are adversely affected when shoreline and coastal buildings are damaged or destroyed by cyclones. Crops fail and

fishing catches decline during periods of drought. Cyclones and droughts also contribute to the deterioration of coral reefs and to the spread of diseases like malaria and dengue fever.

7 FURTHER STUDY

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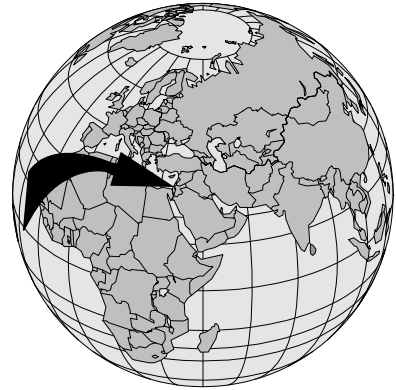
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Israel

Recipes

Fresh Oranges	124
Blintzes	124
Shakshooka (Egg-and-Tomato Dish).....	126
Fava Bean Spread.....	126
Sesame Candy	127
Felafel	128
Tahini Sauce.....	128
Israeli Vegetable Salad.....	129
New Year's Honey Cake	130
Charoseth	131
Pita Sandwiches	131
Mandelbrot (Almond Cookies)	132



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Located in the Middle East along the eastern end of the Mediterranean Sea, Israel is slightly larger than the state of New Jersey. Although it is not extremely large, Israel has several different climates that are home to a wide variety of plants and animals.

Despite varied climatic conditions across the country, the climate is generally temperate. Temperatures rarely dip below 40°F and may reach as high as 120°F, depending on the location. Mild temperatures by the Mediterranean Sea and the Jordan River (which borders the country of Jordan to the east) allow citrus trees to grow fruits such as oranges, grapefruits, and lemons. Other areas grow figs, pomegranates, and olives. Animals such as jackals, hyenas, and wild boars roam in some areas of Israel.

Throughout the 1900s, about 200 million trees were planted in an effort to restore forests that were destroyed. Reforestation is helping to conserve the country's water resources and prevent soil erosion, making it easier for farmers to grow healthy crops for food.

2 HISTORY AND FOOD

Israel's diverse population makes its cuisine unique. People from more than seventy different countries, with many different food and customs, currently live in Israel. Many people began arriving in 1948, when the country, then known as Palestine, gained its independence from Great Britain. At this time, large numbers of Eastern European Jews hoped to establish a Jewish nation in Israel. They brought traditional Jewish dishes to Israel that they had prepared in countries such as Poland, Hungary, and

ISRAEL



Russia. The Palestinians, most of whom were of Arab descent, enjoyed a cuisine adapted from North Africa and the Middle East.

The struggle to establish a Jewish nation heavily impacted the Israeli diet. People lived in small, crowded homes without most modern conveniences, including refrigerators. Because of the turmoil, Israel was not known for the quality of its food. Fresh fruit was considered one of the country's best meals. Israel's orchards produce some of the world's best citrus fruits. U.S. grocery stores often carry grapefruit and oranges with stickers identifying them as "grown in Israel."



Fresh Oranges

Fresh-squeezed orange juice—or oranges cut into wedges as a snack—are favorites all over Israel.

Ingredients

6 oranges (with "Jaffa" or other Israeli stickers, if possible)

Procedure

1. Cut the oranges in half lengthwise.
2. Cut each half into thirds, to make six wedges.
3. Arrange on a plate and serve as a snack.

Since the 1970s, new farming technology and long periods of relative peace have allowed Israelis to pay more attention to food, building on their rich and diverse cultural heritage.



Blintzes

Ingredients for crepes

- 1 egg
- ½ cup milk
- ¼ teaspoon salt
- ½ Tablespoon salad oil
- ½ cup flour
- Oil for frying

Procedure

1. Break egg into bowl. Add the milk, salt, and oil. Beat the ingredients with the fork until mixture is blended.
2. Add flour to bowl and mix ingredients until all lumps are gone. Mixture should be as thick as heavy sweet cream.
3. Oil skillet lightly and heat. Turn heat to medium.



EPD Photos

Blintzes are a favorite sweet treat of Jews around the world.

4. Pour 2 Tablespoons of batter into the skillet. Quickly tilt the skillet from side to side until the batter coats the whole bottom.
5. Let the batter lightly brown on one side until firm—this takes less than 1 minute.
6. Turn the blintz out onto a paper towel or dishtowel, brown side up.
7. Repeat the process until the rest of the batter is used up.

Ingredients for filling

- 1 cup farmer cheese or drained cottage cheese
- 1 egg
- 1 teaspoon sugar
- ¼ teaspoon cinnamon or ½ teaspoon vanilla extract

Procedure

1. Mix all ingredients together in bowl.
2. Place a heaping teaspoon of the filling toward one end of the blintz leaf. Flatten the filling slightly.
3. Roll up the blintz like a jelly roll. Fold each end into the center to seal.
4. Repeat until the all the filling and all the wrappers have been used.
5. To heat: Blintzes may be fried or baked. To fry, heat oil in a frying pan until the oil sizzles.
6. Place blintzes in the pan with the folded-over edge down. Fry the blintzes over medium heat until they are golden brown.
7. Turn the blintzes over, and brown the other side.

- To bake: Heat the oven to 400°F.
- Place the blintzes in a buttered baking pan with the folded-over edge down.
- Bake the blintzes until they are golden brown (about 15 minutes).

Serve the blintzes hot with sour cream or yogurt, garnished with berries. Serves 8 to 10.



Shakshooka (Egg-and-Tomato Dish)

This is a traditional Sephardic recipe. The Sephardic Jews came from North Africa.

Ingredients

- 5 ripe tomatoes
- ½ large green pepper
- 3 cloves of garlic
- 1 medium onion
- 2 Tablespoons oil, for frying
- Salt, to taste
- Red pepper, to taste
- 6 eggs

Procedure

- Cut the tomatoes into cubes and the green pepper into thin strips. Place them in the bowl.
- Peel the garlic and onion, and chop both into tiny pieces.
- Heat oil in the frying pan until it sizzles. Add the onion and garlic.
- Turn the heat down to medium and fry vegetables until they turn golden brown.
- Add tomatoes, green pepper, salt, and red pepper.
- Cover the pan, and simmer the mixture over low heat until the tomatoes are soft.

- Carefully crack open the eggs (try not to break the yolks) and drop them on the vegetables.
- Cover the pan and keep cooking the mixture at the lowest heat for 10 more minutes or until the eggs are set.

Serve on a platter or in a warm pita. Serves 6.

3 FOODS OF THE ISRAELIS

Typical foods of the Middle East include flat bread, lentils, fresh fruit and nuts, raw vegetables, lamb, beef, and dairy products, including goat cheese and many types of yogurt. Some dishes feature grilled meats and fish, stuffed vegetables, and traditional spicy Mediterranean salads and spreads, such as fava bean spread. Typical dishes are stews, schnitzel (veal, chicken, or turkey cutlets), cheese-filled crepes (blintzes), matzo balls (dumplings eaten with chicken soup), and latkes (potato pancakes). Israel was called the “land of milk and honey” in the Bible. Sweets, such as candy made from honey and sesame seeds, are favorites among school children.



Fava Bean Spread

Ingredients

- One can of fava beans, drained
- 1 Tablespoon olive oil
- 1 Tablespoon lemon juice
- ½ teaspoon salt
- ½ teaspoon pepper (more if you like pepper)
- Pita bread, torn or cut into triangles

Procedure

1. Drain the can of beans, and empty the beans into a saucepan.
2. Heat over low heat, mashing the beans against the side of the saucepan with a wooden spoon as they heat.
3. Continue mashing until the beans have become thick, pasty, and warm.
4. Add lemon juice, olive oil, and salt and pepper to taste.
5. Serve warm or at room temperature with triangles of pita bread.

*Sesame Candy***Ingredients**

- 1 cup sugar
- 24 ounces honey
- 24 ounces sesame seeds
- Juice squeezed from one orange (or ½ cup orange juice)
- Grated rind of orange
- Peanut oil

Procedure

1. Measure honey and sugar into a saucepan. Heat over medium-low heat until the mixture boils vigorously.
2. Lower the heat just enough to keep the mixture bubbling. Add the sesame seeds, orange juice, and rind.
3. Cook, stirring constantly, for about 10 minutes.
4. Lightly grease a 9 x 13-inch baking sheet with peanut oil.



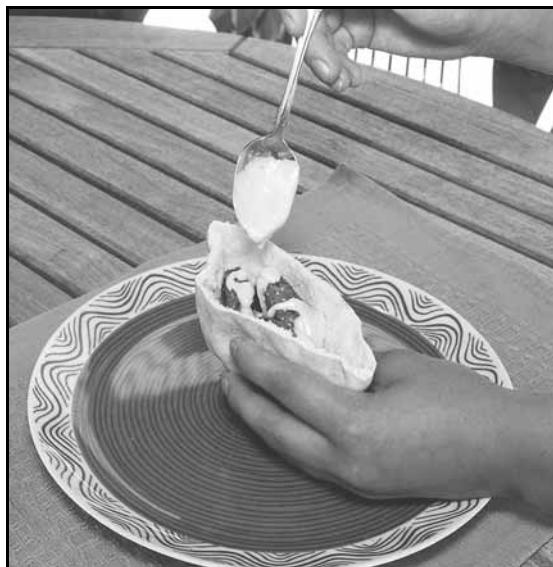
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Fava beans resemble large brown kidney beans. While fava beans may be unfamiliar to many North Americans, they are widely available, canned, in supermarkets.

5. Pour candy mixture onto it and press down on the surface with a wooden spoon to flatten it.
6. Set baking sheet on a cooling rack and allow to cool for about 10 minutes. Cut into rectangles or diamond shapes.
7. Allow to cool completely. Wrap pieces in wax paper to store.

Israel does not have a universally recognized national dish because the nation is young and its people are so diverse. However, many believe it is *felafel*. *Felafel* is made from seasoned mashed chickpeas, formed into balls and fried.

The most common way to serve *felafel* is as a pita pocket sandwich, smothered in tahini, a lemon-flavored sesame sauce. Street vendors throughout Israel sell *felafel* sandwiches.



EPD Photos

To complete a falafel "sandwich," drizzle tahini sauce over hot falafel balls stuffed in a fresh, soft pita half.



Falafel

Note: This recipe involves hot oil. Adult supervision is required. Many grocery stores now sell prepared falafel in the deli section.

Ingredients

- 1 cup canned chickpeas, well-drained
- 1 clove garlic
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ⅔ cup fine breadcrumbs
- 2 eggs
- 2 Tablespoons oil
- Oil for deep frying, enough to fill the pot about 3 inches
- Pita bread

Procedure

1. Mash the chickpeas in a large bowl.
2. Cut the garlic into tiny pieces. Add the garlic, salt, pepper, and bread crumbs to the chickpeas. Mix the ingredients together.
3. Add the eggs and oil to the mixture and mix thoroughly.
4. Heat oil in the pot until little bubbles rise to the surface.
5. Shape the mixture into 16 balls, each about 1-inch across.
6. With the mixing spoon, gently place a few of the balls in the oil—do not drop them in because the hot oil may splash.
7. Fry a few at a time until they are golden brown—about 5 minutes.
8. Remove the *falafel* with the slotted spoon. Drain them on a plate covered with paper towels.
9. To serve, cut pita bread in half to make pockets.
10. Put two or three *falafel* balls into each pocket and drizzle with tahini sauce (see recipe).

Serves 6 to 8.



Tahini Sauce

Some grocery stores stock tahini sauce, already prepared, or packaged tahini mix.

Ingredients

- ¾ cup tahini (sesame seed paste; can be purchased in stores that sell Middle Eastern foods)
- ⅓ cup lemon juice
- ⅛ teaspoon garlic powder
- ⅓ cup water

Procedure

1. Mix tahini, lemon juice, and garlic powder in bowl until you have a smooth sauce.
2. Add the water, 1 teaspoon at a time, until sauce is thin enough to pour.
3. Pour tahini sauce over pita sandwiches; can also be used as a dip for raw vegetables.



Israeli Vegetable Salad

Ingredients

- ½ head of lettuce
- 2 medium tomatoes
- ½ cucumber, peeled
- 5 radishes
- 6 scallions
- 1 green pepper
- 1 carrot
- 4 Tablespoons olive oil
- 2 Tablespoons lemon juice
- Pinch of salt and pepper
- 2 Tablespoons fresh parsley, chopped

Procedure

1. Chop all vegetables except the carrot into small cubes and put them in a bowl.
2. Grate the carrot and mix it with the other vegetables.
3. Just before serving, put the lemon juice, oil, salt, and pepper into a small pitcher and mix with a fork.
4. Pour the dressing over the salad and mix well. Sprinkle the parsley on top.

Serves 4 to 6.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

More than 80 percent of Israelis are Jewish. Of these, a small percentage observe a set of dietary laws called *kashruth* (or “keeping kosher”). Although only a small percentage of Israel’s population strictly observes these laws, the laws affect the availability of certain non-kosher foods throughout the country. The laws also affect both food preparation and availability of certain foods in some restaurants.

According to the rules of *kashruth*, meat and milk products cannot be served at the same meal. Also, the consumption of certain types of animals is banned. Meat must come from animals that have cleft (divided) hooves and chew their cud. Pork and other products that come from pigs are not to be eaten. Also, an animal must be slaughtered quickly and under supervision of religious authorities for its meat to be considered kosher.

Other restrictions include bans on the consumption of shellfish and of carrion birds (flesh-eating birds). Kosher households have two different sets of dishes and silverware, one for meat meals and the other for dairy meals, which must be kept separate at all times. Some households even have separate sinks for washing the two sets of dishes.

Another religious dietary restriction observed by Jews in Israel is the set of guidelines for the holiday of Passover, which occurs every spring. Leavened bread and many other foods are prohibited during this period, so unleavened bread (called matzo) is substituted. Some Jewish households may eliminate all banned foods from

their homes every year before Passover and use a special set of dishes and cooking utensils throughout the holiday. *Seder* is the time during Passover when lavish meals and family gatherings are enjoyed.



New Year's Honey Cake

This cake is typically served on Rosh Hashanah (Jewish New Year) and Yom Kippur (Day of Atonement)

Ingredients

- 1/3 cup self-rising flour
- 1/3 cup flour
- 1/4 teaspoon baking soda
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1 Tablespoon cocoa powder
- 1 medium egg
- 1/2 cup sugar
- 1/3 cup cooking oil
- 1/3 cup honey
- 1/3 cup boiling water

Procedure

1. Preheat oven to 375°F and grease and line a baking pan.
2. Place flour, baking soda, cocoa, and spices into a sieve over a large mixing bowl and shake them gently through the sieve.
3. In a separate bowl, mix the egg with the sugar.
4. Add the oil and honey and mix together.
5. Add the egg mixture to the flour mixture in the first bowl.
6. Pour in the boiling water and mix together until smooth.



Typical Foods

- Felafel
- Hummus with pita
- Gefilte fish
- Salad
- Chicken soup with matzo balls
- Roasted meat
- Cooked sweet carrots
- Other cooked vegetables
- Dessert: macaroons; cakes made from special Passover flour



Typical Menu for Passover Seder

- Ceremonial food:
- Boiled eggs dipped in salt water
- Celery or other green vegetable
- Matzos
- Horseradish
- Charoseth (recipe provided below)
- Wine or grape juice

7. Pour the mixture into the greased pan and bake for 45 minutes.
8. Leave the cake to cool in the pan before removing and serving.

Serves 12.



Charoseth

This dish is part of the ceremonial Seder plate on Passover.

Ingredients

- 1 apple, peeled and cored
- 2½ ounces almonds, shelled
- 2 teaspoons sugar
- 1 teaspoon cinnamon
- 3 Tablespoons red grape juice
- Matzos

Procedure

1. Chop the apple into chunks.
2. Place the apple and almonds into a food processor (or finely-chop by hand).
3. Blend together until they are in small pieces.
4. Add sugar, cinnamon, and grape juice and blend the mixture into a thick paste.
5. To serve, spread the paste thickly on matzos (unleavened bread).

5 MEALTIME CUSTOMS

In the late 1800s and early 1900s, breakfast was the most popular meal in what is modern-day Israel. Pioneer farmers from Russia and Poland would begin their work at dawn to beat the hot midday sun. After working for several hours, they would eat a hearty breakfast composed of bread, olives, cheese, and raw vegetables. This meal became famous as the “Israeli breakfast,” and hotels still serve this type of meal to tourists. However, for many Israelis this breakfast has become increasingly rare, especially for those living in cities.

Main meals typically begin with a large assortment of appetizers, called *mezze* in

Arabic, one of Israel’s official languages. Meals may include dips and stuffed vegetables. In a full dinner, soup and a main dish that usually contains chicken or lamb follow the appetizers. Fresh fruit or Middle Eastern pastries, such as baklava, are delicious after-dinner treats.

Many restaurants offer alfresco (outdoor) dining, where guests order appetizers and main dishes for the entire table to share. Cafés and outdoor food vendors are numerous throughout the country. The most popular Israeli fast food is *felafel* (a pita pocket filled with various pickles and fried balls of ground chickpeas), followed by *shwarma* (sliced turkey or lamb wrapped in pita bread). Another very popular snack food is the *boureka*, a pastry made of flaky filo dough stuffed with cheese, potato, or other fillings, then baked. Western-style fast food chains also operate in Israel.



Pita Sandwiches

Ingredients

- ½ onion
- 1 cucumber
- 1 green pepper
- 2 tomatoes
- 4 pitas
- 16 *felafel* balls (see *felafel* recipe)
- Tahini sauce (see tahini recipe)

Procedure

1. Peel the onion and cucumber.
2. Cut the green pepper in half.
3. Scoop out the seeds and white ribs and throw them away.
4. Slice the tomatoes.

5. Cut all the vegetables into narrow strips and cut the strips into little pieces.
6. Place them in the bowl and mix the ingredients thoroughly.
7. Slit the top edge of each pita.
8. Pull the sides apart to make an open pocket.
9. Fill each pocket with $\frac{1}{4}$ of the vegetables.
10. Add 4 *fefafel*. Pour tahini sauce over the filling in each pocket.

Serves 4.



Mandelbrot (Almond Cookies)

Ingredients

- 3 eggs, beaten
- $\frac{1}{2}$ cup sugar
- $1\frac{1}{2}$ cups all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground ginger
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ cup finely chopped, blanched almonds

Procedure

1. Preheat oven to 350°F.
2. Place eggs and sugar in large mixing bowl, and use egg beater or electric mixer to blend well.
3. Add flour, baking powder, salt, ginger, cinnamon, and almonds and mix well to blend.
4. Pour into loaf pan and bake for about 45 minutes until golden.
5. Remove from oven and cool before using knife to slice into $\frac{1}{2}$ -inch-thick pieces.
6. Reduce oven heat to 200°F.

7. Place slices side by side on cookie sheet and return to oven to dry out.
8. Bake for about 20 minutes on each side until very dry and lightly toasted.
9. Keeps indefinitely when stored in an airtight container.

6 POLITICS, ECONOMICS, AND NUTRITION

Almost all—97 percent—of Israelis receive adequate nutrition, and even those living in rural areas have access to clean water. When occasional violence erupts between Palestinians and Israelis, food supplies may be interrupted. Otherwise, Israelis have no political or economic factors that restrict their access to nutrition.

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Italy

Recipes

Pasta e Fagioli (Noodle and Bean Soup)	135
Fettucine Alfredo	136
Polenta	136
Saltimbocca alla Romana (Veal Scallops)	137
Italian Easter Bread	138
Panettone (Italian Christmas bread)	138
Biscotti	139
Frittata	140
Bruschetta	141
Cannoli	141



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Located in southern Europe, Italy is slightly larger than the state of Arizona. Most of Italy is mountainous, and it is home to Mount Vesuvius, the only active volcano on the European mainland.

A fertile valley surrounds the Po River, the largest river in Italy. Many different plants thrive in its rich soil. Italy is surrounded by water on three sides and benefits from a variety of seafood and coastal vegetation.

Climate varies depending on elevation and region. Colder temperatures can be found in the mountainous regions, particularly within the high peaks of the Alps, a mountain range in the northwest. Temperatures are warmer in the Po River valley, the coastal lowlands, and on Italy's islands

(Sicily and Sardinia), with an average annual temperature around 60°F.

Plants and animals also vary depending on elevation and region. Italy hosts a wide variety of trees, including conifers, beech, oak, and chestnut in the higher elevations. Evergreens, cork, juniper, laurel, and dwarf palms are widespread throughout the Po River Valley and Italy's islands.

2 HISTORY AND FOOD

From the early Middle Ages (beginning around A.D. 500) to the late 1800s, Italy consisted of separate republics, each with different culinary (cooking) customs. These varying cooking practices, which were passed down from generation to generation, contributed to the diversity of Italian cuisine. Italy's neighboring countries, including France, Austria, and Yugoslavia, also

ITALY



contributed to differences in the country's cuisine.

Italy changed in many ways when the economy flourished following World War II (1939–45). During this time, farming was modernized and new technologies and farming systems were introduced. Various culinary practices throughout the country's regions began to be combined after people started migrating from the countryside to the cities. Many southern Italians traveled to the north at this time, introducing pizza to northern Italians. Those from the north introduced risotto (a rice dish) and polenta (a simple, cornmeal dish) to the south. Fast foods, mostly introduced from the United States, have brought more culinary diversity to Italy. However, pride in the culture of

one's region, or *comunalismo*, extends to the food of the locality, and regional cooking styles are celebrated throughout the country.

3 FOODS OF THE ITALIANS

Although Italians are known throughout the world for pizza, pasta, and tomato sauce, the national diet of Italy has traditionally differed greatly by region. Prior to the blending of cooking practices among different regions, it was possible to distinguish Italian cooking simply by the type of cooking fat used: butter was used in the north, pork fat in the center of the country, and olive oil in the south. Staple dishes in the north were rice and polenta, and pasta was most popular throughout the south. During the last decades of the twentieth century (1980s and 1990s), however, pasta and pizza (another traditional southern food) became popular in the north of Italy. Pasta is more likely to be served with a white cheese sauce in the north and a tomato-based sauce in the south.

Italians are known for their use of herbs in cooking, especially oregano, basil, thyme, parsley, rosemary, and sage. Cheese also plays an important role in Italian cuisine. There are more than 400 types of cheese made in Italy, with Parmesan, mozzarella, and asiago among the best known worldwide. *Prosciutto* ham, the most popular ingredient of the Italian *antipasto* (first course) was first made in Parma, a city that also gave its name to Parmesan cheese.



Cory Langley

To protect his produce from too much handling, this vendor displays a sign reading “Please don’t touch” in Italian. Per favore is “please.”



*Pasta e Fagioli
(Noodle and Bean Soup)*

Ingredients

- 5 cups water
- 1½ cups dried white beans: navy, baby lima, or northern
- 1 onion, coarsely chopped
- 2 cups canned Italian-style tomatoes, with juice
- 1 cup each of celery and carrots, finely chopped and sliced

- 3 cloves garlic, coarsely chopped, or 1 teaspoon garlic granules
- ½ pound cooked smoked ham, chopped
- 3 bay leaves
- ½ cup macaroni (shells, bows, or elbows), uncooked
- Salt and pepper, to taste
- ½ cup Parmesan cheese, grated, for garnish

Procedure

1. Place water and beans in saucepan.
2. Bring to a boil over high heat for 3 minutes and remove from heat.
3. Cover and set aside for 1 hour.

4. Add the onion, tomatoes, celery, carrots, garlic, smoked ham, and bay leaves.
5. Mix well and bring to a boil over high heat.
6. Reduce to simmer, cover, and cook until beans are tender (about 1½ hours). Stir frequently.
7. Add macaroni and mix well. Cover and continue simmering until macaroni is tender (about 12 minutes).
8. Remove and throw out bay leaves before serving.
9. Serve hot soup in individual bowls with a side dish of Parmesan cheese for the guests to sprinkle into their soup. Serve with crusty bread to dip in the soup.

Serves about 6.



Fettucine Alfredo

Ingredients

- 1 cup butter or margarine at room temperature
- ½ cup heavy cream
- ½ cup Parmesan cheese, grated
- 1 pound cooked pasta, such as fettuccini (cook according to directions on package)
- Salt, pepper, and ground nutmeg to taste

Procedure

1. Cook pasta according to directions on package. Warm a serving bowl in the oven set to the lowest temperature until ready to use.
2. Place butter or margarine in a mixing bowl, and using a wooden spoon, beat until light and fluffy. Gradually add cream and mix until well blended.
3. Add the cheese by Tablespoon, beating well after each addition.

4. Using oven mitts, remove the heated serving bowl from oven and place on a heatproof work surface.
5. Place the drained, cooked pasta in the warm bowl and add cheese mixture.
6. Make sure all the pasta is coated with the sauce.
7. Add salt, pepper, and nutmeg to taste and continue to coat pasta.
8. Serve while very hot with a side dish of grated cheese.
9. The dish goes well with a green salad with Italian dressing and warm garlic bread.



Polenta

Commercial instant polenta is available in packages in the supermarket, usually displayed near the packaged rice. It would be an adequate substitute for the traditional method of preparation.

Ingredients

- 1 pound coarsely ground corn meal
- 8 cups water
- 1 teaspoon salt

Procedure

1. Measure the water into a large pot, add the salt, and heat the water to boiling.
2. Add the corn meal to the boiling water in a very slow stream, stirring constantly with a wooden spoon to keep lumps from forming.
3. Don't let the water stop boiling.
4. Continue stirring as the polenta (mush) thickens, for about 30 minutes, adding small amounts of boiling water if necessary (the longer you stir, the better the polenta will be; the finished polenta should have the consistency of firm mashed potatoes).
5. The polenta is done when it peels easily off the sides of the pot.



*Saltimbocca alla Romana
(Veal Scallops with Sage and
Prosciutto)*

Note: This recipe involves hot oil. Adult supervision is suggested.

Ingredients

- 12 slices of veal scallops (1½ pounds)
- 12 fresh sage leaves
- 12 slices of prosciutto ham
- Flour, for dusting
- 3 Tablespoons unsalted butter
- 3 Tablespoons olive oil
- 1 cup white wine
- 1½ pounds freshly cooked spinach,
seasoned with salt and pepper

Procedure

1. Spread out veal scallops and lay one sage leaf and one slice of ham on each.
2. Roll up and secure with toothpicks.
3. Lightly dust each with flour.
4. Heat the butter and oil in a skillet large enough to hold all the rolls in one layer.
5. Sauté, turning the rolls carefully, until brown.
6. Lift the veal from the pan and set aside on a warm platter.
7. Add the wine to the skillet, add salt and pepper to taste, and cook to reduce the size by half.
8. Arrange the hot spinach on a warm dish, place the veal on it, and cover with the wine sauce.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Every Italian village celebrates its own saint's day with a festival featuring fire-



Santa Lucia Dinner

- Minestrone soup
- Osso bucco (braised veal shanks) with baby artichokes
- Lemon orzo (a rice-like pasta)
- Arugula salad with lemon-garlic vinaigrette dressing
- Ripe peaches and figs
- Biscotti

works, feasting, and dancing. The traditional main dish for these festivals is roast suckling pig. A popular Easter dish throughout Italy is *Agnellino* (roast baby lamb), often served with roasted artichokes.

Although the holiday bread called *panettone* is the best known of Italy's many holiday desserts, regions throughout the country have their own traditional holiday sweets featuring local ingredients. In the north, butter is a major ingredient of these desserts. *Zelten* cakes, similar to fruitcake, are filled with raisins, dates, figs, almonds, pine nuts, orange peel, rum, and cinnamon, are baked two or three weeks before Christmas because they improve with time. Strudel is popular in the Tyrol region in northern Italy. In the south, dessert recipes are more elaborate and use olive oil (instead of butter), lots of eggs, candied fruit, and honey. Among the best known are *struffoli*, fried cubes of egg pastry covered with honey and sprinkled with colored sugar, a specialty from Naples.



Italian Easter Bread

Ingredients

- 3 cups flour
- ¼ cup sugar
- 1 package active dry yeast
- 1 teaspoon salt
- ⅔ cup warm milk
- 2 Tablespoons butter, softened
- 7 eggs
- ½ cup mixed candied fruit, chopped
- ¼ cup almonds, chopped
- ½ teaspoon anise seed
- Vegetable oil

Procedure

1. In a mixing bowl, combine 1 cup flour, sugar, yeast and salt.
2. Add milk and butter; beat 2 minutes on medium.
3. Add 2 eggs and ½ cup flour; beat 2 minutes on high.
4. Stir in the fruit, nuts, and anise seed, mixing well.
5. Stir in enough remaining flour to form a soft dough.
6. Place on a lightly floured board and knead until smooth, 6 to 8 minutes.
7. Place in a greased bowl; turn once. Cover and let rise in a warm place until doubled, about 1 hour.
8. If desired, dye remaining eggs (leave eggs uncooked); lightly rub with oil.
9. With a fist dipped in flour, punch dough down. Divide in half and roll each piece into a 24-inch rope.
10. Loosely twist ropes together; place on the baking sheet and form into a ring. Pinch the ends together.

11. Gently split ropes and tuck eggs into openings. Cover and let rise until doubled, about 30 minutes.
12. Preheat oven to 350°F.
13. Bake for 30 to 35 minutes, or until golden brown. Remove from the pan and cool on a wire rack.

Serves about 6.



Panettone
(*Italian Christmas Bread*)

Ingredients

- 4 Tablespoons yeast
- 2 cups warm water
- ½ pound butter, melted
- 4 teaspoons salt
- 1 cup sugar
- 4 eggs, beaten
- 6 egg yolks, beaten (discard egg whites or save for another use)
- 10½ cups flour
- 2 cups citron, sliced fine
- 2 cups raisins, seedless

Procedure

1. Dissolve yeast in the water. Mix in the butter, sugar, salt, eggs, and yolks.
2. Stir about 10 cups of flour into the butter and yeast mixture until blended.
3. Spread a little flour on a board. Turn dough out onto the board and knead for 8 to 10 minutes. When the dough is soft and smooth, knead in the citron and raisins.
4. Place dough in a greased, round pan, and brush the top with melted butter.

5. Cover, and allow to rise until the dough has doubled in bulk (about 1 hour).
6. Preheat oven to 425°F.
7. Using a sharp knife, cut a deep cross in the top of the loaf.
8. Bake for about 8 minutes, or until the top begins to brown. Lower heat to 325°F and bake for 1 hour more.

Serves about 10.



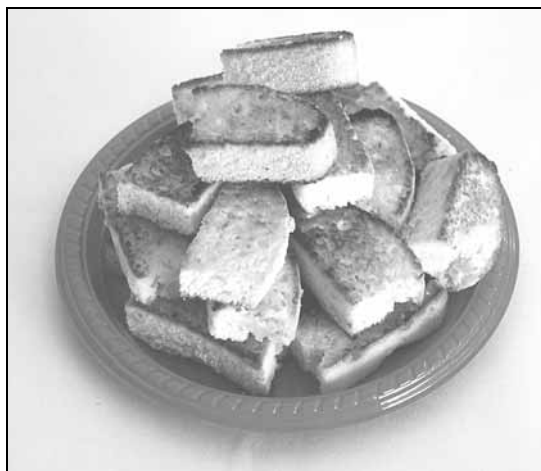
Biscotti

Ingredients

- 6 eggs
- 1½ cup sugar
- ½ cup butter, melted
- ½ cup vegetable oil
- 3 cups flour
- 2 teaspoons baking powder
- 4 teaspoons vanilla or almond extract

Procedure

1. Preheat oven to 350°F.
2. Beat eggs. Add sugar and beat until thick and golden.
3. Add melted butter and oil and beat well.
4. Add vanilla or almond extract and blend well.
5. Add flour and baking powder, and beat until a thick dough forms.
6. Turn dough into ungreased 9-inch by 13-inch pan.
7. Bake at 350°F for 15 to 20 minutes.
8. Remove from oven and slice into three strips, 3 inches by 13 inches each.



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*(Top) The baked biscotti are placed on a cookie sheet, ready to be toasted under the broiler.
(Bottom) When done, biscotti should have a light, crunchy texture.*

9. Cut each strip into slices about 1 inch wide.
10. Place slices on a cookie sheet. Toast slices under the broiler. Turn, and toast other side.

Biscotti should be crunchy. Serve with coffee. Makes about 24 biscotti.

5 MEALTIME CUSTOMS

Italians generally eat three meals a day. Adults eat a light breakfast (*la prima colazione*), often stopping at a coffee shop on their way to work for a *caffelatte* (coffee with milk) or *cappuccino* with bread, butter, and jam, or cake. Lunch and dinner are similar meals. They consist of an antipasto (an appetizer based on cold meats), a pasta or rice dish (depending on the region) such as risotto, a main meat or fish course, a salad, and cheese and fruit. Lunch (*il pranzo* or *la seconda colazione*) is the main meal of the day for many Italians and is eaten between noon and 2 P.M.

Whether eating at home or in a restaurant, Italians take food seriously. They prefer to dine in a leisurely fashion, savoring their meals over a bottle of wine and conversation. Wine and bread are always served during main meals. Even children are often allowed a taste of wine. In southern Italy, where people take a long break during the hottest part of the day, dinner (*la cena*) is served later than in the north, often after 7:30 P.M.

In addition to their main meals, Italians have two traditional snack times. *Spuntini* (midmorning snacks) and the mid-afternoon *merende*. Both usually serve a type of bread dough with toppings. Some typical *merende* are *bruschetta* (usually a long loaf of bread, cut into slices and topped with seasonings), *focaccio* (an Italian flatbread), and *crostini* (fried slices of polenta). Originally a rural tradition, these snacks lost popularity following World War II as people migrated to

Italian cities. However, increased interest in traditional dishes and consuming healthy, lighter meals has helped these snacks become popular again, even in the United States.



Frittata

Ingredients

- 2 eggs
- 1 teaspoon flat-leaf parsley, finely-chopped
- 1 small zucchini (known as *courgettes* throughout Europe), sliced thin
- 1 Tablespoon olive oil
- Salt and pepper to taste

Procedure

1. Place eggs and parsley into a bowl and beat well.
2. Heat oil in a skillet over medium heat.
3. Swirl the oil around in skillet to coat the bottom. Add the egg mixture.
4. Arrange zucchini slices in a single layer on top of the eggs.
5. Cook for 3 to 4 minutes. Hold a lid over the pan, and turn the pan over, flipping the frittata into the lid. Carefully slide the frittata back into the skillet, cooked side up. Cook other side until firm, about 2 more minutes. Add salt and pepper to taste.
6. Cut into 4 or 6 wedges.

Serve warm or at room temperature. Serves 4 to 6.



Bruschetta
(Toasted Garlic Bread)

Ingredients

6 slices of crusty white bread, cut 1/2- to 3/4-inch thick, slices each cut in half
2 cloves garlic, lightly crushed
1/4 cup extra virgin olive oil
Salt

Procedure

1. Grill or broil the bread on each side.
2. Rub each slice with a crushed garlic clove, letting the juices sink into the bread.
3. Sprinkle olive oil and salt on the bread.
4. Serve warm, if possible.



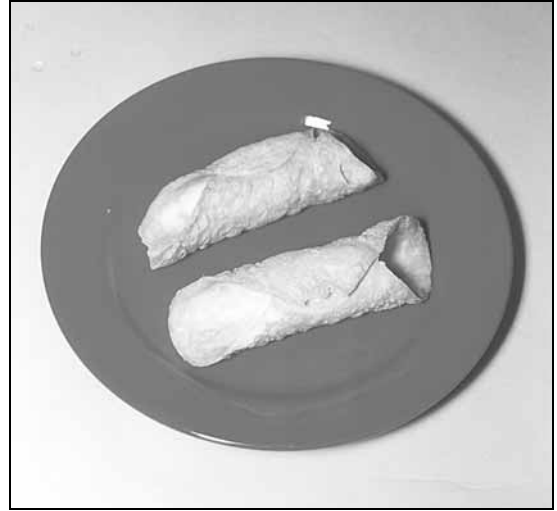
Cannoli

Ingredients

18 ready-made cannoli shells
2 pounds ricotta cheese
2 cups powdered sugar
1/4 cup candied orange and citron, finely-diced
1/4 cup semisweet mini-chocolate chips
1/3 cup pistachio nuts, chopped medium to fine

Procedure

1. Mix the ricotta with the powdered sugar until it is no longer grainy.
2. Blend in the candied fruit and chocolate.
3. Whisk until the mixture is very creamy.
4. Place filling in a wide-nozzled pastry tube and fill the shells. (A spoon may also be used).



EPD Photos

Unfilled cannoli shells are available in most supermarkets.

5. Place the chopped nuts on a flat surface and lightly dip both ends of the cannoli into the nuts to decorate.

Serve immediately. Serves 18.

6 POLITICS, ECONOMICS, AND NUTRITION

The government in Italy controls much of the agriculture of the country. It controls how much wheat can be produced, for example, and how much wheat can be imported. The government was not successful during the 1990s in its efforts to increase agricultural production. Italy imports about one-half of its meat, and in the late 1990s and through 2001, concerns over European beef because of mad cow disease and hoof and mouth disease caused the prices of beef to increase.

ITALY

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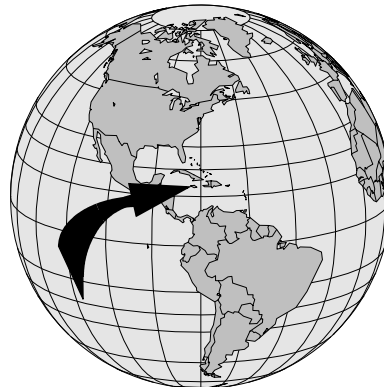
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Jamaica

Recipes

Rice and Peas	144
Coconut Chips	146
Brown-Stewed Fish.....	146
Jerk Chicken	147
Jamaican Christmas Cake	148
Jamaican Fruit Drink.....	149
“Almost” Ting.....	150
Curry Chicken	150
Baked Ripe Banana.....	150
Gizzada.....	151



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Jamaica is the third-largest island in the Caribbean Sea, about 90 miles south of Cuba. The island is comparable in size to Connecticut (in the United States) and is made up of coastal lowlands, a limestone plateau, and the Blue Mountains. Jamaica’s size and varied terrain allow for a diversity of growing conditions that produce a wide variety of crops.

The northeastern part of Jamaica is one of the wettest spots on Earth with more than 100 inches of annual rainfall. The island is also susceptible to hurricanes and suffered more than \$300 million in damage when Hurricane Gilbert hit in 1988.

The tropical climate of Jamaica (averaging around 80°F) and its miles of white beaches make it one of the most alluring islands in the Caribbean for tourists. Another popular attraction for vacationers is

the island’s more than 800 caves, many of which were home to the earliest inhabitants.

2 HISTORY AND FOOD

Before Christopher Columbus landed in Jamaica in 1492, the original inhabitants of the island were a Amerindian tribe called the Arawaks. They grew the spinach-like callaloo, papayas (which they called paw-paws), and guava. They also produced two crops each per year of maize (corn), potatoes, peanuts, peppers, and beans.

The Arawaks roasted seafood and meat on a grate suspended on four-forked sticks called a *barbacoa*, which is the origin of Western barbecue.

The closest neighboring Amerindian tribe was the Caribs, who were the most feared warriors of the Caribbean. They ate more simply than the Arawaks—mostly fish and peppers.

JAMAICA



The Spanish invaded Jamaica, then called Xaymaca (“the land of wood and water”) in the late 1400s. They were responsible for importing many of the plants for which Jamaica is now known, such as sugar cane, lemons, limes, and coconuts. They also imported pigs, cattle, and goats. The Spanish turned to trading slaves from Africa’s West Coast for labor. The slaves brought with them *ackee* (a tropical tree with edible fruit, now the national fruit of Jamaica), okra, peanuts, and a variety of peas and beans, all considered staples in the modern-day Jamaica.

Jamaica is now an English-speaking country, although it has a Creole dialect called patois, which is influenced mostly by West African languages. Ninety-five per-

cent of the population is of partial or total African descent. Nearly the whole population is native-born Jamaican.



Rice and Peas

Kidney beans may be substituted for Jamaican peas (usually pigeon peas).

Ingredients

- 1 cup canned red kidney beans
- 2 cups rice
- 1 cup coconut milk
- 4 cups water
- 1 stalk of fresh thyme, finely chopped (or 2 teaspoons dried)
- 2 green onions, chopped
- ½ cup onion, chopped
- Hot pepper flakes, to taste
- Salt and pepper, to taste

Procedure

1. Combine beans, water, coconut milk, thyme, green onions, and onions over medium heat until just boiling.
2. Add salt, pepper, and hot pepper flakes to taste.
3. Add rice, cover, and simmer over low heat for 25 minutes until rice is tender and liquids have been absorbed. Check after 15 minutes and add more water if necessary.
4. Serve warm.

Serves 8 to 10.

3 FOODS OF THE JAMAICANS

Jamaicans eat foods that are flavored with spices such as ginger, nutmeg, and allspice

(pimento). Allspice, the dried berries of the pimento plant, is native to Jamaica and an important export crop. (This is different from pimiento, the red pepper used to stuff green olives.) Many meals are accompanied by *bammy*, which is a toasted bread-like wafer made from cassava (or yucca, pronounced YOO-kah).

With the warm waters of the Caribbean Sea surrounding the island, seafood is plentiful in the Jamaican diet. Lobster, shrimp, and fish such as red snapper, tuna, mackerel, and jackfish are in abundance.

Fruits grow extremely well in Jamaica's tropical climate. Mangoes, pineapple, papaya, bananas, guava, coconuts, ackee, and plantains are just a few of the fruits eaten fresh or used in desserts. Ackee is the national fruit of Jamaica. It is a bright red tropical fruit that bursts open when ripe, and reveals a soft, mild, creamy yellowish flesh. If the fruit is forced open before ripe, it gives out a toxic gas poisonous enough to kill. Plantains look like bananas, may be up to a foot long, and have the consistency of potatoes when unripe. Unlike bananas, when the skin turns black, some people think they taste the best.



EPD Photos

Plantains look like bananas, may be up to a foot long, and have the consistency of potatoes when unripe. Unlike bananas, when the skin turns black they taste the best.



Ways to Prepare Plantains

1. Sliced, pan-fried into chips, and eaten with salsa.
2. Baked and seasoned with margarine, lime juice, and a sprinkle of cayenne pepper.
3. Mashed with cooked apples or butternut squash.
4. Pureed and added to soups as a thickener.
5. Cut in chunks and put into soups and stews.
6. Sautéed in long strips and served with chicken or pork.
7. Oven-baked with brown sugar, then served with pineapple chunks and vanilla ice cream as a dessert.



Coconut Chips

Ingredients

1 coconut

Salt

Procedure

1. To dry and open the coconut: Preheat oven to 400°F.
2. Poke a metal skewer through two of the “eyes” and drain out the liquid from the coconut. Reserve the liquid for another use or discard.
3. Place the coconut in the oven on a cookie sheet and bake for 15 minutes.
4. Remove the coconut and wrap in a clean kitchen towel. Carefully crack it open with a hammer.
5. After removing the flesh from the shell, remove the brown skin with a knife, and cut into thin strips. Wash and drain.
6. Turn oven down to 350°F.
7. Place the coconut on a greased cookie sheet and bake until lightly browned (do not over brown).
8. Sprinkle with salt. Serve as you would nuts.

The national dish of Jamaica is *ackee* and saltfish. Saltfish is dried, salted fish, usually cod, which must be soaked in water before cooking. The *ackee* fruit is fried with onions, sweet and hot peppers, fresh tomatoes, and boiled saltfish. It is popular to eat for breakfast or as a snack.

Other staples include brown-stewed fish or beef (Jamaicans are fond of gravy), curried goat, and pepperpot soup, made from callaloo (greens), okra, and beef or pork.



Brown-Stewed Fish

Ingredients

6 fish fillets

2 onions

2 tomatoes

2 green onions

1 carrot

1 green pepper, cut into chunks and seeds removed

3 Tablespoons vegetable oil

Fish stock or water

Procedure

1. Heat about 3 Tablespoons of oil over medium to high heat and fry the fish until golden brown.
2. Remove the fish and set aside. Drain nearly all of the oil from the pan.
3. In the oil that is left in the pan, sauté the onions, tomatoes, green onions, and other vegetables.
4. Add enough fish stock or water to cover the vegetables.
5. Bring to a boil, then turn heat to low and add the fish.
6. Turn the heat to low, cover, and simmer until the sauce thickens to a gravy-like consistency. Serve.

Serves 6.

“Jerking” is a native Jamaican method of spicing and slowly cooking meat to preserve the juices and produce a unique, spicy flavor. First, a seasoning that usually contains hot peppers, onions, garlic, thyme, allspice, ginger, and cinnamon is rubbed all over the meat. The jerked meat is then cooked over an outdoor pit lined with wood, usually from the pimento.



Jerk Chicken

Ingredients

- 1 pound skinless chicken breasts
- 1 jalapeno pepper, seeded and diced
- 3 Tablespoons water
- 2 Tablespoons lime juice
- 2 Tablespoons lemon juice
- 2 teaspoons allspice
- 4 cloves garlic, minced
- 1 small onion, chopped
- ½ teaspoon ginger, ground
- ½ teaspoon cumin, ground
- ¼ teaspoon dried thyme

Procedure

1. Combine all ingredients except the chicken into a blender and blend to a paste.
2. Pour into a shallow baking dish or sealable plastic bag.
3. Add chicken and turn to coat.
4. Cover and place in refrigerator to marinate for at least 2 hours, or overnight.
5. Remove chicken from marinade and pour marinade into a saucepan. Bring to a boil.
6. Chicken may now be cooked on a grill or baked in the oven. To grill, preheat the grill. Remove chicken and place chicken on a grill. (Ask an adult to help with the grilling.) Cook approximately 7 to 10 minutes per side until done, basting with boiled marinade.
7. To bake: Preheat oven to 350°F. Place chicken in a baking dish and bake 20 to 25 minutes. After 15 minutes, baste with remaining marinade.

Serves 4 to 8.



AP Photo/Collin Reid

Ludel Gordon prepares ackee to sell in the Papine market in Kingston, Jamaica. Sauteed like a vegetable, the golden flesh of the ackee resembles scrambled eggs. When dried and salted codfish is added, the national dish of Jamaica, ackee and saltfish, results. When served for breakfast, it is accompanied by bammy, a fried biscuit made from ground cassava and plantains.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The majority of Jamaicans, more than 80 percent, are Christian. Most holidays and celebrations center on this religious theme. Christmas in Jamaica naturally has a tropi-

cal flavor, ranging from the food to the Christmas carols.

Christmas carols are the same ones popular in the Western world, but their versions are set to a Reggae style, the syncopated style of music for which Jamaica is famous. Christmas dinner is usually a big feast. It includes the traditional jerked or curried chicken and goat, and rice with gungo peas (a round white pea, also called pigeon pea).

Gungo peas are a Christmas specialty, where red peas are eaten with rice the rest of the year. The traditional Christmas drink is called sorrel. It is made from dried parts of the sorrel (a meadow plant), cinnamon, cloves, sugar, orange peel, and rum and is usually served over ice.

Preparations for the Christmas feast start days, even months ahead by baking cakes like the traditional Black Jamaican Cake. To make this cake, fruits are soaked in bottles of rum for at least two weeks. After the cake is baked, allowing it to sit for up to four weeks is common to improve its taste.



Jamaican Christmas Cake

This is an easy version of the traditional cake.

Ingredients

- 1½ cups flour
- 1 cup (2 sticks) margarine or butter
- 1 cup sugar
- 4 eggs
- 1 cup raisins
- 1 teaspoon cinnamon
- ½ teaspoon salt

- ½ cup cherries
- 1 cup prunes, chopped
- 1 cup wine (or substitute water)
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1 lemon or lime rind, finely grated
- 2 Tablespoons browning (see below)

Procedure

1. Preheat oven to 350° F. and grease a 9-inch round cake pan.
2. To make browning: in a saucepan, add ½ Tablespoon water to brown sugar and heat over medium to high heat until the sugar is burnt. Let cool.
3. With a beater, beat butter, sugar and browning until soft and fluffy.
4. Add eggs, one at a time, to butter mixture. Add wine or water and mix well. Add fruits.
5. Add dry ingredients, stirring just to combine. Do not over-beat when mixing. Pour batter into a greased 9-inch round cake pan.
6. Bake for 1½ hours, checking after one hour. Cake is done when it begins to pull away from the sides of the pan.

Serves 12 (or more).

Independence Day, celebrated on the first Monday in August, commemorates Jamaica's independence from Great Britain in 1962. During Independence Day festivities, Jamaicans celebrate their island culture and cuisine, with dancing, feasting, and exhibitions of artists' work. Local street vendors showcase native foods such as sweet sugar cane, boiled corn, jerked chicken and pork, and roast fish. Ice cream vendors with pushcarts offer ice-cold jellies, fruit smoothies, and ice cream to the crowd.



Jamaican Fruit Drink

Ingredients

- 2 cups orange juice
- 1 ripe banana
- 1 ripe mango
- 1 apple
- 1 peach
- 2 slices pineapple
- 1 pint vanilla ice cream
- 1 slice ripe papaya

Procedure

1. Peel and dice all of the fruits into small pieces.
2. Place into a blender and blend in until smooth.

5 MEALTIME CUSTOMS

A Jamaican meal is usually a relaxing, social time. The dishes of food are set on the table at once, and everyone takes whatever they like. Table manners are considered less important than enjoying the food and the company. In rural areas families usually eat dinner together each day after 4 p.m., while families in urban areas might not have a chance to eat together except on weekends. A prayer is often said before and after meals. Eating outdoors to enjoy the warm weather is popular, especially in gardens and on patios. Jamaicans usually eat three meals a day with snacks in between. Breakfast and dinner are considered the most important meals.

A popular breakfast dish is the national one: ackee and saltfish. While it looks simi-

lar to scrambled eggs, the taste is quite different. It is usually served with callaloo, boiled green bananas, a piece of hard-dough bread (a slightly sweet-tasting white loaf) or a sweet bread called *Johnnycake*. Other popular morning dishes include cornmeal, plantain or peanut porridge, steamed fish, or *rundown* made with smoked mackerel. *Rundown* is flaked fish boiled with coconut milk, onion, and seasoning.

Roadside vendors are very popular in Jamaica and sell a variety of foods and drinks that can be eaten on the go, which is typical for a lunch in Jamaica. Fish tea (a broth), pepperpot soup, and buttered roast yams with saltfish are just a few examples. "Bun and cheese," which is a sweet bun sold with a slice of processed cheese, can be a quick lunch. Ackee with saltfish is a common snack sold at a stand, but the best-known snack are patties. Patties are flaky pastries filled with spicy minced meat or seafood.

Native rum and beer are popular, but there are a variety of non-alcoholic drinks as well. Refreshing fruit juices are also available. A roadside stand may have what is called ice-cold jelly. The vendor opens a coconut with a machete (a large, heavy knife) and the milk is drunk straight from the nut. The vendor will then split the shell and offer a piece of it so you can eat the soft coconut meat inside. Sky juice (cones of shaved ice flavored with fruit syrup) is also popular along with Ting, a sparkling grapefruit juice drink.



“Almost” Ting

This recipe makes a drink very similar to the popular Jamaican soft drink, Ting.

Ingredients

- 1 bottle grapefruit juice
- 1 bottle lemon-lime soft drink (such as 7-Up or Slice)
- Crushed ice or ice cubes

Procedure

1. Fill a drinking glass with crushed ice or ice cubes.
2. Pour in equal parts of grapefruit juice and lemon-lime soda.

Serve immediately.

It is customary for all Jamaican hot drinks to be called “tea.” Jamaican coffee is popular. One particular Jamaican brand is among the best and most expensive in the world and is one of the country’s main exports. Hot chocolate is usually drunk with breakfast, but is more complicated to prepare than the Western version. It is made from balls of locally grown cocoa spiced with cinnamon and nutmeg and boiled with water and condensed milk.

Dinner is usually peas and rice with chicken, fish, or sometimes pork. Chicken is usually jerked or curried (flavored with curry spice). Fish can be grilled, steamed with okra and allspice, or served in a spicy sauce of onions, hot peppers, and vinegar. *Festival*, which is a sweet, lightly fried dumpling, is another native dish.



Curry Chicken

Ingredients

- 1 to 3 pounds boneless, skinless chicken
- 2 Tablespoons curry powder
- 2 to 3 Tablespoons lemon juice
- 3 to 4 Tablespoons cooking oil
- 2 cups cooked white rice, with peas added if desired
- Dash each of onion powder, thyme, garlic powder, pepper, and salt

Procedure

1. Cut chicken into small pieces and let sit in lemon juice for at least 1 hour.
2. Remove chicken and season with spices and seasonings.
3. Let rest for 5 minutes.
4. Heat cooking oil in a frying pan on medium to high heat.
5. Add chicken and cook about 7 to 10 minutes per side, or until thoroughly cooked.

A fresh piece of tropical fruit may be the perfect refresher to top off a spicy meal. Many Jamaican dessert recipes are centered on fruit as the main ingredient. A simple sauce is sometimes its only accompaniment.



Baked Ripe Banana

Ingredients

- 4 large ripe bananas
- ¼ cup butter or margarine
- 1 to 2 Tablespoons honey
- 4 Tablespoons lime or orange juice
- ½ teaspoon allspice

Procedure

1. Preheat oven to 200°F.
2. Peel the bananas and slice into two pieces, length-wise.
3. Grease a shallow baking dish with a little of the butter or margarine. Arrange the bananas in the dish.
4. In a mixing bowl, mix together the honey and lime or orange juice.
5. Pour the mixture over the bananas slices and sprinkle with the allspice.
6. Place dots of the remaining butter or margarine on top. Bake for 15 to 20 minutes.
7. Serve warm.

Serves 4 to 5.



Gizzada

This dessert is also called “Pinch-Me-Rounds” because the edges of the pastry are pinched together.

Ingredients for pastry

- 1 cup flour
- 6 Tablespoons butter
- 1 Tablespoon sugar
- 2 Tablespoons milk

Procedure

1. Combine all ingredients into a mixing bowl and mix to form dough.
2. Roll out dough on floured surface with a rolling pin into a thin sheet.
3. Cut into rounds (with knife or cookie cutter) and fit them into greased muffin tins.

Ingredients for filling

- 1 cup grated coconut, fresh or packaged
- ½ cup brown sugar

- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 teaspoon almond extract
- 2 teaspoons water
- ½ teaspoon lime juice

Procedure

1. Mix all ingredients in a mixing bowl.
2. Fill the pastry bases half full, and pinch the dough together at the top.
3. Bake for 15 minutes or until pastry is golden brown.

Serves 8 to 12.

6 POLITICS, ECONOMICS, AND NUTRITION

About 11 percent of the population of Jamaica is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 10 percent are underweight, and more than 10 percent are stunted (short for their age).

Children’s rights are protected by the 1951 Juvenile Act. This law restricts children under 12 from being employed, except in domestic or agricultural work, and provides protective care for abused children. However, a lack of resources prevents this law from being fully applied. Children under 12 can be seen peddling goods or services on city streets.

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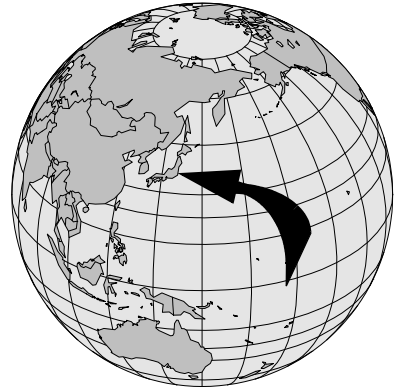
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Japan

Recipes

Gohan (Boiled Rice)	155
Sushi	155
Onigiri (Rice Ball)	156
Miso Soup.....	156
Beef Sukiyaki	157
Chicken Teriyaki.....	157
Yaki-Soba (Fried Noodles)	158
Ozoni (New Year's Soup)	159
Sweet Peanut Mochi (Rice Cakes).....	159
Yakitori (Grilled Chicken on Skewers)	161
Ramen (Noodle Soup).....	161
Broiled Salmon.....	162



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Japan is an archipelago (chain of islands) made up of about 3,000 islands. About two-thirds of the land is too mountainous for development, so almost all the people live in cities, most of which were built on the country's flat land (plains area). The country sometimes experiences natural disasters, such as typhoons (huge storms originating over the ocean) and earthquakes.

Some mountainous areas have been terraced (had step-like areas cut into them) to allow farmers to grow rice and other crops. The climate is good for farming, with rice being the chief crop. About half of Japan's arable land (land able to be farmed) is devoted to growing rice. From the 1970s to the 1990s, the production of Japan's livestock farmers doubled.

Japan accounts for about 8 percent of all the fish caught in the world. Japanese people consume large amounts of fish. Each person in Japan eats more than 150 pounds of fish per year, or around three pounds of fish per week.

2 HISTORY AND FOOD

Japanese cuisine has been influenced by the food customs of other nations, but has adopted and refined them to create its own unique cooking style and eating habits.

The first foreign influence on Japan was China around 300 B.C., when the Japanese learned to cultivate rice. The use of chopsticks and the consumption of soy sauce and soybean curd (tofu) also came from China.

The Buddhist religion, one of the two major religions in Japan today (the other is

JAPAN



Shintoism), was another important influence on the Japanese diet. In the A.D. 700s, the rise of Buddhism led to a ban on eating meat. The popular dish, *sushi* (raw fish with rice) came about as a result of this ban. In the 1800s, cooking styles became simpler. A wide variety of vegetarian (meatless) foods were served in small portions, using one of five standard cooking techniques. All foods were divided into five color groups (green, red, yellow, white, and black-purple) and six tastes (bitter, sour, sweet, hot, salty, and delicate). The Japanese continue to use this cooking system.

Beginning in the early 1200s, trade with other countries began bringing Western-style influences to Japan. The Dutch introduced corn, potatoes, and sweet potatoes.

The Portuguese introduced tempura (batter frying).

After a ban of more than one thousand years, beef returned to Japan during the Meiji Period (1868–1912). Western foods, such as bread, coffee, and ice cream, become popular during the late twentieth century. Another Western influence has been the introduction of timesaving cooking methods. These include the electric rice cooker, packaged foods such as instant noodles, instant *miso* (fermented soybean paste) soup, and instant pickling mixes. However, the Japanese are still devoted to their classic cooking traditions.

3 FOODS OF THE JAPANESE

Rice and noodles are the two primary staples of the Japanese diet. Rice, either boiled or steamed, is served at every meal. Noodles come in many varieties. Among the most popular are *soba*, thin brown noodles made from buckwheat flour; *udon*, thick white noodles made from wheat flour; and *ramen*, thin, curly noodles, also made from wheat flour. Soy sauce and other soybean products are also staples in Japan. These include *miso* (fermented soybean paste) and tofu (a soybean curd that resembles custard). Other common ingredients in Japanese food include bamboo shoots, daikon (a giant white radish), ginger, seaweed, and sesame seed products. Japanese pickles called *tsukemono* are served at every meal. Seafood is also plentiful in this island nation. Green tea is the national beverage of Japan, although black tea is also available. *Sake* (SAH-kee, wine made from rice, usually served warm) and beer are also very popular.

Two uniquely Japanese foods are *sushi* (fresh raw seafood with rice) and *sashimi* (fresh raw seafood with soy sauce); both rely on freshly caught fish or seafood. Dishes prepared in a single pot (*nabemeno*) are popular throughout Japan. *Sukiyaki* is a dish made up of paper-thin slices of beef (or sometimes chicken), vegetables, and cubes of tofu cooked in broth. *Shabu-shabu* is beef and vegetables, also cooked in broth but then dipped in flavorful sauces. Each region has its own selection of favorite foods. People living on the cold northern island of Hokkaido enjoy potatoes, corn, and barbecued meats. Foods in western Japan tend to be more delicately flavored than those in the east.

The Japanese are known for using very fresh ingredients in their cooking. They prefer using fresh, seasonal foods for their meals, buying it the same day it will be cooked. The Japanese are also famous for their skill in arranging food so that it looks beautiful. The people of Japan live long lives and have a low rate of heart disease because of healthy eating habits.



Gohan (Boiled Rice)

Ingredients

1 cup Japanese short-grain rice, uncooked
(available at most supermarkets and
Asian food stores)

1¼ cups water

Procedure

1. Wash the rice and allow it to soak in a saucepan for about 30 minutes; let drain.
2. Return the rice to the saucepan, add water, and bring to a boil over high heat.

3. Reduce heat, cover, and let simmer, cooking about 15 minutes more until water has been absorbed by the rice.
4. Reduce the heat to medium and keep covered, allowing rice to steam for about 15 minutes.
5. Serve in individual bowls with chopsticks (optional).

Serves 4. To eat rice, the rice bowl is held in the left hand, close to the mouth. The chopsticks are used to push the rice into the mouth as the bowl is slowly rotated in the hand.



Sushi

Ingredients

Small bamboo mat (*makisu*) for preparing
sushi

Dry seaweed sheets (*nori*)

Bowl of water to which 1 Tablespoon
vinegar has been added

Wasabi (dried horseradish powder)

Strips of avocado, cucumber, carrot, or other
vegetable

Cooked shrimp or crab meat (or frozen
imitation crabmeat, thawed)

Procedure

1. Place a sheet of *nori* (dry seaweed), shiny side down, on the *makisu* (bamboo mat).
2. Wet your right hand (or left hand, if you are left-handed) in the bowl of vinegar water, and use it to scoop up a ball of rice.
3. Spread the rice out in an even layer on one side of the *nori*.
4. Sprinkle a line of *wasabi* (horseradish powder) down the center of the rice.
5. Arrange the strips of vegetables and seafood over the line of *wasabi*.



AP Photos/Don Ryan

Wasabi powder, a key ingredient in sushi, is produced from the wasabi root.

6. Using the mat to support the *nori*, lift one end of the mat to gently roll the *nori* over the rice and other ingredients.
7. Use gentle pressure to compact the rice and other ingredients so that they hold together.
8. Continue rolling until a long cylinder is formed, completely encased in *nori*.
9. Carefully slice through the *nori* and other ingredients to make the bites of *sushi*.
10. Serve immediately so the *nori* will still be crispy.



Onigiri (Rice Ball)

Ingredients

- 2 cups cooked rice
- Salt
- Pickled plums, cut into small, bite-sized pieces
- Cooked salmon, cut into small, bite-sized pieces
- Dry seaweed sheets (*nori*), cut into strips

Procedure

1. Cook rice according to directions on package. Allow to cool slightly.
2. Have a bowl of lukewarm water handy.
3. Dip clean hands into water, and then sprinkle salt on wet hands.
4. Place a small mound of rice (about 2 Tablespoons) in the palm of your hand.
5. Press a piece of pickled plum or cooked salmon into the mound of rice.
6. Toss the mound back and forth between wet, salted hands to form a triangular mound, with the filling item in the center.
7. Wrap mound in a dry seaweed strip.

Serves 10 to 12.



Miso Soup

Ingredients

- 2 scallions
- ¼ pound tofu
- 1¼ cups *dashi* (Japanese fish stock) or 1 chicken bouillon cube, dissolved in 1 cup boiling water
- 2 Tablespoons red *miso*

Procedure

1. Wash the scallions and cut the green parts into 1½-inch lengths.
2. Cut the tofu into small cubes and place the scallions and tofu in soup bowls.
3. Boil the *dashi* (broth) in a saucepan.
4. Put a little of the boiling liquid in a bowl and mix with the *miso*.
5. Pour back into the saucepan, then ladle into the soup bowls.
6. Serve immediately.

Makes one serving.



Beef Sukiyaki

Ingredients

- ½ cup soy sauce
- ¼ cup sugar
- ½ cup *dashi* or beef broth
- 2 Tablespoons vegetable oil
- 1 pound beef tenderloin, sliced into thin strips
- 10 scallions, cut into 2-inch pieces (both and green and white parts)
- 4 stalks celery, sliced on an angle, in ½-inch pieces
- 12 mushroom caps, sliced
- 8 ounces tofu or bean curd, cut into bite-sized cubes
- 1 can bamboo shoots (8½-ounce), drained
- 4 cups rice, cooked

Procedure

1. Mix soy sauce, sugar, and *dashi* or broth in a bowl and set aside.
2. Arrange beef and vegetables on a large platter.

3. Heat an electric skillet 300°F; or heat a frying pan over medium-high heat. Add oil and heat.
4. Add the meat and brown for 2 minutes.
5. Add the vegetables and the tofu, including the bamboo shoots, placing each on its own part of the skillet.
6. Add the sauce and cook mixture for 6 to 7 minutes, turning gently to prevent burning and keeping all ingredients separate from each other. Serve at once over rice.

Serves 4 to 6.



Chicken Teriyaki

Ingredients

- ½ cup soy sauce (preferably Japanese-style)
- 3 Tablespoons sugar
- 1 teaspoon fresh gingerroot, grated
- 3 Tablespoons sesame seeds
- 1½ to 2 pounds skinless, boneless chicken breast, cut into small serving pieces

Procedure

1. Preheat oven to 375°F.
2. Combine soy sauce, sugar, gingerroot, and sesame seeds in a large bowl.
3. Place chicken in a baking dish and pour sauce over it.
4. Bake for 45 minutes. Turn chicken about every 15 minutes, coating with sauce in the process.

Serves 6.



Yaki-Soba (Fried Noodles)

Ingredients

- 2 to 3 medium-size shiitake mushrooms
- 8 ounces fresh *ramen* or 6 ounces dried noodles
- 3 Tablespoons vegetable oil
- 1 small to medium-size onion, chopped
- 2 teaspoons gingerroot, minced
- 2 cups green cabbage leaves, coarsely chopped
- 1 Tablespoon *mirin* (sweet rice wine)
- 2 to 3 teaspoons soy sauce
- 2 to 3 dashes black pepper
- Salt, to taste

Procedure

1. Soak mushrooms in a bowl of warm water for 30 minutes.
2. Dry mushrooms. Cut off stems and discard. Slice mushrooms thinly.
3. Bring 3 quarts of water to a boil in a large pot and add *ramen*. Cook 1 to 2 minutes or until tender yet firm.
4. Rinse *ramen*; drain well. Toss with 1 Tablespoon of the oil; set aside.
5. Heat remaining 2 Tablespoons oil in a wok or large skillet over medium to high heat.
6. Add onion and gingerroot and stir-fry for 2 minutes.
7. Add cabbage and mushrooms; stir-fry 3 minutes. Sprinkle with *mirin*. Stir-fry 1 minute more.
8. Add *ramen*; toss until hot. Season with soy sauce, pepper, onions, and salt.
9. Shrimp, ham, chicken, or other tempura can be added.

Serves 6.



Doll Festival Menu

- Pork and cabbage dumplings
- Sushi
- Peach tofu
- Vegetables with vinegar lemon dressing
- Sake



Harvest Moon Menu

- Miso soup
- Tempura
- Rice
- Deep-fried oysters
- Daikon salad
- Red bean jelly



New Year's Menu

- Miso soup with grilled rice cakes
- Sashimi shaped into roses
- Sushi canapés
- Beef and onion rolls
- Smoked salmon and daikon rolls
- Persimmon and daikon salad
- Spicy braised gobo (burdock root)

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The most important holiday in Japan is the New Year, *Shogatsu*. Special holiday foods, called *osechi*, are prepared in beautifully decorated stackable boxes called *jubako*. Each layer of the box has compartments for several different foods. Glazed sardines, bamboo shoots, sweet black beans, and chestnuts in sweet potato paste are just a few of the many holiday foods. New Year foods are also eaten because they are believed to represent good fortune or long life. At New Year's, children are especially fond of hot rice cakes dipped in sweet soybean powder.

The Girls' Festival (or Doll Festival) is held in March. Dolls are dressed in traditional Japanese dresses called *kimonos* and are offered rice crackers, colored rice cakes, and a sweet rice drink called *amazake*. Everyone in the family eats the foods. Festive foods for Children's Day (May 5) include rice dumplings stuffed with sweet bean paste.

The tea ceremony (*cha-no-yu*) is an important Japanese ritual that can be held on a holiday or other special occasion. Developed over several centuries, it plays an important role in Japanese life and culture.



Ozoni (New Year's Soup)

Ingredients

- 4 *mochi* (rice cakes)
- 2 boned chicken breasts, trimmed and sliced into thin strips

2 thin leeks, sliced very finely on the diagonal

4 cups *dashi*

3 Tablespoons white *miso*

Procedure

1. Broil the *mochi* cakes under a hot broiler on all sides until the cake is crisp and brown, but not burnt.
2. Remove from heat, piece with a fork, and set aside.
3. Dip the chicken slices into salted boiling water for 2 minutes, then drain.
4. Bring the *dashi* to a boil in a saucepan, then add chicken pieces and simmer until tender.
5. Ladle $\frac{1}{2}$ cup of *dashi* into the *miso* and whisk until blended.
6. Pour back into the soup and bring just to a boil, then remove from heat.
7. Place a cooked rice cake in the bottom of each of 4 bowls, then ladle the soup over them, distributing the chicken pieces evenly. Top with slivered leek.
8. Place tops on the bowls, and serve immediately.

Serves 6 to 8.



Sweet Peanut Mochi (Rice Cakes)

Rice cakes are a popular dessert for both New Year's and Children's Day. These may sometimes be purchased at Asian markets or specialty grocery stores.

Ingredients

- 1 cup sweet glutinous-rice flour (*mochiko*)
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup light brown sugar, packed
- $\frac{1}{3}$ cup cocktail peanuts, unsalted
- $\frac{1}{2}$ cup water
- Potato starch or cornstarch

Orange blossom honey, rice syrup, or molasses

½ cup roasted soybean powder (*kinako*) (optional)

Procedure

1. In a medium-size bowl, combine rice flour, salt, and brown sugar.
2. In a blender or food processor, grind peanuts until they form a paste.
3. Add the water; process until blended, scraping sides of container once or twice.
4. Pour peanut mixture into rice-flour mixture. Stir to form a stiff dough.
5. Lightly knead dough about 30 seconds.
6. In a wok or deep pot, bring 4 cups of water to a boil.
7. Spread a piece of dampened and unbleached muslin or several layers of cheesecloth over a steamer tray.
8. Spread the dough evenly over the cloth, about ½-inch thick.
9. Place the steamer into the pot, over the boiling water. Cover and steam for 20 minutes.
10. Remove tray from pan and lift out cloth with dough.
11. Pull away cloth, dropping dough onto a flat surface dusted with potato starch or cornstarch. Cool 2 minutes.
12. Knead 1 minute or until smooth and shiny.
13. Roll dough into an 8-inch long sausage roll and cut into 8 equal pieces.
14. Dust lightly with cornstarch to prevent sticking. Form into smooth, round shapes.
15. Drizzle rice cakes with honey and roll in soybean powder.
16. Serve on small plates with cups of hot green tea.

5 MEALTIME CUSTOMS

The Japanese eat three main meals a day. The main ingredient in all three, however, is rice (or sometimes noodles). *Miso* soup and pickles are always served as well. Meals eaten early in the day tend to be the simplest. A typical breakfast consists of rice, *miso* soup, and a side dish, such as an egg or grilled fish.

Noodles are very popular for lunch (and as a snack), and a restaurant or take-out stand referred to as a noodle house is a popular spot for lunch. A typical lunch would be a bowl of broth with vegetables, seaweed, or fish. The *bento* is a traditional box lunch packed in a small, flat box with dividers. It includes small portions of rice, meat, fish, and vegetables. Stores sell ready-made *bento* for take out and some even have Western-style ingredients like spaghetti or sausages. A favorite among young people, and as a take-out food, is a stuffed rice ball called *onigiri*.

Many Japanese have turned to Western-style food for breakfast and lunch, especially in the cities. However, traditional dinners are still eaten by most people in Japan, such as rice, soup, pickles, and fish. Seasonal fresh fruit makes a great dessert. Sweets are more likely to be served with green tea in the afternoon.

Food is grasped between chopsticks and lifted to one's mouth. Chopsticks should never be stuck into a piece of food or used to pass food back and forth. It is not considered impolite to sip one's soup directly from the bowl. At a Japanese meal, people at the table fill each other's drinking glasses but never their own.

The Japanese do not eat while they are doing other things, such as walking or driving. A Japanese car company once claimed that some of its seatbelts didn't work properly in the United States because Americans spilled so much food in their cars. They believe people should not eat and drive cars at the same time.



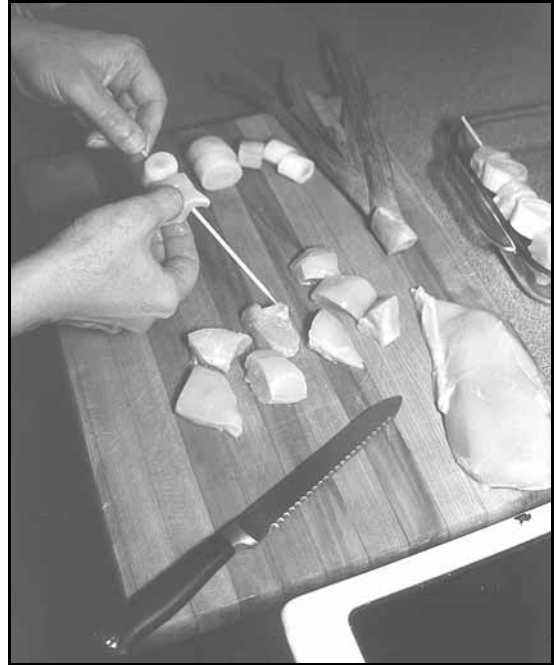
Yakitori (Grilled Chicken on Skewers)

Ingredients

- 2 skinless, boneless chicken breasts
- 2 small leeks
- 2 teaspoons sugar
- 4 Tablespoons soy sauce
- Bamboo skewers, soaked in water for 30 minutes prior to using

Procedure

1. Cut chicken into bite-sized chunks.
2. Wash leeks, remove the roots, and cut into ¾-inch lengths.
3. Slide the chicken and leeks onto bamboo skewers.
4. In a bowl, mix the sugar and soy sauce together.
5. Spoon a little of this mixture over the chicken skewers.
6. Broil for 5 minutes.
7. Turn the skewers over, spoon on some more sauce, and cook for 5 more minutes.
8. Serve hot and eat with your fingers.



EPD Photos

Thread pieces of chicken and slices of leek onto bamboo skewers. The skewers should be soaked in water for at least thirty minutes before using.



Ramen (Noodle Soup)

Ingredients

- 1 package *ramen* noodle soup
- Vegetables to add to soup (choose up to four, such as chopped celery)
- 1 carrot, cut into very thin sticks, about 2 inches long
- 1 scallion, chopped
- Daikon radish, cut into very thin sticks, about 2 inches long
- 1 mushroom, sliced thin
- 3 snow pea pods
- 1 Chinese cabbage leaf, shredded

Procedure

1. Make soup according to package directions.
2. Place up to four of the add-ins into a large soup bowl.
3. Carefully pour hot broth and noodles over vegetables.
4. Use chopsticks to eat the vegetables and noodles, and drink the broth from the bowl.

Serves 4.



Broiled Salmon

Ingredients

- 4 salmon steaks (8-ounces each)
- ¼ cup white soybean paste (*shiomiso*)
- 1 teaspoon sugar
- 2 Tablespoons low-sodium soy sauce
- 2 Tablespoons *sake* (or rice wine vinegar)
- 2 green onions, thinly-sliced

Procedure

1. Place salmon under broiler for 5 minutes each side.
2. Mix soybean paste, sugar, soy sauce, and *sake* (or vinegar) together in a bowl.
3. Spread mixture on salmon steaks and broil another 2 minutes per side.
4. Garnish with the sliced green onions and serve immediately.

Serves 4.

6 POLITICS, ECONOMICS, AND NUTRITION

Because Japanese people like to eat a lot of fish, one of the major issues facing the Japa-

nese government relates to fishing privileges. For example, Japan, Canada, and the United States have argued over the rights to fish for salmon. Japan has had conflicts with neighboring Asian nations, including the Republic of Korea, China, Indonesia, and Australia, over fishing rights to waters around those countries.

More than 80 countries, including the United States, have adopted laws that restrict other countries from fishing within 200 miles of their coastlines. This has resulted in Japan being forced to pay fees for the privilege of fishing in many ocean areas around the world.

7 FURTHER STUDY

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- Beatty, Theresa M. *Food and Recipes of Japan*. New York: PowerKids Press, 1999.
- Bremzen, Anya von, and John Welchman. *Terrific Pacific Cookbook*. New York: Workman Publishing, 1995.
- Cook, Deanna F. *The Kids' Multicultural Cookbook: Food and Fun Around the World*. Charlotte, VT: Williamson Publishing, 1995.
- Halvorsen, Francine. *Eating Around the World in Your Neighborhood*. New York: John Wiley & Sons, 1998.
- Ridgwell, Jenny. *A Taste of Japan*. New York: Thomson Learning, 1993.
- Slack, Susan Fuller. *Japanese Cooking for the American Table*. New York: Berkeley Publishing, 1996.
- Weston, Reiko. *Cooking the Japanese Way*. Minneapolis: Lerner, 2001.

JAPAN



AP Photos/Jim Cooper

This fresh sushi produced at this factory in Queens, New York, meets the growing demand for sushi in restaurants and supermarkets across the United States.

Web Sites

Schauwecker's Guide to Japan. [Online] Available <http://www.japan-guide.com/r/e1.html> (accessed August 17, 2001).

Tokyo Food Page. [Online] Available <http://www.bento.com/tf-recp.html> (accessed August 17, 2001).

Specialty Ingredients

Asia Foods
[Online] Available <http://www.asiafoods.com> (accessed August 17, 2001).

The Oriental Pantry
423 Great Road (2A)
Acton, MA 01720
(978) 264-4576
[Online] Available <http://www.orientalpantry.com> (accessed August 17, 2001).

Specialty Orient Foods, Inc.
43-30 38th Street
Long Island City, NY 11101
Toll free: 1-800-758-7634
[Online] Available http://www.sofi-ny.com/mail_order/english/mail_order_main_e.htm (accessed August 17, 2001).

Junior
Worldmark
Encyclopedia of

Foods and Recipes of the World

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Karen L. Hanson, Editor

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JUNIOR WORLDMARK ENCYCLOPEDIA OF FOODS AND RECIPES OF THE WORLD

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Contents

READER'S GUIDE	vii
MEASUREMENTS AND CONVERSIONS	xi
GETTING STARTED WITH COOKING	xii
GLOSSARY	xv
KAZAKHSTAN	1
KENYA	9
KOREA	17
LEBANON	27
LIBERIA	39
MEXICO	45
MOROCCO	55
MOZAMBIQUE	65
NIGERIA	75
PAKISTAN	83
PERU	91
PHILIPPINES	101
POLAND	113
RUSSIA	123
SAUDI ARABIA	133
SLOVENIA	143
SOUTH AFRICA	151

Reader's Guide

Junior Worldmark Encyclopedia of Foods and Recipes of the World presents a comprehensive look into the dietary lifestyles of many of the world's people. Published in four volumes, entries are arranged alphabetically from Algeria to Zimbabwe. Several countries—notably Australia, Brazil, Canada, and the United States—feature entries for specific ethnic groups or regions with distinctive food and recipe customs.

Junior Worldmark Encyclopedia of Foods and Recipes of the World features more than 700 recipes in 70 entries representing 57 countries. In selecting the countries, culture groups, and regions to include, librarian advisors were consulted. In response to suggestions from these advisors, the editors compiled the list of entries to be developed. The editors sought, with help from the advisors, to balance the contents to cover the major food customs of the world. Countries were selected from Africa (Algeria, Cameroon, Cote d'Ivoire, Ethiopia, Ghana, Kenya, Liberia, Morocco, Mozambique, Nigeria, South Africa, Tanzania, Zimbabwe); Asia (China, India, Indonesia, Japan, Korea, the Philippines, Thailand, Vietnam); the Caribbean (Cuba, Haiti, Jamaica); Europe (Czech Republic, France, Germany, Greece, Hungary, Ireland, Italy, Kazakhstan, Poland, Russia, Slovenia, Spain, Sweden, Turkey, Ukraine, United Kingdom); Central America (Guatemala);

the Middle East (Egypt, Iran, Iraq, Israel, Lebanon, Pakistan, Saudi Arabia); North America (Canada, Mexico, and the United States); Oceania (Australia, Islands of the Pacific); and South America (Argentina, Brazil, Chile, Peru).

For the United States entry, the advisors suggested preparing an innovative combination of five regional entries (including Great Lakes, Midwest, Northeast, Southern, and Western) and five ethnic/culture group entries (African American, Amish and Pennsylvania Dutch, Jewish American, Latino American, and Native American). Researchers interested in other major American ethnic and cultural groups, such as Chinese American, German American, and Lebanese American, are directed to the entries for the home countries of origin (such as China, Germany, and Lebanon).

Recipes were selected to reflect traditional national dishes as well as modern lifestyles. Persons familiar with the cuisines of the countries were consulted to ensure authenticity. The editors acknowledge the invaluable advice of these individuals, without whose help this encyclopedia would not be as authoritative: Thelma Barer-Stein; Stefanie Bruno; staff of Corky and Lenny's delicatessen, Beachwood, Ohio; Terry Hong; Marcia Hope; Solange Lamamy; staff of Middle East Restaurant, Cleveland, Ohio;

staff of Pearl of the Orient, Shaker Heights, Ohio, John Ranahan, Christine Ritsma, and Nawal Slaoui.

Profile Features

This new addition to the *Junior Worldmark* series follows the trademark format of the *Junior Worldmark* design by organizing each entry according to a standard set of headings.

This format has been designed to allow students to compare two or more nations in a variety of ways. Also helpful to students are the translations of hundreds of foreign-language terms (which can be found in italics throughout the text) to English. Pronunciations are provided for many unfamiliar words.

Every profile contains two maps: the first displaying the nation and its location in the world, and the second presenting the nation's major cities and neighboring countries. Each entry begins with a recipe table of contents guiding the student to specific page numbers.

Most entries feature approximately ten recipes, including appetizers, main dishes, side dishes, beverages, desserts, and snacks. Recipes were selected to balance authenticity and ease of preparation. Wherever possible the recipes use easy-to-find ingredients and familiar cooking techniques. Recipes are presented with the list of ingredients first, followed by the directions in a numbered procedure list. The editors tested the recipes for most of the more than 700 dishes included in the work, and photographed steps in the procedure for many of them.

A complete glossary of cooking terms used in the entries, from allspice to zest, is included at the front of each volume.

The body of each country's profile is arranged in seven numbered headings as follows:

1 GEOGRAPHIC SETTING AND ENVIRONMENT. Location, fertile/non-fertile areas, climate (temperature and rainfall), total area, and topography (including major rivers, bodies of water, deserts, and mountains), are discussed. Various plants (including crops) and animals may also be mentioned.

2 HISTORY AND FOOD. The influences of early cultures, outside influences (such as explorers and colonists), and the origins of staple foods and preparation techniques are discussed. Historical dietary influences between various ethnic or religious groups may also be discussed.

3 FOODS OF THE (COUNTRY OR CULTURE GROUP). Foods and beverages that comprise the staples of the country's daily diet, including national dishes, are presented. Identifies foods by social class and ethnic group, where applicable. May also discuss differences between rural and urban mealtime practices.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS. Discusses dietary guidelines, restrictions, and customs for national secular and religious holidays, both in food

and food preparation. Origins of holiday traditions may also be discussed. Traditional holiday menus for many holidays are presented.

5 MEALTIME CUSTOMS. Customs related to consumption of food at home, at restaurants, and from street vendors; entertainment of guests for a meal; number and typical times of meals; and typical school lunches and favorite snacks are discussed.

6 POLITICS, ECONOMICS, AND NUTRITION. Statistics from international organizations, including the United Nations and the World Bank. Discussion of health status of the population, with a focus on nutrition of the nation's children. Food laws and current dietary issues are discussed, where applicable.

7 FURTHER STUDY. An alphabetical list of books and web sites. Web sites were selected based on authority of hosting agency and accessibility and appropriateness for student researchers. Each web site lists when the site was last accessed. A few entries include listings of feature films notable for the role food and/or dining played in the story.

Volume 4 contains a cumulative index that provides easy access to the recipes by title and menu category (appetizers, beverages, bread, soup, main dish, side dish, snacks, vegetables, cookies and sweets, and desserts).

Acknowledgments

Special acknowledgement goes to the many contributors who created *Junior Worldmark Encyclopedia of Foods and Recipes of the World*.

Sources

Due to the broad scope of this encyclopedia, many sources were consulted in compiling the descriptions and recipes presented in these volumes. Of great importance were cookbooks, as well as books dedicated to the foods of a specific nation or culture group. Travel guides, where food specialties are often described for a country, were instrumental in the initial research for each entry. Cooking and lifestyle magazines, newspaper articles, and interviews with subject-matter experts and restaurateurs were also utilized. Publications of the World Bank and United Nations provided up-to-date statistics on the overall health and nutritional status of the world's children.

Advisors

The following persons served as advisors to the editors and contributors of this work. The advisors were consulted in the early planning stages, and their input was invaluable in shaping the content and structure of this encyclopedia. Their insights, opinions, and suggestions led to many enhancements and improvements in the presentation of the material.

READER'S GUIDE

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Comments and Suggestions

We welcome your comments on the *Junior Worldmark Encyclopedia of Foods and Recipes of the World*. Please write to: Editors, *Junior Worldmark Encyclopedia of Foods and Recipes of the World*, U•X•L, 27500 Drake Road, Farmington Hills, Michigan 48331-3535; call toll-free: 1-800-877-4253; or send e-mail via www.galegroup.com.

Measurements and Conversions

In *Junior Worldmark Encyclopedia of Foods and Recipes of the World*, measurements are provided in standard U.S. measurements. The tables and conversions below are provided to help the user understand measurements typically used in cooking; and to convert quantities and cooking temperatures to metric, use these equivalents.

Note: The system used in the United Kingdom, referred to as UK or British, is not described here and is not referred to in this work, but educated readers may encounter this system in their research. The British cup is 10 ounces, while the U.S. is 8 ounces; the British teaspoon and tablespoon are also slightly larger than those in the United States.

U.S. measurement equivalents

Pinch is less than a teaspoon.

Dash is a few drops or one or two shakes of a shaker.

3 teaspoons = 1 Tablespoon

2 Tablespoons = 1 liquid ounce

4 Tablespoons = $\frac{1}{4}$ cup

8 Tablespoons = $\frac{1}{2}$ cup

16 Tablespoons = 1 cup

2 cups = 1 pint

2 pints = 1 quart

4 cups = 1 quart

4 quarts = 1 gallon

Liquid measurement conversions from U.S. to metric

1 teaspoon = 5 milliliters

1 Tablespoon = 15 milliliters

1 U.S. cup = about $\frac{1}{4}$ liter (0.237 liters)

1 U.S. pint = about $\frac{1}{2}$ liter (0.473 liters)

1 U.S. quart = about 1 liter (1.101 liters)

Solid measurement conversions from U.S. to metric

1 U.S. ounce = 30 grams

1 U.S. pound = 454 grams

Butter: 7 Tablespoons = about 100 grams

Flour: 11 Tablespoons = about 100 grams

Sugar: 11 Tablespoons = about 100 grams

Oven temperatures

Fahrenheit equals Centigrade (Celsius)

250°F = 121°C

300°F = 150°C

325°F = 164°C

350°F = 177°C

375°F = 191°C

400°F = 205°C

425°F = 219°C

450°F = 232°C

500°F = 260°C

Getting Started with Cooking

Cooking is easier and the results are better if you take some time to learn about techniques, ingredients, and basic equipment.

TECHNIQUES

There are three important rules to follow when using any recipe:

First, be clean. Always start with very clean hands and very clean utensils. Keep your hair tied back or wear a bandana.

Second, keep your food safe. Don't leave foods that can spoil out longer than absolutely necessary. Use the refrigerator, or pack your food with ice in a cooler if it will be cooked or eaten away from home.

Third, keep yourself safe. Always have an adult help when using the stove. Never try to do something else while food is cooking. Keep burners and the oven turned off when not in use.

In addition to these rules, here are some helpful tips.

Read through the recipe before starting to cook.

Get out all the utensils you will need for the recipe.

Assemble all the ingredients.

Wash up as you go to keep the cooking area tidy and to prevent foods and ingredients from drying and sticking to the utensils.

If food burns in the pan, fill the pan with cold water. Add a Tablespoon of baking soda and heat gently. This will help to loosen the stuck-on food.

If you follow these three rules and helpful tips—and use common sense and ask for advice when you don't understand something—cooking will be a fun activity to enjoy alone or with friends.

The basic techniques used in the recipes in *Junior Worldmark Encyclopedia of Foods and Recipes of the World* are described briefly below.

Baking. To cook in the oven in dry heat. Cakes and breads are baked. Casseroles are also baked. When meat is prepared in the oven, cooks may use the term “roasting” instead of baking.

Basting. To keep foods moist while cooking. Basting is done by spooning or brushing liquids, such as juices from the cooking pan, a marinade, or melted butter, over the food that is being cooked.

Beating. To mix ingredients together using a brisk stirring motion. Beating is often done using an electric mixer.

Boiling. To heat a liquid until bubbles appear on its surface. Many recipes ask that you bring the liquid to a boil and then lower the heat to simmer. Simmering is when the surface of the liquid is just moving slightly, with just a few bub-

bles now and then around the edges of the liquid.

Chopping and cutting. To prepare food for cooking by making the pieces smaller. To chop, cut the food in half, then quarters, and continue cutting until the cutting board is covered with smaller pieces of the food. Arrange them in a single layer, and hold the top of the chopping knife blade with both hands. Bring the knife straight up and down through the food. Turn the cutting board to cut in different directions. To dice, cut the food first into slices, and then cut a grid pattern to make small cubes of the food to be cooked. To slice, set the food on a cutting board and press the knife straight down to remove a thin section.

Dusting with flour. Sprinkle a light coating of flour over a surface. A sifter or sieve may be used, or flour may be sprinkled using just your fingers.

Folding. To stir very gently to mix together a light liquid and a heavier liquid. Folding is done with a rubber spatula, using a motion that cuts through and turns over the two liquids.

Greasing or buttering a baking dish or cookie sheet. To smear the surfaces with butter or shortening (or sometimes to spray with nonstick cooking spray) to prevent the food from sticking during cooking.

Kneading. Working with dough to prepare it to rise. First dust the surface (counter-top or cutting board) with flour. Press the dough out into a flattened ball. Fold the ball in half, press down, turn the dough ball one-quarter turn, and fold and press

again. Repeat these steps, usually for 5 to 10 minutes.

Separating eggs. To divide an egg into two parts, the white and the yolk. This is done by cracking the egg over a bowl, and then carefully allowing the white to drip into the bowl. The yolk is transferred back and forth between the two shell halves as the whites drip down. There must be no yolk, not even a speck, in the white if the whites are to be used in a recipe. The yolk keeps the whites from beating well.

Turning out. To remove from the pan or bowl.

INGREDIENTS

A trip to the grocery store can be overwhelming if you don't have a good shopping list. Cooking foods from other countries and cultures may require that you shop for unfamiliar ingredients, so a list is even more important.

Sources for ingredients

Most of the ingredients used in the recipes in *Junior Worldmark Encyclopedia of Foods and Recipes of the World* are available in large supermarkets. If you have trouble finding an ingredient, you will need to be creative in investigating the possibilities in your area. The editors are not recommending or endorsing any specific markets or mail order sources, but offer these ideas to help you locate the items you may need.

Ethnic grocery stores

Consult the "Grocers" section of the yellow pages of your area's telephone book. If the stores are listed by ethnic group,

GETTING STARTED WITH COOKING

try looking under the country name or the the region (such as Africa, the Middle East, or Asia) to find a store that might carry what you need.

Ethnic restaurants

Ethnic restaurants may serve the dish you want to prepare, and the staff there will probably be willing to help you find the ingredients you need. They may even be willing to sell you a small order of the hard-to-find item.

Local library

Some libraries have departments with books in other languages. The reference librarians working there are usually familiar with the ethnic neighborhoods in your city or area, since they are often interacting with the residents there.

Regional or city magazine

Advertisements or festival listings in your area's magazine may lead you to sources of specialty food items.

Internet and mail order

If you have time to wait for ingredients to be shipped to you, the Internet may lead you to a grocery or specialty market that will sell you what you need and ship it to you.

BASIC EQUIPMENT

The recipes in *Junior Worldmark Encyclopedia of Foods and Recipes of the World* typically require that you have these basic items:

Baking pans. Many recipes require specific baking pans, such as an 8-inch square baking pan, round cake pan, 9-inch by 13-inch baking pan, or cookie sheet. Make sure you have the pan called for in the recipe before beginning.

Knives. Knives for cutting must be sharp to do the job properly. It is a good idea to get an adult's help with cutting and chopping.

Measuring cups. Measuring cups for dry ingredients are the kind that nest inside each other in a stack. To measure liquids, cooks use a clear glass or plastic measuring cup with lines drawn on the side to indicate the measurements.

Measuring spoons. Measuring spoons are used to measure both liquids and dry ingredients. It is important to use spoons made for measuring ingredients, and not teaspoons and tablespoons used for eating and serving food.

Saucepans and pots. These round pans are taller, and are generally used for cooking dishes that have more liquid, and for boiling or steaming vegetables.

Skillets and frying pans. These pans are shallow, round pans with long handles. They are used to cook things on top of a burner, especially things that are cooked first on one side, and then turned to cook on the other side.

Work surface. A very clean countertop or cutting board must be available to prepare most dishes.

Glossary

A

Allspice: A spice derived from the round, dried berry-like fruit of a West Indian allspice tree. The mildly pungent taste resembles cinnamon, nutmeg, and cloves.

Anise seed: A licorice-flavored seed of the Mediterranean anise herb. It is used as an ingredient in various foods, particularly cookies, cakes, and candies.

Arugula: An aromatic salad green with a peppery taste. It is popularly used in Italian cuisine.

B

Baguette: A long and narrow loaf of French bread that is often used for sandwiches or as an accompaniment to a variety of dishes.

Baking soda: A fine, white powder compound often used as an ingredient in such recipes as breads and cakes to help them rise and increase in volume.

Basil: An aromatic herb cultivated for its leaves. It is eaten fresh or dried and is most frequently used in tomato sauces or served with mozzarella cheese. The sweet basil variety is most common.

Baste: To moisten food periodically with liquid while cooking, such as broth or

melted butter. Basting helps add flavor to food and prevents it from drying out.

Bay leaf: A pungent, spicy leaf used in a variety of cuisines, including meats, vegetables, and soups. It is most often used in combination with other herbs, such as thyme and parsley.

Blini: A Russian pancake made of buckwheat flour and yeast. It is commonly served with caviar and sour cream.

Bouillon: A clear, thin broth made by simmering meat, typically beef or chicken, or vegetables in water with seasonings.

Braise: To cook meat or vegetables by browning in fat, then simmering in a small quantity of liquid in a covered container.

Bratwurst: A small pork sausage popular with German cuisine.

Brisket: A cut of meat, usually beef, from the breast of an animal. It typically needs longer to cook to become tender than other meats.

Broil: To cook by direct exposure to heat, such as over a fire or under a grill.

C

Canapé: A cracker or a small, thin piece of bread or toast spread with cheese, meat, or relish and served as an appetizer.

GLOSSARY

Caraway seed: The pungent seed from the caraway herb used as a flavoring and seasoning in various foods, including desserts, breads, and liquors.

Cassava: A tropical, tuberous plant widely used in African, Latin American, and Asian cuisines. It is most commonly used to make starch-based foods such as bread, tapioca, and pastes. It is also known as manioc or yuca (in Spanish, *yuca*).

Charcoal brazier: A metal pan for holding burning coals or charcoal over which food is grilled.

Cheesecloth: A coarse or fine woven cotton cloth that is often used for straining liquids, mulling spices, and lining molds.

Chili: A spicy pepper of varying size and color. It is most frequently used to add a fiery flavor to foods.

Cilantro: A lively, pungent herb widely used in Asian, Caribbean, and Latin American cuisines as a seasoning or garnish. It is also known as coriander.

Citron: A large, lemon-like fruit with a thick aromatic rind, which is commonly candied and used in desserts such as fruitcakes.

Clove: A fragrant spice made from the dried, woody flower bud of an evergreen tree native to tropical climates. In Indonesia, where cloves are grown, cigarettes are made from the crushed buds. Cloves also describe a single bud of garlic, shallot, or other bulb root vegetable.

Colander: A simple piece of kitchen equipment that resembles a metal bowl with

holes in it. It is used to drain foods, such as pasta or vegetables, that have been cooked in boiling water (or other liquid).

Coriander: See cilantro.

Cream of tartar: A fine, white powder that is added to candy and frosting mixtures for a creamier consistency, or added to egg whites before being beaten to improve stability and volume.

Cumin: An herb cultivated for its aromatic, nut-flavored seeds. It is often used to make curries or chili powders.

Currant: A raisin-like colored berry that is commonly used in jams and jellies, syrups, desserts, and beverages.

D

Daikon: A large, Asian radish with a sweet flavor. It is often used in raw salads, stir-fry, or shredded for a garnish.

Dashi: A clear soup stock, usually with a fish or vegetable base. It is frequently used in Japanese cooking.

Double boiler: Two pots formed to fit together, with one sitting part of the way inside the other, with a single lid fitting on both pans. The lower pot is used to hold simmering water, which gently heats the mixture in the upper pot. Foods such as custards, chocolate, and various sauces are commonly cooked this way.

F

Fermentation: A process by which a food goes through a chemical change caused

GLOSSARY

by enzymes produced from bacteria, microorganisms, or yeasts. It alters the appearance and/or flavor of foods and beverages such as beer, wine, cheese, and yogurt.

G

Garlic: A pungent, onion-like bulb consisting of sections called cloves. The cloves are often minced or crushed and used to add sharp flavor to dishes.

Garnish: To enhance in appearance and/or flavor by adding decorative touches, such as herbs sprinkled on top of soup.

Gingerroot: A gnarled and bumpy root with a peppery sweet flavor and a spicy aroma. Asian and Indian cuisines typically use freshly ground or grated ginger as a seasoning, while Americans and Europeans tend to use ground ginger in recipes, particularly in baked goods.

J

Jalapeno: A very hot pepper typically used to add pungent flavor. It is often used as a garnish or added to sauces.

Julienne: Foods that have been cut into thin strips, such as potatoes.

K

Kale: Although a member of the cabbage family, the large leaves do not form a head. Its mild cabbage flavor is suitable in a variety of salads.

Knead: To mix or shape by squeezing, pressing, or rolling mixture with hands. Bread is typically prepared this way before baking.

L

Leek: As part of the onion family, it has a mild and more subtle flavor than the garlic or onion. It is commonly used in salads and soups.

Lemongrass: Long, thin, grayish-green leaves that have a sour lemon flavor and smell. Popular in Asian (particularly Thai) cuisine, it is commonly used to flavor tea, soups, and other dishes.

M

Mace: The outer membrane of the nutmeg seed. It is typically sold ground and is used to flavor a variety of dishes.

Manioc: See cassava.

Marinate: To soak a food, such as meat or vegetables, in a seasoned liquid for added flavor or to tenderize.

Marzipan: A sweet mixture of almond paste, sugar, and egg whites, often molded into various shapes.

Matzo meal: Ground unleavened (flat), brittle bread often used to thicken soups or for breading foods to be fried. It is widely popular in Jewish cuisine.

Mince: To cut or chop into very small pieces, typically used to prepare foods with strong flavors, such as garlic and onion.

GLOSSARY

Mint: A pungent herb that adds a refreshing and sweet flavor to a variety of dishes, either dried and ground or fresh. Peppermint and spearmint are the most common of over thirty varieties.

Miso: A thick, fermented paste made of cooked soybeans, salt, and rice or barley. A basic flavoring of Japanese cuisine, it is frequently used in making soups and sauces.

Molasses: A thick syrup produced in refining raw sugar or sugar beets. It ranges from light to dark brown in color and is often used as a pancake or waffle topping or a flavoring, such as in gingerbread.

N

Napa: A round head of cabbage with thin, crisp, and mild-flavored leaves. It is often eaten raw or sautéed. Also known as Chinese cabbage.

O

Okra: Green pods that are often used to thicken liquids and to add flavor. It is commonly used throughout the southern United States in such popular dishes as gumbo, a thick stew.

Olive oil: Oil derived from the pressing of olives. Varieties are ranked on acidity. Extra virgin olive oil is the least acidic and is typically the most expensive of the varieties.

Oregano: A strong, pungent herb commonly used in tomato-based dishes, such as pizza.

P

Parchment paper: A heavy, grease- and moisture-resistant paper used to line baking pans, wrap foods, and make disposable pastry bags.

Parsley: A slightly peppery, fresh-flavored herb that is most commonly used as a flavoring or garnish to a wide variety of dishes. There are over thirty varieties of parsley.

Pâté: A seasoned meat paste made from finely minced meat, liver, or poultry.

Peking sauce: A thick, sweet and spicy reddish-brown sauce commonly used in Chinese cuisine. It is made of soybeans, peppers, garlic, and a variety of spices. Also known as hoisin sauce.

Persimmon: Edible only when fully ripe, the fruit resembles a plum in appearance. It has a creamy texture with a sweet flavor and is often eaten whole or used in such foods as puddings and various baked goods.

Pimiento: A sweet pepper that is often finely diced and used to stuff green olives.

Pinto bean: A type of mottled kidney bean that is commonly grown in the southwest United States and in Spanish-speaking countries, including Mexico. It is often used to make refried beans.

GLOSSARY

Pistachio nut: Commonly grown in California, the Mediterranean, and the Middle East, the mild-flavored green nut is enclosed in a hard, tan shell. They are either eaten directly out of the shell or are used to flavor a variety of dishes.

Plantain: A tropical fruit widely eaten in African, Caribbean, and South American cuisines. Plantains may be prepared by frying, boiling, steaming, or baking. Although closely resembling a banana, it turns black when ripe and may be eaten at any stage of ripeness.

Prosciutto: A seasoned, salt-cured, and air-dried ham. Eaten either cooked or raw, it is often thinly sliced and eaten with a variety of foods such as melons, figs, vegetables, or pasta.

R

Ramekin: A small individual baking dish typically made of porcelain or earthenware.

Ramen: A Japanese dish of noodles in a broth, often garnished with pieces of meat and vegetables. An instant-style of this noodle dish is sold in individual servings in supermarkets.

S

Saffron: A golden-colored spice used to add flavor or color to a wide variety of dishes. It is very expensive, so it is typically used sparingly.

Sage: A native Mediterranean pungent herb with grayish-green leaves. Its slightly

bitter and light mint taste is commonly used in dishes containing pork, cheese, and beans, and in poultry and game stuffings.

Sake: A Japanese wine typically served warm in porcelain cups. The sweet, low-level alcohol sake is derived from fermented rice and does not require aging.

Saltimbocca: Finely sliced veal sprinkled with sage and topped with a thin slice of prosciutto. It is sautéed in butter, then braised in white wine.

Sashimi: A Japanese dish consisting of very thin bite-size slices of fresh raw fish, traditionally served with soy sauce, wasabi, gingerroot, or daikon radish.

Sauerkraut: Shredded cabbage fermented with salt and spices. It was first eaten by the Chinese, but quickly became a European (particularly German) favorite. It is popular in casseroles, as a side dish, and in sandwiches.

Sauté: To lightly fry in an open, shallow pan. Onions are frequently sautéed.

Scallion: As part of the onion family, it closely resembles a young onion before the development of the white bulb, although its flavor is slightly milder. It is often chopped and used in salads and soups.

Shallot: A member of the onion family that closely resembles cloves of garlic, covered in a thin, paper-like skin. It has a mild onion flavor and is used in a variety of dishes for flavoring.

Shortening, vegetable: A solid fat made from vegetable oils such as soybean or

GLOSSARY

cottonseed oils. It is flavorless and is used in baking and cooking.

Sieve: A typically round device used to strain liquid or particles of food through small holes in the sieve. It is also known as a strainer.

Simmer: To gently cook food in a liquid at a temperature low enough to create only small bubbles that break at the liquid's surface. Simmering is more gentle than boiling the liquid.

Skewer: A long, thin, pointed rod made of metal or wood used to hold meat and/or vegetables in place while cooking. They are most commonly used to make shish kebabs.

Soybean: A generally bland-flavored bean widely recognized for its nutritive value. It is often cooked or dried to be used in salads, soups, or casseroles, as well as in such products as soy sauce, soybean oil, and tofu.

Star anise: A pungent and slightly bitter tasting seed that is often ground and used to flavor teas in Asian cuisines. In Western cultures it is more often added to liquors and baked goods (such as pastries).

Steam: A method of cooking in which food (often vegetables) is placed on a rack or in a special basket over boiling or simmering water in a covered pan. Steaming helps to retain the flavor, shape and texture, and vitamins and minerals of food better than boiling.

Stir-fry: A dish prepared by quickly frying small pieces of food in a large pan over very high heat while constantly and

briskly stirring the ingredients until cooked. Stir-fry, which is often prepared in a special dish called a wok, is most associated with Asian cuisines.

Stock: The strained liquid that is the result of cooking vegetables, meat, or fish and other seasoning ingredients in water. Most soups begin with stock before other ingredients are added.

Sushi: Fish and vegetables prepared in bite-sized portions with rice. Fish is usually raw, but may be cooked. (Shrimp is typically cooked for sushi.)

T

Tamarind: A brown fruit that is about five inches long and shaped like a large, flat green bean. Inside the brittle shell, the fruit contains large seeds surrounded by juicy, acidic pulp. The pulp, sweetened, is used to make juices and syrups.

Tapas: Small portions of food, either hot or cold, most commonly served to accompany a drink in Spanish and Latin American bars and restaurants.

Tarragon: An aromatic herb known for its anise-like (licorice) flavor. It is widely used in classic French dishes including chicken, fish, vegetables, and sauces such as béarnaise.

Tempura: Batter-dipped, deep-fried pieces of fish or vegetables, originally a Japanese specialty. It is most often accompanied by soy sauce.

Thyme: A pungent herb whose flavor is often described as a combination of mint and lemon. It is most commonly associ-

GLOSSARY

ated with French cooking. Thyme is used to flavor a variety of dishes, including meats, vegetables, fish, poultry, soups, and sauces.

Tofu: Ground, cooked soybeans that are pressed into blocks resembling cheese. Its bland and slightly nutty flavor is popular in Asia, particularly Japan, but is increasing in popularity throughout the United States due to its nutritive value. It may be used in soups, stir-fry, and casseroles, or eaten alone.

V

Vinegar: Clear liquid made by bacterial activity that converts fermented liquids such as wine, beer, or cider into a weak solution of acetic acid, giving it a very sour taste. It can also be derived from a variety of fermented foods such as apples, rice, and barley and is most popular in Asian cuisines in sauces and marinades.

Vinegar, rice: Vinegar derived from fermented rice that is often used in sweet-and-sour dishes, as a salad dressing, or as a table condiment. It is generally milder than other types of vinegar.

W

Water bath: A small baking pan or casserole dish placed in a larger roasting pan or cake pan to which water has been added. The small pan sits in a “bath” of water in the oven while baking. The

water tempers the oven’s heat, preventing the contents of the small pan from cooking too quickly.

Whisk: A kitchen utensil consisting of several looped wires, typically made of stainless steel, that are joined together at a handle. It is used to whip ingredients, such as eggs, creams, and sauces.

Wok: A large, round metal pan used for stir-fry, braising, and deep-frying, most often for Asian dishes. Most woks are made of steel or sheet iron and have two large handles on each side. It is used directly on the burner, similar to a saucepan.

Worcestershire sauce: A thin, dark sauce used to season meats, soups, and vegetable juices, most often as a condiment. Garlic, soy sauce, vinegar, molasses, and tamarind are just a few ingredients that may be included.

Y

Yucca: See cassava.

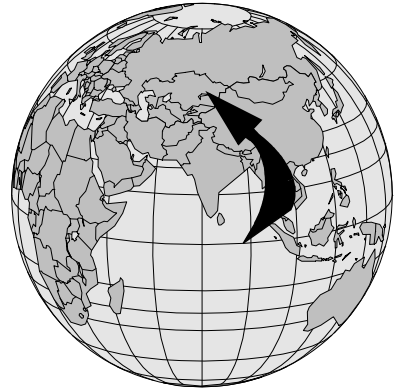
Z

Zest: The thin outer layer of the rind of a citrus fruit, particularly of an orange, grapefruit, lemon, or lime. The zest is the colorful layer of the rind, while the pith is the white portion. Most commonly used for its acidic, aromatic oils to season foods, zest can also be candied or used in pastries or desserts.

Kazakhstan

Recipes

Basturma.....	2
Plov (Rice Pilaf).....	3
Mutton Kespe	4
Baursaki (Fried Doughnuts)	4
Rice Sorpa.....	7



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Kazakhstan is located in southern Asia between Russia and Uzbekistan. Approximately 80 percent of the land consist of lowlands, plains, and plateaus. Strong winds often sweep through these flat lands. The country is about the size of two Alaskas—around one million square miles. However, its population is only about 17 million, less than New York City.

The climate in Kazakhstan is varied, and different plants and animals are found according to region. Parts of Kazakhstan become extremely cold in the winter and very hot during the summer. The Kara Kum Desert, the world’s fourth largest desert, occupies most of central Kazakhstan.

Kazakhs constitute 46 percent of the population and Russians, 35 percent. The remaining population consists of Ukrainians, Germans, Uzbeks, Tatar, and other groups.

2 HISTORY AND FOOD

For hundreds of years, Kazakhs were herders who raised *qazaqi qoy* (fat-tailed sheep), cattle, *ayır tüye* (Bactrian camels), and *at* (horses). Kazakh nomads heavily relied on their animals for transportation, clothing, and food. They usually ate mutton (sheep), milk, cheese, and flat bread baked on a griddle.

Kazakh nomads migrated from region to region, depending on available water and pastures for their livestock. They also produced goods that they traded for grain, vegetables, and fruits at markets in the more settled cities of south Kazakhstan. Cone-shaped tents called *yurts* were their homes, which were easy to set up, dismantle, and carry.

The nomadic way of life began to change in the 1800s, when the Russian Empire conquered the Kazakhstan region. Many Russians settled in the area, which greatly reduced the grazing lands needed for herds. Kazakhstan became part of the Soviet

KAZAKHSTAN



Union in 1922, and Kazakh nomads began to settle in rural villages or cities. There are, however, some Kazakhs who still live the nomadic way of life, moving with their *yurts* and herds to summer pastures every year.

The Silk Road was a major trade and travel route that ran through present-day Kazakhstan between Asia, the Middle East, and Europe in ancient times. Present-day Kazakh cuisine includes some Uzbek, Russian, and Korean foods mainly found in cities. Traditional Kazakh foods reflect the nomadic peoples and also Middle Eastern influences. Horsemeat and mutton are the most common foods. Middle Eastern methods of preparing and seasoning rice, vegetables, *kebabs* (skewered meat), and yogurt have been added. Although Kazakh cuisine has some Russian influence (and vice-

versa), the Russian people living in Kazakhstan have generally retained their native culture and cuisine. A traditional Russian meal includes meat, potatoes, dumplings, and vegetables. Cold dishes called *zakuski* (smoked fish, pickles, or onions) may be served first. *Borscht* (beet soup) may be eaten next, followed by meat or fish with bread. Favorite drinks such as black tea and vodka are part of Kazakh and Russian custom. Russian food is found in abundance in northern Kazakhstan and larger cities.

3 FOODS OF THE KAZAKHS

Based on nomadic roots, horse meat and mutton (meat from sheep) are the basis of a majority of Kazakh dishes. Dishes include *shuzhuk* (a type of sausage made from smoked horse meat), and *kuyrdak*. *Kuyrdak* (also spelled *kuirdak*) is prepared from a freshly slaughtered horse, sheep, or cow, and consists of the animal's heart, liver, kidneys, and other organs. They are cut into pieces, boiled in oil, and served with onion and pepper. *Basturma* is mutton eaten with fresh cucumbers and tomatoes. Round, flat loaves of bread accompany most meals.



Basturma

Ingredients

- 1¾ pounds lamb meat (with or without bones), cut into pieces
- 4 onions, sliced
- 6 Tablespoons vinegar
- 2 Tablespoons oil
- 6 tomatoes, sliced
- 6 cucumbers, sliced

Procedure

1. Pour the vinegar over the lamb in a large mixing bowl.
2. Add the onions and cover with plastic wrap.
3. Refrigerate for 3 to 4 hours.
4. In a frying pan, heat oil over medium heat and add lamb mixture.
5. Brown both sides of the lamb, then cover.
6. Cook about 15 minutes.
7. Serve with sliced tomatoes and cucumbers.

Serves 5.

Beshbarmak, a traditional dish of meat (such as mutton) is eaten with boiled dough. The dough is rolled into thin strips and cooked in mutton broth. It is served with mutton over the top and flavored with garlic and onions. *Qazy* is smoked horsemeat sausage, sometimes served sliced over cold noodles.

Native fruits are grown in *mewäzar bagh* (orchards) and include *orik* (apricots), *shäftali* (peaches), *qawun* (melons), apples, and *uzum* (grapes). *Plov* (rice pilaf) is a side dish usually made with rice, dried apricots, dates, prunes, or Kazakh apples.



Plov (Rice Pilaf)

Ingredients

- 1½ cups cooked rice
- ⅓ cup slivered almonds
- 2 garlic cloves, minced
- ½ cup dates, pitted and chopped
- ⅓ cup prunes, pitted and chopped



EPD Photos

Garlic, dates, almonds, apricots, and prunes (clockwise from top) are added to rice and ground meat (usually lamb) to make plov, or Kazakh rice pilaf.

- 3 dried apricots, chopped
- 1 Tablespoon salt
- ½–1 pound ground lamb
- 1 teaspoon vegetable oil
- 1 onion, finely chopped

Procedure

1. Cook the rice according to package directions. Set aside.
2. Mix the lamb, almonds, fruits, onion, salt, and garlic in a large bowl.
3. In a frying pan, heat the oil over medium heat.
4. Brown the lamb mixture until lamb is no longer pink.
5. In a serving bowl, combine the lamb with oil and rice then mix.

Serves 8.



Mutton Kespe

Ingredients

- 2½ pounds lamb (with or without bones), cut into pieces
- 2 Tablespoons vegetable oil
- 2 carrots, chopped
- 1 onion, chopped
- 2 bay leaves
- 1 Tablespoon dried dill
- Salt and pepper, to taste
- 4 cups cooked noodles (egg noodles are best)

Procedure

1. Place the cut lamb into a large pot. Add enough cold water to cover.
2. Bring to a boil, then reduce heat to low. Cook for about 1 hour.
3. In a skillet, heat the oil over medium heat. Sauté carrots, onion, and bay leaves about 10 minutes.
4. In a large bowl, mix the cooked noodles, onion, bay leaves, and carrots. Remove and discard bay leaves before serving.
5. Top with boiled lamb and dill.

Serves 4.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Because the early nomads heavily depended on livestock for survival, animals were at the core of ancient Kazakh religion. Traditional beliefs held that separate spirits inhabited animals. Honored guests were sometimes asked to bless an animal and ask its spirit for permission to taste its flesh.

Most Kazakhs of the twenty-first century are Sunni Muslims. The Islam religion did

not become widely practiced until the late 1700s. This is because the nomads of that time settled in rural areas, and the Muslims worshiped in mosques that were in the cities. Muslims in Kazakhstan celebrate the Festival of Fast-Breaking (known as *Id al-Fitr* or *Eid al-Fitr* elsewhere), which is the day ending Ramadan. Ramadan is a month-long fast, where Muslims cannot eat or drink from sunrise to sunset. During the Festival of Fast-Breaking, Kazakh Muslims visit each other and hand out deep-fried dough twists and other fried doughnuts, such as *boursaki*, as a form of celebration.



Boursaki (Fried Doughnuts)

Ingredients

- 4 cups flour
- 2 Tablespoons yeast
- ½ cup water
- ½ cup milk
- 2 eggs
- 2 Tablespoons butter or margarine
- 1½ Tablespoons sugar
- 2 cups vegetable oil
- ½ teaspoon salt

Procedure

1. Combine all ingredients into a large mixing bowl to form dough.
2. Knead the dough on a floured surface, then return to mixing bowl.
3. Cover with a towel and let sit for 30 minutes. Heat oil in deep skillet over high heat.
4. Pull off Tablespoon-size pieces of the dough and roll into a ball.

KAZAKHSTAN



EPD Photos

Drop balls of dough into hot oil. Then sprinkle the finished boursaki with sugar.

5. Press down slightly, then drop carefully into oil and fry until golden brown.
6. Drain on paper towels.
7. Optional: sprinkle with sugar.

Secular (non-religious) holidays include International Women's Day (March 8) and New Year's Day. On March 8, all women (not just mothers) are honored and celebrated by food and dancing. New Year's



EPD Photos/Jeannine Davis-Kimball

Nomadic women prepare bread to be baked on a griddle over an open fire.

Day is celebrated much like Christmas in the United States. People decorate trees in their homes, exchange gifts, and gather with family and friends to sing and eat together.

5 MEALTIME CUSTOMS

Hospitality is an important part of Kazakh culture. A Kazakh host will feel offended if a guest does not have some refreshments, or at least a cup of tea. Refreshments might include dried and fresh fruits (grapes or melon), nuts, cakes, or *boursaks* (a type of bread). They also may be offered some fermented *kymyz* (milk from a female horse) to drink. Tea and *kymyz* are served in a *piala*

(Asian teacup) or a wooden bowl. A guest is usually offered a place of honor at the table.

If invited to a person's *yurt* (tent-like dwelling), diners step outside to wash their hands before a meal. A prayer is said and the guest is served first. Eating is usually done with the right hand, or a knife and fork. Tea is usually served after dinner. Once the adults have eaten, children eat the leftovers.

A unique custom in Kazakhstan is the *dastarkhan*, a feast for visiting guests and special occasions that includes meat dishes and dairy products. Appetizers may be smoked or boiled meat, *zhuta* (pasta stuffed



Dastarkhan

Tea

Smoked lamb

Gutap (deep-fried fritters)

Sorpa (rich broth)

Besbarmak (meat with boiled dough)

Shubat (milk tonic)

with pumpkin or carrot), and flat cakes. Vegetables, *sorpa* (rich broth), and *shubat* (a milk drink) may be offered next. For the feast, an entire animal, usually a sheep, is slaughtered and the oldest member of the family carves the head and serves the family. This is considered an honor in Kazakhstan. *Besbarmak* is the animal's meat, boiled, and served on a platter with dough that has been boiled in broth. Different parts of the animal symbolize traits desired by those eating them. For example, children are often served the ears as a symbol to listen better. The person who receives the eye should seek wisdom, and a tongue means that a person should be more expressive.



Rice Sorpa

Ingredients

- 1½ pounds beef or lamb (with or without bones), cut into pieces
- 1 medium onion, chopped
- 2 cups cooked rice
- 2 Tablespoons dried dill
- ½ teaspoon salt
- 2 bay leaves



Cory Langley

This Kazakh teenager enjoys the same rock music as his counterparts the world over—but the milk he drinks is more likely to be from a sheep or goat than from a cow.

Procedure

1. Place meat in a large pot and fill with enough cold water to cover. Add remaining ingredients except cooked rice.
2. Bring to a boil and cook, about 45 minutes. Add rice and cook 5 additional minutes.
3. Serve in individual bowls.

Serves 4.

6 POLITICS, ECONOMICS, AND NUTRITION

Kazakhstan was the site of the former Soviet Union's nuclear testing programs, and areas of the country have been exposed to high levels of nuclear radiation. This exposure has weakened the health of many Kazakh residents. These people generally have weak immune systems, which is passed down to their children.

A significant percentage of children under the age of five suffer from anemia (insufficient iron in the blood). Some researchers have estimated it will take 50 years for these conditions (weak immune systems and anemia) to reverse, which may be accomplished by the unhealthy people marrying those who are healthy.

Because of the sparse (for its area) population, most Kazakhs have adequate food and do not have a problem with nutrition. Almost half of the population is employed in agriculture. Crops such as wheat, barley,

beets, melon, grapes, and apples are grown. Kazakhstan's natural pastures provide good feeding for sheep, horses, cattle, and goats.

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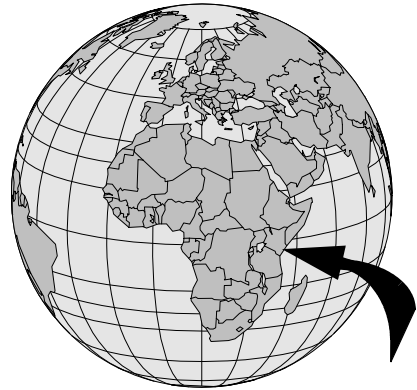
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Kenya

Recipes

Irio	10
Western Kenya Cabbage and Egg	11
Ugali	12
Sukuma Wiki	12
Yogurt Chutney	13
Nyama Choma (Grilled Meat)	14
Githeri.....	14
Matoke (Mashed Plantains)	14



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Kenya is located in East Africa near the Equator (the imaginary line that divides the Earth into the Northern and Southern Hemispheres). The country is approximately twice the size of Nevada. The southeast part of Kenya borders the Indian Ocean. The land regions are varied and range from year-round snow in the Kenya and Kilimanjaro Mountains to warm, tropical beaches. Some of the regions are desert, but most land is rolling grasslands and forests.

Kenya's climate is as varied as the land areas. Typically, there are two rainy seasons. The highest amount of rainfall occurs in April and the least rainfall occurs in January. The evenings in the Central Highlands can be quite chilly and the coastal areas are usually hot and humid.

2 HISTORY AND FOOD

When the Portuguese arrived in 1496 on the coast of Kenya, they introduced foods from

newly discovered Brazil. Maize, bananas, pineapple, chilies, peppers, sweet potatoes, and cassava were brought in and became local staples. The Portuguese also brought oranges, lemons, and limes from China and India, as well as pigs.

Pastoralism (cattle herding) has a long history in Kenya. Around A.D. 1000, a clan from North Africa called the Hima introduced cattle herding. By the 1600s, groups like the Maasai and Turkana ate beef exclusively. Cattle provided meat, milk, butter, and blood.

When the Europeans arrived at the shores of Kenya, they brought with them white potatoes, cucumbers, and tomatoes. The British imported thousands of Indians for labor, and curries (spicy dishes made with curry spice), *chapattis* (a flat, disk-shaped bread made of wheat flour, water, and salt) and chutneys (a relish made of spices, herbs, and/or fruit) became a traditional Sunday lunch for many Kenyans.

KENYA



3 FOODS OF THE KENYANS

Kenya is a multi-racial society, the majority of people comprising native ethnic groups. The rest of the population is Asian, Arab, and European. The official languages of Kenya are Swahili and English.

Traditional Kenyan foods reflect the many different lifestyles of the various groups in the country. Most Kenyan dishes are filling and inexpensive to make. Staple foods consist mainly of corn, maize, potatoes, and beans. *Ugali* (a porridge made of maize) and meat are typically eaten inland, while the coastal peoples eat a more varied diet.

The Maasai, cattle-herding peoples who live in Kenya and Tanzania, eat simple foods, relying on cow and goat by-products (such as the animal's meat and milk). The Maasai do not eat any wild game or fish, depending only on the livestock they raise for food.

The Kikuyu and Gikuyu grow corn, beans, potatoes, and greens. They mash all of these vegetables together to make *irio*. They roll *irio* into balls and dip them into meat or vegetable stews.

In western Kenya, the people living near Lake Victoria (the second-largest freshwater lake in the world) mainly prepare fish stews, vegetable dishes, and rice.



Irio

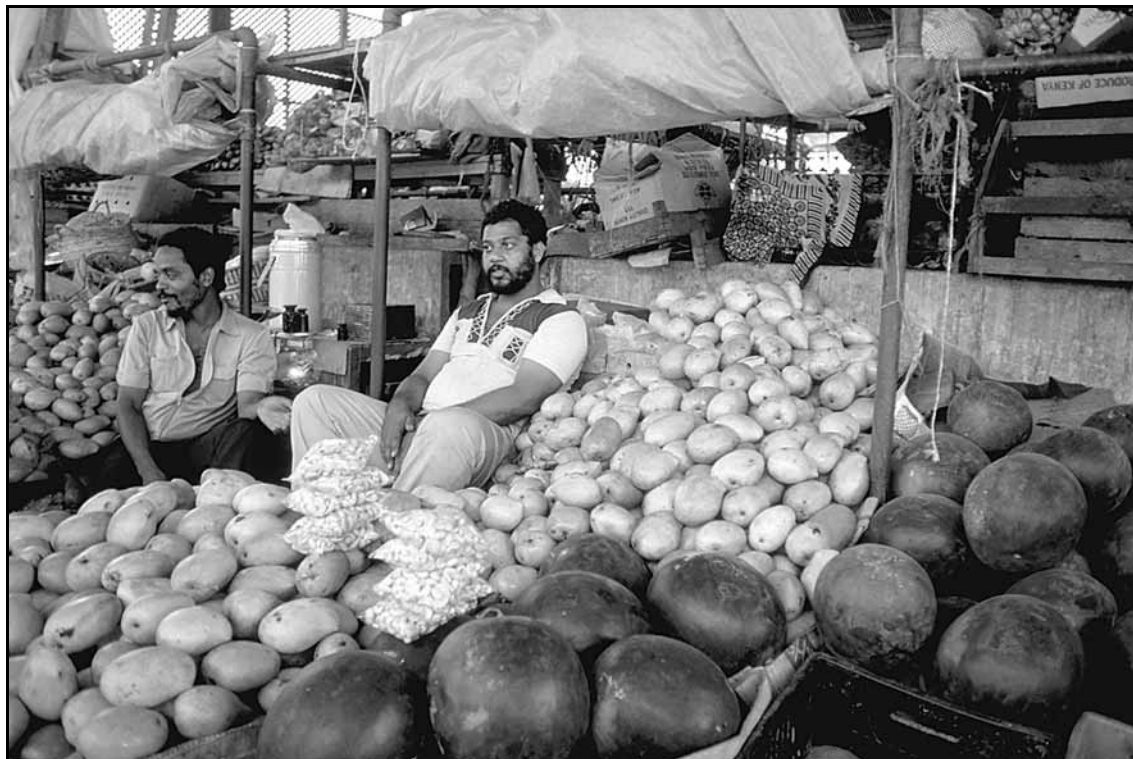
Ingredients

- 2 cups corn
- 2 cups red kidney beans
- 4 potatoes, peeled and quartered
- 2 cups spinach
- Salt and pepper

Procedure

1. Place the potatoes into a pot, cover with water, and boil until soft, about 10 to 15 minutes. Set aside.
2. In a large saucepan, combine the corn, beans, and spinach and cook over low to medium heat until vegetables are soft.
3. Add the potatoes. Season with salt and pepper and mash the mixture with a fork or wooden spoon.

Serves 4.



Susan Rock

Two fruit and vegetable vendors chat while waiting for customers. Kenyans enjoy both vegetable stews and meat stews, prepared with a wide variety of vegetables.



Western Kenya Cabbage and Egg

Ingredients

- 1 cup water
- 1 small cabbage, chopped
- ½ cup vegetable oil
- 2 onions, chopped
- 2 large tomatoes, chopped
- 3 eggs
- Salt, to taste

Procedure

1. In a saucepan, boil the water, then add

the cabbage. Cover and cook for 10 minutes.

2. Drain, season with salt, and set aside.
3. Heat the oil in a frying pan and add the onions and tomatoes. Cook over medium heat until soft.
4. Add the salted cabbage to the frying pan and cook for another 10 minutes, stirring occasionally.
5. In a small mixing bowl, beat the eggs. Stir the eggs into the frying pan with the vegetable mixture and cook for about 3 minutes, or until the eggs are thoroughly cooked.
6. Serve with rice, *ugali*, or potatoes.

Serves 2 to 4.

The only place where a distinct cuisine has developed is on the eastern coast, where Swahili dishes reflect the history of contact with the Arabs and other Indian Ocean traders. They sailed in with dried fruits, rice, and spices, which expanded the Swahili diet. Here, coconut and spices are used heavily.

Although there is not a specific national cuisine, there are two national dishes: *ugali* and *nyama choma*. Maize (corn) is a Kenyan staple and the main ingredient of *ugali*, which is thick and similar to porridge. Many Kenyans eat this on a daily basis. It takes a lot of practice to boil the porridge without burning it. *Ugali* is usually eaten with meat, stews, or *sukuma wiki*, which literally translates to “stretch the week.” This means that the food is used to stretch meals to last for the week. *Sukuma wiki* is a combination of chopped spinach or kale (a leafy green vegetable) that is fried with onions, tomatoes, maybe a green pepper, and any leftover meat, if available. It is seasoned with salt and some pepper. The traditional way of eating *ugali* is to pinch off a piece of the dough with the right hand, and shape it into a scoop by pressing and indentation into the dough with the thumb. The *ugali* is used to scoop sauces or stew.



Ugali

Ingredients

- 1 cup milk
- 1¼ cups cornmeal
- 1 cup water

Procedure

1. Pour the milk into a mixing bowl. Slowly add ¾ cup of the cornmeal and whisk constantly into a paste.
2. Heat the water in a medium saucepan to boiling.
3. Using a wooden spoon, stir cornmeal and milk paste mixture into the boiling water. Reduce heat to low.
4. Slowly add the remaining ½ cup of cornmeal, stirring constantly. The mixture should be smooth with no lumps.
5. Cook for about 3 minutes. When the mixture begins to stick together and pull away from the sides of the pan, remove from heat.
6. Pour mixture into a greased serving bowl and allow to cool.
7. Serve at room temperature as a side dish to meat and vegetables.

Serves 4.



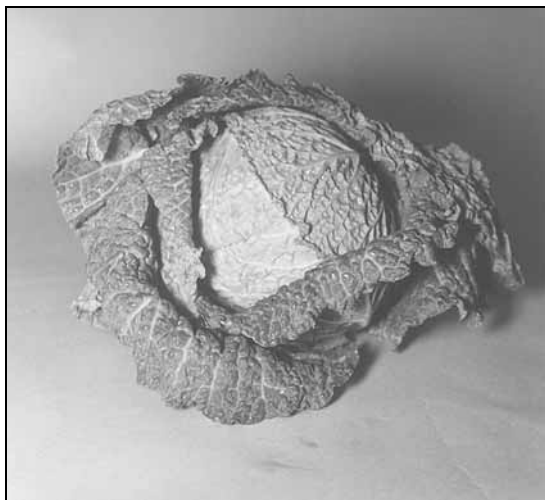
Sukuma Wiki

Ingredients

- 2 Tablespoons oil
- 1 onion, chopped
- 1 tomato, chopped
- One bunch sukuma (kale or collard greens), chopped
- ½ cup water
- Salt

Procedure

1. Heat oil in a frying pan and add the onions. Sauté about 2 to 4 minutes.
2. Add tomato and greens and sauté about 1 minute.



EPD Photos

Sukuma Wiki is made from chopped kale (shown here) or collard greens.

3. Add $\frac{1}{2}$ cup water and then add salt to taste. Let the mixture simmer until the *sukuma* is tender.

Serves 2.

Nyama choma is roasted or grilled meat, usually goat. The process of grilling meat in Kenya is different from the process of barbecuing meat typically used in the United States. Basting (moistening the meat) and the use of herbs and seasonings (except salt and pepper) are not used in most Kenyan dishes. When eating *nyama choma* at a restaurant, the diner chooses from a selection of meat that is bought by the kilogram (1 kilogram equals about 2 pounds). It is grilled plain and brought to the table sliced into bite-sized pieces. It is often served with mashed vegetables.

The varied climate and geographical areas in Kenya are home to many different types of fruits. Some examples are mangoes, papaya, pineapple, watermelon,

oranges, guavas, bananas (many varieties), coconuts, and passion fruit. Passion fruit juice is sold everywhere and is the most popular, known locally in English simply as “passion.”

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Kenya’s religious heritage mirrors its ethnic history. About 65 percent of the population are Christians and 2 to 4 percent are Muslim. The remainder practice traditional native beliefs.

Christmas in Kenya is a time for social gatherings and food. Visitors will stop at the homes of friends and family, and food is served to everyone. Christmas dinner is likely to be fish or *nyama choma*. Goat or beef is used for *nyama choma*, although goat is considered a greater delicacy. Vegetables, fruit, and *chapattis* are often served with chutney.



Yogurt Chutney

Ingredients

- 1½ cups yogurt
- 2 Tablespoons mint, finely chopped
- 1 Tablespoon coriander
- ½ teaspoon salt
- ½ teaspoon sugar
- Hot pepper flakes, to taste

Procedure

1. Mix all of the ingredients together in a mixing bowl.
2. Chill.
3. Serve as a condiment for meats and vegetables.



Nyama Choma

Ingredients

3 pounds beef short ribs or spare ribs
Salt and pepper, to taste

Procedure

1. Season the ribs with salt and pepper.
2. Grill on a gas or charcoal grill over medium-high heat for 1 hour. Alternatively, roast in the oven at 300°F for 1½ to 2 hours. The meat should be dry and chewy.

Serves 4 to 6.

One of the biggest celebrations in Kenya is Kenyatta Day (October 20). It is in honor of Kenya's first president and patriot, Mzee Jomo Kenyatta. During this holiday (and all observed holidays), schools and businesses are closed. Celebrations include festivities such as dancing in homes, bars, and night-clubs. Feasts of *nyama choma*, candy, and bottled drinks, such as Fanta (orange soda), are common.

5 MEALTIME CUSTOMS

A typical Kenyan *chakula* (meal) is usually a heavy staple food, such as *ugali* or potatoes, with a side of vegetables. *Ugali* is typically served on a large dish where everyone can reach (using the right hand). Fruit is usually eaten for dessert in place of sweets.

Mandazi, a semisweet, flat doughnut, is usually eaten at *chakula cha asubuhi* (breakfast) with *kahawa* or *chai* (coffee and tea in Swahili). *Chai* is served very milky and sweet. The tea, milk, and sugar are put into cold water and brought to a boil. Ken-

yans also eat *chapattis* at breakfast and usually dunk it into their coffee.

Lunch is the main *chakula* of the day. Meat such as beef, goat, or mutton (sheep) is most commonly eaten. Other dishes can include *githeri*, a mix of beans (usually red kidney beans) and corn, and *matoke*, or mashed plantains (similar to a banana). Foods served at dinner are much like what is served at lunch.



Githeri

Ingredients

1 can corn
1 can kidney beans

Procedure

1. Pour corn and beans into a saucepan.
2. Heat on medium to low and simmer until cooked through.
3. Serve with *chapattis*, *ugali*, and meat to complete a Kenyan meal.

Serves 2 to 3.



Matoke (Mashed Plantains)

Ingredients

8 plantains (can be found in most supermarkets)
2 Tablespoons lemon juice
1 Tablespoon butter
2 onions, sliced
2 teaspoons coriander
2 cups beef stock
Red pepper flakes, to taste



EPD Photos

An easy way to peel the plantains for matooke is first to cut off the tip and then slit the peel the length of the fruit.

Procedure

1. Peel the plantains.
2. In a bowl, soak in lukewarm water with lemon juice for 2 minutes.
3. Melt the butter in a large saucepan.
4. Fry the onions and coriander for about 3 minutes.
5. Add pepper flakes to taste.
6. Add the bananas and cover with the beef stock.
7. Simmer on low heat for about 30 to 35 minutes.

Serves 4 to 6.

A knife and fork are usually used when eating European cuisine in Kenya. When eating the traditional Kenyan way, a piece of *ugali*, held in the right hand, is used as a sort of utensil to scoop up food. The Kiswahili word for “right” is *kulia*, which means “to eat with.” The right hand is usually used to pass and accept items. Use of the left hand is considered improper. Eating customs vary throughout Kenya. For example, among the Samburu, warriors avoid eating in front of women, men are often served first, and children sometimes eat separately from adults.

Street vendors are found on almost any street corner in Kenya and offer a variety of snacks. *Sambusas* are deep-fried pastry triangles stuffed with spiced minced meat and are considered the most common snack. Corn on the cob is roasted on a wire grill over a bed of hot coals and sold cheaply for a few Kenyan shillings (one Kenya shilling equals about sixty U.S. cents). Another snack is called *mkate mayai* (“bread eggs”), a wheat dough spread into a thin pancake, filled with minced meat and raw egg, then folded. Sweets such as ice cream, yogurt, and deep fried yams (eaten with a squeeze of lemon juice and a sprinkling of chili powder), are offered as well. In rural areas, children can be seen snacking on roasted maize (corn) and sugar cane. Kenyan children like to snack on burgers and fries as well, which are sold in fast food shops.

Kenyans enjoy eating in a variety of international restaurants and fast-food chains. Fries with ketchup are popular, along with sausages, eggs, fish, and chicken. Most fast food restaurants are located in Nairobi, Kenya’s capital city.

6 POLITICS, ECONOMICS, AND NUTRITION

At the beginning of the twenty-first century, a prolonged drought (especially affecting northern Kenya) was a major cause of malnutrition, destroying food crops and forcing poorer families to live on meals of maize. This lack of protein results in deficiency diseases, especially with younger children. Symptoms of such diseases include fatigue and lethargy. In children, lack of protein results in poor growth with generalized swelling. A protuding round stomach is a common and visible symptom of severe malnutrition. Skin rashes and hair loss are also common.

About 41 percent of the population of Kenya is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 23 percent are underweight, and over 34 percent are stunted (short for their age).

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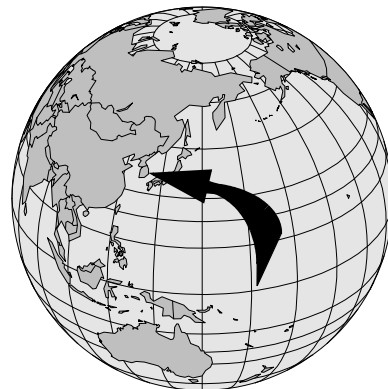
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Korea

Recipes

Soo Chunkwa (Ginger Drink)	18
Kamja Guk (Potato Soup).....	20
Kimchi	20
Hin Pap (White Rice)	21
Toasted Sesame Seeds.....	21
Chap Ch’ae (Vegetables with Cellophane Noodles).....	22
Mandu (Korean Dumplings).....	23
Pulgogi (Korean Beef)	24
Ch’o Kanjang (Vinegar Soy Sauce)	24
Shigungch’i Namul (Korean Spinach).....	25



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The Korean Peninsula is a large finger of land that extends south from the northeastern border of China into the ocean parallel to Japan. It is surrounded by the Sea of Japan and the East China Sea. Until World War II (1939–1945), Korea was a single country. After World War II, Korea was divided in half to form the Democratic People’s Republic of Korea (known as North Korea) with a communist form of government, and the Republic of Korea (known as South Korea) with a democratic form of government.

Both North Korea and South Korea have problems with air and water pollution, and both governments have passed laws to control pollution. Higher elevations are found in North Korea, while South Korea has fertile plains suitable for agriculture in its southern region. The climate supports agriculture, and South Korea grows enough rice to support its population. The main rivers,

the Han and the Kum, help to provide adequate water supply for the agricultural lands.

2 HISTORY AND FOOD

Since the country was divided into North Korea and South Korea, the government of North Korea has not welcomed outsiders. Because of this, information about its food and the cooking style of its people is not readily available. Most of the descriptions and recipes included here come from South Korea, although the same foods are probably enjoyed by North Koreans and people of Korean descent living anywhere in the world.

The seas surrounding the Korean peninsula—the Yellow and East China seas, and the Sea of Japan—provide not only many types of seafood, like tuna, king crab and squid, but moisture for the fertile soil needed to grow rice and grains.

For centuries, the Koreans have eaten the products of the land and sea. They began

KOREA



growing grains thousands of years ago, and rice cultivation was introduced to some parts of the country around 2000 B.C. During this time they also grew millet (a type of grass grown for its edible seed), soybeans, red beans, and other grains. They cured and pickled fish, were skilled in making wine and bean paste, and often used honey and oil in cooking.

Chinese and Japanese invasions during the fourteenth through twentieth centuries gave rise to a culinary influence on Korea that remains today. Like the Chinese and Japanese, Koreans eat rice with almost every meal and use chopsticks. Eating with chopsticks means the food is usually cut up into little pieces that are easy to pick up.

Food cut this size cooks fast, which cuts down on the use of fuel.

Unlike China and Japan, however, Korea was never a tea-drinking nation. Historically, China and Japan had to boil their water for it to be fit to drink. Korea's water was pure, which led them to discover other beverages, such as ginseng and ginger drinks (made from herbs of the same name), wines, and spirits. *Soo Chunkwa* (ginger drink) is often served on joyous occasions during the winter, and especially at New Year's.



Soo Chunkwa (Ginger Drink)

Ingredients

- ½ pound ginger (the actual root, not powdered)
- 10 cups cold water
- ¾ pound dried jujubes (red dates used in sweet dishes), or substitute brown dates
- 1 jar (16-ounce) of honey
- Pine nuts (can be found at the local supermarket)
- Cinnamon

To prepare jujubes

Note: This step applies only if jujubes are being used. Skip this step if using dates.

1. Wash the jujubes under cold running water.
2. Place them in 4 cups of water and bring it to a boil. Cook for 30 minutes. Cool to room temperature.

Procedure

1. Wash, but do not peel the ginger.
2. Slice it paper-thin.

3. Place the ginger in a large pot and add 10 cups cold water.
4. Bring to a boil, lower heat, and simmer for 2½ hours.
5. Scoop out all of the ginger with a slotted spoon and throw it away.
6. Heat the ginger water to boiling again, and add the honey.
7. Boil on high heat for 5 to 10 minutes or until the honey has been completely dissolved.
8. Let the ginger water cool to drinking temperature (just warm).
9. Place a jujube (or date) at the bottom of each glass.
10. Add the ginger water; top each glass with 2 pine nuts and sprinkle with a dash of powdered cinnamon.

Makes about 10 servings. Soo Chunkwa will keep, refrigerated, for a few days.

3 FOODS OF THE KOREANS

Korea shares many similarities with other Asian cuisines such as the importance of rice and vegetables and cooking methods such as stir-frying, steaming, and braising (food first browned in oil, then cooked slowly in a liquid). As is true of the rest of Asia, Koreans eat far less meat than people in the Western world. Red meat is scarce and very expensive, so it is usually saved for special occasions. Chicken or seafood is more commonly eaten.

Korean food is often very spicy. Red pepper paste, green onion, soy sauce, bean paste, garlic, and ginger are just some of the many seasonings Koreans use to flavor their dishes. The food is served with a bland grain such as rice to cool the heat of the spices.



EPD Photos

Dried jujubes, available at Asian specialty markets, resemble raspberries. One jujube is placed in each glass of soo chunkwa (ginger drink). Before they can be used in most recipes, jujubes must be presoaked.

The Korean way of preparing and eating their dishes makes for healthy eating. Generally speaking, Koreans are thin people. Being overweight is considered a sign of wealth and dignity and seen particularly among the rich, and high officials.

A meal served for a group of people often includes several large dishes and as many as twenty side dishes. Unlike other Asian cuisines, Korean cuisine includes many uncooked vegetables served in the form of salads and pickles. Traditional Korean meals include soup, served hot or cold depending on the season, like *kamja guk* (kahm-jah gook; potato soup), and *hin pap* (heen pop; white rice).

∞
Kamja Guk
(Potato Soup)

Ingredients

- 2 cans beef or chicken broth
- 2 large potatoes, peeled and cut into bite-sized pieces
- 2 medium carrots, peeled and cut into bite-sized pieces
- ½ cup mushrooms, chopped
- 1 green onion, chopped
- Pinch black pepper

Procedure

1. In a large saucepan, combine broth, potatoes, and carrots.
2. Bring to a boil over high heat, and cover.
3. Reduce heat to low and cook for 10 minutes, or until vegetables are tender.
4. Add mushrooms, green onions, and black pepper.
5. Stir well and cook for 2 minutes more.
6. Serve hot.

Kimchi (pronounced kim chee), a common spicy Korean side dish, is considered a national dish. *Kimchi* comes in a variety of flavors depending on family tradition. The main ingredients are cabbage and radish, which are fermented with red chilies, salt, and other vegetables. *Kimjang* is the traditional Korean custom of making *kimchi* in the early winter to prepare for the cold months.



EPD Photos

Kimchi is served with almost every meal in Korea. It is usually homemade, but it may be found in many large grocery stores and specialty markets.

∞
Kimchi

Ingredients

- 1 cup medium cabbage, chopped
- 1 cup carrots, thinly sliced
- 1 cup cauliflower, separated into small pieces
- 2 Tablespoons salt
- 2 green onions, thinly sliced
- 3 cloves garlic, thinly chopped, or 1 teaspoon garlic powder
- 1 teaspoon crushed red pepper
- 1 teaspoon fresh ginger, finely grated, or ½ teaspoon ground ginger

Procedure

1. Combine cabbage, carrots, and cauliflower in strainer and sprinkle with salt.
2. Toss lightly and set in sink for about one hour and allow to drain.

3. Rinse with cold water, drain well and place in a medium-size bowl.
4. Add onions, garlic, red pepper and ginger.
5. Mix thoroughly.
6. Cover and refrigerate for at least 2 days, stirring frequently to mix flavors.
7. Allow kimchi to sit for 1 or 2 days to ferment. The longer it sits, the spicier it will become.

Hin pap (heen pop; white rice) remains the main staple and is the biggest crop produced in South Korea. It can be eaten in many different ways. There are *ogokbap* (boiled rice mixed with four grains), *yakbap* (a sweet rice dish), and over fifty varieties of rice cakes.



Hin Pap (White Rice)

Ingredients

2 cups short-grain white rice (not instant)
2²/₃ cups water

Procedure

1. Pour the rice and water into a deep saucepan, and stir to combine.
2. Bring to a boil over high heat.
3. Boil, uncovered, for 2 to 3 minutes. Stir.
4. Cover pan, reduce heat to low, and simmer rice 20 to 25 minutes, or until all water is absorbed.
5. Remove pan from heat.
6. Keep covered for 10 minutes.
7. Fluff with a fork and serve hot.

Serves 6 to 8.

Other common dishes include *kalbi* (marinated beef short ribs) and *sinsollo* (a

meal of meat, fish, vegetables, eggs, nuts, and bean curd cooked together in broth).

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Traditional Korean holidays have developed under the influence of the seasons, rural agricultural life, and the religions of Buddhism and Confucianism. As of the twenty-first century, traditional holidays still held significant meaning in the daily lives of the Korean people.



Toasted Sesame Seeds

Toasted sesame seeds are an ingredient in many Korean recipes, such as Chap Ch'ae, Ch'o Kanjang, and Shigumch'i Namul.

Ingredients

4 teaspoons sesame seeds

Procedure

1. Measure sesame seeds into a small frying pan (do not add oil).
2. Cook, stirring constantly over medium heat 2 to 4 minutes or until the seeds are golden brown (be careful not to burn).
3. Remove the seeds from heat and pour into a large bowl. Crush with the back of a wooden spoon.

The Lunar New Year, or Sol, is the first day of the new year. Koreans traditionally hold a memorial service for their ancestors, after which they perform *sebae*, a formal bow of respect, to their elders as a New Year's greeting. The day is always celebrated with a bowl of *ttokkuk*, or rice cake soup. Other popular foods eaten on Lunar

New Year are *chapch'ae* (noodles with meat and vegetables), *pindaettok* (mung bean pancakes), and *sujonggwa* (cinnamon flavored persimmon punch). At weddings, *yakshik*, a sticky rice ball loaded with chestnuts, jujubes, raisins, and pine nuts to symbolize children, is served.



*Chap Ch'ae (Mixed Vegetables
with Cellophane Noodles)*

Ingredients

- 5 dried black mushrooms (button mushrooms, or one small can of mushrooms may be substituted)
- 1 cup hot water
- 4 Tablespoons soy sauce
- 2 teaspoons sugar
- ½ teaspoon garlic, finely chopped
- 4 teaspoons toasted, crushed sesame seeds (see above on how to make)
- 1 boneless, skinless chicken breast cut into bite-sized pieces
- 1 package cellophane noodles (can be found in the supermarket)
- 6 Tablespoons vegetable oil
- 1 large onion, peeled and chopped
- 3 carrots, peeled and cut into medium strips
- 1 cup bean sprouts
- ½ cup fresh spinach, chopped
- 5 teaspoons sesame oil

Procedure

1. If using dried black mushrooms, put them into a small bowl and pour hot water over them. Soak for 20 minutes or until soft.

2. Marinate chicken: In a medium bowl, combine 2 Tablespoons soy sauce, 1 teaspoon sugar, garlic, 2 teaspoons sesame seeds, and chicken. Set aside.
3. Prepare noodles: Heat 3 cups of water to a boil in a large saucepan. Add the cellophane noodles and return to a boil.
4. Reduce heat to medium to high and cook uncovered, for 5 to 7 minutes or until soft. Drain the noodles and rinse briefly in cold water. Place in large mixing bowl and set aside.
5. Prepare chicken and vegetables: In a large frying pan or wok, heat 1 Tablespoon vegetable oil over high heat for 1 minute.
6. Add chicken mixture and fry, stirring frequently, for 3 to 4 minutes or until chicken is white and tender. Remove pan from heat and add chicken to noodles.
7. When pan has cooled, wash and dry it completely.
8. Heat 1 Tablespoon vegetable oil over high heat for 1 minute. Add mushrooms and cook, stirring frequently, for 1 minute or until soft.
9. Repeat with remaining vegetables, cooking each one separately. (It is not necessary to wash and dry the pan between vegetables.)
10. Add 2 tablespoons soy sauce, 1 teaspoon sugar, 2 teaspoons sesame seeds and 5 teaspoons sesame oil to noodle mixture and mix well. Serve warm or at room temperature.

Serves 2.

Honoring a family's ancestors is an important part of Korea's heritage. Four generations of ancestors are honored on the day before the anniversary of a person's death. Food is served in dishes with special stands to prevent the plates from touching the table. Food is arranged and combined

according to strict ancient customs. For example, at least three different colors of fruits and vegetables are set on the table: red fruits and fish to the east, and white fruits and meat to the west. A special dish that may be served is *kujolpan*, which is served in a nine-compartment dish. These compartments are filled with nine different kinds of brightly colored meats and vegetables. These foods are wrapped in thin pancakes and eaten at the table.

Another traditional holiday in South Korea is called *Yadu Nal*, or Shampoo Day, on June 15. Friends and family gather at a stream or waterfall to bathe in the clear water, a ceremony they believe will ward off fevers for the rest of the year. A picnic meal is packed and may include *mandu* (mahn-doo; dumplings), sweet rice cakes, grilled fish or meat, and watermelon.



Mandu (Korean Dumplings)

Ingredients

- ¼ pound ground beef
- 1 cup vegetable oil
- 1 Tablespoon vegetable oil
- ½ small onion, peeled and finely chopped
- ¾ cup cabbage, shredded
- ½ cup bean sprouts
- 1 green onion, finely chopped
- 1½ teaspoons black pepper
- Salt, dash
- 25 wonton wrappers (can be found at a supermarket)
- 1 egg

Procedure

1. In a large frying pan or wok, cook meat until brown, mashing with a fork to break into small pieces. Remove meat, using a slotted spoon to drain off fat, and set meat aside in a bowl.
2. Once cool, wash frying pan or wok and dry thoroughly.
3. Heat 1 Tablespoon vegetable oil over high heat for 1 minute.
4. Add onions and cook 2 to 3 minutes or until crisp and tender.
5. Add cabbage and continue to cook, stirring frequently until cabbage is crisp and tender.
6. Add bean sprouts and green onion, mix well, and cook for 1 to 2 minutes more.
7. Remove pan from the heat and drain vegetable mixture.
8. In a large bowl, combine meat, vegetables, salt and black pepper and mix well to make the filling.
9. Place 1 wonton wrapper on a flat surface and cover remaining wrappers with a damp paper paper towel (not dish towel) so they won't dry out.
10. Beat the egg in a small bowl. Brush all 4 edges of the wonton wrapper with the beaten egg.
11. Place about 1 Tablespoon of the filling mixture just above the center of the wonton wrapper.
12. Fold wrapper in half over filling and press the edges together to seal, forming a dumpling.
13. In a large frying pan or wok, heat 1 cup vegetable oil over medium heat for 1 minute.
14. Carefully place 6 dumplings into oil with tongs and fry 3 to 4 minutes or until golden brown.
15. Turn and fry the other side, 2 to 3 minutes.

5 MEALTIME CUSTOMS

There is little difference in what Koreans eat for breakfast, lunch, or dinner. Breakfast, the biggest meal of the day, may include a cold soup, such as *oi naeng guk* (oh-ee nayng good; cucumber soup), steamed peppers, and *saeng son jon* (fish patties). *Pulgogi* (pool-goh-gee; grilled beef) is one of Korea's best-known meat dishes.



Pulgogi (Korean Beef)

In Korea, Pulgogi is prepared on a small grill at the table.

Ingredients

- 2 pounds beef sirloin
- ½ cup soy sauce
- ½ cup water
- 1 Tablespoon sesame oil
- 1 Tablespoon sesame seed
- 1 Tablespoon garlic powder
- ½ teaspoon ginger
- 3 Tablespoons brown sugar or honey (white sugar may be substituted)

Procedure

1. Before beginning, place meat in the freezer for 10 minutes to make it easier to slice. Slice beef as thinly as possible.
2. Cut meat slices into bite-sized squares. Lightly score the surface of each square to prevent the meat from curling when cooked.
3. Put the meat pieces into a large mixing bowl. Add all the other ingredients, and stir with a wooden spoon to mix everything together.

4. Cover the bowl and refrigerate for several hours (at least one hour) to allow the meat to absorb the flavors of the marinade.
5. Transfer everything to a large saucepan. Heat over medium-low heat until the mixture begins to simmer. Cover and cook about 30 minutes, until the meat has been thoroughly cooked. Stir every 5 minutes to prevent meat from sticking.
6. Serve with rice and kimchi.

Serves 8 to 10.



Ch'o Kanjang (Vinegar Soy Sauce)

Ingredients

- 4 Tablespoons soy sauce
- 3 Tablespoons vinegar
- 1 teaspoon sugar
- 1 teaspoon green onions, finely chopped
- 1 teaspoon toasted sesame seeds (see recipe)

Procedure

1. Combine all ingredients in a small bowl. Stir to dissolve sugar.
2. Vinegar soy sauce will keep up to a week, covered, in the refrigerator.

Lunch could be *kamja guk* (kahm-jah gook; potato soup) and mixed vegetables with *chap ch'ae* (chop-chay; cellophane noodles made from mung bean flour). For dinner, perhaps *kalbi guk* (kahl-bee gook; beef short rib soup), *shigumch'i namul* (shee-guhm-chee nah-mool; spinach salad), *pulgogi* (pool-goh-gee; Korean beef), and steamed chicken is eaten. Of course, all three meals would be served with white rice and *kimchi*. A good Korean cook will try to

include five colors at every meal: red, green, yellow, white, and black. Koreans seldom serve dessert, but often eat fresh fruit instead.



Shigumch'i Namul (Korean Spinach)

Ingredients

- ½ cup water
- 1 pound fresh spinach, rinsed with water
- 2 teaspoons soy sauce
- 1 Tablespoon sesame oil
- ½ teaspoon garlic, finely chopped
- 1 Tablespoon toasted sesame seeds (see recipe)

Procedure

1. In a large saucepan, bring water to a boil.
2. Add spinach, cover, and reduce heat to medium to high. Cook for 2 to 3 minutes, or until bright green.
3. Pour into a strainer. Cool.
4. Gently squeeze out excess water with your hands.
5. Chop spinach and place in a large bowl.
6. Add remaining ingredients and mix well.
7. Serve at room temperature.

Serves 6 to 8.

Meals are considered an important event in the day to Koreans and much time is spent in its preparation. In fact, Koreans find eating so important they want to concentrate all of their attention on it, and consider it impolite to talk while eating. They avoid conversation until the end of the meal. At mealtime, the dishes of food are placed

in the middle of the table and individual bowls of rice are set in front of each person.

The Korean table setting is much different than the table setting used in the United States. The tables, finished with shiny red or black lacquer, are only 10 inches high. Diners are seated on cushions placed on the floor around the table. Beautiful patterns in mother-of-pearl decorate the tables. When the table is not being used, it is hung on the wall like a picture.

Students carry lunch boxes to school that are quite unlike those of U.S. students. They are little tin boxes with several compartments built into them for chopsticks, rice, dried fish, and other foods. Small children have small chopsticks, and as they grow bigger, they use bigger chopsticks.

For snacks at home, Korean students like to eat fruit, either fresh or dried, and sometimes little cakes made from sugar, honey, dried fruit, and rice flour. They are much less sweet tasting than the cookies and cakes made in the United States. The popular *kimchi* is always in the kitchen and easy to eat as a snack.

6 POLITICS, ECONOMICS, AND NUTRITION

Almost all Koreans receive adequate nutrition in their diets, with the World Bank reporting that less than 1 percent of the population is malnourished and nearly all have access to adequate sanitation and safe drinking water. Korean farmers grow enough rice to meet the country's needs, and fruit growers produce abundant crops of apples, pears, persimmons, and melons. The main vegetable crops are white radish, known as *mu*,

and cabbage. Both are used in *kimchi*, the national dish.

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Lebanon

Recipes

Lebanese Rice Pudding.....	28
Pita Bread.....	28
Cucumber with Yogurt.....	29
Tabbouleh.....	30
Baked Kibbeh.....	31
Easy Lebanese Baklava.....	32
Ahweh (Arabic Coffee).....	34
Sugared Almonds.....	34
Ka'ak Cookies.....	34
Lebanese Fresh Fruit Salad.....	35
Limoonada (Lemonade).....	35
Hummus be Tahini.....	36



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Situated on the eastern coast of the Mediterranean Sea, Lebanon has an area of 4,015 square miles (10,400 square kilometers), about three-fourths the size of the state of Connecticut. The Lebanon Mountains are rugged. East of the Lebanon Mountains is the Bekaa Valley, an extremely fertile flatland. At the eastern flank of the Bekaa stands Mount Hermon, straddling the border with Syria. Lebanon contains few rivers, and its harbors are mostly shallow and small, with polluted coastal waters. Lebanon has an extraordinarily varied climate: within a 45-minute drive in winter, spring, and fall, both skiing and swimming are possible. Less than 30% of Lebanon's total area can support crop production. Expansion of cultivated areas is limited by the arid and rugged nature of the land.

2 HISTORY AND FOOD

A unique cultural history has helped to make Lebanese food the most popular of all Middle Eastern cuisines. For most of its past, Lebanon has been ruled by foreign powers that have influenced the types of food the Lebanese ate. From 1516 to 1918, the Ottoman Turks controlled Lebanon and introduced a variety of foods that have become staples in the Lebanese diet, including olive oil, fresh bread, *baklava* (a sweet pastry dessert), *laban* (homemade yogurt), stuffed vegetables, and a variety of nuts. The Ottomans also increased the popularity of lamb.

After the Ottomans were defeated in World War I (1914–1918), France took control of Lebanon until 1946, when the country won its independence. During this time, the French introduced some of their most widely eaten foods, particularly treats such

LEBANON



Lebanese Rice Pudding

Ingredients

- 1 quart whole milk
- $\frac{3}{4}$ cup rice
- 1 cup sugar
- 2 to 3 Tablespoons vanilla
- Spoonful of orange marmalade (optional)

Procedure

1. Cook the rice according to package directions.
2. When rice is cooked, add the sugar and milk and mix well.
3. Continue cooking over medium heat for 3 to 4 more minutes.
4. Remove the pot from the stove. Add 2 to 3 Tablespoons of vanilla and mix well.
5. Serve topped with a spoonful of orange marmalade.

Serves 4 to 6.

as flan, a caramel custard dessert dating back to the 1500s, and buttery croissants.

The Lebanese themselves have also helped to bring foods of other cultures into their diet. Ancient tribes journeyed throughout the Middle East, carrying with them food that would not spoil easily, such as rice and dates. These foods slowly became part of the Lebanese diet. As the tribes wandered, they discovered new seasonings, fruits, and vegetables that they could add to their everyday meals. Exotic ingredients from the Far East (east and southeast Asia) and other areas of the world were often discovered by these early tribes.



Pita Bread

Ingredients

- 2 teaspoons dry yeast
- 1 cup warm water
- 3 cups flour
- 1 teaspoon salt

Procedure

1. Dissolve the yeast in 1 cup of warm water.
2. Sift together the flour and salt.
3. Combine the yeast and water with the flour and salt and mix well.
4. Work the mixture into a dough and knead for several minutes.

5. Cover the dough with a damp cloth and let rise in a warm place for 3 hours.
6. Preheat oven to 350°F.
7. Divide the dough into 6 equal portions and roll into balls.
8. Using a hand or a rolling pin, pat and press each ball of dough into a 5-inch circle about ½-inch thick.
9. Place on an ungreased baking sheet and bake for 10 minutes, or until the pita are light golden brown.

Serves 8.



Cucumber with Yogurt

Ingredients

- 1 medium cucumber, peeled and diced
- 2 cups plain yogurt
- 2 or more cloves of garlic
- Salt and pepper, to taste
- 2 Tablespoons fresh mint, finely chopped
- A few sprigs fresh mint, for garnish

Procedure

1. Put the cucumber in a serving bowl.
2. In a separate mixing bowl, beat the yogurt and garlic together and season to taste with salt and black pepper.
3. Stir in the mint.
4. Pour the mixture over the cucumber.
5. Garnish with sprigs of fresh mint and serve with pita bread.

Serves 6 to 8.

3 FOODS OF THE LEBANESE

The Lebanese diet focuses on herbs, spices, and fresh ingredients (the Lebanese rarely eat leftovers), relying less on heavy sauces. Mint, parsley, oregano, garlic, allspice, nutmeg, and cinnamon are the most common seasonings.

Bread, a staple food in Lebanon, is served with almost every meal, most often as a flat bread, or pita. It is so crucial to the Lebanese diet that some Arabic dialects refer to it as *esh*, meaning “life.”

Fruit, vegetables, rice, and bread outweigh the amount of meat eaten in the average Lebanese meal. However, the most commonly eaten meats, poultry and lamb, make up some of the country’s most popular dishes. The national dish, *kibbeh* (or *kibbe*), consists of a ground lamb and cracked wheat paste, similar to paté. *Kibbeh* was originally made by harshly pounding the lamb and kneading in the spices and wheat. Those who were unfamiliar with this practice often found it quite unpleasant, including the English food writer George Lassalle, who described it as “frightening.” Some rural villages continue to prepare it this way.

Mezze, a variety of flavorful hot and cold dishes, is another important part of the Lebanese diet. As many as forty small dishes are presented at once as either appetizers or as a meal itself. *Hummus* (chickpea, sesame seed, and garlic paste), rice and meat wrapped in grape leaves, mashed beans, hot and cold salads, grilled seafood and meats (including *kebabs*, cooked cubes of lamb, peppers, and onions), and pickled vegetables are most popular. Lebanese meals are rarely served in courses, but presented all at

LEBANON

once. *Tabbouleh* (a salad made with cracked wheat) and *mujaddara* (a lentil and rice dish) are also widely consumed.

Lebanon's variety of fresh fruits makes them popular after-dinner desserts. Melon, apples, oranges, tangerines, persimmons, grapes, and figs are great treats. *Baklava*, a sweet, flaky pastry, is usually associated with Greek cuisine. However, the Lebanese have embraced the dessert and normally prepare it with pistachio nuts, drizzled with rose-water syrup (the Greeks use walnuts and honey). *Ahweh* (strong, thick Arabic-style coffee) and the country's national drink, *arak* (a colorless alcoholic beverage made with anise, also called "Lion's Milk" because it is white), are most commonly served with dessert.



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Tabbouleh, made from cracked wheat, parsley, tomatoes, onions, and mint, may be served with pita triangles.



Tabbouleh

Ingredients

- ¾ cup cracked wheat, finely ground
- 2 cups fresh tomatoes, diced
- 2 Tablespoons dried mint
- 1 or 2 bunches of parsley, cut fine
- ¾ cup green onions, thinly sliced
- Juice of one lemon
- ¼ cup olive oil
- Salt and pepper, to taste

Procedure

1. In a bowl, cover cracked wheat with warm water and let stand about 15 minutes. Drain thoroughly.

2. Mix tomatoes, mint, parsley, onions, lemon juice, olive oil, and salt and pepper in a separate bowl.
3. Add the drained wheat and mix well.
4. Add more lemon juice and olive oil, if needed. Refrigerate at least 1 hour.
5. Serve in a bowl, or on a bed of lettuce leaves, with pita bread cut into triangles.

Serves 6 to 8.



Baked Kibbeh

Ingredients

- 2 cups cracked wheat (bulgur)
- 4 cups cold water
- 2 pounds lean ground beef or lamb
- 1 medium onion, very finely chopped
- 1½ teaspoons salt
- ½ teaspoon pepper
- ½ teaspoon allspice (optional)
- ¼ cup butter, melted

Procedure

1. Preheat oven to 375°F.
2. Place cracked wheat in a large mixing bowl and cover with the cold water.
3. Let stand 5 minutes, and then drain. Press on grains to remove water.
4. Add the remaining ingredients and mix well.
5. Process in batches in a food processor fitted with the chopping blade or a blender.
6. Butter a 9x12-inch baking pan.
7. Spread the mixture into the pan, smoothing the top with wet hands.
8. Cut into 2-inch squares. It is traditional to cut the kibbeh into a diamond pattern.
9. Pour melted butter over the top. Bake for 50 minutes.
10. Serve with pita bread.

Serves 6 to 8.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

It seems as though the Lebanese are always participating in holiday celebrations, especially religious holy days. This is because Lebanon is home to two main religions:

Islam and Christianity. Despite bitter disagreements between them, the people of both religions continue to enjoy their own traditional festive celebrations, which often include large feasts among family and friends.

Muslims (believers of Islam) celebrate several holidays throughout the year, though probably none are as important as the holiday of Ramadan. During the entire ninth month of the Islamic calendar, Muslims avoid all food and drink between sunrise and sunset. In some villages, a man beats a drum through the streets, attempting to wake people before the sun rises so that they may enjoy an early breakfast. A typical pre-dawn breakfast might include grapefruit, pita bread with olive oil, a boiled egg, a cup of *laban* (yogurt), and tea. After the sun sets, Muslims gather with friends and family to share in a delicious feast.

Eid al-Fitr, meaning “festival that breaks the fast,” marks the end of Ramadan and food is generously shared with loved ones. The Feast of the Sacrifice, *Eid al-Adha*, is also celebrated with food and festivities. During this time, a sheep is killed and eaten after returning from the *hadj* (the pilgrimage to Mecca). Many families donate a portion of their sheep to the poor.

The most widely celebrated Christian holidays are Christmas and Easter. Visiting friends and family at Christmas has become tradition. Prior to a large chicken or turkey lunch, most guests are offered sugarcoated almonds to snack on. Dessert is commonly *bûche de Noël*, a French Christmas cake shaped like a yule log. Homes are decorated with tinsel, and Christmas trees are often adorned with orange peels cut into various

LEBANON



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Sprinkle the baked bottom crust with the pecan-sugar mixture.

Spread a second layer of crescent roll dough over the pecan mixture, smoothing the dough carefully to seal the perforations.

shapes. Easter is probably the most important holiday for Christians. Children may celebrate by playing a Lebanese Easter egg game called *Biis-Biis*, in which they compete to see who has the strongest, unbreakable hard-boiled egg. After a long day of excitement, families sit down to enjoy a lamb dinner, often followed by *ma'moul* (date-filled teacakes) or *ka'ak* (cookies).

Labor Day (May 1) and Independence Day (November 22) are popularly celebrated national holidays. Both attract people of all ages to partake in food and festivities.



Easy Lebanese Baklava

Ingredients

- 2 cans (8 ounces each) refrigerated crescent dinner rolls
- 3 to 4 cups pistachio nuts (or pecans), chopped
- ½ cup sugar
- 1 teaspoon cinnamon
- 2 cups honey
- 2 Tablespoons margarine or butter
- 2 teaspoons lemon juice

LEBANON



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The honey, poured over the pastry before baking, creates a sweet, sticky glaze over the baklava.

The baklava may be cut into bars before serving.

Procedure

1. Preheat oven to 350°F.
2. Unroll one can of dough into an ungreased 9x13-inch baking pan.
3. Press over bottom and ½-inch up sides to form crust, pressing perforations to seal.
4. Bake for 5 minutes and remove from the oven.
5. In a large bowl, combine nuts, sugar, and cinnamon. Sprinkle the mixture over baked crust.
6. Unroll the second crescent roll dough and spread over top.
7. With a sharp knife tip, score top dough to form a diamond pattern.
8. In a small saucepan, combine honey, butter or margarine, and lemon juice, and bring to a boil.
9. Remove from heat and pour half of the honey mixture evenly over top of dough.
10. Bake for 25 to 30 minutes or until golden brown.
11. Drizzle remaining honey mixture over top of the hot baklava. Cool completely and cut into diamond-shaped pieces.

Makes 18 to 24 pastries.



Ahweh (Arabic Coffee)

Ingredients

- 1¼ cups cold water
- 1 heaping teaspoon Arabic or Turkish coffee, ground
- 1 teaspoon sugar
- A few drops of orange blossom water (optional)
- Pinch of cardamom, ground (optional)

Procedure

1. Using a saucepan, dissolve the sugar in the water and bring to a boil.
2. Add the coffee (with ground cardamom if desired) and stir well. Bring to a boil.
3. When the foam rises to the top, remove the saucepan from the heat to let the foam subside for about 1 minute.
4. Return the pot to the heat and bring to a boil again.
5. Traditionally, the coffee is brought to a boil at least three times.
6. Serve with a few drops of orange blossom water, if desired.



Sugared Almonds

Ingredients

- 1 pound almonds
- 1 egg white
- 1 Tablespoon water
- 1 cup sugar
- 1 teaspoon cinnamon
- ½ teaspoon salt

Procedure

1. Preheat oven to 300°F.

2. Separate the egg yolk from the egg white, and discard the yolk.
3. Beat the egg white and water in a bowl.
4. Add the nuts and mix well.
5. In a separate bowl, combine the sugar, cinnamon, and salt and mix well.
6. Add the sugar mixture to the nut mixture.
7. Spread on foil-covered pan.
8. Bake for 15 minutes.
9. Stir and bake another 15 minutes.



Ka'ak Cookies

Ingredients

- 1 cup sugar
- 1 cup oil (or butter)
- 2 eggs
- 3 cups flour, or enough to make dough firm
- 1 cup milk
- 1 Tablespoon mahlab, pounded until fine (or substitute with ground cinnamon)
- 3 teaspoons baking powder

Procedure

1. Mix all the ingredients in a bowl and let chill in the refrigerator for at least 1 hour.
2. Preheat oven to 350°F.
3. Roll out the dough until it is about ¼-inch thick.
4. Cut into circles and bake for 10 to 15 minutes.

Makes about 36 cookies.



Lebanese Fresh Fruit Salad

Ingredients

- 1 ripe melon
- ½ fresh pineapple
- 1 to 2 oranges
- Apples, pears, or strawberries (depending on season)
- 2 ripe bananas

Procedure

1. Remove melon from rind and dice.
2. Cut pineapple into chunks.
3. Peel and section the oranges, removing all the white membrane.
4. Cut the orange slices into chunks.
5. Toss together in a bowl.
6. Dice the apple, pear, and strawberries.
7. Add them to the tossed fruit mixture.
8. Just before serving, peel, slice, and add banana. Mix well.

Makes 6 servings.

5 MEALTIME CUSTOMS

Arabs have a reputation for hospitality towards guests that come to visit, even if the visit was not planned (which most are not). Food is almost guaranteed to be delicious and filling.

A rural family will often pick fruit and vegetables from their own gardens. If they do not have what they need, a *souk* (street market shop) can provide them with any food from eggplant to mint leaves. Because bread is essential with almost every meal, rural women travel to the village bakery, called the *foorn*, to bake their breads and

pastries for the day, as well as to catch up on gossip.

Lunch, the largest of the three meals eaten each day, is usually served around 2:00 p.m. *Mezze*, several appetizer-like dishes, are served first. Warm bread, *hummus* (chickpea paste), and olives, cheese, and pistachio nuts are commonly served. *Kibbeh*, the national dish, is frequently the main meal. *Kebabs* (cubes of cooked meat on a skewer) and *kefta* (ground meat mixed with herbs and spices) are popular too. *Baklava* or a fresh bowl of melon will likely make for a sweet dessert. Most children nap after such a plentiful afternoon meal.

Unlike in the United States, milk is rarely drunk with meals. Adults will often enjoy beer, wine, or *arak* (licorice-flavored liquor). Children enjoy *limoonada* (lemonade), fresh fruit juices, or *jellab* (a soft drink made from raisins and served with pine nuts). International restaurants are widespread throughout the country. French, Italian, German, Austrian, Scandinavian, Greek, Chinese, American, and Indian food are readily available. In addition, U.S. fast food chains are often bustling with people.



Limoonada (Lemonade)

Ingredients

- 2 lemons
- 2 Tablespoons sugar
- 6 ice cubes
- 3 cups cold water
- 2 teaspoons orange flower water (optional)
- 4 slices lemon, for garnish

Procedure

1. Wash lemons. If the lemons are thick skinned, cut off and discard the pointy end pieces.
2. Cut each lemon into 4 to 6 pieces and place in a blender along with any juice that escaped during cutting.
3. Place the lid on the blender and blend on maximum speed for 3 to 5 seconds.
4. Add the remaining ingredients and blend again on high speed for 30 seconds.
5. Pour through a sieve into a serving pitcher.
6. Serve lemonade in tall glasses with extra ice and lemon slices.

Serves 4.

*Hummus be Tahini***Ingredients**

- 1 can cooked chickpeas
- 2 cloves garlic, crushed
- 3 Tablespoons tahini (a thick paste made from ground sesame seeds; found in specialty stores)
- ½ cup fresh lemon juice
- 2 Tablespoons parsley, chopped
- 1 Tablespoon olive oil
- 1 teaspoon salt
- 2 Tablespoons cold water

Procedure

1. Heat the cooked chickpeas over medium low heat. Remove from heat and mash by hand or in a food processor, reserving a few whole ones for garnishing.
2. Add tahini, lemon juice, crushed garlic, salt, and water. Blend the mixture until it is creamy.

3. Pour the thick dip into a deep bowl. Garnish with whole chickpeas and chopped parsley. Sprinkle with olive oil and serve with pita bread.

6 POLITICS, ECONOMICS, AND NUTRITION

The World Bank reports only about 2 percent of the Lebanese population is classified as undernourished, which means they do not receive sufficient nutrition in their diets. About 63 percent has adequate access to sanitation, and 100 percent to safe drinking water. Ninety-five percent of the population has access to health care services. Of children under the age of five, about 3 percent are underweight, and 12 percent are stunted (short for their age).

War and violence during the 1980s and 1990s has had a significant impact on the development of many Lebanese children. Between 1982 and 1990, there were over 144,000 deaths due to an Israeli invasion. As a result, many children suffer from post-traumatic stress disorders. According to law, children over the age of eight are allowed to work a maximum of seven hours a day, which also contributes to childrens' stress.

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Liberia

Recipes

Palava	40
Jollof Rice	41
Sweet Potato Pone	41
Rice Bread	41
Ginger Beer	42
Lemon Grass Tea	42
Goat Soup	43



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Located on the west coast of Africa, Liberia has an area of about 43,000 square miles (111,370 square kilometers), slightly larger than the state of Tennessee. The Nimba Mountains, near the Guinea border, rise to 4,528 feet (1,380 meters), and the Wologizi Mountains reach a maximum of about 4,450 feet (1,356 meters). There are six principal rivers, all of which flow into the Atlantic Ocean. Liberia includes some of Africa's most impressive evergreen forests. Fruit trees include citrus varieties, the alligator apple, papaya, mango, and avocado. Pineapples grow wild. Agricultural crops include cassava, rice, sugarcane, plantains, and bananas.

2 HISTORY AND FOOD

Liberia was founded in 1822 for the resettlement of freed American slaves. Its name comes from the Latin word that means "free." The capital city of Monrovia is named after the U.S. president James Mon-

roe, who established the Republic of Liberia. Much of the culture and foods from Liberia are adapted from African American culture. This can be seen in the American currency that is often used to purchase groceries and in the American English language that is spoken on the streets of Monrovia. Rioting Liberians calling for cheaper rice in 1980 supported a failed coup against the American-Liberian government. There are thirty native Liberians for every one American Liberian, but American Liberians have control over the official government. Native Liberians fought a civil war against American Liberians from 1988–1995. Since then, the country has struggled to recover and make enough food for its people.

3 FOODS OF THE LIBERIANS

Many Liberians grow their own rice, sugar cane, and *cassava* (a starchy root). Rice is eaten at least twice a day (much more than any other starch). Foreign rice, or *pasava*, is considered much better than locally grown

LIBERIA



rice because of the rocks that get mixed up with the local rice during harvesting. Palm oil or palm butter usually comes with the meal, and wine is also made from the palm nut. Cassava leaves and potato leaves are both boiled and eaten like spinach. Sugar cane is either refined, or after cutting through the tough bark, the sweet juice is sucked straight out of the cane bought at the marketplace.

Fufu (a doughy food that accompanies most meals) can be made from rice, plantain, cassava, corn, or yam. The starchy food is dried, pounded until ground, boiled, and rolled into two-inch ovals. Most Liberians use cassava to make *fufu*; a variation, called *dumbo*, is boiled before mashing. *Fufu* is swallowed instead of chewed. It is

popularly eaten with a spicy soup. *Beef internal soup* is made with beef, dried codfish, tripe, and other smoked fish caught from the nearby ocean. Hot peppers are added to many foods for an extra kick, and ground cayenne peppers are used as flavorings and preservatives. Favorite dishes include *palava* sauce, made traditionally with *plato* (okra) leaves, dried fish or meat, and palm oil; and *jollof rice*, a chicken, beef, and bacon dish with vegetables and rice. Palava sauce comes primarily from the counties of Maryland and Grand Kru.

∞ *Palava*

Ingredients

- 1½ pounds cubed beef
- 1 onion, sliced
- 2 tomatoes, peeled and sliced
- Ginger, to taste
- Red pepper, to taste
- ¼–½ cup peanut oil
- 2 10-ounce packages of frozen, chopped spinach

Procedure

1. Boil meat in a little water until tender, about 45 minutes.
2. Fry onion, tomatoes, and spices in oil.
3. Add spinach and meat to the onions and tomatoes, and simmer 10–15 minutes.

Serves 6.



Jollof Rice

Ingredients

- 1 pound boneless chicken
- ½ pound beef cubes
- ½ pound bacon
- ½ cup oil or shortening
- 2 onions, sliced
- 1 pepper, sliced
- 3 ounces tomato paste
- 1½ pounds cabbage, cut into chunks
- 1½ cups rice
- 6 cups water

Procedure

1. Cut chicken, beef, and bacon into ½-inch chunks. Sprinkle with salt and pepper to taste, and coat with flour.
2. Heat oil in a frying pan, add the meat in small batches, and brown the meat. Remove the meat, setting it aside in a bowl.
3. Sauté the onions and pepper in the oil in pot until soft, about 5 minutes.
4. Return the meat to the pot and add the tomato paste.
5. Add water, cover, and heat to boiling. Lower heat and simmer for 10 minutes.
6. Add rice, bring to a boil. Reduce heat.
7. Add cabbage, and simmer, stirring often, for 20 minutes.
8. Serve while hot.

Serves 12 or more.



Sweet Potato Pone

Ingredients

- 1 to 2 cups flour
- 1½ teaspoons baking powder

- ½ teaspoon salt
- ¼ teaspoon ground cloves
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 eggs slightly beaten
- 2 cups sweet potatoes, mashed and chilled
- Oil for deep-frying

Procedure

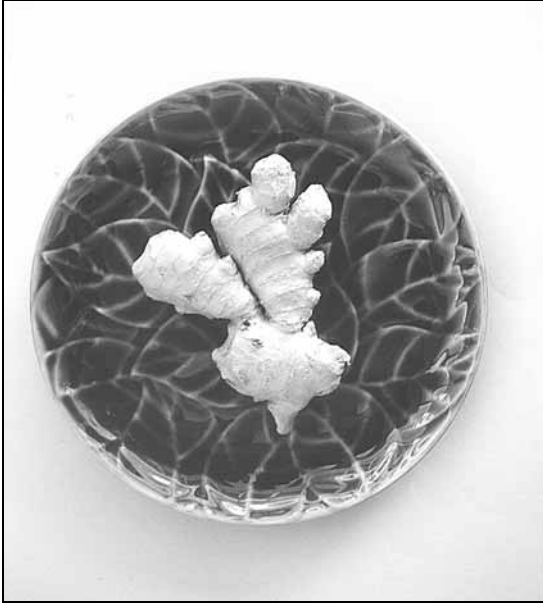
1. Combine flour, baking powder, salt, cloves, cinnamon, and nutmeg in a bowl and stir well to combine.
2. In another large mixing bowl, beat the eggs and sweet potatoes together.
3. Add the dry mixture to the wet mixture until a stiff dough is formed.
4. Roll out dough on a lightly floured surface to ½-inch thickness and cut into shapes.
5. Heat about 1 inch of oil in a deep saucepan. Fry dough in batches for about 4 minutes.
6. Drain, cool, dust with powdered sugar (optional), and serve.



Rice Bread

Ingredients

- 2 cups rice, cooked and mashed
- 3 Tablespoons sugar
- 4 teaspoons baking powder
- ½ teaspoon salt
- 1½ bananas, mashed
- 2 eggs
- 1½ cups milk
- 1 cup oil



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Twenty-five pieces of ginger like this one are needed to make a gallon of nonalcoholic Liberian ginger beer.

Procedure

1. Mix together rice, sugar, baking powder, and salt.
2. Add bananas, eggs, milk, and oil.
3. Bake in a greased 9- by 12-inch pan at 375°F for 45 minutes.

*Ginger Beer***Ingredients**

- 25 pieces ginger
- 2 pineapples, unpeeled and cut into pieces
- 2 teaspoons yeast
- 1 gallon water
- 3½ cups molasses

Procedure

1. Beat ginger pieces in a large kettle until soft.
2. Add pineapple and yeast.
3. Boil water and pour into ginger mixture. Let stand overnight.
4. Strain, and add the molasses.
5. Chill and serve.

*Lemon Grass Tea***Ingredients**

- 1 cup chopped lemon grass leaves (can be found at Asian or health foods stores)
- 2 cups water
- Sugar (optional)
- Milk (optional)

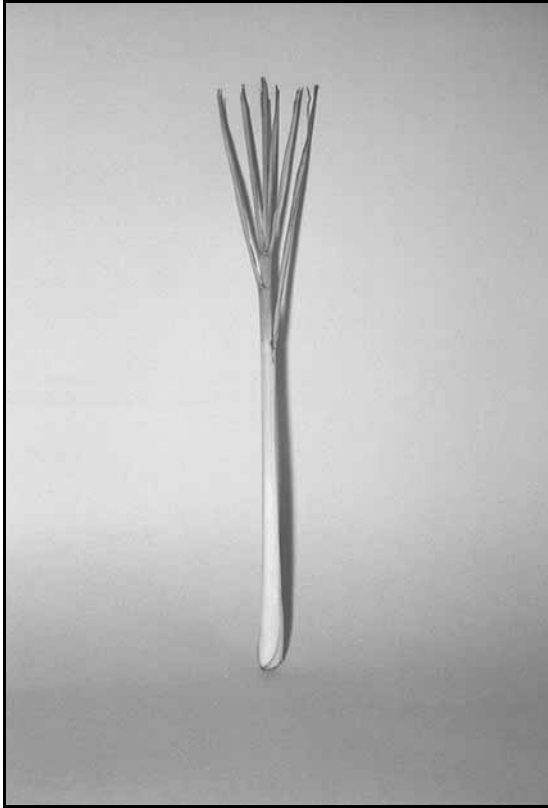
Procedure

1. Put the lemon grass leaves in a teapot.
2. Boil water and pour over leaves. Steep for five minutes.
3. May serve with sugar and milk.

Serves 2.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Liberians celebrate Independence Day on July 26; it is the biggest holiday in the country. They also celebrate most American holidays like New Year's (January 1), Thanksgiving (the first Thursday in November), and Christmas (December 25). Christmas is celebrated with a large meal, without gift-giving or Christmas trees. Goat soup is the national soup, served on important occasions. Coffee is also served after special



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Although most often used as a food ingredient, the citrus taste of lemon grass also adds flavor to beverages.

meals. Each former and current president's birthday is celebrated annually: J.J. Roberts (March 15), William V.S. Tubman (November 29), William R. Tolbert, Jr. (May 13), Samuel Doe (May 6), and Charles Taylor (January 29). However, each county celebrates a president's birthday on a rotating basis, so that a county celebrates only one president's birthday a year. A county is lucky if it gets to celebrate the birthday of the current president because of the extra money and publicity that county receives for the festival.



Goat Soup

Ingredients

- 2 pounds goat meat (can substitute lamb or beef)
- Hot peppers
- 2 medium onions, sliced
- 2 quarts water
- 3 tomatoes
- 8 ounces tomato paste
- Salt, black pepper

Procedure

1. Cut up the meat into 2–3 inch pieces.
2. Marinate with peppers, salt, black pepper, and onion for about an hour.
3. Add water and boil until meat is tender.
4. Add tomatoes and paste and cook until tomatoes are soft.

5 MEALTIME CUSTOMS

In Liberia, the table is set with turned over plates and glasses with a napkin on top, so that the guest may turn over the clean dishes for use. Those at the meal greet each other by shaking hands. While shaking, they take the middle finger of the other person's right hand and snap it up and down. This tradition comes from the days of slavery, when the slave owner would break a slave's finger in order to establish ownership. The handshake (or "snapshake") celebrates Liberia's freedom from slavery.

The cook brings out all the food at once, and stays seated at the table during the entire meal. All the dishes remain on the table until the end of the meal. Most Liberians will eat with their fingers, although American customs have brought utensils to

the dining rooms of many city people. A typical Liberian dinner consists of *dumbo* or *fufu* served with palm butter and palava sauce, meat stew, country chop (a mixture of meats, fish, and greens cooked in palm oil), jollof rice, and beef internal soup. Rice bread and sweet potato pone are served for dessert, and ginger beer is drunk throughout the meal. Coffee is served only on special occasions.

In the city of Monrovia, there are some modern restaurants, but in most towns there are small “cook shops” that offer stews and *fufu*. Most cooking is still done outside on a stone hearth.

6 POLITICS, ECONOMICS, AND NUTRITION

About 42 percent of the population of Liberia are classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, over 33 percent are stunted (short for their age).

According to the Liberian government, only about 39 percent of the population have access to health care services, and there are virtually no functioning social services. The Liberian staple diet of rice or cassava is deficient in protein, and children in particular suffer from the malnutrition.

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Mexico

Recipes

Frijoles (Beans)	47
Frijoles Refritos (Refried Beans)	47
Café de Olla (Spiced Coffee)	48
Rosca de Reyes (Three Kings Sweet Bread)	49
Huevos Rancheros (Ranch-Style Eggs)	50
Pico de Gallo (Mexican Salsa).....	51
Quesadillas.....	52
Arroz Blanco (White Rice).....	53
Chocolate Mexicana (Hot Chocolate Drink)	53



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Mexico is located directly south of the United States. It is slightly less than three times the size of Texas. Two major mountain ranges run through the country's interior: the Sierra Madre Oriental on the east and the Sierra Madre Occidental on the west. Between the mountain chains lies the great central highland plateau. Mexico borders the Pacific Ocean to the west and the Gulf of Mexico and Caribbean Sea to the east.

Mexico has a wide range of natural environments, but temperatures are generally mild year-round. The coastal plains and lower areas of southern Mexico are usually hot and humid. Mexico City, the country's capital, and other inland areas are at higher elevations and are generally drier. Annual rainfall may exceed 200 inches in the more tropical zones of the coastal areas, while parts of Baja California (a long, narrow

peninsula located just south of California) receive very little precipitation. Desert-like conditions exist in the north.

Although only about one-fifth of the country remains covered with vegetation, much of the country's wildlife are still in existence. Some animals include rabbits, snakes, monkeys, jaguars, anteaters, deer, toucans, parrots, and some tropical reptiles, such as the mighty boa constrictor.

2 HISTORY AND FOOD

When the Europeans arrived in Mexico in 1517, Mexico's indigenous (native) peoples included the Aztecs of the central interior, the Maya in the Yucatan Peninsula, and the Zapotec in the south. Their diet consisted mainly of corn, beans, peppers, tomatoes, sweet potatoes, squash, and herbs. Chocolate, native to Mexico, was considered a drink fit for royalty. The Indians occasion-

MEXICO



ally hunted, adding wild turkey, rabbit, deer, and quail to their vegetarian diet.

When the Spanish explorers landed in Mexico, they introduced livestock, including cattle, sheep, pigs, goats, and chickens. On later journeys to this “New World,” the Spanish brought plants from Asia, such as sugarcane and wheat.

Spain ruled over Mexico for over 300 years. By the time Mexico gained its independence, Spain had left its mark on its people and culture, including their cuisine.

3 FOODS OF THE MEXICANS

Corn is the basis of the Mexican diet, as it has been for thousands of years. It can be found in almost every meal, usually in the form of the tortilla (flatbread). Corn can

also be boiled to produce *pozole*, a hearty corn stew. Popular fruits and vegetables are tomatoes, *tomatillos* (green tomatoes), squash, sweet potato, avocado, mango, pineapple, papaya, and *nopales* (from the prickly pear cactus). Though beef is consumed, chicken and pork are more common. The variety of chilies includes the widely known jalapeño, as well as the *poblano*, *ser-rano*, and *chipotle*. Chilies give Mexican cooking a distinctive flavor, which is often enhanced with herbs, such as cilantro and thyme, and spices, including cumin, cinnamon, and cloves. Cheese and eggs round out the diet. Seafood is most common in coastal dishes.

Though Mexican cuisine is a blend of indigenous (Indian) and Spanish influences, most Mexicans continue to eat more native foods, such as corn, beans, and peppers. Such foods are cheap and widely available. Bread and pastries are sold, but the tortilla, homemade or bought daily at the local *tortillería* (tortilla stand), is the basis of the typical meal. Flour tortillas are also eaten, especially in northern Mexico, but the corn variety is most popular.

American soft drinks, such as Coca-Cola, have become popular in Mexico in recent decades, but fruit-flavored soda drinks are also widely consumed, as are fresh fruit juices, available from street vendors. *Sangría*, an import from Spain, and beer (*cerveza*) are also popular beverages. Coffee is normally served spiced and sweet (*café de olla*).



EPD Photos

Frijoles are simmered over low heat until most the liquid has been absorbed and the beans and onion are soft.



Frijoles (Beans)

A pot of beans can be found simmering on the back burner in most Mexican kitchens. They may be eaten with any meal of the day, including breakfast.

Ingredients

- 2 cups pinto beans
- 1 medium onion, peeled and finely-chopped
- 2 cloves garlic, peeled and crushed or minced
- 3 Tablespoons chili powder
- Salt

Procedure

1. Place beans in a large pot and cover them with cold water. Allow them to soak overnight.

2. When ready to cook, drain, rinse, and cover the beans again in cold water.
3. Place the pot on the stove over medium to high heat and bring to a boil. Simmer 5 minutes.
4. Turn off heat, remove the pot, and carefully drain the beans by pouring them into a colander placed in the kitchen sink.
5. Rinse beans with cold water. Return beans to the pot and once again cover them with cold water.
6. Add the onion, garlic, and chili powder.
7. Cook over medium heat until most of the water has been absorbed and the onion is soft. Add salt to taste.

Serve as a side dish with tacos, or as a main dish with warmed corn tortillas.



Frijoles Refritos (Refried Beans)

Though refried beans can be bought in cans in the grocery store, homemade Frijoles Refritos (Refried Beans) are much more flavorful.

Ingredients

- 1 recipe Frijoles (above)
- ¼ cup vegetable oil
- 1 cup white onion, chopped
- 1 teaspoon salt

Procedure

1. In a large bowl, coarsely mash the Frijoles with a fork or wooden spoon.
2. In a large frying pan or skillet, heat the oil for about 30 seconds over medium to high heat.
3. Add onion and sauté for 5 minutes, until onion is golden but not browned.
4. Add the mashed beans and cook for about 5 minutes, stirring often. Salt to taste.

- Scoop the beans onto a warmed corn tortilla, and add a bit of shredded cheese (such as Monterrey Jack or mild cheddar).

Serves 4 to 6.



Café de Olla (Spiced Coffee)

The olla is the earthenware mug in which this aromatic coffee is often served.

Ingredients

- 4 cups water
- 1/3 cup dark brown sugar, packed
- 1 cinnamon stick (about 3 inches long)
- 8 whole cloves
- 1 orange peel (about 3 inches long), white parts removed
- 1/2 cup dark roasted coffee, coarsely ground
- Milk (optional)

Procedure

- Combine water, sugar, cinnamon stick, cloves, and orange peel in a saucepan; place it on the stove over medium to high heat, and bring to a boil, stirring occasionally.
- Lower heat, cover the saucepan, and let mixture simmer for 5 minutes.
- Remove from heat, stir in the coffee, and let sit for 8 minutes, covered.
- Use a sieve or a coffee filter to strain the coffee into 4 individual cups.
- Serve immediately, adding milk, if desired.

Serves 4.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

During the centuries of Spanish rule over Mexico, the majority of Mexicans were

forced to convert to Christianity. Christian holidays, including *Nochebuena* (Christmas Eve) and *Navidad* (Christmas), are celebrated with great enjoyment and family meals. Many festivities include native Indian traditions. During *Semana Santa* (Holy Week) leading up to Easter, meat is typically not consumed.

Día de los Tres Reyes (Three Kings Day or Epiphany) on January 6 and *Día de los Muertos* (Day of the Dead) on October 30 are occasions for more celebration, including the consumption of specific foods. On *Día de los Tres Reyes*, a special sweet bread, *Rosca de Reyes*, is eaten. A typical menu for *Día de los Muertos*, during which Mexicans decorate and picnic on the graves of their dead relatives, includes *empanadas* (meat-filled turnovers, an import from Spain) and *tamales* (steamed corn husks with various fillings, including shredded pork). Also included are chicken or turkey with *mole* (pronounced MO-lay, it is a distinctive sauce combining chocolate, chilies, and spices), *pan de muertos* (a sweet bread, baked in a ring and with a tiny plastic skeleton hidden inside), and *calaveras de azucar* (sugar candy skulls, bought at candy stores).

On each of the eight nights before Christmas, friends and neighbors travel from house to house, stopping at selected houses to sing or recite lines, asking for lodging. At the last door, they are welcomed inside for festivities, including the breaking of the *piñata*, a papier-mâché animal filled with candies. Other typical foods during this time include *buñuelos* (thin, fried pastries, covered in sugar) and *ponche* (fruit punch).



Cory Langley

Many Mexicans buy tortillas made fresh daily at the local tortillería (tortilla stand). Corn tortillas are the basis for most typical meals. Flour tortillas are also eaten, especially in northern Mexico, but the corn variety is most popular.



Rosca de Reyes (Three Kings Sweet Bread)

This is a truly Mexican version of the traditional Spanish bread.

Dough ingredients

- 1½ ounces compressed yeast
- ½ cup warm water
- 1¼ cups sugar
- ⅛ teaspoon cinnamon

1¾ cups butter, at room temperature

8½ cups flour

8 eggs

Paste ingredients

1 cup sugar

1 cup butter

1 egg

1¾ cup flour

Candied fruits (optional)

Procedure

1. *Make the dough:* Crumble the yeast into the warm water and set aside.
 2. In a large mixing bowl, mix together sugar, cinnamon, and butter.
 3. Add the eggs, mixing thoroughly.
 4. Add the dissolved yeast.
 5. Slowly add the flour, a little at a time, until the dough is smooth and stretchy.
 6. On a large baking sheet, shape the dough into a ring, pressing the ends together to make a full circle.
 7. Cover the ring with a clean cloth or dish-towel and let sit in a warm place (to rise) for 2 hours.
 8. Preheat oven to 350°F just before baking.
 9. *Make the paste:* Mix together the butter and sugar, add in the egg, and gradually mix in flour.
 10. This paste can be used to decorate the top of the cake once it has risen but before it is baked. The typical decoration is rays that come out from the center.
 11. Candied fruits may be pressed into the cake before baking.
 12. Bake 30 to 40 minutes, until cake is golden brown.
- Serves 10 to 12.

5 MEALTIME CUSTOMS

A Mexican *desayuno* (breakfast) usually includes coffee and pan dulce (sweet rolls), though eggs are also eaten on occasion. *Huevos rancheros*, served with tortillas and beans, is also a popular breakfast dish. *Comida* (lunch), the main meal of the day, is eaten between 1 and 3 P.M. It may consist of soup, a meat dish, rice, tortillas, coffee, and dessert. *Cena*, supper, is typically a light

meal eaten after 9 p.m. However, in Mexico City and other urban areas, dinner can be an elaborate meal, eaten in one of many restaurants.

*Huevos Rancheros*
*(Ranch-Style Eggs)***Ingredients**

- 4 corn tortillas
- ¼ cup vegetable oil
- 2 cups salsa, room temperature (from the supermarket)
- 4 large eggs
- 1 cup white cheese (such as Monterrey Jack), grated
- 1 avocado, sliced

Procedure

1. In a skillet, heat oil (about ½-inch deep) over medium to high heat.
2. Add 1 tortilla at a time and fry each for about 5 seconds until softened but not crisp. Place on paper towels to drain.
3. Heat a small amount of vegetable oil in a large skillet over medium to high heat; break the 4 eggs into the skillet and fry them, 2 to 3 minutes per side (or until the whites are cooked and the yolk is no longer runny).
4. Place a tortilla on each of 4 dinner plates, topping each tortilla with a fried egg.
5. Pour ½ cup of salsa over each egg and top with ¼ cup cheese and a few slices of avocado.

Serves 4.

Snacks are called *antojitos* (literally, “little whims”) and are eaten at any time of the day. An *antojito* might be a beefsteak taco, a tostada (a fried, flat tortilla, often topped with chopped tomatoes, onion, lettuce, and cilantro), or a *sope* (a lightly grilled corn dough, often served with salsa or beans). A schoolchild's lunch may consist of a *torta* (a sandwich of cheese, avocado, and sausage, or chicken on a bread roll) or a *quesadilla* (a folded flour tortilla filled with melted cheese). Street vendors sell slices of pineapple, *jicama* (a sweet root vegetable) with a wedge of lime, and *elotes* (steamed corn on the cob served with butter and shredded cheese). Ice cream and fruit ices are popular as well. Though American fast food has entered Mexican diet, street stands and market stalls continue to make and sell traditional Mexican foods.



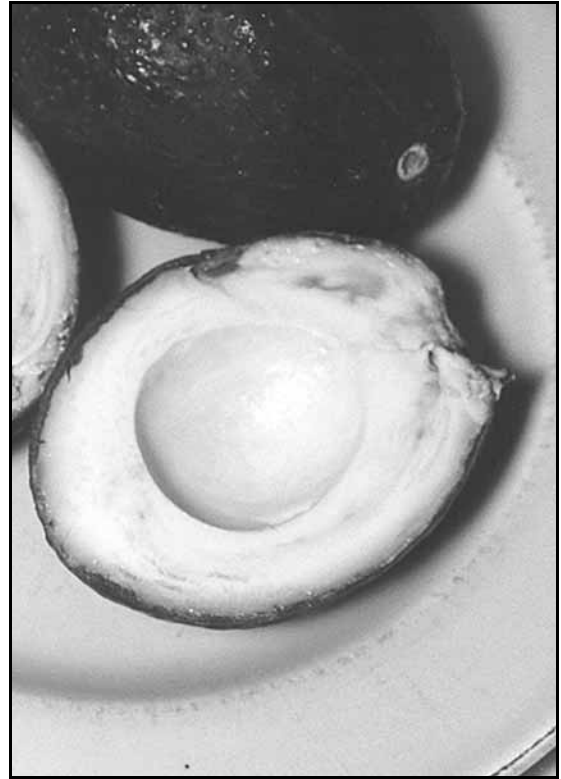
Pico de Gallo (Mexican Salsa)

Ingredients

- ½ an avocado
- 4 to 6 tomatoes, chopped (enough to measure 2 cups)
- ½ cup white onion, chopped
- ¼ cup chilies, finely-chopped (serranos or jalapeños)
- ⅓ cup cilantro, chopped
- 2 Tablespoons fresh lime juice
- ½ teaspoon salt (or to taste)

Procedure

1. Slice the whole avocado in half (vertically), going around the pit.



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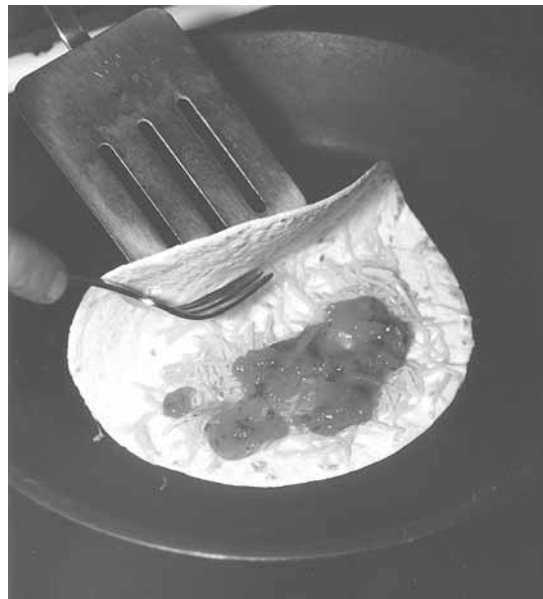
The creamy flesh of half an avocado will be cut into small cubes for Pico de Gallo (Mexican Salsa).

2. After separating the two halves, use the half without the pit in it.
3. Use a knife to cut the avocado into small cubes, then use a spoon to scoop the meat out of the peel.
4. Add the tomatoes, onion, chilies, cilantro, and lime juice in a bowl.
5. Stir gently to combine.
6. Add salt to taste.
7. Let stand at room temperature for 10 minutes (to allow the flavors to blend).
8. Serve with tortilla chips.



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The tortilla, topped with shredded cheese and a heaping spoonful of Pico de Gallo (salsa), is heated in a dry skillet. Lift the edge of the tortilla to check on its progress.



EPD Photos

When the underside of the tortilla is golden in color, fold it in half to form an envelope and cook for another minute to allow the cheese to melt completely.



Quesadillas

Ingredients

- 2 flour tortillas
- 1 cup cheese, shredded (preferably Monterey Jack)
- Salsa (preferably Pico de Gallo; see recipe, above)

Procedure

1. Place a frying pan on medium to low heat.
2. Put first tortilla in (oil should not be used!) and sprinkle half the cheese and a spoonful of salsa onto ½ of the tortilla.

3. When the cheese begins to melt, use a spatula to fold the other half of the tortilla over top, making an envelope.
4. The tortilla should turn golden, but should not brown; turn down the heat, if necessary. Let cook about 1 minute, to allow the cheese to completely melt.
5. Remove to a plate and repeat, using the second tortilla.

Makes 1 snack.

6 POLITICS, ECONOMICS, AND NUTRITION

Although almost one-fourth of all Mexicans earn their living from farming, agriculture only accounts for a small percentage of the country's gross national product. The government provides protection for farmers by



EPD Photos

One quesadilla per person is enough as a snack, but two might be served as the main course for lunch or as a light supper.

supporting the prices of agricultural products. Mexico is self-sufficient in most fruits and vegetables (that is, Mexican farmers grow enough to meet the needs of the people), and in beans, rice, and sugar. However, many people living in rural areas are poor, and are barely able to grow enough food to feed their own families.



Arroz Blanco (White Rice)

Technically a sopa seca, or dry soup, this dish is often served before the main course.

Ingredients

- ¼ cup vegetable oil
- 1 medium onion, peeled and chopped
- 1 clove garlic, peeled and crushed

- 1 cup white rice (uncooked)
- 2 cups chicken broth or stock (canned is fine, 2 cups equals 16 ounces)

Procedure

1. In large skillet, heat oil over medium heat for about 1 minute.
2. Add the onion and garlic and cook until the onion is golden but not brown.
3. Add rice and mix ingredients together well. Cook rice for about 5 minutes.
4. Add broth and reduce heat to low. Cover and simmer 15 to 20 minutes, stirring occasionally.
5. Serve the rice when all the liquid has been absorbed.



Chocolata Mexicana (Hot Chocolate Drink)

Ingredients

- 1½ ounces unsweetened chocolate
- 2½ cups milk
- ¼ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- 2 Tablespoons dark brown sugar
- 2 cinnamon sticks

Procedure

1. Slowly melt the chocolate in a small saucepan over low heat.
2. In another small saucepan, warm the milk, cinnamon, vanilla, brown sugar, and cinnamon sticks together.
3. Pour the warmed milk mixture into the melted chocolate and stir to combine.
4. Remove the cinnamon sticks and pour hot chocolate into two mugs.

Serves 2.

MEXICO

Children as young as 14 may work, but there are strict laws about the conditions and hours of employment. However, young people working on farms are often working for their family, so the laws are not enforced. Most children in Mexico receive adequate nutrition, although there is a small percentage of very poor children whose diets lack basic nutrients.

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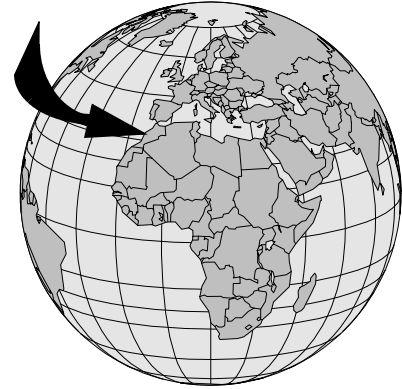
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Morocco

Recipes

Chicken Tajine with Almonds and Prunes	56
Moroccan Mint Tea.....	58
Mescouta (Moroccan Date Cookies).....	58
Bisteeya.....	59
Harira.....	61
Fried Baby Carrots.....	61
Chickpea, Feta, and Olive Salad	62
Moroccan "String of Doughnuts"	63
Mhalbi	63
Sweet Grated Carrot Salad	63



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Morocco is located in the northwestern corner of Africa. Morocco is slightly larger in area than California, and its territory has three different regions. The northern coast along the Mediterranean Sea is made up of fertile land that rises to elevations of about 8,000 feet (2,400 meters). The Atlas Mountains run between the Atlantic coast in the southwest to the Mediterranean Sea in the northeast. Finally, the semiarid area in the south and east known as the Western Sahara connects Morocco with the vast African Sahara Desert.

Morocco faces a problem with *desertification*. Desertification is the process where fertile land becomes barren and desert-like. Desertification may be caused by forces of nature, such as lack of rainfall or drought. Humans contribute to desertification when they clear away all the trees or allow their livestock to graze too much so that they eat away all plants. These practices leave no

plants to hold the soil in place, so wind and rain can carry away the fertile topsoil. Morocco also has a problem with water pollution from oil spills, poor sewage treatment practices, and the use of strong pesticides.

In the northwest, agriculture in Morocco thrives. Except in years when there is severe drought, Moroccan farmers are able to supply the country with enough food.

2 HISTORY AND FOOD

Nomads called Berbers were the first inhabitants of Morocco over two thousand years ago. They used local ingredients, such as olives, figs, and dates, to prepare lamb and poultry stews. Over time, traders and conquering nations introduced new food customs. Among them were the Phoenicians, Carthaginians, and Romans. However, the strongest influence on native cooking was the Arab invasion in the seventh century A.D.

The Arabs brought with them new breads and other foods made from grains. They

MOROCCO



introduced spices including cinnamon, ginger, saffron, cumin, and caraway. They also introduced sweet-and-sour cooking, which they had learned from the Persians. Moors from Andalusia in southern Spain also influenced Moroccan cooking. The *pastilla*, or *bisteeya*, a popular pigeon pie in Morocco, was originally a Moorish dish. In modern times, the French and the British made contributions to Moroccan cuisine.

3 FOODS OF THE MOROCCANS

Morocco, unlike most other African countries, produces all the food it needs to feed its people. Its many home-grown fruits and vegetables include oranges, melons, tomatoes, sweet and hot peppers, and potatoes. Five more native products that are espe-

cially important in Moroccan cooking are lemons, olives, figs, dates, and almonds. Located on the coast of the Mediterranean Sea, the country is rich in fish and seafood. Beef is not plentiful, so meals are usually built around lamb or poultry.

Flat, round Moroccan bread is eaten at every meal. The Moroccan national dish is the tajine, a lamb or poultry stew. Other common ingredients may include almonds, hard-boiled eggs, prunes, lemons, tomatoes, and other vegetables. The tajine, like other Moroccan dishes, is known for its distinctive flavoring, which comes from spices including saffron, cumin, coriander, cinnamon, ginger, and ground red pepper. The tajine's name is taken from the distinctive earthenware dish with a cone-shaped top in which it is cooked and served. Another Moroccan dietary staple is couscous, made from fine grains of a wheat product called semolina. It is served many different ways, with vegetables, meat, or seafood.

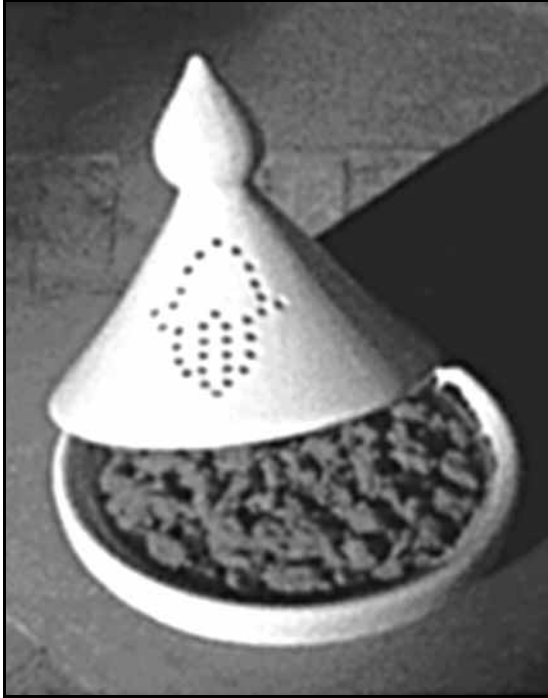
Sweets play a very important role in the Moroccan diet. Every household has a supply of homemade sweet desserts made from almonds, honey, and other ingredients. Mint tea is served with every meal in Morocco. It is sweetened while it is still in the pot.



Chicken Tajine with Almonds and Prunes

Ingredients

- 6 skinless, boneless chicken breasts
- 2 Tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon ground black pepper



EPD Photos/Yzza

In Morocco, tajine is the name of both the stew and the covered clay pot it is baked in. The tajine may be called the "Moroccan crockpot" because it is used to slow-cook meat dishes.

- 1 teaspoon powdered cinnamon
- ¼ teaspoon powdered ginger
- ½ teaspoon powdered saffron (optional)
- 3 short cinnamon sticks
- 4 ounces butter
- 2 large onions
- ½ cup sugar
- 1 strip lemon peel
- 1 pound dried prunes
- Blanched almonds
- Fresh watercress or mint

Procedure

1. Combine the oil and ground spices in a large bowl.
2. Cut the chicken into cubes and chop the onion finely. Put the chicken and onion into the bowl with the oil and spices. Combine well and let stand for 30 minutes.
3. Melt the butter in a large skillet. Add the chicken, searing (browning) them lightly on all sides.
4. Add any remaining marinade and enough water to cover. Simmer until chicken is tender (about 30 minutes).
5. While the chicken is cooking, put the prunes in a small saucepan, cover with water and bring the water to a boil. Remove the pan from the heat and let them stand for 20 minutes.
6. Drain the prunes, return them to the pan, and ladle a little liquid from the meat pan over the prunes. Simmer the prunes for 5 minutes.
7. Add the lemon peel, cinnamon sticks, and half the sugar to the prunes.
8. Stir the remaining sugar into the meat.
9. Arrange the meat on a serving platter. Add the prunes to the meat, and pour the sauce from the prunes over the meat and prunes.
10. Boil the remaining liquid from the meat rapidly to reduce it by half and pour over the meat and prunes.
11. Melt a small amount of butter in a saucepan and brown the almonds lightly. Garnish the tajine with the almonds and watercress or mint.
12. Serve with rice or couscous.

Serves 10 to 12.



Moroccan Mint Tea

Ingredients

- 1½ Tablespoons green tea (or 2 teabags of green tea)
- Boiling water
- 3 Tablespoons sugar (or to taste)
- Handful (about 2 Tablespoons) of fresh or dried spearmint leaves

Procedure

1. Put the tea in a 2-pint teapot and fill it with boiling water.
2. Let the tea steep (soak) for 2 minutes.
3. Add mint leaves and sugar to taste.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Muslim dietary restrictions prohibit the consumption of pork and alcohol. During the holy season of Ramadan, when Muslims fast during the day, a thick soup called *harira* is served at night. A bowl of *harira*, which is made with beans and lamb, is served with fresh dates. It is served both at home and in cafes. For the holiday Eid al-Fitr, which marks the end of Ramadan, a holiday feast is prepared. A popular dish at this feast is *bisteeya*, made with pigeon meat wrapped in pastry dough. More than 100 layers of pastry dough may be used.

The Muslim feast day of Eid el Kebir takes place seventy days after Ramadan. For this holiday, a sheep is roasted on a spit and served whole at the table. Each person cuts off a piece and dips it into a dish of cumin. Rich date bars called *mescouta* are a popular dessert at many festive occasions.



Holiday Menus

I.

- Cashew bisteeya (pie made with phyllo dough)
- Couscous with fennel
- Mhalbi (custard)
- Fresh seasonal fruit and dates
- Mint tea

II.

- Assortment of salads
- Tajine of potatoes, peas, and artichoke hearts
- Couscous
- Dates stuffed with almond paste
- Fresh seasonal fruit
- Mint tea



Mescouta (Date Cookies)

Ingredients

- 6 eggs, well beaten
- ½ cup sugar
- 1 teaspoon vanilla extract
- ½ cup (1 stick) melted butter or margarine
- ¾ cup flour
- ½ teaspoon baking powder
- 1 cup pitted dates, chopped
- ½ cup walnuts or almonds, finely chopped
- ⅓ cup raisins, seedless
- 3 Tablespoons confectioners' sugar

Procedure

1. Preheat oven to 350°F.
2. In large mixing bowl, mix eggs, sugar, vanilla, and melted butter or margarine by hand (or with an electric mixer) until well-blended (mix for about 3 minutes).



EPD Photos

After baking, *Mescouta* (Date Cookies) are rolled in confectioners' sugar.

3. Gradually stir in flour and baking powder, a little at a time, stirring with a wooden spoon to blend.
4. Add dates, nuts, and raisins, and mix well.
5. Pour mixture into greased 8- or 9-inch square cake pan.
6. Bake for about 30 minutes, or until a toothpick inserted in the center comes out clean.
7. While still warm, cut into rectangular bars about an inch wide.
8. Put 3 Tablespoons confectioners' sugar into a small dish.
9. Roll each bar in confectioners' sugar.
10. Store bars in a box with wax paper between layers.

Makes 24 to 30 bars.



Bisteeya

Ingredients

- 2 Tablespoons vegetable oil
- 3 cloves garlic, crushed, or 1 teaspoon garlic granules
- 2 large onions, grated
- ½ cup almonds, sliced
- 1 cup fresh parsley, finely-chopped or ½ cup dried parsley flakes
- 2 teaspoons ginger, ground
- 3 teaspoons cinnamon, ground, or more as needed
- 5 cups boneless, skinless chicken, cooked and cut into bite-size chunks
- Salt and pepper to taste
- 1 cup butter or margarine, more or less as needed
- 5 eggs, beaten until frothy
- ¼ cup sugar
- 1 pound package frozen phyllo dough (available in freezer section of most supermarkets), thawed according to directions on package
- 2 teaspoons confectioners' sugar, more or less as needed



Cory Langley

A shopper selects lemons from the stock at an open-air market. Moroccan cooking uses ingredients common to North Africa, such as lemons, olives, figs, dates, and almonds.

Procedure

1. In large skillet, heat oil over medium-high heat.
2. Add garlic, onions, almonds, parsley, ginger, and 2 teaspoons cinnamon. Stirring constantly, fry until onions are soft, about 3 minutes.
3. Remove from heat, add cooked chicken and salt and pepper to taste, and stir well. Set aside.
4. Melt 2 Tablespoons butter or margarine in medium skillet over medium heat.
5. Add eggs, sugar, and 1 teaspoon ground cinnamon, and stir well.
6. Adding more butter or margarine if necessary to prevent sticking, stir constantly until eggs are soft scrambled, about 5 minutes.
7. Add to chicken mixture and lightly toss together.
8. Preheat oven to 350°F.
9. Melt ½ cup butter or margarine in small saucepan.
10. Brush bottom and sides of pie pan with melted butter or margarine.
11. Remove sheets of phyllo from package and unfold; keep covered with clean, dampened paper towel.

12. Center one phyllo sheet in buttered pie pan and gently press into the pan, leaving a generous overhang all around the top edge.
13. Brush the first sheet with plenty of melted butter or margarine.
14. Layer 5 more sheets of phyllo dough, brushing each one with melted butter or margarine.
15. Fill crust with chicken mixture and cover with 3 more layers of phyllo, brushing each with butter or margarine.
16. Roll overhanging edges together and tuck inside of pie pan rim.
17. Brush top and edges with the remaining melted butter or margarine.
18. Using fork, poke about 8 steam vents into top of crust.
19. Bake in oven for about 20 minutes or until golden brown.
20. Remove from oven and sprinkle top with confectioners' sugar and cinnamon.

Serves 6 to 8.

∞
Harira

Ingredients

- 4 Tablespoons olive oil
- 1 large onion, finely chopped
- 2 cloves garlic, crushed
- 1 teaspoon turmeric
- 1 teaspoon ginger, ground
- 1 teaspoon cumin, ground
- 3 cans (approximately 6 cups) chicken or vegetable broth
- 8 ounces (1¼ cups) green lentils, washed
- 1 14-ounce can chopped tomatoes
- 1 15-ounce can chickpeas, drained
- 3 Tablespoons fresh cilantro, chopped
- 3 Tablespoons fresh parsley, chopped

- Salt and freshly-ground black pepper
- Lemon juice (optional)

Procedure

1. In a large saucepan, heat half the oil. Add the onion and cook 10 minutes, until soft.
2. Add the garlic, turmeric, ginger, and cumin and cook a few more minutes.
3. Stir in the stock and add the lentils and tomatoes.
4. Bring to a boil, cover and simmer 20 minutes or until the lentils are soft.
5. Stir in the chickpeas, remaining olive oil, cilantro, parsley, salt, pepper and lemon juice (if using), and simmer 5 more minutes.

Serves 8 to 10.



Fried Baby Carrots

Ingredients

- 1 pound baby carrots
- 3 Tablespoons olive oil
- 1 clove garlic, crushed
- 1 teaspoon sugar
- Grated rind of 1 lemon
- Juice of ½ lemon
- Salt and freshly ground black pepper
- 2 Tablespoons fresh mint, roughly chopped
- Sprigs of mint, to garnish

Procedure

1. Heat the oil in a skillet large enough to hold the carrots in a single layer.
2. Add the carrots and cook gently 15 minutes, shaking frequently.
3. Add the garlic and cook 10 minutes more until the carrots are tender and spotted with brown.

4. Add the sugar and cook 2 minutes.
5. Stir in the lemon rind and juice and season with salt and pepper.
6. Stir in the chopped mint and transfer to a serving dish.
7. Garnish with sprigs of mint.

Makes 4 servings.

5 MEALTIME CUSTOMS

Moroccans eat their meals at low round tables, sitting on cushions on the floor. They eat with their hands instead of silverware, using the thumb and first two fingers of their right hands. They also use pieces of bread to soak up sauces and carry food to the mouth. Small warmed, damp towels are passed around before the meal to make sure everyone's hands are clean. Most meals consist of a single main dish, often a stew, a couscous dish, or a hearty soup. It is served with bread, salad, cold vegetables, and couscous or rice on the side. A typical breakfast might include *beysara* (dried fava beans stewed with cumin and paprika), *beghrir* (pancakes), and bread. Two breakfast favorites that may sound exotic to Westerners are lambs' heads and calves' feet.

Although Moroccans love sweets, they are usually saved for special occasions. With everyday meals, the most common dessert is fresh fruit.

The sweetened mint tea that comes with every meal is served a special way. It is brewed in a silver teapot and served in small glasses. When the tea is poured, the pot is held high above the glasses to let air mix with the tea. Tea is served not only at home but also in public places. In stores, merchants often offer tea to their customers.

Morocco is famous for the wide range of delicious foods sold by its many street vendors. These include soup, shish kebab, roasted chickpeas, and salads. Both full meals and light snacks are sold. A favorite purchase is sugared doughnuts tied together on a string to carry home.



Chickpea, Feta, and Olive Salad

Ingredients for salad

- 2 cans (15-ounce each) chickpeas, drained and rinsed
- 5 ounces feta cheese, cut into cubes
- 8 ounces cherry or grape tomatoes
- 2 ounces pitted black olives
- 4 Tablespoons flat leaf parsley
- Lettuce or other salad greens

Ingredients for dressing

- 5 Tablespoons olive oil
- 1 Tablespoon lemon juice
- 1 clove garlic, crushed
- Salt, to taste

Procedure

1. Place the chickpeas in a bowl and add the feta cheese cubes.
2. Cut the tomatoes in half if necessary, to make them bite-sized.
3. Add tomatoes to the chickpeas and feta cheese mixture. Add the black olives, parsley, and lettuce.
4. Combine dressing ingredients in a small bowl.
5. Pour over chickpea mixture, toss gently, and chill.
6. Serve chilled or at room temperature.

Serves 8.



Moroccan “String of Doughnuts”

Ingredients

One box doughnuts (may be regular or “mini” size)

Clean heavy string (such as kitchen twine)

Large safety pin

Procedure

1. Cut several 2-foot pieces of string.
2. Tie the safety pin to the end of the string.
3. Using the safety pin as a “needle,” thread the string through the center holes of 3 or 4 doughnuts.
4. Remove the safety pin and tie the ends of the string together.
5. Repeat, making several strings of donuts to share as a snack with friends.



Mhalbi

Ingredients

⅓ cup cornstarch

3 cups milk

¼ cup sugar

1 cinnamon stick

½ cup almond, finely chopped

2 Tablespoons orange flower water (optional)

Procedure

1. In a small bowl, dilute the cornstarch with ½ cup of the milk. Set aside.
2. In a heavy, medium saucepan, bring the remaining 2½ cups milk, sugar, and cinnamon stick to a boil.
3. Add the cornstarch mixture.
4. Whisk continuously until the mixture thickens, about 5 minutes.

5. Remove from the heat and remove the cinnamon stick.

6. Optional: stir in the orange flower water. Pour into 5 dessert bowls and let cool.

7. Sprinkle with the chopped almonds. Serve chilled or at room temperature.

Serves 5.



Sweet Grated Carrot Salad

Ingredients

4 to 6 sprigs fresh flat-leaf parsley

¼ teaspoon cinnamon, ground

1½ teaspoons confectioners’ sugar

Juice of 2 oranges

1¾ pounds carrots, grated

Procedure

1. Mix the chopped parsley with the cinnamon, sugar, and orange juice in a salad bowl.
2. Add the grated carrots and mix well.
3. Taste and adjust the seasoning if necessary. Serve slightly chilled.

Serves 10 to 12.

6 POLITICS, ECONOMICS, AND NUTRITION

According to a report by the World Bank, about 5 percent of the total population of Morocco are undernourished, and 58 percent of the total population have access to adequate sanitation (clean, sanitary toilet facilities). Some Moroccan children do not receive adequate nutrition. Ten percent of children under five are underweight for their age, while 24 percent are short for their age.

Both of these statistics reflect poor nutrition for the youngest children in Morocco.

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Mozambique

Recipes

Piri-Piri Sauce	66
Pãozinho (Portuguese Rolls)	67
Maize Porridge.....	68
Sandes de Queijo (Baked Cheese Sandwich)	68
Matata (Seafood and Peanut Stew)	69
Malasadas (Doughnuts)	69
Filhos de Natal (Christmas Fritters)	70
Bolo Polana (Cashew Nut and Potato Cake)	71
Sopa de Feijao Verde (String Bean Soup).....	72
Salada Pera de Abacate (Tomato and Avocado Salad) .	73
Lemon and Herb Salad Dressing.....	73



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Located on the southeastern coast of Africa, Mozambique has an area of 309,496 square miles (801,590 square kilometers), slightly less than twice the size of the state of California. Mozambique is 44% coastal lowlands. The most important rivers are the Zambezi, the Limpopo, the Save (Sabi), and the Lugenda. The most important lake is Lake Malawi (also called Lake Niassa).

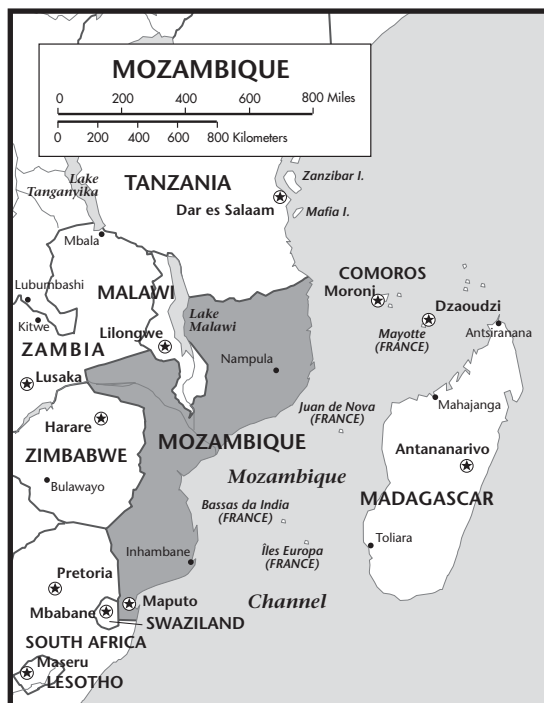
Thick forest covers the wet regions, but the drier interior has little vegetation. As with the dense forest elsewhere in the world, Mozambique has lost 70% of its forests. Wild animals, such as elephants, buffalo, wildebeests, zebras, hippopotamuses, lions, crocodiles, and over 300 varieties of birds, roam the country. In some areas there are problems with the purity of the water supply.

2 HISTORY AND FOOD

Some of the earliest inhabitants of present-day Mozambique were small groups of hunter-gatherers, often called Bushmen. These nomadic groups traveled from one place to the next in search of seasonal fruits, vegetables, roots, and seeds. To supplement their primitive diet, the groups would also follow herds of wild animals such as impala (an African antelope) and buck, killing them with poisonous bows and arrows. Permanent settlements were never established because agriculture (cultivating land to produce crops) was not practiced.

Around A.D. 300, Bantu-speaking Africans from the north introduced the practice of agriculture to Mozambique. The Bantu, who were primarily farmers and ironworkers, migrated to present-day Mozambique in search of farmable land. Over the next several hundred years, agricultural systems

MOZAMBIQUE



was once the largest producer of these nuts), and *pãozinho* (pronounced pow-zing-yo; Portuguese-style bread rolls) were brought in by the Portuguese. The use of seasonings such as onions, bay leaves, garlic, fresh coriander, paprika, chili peppers, red sweet peppers, and wine were introduced by the Portuguese, as was sugarcane, maize, millet, rice, sorghum (a type of grass), and potatoes. *Prego* (steak roll), *rissois* (battered shrimp), *espetada* (kebab), *pudim* (pudding), and the popular *inteiro com piri-piri* (whole chicken in *piri-piri* sauce) are all Portuguese dishes commonly eaten in present-day Mozambique.



Piri-Piri Sauce

Ingredients

- 2 teaspoons cayenne pepper
- ¼ teaspoon salt
- Juice of 2 lemons
- 2 garlic cloves, crushed
- 6 sprigs parsley, chopped (or 2 Tablespoons dried parsley)
- 1 cup butter or oil

Procedure

1. Combine all the ingredients together in a saucepan and heat on low for 5 minutes before serving.
2. Serve with cooked shrimp. Piri-piri may also accompany chicken, seafood, and most meats.

were established to collectively grow maize (similar to corn) and other grains.

Arab merchants, who arrived in sailing ships called *dhows*, set up some of the first trading posts in the 700s. They brought with them various items, including *sal* (salt), essential in preserving foods such as meat. In 1498, a Portuguese explorer named Vasco da Gama landed at Mozambique on his voyage to India, quickly establishing Portuguese ports and introducing foodstuffs and customs to the Mozambican culture.

Ruling for nearly 500 years, the Portuguese greatly impacted the cuisine of Mozambique. Crops such as cassava (a starchy root) and cashew nuts (Mozambique



Pãozinho (Portuguese Rolls)

Ingredients

- 10 cups flour (approximately 5 pounds)
- 2 packages active dry yeast
- ¼ cup margarine
- 1½ teaspoons shortening
- 1 Tablespoon salt
- 1 Tablespoon sugar
- 3½ to 4 cups lukewarm water

Procedure

1. Dissolve the yeast in ½ cup of the water with ½ teaspoon sugar added. Let stand for 5 minutes, or until bubbly.
2. Place in a large bowl and add enough flour to make a batter.
3. Cover the bowl with a cloth and blanket and let stand until it forms bubbles and looks lumpy.
4. Add the remaining ingredients and mix well, kneading well until smooth, about 10 minutes. Add more flour if dough is too soft.
5. Cover again with cloth and blanket and let stand in a warm place until doubled in size.
6. On a floured board, using about ⅓ cup dough for each bread roll, shape into round balls and let rest on a cloth dusted with flour.
7. After all rolls are shaped, beginning with rolls that were shaped first, flatten each with palm of hand, making an indent in the middle with the side of your hand, then fold in half.
8. Lay each roll on the cloth with open side down.
9. Let rolls rest for 5 minutes. While rolls are resting, preheat oven to 500°F.
10. Place rolls on baking sheet with open side up and lightly brush with milk.

11. Bake in oven for 10 to 15 minutes.

Makes about 24 rolls.

3 FOODS OF THE MOZAMBIicans

The cuisine of Mozambique revolves around fresh seafood, stews, corn porridge (maize meal), *arroz* (rice), millet (a type of grain), and *mandioca* (cassava). Meats such as *bifel* (steak) and *frango* (chicken) are often accompanied by beans, cassava chips, cashew nuts, coconut, *batata* (potatoes), and a variety of spices, including garlic and peppers (a Portuguese influence). Seasonal *fruta* (fresh fruit; Mozambique's papaya and pineapples are known as some of the juiciest in the world), puddings made of fruits and rice, and fried balls of flour paste (similar to doughnuts), most often accompanied by Mozambican *chá* (tea), make a delicious ending to any meal.

In the mornings for *pequeno almoço* (breakfast), tea and coffee are commonly sold with sandwiches made of *ovos* (egg) or fresh *peixe* (fish), or a slightly sweetened bread-cake. The *pequeno almoço* is usually light, however, as the main meal of the day is normally *almoço* (lunch) at midday.

Those who work in cities and towns often purchase *almoço* from food stalls (also called tea stalls), which are located on roadsides, bus stations, and markets around town. *Pregos* (steak sandwiches), burgers, fried chicken, meat stews, and rice are typical fare available from the stalls. Fresh seafood from off the coast of Mozambique is abundant and is considered some of the most delicious food available. It is sold nearly everywhere from street stalls to city restaurants, though it is more available near

the coast. Fresh fish, prawns (similar to shrimp), calamari (squid), crab, lobster, and crayfish are often served with *arroz* (rice) or *batata fritas* (fries, known as chips). *Matata*, a seafood and peanut stew, is a typical local dish. Rice topped with sauce, spicy stew, fresh fruit (such as pineapples sprinkled with sugar and cashew nuts), and *posho* (maize porridge) are common lunches for children. Toasted cheese sandwiches (*sandes de queijo*), commonly sold at stalls, and chips (fries) are other favorites.

Aside from the widely served coffee and tea, adults may enjoy locally brewed beer made from maize, a Mozambican staple food. The thick and sweet drink is often drunk from a common pot and shared by everyone present on special occasions. Madeira, a Portuguese wine that is popular in Mozambique, was extremely popular in America during the colonial era—it was a favorite of George Washington and was used to toast the Declaration of Independence in 1776.

Children often prefer such beverages as carbonated soft drinks and fresh fruit juices, which are sometimes imported from the country of South Africa.



Maize Porridge

Ingredients

- 4 cups water
- 2½ cups white cornmeal

Procedure

1. Bring 3 cups of the water to a boil in a large pot.

2. Combine 1½ cups of the cornmeal with the remaining 1 cup water.
3. Reduce heat to low and add the cornmeal mixture to the boiling water, stirring constantly with a wooden spoon.
4. Cook for about 5 minutes, slowly adding the remaining cup of cornmeal.
5. When the mixture is very thick and starts to pull away from the sides of the pan, transfer to a serving bowl or plate.
6. Use a spoon to shape the mixture into a round ball (you may also use wet hands).
7. This stiff porridge is popular throughout Africa and is typically used to scoop up sauces and food from plates.

Serves 6 to 8.



Sandes de Queijo (Baked Cheese Sandwich)

Ingredients

- 1 Portuguese roll (a soft white dinner roll may be substituted)
- 2 to 3 slices cheddar cheese
- 2 slices ham (optional)

Procedure

1. Preheat oven to 350°F.
2. Slice the roll in half, but do not cut all the way through.
3. Open the roll and place 2 to 3 slices of cheese on top of the bottom half.
4. Add ham slices if desired (ham often accompanies cheese on sandwiches in Mozambique).
5. Close the roll and place on a cookie sheet in the warm oven.
6. Bake until cheese is melted, about 5 minutes.

Serves 1.



Matata
(Seafood and Peanut Stew)

Ingredients

- 1 cup onions, finely chopped
- Olive oil (vegetable oil may be substituted)
- 4 cups canned clams, chopped
- 1 cup peanuts, finely chopped
- 2 tomatoes, cut into small pieces
- 1 Tablespoon salt
- ½ teaspoon black pepper
- 1 teaspoon crushed red pepper, or to taste
- 1½ pounds fresh, young spinach leaves, finely chopped
- 2 cups cooked white rice

Procedure

1. Sauté onion pieces in a small amount of olive oil in a saucepan over medium-low heat. Cook until onions are softened, but do not brown them.
2. Add the chopped clams, peanuts, tomatoes, salt, black pepper, and a pinch amount of red pepper (it is spicy).
3. Over low heat, simmer for 30 minutes.
4. Add spinach leaves.
5. Cover tightly; as soon as leaves are withered, *matata* is ready to be served.
6. Serve over cooked white rice.

Makes 8 servings.



Malasadas (Doughnuts)

Ingredients

- 1 package yeast
- ⅓ cup and 1⅓ cups warm water
- 1 teaspoon and ⅓ cup sugar

- 2 pounds flour
- 1 teaspoon salt
- 1⅓ cup cream
- ⅓ cup butter, melted
- 8 eggs, beaten
- Oil, for frying

Procedure

1. Dissolve the yeast in the ⅓ cup warm water and 1 teaspoon sugar; stir. Let stand until foamy (several minutes).
2. Combine the flour, sugar, and salt in a large bowl. Mix in the cream and water.
3. Beat the 8 eggs in separate bowl.
4. Add the beaten eggs and melted butter in with the rest of the ingredients to the flour mixture.
5. Add the dissolved yeast mixture and stir well to form a soft dough.
6. Cover and put in a warm place. Let stand until double in size, about 1½ hours.
7. Drop by spoonfuls into deep, hot oil and fry until light brown.
8. Remove, using a slotted spoon, and drain on a rack with paper towels.
9. Coat with sugar, if desired.

Makes 5 dozen small doughnuts.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The religions practiced by the people of Mozambique are Islam, Christianity, and African indigenous beliefs. This is a result of the various cultures that have dominated the country throughout its history. Arab traders introduced the religion of Islam, the dominant religion of their Middle Eastern origins. The Portuguese, led by explorer Vasco da Gama, made one of their missions to spread the idea of Christianity on their



A Typical Christmas Meal

Chicken (with *piri-piri* sauce or marinade)

Chips (French fries)

Cabbage

Rice

Watermelon

Filhos de natal (Christmas fritters)

voyage to India at the end of the 1400s (bringing spices and various riches back to Portugal was the other mission).

At the beginning of the twenty-first century, roughly 60 percent of the population practiced a form of traditional indigenous religion, 30 percent are Christian, and about 10 percent are Muslim. Some Christians and Muslims also choose to practice their traditional indigenous beliefs.

The strong Christian presence throughout the country makes Christmas a very special time. Portuguese songs are rehearsed, costumes are designed for children participating in Mozambican celebratory dances, and decorations are made to hang on Christmas trees. A dove (symbolizing peace) and a cross form Mozambique's logo for the Christian Council and is often found on trees during Christmas time each year. Those who can afford a nice holiday meal will often have an entrée of meat, accompanied by rice, a vegetable, fresh fruit, and fancy pastries or cakes for dessert. Those closer to the coast will usually eat garlic

shrimp or other seafood delicacies. The very poor often receive a food donation of rice, oil, and beans from various organizations. Christmas Day is also called Family Day in Mozambique.

Secular (non-religious) holidays are also widely celebrated throughout the country. Often on these days, families and close friends gather together to enjoy a large meal. Some of these days include New Year's Day on January 1, Independence Day on June 25, and Maputo City Day in Maputo on November 10. On such special occasions, *bolo polana* (a cashew nut and potato cake) is a Mozambican favorite.



Filhos de Natal (Christmas Fritters)

Ingredients

- 1 package dry yeast
- 4 cups flour
- 5 eggs, lightly beaten
- ¾ cup honey
- ¼ cup warm milk
- 1 teaspoon salt
- 4 Tablespoons brandy (may substitute 2 teaspoons vanilla)
- ½ cup hot water
- Oil, for frying

Procedure

1. Beat the 5 eggs in a bowl.
2. Warm the milk in a microwave, and dissolve the yeast in the warm milk. Let stand for 5 minutes.
3. In a large bowl, combine the flour and salt.

4. Add the yeast mixture, beaten eggs, and brandy or vanilla to the flour mixture.
5. Knead until the dough is smooth and elastic (about 10 minutes).
6. Place the dough into a greased bowl, cover with a cloth, and let rise in a warm place until doubled in size (about 2 hours).
7. Punch down on the dough and roll out onto a floured board (with a rolling pin) until about ¼-inch thickness.
8. Cut into ½-inch wide and 2-inch long strips.
9. Fry in hot oil for 2 to 3 minutes until crisp and golden brown, then drain on paper towels.
10. Dissolve the honey in hot water and drip the fritters in the mixture until coated.
11. Serve either hot or cold.

Serves 6 to 8.



Bolo Polana (Cashew Nut and Potato Cake)

Ingredients

- 3 medium-sized (1 pound) boiling potatoes, peeled and quartered
- 3 quarter-pound sticks unsalted butter, softened
- 2 Tablespoons flour
- 2 cups sugar
- 2 cups roasted, unsalted cashews, finely chopped in blender or nut grinder
- 2 teaspoons fresh lemon peel, finely grated
- 2 teaspoons fresh orange peel, finely grated
- 9 egg yolks
- 4 egg whites



EPD Photos

To separate the eggs for Bolo Polana (Cashew Nut and Potato Cake), transfer the egg yolk back and forth between the two eggshell halves, letting the white drip into the bowl.

Procedure

1. Boil the potatoes uncovered until they are soft enough to be easily mashed with a fork (about 15 minutes). Drain and return to the cooking pot.
2. Thoroughly mash the potatoes with a fork or potato masher (or electric mixer). Set aside to cool.
3. Preheat oven to 350°F.
4. Grease well the bottom and sides of a 9-inch springform cake pan. Dust the pan evenly with flour. Turn pan over and tap on surface to remove excess flour.
5. In a large bowl, mix the 3 sticks of softened butter and 2 cups of sugar together using a wooden spoon or electric mixer until light and fluffy.

6. Add the potatoes, cashews, and lemon and orange peels; mix well.
7. Add the egg yolks one at a time and continue to stir until well blended.
8. With a whisk or electric blender in a separate bowl, beat the egg whites until stiff.
9. Slowly and gently mix the egg whites into potato mixture, using a spatula.
10. Pour the batter into the pan, smoothing the top with a spatula.
11. Bake for about 1 hour, or until top is brown. Let cool for 5 minutes, then remove the cake onto a wire rack.
12. Serve cake while it is slightly warm or at room temperature.

Makes one 9-inch round cake.

5 MEALTIME CUSTOMS

The midday meal is typically the main meal of the day for Mozambicans. However, *jantar* (dinner) may be the main meal for those who can afford to feed guests on special occasions. Traditional African customs often combine with those influenced by the Portuguese, making for a unique dining experience.

The Portuguese influence is felt most often in the dinner's arrangement. Unlike the custom in many African countries, dinner is usually presented on a table with accompanying chairs, rather than having the guests seated on the floor. An embroidered tablecloth and napkins will likely adorn the tabletop, along with individual plates, eating utensils (many African countries prefer eating with the hands), and Portuguese wine.

The most commonly served food largely reflects that of African origins, with Portuguese wine and *piri-piri* (hot pepper relish)

being major exceptions. Soup is a popular appetizer eaten before the main meal, often consisting of a popular vegetable such as corn, squash, or green beans. A ladle is used to transfer the soup into decorative soup bowls. Salads, such as tomato and avocado, are served with the main entrée (usually without bread). Fresh seafood, meat, poultry, or *matata* (seafood and peanut stew) served with rice is most commonly served as the main dish. Condiments (such as *piri-piri*, cashews, and coconut milk) and other spicy sauces may accompany the dish. Those with less money often stick to more simple staples, such as corn porridge and beans.

Dessert, usually fresh fruit, pudding, or small pastries (such as fried dough) is normally eaten in a more casual, relaxed atmosphere (such as a living room). Tea, coffee, and wine are usually offered to the guests while enjoying conversation and Mozambican music.



Sopa de Feijao Verde (String Bean Soup)

Ingredients

- 1 cup instant mashed potatoes
- 1 Tablespoon onion powder
- 1½ quarts boiling water
- 1 can (6-ounce) tomato sauce
- 1 package frozen green beans, thawed and cut into thin slices

Procedure

1. Combine the instant potatoes, onion powder, water, and tomato sauce in a saucepan over medium heat; stir well and bring to a boil.
2. Add the sliced green beans to the potato mixture in the saucepan.
3. Simmer until the beans are cooked.
4. Serve in bowls or large soup plates.

Makes 8 cups.



Salada Pera de Abacate (*Tomato and Avocado Salad*)

Ingredients

- 1 head iceberg lettuce, chopped
- 2 tomatoes, sliced
- 2 avocados, pitted and sliced
- 2 Tablespoons lemon and herb dressing (see recipe)

Procedure

1. Distribute and arrange the chopped lettuce, tomato, and avocado slices on 8 salad plates.
2. Top with lemon and herb dressing (other salad dressing may be substituted).

Serves 8.



Lemon and Herb Salad Dressing

Ingredients

- 3 Tablespoons olive oil
- 2 Tablespoons lemon juice
- 2 Tablespoons parsley, chopped
- 1 clove garlic, crushed



EPD Photos

To prepare the avocado for Salada Pera de Abacate (Tomato and Avocado Salad), first slice all the way around the avocado. Then twist the two halves to separate them and expose the pit.

Procedure

1. Beat all the ingredients together in a mixing bowl and serve over *salada pera de abacate* (see recipe).

6 POLITICS, ECONOMICS, AND NUTRITION

About two-thirds of the population of Mozambique is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of

children under the age of five, about 16 percent are underweight, and over 20 percent are stunted (short for their age).

A campaign to provide Vitamin A supplements to all Mozambican children under the age of five years was launched at the beginning of the twenty-first century. In cooperation with organizations such as the National Agricultural Research Institute and UNICEF, the country's Health Ministry distributed Vitamin A-rich sweet potatoes with orange pulp to local children. Vitamin A will be administered to these children every six months during their normal check ups to prevent blindness. In addition, iodine deficient children under the age of 14, who may experience malfunctioning of the brain and central nervous system, will be provided with iodine capsules.

As the twenty-first century began, an outbreak of Cassava Brown Streak Disease threatened the cassava crop, a Mozambican staple, according to the Famine Early Warning System (FEWS) Network.

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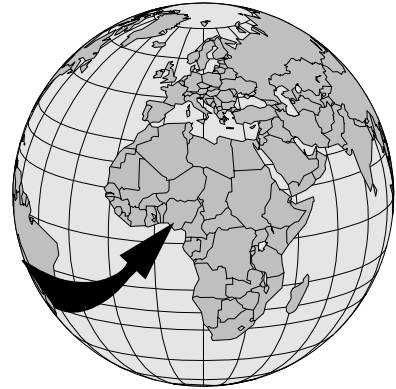
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Nigeria

Recipes

Isu (Spiced Boiled Yams)	76
Nigerian Stew	77
Jollof Rice	79
Iyan (Pounded Yams)	79
Efo (Greens Stew).....	80
Dodo (Fried Plantains).....	80
Chinchin	81



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The name Nigeria is taken from the Niger River, which plays an important part in Nigerian lives. Not only is it a transportation highway, it is an excellent source of fish, including carp, Nile perch, and catfish. It also provides the water needed to cultivate crops.

Nigeria is located on the west coast of Africa at the inner corner of the Gulf of Guinea (part of the Atlantic Ocean). Its land area is comparable to being about twice the size of California.

An area of mangrove (a type of tropical tree) swamp forest lines the coast of Nigeria. Beyond the forest lies a wide tropical forest, then a plateau that leads to the Shebshi Mountains (on the eastern side of the country). The extreme north borders on the Sahara Desert.

Many different climates mirror the varied land regions, although Nigeria is mostly in a tropical zone. On the coast, it is very

humid, and the nights are hot. Inland there is a wet season from April to October and a dry season from November to March.

2 HISTORY AND FOOD

Trade was largely responsible for changing the flavors of African cuisine. Before trading between continents began, main staples included rice, millet (a type of grain), and lentils. The Portuguese were the first Europeans to reach Nigeria. There, they established a slave trade center around the 1400s. Portuguese explorers and traders introduced cassava to western Africa (including present-day Nigeria) through their trade with the African coasts and nearby islands. British, Dutch, and other European traders later competed for control of the trade. By the 1700s, the British were the main traders of slaves on the Nigerian coast.

European explorers and traders introduced several food staples to western Africa, such as beans, cassava, and maize. These foods were introduced to the explor-

NIGERIA



ers while on journeys to America; they, in turn, brought the foods to western Africa. Asian seasonings such as pepper, cinnamon, and nutmeg were also brought back, and are still used to flavor dishes.

3 FOODS OF THE NIGERIANS

Nigeria is one of the world's most ethnically diverse countries. The Hausa and Yoruba make up around 21 percent of the population; the Igbo/Ibo, 18 percent; the Fulani, around 11 percent; and Ibibio, 5 percent. Various other groups make up the remaining 23 percent.

Nigeria has such a variety of people and cultures that it is difficult to pick one national dish. Each area has its own regional favorite that depends on customs, tradition,

and religion. The different foods available also depend on the season: the “hungry season” is before the rains arrive in March, and the “season of surplus” follows the harvest in October and November. Fruits, however, are enjoyed year-round. A large part of Nigeria lies in the tropics, where many fruits are available. Some of the popular fruits are oranges, melons, grapefruits, limes, mangoes, bananas, and pineapples.

People of the northern region (mostly Muslim, whose beliefs prohibit eating pork) have diets based on beans, sorghum (a type of grain), and brown rice. The Hausa people of this region also like to eat meat in the form of *tsere* or *suya* (kebabs, which are chunks of roasted, skewered meat). Muslims love to drink tea, making coffeehouses popular places to socialize.

The people from the eastern part of Nigeria, mostly Igbo/Ibo, eat *gari* (cassava powder) dumplings, pumpkins, and yams. Yams are usually eaten in place of potatoes and are an important part of the Nigerian diet. However, African yams are different than Western yams. They are pale, barely sweet, and are not commonly found in United States supermarkets.



Isu (Spiced Boiled Yams)

Ingredients

- 2 pounds yams, peeled and thickly sliced
(regular yams can be used in place of African yams)
- ½ teaspoon salt
- 1 clove garlic
- 1 teaspoon cinnamon

NIGERIA



EPD Photos

Cassava is a firm root vegetable with a shiny white skin and creamy white flesh. West Africans use it to make flour, called gari. Packaged gari can be purchased in specialty stores worldwide.

4 Tablespoons butter, melted
Cayenne pepper, to taste

Procedure

1. Place the yams in a large saucepan and add enough water to cover them.
2. Add the salt, garlic clove, and cinnamon. Bring to a boil.
3. Reduce heat to medium and cook until tender, 15 to 20 minutes.
4. Drain the yams and remove the garlic clove and discard it.

5. Place the yams on a platter and drizzle the butter over the top.
6. Sprinkle with a little cayenne pepper (be careful, cayenne pepper tastes very hot) and serve.

The Yoruba people of the southwest and central areas eat *gari* with local varieties of *okro* (okra) and spinach in stews or soups. They also like to eat mashed yams or mashed cassava.

Near the coast of the Gulf of Guinea, Nigerians prefer eating seafood stews (made with fish, shrimp, crab, and lobster), yams, rice, and vegetables. Fish is important to the Nigerian diet since it is one of only a few sources of protein. A common way coastal Nigerians prepare fish is to make a marinade of ginger, tomatoes, and cayenne pepper, and then cook the fish in peanut oil. *Efo* (stews) are also popular.



Nigerian Stew

Ingredients

2 pounds fish fillets, thinly sliced (although it won't be authentic Nigerian, chicken may be substituted for fish)
Salt, to taste
Pinch of thyme
¼ cup red bell pepper, minced
¾ cup tomato paste (6-ounce can)
1 medium onion, chopped
4 cups water
¼ cup peanut or vegetable oil
1 chicken bouillon cube

Procedure

1. Season fish fillets with salt and thyme. Set aside.
2. Place the pepper, tomato paste, onion, and water in a large pot.
3. Cook for 10 minutes over medium heat.
4. Add the oil and bouillon cube. Simmer over low heat for 15 minutes.
5. Add the seasoned fish fillets and simmer for 10 minutes. (If using chicken, simmer for 20 minutes.) Serve with rice.

Serves at least 8.

People living in the cities tend to buy their food from “chop bars” (bars that sell food), street vendors, hawkers (peddlers who shout what they are selling), or from restaurants. They may purchase dishes such as *ukwaka*, a steamed pudding made from corn and ripe plantains, and *moin-moin*, a steamed cake of ground dried beans and fish. These dishes may be served with *jollof rice* (a spicy tomato-based rice), cassava, yams, *okro*, beans, plantains, or *kebabs*.

Nigerian stews, such as *ikokore* (made with fish and yams), are typically spicy and eaten with rice, yams, cassava, and corn. Peppers and chilies are used regularly in dishes and as a relish. A Yoruba Proverb says, “The man that eats no pepper is weak, pepper is the staff of life...”

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Nigerians practice traditional African religious beliefs in addition to various branches of Islam and Christianity. Muslims make up 45 percent of the population. Muslim and



Cory Langley

Vendors set up at the roadside, where customers stop for a snack or light meal.

Christian holidays include the end of Ramadan (a month of fasting), Easter, Good Friday, and Christmas. Nigerians return to their villages for Christmas to be with their families. In the afternoon, children open gifts and go from house to house, singing carols and hoping for candy and cookies. A Christmas feast may include *obe didin* (roasted goat), *jollof rice* with chicken stew, *moin-moin*, *iyam* (pounded yams), and chopped liver.



Jollof Rice

Ingredients

- 1 large onion, chopped
- 2 Tablespoons vegetable oil
- 2 teaspoons tomato paste
- 1½ cups cooked rice
- 1 green chili, seeded and chopped (green pepper can be substituted)
- 1 cup meat or vegetable stock

Procedure

1. Cook the rice according to package directions.
2. Heat the oil in a frying pan and sauté the onion until soft, but not browned.
3. Add the tomato paste and chili and cook on medium heat while stirring, about 2 minutes.
4. Add the rice and continue stirring.
5. Add the stock and bring the mixture to a boil.
6. Reduce heat to medium and cook until almost all of the stock has evaporated. Serve.

Makes 4 servings.



Iyan (Pounded Yams)

African yams are not readily available elsewhere in the world, so regular yams may be substituted.

Ingredients

- 4 yams, peeled (canned yams may be substituted, if necessary)
- Water
- Salt, to taste

Procedure

1. Rinse the yams in water and slice them into chunks. Place chunks in a large pot or saucepan. If substituting canned yams, pour the contents of the can into a saucepan, but do not add additional water.
2. Bring to a boil and cook, uncovered, about 20 minutes (10 minutes for canned yams), or until soft enough that a fork is easily inserted.
3. Drain the yams and place them into a blender (or mash by hand). Blend until smooth.
4. Season with salt and serve with soup or stew.

Serves 6.

Besides religious holidays, there are many cultural festivals throughout the year. The Argungu Fish and Cultural Festival is held on the banks of the River Sokoto. Several months before the festival, the River Sokoto is dammed (blocked at a certain point). When the celebration begins, hundreds of fishermen jump into the river at once to scare the fish into the air and into waiting nets.

Igbo Day is a festival of *Iri-ji*, which means, “new-yam eating.” It is held by the Igbo people in Nigeria in August and is a day to celebrate the end of the cultivation season. The oldest man in the community performs the solemn ritual of eating the first new yam. This ritual is meant to express the community’s appreciation to the gods for making the harvest of farm crops possible. Only yams are served at the festival.

5 MEALTIME CUSTOMS

Many Nigerians rise as early as 5 A.M., when a small breakfast is eaten to begin their day. Breakfast usually consists of rice and mangoes, or stewed soybeans. *Dodo* (fried plantains) is a common dish, as well as leftovers from the night before.

Lunch is eaten around 11 A.M. and considered the most important meal of the day. A late dinner may be served with dishes similar to those offered at lunch. Most Nigerian meals are made up of one course and are cooked outside over an open fire (gas and kerosene stoves are sometimes used, but the two fuels are very expensive for many Nigerians). Dishes such as *efo* (stew) or *moin-moin* may be served at lunch. Soups and stews are common lunchtime foods, eaten with hands cupped like a spoon. Many Nigerians only use their right hand. In southern Nigeria, two favorite soups are *egusi* soup and palm nut soup. *Egusi* is a spicy yellow soup made with meat, red chilies, ground dried shrimp, and greens. Palm nut soup is a stew made with meat, chilies, tomatoes, onions, and palm nut oil.



Efo (Greens Stew)

Ingredients

- 1 pound collard greens or spinach
- 1 can (8-ounce) tomato paste
- 1 can (8-ounce) tomato puree
- 1 large onion, diced
- 1 Tablespoon vegetable oil

Procedure

1. Wash the greens and tear into small pieces.
2. In a large pot or saucepan, place the greens in water and add the oil.
3. Boil greens until tender.
4. Add tomato paste, tomato puree, and diced onion.
5. Reduce heat to medium and simmer until vegetables are tender. Serve.

Makes 4 to 6 servings.

Lunch and evening meals are typically served on large communal plates and shared among children according to their gender and age. Young children may eat from a dish with their mother, but when they reach the age of seven or eight, the boys and girls are separated and meals are eaten with members of the same sex.



Dodo (Fried Plantains)

Plantains are slightly larger than bananas and can be found in most supermarkets. When ripe, their skins are yellowish green or yellow (or black if extremely ripe). Plantains do not taste sweet, like yellow bananas.

Ingredients

- 4 ripe plantains, peeled and sliced
- Vegetable oil, for frying
- Salt, to taste

Procedure

1. Heat oil in a large frying pan.
2. Place the sliced plantains in the frying pan and fry, turning as needed, until golden brown.
3. Drain on paper towels.
4. Season with salt and serve hot or warm.



EPD Photos

Dodo (fried plantain slices) sizzle in the frying pan. Fried plantains are often served for breakfast or as a snack.

Nigerians enjoy many different snacks that are eaten throughout the day. Some examples are fried yam chips, boiled groundnuts, and meat pastries. *Akara*, which is a puffy, deep-fried cake made with black-eyes peas, is sometimes eaten with chili dip. Other snacks are *kulikui* (small deep-fried balls of peanut paste), *suya*, a hot and spicy kebab, and a few sweets like *chinchin* (fried pastries in strips). Snack foods are an important part of a child's diet. Fresh fruits (mangoes are a favorite to many), fried bean cakes, cookies, or candy are commonly sold by street vendors.

Snacks provide an opportunity for children to eat on their own, without having to share with siblings.



Chinchin

Ingredients

- 3 cups flour
- 1 cup butter or margarine
- 1 egg
- 1 teaspoons baking powder
- ½ cup water

½ cup milk (or an additional cup of water)
Sugar
Vegetable oil, for frying

Procedure

1. Mix all the ingredients together (except oil) to form a dough.
2. Sprinkle some flour on a cutting board or other flat surface. Knead the dough until smooth (about 10 minutes).
3. Tear off a piece of dough and flatten it (about ½-inch thick) on the cutting board.
4. Cut the dough into 1-inch squares.
5. Pour some sugar in a paper bag (to coat the *chinchin* after it is fried).
6. Heat the oil in a frying pan over medium heat.
7. Place a few of the squares into the oil and fry until golden brown.
8. Place the fried *chinchin* on a paper towel for a few seconds to soak up the extra oil (do not cool).
9. Place the *chinchin* into the bag of sugar and shake to coat all sides. Serve.

Makes about three dozen.

6 POLITICS, ECONOMICS, AND NUTRITION

About 8 percent of the population of Nigeria are classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children

under the age of five, about 39 percent are underweight, and over 39 percent are stunted (short for their age).

Many families are fairly self-sufficient where food is concerned. They harvest their own food crops, such as yams, cassava, corn, and millet.

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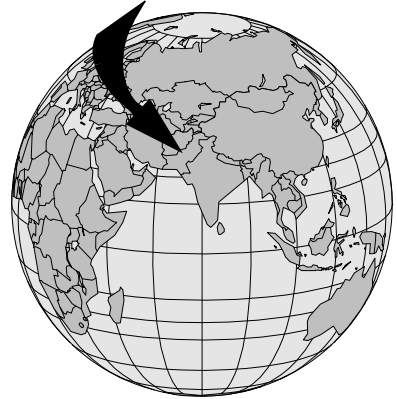
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Pakistan

Recipes

Shahi Tukra	84
Dhal (Lentil Stew)	85
Aaloo Bukhary Ki Chutney (Plum Chutney)	86
Chicken Karaii	86
Raita (Yogurt and Vegetable Salad)	87
Lassi (Yogurt Drink).....	88
Kheer (Rice Pudding).....	88



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Pakistan lies northwest of India and west of China. The country’s name comes from the Urdu language (Pakistan’s official language), meaning “Land of the Pure.” It is approximately the size of Texas and its southern coast borders the Arabian Sea. The Hindu Kush and Himalayan mountain ranges of northern Pakistan have some of the most rugged land found anywhere in the world. Nearly all of the land in these mountains lies above 7,800 feet. The Indus plains are in the central region of the country. The climate there is hot and dry. The region usually receives only about eight inches of rain a year and temperatures may hover around 104°F for months at a time. Despite these conditions, the Indus plains support the largest part of Pakistan’s population.

Urdu is Pakistan’s official language, although only 10 percent of Pakistanis speak it. Sixty percent of the population speak Punjabi. Other languages include Sin-

dhi (13 percent); Pushto or Pashtu, spoken by the Pathans (8 percent); and Kashmiri, 2 percent. With this diversity, and because of the role of language in cultural identity, Urdu has been adopted as Pakistan’s national language.

2 HISTORY AND FOOD

The spreading of the Islam religion, starting in the A.D. 700s, forms the basis of Pakistani cuisine. Because Muslims (those who practice the Islam religion) are forbidden to eat pork or consume alcohol, they concentrated on other areas of food such as beef, chicken, fish, and vegetables.

The Moghul Empire (from India) began its ruling in present-day Pakistan around 1526. Its style of cooking, called *Mughal*, typically includes such ingredients as herbs and spices, almonds, and raisins. *Mughal* cooking remains an important part of Pakistani cuisine. Foods such as *shahi tukra*, a dessert made with sliced bread, milk, cream, sugar, and saffron (a type of spice),

PAKISTAN



and chicken tandoori are still enjoyed in the twenty-first century. Chicken tandoori is chicken that is cooked at a low temperature in special large clay ovens called tandoors.

∞
Shahi Tukra

Ingredients

- 5 slices bread
- 2 Tablespoons oil
- 4 Tablespoons sugar
- 4 cups milk
- Saffron powder, to taste (optional)
- Raisins or prunes (dried plums)

Procedure

1. Remove the crusts from the bread with a knife. Cut the bread into four triangular pieces.
2. Heat the oil in a frying pan (over medium heat) and fry the bread pieces one at a time on both sides until golden brown.
3. In a saucepan, add the milk and sugar and bring to a boil, making a slightly thick sauce.
4. Add the saffron to the sauce (optional). Reduce heat to low.
5. Soak the bread slices in the milk sauce and garnish with the raisins or prunes (dried plums). Serve immediately.

Serves 5 to 10.

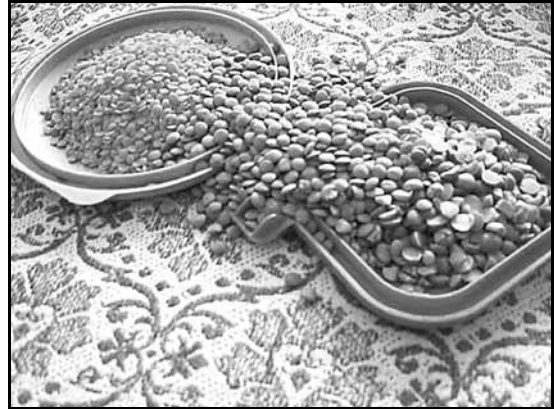
Pakistan was part of India until 1947. Although Pakistani cuisine has obvious Indian roots (found in its heavy use of spices, for example), its foods reflect Irani, Afghani, Persian, and Western influences to give it its own distinct character. These cultures brought different uses of herbs, flavorings, and sauces to Pakistan, transferring ordinary staple foods into unique dishes.

3 FOODS OF THE PAKISTANIS

Pakistan is divided into four provinces, each with different cultures and regional specialties. For example, *machli* (fish) and other seafood are delicacies in the coastal Sind province. In Baluchistan, (the largest province) located in western Pakistan, cooks use the *sajji* method of barbecuing whole lambs in a deep pit. The people living in Punjab (eastern Pakistan) are known for their *roti* (bread) and elaborate cooking preparations. The Pathens, who occupy the Northwest Frontier province, eat a lot of lamb. Their cooking, however, is considered more bland than the other regions. Oven-baked bread

eaten with cubes of meat, called *nan-kebab*, is a favorite Pathen dish.

As a whole, milk, lentils, seasonal *sabzi* (vegetables), and flour and wheat products are the most abundant foods, forming the basis of Pakistani cuisine. *Chapatis* is a flat bread made from wheat and is a staple at most meals. It is used to scoop up food in place of eating utensils. Vegetables such as *alu* (potatoes), *gobhi* (cabbage), *bhindi* (okra), *channa* (chickpeas), and *matar* (peas) are eaten according to the season. *Dhal* (or *dal*) is a stew made with lentils, one of the most commonly eaten vegetables.



EPD Photos/Himanees Gupta

Dhal is made from lentils. There are several varieties of lentils—red, brown, and green. All are used by South Asian (Pakistani and Indian) cooks.



Dhal (Lentil Stew)

Ingredients

- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 teaspoon turmeric (a common spice found in supermarkets)
- 1½ teaspoon cumin
- 1 teaspoon fresh ginger, finely grated
- 2 Tablespoons vegetable oil
- 1 cup dried lentils
- 3 cups water
- 1 teaspoon salt

Procedure

1. Heat the oil over medium heat in a large frying pan or saucepan.
2. Sauté the onion, garlic, and spices.
3. Add the water and bring to a boil.
4. Reduce heat to low, cover, and simmer until lentils are tender, about 45 minutes.

5. Remove the cover and simmer over low heat, stirring frequently, about 20 more minutes (until lentils are mushy and thick).
6. Serve with rice.

Serves 4.

Pakistan offers many fresh fruits that are most plentiful in the summer and autumn months. Mangoes, papayas, bananas, watermelon, apricots, and apples are some examples. *Chiku* have the taste of a date and the texture of a kiwi fruit. Many Pakistanis eat their fruit (especially watermelon) with a light dusting of salt to offset the sweetness or tartness.

While these dietary staples may seem bland, Pakistani cuisine is rich with sauces and condiments to spice up their dishes. A variety of spices (an Indian influence), such as chili powder, curry, ginger, garlic, coriander, paprika, and cinnamon, are at the heart of Pakistani cuisine. A wide range of chut-

neys (a relish usually made of fruits, spices, and herbs), pickles, and preserves that accompany meats and vegetables give Pakistani cuisine its distinct flavor.



Aaloo Bukhary Ki Chutney (Plum Chutney)

Ingredients

- 1 cup prunes (dried plums)
- 2 cups water
- ½ cup sugar
- ½ cup vinegar
- Salt, to taste
- Pepper, to taste
- Cayenne pepper, to taste
- Red chili powder, to taste

Procedure

1. In a saucepan, add the water, salt, peppers, and chili powder to dried plums.
2. Bring to a boil and cook until plums are tender, about 5 minutes. Reduce heat to medium and add sugar.
3. Stir, and cook until the sugar melts and the mixture thickens, about 2 minutes.
4. Add the vinegar and bring the mixture to a boil, about 2 minutes.
5. Serve warm or at room temperature as a condiment with *roti* (bread), meat, or vegetables.

Those who can afford it eat meats such as sheep, poultry, and sometimes *gayka gosht* (beef). There are a number of ways meat is prepared in Pakistan. *Karai* is a method where the meat is cooked with vegetables and served in its own pan. *Jalfrezi* is meat stir-fried with tomatoes, egg, and chilies. *Tikka* and *bhoti kebab* both refer to meat

grilled on a spit (a slender rod or skewer) over an open fire.



Chicken Karaii

Ingredients

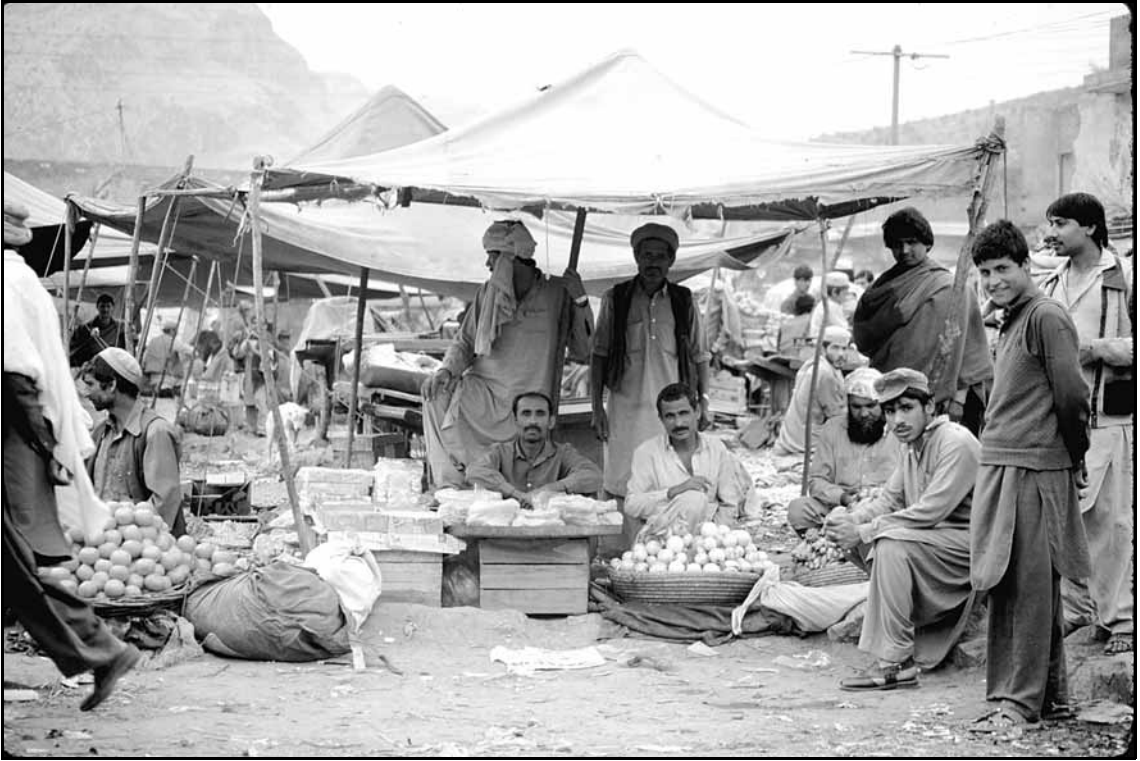
- 2 pounds boneless, skinless chicken, cut into bite-sized pieces
- ½ cup water
- 1 cup tomatoes, chopped
- ¼ cup green chilies, finely chopped
- 4 teaspoons fresh ginger, finely chopped
- 1 teaspoon salt
- 2 teaspoons black pepper
- 1 teaspoon allspice powder
- ½ cup vegetable oil

Procedure

1. In a saucepan, boil the chicken in the water for 5 minutes. Remove the chicken and set aside.
2. In a frying pan, heat oil over medium heat and add the tomatoes.
3. Stir and cook the tomatoes until they form a thick paste.
4. Add the ginger, salt, allspice, black pepper and chicken.
5. Cook on low heat until the chicken is tender.
6. Add the green chilies and cook for 2 minutes.

Serves 4 to 6.

In rural areas, meat is saved for a special occasion. Eating pork is forbidden for Muslims, who make up about 97 percent of Pakistan's population. On Tuesdays and Wednesdays, mutton (sheep) and beef are not supposed to be sold or served in public places in Pakistan (although the reason for



Cory Langley

Fruit and vegetable vendors in Pakistan.

this is considered economic, not religious). Seafood and *machli* (fish) are commonly eaten in Karachi, located on the coast of the Arabian Sea.

There are a number of foods to cool off the spicy flavors of a Pakistani meal. *Dāi* (yogurt) can be eaten plain or used in *lassi*. *Lassi* is a drink made with yogurt, ice, and sugar for breakfast, or salt for lunch or dinner. *Raita* is a yogurt curd with cumin and vegetables. Baked yams and *sita* (boiled or roasted corn on the cob) may also accompany a spicy dish.



Raita
(Yogurt and Vegetable Salad)

Ingredients

- 1 cup plain yogurt
- 3 to 4 cups mixed vegetables, such as raw spinach and cucumber, cooked potatoes or eggplant
- ½ cup onion, chopped
- ¼ teaspoon cayenne pepper
- 2 Tablespoons fresh mint, minced
- ½ teaspoon each cumin, salt, and black pepper

Procedure

1. Combine all ingredients in a large bowl.
2. Mix well.

Serves 6 to 8.



Lassi (Yogurt Drink)

This popular drink can be enjoyed sweet or salty. Pakistanis usually drink lassi sweet for breakfast, or salty for lunch or dinner.

Ingredients

- 3 cups plain yogurt
- 3 to 4 ice cubes
- 1 teaspoon salt or sugar
- ½ cup water

Procedure

1. Combine all ingredients in a blender and blend until smooth.
2. Pour into individual glasses.

Serves 3 or 4.

Pakistanis may enjoy such desserts as *kheer* (rice pudding) or *kulfi* (pistachio ice cream). Some sweet shops may sell *jalebi*, which are deep-fried orange “pretzels” made with flour, yogurt, and sugar, and *barfi*, made from dried milk solids. Offering sweets to one another to celebrate happy events is a popular Pakistani tradition.



Kheer (Rice Pudding)

Ingredients

- 1 cup rice, uncooked
- ½ gallon milk
- ¼ cup almonds or pistachios, crushed

1½ cup sugar

¼ cup raisins

Procedure

1. Combine the rice and milk in a large saucepan and bring to a boil.
2. Reduce heat to low and add the sugar and nuts. Stir.
3. Cover and simmer for 10 minutes.
4. Sprinkle with raisins. Serve hot or cold.

Serves 4.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The majority of Pakistanis are Muslims, about 97 percent. The other 3 percent include Hindus, Christians, Buddhists, and Baha’is. Within the Muslim community, the majority are Sunnis, and about 25 percent are Shi’ah. The difference between these two Muslim groups generally lies in a dispute of authority, not beliefs.

The two major religious festivals celebrated by the Muslim Pakistanis are Id al-Fitr (also spelled Eid al-Fitr), which celebrates the end of Ramadan, and Bakr-Id, the feast of sacrifice. Ramadan is the Muslim month of fasting from sunrise to sunset. This means that no food or drinks, including water, may be consumed during that time. Most restaurants and food shops are closed during daylight hours. Breakfast must be finished before the sun rises, and the evening meal is eaten after the sun goes down. Children under the age of 12 are encouraged, but generally not expected, to fast.

During Ramadan, Muslims rise before dawn to eat a meal called *suhur* (pronounced soo-HER). Foods containing grains



EPD Photos/Himaneer Gupta

Ground turmeric, which gives dishes a deep yellow color, is made by grinding the dried turmeric root. The turmeric plant is a member of the ginger family.

and seeds, along with dates and bananas, are commonly eaten because they are considered slow to digest. This helps to ease hunger during the fast. At sunset, the day's fast is broken with *iftar*, a meal that traditionally starts with eating a date. After that, water, fruit juice, or *lassi*, and snacks such as *samosas* (meat or vegetable-filled pastries) are eaten, followed by dinner. Dinner may include tandoori chicken or lamb. If a family can afford it, dinner is shared with those less fortunate.

Id al-Fitr, or the "Feast of Fast Breaking," is celebrated after the month of Ramadan ends. Family and friends visit and eat festive meals throughout the day. Families use their best dishes, and bowls of fruit are set out on the table. Meats such as beef, lamb, and fish (in coastal areas) are eaten along with rice, *chapatis*, and desserts.

Bakr-Id is an occasion to give and sacrifice. A *bakri* (goat), sheep, camel, or any other four-legged animal is slaughtered as a sacrificial offering, and the meat is given out to the poor and needy. Muslims who can afford two meals a day are expected to sacrifice an animal.

5 MEALTIME CUSTOMS

Nihari derives its name from the Urdu word *nihar*, which means "morning." A *nihari* breakfast in Pakistan can be very filling. *Nehari* (stewed beef), and mango are common breakfast items. Sometimes a dish made of meat cooked with chilies and other spices is cooked overnight to be consumed for breakfast the next morning, when it is eaten with *naan*, a type of bread, or *parata*, which is a flat cake fried in oil. Women prepare breakfast and all other meals for their family.

Pakistani lunch and dinner dishes are similar. *Roti* (bread), *chawal* (rice), *sabzi* (vegetables), and *gosht* (meat) are the main elements of a meal. *Chapatis* or *naan* accompanies every meal. Rice is usually boiled or fried. Some rice dishes include *kabuli pulau*, made with raisins, and *biryani*, rice cooked in a yogurt and meat sauce. For the main dish, *qorma* (meat curry in gravy), *qofta* (lamb meatballs), or *nargasi qofta* (minced beef and egg) might be served. Water may be offered at the beginning or after a meal to quench thirst, but rarely while eating.

Street vendors offer a variety of drinks and snacks. *Chai*, or tea, is a very popular drink. It is usually boiled with milk, nutmeg, and sugar. *Lassi* (a yogurt drink) and sugarcane juice are popular during the sum-

mer months. Another refreshing summer drink is *nimbu paani*, or “fresh lime.” It is made of crushed ice, salt, sugar, soda water, and lime juice. *Samosas* are deep-fried pastries filled with potatoes, chickpeas, or other vegetables and are a popular snack. Other snacks are *tikka* (spicy barbequed meat) and *pakoras* (deep-fried vegetables).

6 POLITICS, ECONOMICS, AND NUTRITION

The use of child labor in Pakistan is widespread. Children not only work on farms, but in low-paying carpet weaving centers. In the mid 1990s, between 500,000 to 1 million Pakistani children aged 4 to 14 worked as full-time carpet weavers. UNICEF believed that they made up almost 90 percent of the carpet makers’ work force. Little has been done to enforce child labor laws. In 1999, the United Nations got involved by setting up 300 schools in eastern Pakistan to encourage education for children in schools, not trade.

Because of overpopulation only about 56 percent of Pakistanis have proper sanitation and access to safe drinking water. About 19 percent of the population of Pakistan are classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children

under the age of five, about 40 percent are underweight, and over 50 percent are stunted (short for their age). The Pakistani government has established several programs to improve these conditions, including the Child Survival/Primary Health Care program, to reduce malnutrition and deaths due to diseases.

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Peru

Recipes

Baked Papas (Potato) Skins.....	92
Palta Aji Sauce (Avocado Chili Sauce)	93
Picarones (Pumpkin Fritters)	93
Choclo con Queso (Corn on the Cob with Cheese)	95
Frozen Orange Delight.....	95
Flan.....	97
Papas a la Huancaína (Potatoes with Cheese)	97
Ceviche (Marinated Seafood)	99
Arroz con Leche (Rice and Milk)	99



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Peru is South America's third-largest country, with an area of 496,226 square miles (1,285,220 square kilometers), slightly smaller than the state of Alaska. Peru is divided into three contrasting topographical regions: the coast, the Andean highlands, and the Amazon rainforest to the east, with 18 rivers and 200 tributaries. The Peruvian Andes are divided into three chains. The western mountain chain runs parallel to the coast and forms the Peruvian continental divide. Less regular are the Cordillera Central and Cordillera Oriental. Lake Titicaca (Lago Titicaca), the highest navigable lake in the world (about 12,500 feet/3,800 meters high), lies partly in Peru and partly in Bolivia.

2 HISTORY AND FOOD

The first inhabitants of Peru are believed to have migrated from Asia around 6000 B.C. These early nomadic (roaming) tribesmen

relied on the hunting of animals and the gathering of fruits and plants to survive. By 5000 B.C., small communities were established and the early cultivation of cotton, chili peppers, beans, squash, and maize (similar to corn) began. Most of the early settlers lived near the coast, where the wet climate allowed for planted seeds to grow.

One of the world's most popular vegetables, *papas* (potatoes), were first grown in Peru. The earliest remains of potatoes have been discovered at archeological sites in southern and eastern Peru, dating as far back as 400 B.C. However, it was not until the 1400s that Europeans first came in contact with the potato. They took the vegetable back to Europe, where it was slow to gain acceptance. Europe now cultivates the largest number of potatoes, but Peru continues to produce the largest potato varieties and has been referred to as the "Potato Capital of the World." Potatoes were not the only vegetable in ancient Peru, however. Avo-

PERU



cado pits have been discovered buried with mummies dating as far back as 750 B.C.

The Incas came to power in the 1400s. They survived mostly on maize and potatoes that they planted on terraces that they carved out of steep hillsides (which can still be seen today). Their empire was short-lived, however. In 1528, the Spanish conquistador Francisco Pizarro discovered Peru and was intrigued by the riches of the Inca Empire. The Spanish helped to introduce chicken, pork, and lamb to the Incas. In return, the Incas introduced the Spanish to a wide variety of potatoes and *aji* (chili peppers). As the Spanish gained control, they demanded that the natives grow such European crops as wheat, barley, beans, and carrots. As European disease struck the Incas

and a shortage of labor arose, slaves from Africa were brought over to work on the new plantations. Africans contributed such foods as *picarones* (anise-sweetened, deep-fried pastries made from a pumpkin dough), to the Peruvian cuisine, as did Polynesians from the Pacific Islands, the Chinese, and the Japanese.



Baked Papas (Potato) Skins

Ingredients

- 8 baking (russet) potatoes, scrubbed and pat dry
- Olive oil, to brush on potato skins
- Sweet paprika, to sprinkle on potato skins
- Salt (coarse preferred)
- Sour cream, for topping

Procedure

1. Preheat the oven to 425°F.
2. Prick the potatoes a few times with a fork and bake them in the middle of the oven for 1 hour.
3. Let the potatoes cool, halve them lengthwise, and scoop them out, leaving a ¼-inch shell; reserve the potato pulp for another use.
4. Cut each shell lengthwise into 6 strips and arrange the strips on a baking sheet.
5. Brush the strips with the oil, sprinkle them with paprika, salt, and pepper, to taste, and bake them again at the same temperature for 20 to 25 more minutes, or until they are crisp and golden brown.
6. Serve the potato skins with the sour cream.

Serves 6.



Palta Aji Sauce
(*Avocado Chili Sauce*)

Ingredients

- 3 ripe avocados, peeled, pit removed, and mashed
- 1/3 cup cilantro leaves, coarsely chopped
- 1 large tomato, finely diced
- 3 hard boiled eggs, grated
- 1 teaspoon Tabasco sauce, or to taste
- 1/2 lemon juice
- Salt and freshly ground black pepper, to taste

Procedure

1. Combine ingredients in a medium-size bowl; mix well.
2. Serve with fresh vegetables.



Picarones (Pumpkin Fritters)

Ingredients

- 1 package dry yeast
- 1/4 cup lukewarm water
- 2 Tablespoons sugar
- 1 egg, lightly beaten
- 1 can (16-ounce) pumpkin
- 1/2 teaspoon salt
- 4 cups flour
- Oil, for frying
- Maple syrup

Procedure

1. In a large bowl, sprinkle the yeast over the lukewarm water and stir to dissolve.
2. Add the sugar, egg, pumpkin, and salt; combine thoroughly.

3. Add the flour, 1/2 cup at a time, until the dough becomes too stiff to beat with a wooden spoon.
4. Turn the dough out onto a lightly floured board and knead in enough of the remaining flour to prevent the dough from sticking to your fingers.
5. Continue kneading until the dough is smooth and elastic (about 8 minutes).
6. Shape it into a ball and place in a greased bowl. Cover and let rise in a warm place for 1 hour, or until doubled in size.
7. Punch down the dough and tear off pieces, shaping into doughnut-like rings, about 3 inches in diameter.
8. Heat about 1-inch of oil in a deep skillet and fry the fritters for about 5 minutes, turning them once, until crisp and golden brown.
9. Drain on paper towels and serve immediately with warm maple syrup.

Makes 12 servings.

3 FOODS OF THE PERUVIANS

The Peruvian cuisine largely consists of spicy dishes that originated as a blend of Spanish and indigenous foods. Such dishes are often referred to as *Criolla*, or Creole. *Aji* (chili) is the most popular spice in Peru and is used in a variety of ways to give food extra flavor. Mint, oregano, basil, parsley, and cilantro are also included in Peruvian dishes, particularly soups and stews. Aside from spices, however, potatoes, rice, beans, fish, and various grains are essential staples (foods eaten nearly everyday) in the Peruvian diet.

Peru's unique variety of climates and landscapes has helped to make the Peruvian menus some of the most diverse in South America. Such geographical variety gives Peru distinct culinary regions that are

PERU



Cory Langley

The diet of people living in the highlands includes corn, potatoes, and rice. These women offer sacks of dried corn and other grains to shoppers at a market near Lake Titicaca.

divided into coastal, mountainous/highland, and tropical. In addition, the impact of various ethnic influences can be seen through indigenous (native), Spanish, Asian, and African cooking styles and dishes.

The Pacific Ocean provides Peru with a wide variety of seafood, particularly for those who live near the coast. *Ceviche*—fish, shrimp, scallops, or squid marinated in a lime and pepper mixture—might be considered one of the country’s national dishes, due to its overwhelming popularity. It is often served with corn-on-the-cob, *cancha*

(toasted corn), or sweet potatoes. Salads in this region are also common, particularly *huevos a la rusa* (egg salad) and *palta rellena* (stuffed avocado).

The mountainous/highland diet closely resembles food the Incas prepared hundreds of years ago. Basic staples of potatoes, corn, rice, and various meats (especially beef and pork) are common ingredients in the highland cuisine. *Choclo con queso* (corn on the cob with cheese) and *tamales* (meat-filled corn dumplings) are popular corn dishes. *Lechón* (suckling pig), *cuy* (guinea pig), *chicharrones* (deep-fried pork and chicken),

and *pachamanca* (meat cooked over a hot stone pit) are common meat dishes in this area. Soups containing an abundance of spices, onions, and eggs, as well as freshly caught fish from Lake Titicaca (particularly trout), help satisfy the highlanders' appetites.

Meats and fresh fruits and vegetables are the basis of the tropical Peruvian diet. Bananas, plantains (similar to the banana), and yucca (similar to a yam) are readily available, and therefore are eaten in great quantities. Inhabitants of the tropical region also enjoy a variety of fish, wild game (such as boars, monkeys, pigs, deer, and chickens), and plenty of rice.



Choclo con Queso
(Corn on the Cob with Cheese)

Ingredients

Corn on the cob (one with the largest kernels you can find)

Monterey jack cheese, cut into small cubes

Box of toothpicks

Procedure

1. Boil corn on the cob in salted water in a large pot, about 15 minutes.
2. Let cool and remove kernels from cob by standing the cob on an end and slicing downward with a knife.
3. Place a few kernels of corn with one cube of cheese on each toothpick (or as fits). Serve cold.

Makes about 3 dozen.

Street vendors throughout the country often sell some of Peru's most beloved food and drinks. Coconut-, chocolate-, and lemon-flavored *tortas* (cakes) are sweet and loved by Peruvians of all ages. *Helado* (ice cream) is a favorite among children. Snacks such as fried plantain and *chifles* (banana chips) are widely available, as is Inka Cola, a Peruvian bubble-gum-flavored soft drink. What is not available from vendors will likely be sold at a local meat or produce market or a local *panaderías* (bakery).



Frozen Orange Delight

Ingredients

2 cups water

1 cup sugar

2 cups orange juice

¼ cup lemon juice

Rind of 1 orange, grated

Procedure

1. In a saucepan, bring water to a boil. Stir in the sugar until it has completely dissolved.
2. Allow the sweetened water to cool for about 20 minutes.
3. Mix in the orange juice, lemon juice, and orange rind.
4. Pour this mixture into 2 ice cube trays with the dividers removed, or use a freezer-proof bowl, pie plate, or cake pan.
5. Freeze until solid, and serve like ice cream or sherbet.

Makes about 2 pints.



Cory Langley

Flan, a sweet dessert garnished here with a slice of star fruit, is a favorite in restaurants throughout Peru.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

As a result of Peru's heavy Spanish influence, most Peruvians (90 percent) are devout Catholics. Christian holidays such as Easter, Christmas, and All Saints' Day are joyously celebrated throughout the country, often with fireworks, bullfights, dancing, and roast pig. The remainder of the population adheres to indigenous beliefs, believing in the gods and spirits the Incas once did hundreds of years ago. Many Christian holi-

days coincide with existing traditional festivals, allowing most Peruvians, regardless of differences in beliefs, to celebrate together.

Christmas brings great joy to the Christians of Peru, especially children who await the arrival of Santa Claus. Families use the holiday time to travel to the homes of family and close friends. Because of the number of people rushing about through Peru's streets, vendors rush to sell holiday foods and other goods to passing people. Sweet mango juice, bakery rolls, and homemade

doughnuts coated with sugar and syrup are Christmas favorites. Flan, caramel custard enjoyed throughout Central and South American countries (as well as Spain, the Philippines, and the United States), is also a dessert enjoyed by Peruvians.

∞
Flan

Ingredients

- ¼ cup sugar, plus ¾ cup sugar
- 4 drops lemon juice
- 2 cups milk
- 1 teaspoon vanilla
- 4 eggs

Procedure

1. Preheat oven to 350°F.
2. In a small saucepan, heat ¼ cup sugar and drops of lemon juice over low heat until mixture is dark brown, like caramel syrup. (Don't worry if syrup burns a little.)
3. Pour into a flan mold (oven-proof straight-sided souffle dish or individual molds work nicely), covering all sides and bottom with the sugar syrup.
4. Place in the refrigerator while preparing flan.
5. Bring milk and vanilla to a boil in a small pot over low heat.
6. In a separate mixing bowl, combine the eggs and ¾ cup sugar, beating well.
7. Slowly add the egg and sugar mixture to the boiled milk.
8. Pour into refrigerated mold. Place flan mold into a larger baking dish. Add water to a depth of about one inch, and carefully place in the oven.

9. Bake 35 to 40 minutes. Flan is done when knife inserted in the center comes out clean.

10. Cool and remove from mold. Serve chilled.

Serves 4 to 6.

Carnavales (kar-nah-VAH-lays; Carnival) is an elaborately celebrated national holiday that takes place a few days before Lent. It is the last opportunity for people to drink and dance before the fasting period of Lent begins, when such activities are not allowed. During these few days, some practice native traditions of rounding up wild game to present to a priest or mayor, who in return provides *chichi* and cocoa leaves. The offering of the animals dates back several hundred years to the Incas, who used to give offerings of food to the gods in hope for a good harvest. *Papas a la huancaína* (potatoes with cheese) is a popular meal during Carnival.



Papas a la Huancaína
(Potatoes with Cheese)

Ingredients

- ¼ cup lemon juice
- ⅓ teaspoon ground red pepper, or to taste
- Salt, to taste
- 1 onion, thinly sliced
- 2 Tablespoons vegetable oil
- 3 cups Monterey Jack or Swiss cheese, shredded
- ½ teaspoon turmeric
- 1½ cups heavy cream
- 6 potatoes, drained, peeled, and quartered
- 1 to 2 hard-boiled eggs, for garnish

Procedure

1. Scrub the potatoes, place them in a saucepan, cover with water, and boil until tender (about 20 minutes). Drain, allow the potatoes to cool. Peel them, cut them into quarters, and set aside.
2. In a small mixing bowl, combine the lemon juice, red pepper, and salt. Add onion slices and coat them with the mixture. Stir well and set aside.
3. Heat oil in a large skillet over low heat.
4. Add cheese, turmeric, and heavy cream. Stirring constantly, continue cooking over low heat until cheese melts and mixture is smooth.
5. Add the cooked potatoes and gently stir to heat through, about 5 minutes. Do not allow mixture to boil, or it will curdle.
6. Transfer to a serving bowl and garnish with hard-boiled eggs.
7. Sprinkle onion mixture over the potatoes. Serve immediately while potatoes are hot.

Serves 6.

5 MEALTIME CUSTOMS

Peruvians are extremely hospitable and enjoy preparing and eating meals with company. Guests often consider being invited for dinner as a semiformal occasion. Nice clothes are worn and a small gift of flowers, chocolates, or wine is offered to the host on such occasions.

Most of the time, however, Peruvians simply prepare meals for themselves. Meals consumed by a typical village family often depend on the altitude of their village and what crops can thrive there. People living in mountainous areas can grow potatoes and select grains, as well as raise llamas, sheep, goats, and cattle. At lower altitudes, fruits and vegetables such as lemons, limes, *palta*

(avocados), and *aji* (chilies) can be cultivated.

Villagers are often responsible for their own land and must spend much of the day tending to it. As a result, a villager's day begins early, usually around dawn. The woman of the house will begin her day preparing an herbal tea called *mate* (MAH-tay) and various foods for her family. A light *desayuno* (breakfast) may include triangular-shaped rolls, roasted wheat kernels, *mote* (boiled dried corn), bread, and *te* (tea) or *cafe* (coffee). The main meal of the day is *almuerzo* (lunch), which the woman of the house typically begins preparing while her family eats *desayuno* in the early morning. *Almuerzo* is important so workers will not be hungry in the fields. It may consist of a thick broth of potatoes, corn, and barley, *palta aji* sauce (avocado chili sauce) with vegetables, and cool beverages. Adults may enjoy *chicha*, a beer made of fermented maize, while children might prefer *jugos* (fruit juice), *gaseosa* (soft drink), or hot cocoa.

Cena (dinner) is often the most filling, despite *almuerzo* typically being the main meal of the day. Potatoes will almost always make up one of the two to three dishes served for *cena*. *Mote* (boiled dried corn) with meat or the popular *ceviche* (marinated seafood) may complete lunch or dinner. Children may drink *chicha morada* (a soft drink made from maize) as a refreshing accompaniment to most meals.

Peruvians enjoy sweets, whether it is an extra-sweet soft drink or honey-filled dessert. *Churro*, a deep-fried, honey-filled pastry, *revolución caliente* (crunchy, spicy cookies), and *arroz con leche* (rice and

milk) are sold by street vendors throughout the country. Shish kebabs, seafood, fruit juice, *empanadas* (meat- or cheese-filled pies), and other popular Peruvian fare are also sold by vendors.

Many Peruvian children do not eat at midday during school hours. However, a combination of *mote*, noodles, beans, and potatoes is commonly eaten among school children.



Ceviche (Marinated Seafood)

Ingredients

- 2 pounds white fish fillet (preferably sea bass), cut into small pieces
- ¼ cup fresh lime juice (or more, if needed)
- 2 onions, thinly sliced
- 1 Tablespoon olive oil
- 1 Tablespoon fresh cilantro
- 1 clove garlic, crushed
- 1 to 2 chilies, finely chopped
- Black pepper
- 1 teaspoon salt

Procedure

1. Mix the lime juice with the onion slices, oil, cilantro, garlic, chilies, pepper, and salt in a mixing bowl.
2. Place the fish in a shallow glass or ceramic dish just large enough to hold it in a single layer. Pour the lime-juice mixture over it. The fish must be completely covered with the mixture. Add more lime juice if necessary.
3. Cover tightly with plastic wrap and refrigerate for several hours (or overnight) until the fish is “soft cooked.” (Make certain it has marinated long enough.)

Serve on lettuce leaves garnished with onion rings, thin strips of pepper, and sweet potatoes and/or corn on the cob.

Serves 4 to 6.



Arroz con Leche (Rice and Milk)

Ingredients

- ½ cup white rice, uncooked
- Cinnamon powder (plus cinnamon sticks, optional)
- 3 cloves
- 1 can evaporated milk
- ½ cup sugar
- 1 teaspoon butter
- ½ cup raisins

Procedure

1. Boil the rice in 2 cups of water with the sugar, sticks of cinnamon (if available), and cloves, and cook according to package directions.
2. After the rice has finished cooking, add the milk, butter, and raisins. Let cool, and then refrigerate, covered, until ready to serve.
3. Sprinkle cinnamon powder on top and serve in dessert bowls.

Makes 4.

6 POLITICS, ECONOMICS, AND NUTRITION

About 19 percent of the population of Peru are classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 8 percent are underweight, and over one-quarter are stunted (short for their age).

PERU

In a 1992–1993 census, it was found that nearly 22 percent of children aged 4-years-old and younger suffered from a serious Vitamin A deficiency. A lack of this vitamin can lead to blindness. In addition, iodine deficiencies have caused nearly one-third of school age children to develop goiter, an inflammation of the thyroid gland (usually in the neck). Protein deficiencies are declining, thanks to the introduction of high-protein maize, according to the United States Mission to the European Union. High levels of protein can prevent malnourishment in children growing up in developing nations, such as Peru. Organizations such as PROKID (also known as Help for Poor Peruvian Children) are helping to make a difference. Established in October 2000, one of the goals of the organization is to educate mothers about the nutritional needs of their children.

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Philippines

Recipes

Leche Flan (Caramel Custard).....	102
Coconut Milk	105
Maja Blanco (Coconut Cake).....	105
Adobong Hiponsa Gata (Shrimp Adobo).....	107
Tsokolate (Hot Chocolate).....	108
Sinangag (Garlic Rice)	108
Pansit Mami (Noodles In Broth)	110
Polvoron (Powdered Milk Candy).....	110



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The Republic of the Philippines consists of a group of 7,107 islands situated southeast of mainland Asia and separated from it by the South China Sea. The two largest islands are Luzon (40,814 square miles/105,708 square kilometers), and Mindanao (36,906 square miles/95,586 square kilometers). Comparatively, the area occupied by the Philippines is slightly larger than the state of Arizona. The land is varied, with volcanic mountain masses forming the cores of most of the larger islands. A number of volcanoes are active, and the islands have been subject to destructive earthquakes. Lowlands are generally narrow coastal strips except for larger plains in Luzon and Mindanao. Forests cover almost one-half of the land area and are typically tropical, with vines and other climbing plants.

Pollution from industrial sources and mining operations is a significant environmental problem in the Philippines. Almost forty of the country's rivers contain high levels of toxic contaminants. About 23 percent of the nation's rural dwellers do not have pure water, while 93 percent of the city dwellers do not have pure water. Also threatened are the coastal mangrove swamps, which serve as important fish breeding grounds, and offshore corals, about 50 percent of which are rated dead or dying as a result of pollution and dynamiting by fishermen. The nation is also vulnerable to typhoons, earthquakes, floods, and volcanoes.

2 HISTORY AND FOOD

The Philippines' location between the South China Sea and the Pacific Ocean has made the islands a crossing point for migrating

PHILIPPINES



people all over the world. As a result, the Philippines is made up of a range of different people and ethnic groups. While there are many different dialects and languages, Tagalog is the national language. The people of the Philippines are called Filipino. Filipino cuisine reflects the blending of these wide and varied cultures.

Malays, from Malaysia, were among the first inhabitants of the Philippines over 20,000 years ago. They brought with them the knowledge of preparing hot chilies and the use of *ginataan*, or coconut milk, in sauces to balance the spiciness.

The Chinese established colonies in the Philippines between 1200 and 1300. They introduced *pansit*, or Chinese noodle dishes, and bean curds. Later came egg rolls, and

soy sauce. Like the Chinese, the Filipinos consume a wide array of dipping sauces to accompany their dishes.

Spain occupied the Philippines for almost 400 years, beginning in 1521. This colonization had a major impact on Filipino cuisine. A majority of the dishes prepared in modern Philippines can be traced back to Spain. In fact, everyday Filipino dishes resemble Spanish cooking more than native meals. The Spaniards introduced a Mediterranean style of eating and preparing food. Techniques such as braising and sautéing, and meals cooked in olive oil, are examples. Spain also introduced cooking with seasonings, such as garlic, onions, tomatoes, sweet peppers, and vinegar.

The United States took control of the Philippines after the Spanish-American War in 1898, staying through World War II (1939–1945) until 1946. The U. S. military introduced goods shipped in from their country such as mayonnaise, hot dogs, hamburgers, and apple pies. Canned evaporated and condensed milk often replace the traditional buffalo milk used in desserts, such as *flan* (caramel custard). Nowhere else in Asian cuisine can cheese and canned tomato sauce be found in recipes. All of these foods are still favorites of the Filipinos and can be found almost anywhere in the country.



Leche Flan (Caramel Custard)

Caramel ingredients

1 cup sugar

1 cup water



EPD Photos

Cover the pan filled with the flan custard with foil. Place the foil-covered pan into a larger pan with about one inch of water in it. This is a “water bath.” The water keeps the custard pan from getting too hot and overcooking the custard.

Caramel procedure

1. Pour the water in a saucepan and bring to a boil.
2. Add the sugar and stir constantly over medium heat until sugar is melted and it forms the consistency of syrup.
3. Pour the syrup evenly into any ovenware dish that is about 2 inches deep, such as a square brownie pan. Tilt the dish so the syrup coats all of the sides. Refrigerate while preparing the custard.

Custard ingredients

- 12 eggs
- 2 (13-ounce) cans evaporated milk
- 1 (14-ounce) can sweetened condensed milk
- 1 teaspoon vanilla

Procedure

1. Separate the egg yolks from the egg whites one at a time. Place the egg yolks in a large mixing bowl. (Discard the egg whites or reserve them for another use.)
2. Add the rest of the custard ingredients to the mixing bowl.
3. Stir lightly when mixing to prevent bubbles or foam from forming. Remove the caramel-lined dish from the refrigerator and pour the custard mixture slowly into it.
4. Preheat oven to 325°F.
5. Cover the custard dish with aluminum foil. Set it into a large shallow pan (such as a cake pan). Pour water into the larger pan until it is about one-inch deep. This is called a water bath.

6. Bake in oven for 1 hour, or until the custard is firm. Cool to eating temperature. May be served warm or chilled.

Serves 8 to 10.

3 FOODS OF THE FILIPINOS

Like other Southeast Asian cuisines, the Filipinos eat a lot of vegetables and rice. Similarly, they also eat many types of seafood, saving meat for more special occasions (often in the form of *lechon*, or whole roasted pig). The waters surrounding the Philippines islands provide over 2,000 species of fish. In addition, Filipinos have been farming fish in *palaisdaan*, or fishponds, using aquaculture (raising fish and shellfish in controlled conditions) for over 1,000 years. *Patis*, a clear, amber-colored fish sauce, is used in Filipino dishes as much as soy sauce is used in China.

For over 2,000 years, rice has been grown in the Philippines and is eaten almost daily. As of the twenty-first century, over twenty varieties of rice are cultivated, which are made into thousands of different cakes, noodles, and pancakes. Rice noodles are common in fast-food restaurants and stands, served heaping with a choice of different meats and vegetables. Noodles symbolize prosperity, long life, and good luck. Filipinos believe the longer the noodles, the better, so noodles are generally not broken or cut when a dish is being prepared.

Since the weather in the Philippines is tropical, many types of fruit are grown. Pineapples, strawberries, cantaloupe, melon, kiwi, bananas, guapple (a cross between a guava and an apple) and coconut are just a few examples. Coconuts are plen-



Coconut Buying and Opening

To select a fresh coconut, shake it to feel the sloshing of liquid inside. A cracked or old coconut will be empty and dry.

Opening the coconut: Locate the brown eye-like spots at one end and pierce with a sharp point. Drain off the liquid. Preheat oven to 400°F. Place the coconut in the oven on a cookie sheet and bake for 15 minutes. Remove the coconut and wrap in a clean kitchen towel. Carefully crack it open with a hammer. The coconut meat should be broken away carefully from the shell. If a portion is not broken easily away from the shell, return the coconut to the oven for a few minutes more.



Making Shredded Coconut

Once all of the meat is out of the shell, you can grate the meat with a small hand grater, shred the meat in a food processor, or with a sharp knife. One coconut makes about 4 cups of shredded coconut.

tiful and are used in and on everything. The coconut meat inside can be eaten, and the *ginataang* (milk from the meat) can be used in refreshing drinks or for sauces to cook fruits and vegetables in, such as *adobong hipon sa gata* (shrimp adobo in coconut milk). It can also be grated or baked into desserts and sweets, such as *maja blanca* (coconut cake).



Coconut Milk

Homemade coconut milk tastes its best when freshly made; even if it is refrigerated, it quickly loses its flavor.

Ingredients

- 2 cups coconut meat, finely shredded (see instructions above; canned or frozen unsweetened, shredded coconut is available at most supermarkets.)
- 8-inch square of cheesecloth (can be found in most supermarkets), surgical gauze, or 8-inch square of clean nylon stocking

Procedure

1. Fill a large saucepan halfway full of water and bring to a boil. Set aside 2 cups.
2. If using a blender or food processor, add shredded coconut and boiling water and blend for 1 minute. Let cool for 5 minutes.
3. If not using a blender or food processor, put shredded coconut in a mixing bowl and add the boiling water. Let set for 30 minutes.
4. Strain coconut liquid (prepared by either method) through cheesecloth, gauze, or nylon into a medium-size bowl.
5. Squeeze and twist cloth to remove all milk from the coconut meat.
6. Repeat the process if more coconut milk is needed.



Maja Blanco (Coconut Cake)

Ingredients

- 2 cups coconut, finely shredded (see how to use fresh coconut above) fresh, frozen,



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After baking in the oven, the hard coconut shell can be cracked open to reveal the white coconut flesh. The flesh should break away from the hard shell.

or canned, tightly packed into the measuring cup

- 3 Tablespoons sugar
- 4 Tablespoons butter or margarine, melted
- ½ cup cornstarch
- ½ cup light brown sugar, tightly packed
- ¼ cup water
- 2 cups coconut milk, fresh, frozen, or canned (unsweetened)
- 3 eggs



Cory Langley

A vegetable vendor slices produce to prepare it for sale.

Whipped topping for garnish

Procedure

1. Separate the egg yolks from the egg whites one at a time.
2. Preheat oven to 325°F.
3. If using freshly grated unsweetened coconut, add about 3 Tablespoons of sugar to taste into a small bowl. No sugar is needed if packaged or canned sweetened coconut is used.
4. Combine coconut and melted butter or margarine in medium mixing bowl.
5. Using fingers, press mixture onto the bottom and sides of a pie pan, making a piecrust.
6. Bake for about 5 minutes, or until lightly golden. Remove from oven and cool to room temperature.
7. Put cornstarch and sugar in medium saucepan. Add water and mix well to dissolve cornstarch.
8. Add coconut milk and egg yolks. Stir constantly over medium to high heat until mixture boils.
9. Reduce heat to low and stir constantly until smooth and thick, about 5 minutes.
10. Remove from heat and pour mixture into coconut piecrust.
11. Cool to room temperature and refrigerate for about 3 hours to set.
12. To serve, cut into wedges and add a scoop of whipped topping on top.

Serves 8.

While Filipinos use limited spices in their cuisine compared to other Asian nations, they love the taste of sour flavors, particularly vinegar. Meats and fish are commonly marinated in palm vinegar, which is half as strong as Western-style vinegar. Vinegar acts to preserve freshness. Since refrigeration is not nationally available, this marinating method, along with drying, salting, and fermenting are techniques used to preserve meats. Instead of adding strong flavors to their cooking, Filipinos use strong-tasting condiments to accompany their food.

The national dish of the Philippines is called *adobo*. Not only is this a national dish for the Filipinos, but it is also a style of cooking. This Spanish-influenced dish is like a stew, and involves marinating meat or seafood pieces in vinegar and spices, then

browning them in their own juices. The sauce in *adobo* usually contains soy sauce, white vinegar, garlic, and peppercorns (or pepper) and is boiled with the meat. The vinegar preserves the meat, and *adobo* will keep for four or five days without refrigeration. This is considered an advantage in the tropical heat. Pork *adobo* is the most popular, for those who can afford it, but any type of meat or seafood can be used.



Adobong Hiponsa Gata
(*Shrimp Adobo in Coconut Milk*)

Ingredients

- ½ cup white vinegar
- ¼ cup water
- ⅛ teaspoon pepper
- 1 Tablespoon garlic, minced
- Patis* (fish sauce, found in an Asian grocery store); soy sauce may be substituted
- 1 pound fresh shrimps, unshelled (frozen unshelled shrimp may be substituted)
- 2 cans (12-ounce each) coconut milk

Procedure

1. Make marinade: Place the vinegar, water, pepper, garlic and *patis* (or soy sauce) in a medium-size pot.
2. Add the shrimp to the marinade and let stand for 1 hour.
3. Put the pot over medium heat, and cook the shrimp, turning the shrimp often, until they have absorbed the marinade and the pot is almost dry.
4. Pour in the coconut milk and continue simmering, allowing the mixture to thicken, stirring occasionally (about 20 minutes). Serve.

Serves 6.



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Patis, or fish sauce, used by cooks all over Asia, is available at some grocery stores elsewhere in the world. This brand, while not made in the Philippines, is popular there. Soy sauce, or salt alone, may be substituted for patis.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Christian holidays are the most widely celebrated holidays in the Philippines. This is because Spain introduced the Catholic religion centuries ago when it occupied the Philippines. In the twenty-first century,

about 90 percent of Filipinos are Roman Catholic Christians. The Philippines is the only Asian country that is primarily Christian. Filipinos claim to have one of the world's longest Christmas celebrations. Their celebration begins December 16 and lasts for three weeks. On *Pasko Ng Bata*, Christmas Day, families may gather to eat *lumpia* (spring rolls), and drink *tsokolate* (a native chocolate drink) and *salabat* (ginger tea).



Tsokolate (Hot Chocolate)

Ingredients

- 1 pound chocolate (or 2 cups chocolate chips)
- 6 cups milk
- 6 eggs, separated

Procedure

1. Separate the egg yolks from the egg whites one at a time and put the yolks in a medium mixing bowl. (Discard the egg whites or reserve them for another use.) Beat the yolks with a whisk.
2. Cut chocolate bar into small pieces.
3. Pour milk into saucepan and add chocolate. Heat to boiling, stirring constantly, until chocolate is melted.
4. Add the egg yolks to the saucepan. With a whisk, beat the whole mixture until foamy, about 5 minutes. Serve immediately.

Makes 6 servings.

Filipino families meet to share a Christmas meal, but they save their Christmas feast for Epiphany. The holiday season ends

with the Feast of the Epiphany, which is on the first Sunday in January. This is when families gather to eat pork *lechon*, which is a whole pig roasted outside over a spitfire of burning coals. Served with the pork are a garlic rice called *sinangag* and other rice dishes, such as *bibingka* (rice cake with salted eggs and fresh coconut meat) and *suman* (steamed rice wrapped in banana leaves). Vegetable dishes and assorted fruits, such as pineapples, bananas, persimmons (very tart fruit that looks similar to a tomato), and papayas, are eaten as well. Desserts, cookies, and cakes top off the huge feast, which can go on for several hours and then is followed by a long afternoon nap.



Sinangag (Garlic Rice)

Ingredients

- 2 Tablespoons vegetable oil
- 3 cloves garlic, finely chopped (or 1 teaspoon garlic powder)
- 4 cups rice, cooked
- 6 green onions, finely sliced
- Salt and pepper, to taste

Procedure

1. Heat the oil in a large skillet over medium heat. Add garlic and fry for about 3 minutes.
2. Add cooked rice, green onions, and a pinch of salt and pepper to taste.
3. Heat through, about 5 minutes. Serve.

Makes 8 servings.

5 MEALTIME CUSTOMS

Filipino dishes are based more on distinctive tastes and textures than different courses. Instead of serving courses separately, they are all brought to the table at one time so the diners can enjoy all flavors and dishes together. Dining at a Filipino table is similar to eating at a buffet. Even the dessert is part of the buffet-style meal. The dessert provides a sweet balance to the salty and sour tastes that are part of a meal.

Unlike in much of the Western world, burping is not considered rude in the Philippines where it means you are full and enjoyed the meal. Sometimes a burp is followed with the expression, *Ay, salamat*, which means, “Ahh, thank you.”

Anyone who visits a Filipino home, no matter what time of day, is offered food. If the guest interrupts a meal, which is common because most Filipinos eat five or more meals a day, they are invited to join the diners. Eating is so constant, in fact, that many Filipinos use “*Kumain ka na?*” (“Have you eaten yet?”) as a general greeting to each other.

Before outside influences, Filipinos used their hands to eat. The traditional way of eating was to scoop up food from flat dishes with fingers of the right hand. Some upscale native restaurants in Manila, the country’s capital, serve food this way. With Western influences and the introduction of knives, forks and spoons, Filipinos have adapted their ways. The fork and spoon are the two main utensils of choice. The fork is held with the left hand and the spoon in the right. The fork is used to spear and hold the piece of food while the spoon is used to cut or tear off small pieces.

Almusal (breakfast) is the first meal of the day, and usually consists of leftovers from the previous evening’s dinner, like garlic fried rice and cured meat. Ginger tea is usually drunk. *Ensaïmada* (fluffy, sugared, coiled buns), smoked fish, salted duck eggs, fried eggs, Chinese ham, Spanish sausages, and fresh mangos are just some of the foods that might be eaten.

For lunch, *mongo* (a stew of *munggo*—mung beans—and shrimp with olive oil and lime juice), *caldereta* (goat and potato stew), and *ensaladang balasens*, an eggplant salad, may be eaten. All of these dishes are typically accompanied by white rice. Most school students carry lunchboxes to school. In it, they would have a thermos with a sugary fruit drink, a large container of plain white rice, a small container with fried fish or chicken, and a small container of tomato sauce on the side. They would typically not take any fruit or vegetables. A student’s lunch box also might contain a peanut butter sandwich for an afternoon snack.

For dinner, Filipinos will often go to a simple *turo-turo* restaurant. This literally means “point point,” which is how they select their food. They may choose *menudo* (hearty pork and chickpea stew), or *pansit* (noodle) dishes, such as *pansit mami* (noodles in broth). If they decide to go a fancier restaurant, they might enjoy *patang bawang*, which are deep-fried pork knuckles with garlic and chilies, and maybe a wedge of American-style lemon meringue pie for dessert.



Pansit Mami (Noodles in Broth)

Ingredients

- ¼ pound pork (not ground)
- ¼ pound boneless skinless chicken breast
- 3 cups water
- 1 teaspoon salt
- 2 Tablespoons vegetable oil
- 1 Tablespoon garlic, finely chopped
- 1 medium onion, finely chopped
- Salt and pepper, to taste
- 1 pound rice noodles (found in an Asian market), or substitute flat, wide, egg noodles
- 2 Tablespoons green onions, finely chopped

Procedure

1. In a medium pot, boil pork and chicken in water until tender. Season with a pinch of salt.
2. Remove the meat from the water and allow to cool.
3. Reserve 2 cups of the cooking stock (water used to cook the meat).
4. Cut the pork and chicken into strips. Set aside.
5. In a large skillet, heat the oil on medium heat and sauté the garlic and onion for about 3 minutes.
6. Add the pork and chicken. Add the stock.
7. Bring the mixture to a boil, add the rice noodles or egg noodles, and simmer for 2 minutes until the noodles are tender. Season with a pinch of salt and pepper.
8. Serve immediately.

Serves 8 to 10.

Dessert is the highlight of a meal for many Filipinos. They consider stir-frying very easy compared to perfecting a dessert. In fact, a cook's reputation may be based on the skills needed to make dessert dishes. Popular desserts are candies, like *polvoron*, and cakes such as *bibingka*, made from rice flour and sprinkled with cheese and shredded coconut, which are eaten as snacks during the day.



Polvoron (Powdered Milk Candy)

Ingredients

- 3 cups flour, sifted
- 1 cup powdered milk
- ¾ cup confectioners sugar
- ½ pound (2 sticks) butter, melted
- 1 teaspoon lemon or vanilla extract
- ¼ cup water, measured 1 Tablespoon at a time

Procedure

1. Place sifted flour in a saucepan and toast over medium heat until light brown, stirring constantly. Remove from heat and cool.
2. Add powdered milk, sugar, melted butter, and lemon or vanilla extract.
3. Add water, 1 Tablespoon at a time, until the mixture holds together and can be molded into balls.
4. With your hands, flatten into little cakes the size of a silver dollar.
5. Wrap individually in wax paper.

Makes about 60 candies.

PHILIPPINES



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The first step in making Polvoron (Powdered Milk Candy) is toasting the flour. After the other ingredients are added, the mixture is shaped into coin-shaped candies. The candies are then wrapped in wax paper for easy storage or sharing with a friend.

Merienda means snacktime in the Philippines. *Merienda* is a meal in itself for those who can afford it. *Merienda* is important to the Filipinos because they find the gap between lunch and dinner too long, and they need to take many breaks from the intense tropical heat. *Lumpia* (spring rolls), *puto* (little cupcakes made from ground rice), and *panyo-panyo* (tiny pastry envelopes filled with mango and banana jam) are a few *merienda* dishes. Anything can be served

with the snack except steamed rice. Steamed rice constitutes a complete meal, which *merienda* is not considered.

6 POLITICS, ECONOMICS, AND NUTRITION

About 22 percent of the population of the Philippines are classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 30 per-

cent are underweight, and nearly one-third are stunted (short for their age). Government-financed child health malnutrition programs are already well established in the Philippines; however, these programs lack significant funding and malnutrition continues to be a primary concern. Indigenous (native) foods such as mung beans and powdered shrimp are available for infants and children, but protein, iron, iodine, and Vitamin A remain deficient in their diets.

An increase in community involvement since the 1980s has helped to keep the population aware of the problems with malnourished children. Such awareness has led to a gradual improvement in health care for all Filipinos. As of 1996, a vast majority (91 percent) of those living in urban areas also had access to clean and safe water, as did 81 percent of those living in rural areas.

7 FURTHER STUDY

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Poland

Recipes

Bigos (Polish Hunter's Stew).....	114
Pierogi (Dumplings).....	115
Golabki (Stuffed Cabbage Rolls).....	116
Cheesecake.....	117
Noodles with Poppy Seeds.....	118
Dried Fruit Compote.....	118
Mushroom Barley Soup.....	119
Kielbasa and Cabbage.....	119
Veal Meatballs with Dill.....	121
Stuffed Eggs.....	121



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Poland is in Eastern Europe. It is a little smaller than New Mexico, and has lowlands, a narrow coastal area with rocky cliffs, and a southern region rich with minerals and fertile farmland.

Poland struggles with air and water pollution. In the late 1990s, Poland ranked twelfth in the world in industrial carbon dioxide emissions. Water pollution in the Baltic Sea off the coast of Poland is ten times higher than in the ocean at large. Environmental protection was a high priority for the government at the beginning of the twenty-first century.

2 HISTORY AND FOOD

The Roman Catholic rituals of feasting and fasting, introduced to Poland around A.D. 900, have had a strong influence on Polish food traditions. During the fasts no meat is eaten, so many meatless and fish dishes have become a part of Polish cookery.

Located between two powerful neighbors, Germany and Russia, Poland was forced to form many political alliances throughout its history. These influenced its food customs. For example, the marriage of King Zygmunt to the Italian princess Bona Sforza in the sixteenth century brought Italian food customs to Poland, including the introduction of salad. Since that time, the people of Poland, known as Poles, have called salad greens *wloszycyna* (“Italian things”). Other foreign dishes that were brought to Poland included goulash (stew) from Hungary, pastry from France, and *borscht* (beet soup) from Ukraine. However, all these foreign dishes have become part of a unique Polish cooking style.

3 FOODS OF THE POLES

The cereal grains, grown on Poland's rich agricultural land, are among the country's most important dietary staples. These include wheat, rye, buckwheat, and barley.

POLAND



They find their way into dark bread, noodles, dumplings, and other everyday foods.

Other important agricultural products include potatoes, beets, cabbage, carrots, mushrooms, and cucumbers. Boiled potatoes are the most commonly eaten side dish with meat, poultry, or fish. Cucumbers, seasoned with the herb, dill, are the raw ingredients of dill pickles, for which the Poles are known throughout the world. Cucumbers are also eaten in a salad with sour cream, another staple of the Polish diet. Vegetables are usually eaten boiled.

Meat is an important part of the Polish diet. Pork is the most popular meat, and the most commonly eaten meat dish is a fried, breaded pork cutlet served with thick sauce. Beef, ham, and sausage are also eaten regu-

larly. The meat stew called *bigos* is often called the national dish of Poland. Other famous Polish dishes are *golabki* (cabbage leaves stuffed with ground meat and rice) and *golonka* (fresh ham served with horseradish). Poles also like to eat smoked and pickled fish, especially herring.

Most Polish meals start with one of Poland's many soups. These range from clear broth to thick soup so hearty it could be a meal in itself. The best known is the beet soup called *borscht*.

Poles love desserts, especially cakes. Popular cakes include cheesecake, sponge cake, poppy seed cake, and a pound cake called *babka*. Special cakes are baked for feast days and weddings.

Popular beverages include coffee, tea, milk, buttermilk, and fruit syrup and water. However, vodka distilled from rye is known as the national drink.



Bigos (Polish Hunter's Stew)

Ingredients

- 8 slices of bacon, finely chopped
- 1 pound boneless, lean pork shoulder, cut into 1-inch chunks
- 3 cloves garlic, finely chopped, or 1 teaspoon garlic powder
- 3 onions, quartered
- ½ pound fresh mushrooms, sliced
- 1 cup canned beef broth
- 2 Tablespoons sugar
- 2 bay leaves
- 2 cups canned sauerkraut, rinsed under water and drained well
- 2 medium apples, cored and sliced

- 2 cups Italian-style whole tomatoes with juice
- 1 cup cooked ham, diced
- 1½ cups cooked Polish sausage, coarsely sliced

Procedure

1. Fry bacon pieces in Dutch oven or large saucepan over high heat for about 3 minutes.
2. Carefully drain off some of the fat, leaving just enough to coat the bottom of the pot.
3. Add pork, garlic, onions, and mushrooms, and, stirring constantly, fry until meat is browned on all sides, about 5 minutes.
4. Reduce heat to medium. Add beef broth, sugar, bay leaves, drained sauerkraut, apples, and tomatoes with juice. Bring the mixture to a boil, increasing heat if necessary.
5. Reduce heat, cover, and simmer stew for about 1½ hours, stirring occasionally to prevent sticking.
6. Add cooked ham and sausage, and stir.
7. Cover and continue to simmer over low heat for about 30 minutes more to blend flavors.
8. Remove bay leaves and discard before serving.

Serves 8 to 10.



Pierogi (Dumplings)

Ingredients for dough

- 3 cups flour
- 1 egg
- Dash of salt
- ½ cup water



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A plateful of cheese pierogi, topped with a dollop of sour cream, makes a filling lunch or dinner.

Ingredients for filling

- 3 medium apples, peeled, cored, and cut up in small pieces
- 2 Tablespoons plain breadcrumbs
- Sour cream or confectioners sugar as garnish

Procedure

1. Make dough: Combine the flour with the egg, a dash of salt, and as much water as needed to form a smooth, loose dough that is easy to handle.
2. Roll with a rolling pin or bottle until it is very thin. Using a drinking glass or biscuit cutter, cut out circles 2 inches in diameter.

3. Make filling: Mix the cut-up apples with the breadcrumbs.
4. Assemble pierogi: Place a spoonful of apple mixture in the center of each dough circle.
5. Fold the dough circle in half and press around the edges firmly to seal.
6. Fill a large pot with water and heat until the water begins to boil.
7. Drop the pierogi gently into the boiling water and cook until they float to the surface.
8. Remove with a slotted spoon, allow the water to drain off, and place the pierogi on a serving platter.
9. Top with sour cream or confectioners' sugar.

Makes 5 or 6 servings.



Golabki (Stuffed Cabbage Rolls)

Ingredients

- 1 head cabbage
- 1 cup uncooked rice
- 1 onion, chopped fine
- 2 teaspoons butter
- 1 pound ground beef
- ½ pound ground pork
- 1 egg
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- 4 slices bacon
- 2 cans concentrated tomato soup

Procedure

1. Pour boiling water over the cabbage to loosen the leaves.

2. Remove a few leaves at a time as they soften.
3. Place the rice in 1 cup of water and boil 10 minutes.
4. Sauté the onions in butter until partly browned.
5. Combine with the rice, meat, egg, salt, pepper, and garlic powder; mix well.
6. Place some of the meat mixture on the stem of a cabbage leaf and roll over once. (Part of the thick stem section can be cut off first for easier rolling.) Tuck in the sides of the leaf and finish rolling.
7. If needed, fasten rolled leaf with a toothpick.
8. To cook, place the slices of bacon with a few cabbage leaves and any leftover small leaves at the bottom of the baking dish.
9. Place the rolls on top, cover with the tomato soup, and place any leftover cabbage leaves on top.
10. Cover with a lid or foil and bake about 2 to 2½ hours at 300°F.

Serves 6.



Christmas Eve supper menu

- Bread
- Carp in horseradish sauce
- Mushroom soup
- Noodles with honey and poppy seeds
- Pickled herring
- Fruit compote (stewed fruit)
- Poppy seed rolls



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This fragrant mixture of dried fruits and spices is served at the end of the festive Christmas Eve dinner.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Poland is a heavily Roman Catholic country, and many Poles observe Catholic fast days by not eating meat. Traditionally, many meat substitutes have been made from mushrooms.

The two most important holidays are Christmas and Easter. The traditional Christmas Eve dinner consists of twelve or thirteen courses. There is one for each of the

twelve apostles (Jesus of Nazareth's followers) in the New Testament of the Bible. Sometimes there is a thirteenth course for Jesus. No meat is eaten at this meal. The main dish is carp or pike (two types of fish). Carp is served with a sweat-and-sour sauce or a spicy horseradish sauce. Other traditional dishes include mushroom soup, sauerkraut, *pierogi* (Polish dumplings), noodles with honey and poppy seeds, and poppy-seed rolls. Cookies and cakes are also served, and some cookies are used to decorate the Christmas tree.

Easter is the second most important religious feast of the year. The fast of Lent is broken with Easter breakfast, and feasting continues through the day. Traditionally, a roasted lamb was served for Easter. In recent years, a lamb made of sugar or butter has replaced the real lamb. Meats served for Easter in modern Poland include roast turkey, ham, sausage, veal, or a roast pig. Painted hard-boiled Easter eggs are part of the celebration, and everyone eats part of an egg. Easter sweets include *babka* (rich pound cake), cheesecake, and *mazurek* (a Polish shortbread).



Cheesecake

Ingredients

- ½ cup raisins
- 3 Tablespoons flour, divided
- ¼ teaspoon salt
- 5 eggs, separated
- 3 packages cream cheese (8-ounces each), softened
- 1 cup sugar
- 1 Tablespoon grated lemon peel

Procedure

1. Soak the raisins in hot water for 15 minutes. Pay dry and coat with 2 Tablespoons of flour. Set aside.
2. Preheat the oven to 350°F.
3. Beat the egg whites and salt until stiff.
4. Place the egg white mixture in the freezer for 5 minutes.
5. Combine the cream cheese, sugar, egg yolks, and remaining flour; beat until smooth.
6. Stir in the raisins and lemon peel.
7. Carefully fold in the egg whites.
8. Pour the mixture into a greased and floured 9-inch springform pan (a special baking pan with a removable bottom).
9. Bake for 45 minutes, then turn the oven off and leave the cake in the oven until it cools.



Noodles with Poppy Seeds

Ingredients

- 1 package (16-ounce) shell or ribbon macaroni, cooked
- 1 can (12½-ounce) poppy seed pastry filling
- 4 Tablespoons honey
- 1 cup heavy cream or half and half
- ½ cup golden raisins
- 2 Tablespoons butter or margarine

Procedure

1. Cook noodles according to directions on package.
2. Meanwhile, combine poppy seed filling, honey, and cream in a mixing bowl and stir until smooth. Stir in raisins.
3. Melt butter in double boiler. Add poppy seed mixture and heat thoroughly.

4. Pour poppy seed mixture over hot, drained noodles and serve immediately.

Serves 10 to 12.



Dried Fruit Compote

Dried Fruit Compote is usually served at the end of Christmas Eve dinner.

Ingredients

- 1 pound prunes, pitted
- 1 pound dried mixed fruit
- ½ pound dried apricots
- Juice of 1 lemon
- ¼ lemon
- 5 cloves
- 1-inch cinnamon stick
- 2 cups sugar
- 10 cups boiling water
- 4 fresh apples, peeled, cored and sliced

Procedure

1. Combine prunes, mixed fruit, apricots, lemon juice, ¼ lemon, cloves, cinnamon, and sugar in a pot. Pour boiling water over the fruits to cover.
2. Cover the pot and let stand overnight (at least 4 hours), covered.
3. Add the apples, and simmer the mixture on medium heat for 5 to 7 minutes.
4. Taste and season with sugar and lemon if necessary. Allow to cool to room temperature and serve.

5 MEALTIME CUSTOMS

Poles like to eat hearty, filling meals, and they eat four meals a day. *Sniadanie* (shnah DAHN-yeh, breakfast) is eaten between 6 and 8 A.M. It includes many of the same

breakfast foods eaten in the United States, such as scrambled or soft-boiled eggs, rolls with butter, bagels, and, in winter, hot cereal. However, cheese and ham or other meats are also served. Coffee, cocoa, or tea with milk is served, or even hot milk by itself. Between 11 A.M. and 1 P.M., a light meal, or “second breakfast,” is eaten. It is similar to lunch in the United States and may consist of a sandwich, soup, fried eggs, or a plate of cold meats. Children usually take sandwiches to school for their midday meal. The main meal of the day is *obiad* (oh-BEE-ahd, dinner), served in the late afternoon (usually between 4 and 6 P.M.). There is usually at least one meat dish, boiled vegetables or salad, some form of potatoes, soup, and a grain dish or dumplings (*pierogi*). The Poles like both their meat and vegetables cooked until they are very tender. A sweet dessert, usually cake, is served at the end, with a beverage.

The last meal of the day is a light *wieczera* (wee-CHAIR-zah, supper), served at about 8 or 9 P.M. in the evening. It includes a hot or cold main dish, pickled vegetables, a dessert, and hot tea with lemon or hot cocoa.

When they have to “eat on the run,” Poles can pick up an inexpensive meal or snack at small places called milk bars (*bar mleczny*). Western-style fast foods, including pizza and hamburgers, are also available. A popular Polish “fast food” is *flaki*, a dish made from tripe (cow stomach). It is either boiled or fried with carrots or onions.



Mushroom Barley Soup

Ingredients

- 4 cans beef broth
- ½ cup pearl barley
- ½ pound mushrooms
- 1 large onion, diced
- 3 Idaho potatoes, cubed
- 2 large carrots, sliced
- 2 parsnips, sliced
- 2 Tablespoons fresh parsley leaves, minced
- 1 Tablespoon fresh dill, minced
- Salt and pepper, to taste

Procedure

1. Brush the mushrooms to clean off any grit, and rinse them under running water.
2. Chop them into half-inch pieces.
3. Bring beef broth to a boil. Add the barley, and boil for 10 minutes.
4. Add remaining ingredients, and simmer for 1 hour.
5. Serve with crusty bread.

Serves 8 to 10.



Kielbasa and Cabbage

Ingredients

- 1 small head cabbage, coarsely-diced
- 1 onion, sliced
- 3 small potatoes, peeled and diced
- 1 teaspoon salt
- ½ teaspoon caraway seed
- 1½ pounds kielbasa sausage, cut into 1-inch pieces
- 1 can (14-ounce) chicken broth

POLAND



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Kielbasa, cut into bite-sized pieces, may be combined with cabbage for a hearty dinner, or may be enjoyed alone with mustard as a snack.

Procedure

1. Place the vegetables, seasonings, and sausage in a crockpot.
2. Pour in the chicken broth.
3. Cover.
4. Cook on low 6 to 10 hours, or on high 2 to 4 hours.

Serves 4.

*Veal Meatballs with Dill***Ingredients**

- 2 slices white bread, soaked in milk and slightly dried
- ½ medium onion, finely-chopped
- 1 egg
- 1 pound ground veal
- Salt and pepper, to taste
- 3 Tablespoons flour
- 1½ Tablespoons butter
- 1 cup beef or chicken bouillon
- ½ cup sour cream
- 1 Tablespoon fresh dill, chopped

Procedure

1. Mix the bread with the onions, egg, and meat thoroughly. Add salt and pepper.
2. Form small balls from the mixture and roll them in flour.
3. Melt the butter in a frying pan over medium heat, and add meatballs. Brown the meatballs on all sides.
4. Pour the bouillon over the veal balls, cover, and simmer for about 20 minutes.
5. Place on a warm serving platter.
6. Add the rest of the flour to the pan drippings and bring to a boil.

7. Remove from heat and season with salt, adding the sour cream and dill. Pour over meat.

Makes 4 servings.

*Stuffed Eggs***Ingredients**

- 7 eggs
- 3 Tablespoons breadcrumbs
- 4 Tablespoons sour cream
- 1 Tablespoon dill, chopped
- 1 Tablespoon chives, chopped
- Salt and pepper, to taste
- 2 Tablespoons butter

Procedure

1. Wash the eggs, place in a pot, and cover with cold water. Heat until the water boils and cook over low heat for 10 minutes.
2. Remove the pot from the heat and drain the water. Place the pot with the eggs in the sink under cold running water to cool the eggs.
3. Peel the eggs, and carefully slice each egg lengthwise into halves, being careful not to break the whites.
4. Scoop out the yolks. Place them in a bowl and mash them with a fork.
5. Mix 1 Tablespoon of the breadcrumbs and the rest of the ingredients except the butter into the egg yolks.
6. Spoon the mixture back into the egg white halves. Sprinkle with the remaining breadcrumbs, and flatten with a knife.
7. Heat the butter in a large skillet. Carefully add the eggs, stuffing side down, and sauté them until golden.

Serves 7 to 10 as a snack.

6 POLITICS, ECONOMICS, AND NUTRITION

More than half of Poland's land is used for farming. Polish farms don't produce as large a crop as farms in other parts of the world, because of poor soil and lack of rainfall. In the late 1990s, Polish farmers began to use more mechanical farming aids, such as tractors, which helped to improve the size of the crops. Polish farmers grow fruits and vegetables. Since the 1950s, Poland has been forced to import wheat, since it can't produce enough on its own.

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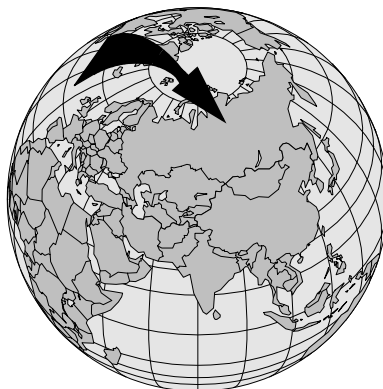
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Russia

Recipes

Salat Olivier (Russian Salad).....	124
Bliny (Russian Pancakes).....	125
Bliny Filling	126
Cabbage Pirozhki or Piroghi	126
Pashka.....	128
Sbiten (Russian National Winter Beverage).....	128
Borscht (Beet Soup)	129
Sharlotka (Apple Cake).....	130
Klyukva S Sakharom (Frosted Cranberries).....	130
Semechki (Toasted Sunflower Seeds).....	131
Chai Po-Russki (Tea, Russian-Style).....	131



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Russia is the largest country in Europe, with 6.6 million square miles (17 million square kilometers). It is 1.8 times the size of the United States. Russian land extends to the Arctic Ocean in the north. Russia shares borders with China and Mongolia to the south, and Ukraine, Latvia, Belarus, Lithuania, and Finland to the west. About three-fourths of the land is arable (able to be farmed), although the output from farms decreased during the 1980s and 1990s. After the Union of Soviet Socialist Republics (USSR) broke apart in 1991, the Russian government started a program to encourage small farmers. From 1991 to 2001 about 150,000 new small farms were established.

2 HISTORY AND FOOD

Russia has a history of a diet based on crops that can thrive in cold climates, such as

grains (rye, barley, buckwheat, and wheat), root vegetables (beets, turnips, potatoes, onions), and cabbage. Ivan III (ruled 1462–1505) brought Italian craftsmen to Russia to build public buildings. These craftsmen introduced pasta, frozen desserts (gelato and sherbet), and pastries to the Russian diet.

Peter I (ruled 1682–1725), known as “The Great,” included a French chef in his court. It was during his reign that Russians began to serve meals in courses, rather than to serve all the food at once. From that time until the Russian Revolution in 1917, many wealthy Russian families employed French chefs. When French chefs returned home to France, they introduced popular Russian dishes to the people of Europe. The *Salade Russe*, known in Russia as *Salat Olivier* or *Salad Rusky* was created during the era of Nicholas II (in power until 1917) by a French chef.



Salat Olivier (Russian Salad)

Ingredients

- 3 large potatoes
- 2 carrots, boiled and diced
- 4 hardboiled eggs; 3 should be chopped and 1 cut into quarters for garnish
- ½ onion, finely chopped
- 2 dill pickles, chopped
- ½ cup canned or frozen peas, drained
- ¼ pound bologna, chopped
- 2 to 4 Tablespoons mayonnaise
- 4 to 6 large lettuce leaves

Procedure

1. Peel the potatoes, cut them in half, and place them in a saucepan. Cover the potatoes with water, heat over high heat until the water boils, and simmer until the potatoes can be pierced with a fork (about 15 to 20 minutes). Drain and allow to cool.
2. Repeat the same process with the two carrots.
3. When both are cooled, cut into cubes and place in a large mixing bowl.
4. Add remaining ingredients (except mayonnaise) and toss gently to combine.
5. Stir in 2 Tablespoons of mayonnaise, or enough mayonnaise to hold ingredients together.
6. Arrange clean, dry lettuce leaves on a platter, and mound the salad in a pyramid shape in the center.
7. Spread more mayonnaise over the top of the salad like frosting.
8. Garnish with hardboiled egg slices.

Serves 6 to 8.



From the time of the Russian Revolution in 1917 until 1981, all of the restaurants in Russia (then part of the USSR) were owned and operated by the government. Most stores were run by the government, too. Due to food shortages and inefficient store management, families had to stand in long lines to buy bread, meat, and other basic food items. In 1981 President Mikhail Gorbachev began reforms that culminated in the 1991 breakup of the USSR and the beginnings of a democracy. But the sale and purchase of food was still regulated by the government as of the end of the twentieth century.

3 FOOD OF THE RUSSIANS

Traditional Russian cooking relied on a *pech'* or oven, rather than a burner as a heat source. The oven had two compartments—one for slow cooking and the other for quick baking. The *pech'* also heated the homes of the peasants, and therefore occupied a central spot in the main room of the house. Traditional dishes include roasted meats, vegetables, soups, and stews. A staple of the Russian diet is dark, heavy bread. It is not uncommon for a family of four to eat three



Cory Langley

Fresh bread is sold and carried home unwrapped. It is not uncommon for a Russian family to eat three or four loaves of bread each day.

or four loaves of bread a day. Also popular are *bliny* (thin pancakes), and a variety of savory and sweet pies called either *piroghi* (large pies) or *pirozhki* (small pies). They are usually filled with fish, cheese, jam, cabbage, mushrooms, chopped hard-cooked eggs, or meat. The possibilities are unlimited. These pies are served alone or with soup at lunch. Hot sweetened tea, called *chai*, is served frequently from a *samovar* (large brass boiler) that heats water and steeps the tea leaves to form a concentrated mixture.

Russians eat more fish than most other cultures because, under the Russian Orthodox Church, many days of the year were fasting days and fish was the only meat allowed. Sturgeon is the favorite fish of the Russians, from which black caviar (fish eggs) is collected. *Kissel*, a piece of stewed fruit thickened with cornstarch with milk poured over it, is a traditional dessert.

Bliny is a traditional Russian dish that is eaten in great quantity during *Maslyanitsa* (Butter Week, the Russian equivalent of Mardi Gras), the last week before Lent. Good bliny must be very thin, the thinner the better. Bliny may be served with sweet or savory filling or with butter, sour cream, caviar, fresh fruit, or smoked fish.



Bliny (Russian Pancakes)

Ingredients

- 3 eggs
- 2 Tablespoons sugar
- ½ teaspoon salt
- 1½ cups milk
- 1 cup flour (buckwheat flour is traditional)
- ½ teaspoon vanilla
- Vegetable oil

Procedure

1. Beat eggs until foamy in a medium mixing bowl. Add sugar, salt, and milk.
2. Add flour and mix well until no lumps remain. Add vanilla.
3. Pour a little vegetable oil into a small frying pan. Heat the pan over medium heat.
4. Using a ladle, pour a very thin layer of batter into the pan.

5. Cook until edges begin to curl and brown, and then carefully turn to brown the other side.
6. Serve with filling (recipe follows). May also be served with butter, jam, sour cream, or fresh fruit.



Bliny Filling

Ingredients

- 1 package frozen berries (strawberries, raspberries, or blueberries)
- ¼ cup water
- 2 Tablespoons cornstarch.

Procedure

1. Thaw frozen berries, and place into a saucepan.
2. In a measuring cup or drinking glass, dissolve cornstarch completely in ¼ cup water.
3. Stir cornstarch mixture into berries and heat slowly until the berry mixture thickens.



Cabbage Pirozhki or Piroghi

This recipe involves three steps: making the dough, making the filling, and assembling the pies.

Ingredients for dough

- 2½ cups sifted flour
- 1½ teaspoons baking powder
- 1 teaspoon salt
- ½ cup vegetable shortening
- 2 Tablespoons butter
- 1 egg
- Ice water

Ingredients for filling

- 5 cups chopped cabbage (2 small heads of cabbage)
- 2 Tablespoons salt
- 4 cups boiling water
- 2 chopped onions
- 4 Tablespoons butter
- 1 Tablespoon dill or parsley, minced
- 2 hard-boiled eggs

Procedure

1. *Make dough:* Sift dry ingredients together. Add shortening and butter into dry mixture, mixing with a pastry blender or a fork until the mixture looks like oatmeal.
2. Beat the egg slightly in a measuring cup and add enough ice water to make ½ cup fluid. Pour egg and water into the flour mixture and mix well.
3. Roll out the dough on a board or countertop dusted with more flour. If the dough seems sticky, sprinkle the surface of the dough and the rolling surface with more flour.
4. *To make piroghi (large pie):* Roll dough into a rectangle approximately 24 inches x 16 inches. It is ready for stuffing.
5. *To make pirozhki (small pies):* Take egg-sized balls of dough, flatten, and roll out. Repeat with remaining dough. The small pies are now ready for stuffing.
6. *Make filling:* Remove the tough outer leaves from 2 heads of cabbage, and cut the heads into quarters, removing the tough core. Chop the cabbage leaves finely.
7. Mix cabbage with salt in a bowl and let stand for 15 minutes. Pour the cabbage into a colander in the sink and drain.
8. Heat 4 cups of water to boiling and carefully pour boiling water over the cabbage in the colander. Let drain.



EPD Photos

Pirozhki (small pies) may be filled with fish, cheese, jam, cabbage, mushrooms, chopped hard-cooked eggs, or meat. These pies are served alone or with soup at lunch.

9. Next, melt the butter in a large skillet and add the chopped onion. Sauté until softened (about 5 minutes).
10. Add the drained cabbage to the skillet and continue cooking, stirring frequently with a wooden spoon, until the cabbage is soft (about 30 minutes).
11. While the cabbage is cooking, remove the shells from the hard-boiled eggs and chop the eggs.
12. Add dill or parsley and chopped eggs to the cooked cabbage and cook for 2 or 3 minutes longer. Remove from heat.
13. Preheat oven to 375°F.
14. *To assemble piroghi:* Transfer the dough rectangle to the greased cookie sheet.
15. Spread the cabbage mixture over $\frac{1}{2}$ the dough, fold the dough over and pinch the edges together.
16. *To assemble pirozhki:* Fill each pirozhki with about $1\frac{1}{2}$ Tablespoons of the cabbage mixture.
17. Pinch edges together and place on a greased cookie sheet with the seamless edge up.
18. Bake the piroghi for about 30 minutes, until golden.
19. Bake the pirozhkis for about 15 minutes.

Serves 8 to 10.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The Russian Orthodox Church celebrates the New Year on January 1, Christmas on January 7 and Epiphany on January 19. At New Year's, Ded Moroz (Grandfather Frost), a character from folklore, may be seen at holiday events distributing *pryaniki*, a sweet cookie to signify wishes for a sweet new year. The Russian equivalent for Mardi Gras happens during *Maslyanitsa* (Butterweek) when bliny are eaten nonstop. For Easter, Orthodox Russian women bake cakes and decorate them elaborately to resemble the rounded domes of the Orthodox churches. The cakes are given either to the priest on Easter Sunday, or served at home. The Easter bread is always cut lengthwise instead of in vertical slices. *Pashka*, a cold mixture of soft cheese (*tvorog*), butter, almonds, and currants, is formed in a special mold shaped like a pyramid with the top cut off to represent the tomb of Jesus. Russian Easter eggs are often colored red to signify the resurrection of Jesus. This is done by hard-boiling eggs with either red onion peel or beets. Roast

pork is served for the main meal at Easter. A roast goose is traditional at Christmas.



Pashka

Ingredients

- 2 packages (8-ounces each) cream cheese
- 1 cup (2 sticks) butter at room temperature
- 1¾ cup confectioners' sugar
- 2 teaspoons vanilla
- 1 cup currants
- 1 cup toasted almonds
- Optional: Clean new flowerpot and clean muslin fabric (or clean fabric from a sheet or pillowcase) to mold pashka

Procedure

1. Put cream cheese into a large mixing bowl and beat until very smooth.
2. Add butter and continue beating until well mixed and very smooth and creamy.
3. Add sugar, a little at a time, beating well. Add vanilla.
4. Add currants and toasted almonds and stir gently to combine.
5. If flowerpot is not being used to mold pashka, pour cheese mixture into a pie pan, cake pan, or other serving dish. Smooth the top surface, cover with plastic wrap, and refrigerate at least two hours, until ready to serve.
6. To use flowerpot mold: Line the flowerpot with the fabric, smoothing it to line the surface of the pot. Transfer the cheese mixture to the flowerpot, pushing the mixture down to remove air pockets. Fold the fabric over the top, and place a small saucer on the top to weight down the mixture. Refrigerate on a plate (some liquid may leak out of the hole in the bottom of the flowerpot) for at least

two hours. To serve, remove saucer, unwrap fabric, and put a serving plate over the flowerpot and turn it upside down to unmold. Carefully remove the fabric.

Serves 10 to 12.



Sbiten (Russian National Winter Beverage)

Ingredients

- 10 cups water
- 1 pound berry jam (16 ounces)
- ½ cup honey
- 1 teaspoon ginger
- 1 teaspoon cloves
- ½ teaspoon cinnamon

Procedure

1. Measure the water into a large pot and heat until the water boils.
2. Stir in jam, honey, ginger, cloves, and cinnamon.
3. Simmer, stirring constantly, for 5 minutes. Ladle into mugs and serve hot.

Serves 10 to 12.

5 MEALTIME CUSTOMS

Russians eat four meals a day, starting with *zavtrak* or “morning coffee.” Lunch, or *obyed*, is a small two-dish meal lasting from 12 noon until 1 p.m. Usually *kasha*, or baked buckwheat, is served at lunch. Dinner, or *uzhin*, is the most elaborate meal beginning at 6 p.m. and typically featuring four courses. The first course is *zakuski* or “little bite.” *Zakuski* may feature a few simple appetizers (such as bread and cheese or herbed butter) to twenty or more elaborate creations requiring hours of preparation.



Cory Langley

In some rural areas people must get their fresh water from an outdoor pump.

Selodka, or herring with a vinegar and oil dressing, is the best-known appetizer, and it almost always makes an appearance during the *zakuski*. The first course is often soup, although soup may also be the *entrée*. Favorite soups include *borscht* (beet soup traditionally served with sour cream); *shchyye* (cabbage soup); and *solyanka* (a tomato-based chowder). The main course may be roast meat, with potatoes and root vegetables. Dessert may be ice cream or cheesecake. A few hours after dinner, usually around 9 or 10 p.m., Russians have

their fourth and final meal of the day, centered on the *samovar* (ornate urn for serving coffee or tea) for tea and cakes, such as *Sharlotka* (Apple Cake). Visitors are encouraged to drop in for tea at night, sometimes staying until midnight. Restaurants often end the meal with *Klyukva S Sakharon* (Frosted Cranberries).



Borscht (Beet Soup)

Ingredients

3 cans (14 ounce) beef broth
 2 medium beets
 1 carrot
 1 onion
 3 potatoes
 ¼ head of cabbage
 1 Tablespoon tomato paste
 ½ green pepper
 ½ fresh parsley
 Salt
 Pepper
 1 teaspoon lemon juice
 2 cloves garlic, chopped
 Vegetable or olive oil
 Sour cream as garnish
 Sugar, to taste

Procedure

1. Prepare onions and carrots by chopping them.
2. Pour a little vegetable oil into a skillet and add the carrots and onions. Cook until softened, and set aside.
3. Peel the beets and chop or slice both into small bite-sized pieces.
4. Remove the seeds from the green pepper and chop.

5. Put the chopped beets and green pepper into a small saucepan and add about ½ cup of broth and the tomato paste. Cover the pot and simmer the vegetables for about 30 minutes until the beets are tender.
6. While the beets and peppers are cooking, pour the remaining broth into a large saucepan and heat it almost to boiling.
7. Chop the cabbage and add it to the broth.
8. Peel the potatoes, cut them into bite-size pieces and add to broth.
9. Add cooked onions and carrots to broth. Simmer the soup for about 20 minutes.
10. When the beets are tender, add them to the broth. Add lemon juice, salt, sugar, parsley, and garlic cloves.
11. Simmer 10 more minutes, and serve hot, with a dollop of sour cream in each bowl.

Serves 10 to 12.



Sharlotka (Apple Cake)

Ingredients

- 1 cup flour
- 1 cup sugar
- 3 eggs
- 3 tart apples, such as Granny Smith

Procedure

1. Preheat oven to 350°F.
2. Combine flour, sugar, and eggs, beating well to completely dissolve the sugar.
3. Wash the apples, cut them into quarters, and cut away the core and seeds.
4. Cut the apples into thin slices.

5. Grease a round cake pan and dust it lightly with flour or plain, unseasoned white bread crumbs to prevent the cake from sticking.
6. Arrange all apple slices on the bottom of the pan.
7. Pour the batter mixture over the apples, spreading it gently with a rubber spatula.
8. Bake for 25 minutes until a toothpick, inserted into the center of the cake, comes out dry and the cake is beginning to pull away from the edges of the pan.
9. Cool 10 minutes on a wire rack. Run a knife around the edges of the pan, and place a serving plate over the pan. Invert the pan (turn the pan upside-down) onto the serving plate. May be served warm or at room temperature.

Serves 10 to 12.



Klyukva S Sakharom (Frosted Cranberries)

Ingredients

- 1 pound bag of fresh cranberries
- 1 egg white
- 1½ cups sugar
- 2-foot long piece of wax paper

Procedure

1. Preheat the oven to 150°F (lowest setting possible).
2. Beat the egg white with an electric mixer or wire whisk until foamy but not stiff.
3. Rinse the cranberries in a colander, discarding any shriveled or spoiled berries.
4. Pour the cranberries into the egg white, stirring gently until the berries are all completely coated.

5. Measure the sugar into another large bowl. Add the cranberries, and toss until the berries are completely covered with sugar.
6. Spread the cranberries on a shallow baking pan, such as a cookie sheet, with edges.
7. Bake for about 12 minutes until the sugar has melted.
8. Spread a 2-foot long piece of wax paper out on the counter or table.
9. Spread the cranberries out on the paper, separating them, to dry.
10. Leave them undisturbed overnight. The frosted cranberries will keep in an airtight container or plastic bag for 2 weeks.

Historically, when guests first arrived at a Russian home, the hostess welcomed them with a loaf of bread and a small amount of salt. The guest was expected to take a piece of the bread, dip it in the salt, and eat it. This explains the Russian word for hospitality, *khlebosol'stvo* (*khleb* “bread” and *sol* “salt”). The hostess sits at the head of the table with the most respected guest at her right. Her husband sits where he wants to sit.



Semechki (Toasted Sunflower Seeds)

Ingredients

- 1 cup sunflower seeds in the hull
- 2 Tablespoons butter
- Salt, to taste (optional)

Procedure

1. Preheat oven to 325°F.

2. Melt the butter in a bowl in the microwave or in a skillet over low heat on the stove.
3. Toss the seeds in the butter, coating them well.
4. Spread the seed on a cookie sheet.
5. Bake for 15 to 20 minutes, until just golden. Sprinkle with salt. (Seeds may be shelled first, and then sprinkled with salt if preferred.)



Chai Po-Russki (Tea, Russian-Style)

Chai Po-Russki (tea) is usually served with a variety of cakes and candies.

Ingredients

- 1 teaspoon loose black tea per person, plus 1 teaspoon “for the pot”
- 1 cup water per person
- 1 whole cardamom pod or ½ teaspoon cardamom
- 1 lemon, sliced
- Cream

Procedure

1. Measure tea into a saucepan. Add water and cardamom and bring to a boil.
2. Remove from heat and allow to steep for 2 minutes. Pour tea through a strainer into cups.
3. Add slices of lemon or cream to taste. (Do not use lemon and cream together, as the lemon will curdle the cream.)

A meal might consist of borscht (beet soup) with bread and pickles, or could be more elaborate. The soup must be served very hot. All dishes are served at the table from large serving dishes. It is proper for

the hostess to encourage her guests to eat more than they really want to eat.

Lining many city streets are vending machines selling *gazirovannaya voda* (sparkling water), not in cans or bottles, but dispensed into a glass. The machine includes a scrubbing brush with cold water for the customer to use to clean the glass before using it. Also readily available are sunflower seeds sold by vendors at open stalls from large burlap sacks. Many Russians snack on sunflower seeds daily.

6 POLITICS, ECONOMICS, AND NUTRITION

At the beginning of 2001, Russians continued to struggle with shortages of some food items. According to a World Bank report, about 3 percent of children under age five are underweight, and about 13 percent have not grown to the appropriate height for their age. These are both signs that a small percentage of young children in Russia are not

receiving adequate nutrition from their daily diet.

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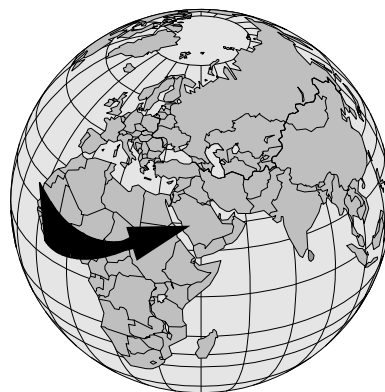
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Saudi Arabia

Recipes

Fatir (Flat Bread).....	134
Hawayij (Spice Blend).....	134
Haysa Al-Tumreya (Dip for Dates).....	135
Kapsa (Chicken and Rice).....	136
Kimaje (Flat Bread).....	137
Laban Drink (Yogurt Drink).....	138
Rice, Saudi Style.....	139
Tabbouleh (Bulgur Wheat Salad).....	139
Hummus.....	140
Qahwa (Arabic Coffee).....	141



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Saudi Arabia, the third-largest country in Asia, constitutes about four-fifths of the Arabian Peninsula. The other countries that share the peninsula—Yemen, Oman, United Arab Emirates, Qatar, Bahrain, and Kuwait—are all much smaller in area. A narrow plain runs along the Red Sea coast. The Hijaz Mountains (Al Hijaz) rise sharply from the sea. At least one-third of the total area is sandy desert. There are no lakes, and except for artesian wells (wells where water flows to the surface naturally) in the eastern oases, there are no rivers or streams where water flows.

2 HISTORY AND FOOD

The people of Saudi Arabia are descended from tribes of nomadic sheep and goat herders and maintain many of the traditions of their past. Traditional foods like dates, *fatir* (flat bread), *arikah* (bread from the south-

western part of the country), and *hawayij* (a spice blend) are still eaten by Saudis today, although most Saudis have settled in towns and cities and no longer follow the nomadic lifestyle. Saudi Arabia is also home to Mecca, the origin and spiritual center of Islam. The culture, as well as the laws of Saudi Arabia, is founded on Islamic principles, including the dietary restrictions against eating pork or drinking alcohol.

In the 1930s, oil was discovered on the Arabian Peninsula. Income from oil has allowed Saudi Arabia to become modernized and to begin to develop stronger industries in other areas such as agriculture. Saudi Arabia now produces all of its own dairy products and most of its own vegetables. Many foreign workers are needed to maintain the new industries, and foreign foods as well as fast food chains are now available in Saudi Arabia. However, it is mostly the foreigners who eat those foods; most Saudis prefer traditional fare.

SAUDI ARABIA



Fatir (Flat Bread)

Authentic fatir is made with toasted barley flour, not widely available in the United States. Flour tortillas baked in a warm oven over a metal mixing bowl for 3 to 4 minutes will simulate the shape of fatir.

Ingredients

1 loaf frozen white bread dough, thawed according to package directions

Wok

Procedure

1. Turn the thawed bread dough out onto a floured surface.
2. Divide it into 6 pieces. Flatten each piece under the palm of your hand and dust lightly with white flour.

3. Roll out one piece at a time, keeping the rest covered with a damp dish towel, to make 6 flat breads about 10 inches in diameter. The bread will be very thin, so handle it carefully.
4. Spray the outside of a wok with cooking spray and set the wok, upside down, over a burner on the stove. Heat it over medium-high heat.
5. Wearing oven mitts, carefully lay the bread over the curved surface. (This will be awkward. If the mitts make it impossible to handle the dough, use two spatulas or wooden spoons to lift the dough and drop it onto the wok.)
6. Press down gently, using a wooden spoon, to make sure all parts of the bread touch the cooking surface.
7. Cook for 1½–2 minutes. Using tongs, carefully turn the bread over and cook the other side.
8. When the bread is fully cooked, remove it from the wok and wrap it in a kitchen towel to keep it warm.
9. Cook the remaining breads the same way.

Serves 6 to 10.



Hawayij (Spice Blend)

This spice blend keeps for a long time in a well-sealed container.

Ingredients

- 2 Tablespoons black peppercorns
- 1 Tablespoon caraway seed
- ½ teaspoon cardamom seed
- 1 teaspoon saffron threads
- 1 teaspoon turmeric

Note: Ground spices may be substituted for the spices listed.

Procedure

1. Combine the peppercorns, caraway seeds, and cardamom seeds in a dry skillet and toast over high heat for 2–3 minutes, stirring constantly with a wooden spoon.
2. Put the toasted seeds in a mortar or spice mill and pound or grind them to a powder. Alternatively, wrap in a clean dish towel, place the package on a hard surface (such as the garage floor or sidewalk) and pound with a hammer. All the spices should be pounded to a powder form.
3. Add the saffron threads and pound or grind again. Transfer the spices to a mixing bowl.
4. Add the turmeric and mix well.

Store in a glass or plastic container with a lid. (An empty spice jar works well.)



Haysa Al-Tumreya (Dip for Dates)

Ingredients

- ¾ cup flour
- ½ cup shortening or vegetable oil
- Dates, pitted

Procedure

1. Combine the flour and shortening or oil in a saucepan.
2. Heat over low heat, stirring constantly with a wooden spoon, until the mixture is golden brown.
3. Remove from heat and pour onto a plate.
4. Serve while hot with a bowl of pitted dates.

Serves 6 to 8 as a snack.



EPD Photos

Dates are used in many recipes throughout the Middle East and are enjoyed alone as a snack.

3 FOODS OF THE SAUDIS

The people of Saudi Arabia are very traditional and eat the same foods they have eaten for centuries. The average meal of the Bedouin nomads who remain in Saudi Arabia is much simpler than that of the urban Saudis who make up the majority of Saudi Arabia's population today. However, the basic ingredients are the same: fava beans, wheat, rice, yogurt, dates, and chicken are staple foods for all Saudis. Saudi Arabia has over 18 million date palms that produce 600 million pounds of dates each year.

Saudis rank as the highest consumers of broiler chickens in the world, eating an average of 88.2 pounds of chicken per person per year. Saudis are strict Muslims and, following Islamic law, do not eat pork or drink alcohol. Lamb is traditionally served to honored guests and at holiday feasts. According to Islamic law, animals must be butchered in a particular way and blessed before they can be eaten, so Saudi Arabia is the world's largest importer of live sheep.

Camel (or sheep or goat) milk has long been the staple of the Bedouin diet, and dairy products are still favorites with all Saudis. Yogurt is eaten alone, used in sauces, and made into a drink called a *lassi*. Flat breads—*fatir*, a flat bread cooked on a curved metal pan over a fire, and *kimaje*, similar to pita—are the other mainstay of the nomadic diet that are eaten by all Saudis. These breads are used at every meal, in place of a fork or spoon, to scoop up other foods.



Kapsa (Chicken and Rice)

Ingredients

- 2 Tablespoons of olive oil
- 1 small to medium onion, chopped
- 3 teaspoons ground cardamom
- 1 can (about 2 cups) chicken broth
- 1½ cups water
- 1 tomato, chopped
- 1 6-ounce can of tomato paste
- 2 teaspoons garlic powder
- 1 teaspoon lemon rind
- 1 cinnamon stick
- Salt to taste

- 1 small snack box of raisins
- 1 package of skinless, boneless chicken (4 breast halves)
- 1 package of skinless, boneless thighs (4 to 6 thighs)
- 1½ cups white Basmati rice

Procedure

1. Preheat oven to 300°F.
2. Wash chicken thoroughly and pat dry with paper towels.
3. Put chicken in a baking dish and bake in preheated oven until fully cooked (about 30 minutes).
4. While the chicken is baking, heat oil (medium-high) in a large pot. Add chopped onions and 1 teaspoon of cardamom, stirring constantly until browned.
5. Add chicken broth and 1½ cups water to pot. Add remaining 2 teaspoons of cardamom, tomato, tomato paste, garlic powder, lemon rind, cinnamon stick, salt, and raisins to the browned onions and water.
6. Cook on medium-high heat, stirring occasionally, for 2–3 minutes. Add the rice.
7. Bring to a boil then immediately turn the heat down to low. Cover the pot tightly and simmer for 15 minutes.
8. After 10 minutes, check the rice to see if it has absorbed all of the liquid.
9. If the rice is dry but not soft yet, add a little more water and continue to simmer. *Do not stir the rice!* The rice is done when all the liquid has been absorbed and the rice is soft.
10. When both the rice and the chicken are cooked, place the rice on a platter and put the chicken on top in the middle.

Serves 6 to 8.



Embassy of Saudi Arabia

Government investment in irrigation and modern farming techniques allows Saudi farms to produce enough dairy products to meet the country's needs. Saudi farmers produce almost all the vegetables consumed in the country as well.



Kimaje (Flat Bread)

This bread is traditionally served warm from the oven and is used to scoop up other foods.

Ingredients

- 1 package active dry yeast
- 1¼ cups lukewarm water (more as needed)
- 1 Tablespoon vegetable oil
- ½ teaspoon sugar
- ½ teaspoon salt

3½ cups all-purpose flour (more or less as needed)

Procedure

1. In a large mixing bowl, dissolve the yeast in the lukewarm water.
2. Add oil, sugar, salt, and 2 cups flour, and stir until smooth.
3. Add just enough of the remaining flour to make a dough that is not sticky and is easy to handle.
4. Place the dough on a lightly floured work surface and knead until it is smooth and elastic, about 10 minutes.

- Put the dough in a lightly oiled, large mixing bowl and move it around to grease all sides with the oil.
- Cover the bowl with a towel and set it in a warm place to rise, for about 1 hour, until the dough doubles in size.
- When the dough has risen, punch it down and move it to the lightly floured work surface. Divide into 6 equal balls.
- Place the balls side by side on the work surface and cover with the towel. Let them rise for another 30 minutes.
- After they have risen, flatten each ball with a lightly floured rolling pin or the palm of your hand, until it is a circle about 1/8-inch thick and 6 inches across.
- Using 3 cookie sheets, place 2 breads on each so that they are not touching, cover them with towels, and let rise for another 30 minutes.
- Preheat oven to 450°F.
- When breads have risen, bake in oven for about 10 minutes or until golden brown and puffed.



Laban Drink (Yogurt Drink)

Ingredients

- 1/2 cup ice water
- 1/2 cup plain yogurt (unsweetened)
- 4 to 6 ice cubes (optional)

Procedure

- Combine water and yogurt in a blender and blend until smooth.
- If you do not have a blender, put water and yogurt into a tall glass and stir briskly until smooth.
- Serve, over ice cubes if desired.



EPD Photos/Brown W. Cannon III

Saudis arrange ornate rugs around a central fire when outdoors, as these men are, or around dishes of food being served when indoors. Diners sit on the rugs and share food and conversation.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Saudi Arabia is a Muslim nation. The national holidays are Islamic holidays, including Ramadan (a month of fasting from sunup to sundown), Eid al-Fitr (the feast at the end of Ramadan), and Eid al-Adha (the Feast of Sacrifice). Two of the Five Pillars (requirements) of Islam are to make a pilgrimage to Mecca, and to give aid to the poor. Eid al-Adha, which occurs at

the end of the month of pilgrimage, reenacts the story of God giving Abraham a ram to sacrifice instead of his son Isaac. It also fulfills the requirement to give to the poor, by having a lamb ritually slaughtered and donating the meat to those in need.

Most Saudi holiday meals include thick soups, stuffed vegetables, bean salads or tabbouleh (a salad made with bulgur wheat), hummus, rice, and the flat bread that is eaten with all meals. Dates, raisins, and nuts are served as appetizers or snacks, and sweet desserts finish off the meal. Ornate rugs are laid out on the floor and dishes of food placed on them. The feasters sit cross-legged on the floor around the rugs and eat with their fingers or bread, sharing from the same dishes. Hands are ritually washed, in accordance with Islamic law, before and after eating.



Rice, Saudi Style

Ingredients

- 3 cups rice
- 1 Tablespoon oil
- 1 small onion, chopped
- 2 cloves garlic, chopped
- ½ cup golden raisins
- 2 Tablespoons tomato paste
- ½ teaspoon cloves
- ½ teaspoon cinnamon
- 1 Tablespoon cardamom (ground, not whole pods)
- Salt and pepper, to taste
- 2 Tablespoons pine nuts, toasted
- ¼ cup slivered almonds, toasted

Note: To toast pine nuts and almonds, heat a

small amount of olive oil in a skillet. Add nuts and cook, shaking the pan frequently, until nuts are golden in color.

Procedure

1. Measure rice into a bowl, cover with cold water, and allow to soak for 15 minutes.
2. Meanwhile, cook onions and garlic in oil over medium heat in a large saucepan.
3. After the rice has been soaking for 15 minutes, add it with tomato paste and raisins to the meat mixture.
4. Add seasoning (cloves, cinnamon, cardamom, salt, and pepper) and stir to combine. Lower heat and cover.
5. Allow to simmer for about 10 minutes. Check to be sure the mixture isn't too dry. If there is no more liquid visible, add a little more water (½ cup at a time).
6. Continue simmering for about 10 more minutes, until rice is tender.
7. Serve dish garnished with the toasted nuts and accompanied by plain yogurt.



Tabbouleh (Bulgur Wheat Salad)

Ingredients

- 1½ cups fresh parsley, stems removed, washed, and drained
- 1 cup bulgur wheat
- 2 cups boiling water
- ½ cup green onions, washed, trimmed, and chopped
- 3 tomatoes, finely chopped
- 2 teaspoons crushed dried mint leaves
- ½ fresh lemon juice
- ¼ cup olive oil (more or less as needed)
- Salt and pepper to taste

Procedure

1. Finely chop the parsley (or cut with very clean scissors).
2. Place chopped parsley in a medium-sized mixing bowl.
3. Place bulgur in a small mixing bowl, cover with boiling water, and let soak for 30 minutes.
4. Drain bulgur and squeeze out excess water with your (clean) hands. Add bulgur to parsley.
5. Add onions, tomatoes, mint, lemon juice, oil, salt, and pepper to the bulgur and parsley mixture. Toss well, adding more oil if needed to coat mixture.
6. Cover and refrigerate for at least 1 hour.
7. Remove from the refrigerator and let return to room temperature before serving.

Serves 6.

*Hummus***Ingredients**

- 2 cans chickpeas (garbanzo beans)
- 6 Tablespoons tahini (sesame seed paste—available at ethnic food shops or supermarkets or organic/health food stores)
- 3 large cloves garlic
- ¼ of the liquid from 1 can of chickpeas
- ⅓ cup lemon juice
- Salt and pepper, to taste
- Olive oil
- Paprika
- Fresh chopped parsley

Procedure

1. Combine chickpeas, tahini, garlic, canned chickpea liquid, and lemon juice in a food processor or blender and puree to a smooth paste.

2. Thin with more liquid from the canned chickpeas, if necessary. Add salt and pepper to taste. Pour into a serving bowl.
3. Mix olive oil with a bit of paprika to make it red and drizzle it on top of the hummus. Sprinkle with parsley. Serve with pita bread.

5 MEALTIME CUSTOMS

Saudi customs for mealtimes and table etiquette come from both their nomadic tribal heritage as well as their Islamic tradition. Based on nomadic habits of herding animals throughout daylight hours, daytime meals are small, with a large meal in the evening. The month-long celebration of Ramadan builds on this tradition, requiring a complete fast from sunup until sundown, with a large meal after sunset. Saudi meals are eaten sitting cross-legged on the floor or on pillows around a rug or low table (as though in a tent), sharing food out of the same dishes. Food is usually eaten with the fingers or a piece of bread. Following Islamic law, only the right hand is used for eating, as the left hand is considered “unclean” because it is used for personal hygiene. Ritual hand washing is completed before and after eating.

Dates and sweet tea are favorite snacks for Saudis, and buttermilk, cola, and a yogurt drink known as *lassi* are popular beverages. Coffee has been a central part of Saudi life for centuries, with an intricate ceremony to prepare and serve it. Preparing the coffee involves four different pots in which the coffee grounds, water, and spices are combined and brewed before being served in small cups. It is considered very rude to refuse a cup of coffee offered by the host, and it is most polite to accept odd

numbers of cups (one, three, five, etc.). Saudi men spend a great deal of time in coffeehouses, drinking coffee or tea and talking.



Qahwa (Arabic Coffee)

Ingredients

- 3 cups water
- 2 Tablespoons ground decaffeinated coffee
- 3 Tablespoons cardamom (coarsely ground)
- ¼ teaspoon saffron (optional)

Procedure

1. Boil the water in a pot. Add the coffee to the water and bring to a boil over low heat. (In Saudi Arabia, the coffee would be strong and highly caffeinated.)
2. Remove from the heat and allow coffee grounds to settle.
3. Put the cardamom in another pot, strain the coffee (removing the grounds) into the second pot, and add the saffron.
4. Bring back to a boil and serve immediately.

Serves 8 to 10.

6 POLITICS, ECONOMICS, AND NUTRITION

The Saudis in general receive adequate nutrition. The country's agricultural practices have been modernized and the government has made significant investments in irrigation. Saudi farmers grow and raise almost enough crops and livestock to meet the needs of the population.

According to the World Bank, less than 4 percent of the population experiences inadequate nutrition, and nearly 90 percent



EPD Photos/Brown W. Cannon III

A young man presents coffee on a tray to a guest. The Saudis take pride in their hospitality, and it is considered rude to refuse a host's offer of refreshments.

of Saudi citizens have access to adequate sanitation.

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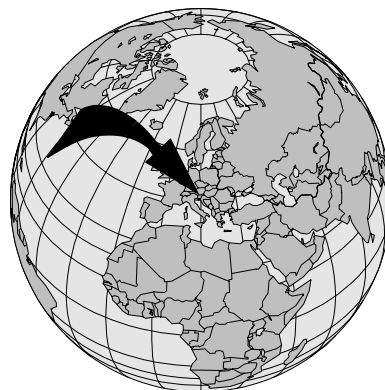
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Slovenia

Recipes

Golaz (Goulash)	144
Baked Mushrooms with Cheese.....	145
Deep-Fried Potatoes.....	145
Jota	146
Klobasa and Kisdo Zelje (Sausage and Sauerkraut).....	146
Dandelion Salad.....	147
Potica (Slovenian Nut Roll).....	147
Slovenian Almond Bars.....	148



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Slovenia is located in central Europe and shares boundaries with Austria (north), Hungary (east), Croatia (south), and Italy (west). It has a small coastal area in the southwest region, which borders the Adriatic Sea.

Next to Italy in the west are the Julian Alps and various mountains and valleys with numerous rivers in the east.

The climate in the coastal strip of Slovenia is determined by the Mediterranean Sea. Its inland climate ranges from mild to hot summers, with cold winters in the valleys and plateaus of the east.

2 HISTORY AND FOOD

From as early as the A.D. 800s, Slovenia has fallen under foreign control, gaining its independence only in 1991. For over 1,000 years, Slovenes lived mostly under German rule as part of the Holy Roman (962–1806), Austrian (1806–1867), and Austro-Hungarian (1867–1918) empires. World War II

(1939–1945) divided present-day Slovenia among German, Italian, and Hungarian powers. Each of these countries, along with neighboring Austria to the north, has contributed significantly to Slovene cuisine.

German cuisine is typically heavy in meats and starches, which has carried over to Slovene cuisine. Germans relied on pork, sauerkraut, and potatoes for a majority of their dishes, as seen in present-day Slovene meals.

Austria, located north of present-day Slovenia, brought *klobasa* (a type of sausage), breaded, and pastry items, such as *zavitek* (strudels) to Slovene cooking.

Hungarian influences included *golaz* (goulash), *paprikas* (chicken or beef stew), and *palacinke*, which are thin pancakes filled with nuts or jam and topped with chocolate.

Italian pastas, such as *njoki* (potato dumplings), *rizota* (risotto), and *zlikrofi*, similar to ravioli, became part of the Slovene diet as well.

SLOVENIA



3 FOODS OF THE SLOVENES

Slovene cooking has over 30 different regional cuisines, influenced greatly by Slovenia's neighboring countries. While there is a sufficient amount of poultry, dairy products, and potatoes, much of the land in Slovenia is not suited for producing crops. Basic foods, such as oil, wheat, sugar, and meat are imported.

Slovene foods are often simple and hearty. Many dishes are made with cream, such as mushroom soup, and pork sour soup. Horseradish with cream, a specialty of northeastern Slovenia, is often served with beef dishes. Chicken paprika is a creamy sauce made with spicy, red paprika served over noodles or dumplings.



Golaz (Goulash)

Ingredients

- 3 Tablespoons vegetable oil
- 2 pounds beef stew meat
- 1 can beef broth
- 1 cup onion, chopped
- 2 Tablespoons tomato paste or ketchup
- 2 Tablespoons paprika
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ⅓ cup water
- 3 Tablespoons flour
- 2 cups cooked egg noodles

Procedure

1. In a large pot, heat the oil over medium heat. Add the beef and cook until sides are browned.
2. Add beef broth, onion, tomato paste or ketchup, paprika, salt, and pepper.
3. In a bowl, mix the water and flour, stirring to remove lumps. Stir the flour mixture into the pot with a wooden spoon.
4. Cover and reduce heat to low. Simmer for 1 to 1½ hours, or until meat is tender; stir occasionally.
5. Serve over hot noodles.

Makes 5 to 6 servings.

Breads and potatoes are the staple foods of Slovenia. *Potica* (po-TEET-sa) is the most common type of pastry—a nut roll wrapped around a variety of fillings, such as walnuts, hazelnuts, or raisins. Potatoes are served boiled, sautéed, deep-fried, or roasted. They are used in such dishes as fruit dumplings, soups, and stews, such as *jota* (a hearty meat and vegetable stew). Mushrooms are a large part of Slovene cui-

sine, and picking wild mushrooms has become a popular occupation. In fact, the government had to pass a law limiting the amount of mushrooms picked to keep some species from becoming extinct.



Baked Mushrooms with Cheese

Ingredients

- 1 8-ounce container of mushrooms
- ¼ pound Muenster cheese, sliced

Procedure

1. Preheat oven to 300°F.
2. Wash the mushroom caps under running water, and remove the stems. Dry with paper towels.
3. Cut the cheese into squares to fit between two mushroom caps.
4. Make a “sandwich” of two mushroom caps with one square of sliced cheese between them.
5. Secure with a toothpick, and place the mushrooms into greased pie plate or baking dish.
6. Bake for about 10 minutes, or until the cheese melts.
7. Serve warm or at room temperature.

Makes about 15 to 20 snacks (depending on the number of mushrooms in the package).



Deep-Fried Potatoes

Ingredients

- 2 large potatoes, thinly sliced
- ½ cup vegetable oil
- Salt and pepper, to taste



EPD Photos

Gathering mushrooms in the wild has become a popular hobby in Slovenia. Slovenian cooks use mushrooms in many different dishes—in soups, salads, and snacks like these Baked Mushrooms with Cheese.

Procedure

1. In a large skillet, heat the oil over high heat.
2. Slowly add the potato slices and fry until golden brown. Be careful of the hot oil, as it may sizzle and spurt when the potatoes are added.
3. Remove potato slices and drain on paper towels. Season with salt and pepper.

Serve with *Klobasa and Kisdo Zelje* (Sausage and Sauerkraut; see recipe) for a complete Slovene meal.

Serves 4.



Jota

Ingredients

- 1¾ cup sauerkraut, drained
- ¾ cup canned red kidney beans, drained
- 1½ cups potato, cut into chunks
- 1½ cups ham or pork
- 4 cups water
- 2 cloves garlic
- Salt and pepper, to taste
- 1 bay leaf
- 1 medium onion, chopped
- ¼ cup shortening
- 2 teaspoons flour
- ¾ cup sour cream

Procedure

1. Fill a large pot with water, and bring to a boil. Add the sauerkraut, beans, potatoes, and meat. Cook until vegetables are tender, about 20 minutes.
2. Add the garlic and bay leaf. Season with salt and pepper.
3. In a frying pan, melt the shortening over medium heat. Sauté the onions, about 3 minutes.
4. Add the flour and cook about 2 more minutes, stirring frequently.
5. Add the onion and flour mixture to the stew. Stir and simmer over low heat for about 15 minutes.
6. Just before serving, add the sour cream and stir. Heat over low heat for 2 to 3 minutes. Serve.

Serves 4 to 6.

Pork is the main meat eaten by a majority of Slovenes. *Koline*, the time in winter when pigs are slaughtered and a variety of pork products are prepared, is a major

undertaking for Slovene farmers. Blood (or black) pudding is the name of a type of sausage made from a mixture of blood, intestines, millet (a type of grain), buckwheat porridge, and seasonings. Traditionally, neighbors exchanged this sausage with each other, since each farm family had its own unique recipe.

Other pork dishes are *zelodec* (filled pork stomach), air-dried pork leg called *prsut*, and *klobasa* (sausage). Slovenian *kranjske klobasa* has a distinctive flavor that comes from its seasoning of rosemary, thyme, and garlic. *Klobasa and Kisod Zelje* (sausage with sauerkraut) makes for a filling lunch or dinner.



Klobasa and Kisod Zelje
(Sausage and Sauerkraut)

Ingredients

- 4 large klobasa (sausage links)
- 2 cans sauerkraut
- 1 clove garlic, minced
- Salt and pepper, to taste

Procedure

1. Heat a frying pan to medium heat and add the sausage. Cook until browned on all sides. Remove and drain on paper towel.
2. Add the sauerkraut and garlic to the frying pan and cook over medium heat. Season with salt and pepper.
3. Add the sausage and cover. Cook until sausage is thoroughly heated and cooked through, about 15 to 20 minutes.

Serves 4.

Although meat and starchy foods prevail in Slovene cooking, vegetables, especially cabbage, are used in various ways. Common cabbage dishes are sauerkraut, sweet-and-sour cabbage, and raw cabbage salad. A salad of cucumbers, sliced onions, vinegar, and oil may accompany a meal. Dandelion salad is popular as well. Dandelion shoots are considered a springtime delicacy.



Dandelion Salad

Ingredients

- 1½ pounds dandelion shoots or leaves (any flat-leaved lettuce may be substituted)
- 2 medium potatoes, peeled
- 1 hard-boiled egg, sliced
- 1 clove garlic, finely chopped
- 3 Tablespoons vegetable oil
- 1 Tablespoon red wine vinegar
- Salt to taste

Procedure

1. Several hours before serving the salad (or even the day before), prepare potatoes. Cut the potatoes into quarters and put them into a saucepan. Cover with water, heat the water to boil, and simmer the potatoes until they can be pierced with a fork (about 15 minutes). Drain and cool.
2. To prepare the salad: Place the dandelion shoots or leaves, potatoes, egg, and garlic in a mixing bowl.
3. In a separate bowl, prepare the dressing: Mix the vinegar, oil, and salt. Pour over the dandelion mixture and toss.

Serves 4.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The majority (about 90 percent) of Slovenes are Roman Catholic Christian. Christmas is a widely celebrated but simple affair in Slovenia, where a family's main focus is spending time together. The gifts that are exchanged are usually food, with candy treats for children. The Christmas dinner table is filled with traditional foods, such as pork or turkey, along with delicacies, such as smoked meats. *Potica* (nut bread), *sarkelj* (raisin cake), and other freshly baked goods may be eaten as well. Other religious holidays, such as Easter and All Saints Day, are also celebrated.



Potica

Ingredients

- 2 Tablespoons yeast
- 1½ cups milk, room temperature
- 3½ cups flour
- ½ cup, plus 1 cup sugar
- 7 Tablespoons (about 1 stick) butter, room temperature
- 4 egg yolks, beaten
- 1 Tablespoon salt
- 1 Tablespoon cinnamon
- 4 Tablespoons heavy whipping cream
- 2½ cups ground walnuts
- 4 egg whites, beaten

Procedure

1. Separate the eggs, keeping the yolks in one bowl and the whites in another.
2. In another mixing bowl, combine the yeast with the milk.
3. Add ½ cup of the sugar, salt, and flour and mix to form a dough. Cover the bowl with plastic wrap.
4. Let the dough rise in a warm place, about 30 minutes.
5. Prepare the filling by creaming the butter, 1 cup sugar, and egg yolks together.
6. Add the cinnamon, cream, and ground walnuts.
7. Preheat oven to 350°F.
8. On a floured surface, roll out the dough to form a large rectangle. Spread the filling in the center of the dough.
9. Roll up the dough, jelly-roll fashion, and place, seam side down, onto a cookie sheet. Using a clean pastry brush, brush the pastry with egg white.
10. Bake for 1 to 1½ hours, or until golden brown.

Serves 12 to 14.



Slovenian Almond Bars

Ingredients

- 1 cup flour
- ¾ cup almonds, ground
- ¾ cup powdered sugar
- ½ cup butter or margarine, room temperature
- 4 egg whites
- 4 squares chocolate bar, grated
- 1 egg, lightly beaten

Procedure

1. Preheat oven to 350°F.
2. Separate 4 eggs, discarding the yolks but keeping the whites in bowl.
3. In a large mixing bowl, combine flour, ground almonds, powdered sugar, butter or margarine, egg whites, and chocolate. Mix well.
4. Spread the mixture evenly into a buttered 8-inch square baking pan.
5. Brush the top with the beaten egg.
6. Bake for about 40 minutes. Cool to room temperature and cut into squares.

Makes about 32 pieces.

Besides religious holidays, Slovenes observe seasonal celebrations with parades, carnivals, and masquerade balls. St. Martin's Day is in November, celebrating the day when grape juice officially becomes new wine. Along with drinking wine, dishes such as roast goose, sweet and sour cabbage, and *mlinci* may be eaten. *Mlinci* is a flat, thin dough that has been baked, broken up, covered with boiling water, drained, then roasted with meat, usually goose. *Gibanica*—a layer cake with cottage cheese, walnuts, poppy seeds, and apples—may be eaten as well.

5 MEALTIME CUSTOMS

Slovenes typically eat three meals each day, with lunch being the most important. *Zajtrk* (breakfast) is usually *kava* (coffee) or tea, and rolls with butter and jam. *Zemlja*, a type of hard roll, is common. Salami, cheese, and soft-boiled or fried eggs may be served as well. Some Slovenes skip breakfast and just

drink strong coffee. Children may drink hot chocolate.

Around 10 a.m. most Slovenes take a morning break and have a substantial snack. People who are working might buy a hot dog with red pepper relish, a ham sandwich, or other snack from a street vendor. They also might stop at a cafeteria-style restaurant for bean stew or soup. Those whose schedule is more leisurely might pause at a pastry shop for some type of sweet pastry. *Sok* (fruit juice), coffee, or tea are the most common beverages.

Lunch, served anytime from 12 noon to 3 p.m., usually starts with soup. The menu is likely to include a meat dish; a starch—such as potatoes, dumplings, or pasta; vegetables; and a salad—such as *fancoska solate* (cubed potatoes and vegetables with mayonnaise). Sometimes, a salad bowl is shared by whoever is close. Serving bowls set on the table may be without serving utensils, so diners help themselves with their own fork or spoon. Bread almost always accompanies both lunch and dinner. When a meal is taken at a restaurant, the waitress expects the diners to report the number of slices of bread they consumed during their meal. To drink at lunch or dinner, there is usually wine or beer. Non-alcoholic drinks, such as fruit juices, and *malinovec*, a drink made with raspberry syrup may be served. Young Slovenes especially like popular carbonated drinks.

Dinner dishes are similar to lunch dishes, but are generally lighter. Salads and yogurt, accompanied by leftovers from lunch, are typical. When invited to dinner, Slovenes consider it courteous to bring

small gifts. Flowers and wine are usually given to the host, and candy is offered to children. It is considered rude to refuse any food that is offered.

Eating at restaurants is considered expensive by the Slovenes, and therefore is typically only done on special occasions or for celebrations; however, many Slovenes frequently enjoy a meal at a *gostilna* (local pub), where traditional foods and pastries are served. The traditional Sunday lunch in a *gostilna* may include beef or chicken soup with homemade noodles, pork or veal roast, sautéed or roasted potatoes, salad and *potica* or strudel for dessert. Young Slovenes may go out for pizza and enjoy eating at fast food places.

6 POLITICS, ECONOMICS, AND NUTRITION

Only about 28 percent of Slovenia's land is suitable for agriculture. The country is among one of Europe's most heavily forested areas. The rugged landscape, altitude, poor soil conditions, and climate are very unfavorable for agriculture. While there is sufficient production of poultry, dairy products, and potatoes, Slovenes import many basic foods, such as vegetable and olive oil, wheat, sugar, and meat, resulting in high prices for food.

Despite having to import many food products, almost all Slovenes receive adequate nutrition in their diets. The government provides a system of family allowances and benefits to those in need. The constitution provides for special protection against economic, social, physical, or

SLOVENIA

mental mistreatment or abuse of Slovene children.

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South Africa

Recipes

Traditional Biltong and Dried Fruit Snack	152
Mealie Soup (Corn Soup)	153
Carrot Bredie.....	154
Green Bean Salad.....	154
Komkomer Sambal (Cucumber Relish)	156
Geel Rys (Yellow Rice)	156
Corn on the Cob.....	157
Bobotie	157
Pineapple Sherbet (Pineapple Smoothie).....	158
Putupap (Cornmeal Porridge)	158



1 GEOGRAPHIC SETTING AND ENVIRONMENT

South Africa is a large country at the southern tip of the African continent. It is slightly less than twice the size of Texas. The country has large areas of plateaus, with some areas of higher elevations in the eastern Drakensberg Mountains, near the border with Lesotho. Over 80 percent of South Africa's land could be farmed, but only about 12 percent is devoted to agriculture. The main crop is corn (called "mealies" in South Africa). Wheat can only be grown in winter, when the climate is like the Northern Hemisphere's summer. "Kaffir corn," which is really sorghum (a grass similar to Indian corn), is another important crop. South African farmers also raise livestock, but their herds do not produce enough meat to feed the population. Meat is imported in the form of live animals from neighboring Namibia and Botswana.

2 HISTORY AND FOOD

Early South Africans were mostly hunter-gatherers. They depended on foods such as tortoises, crayfish, coconuts, and squash to survive. *Biltong*, meat that is dried, salted, and spiced (similar to jerky), and *beskuit*s (dried sweetened biscuits, like zwieback or rusks) were popular food among the original pioneers and are both still enjoyed by twenty-first century South Africans. Dried fruits, eaten whole or ground into a paste, are also popular treats. The practice of modern agriculture was introduced by the Bantu, natives of northern Africa. They taught inhabitants to grow vegetables such as corn ("mealies"), squash, and sweet potatoes. Modern Zulu people, most of whom live in northeastern South Africa, enjoy a soft porridge made from mealie-meal (cornmeal), and dishes combining meat and vegetables such as dried corn and yams.

Nearly 200 years after the Portuguese first arrived in South Africa, Dutch settlers,

SOUTH AFRICA



EPD Photos

Biltong (beef jerky) and dried fruit is a traditional South African snack.

and pickled. Rock lobster, mussels, octopus, and cod are also popular seafood selections, particularly at the country's southern tip.

South Africa's mild climate produces a variety of fruits and vegetables. Potatoes, cabbage, corn ("mealies"), sunflower, peppers, and green beans are commonly grown. The abundance of rain in the northern tip of the country allows tropical fruits to grow, including bananas, pineapples, and mangoes. Such fruits make delicious desserts.

Dishes of British origin are seasoned and flavorful in South Africa. Spices were added to popular meals, such as the meat pie. The Boer (Dutch) Chicken Pie is a

crusted chicken potpie with plenty of seasonings, topped with eggs and ham. *Bobotie*, a beef or lamb potpie, contains raisins, apples, almonds, and curry powder, a savory seasoning.

Sausages (made of beef or pork) and *sosaties*, seasoned lamb on a skewer, are commonly eaten at meals. *Sosaties* are most frequently served at a barbecue, or *braai*, party and served with sauce and biscuits. South Africans make *sosaties* in different ways, with a variety of seasonings to make the meal more flavorful. Other meat favorites are ostrich and chicken. *Frikkadels* ("little hamburgers" usually seasoned with nutmeg) are sometimes served wrapped in cabbage leaves. *Bredies*, meat and vegetable stews of all kinds, are usually named for the primary vegetable ingredient (such as carrot bredie or tomato bredie). Wine, water, *mechow* (a fermented beer-like drink made from cornmeal), and tea are often served with meals. Rice pudding, *melktert* (milk custard tart), and cookies remain popular desserts.



Mealie Soup (Corn Soup)

Ingredients

- 4 Tablespoons butter
- 1 cup onions, finely chopped
- 2 tomatoes, chopped
- 2 cups canned whole corn, well drained
- 2 cups creamed corn
- 1 can evaporated milk
- 3 cups chicken broth (about 1½ cans)
- 1 Tablespoon salt
- 1 teaspoon black pepper.

Procedure

1. In a large saucepan, melt the butter over moderate heat.
2. Add the onions and sauté for 5 minutes.
3. Stir in the tomatoes and cook for a few more minutes.
4. Add the corn, milk, chicken broth, salt, and pepper. Simmer for 15 minutes.
5. Serve with crackers.

Serves 6 to 8.

*Carrot Bredie***Ingredients**

- 1 onion, chopped
- 1 Tablespoon oil
- 8 carrots, washed, scraped, and chopped
- 2 potatoes, washed, scraped, and chopped
- Pinch of salt
- Pinch of black pepper
- 1 cup water

Procedure

1. Measure the oil into a skillet, and heat over medium heat.
2. Add the chopped onion, and cook until the onion is golden brown.
3. Add the vegetables and the seasoning.
4. Add the water and stir. Bring the mixture to a boil.
5. Reduce the heat and place a cover on the pot, but leave it ajar, to allow steam to escape.
6. Let the bredie simmer until the water has evaporated and the vegetables are soft. Remove from heat and mash.
7. Serve immediately with a little butter stirred in.

Serves 8 to 10.

*Green Bean Salad***Ingredients**

- 2 pounds fresh, whole green beans, trimmed at ends
- 1 cup white onions, thinly sliced
- ½ cup salad oil
- 4 Tablespoons lemon juice
- 1 teaspoon salt
- ½ teaspoon pepper, freshly-ground
- ¼ cup stuffed olives, sliced

Procedure

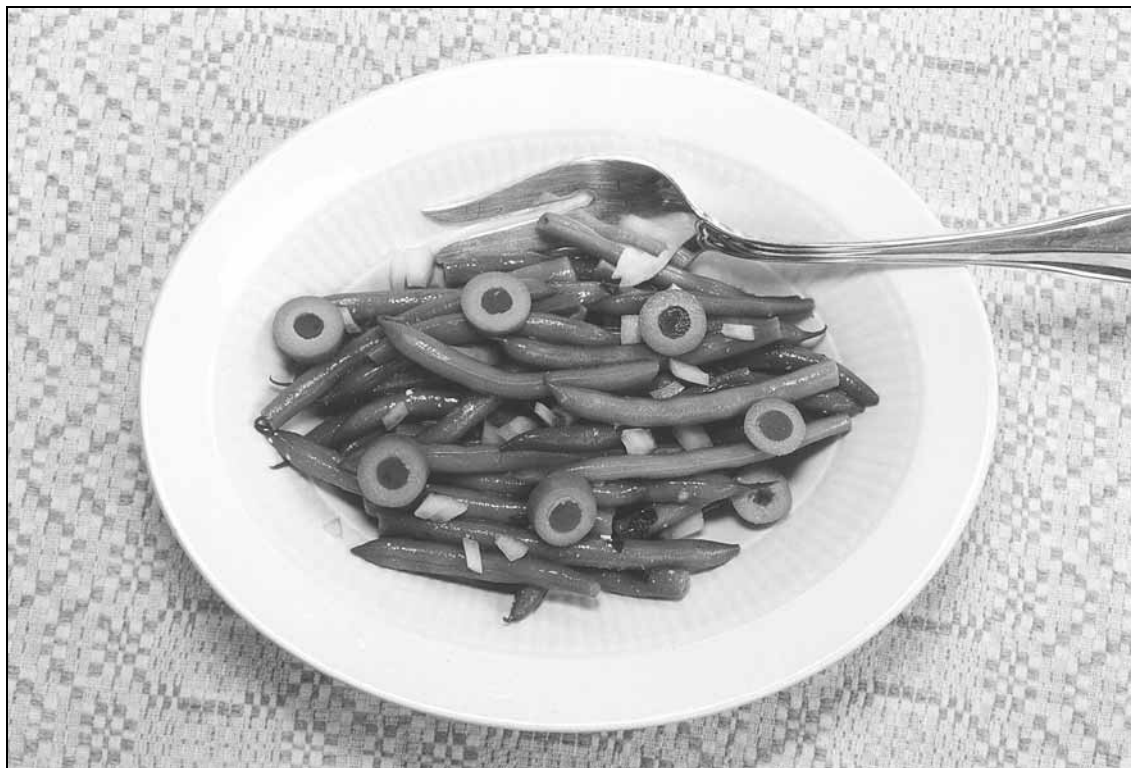
1. Heat a saucepan full of salted water to boiling. Add green beans and simmer, covered, until green beans are tender (about 15 minutes).
2. In a separate bowl, combine onions, salad oil, lemon juice, salt, ground pepper, and stuffed olives.
3. Drain the cooked green beans, and while still hot, toss quickly with onion mixture.
4. Cover and refrigerate for at least 2 hours.
5. Serve as a main course for lunch or light supper.

Makes 8 servings.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

More South Africans practice Christianity than any other religion. Like other Christians around the world, South African Christians celebrate Christmas Day on December 25 and Good Friday and Easter in either March or April. Such occasions are normally celebrated with family and close friends.

SOUTH AFRICA



EPD Photos

Green Bean Salad is accented by the salty, slightly bitter, tang of sliced, stuffed olives.

A typical holiday menu may include rock lobster tail or seasoned lamb or pork accompanied by cabbage. Serving appetizers depends on the size of the dinner. People want to save room for dinner, dessert, and after-dinner drinks. *Sambals* (condiments such as chopped vegetables and chutneys), *atjar* (pickled fruits and vegetables), yams, *geel rys* (yellow rice), and green bean salad are popular side dishes. *Mealie* bread (cornbread) is a South African favorite and is often served before or during the meal. Wine, beer, tea, or water may be refreshing to adults, while children may enjoy soft drinks or other non-alcoholic beverages.

Rooibos tea (pronounced roy boy), a strong, caffeine-free herbal tea made from a plant that is native to South Africa, is served without milk, sugar, or lemon. Rice pudding is a common dessert. No matter what meal is chosen, it is certain to be full of flavor.

A much smaller number of South Africans are either Muslim or Hindu. Muslims celebrate the Islamic holiday of Ramadan, a movable month-long holiday. During Ramadan, Muslims fast (avoid eating and drinking) from sunrise to sunset to worship and practice self-control. After sunset, people gather together to enjoy dinner, called

iftar. Dinner may include rice, dates, and a variety of spiced dishes. Hindus celebrate *Diwali*, or Festival of Lights. On this important day, the Hindus eat a small portion of lamb, chicken, or fish with beans or lentils. Their festive dishes often contain up to fifteen different spices and are accompanied by bread.



Komkomer Sambal
(Cucumber Relish)

Ingredients

- 3 medium-sized fresh cucumbers, peeled and seeded
- 1 teaspoon sea salt
- 1 Tablespoon cider vinegar
- 1 clove garlic, finely minced
- 1 teaspoon jalapeno pepper, finely minced

Procedure

1. Grate the cucumbers on the large holes of a hand grater into a salad bowl.
2. Sprinkle them with the salt and let them stand for 2 hours.
3. Drain them in a colander, pressing out the liquid.
4. Add the vinegar, garlic, and jalapeno pepper and mix well.
5. Cover with plastic wrap and chill for at least 1 hour.

Serves 6.



Geel Rys
(Yellow Rice)

Ingredients

- 1 Tablespoon sugar
- ½ teaspoon turmeric
- 1 Tablespoon salt
- 2 Tablespoons butter
- 1 cinnamon stick
- 1 cup raisins
- 1 teaspoon lemon rind
- 2 cups white rice

Procedure

1. In a large pot, bring 6 cups of water to a boil.
2. Add all the ingredients (except rice) to the boiling water and stir until the sugar has dissolved.
3. Add the rice, cover, and simmer for 20 minutes. Remove the cinnamon stick and lemon rind before serving.

5 MEALTIME CUSTOMS

South Africans eat three meals per day. For breakfast, most eat some kind of hot cooked cereal, such as *putupap* (cornmeal porridge, similar to grits), served with milk and sugar. Putupap and *mealie* bread (corn bread) are frequently also served as part of a main meal and lunch or dinner, too. Other breakfast foods might be *beskuit*, a crusty, dried sweet bread (similar to rusks). Tea and coffee are popular morning beverages.

South Africans are known for their hospitality and love to cook for visitors. During a hearty meal featuring a main course such as bobotie, seafood, or mutton stew, accompanied by vegetables and rice, it not uncom-

mon for a host to offer guests a variety of drinks, such as wine, homemade beer, or tea. Fruits, puddings, and cakes round off a great meal.



Corn on the Cob

Ingredients

6 large ears of fresh corn
Butter, salt, and chile powder, to taste

Procedure

1. Bring 2 quarts (8 cups) of water to a boil in a heavy saucepan.
2. Strip the corn of its husks and silky strings and place the ears in the boiling water. Cook for 5 minutes.
3. Serve hot and season to taste with butter, salt, and chile powder.

Serves 6.



Bobotie

Ingredients

1 pound ground beef or ground lamb (or may use half and half)
1 cup onions, thinly sliced
1 tart apple, peeled, cored, and chopped
2 slices of white bread soaked in milk
2 Tablespoons curry powder
½ cup raisins
2 Tablespoons slivered almonds
2 Tablespoons lemon juice
1 egg
Turmeric, dash
2 bay leaves

Ingredients for topping

1 egg
½ cup milk

Procedure

1. Preheat oven to 325°F.
2. Brown ground meat in a large skillet. Drain off fat.
3. Add the chopped onions and cook for about 5 minutes, until onions are softened.
4. Add the chopped apple.
5. Squeeze out excess milk from bread slices and add them to skillet, tearing the softened bread apart to blend it with the meat mixture.
6. Add curry powder, raisins, almonds, lemon juice, 1 egg, and turmeric. Stir well to combine.
7. Grease a 9-inch by 13-inch baking dish. Pour mixture into the dish and lay bay leaves on top.
8. Bake 40 minutes. Remove from oven.
9. Mix egg and milk together for topping, and pour over meat mixture.
10. Return dish to oven and bake for 15 minutes more. Remove bay leaves before serving.

Unlike in the United States, foods are seldom packaged for convenience. Bread is rarely pre-sliced and preservatives are not widely used. National laws determine store hours, particularly for meat sellers, who often open as early as 5:30 A.M. and close as early as 1 P.M. For those who can afford it, a servant may be hired to help prepare meals and travel to the stores at early hours.

Lunch may be a simple meal, such as a sandwich or soup. Students returning from school may enjoy a fruit drink, similar to a smoothie, as a between-meal snack. Fresh

fruits such as pineapple are often the basis for these refreshing beverages.



Pineapple Sherbet (Pineapple Smoothie)

Ingredients

- 1 medium-sized ripe pineapple (Canned may be substituted.)
- 8 cups water (approximately)
- Juice of 4 lemons
- Sugar, to taste

Procedure

1. Peel and core the pineapple. Cut up the fruit, and place it in a blender. Blend to a thick pulp. (Canned pineapple may be substituted.)
2. Place the pulp in a large pitcher, add the water, lemon juice, and sugar, and mix thoroughly.
3. Put the pitcher in the refrigerator to chill the sherbet beverage.
4. Just before serving, stir well. Serve over ice in tall glasses.

Serves 6 to 8.

Dinner may be simple or formal. South Africans may serve dinner on their finest dishes and silverware, placed on a white tablecloth with a centerpiece of flowers or fruit. Salt and peppershakers are almost always available, along with various condiments. In addition, several beverage options are usually on the table. Tea is enormously popular in South Africa, particularly in the early morning. Guests may be awakened by their hostesses as early as 5 or 6 A.M. to enjoy morning tea.

South Africans also like to eat out, whether it is a back porch barbecue (*braai*), at a restaurant, or at a sporting event. *Biltong*, similar to strips of jerky, is as popular a snack as popcorn is in a movie theater in the United States.



Putupap (Cornmeal Porridge)

Note: Although not authentic, instant polenta may be prepared as an approximate substitute.

Ingredients

- 3 cups water, boiling
- 2 teaspoons salt
- 1 pound fine white corn meal
- ½ cold water

Procedure

1. Bring 3 cups of water to a boil.
2. Pour meal into center of water to form a pile. Add salt, but do not stir.
3. Remove pot from stove. Put lid on and let it sit for 5 minutes.
4. Stir, return to heat and simmer over very low heat until putupap is fine-grained and crumbly.
5. Stir with a fork or wooden spoon, add cold water, and simmer for another 30 minutes.
6. Serve with tomato sauce or gravy.

6 POLITICS, ECONOMICS, AND NUTRITION

From 1948 until 1994, South African society was strictly divided according to racial groups in a structure called apartheid, or racial separation. While the government officially referred to this structure as “separate development,” there were, in reality,

few resources devoted to development of the black portions of the country. In 1994, the policy of apartheid ended and a multiracial government was elected. Since then, the economy has been adjusting to the new structure of society. Some areas of the economy, such as tourism, suffered because people were concerned that the changes might lead to instability. At the beginning of the twenty-first century, the white minority population enjoyed a high standard of living, but the 85 percent majority black population still lived with low health and economic standards of living.

7 FURTHER STUDY

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Junior
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Foods and Recipes of the World

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Karen L. Hanson, Editor

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Contents

READER'S GUIDE	vii
MEASUREMENTS AND CONVERSIONS	xi
GETTING STARTED WITH COOKING	xii
GLOSSARY	xv
SPAIN	1
SWEDEN	11
TANZANIA	23
THAILAND	35
TURKEY	45
UKRAINE	57
UNITED KINGDOM	65
UNITED STATES: AFRICAN AMERICANS	77
UNITED STATES: AMISH AND PENNSYLVANIA DUTCH	87
UNITED STATES: GREAT LAKES REGION	95
UNITED STATES: JEWISH AMERICANS	105
UNITED STATES: LATINO AMERICANS	115
UNITED STATES: MIDWEST REGION	123
UNITED STATES: NATIVE AMERICANS	131
UNITED STATES: NORTHEAST REGION	139
UNITED STATES: SOUTHERN REGION	149
UNITED STATES: WESTERN REGION	159
VIETNAM	169
ZIMBABWE	181
INDEX	189

Reader's Guide

Junior Worldmark Encyclopedia of Foods and Recipes of the World presents a comprehensive look into the dietary lifestyles of many of the world's people. Published in four volumes, entries are arranged alphabetically from Algeria to Zimbabwe. Several countries—notably Australia, Brazil, Canada, and the United States—feature entries for specific ethnic groups or regions with distinctive food and recipe customs.

Junior Worldmark Encyclopedia of Foods and Recipes of the World features more than 700 recipes in 70 entries representing 57 countries. In selecting the countries, culture groups, and regions to include, librarian advisors were consulted. In response to suggestions from these advisors, the editors compiled the list of entries to be developed. The editors sought, with help from the advisors, to balance the contents to cover the major food customs of the world. Countries were selected from Africa (Algeria, Cameroon, Cote d'Ivoire, Ethiopia, Ghana, Kenya, Liberia, Morocco, Mozambique, Nigeria, South Africa, Tanzania, Zimbabwe); Asia (China, India, Indonesia, Japan, Korea, the Philippines, Thailand, Vietnam); the Caribbean (Cuba, Haiti, Jamaica); Europe (Czech Republic, France, Germany, Greece, Hungary, Ireland, Italy, Kazakhstan, Poland, Russia, Slovenia, Spain, Sweden, Turkey, Ukraine, United Kingdom); Central America (Guatemala);

the Middle East (Egypt, Iran, Iraq, Israel, Lebanon, Pakistan, Saudi Arabia); North America (Canada, Mexico, and the United States); Oceania (Australia, Islands of the Pacific); and South America (Argentina, Brazil, Chile, Peru).

For the United States entry, the advisors suggested preparing an innovative combination of five regional entries (including Great Lakes, Midwest, Northeast, Southern, and Western) and five ethnic/culture group entries (African American, Amish and Pennsylvania Dutch, Jewish American, Latino American, and Native American). Researchers interested in other major American ethnic and cultural groups, such as Chinese American, German American, and Lebanese American, are directed to the entries for the home countries of origin (such as China, Germany, and Lebanon).

Recipes were selected to reflect traditional national dishes as well as modern lifestyles. Persons familiar with the cuisines of the countries were consulted to ensure authenticity. The editors acknowledge the invaluable advice of these individuals, without whose help this encyclopedia would not be as authoritative: Thelma Barer-Stein; Stefanie Bruno; staff of Corky and Lenny's delicatessen, Beachwood, Ohio; Terry Hong; Marcia Hope; Solange Lamamy; staff of Middle East Restaurant, Cleveland, Ohio;

staff of Pearl of the Orient, Shaker Heights, Ohio, John Ranahan, Christine Ritsma, and Nawal Slaoui.

Profile Features

This new addition to the *Junior Worldmark* series follows the trademark format of the *Junior Worldmark* design by organizing each entry according to a standard set of headings.

This format has been designed to allow students to compare two or more nations in a variety of ways. Also helpful to students are the translations of hundreds of foreign-language terms (which can be found in italics throughout the text) to English. Pronunciations are provided for many unfamiliar words.

Every profile contains two maps: the first displaying the nation and its location in the world, and the second presenting the nation's major cities and neighboring countries. Each entry begins with a recipe table of contents guiding the student to specific page numbers.

Most entries feature approximately ten recipes, including appetizers, main dishes, side dishes, beverages, desserts, and snacks. Recipes were selected to balance authenticity and ease of preparation. Wherever possible the recipes use easy-to-find ingredients and familiar cooking techniques. Recipes are presented with the list of ingredients first, followed by the directions in a numbered procedure list. The editors tested the recipes for most of the more than 700 dishes included in the work, and photographed steps in the procedure for many of them.

A complete glossary of cooking terms used in the entries, from allspice to zest, is included at the front of each volume.

The body of each country's profile is arranged in seven numbered headings as follows:

1 GEOGRAPHIC SETTING AND ENVIRONMENT. Location, fertile/non-fertile areas, climate (temperature and rainfall), total area, and topography (including major rivers, bodies of water, deserts, and mountains), are discussed. Various plants (including crops) and animals may also be mentioned.

2 HISTORY AND FOOD. The influences of early cultures, outside influences (such as explorers and colonists), and the origins of staple foods and preparation techniques are discussed. Historical dietary influences between various ethnic or religious groups may also be discussed.

3 FOODS OF THE (COUNTRY OR CULTURE GROUP). Foods and beverages that comprise the staples of the country's daily diet, including national dishes, are presented. Identifies foods by social class and ethnic group, where applicable. May also discuss differences between rural and urban mealtime practices.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS. Discusses dietary guidelines, restrictions, and customs for national secular and religious holidays, both in food

and food preparation. Origins of holiday traditions may also be discussed. Traditional holiday menus for many holidays are presented.

5 MEALTIME CUSTOMS. Customs related to consumption of food at home, at restaurants, and from street vendors; entertainment of guests for a meal; number and typical times of meals; and typical school lunches and favorite snacks are discussed.

6 POLITICS, ECONOMICS, AND NUTRITION. Statistics from international organizations, including the United Nations and the World Bank. Discussion of health status of the population, with a focus on nutrition of the nation's children. Food laws and current dietary issues are discussed, where applicable.

7 FURTHER STUDY. An alphabetical list of books and web sites. Web sites were selected based on authority of hosting agency and accessibility and appropriateness for student researchers. Each web site lists when the site was last accessed. A few entries include listings of feature films notable for the role food and/or dining played in the story.

Volume 4 contains a cumulative index that provides easy access to the recipes by title and menu category (appetizers, beverages, bread, soup, main dish, side dish, snacks, vegetables, cookies and sweets, and desserts).

Acknowledgments

Special acknowledgement goes to the many contributors who created *Junior Worldmark Encyclopedia of Foods and Recipes of the World*.

Sources

Due to the broad scope of this encyclopedia, many sources were consulted in compiling the descriptions and recipes presented in these volumes. Of great importance were cookbooks, as well as books dedicated to the foods of a specific nation or culture group. Travel guides, where food specialties are often described for a country, were instrumental in the initial research for each entry. Cooking and lifestyle magazines, newspaper articles, and interviews with subject-matter experts and restaurateurs were also utilized. Publications of the World Bank and United Nations provided up-to-date statistics on the overall health and nutritional status of the world's children.

Advisors

The following persons served as advisors to the editors and contributors of this work. The advisors were consulted in the early planning stages, and their input was invaluable in shaping the content and structure of this encyclopedia. Their insights, opinions, and suggestions led to many enhancements and improvements in the presentation of the material.

READER'S GUIDE

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Comments and Suggestions

We welcome your comments on the *Junior Worldmark Encyclopedia of Foods and Recipes of the World*. Please write to: Editors, *Junior Worldmark Encyclopedia of Foods and Recipes of the World*, U•X•L, 27500 Drake Road, Farmington Hills, Michigan 48331-3535; call toll-free: 1-800-877-4253; or send e-mail via www.galegroup.com.

Measurements and Conversions

In *Junior Worldmark Encyclopedia of Foods and Recipes of the World*, measurements are provided in standard U.S. measurements. The tables and conversions below are provided to help the user understand measurements typically used in cooking; and to convert quantities and cooking temperatures to metric, use these equivalents.

Note: The system used in the United Kingdom, referred to as UK or British, is not described here and is not referred to in this work, but educated readers may encounter this system in their research. The British cup is 10 ounces, while the U.S. is 8 ounces; the British teaspoon and tablespoon are also slightly larger than those in the United States.

U.S. measurement equivalents

Pinch is less than a teaspoon.

Dash is a few drops or one or two shakes of a shaker.

3 teaspoons = 1 Tablespoon

2 Tablespoons = 1 liquid ounce

4 Tablespoons = $\frac{1}{4}$ cup

8 Tablespoons = $\frac{1}{2}$ cup

16 Tablespoons = 1 cup

2 cups = 1 pint

2 pints = 1 quart

4 cups = 1 quart

4 quarts = 1 gallon

Liquid measurement conversions from U.S. to metric

1 teaspoon = 5 milliliters

1 Tablespoon = 15 milliliters

1 U.S. cup = about $\frac{1}{4}$ liter (0.237 liters)

1 U.S. pint = about $\frac{1}{2}$ liter (0.473 liters)

1 U.S. quart = about 1 liter (1.101 liters)

Solid measurement conversions from U.S. to metric

1 U.S. ounce = 30 grams

1 U.S. pound = 454 grams

Butter: 7 Tablespoons = about 100 grams

Flour: 11 Tablespoons = about 100 grams

Sugar: 11 Tablespoons = about 100 grams

Oven temperatures

Fahrenheit equals Centigrade (Celsius)

250°F = 121°C

300°F = 150°C

325°F = 164°C

350°F = 177°C

375°F = 191°C

400°F = 205°C

425°F = 219°C

450°F = 232°C

500°F = 260°C

Getting Started with Cooking

Cooking is easier and the results are better if you take some time to learn about techniques, ingredients, and basic equipment.

TECHNIQUES

There are three important rules to follow when using any recipe:

First, be clean. Always start with very clean hands and very clean utensils. Keep your hair tied back or wear a bandana.

Second, keep your food safe. Don't leave foods that can spoil out longer than absolutely necessary. Use the refrigerator, or pack your food with ice in a cooler if it will be cooked or eaten away from home.

Third, keep yourself safe. Always have an adult help when using the stove. Never try to do something else while food is cooking. Keep burners and the oven turned off when not in use.

In addition to these rules, here are some helpful tips.

Read through the recipe before starting to cook.

Get out all the utensils you will need for the recipe.

Assemble all the ingredients.

Wash up as you go to keep the cooking area tidy and to prevent foods and ingredients from drying and sticking to the utensils.

If food burns in the pan, fill the pan with cold water. Add a Tablespoon of baking soda and heat gently. This will help to loosen the stuck-on food.

If you follow these three rules and helpful tips—and use common sense and ask for advice when you don't understand something—cooking will be a fun activity to enjoy alone or with friends.

The basic techniques used in the recipes in *Junior Worldmark Encyclopedia of Foods and Recipes of the World* are described briefly below.

Baking. To cook in the oven in dry heat. Cakes and breads are baked. Casseroles are also baked. When meat is prepared in the oven, cooks may use the term “roasting” instead of baking.

Basting. To keep foods moist while cooking. Basting is done by spooning or brushing liquids, such as juices from the cooking pan, a marinade, or melted butter, over the food that is being cooked.

Beating. To mix ingredients together using a brisk stirring motion. Beating is often done using an electric mixer.

Boiling. To heat a liquid until bubbles appear on its surface. Many recipes ask that you bring the liquid to a boil and then lower the heat to simmer. Simmering is when the surface of the liquid is just moving slightly, with just a few bub-

bles now and then around the edges of the liquid.

Chopping and cutting. To prepare food for cooking by making the pieces smaller. To chop, cut the food in half, then quarters, and continue cutting until the cutting board is covered with smaller pieces of the food. Arrange them in a single layer, and hold the top of the chopping knife blade with both hands. Bring the knife straight up and down through the food. Turn the cutting board to cut in different directions. To dice, cut the food first into slices, and then cut a grid pattern to make small cubes of the food to be cooked. To slice, set the food on a cutting board and press the knife straight down to remove a thin section.

Dusting with flour. Sprinkle a light coating of flour over a surface. A sifter or sieve may be used, or flour may be sprinkled using just your fingers.

Folding. To stir very gently to mix together a light liquid and a heavier liquid. Folding is done with a rubber spatula, using a motion that cuts through and turns over the two liquids.

Greasing or buttering a baking dish or cookie sheet. To smear the surfaces with butter or shortening (or sometimes to spray with nonstick cooking spray) to prevent the food from sticking during cooking.

Kneading. Working with dough to prepare it to rise. First dust the surface (counter-top or cutting board) with flour. Press the dough out into a flattened ball. Fold the ball in half, press down, turn the dough ball one-quarter turn, and fold and press

again. Repeat these steps, usually for 5 to 10 minutes.

Separating eggs. To divide an egg into two parts, the white and the yolk. This is done by cracking the egg over a bowl, and then carefully allowing the white to drip into the bowl. The yolk is transferred back and forth between the two shell halves as the whites drip down. There must be no yolk, not even a speck, in the white if the whites are to be used in a recipe. The yolk keeps the whites from beating well.

Turning out. To remove from the pan or bowl.

INGREDIENTS

A trip to the grocery store can be overwhelming if you don't have a good shopping list. Cooking foods from other countries and cultures may require that you shop for unfamiliar ingredients, so a list is even more important.

Sources for ingredients

Most of the ingredients used in the recipes in *Junior Worldmark Encyclopedia of Foods and Recipes of the World* are available in large supermarkets. If you have trouble finding an ingredient, you will need to be creative in investigating the possibilities in your area. The editors are not recommending or endorsing any specific markets or mail order sources, but offer these ideas to help you locate the items you may need.

Ethnic grocery stores

Consult the "Grocers" section of the yellow pages of your area's telephone book. If the stores are listed by ethnic group,

GETTING STARTED WITH COOKING

try looking under the country name or the the region (such as Africa, the Middle East, or Asia) to find a store that might carry what you need.

Ethnic restaurants

Ethnic restaurants may serve the dish you want to prepare, and the staff there will probably be willing to help you find the ingredients you need. They may even be willing to sell you a small order of the hard-to-find item.

Local library

Some libraries have departments with books in other languages. The reference librarians working there are usually familiar with the ethnic neighborhoods in your city or area, since they are often interacting with the residents there.

Regional or city magazine

Advertisements or festival listings in your area's magazine may lead you to sources of specialty food items.

Internet and mail order

If you have time to wait for ingredients to be shipped to you, the Internet may lead you to a grocery or specialty market that will sell you what you need and ship it to you.

BASIC EQUIPMENT

The recipes in *Junior Worldmark Encyclopedia of Foods and Recipes of the World* typically require that you have these basic items:

Baking pans. Many recipes require specific baking pans, such as an 8-inch square baking pan, round cake pan, 9-inch by 13-inch baking pan, or cookie sheet. Make sure you have the pan called for in the recipe before beginning.

Knives. Knives for cutting must be sharp to do the job properly. It is a good idea to get an adult's help with cutting and chopping.

Measuring cups. Measuring cups for dry ingredients are the kind that nest inside each other in a stack. To measure liquids, cooks use a clear glass or plastic measuring cup with lines drawn on the side to indicate the measurements.

Measuring spoons. Measuring spoons are used to measure both liquids and dry ingredients. It is important to use spoons made for measuring ingredients, and not teaspoons and tablespoons used for eating and serving food.

Saucepans and pots. These round pans are taller, and are generally used for cooking dishes that have more liquid, and for boiling or steaming vegetables.

Skillets and frying pans. These pans are shallow, round pans with long handles. They are used to cook things on top of a burner, especially things that are cooked first on one side, and then turned to cook on the other side.

Work surface. A very clean countertop or cutting board must be available to prepare most dishes.

Glossary

A

Allspice: A spice derived from the round, dried berry-like fruit of a West Indian allspice tree. The mildly pungent taste resembles cinnamon, nutmeg, and cloves.

Anise seed: A licorice-flavored seed of the Mediterranean anise herb. It is used as an ingredient in various foods, particularly cookies, cakes, and candies.

Arugula: An aromatic salad green with a peppery taste. It is popularly used in Italian cuisine.

B

Baguette: A long and narrow loaf of French bread that is often used for sandwiches or as an accompaniment to a variety of dishes.

Baking soda: A fine, white powder compound often used as an ingredient in such recipes as breads and cakes to help them rise and increase in volume.

Basil: An aromatic herb cultivated for its leaves. It is eaten fresh or dried and is most frequently used in tomato sauces or served with mozzarella cheese. The sweet basil variety is most common.

Baste: To moisten food periodically with liquid while cooking, such as broth or

melted butter. Basting helps add flavor to food and prevents it from drying out.

Bay leaf: A pungent, spicy leaf used in a variety of cuisines, including meats, vegetables, and soups. It is most often used in combination with other herbs, such as thyme and parsley.

Blini: A Russian pancake made of buckwheat flour and yeast. It is commonly served with caviar and sour cream.

Bouillon: A clear, thin broth made by simmering meat, typically beef or chicken, or vegetables in water with seasonings.

Braise: To cook meat or vegetables by browning in fat, then simmering in a small quantity of liquid in a covered container.

Bratwurst: A small pork sausage popular with German cuisine.

Brisket: A cut of meat, usually beef, from the breast of an animal. It typically needs longer to cook to become tender than other meats.

Broil: To cook by direct exposure to heat, such as over a fire or under a grill.

C

Canapé: A cracker or a small, thin piece of bread or toast spread with cheese, meat, or relish and served as an appetizer.

GLOSSARY

Caraway seed: The pungent seed from the caraway herb used as a flavoring and seasoning in various foods, including desserts, breads, and liquors.

Cassava: A tropical, tuberous plant widely used in African, Latin American, and Asian cuisines. It is most commonly used to make starch-based foods such as bread, tapioca, and pastes. It is also known as manioc or yuca (in Spanish, *yuca*).

Charcoal brazier: A metal pan for holding burning coals or charcoal over which food is grilled.

Cheesecloth: A coarse or fine woven cotton cloth that is often used for straining liquids, mulling spices, and lining molds.

Chili: A spicy pepper of varying size and color. It is most frequently used to add a fiery flavor to foods.

Cilantro: A lively, pungent herb widely used in Asian, Caribbean, and Latin American cuisines as a seasoning or garnish. It is also known as coriander.

Citron: A large, lemon-like fruit with a thick aromatic rind, which is commonly candied and used in desserts such as fruitcakes.

Clove: A fragrant spice made from the dried, woody flower bud of an evergreen tree native to tropical climates. In Indonesia, where cloves are grown, cigarettes are made from the crushed buds. Cloves also describe a single bud of garlic, shallot, or other bulb root vegetable.

Colander: A simple piece of kitchen equipment that resembles a metal bowl with

holes in it. It is used to drain foods, such as pasta or vegetables, that have been cooked in boiling water (or other liquid).

Coriander: See cilantro.

Cream of tartar: A fine, white powder that is added to candy and frosting mixtures for a creamier consistency, or added to egg whites before being beaten to improve stability and volume.

Cumin: An herb cultivated for its aromatic, nut-flavored seeds. It is often used to make curries or chili powders.

Currant: A raisin-like colored berry that is commonly used in jams and jellies, syrups, desserts, and beverages.

D

Daikon: A large, Asian radish with a sweet flavor. It is often used in raw salads, stir-fry, or shredded for a garnish.

Dashi: A clear soup stock, usually with a fish or vegetable base. It is frequently used in Japanese cooking.

Double boiler: Two pots formed to fit together, with one sitting part of the way inside the other, with a single lid fitting on both pans. The lower pot is used to hold simmering water, which gently heats the mixture in the upper pot. Foods such as custards, chocolate, and various sauces are commonly cooked this way.

F

Fermentation: A process by which a food goes through a chemical change caused

GLOSSARY

by enzymes produced from bacteria, microorganisms, or yeasts. It alters the appearance and/or flavor of foods and beverages such as beer, wine, cheese, and yogurt.

G

Garlic: A pungent, onion-like bulb consisting of sections called cloves. The cloves are often minced or crushed and used to add sharp flavor to dishes.

Garnish: To enhance in appearance and/or flavor by adding decorative touches, such as herbs sprinkled on top of soup.

Gingerroot: A gnarled and bumpy root with a peppery sweet flavor and a spicy aroma. Asian and Indian cuisines typically use freshly ground or grated ginger as a seasoning, while Americans and Europeans tend to use ground ginger in recipes, particularly in baked goods.

J

Jalapeno: A very hot pepper typically used to add pungent flavor. It is often used as a garnish or added to sauces.

Julienne: Foods that have been cut into thin strips, such as potatoes.

K

Kale: Although a member of the cabbage family, the large leaves do not form a head. Its mild cabbage flavor is suitable in a variety of salads.

Knead: To mix or shape by squeezing, pressing, or rolling mixture with hands. Bread is typically prepared this way before baking.

L

Leek: As part of the onion family, it has a mild and more subtle flavor than the garlic or onion. It is commonly used in salads and soups.

Lemongrass: Long, thin, grayish-green leaves that have a sour lemon flavor and smell. Popular in Asian (particularly Thai) cuisine, it is commonly used to flavor tea, soups, and other dishes.

M

Mace: The outer membrane of the nutmeg seed. It is typically sold ground and is used to flavor a variety of dishes.

Manioc: See cassava.

Marinate: To soak a food, such as meat or vegetables, in a seasoned liquid for added flavor or to tenderize.

Marzipan: A sweet mixture of almond paste, sugar, and egg whites, often molded into various shapes.

Matzo meal: Ground unleavened (flat), brittle bread often used to thicken soups or for breading foods to be fried. It is widely popular in Jewish cuisine.

Mince: To cut or chop into very small pieces, typically used to prepare foods with strong flavors, such as garlic and onion.

GLOSSARY

Mint: A pungent herb that adds a refreshing and sweet flavor to a variety of dishes, either dried and ground or fresh. Peppermint and spearmint are the most common of over thirty varieties.

Miso: A thick, fermented paste made of cooked soybeans, salt, and rice or barley. A basic flavoring of Japanese cuisine, it is frequently used in making soups and sauces.

Molasses: A thick syrup produced in refining raw sugar or sugar beets. It ranges from light to dark brown in color and is often used as a pancake or waffle topping or a flavoring, such as in gingerbread.

N

Napa: A round head of cabbage with thin, crisp, and mild-flavored leaves. It is often eaten raw or sautéed. Also known as Chinese cabbage.

O

Okra: Green pods that are often used to thicken liquids and to add flavor. It is commonly used throughout the southern United States in such popular dishes as gumbo, a thick stew.

Olive oil: Oil derived from the pressing of olives. Varieties are ranked on acidity. Extra virgin olive oil is the least acidic and is typically the most expensive of the varieties.

Oregano: A strong, pungent herb commonly used in tomato-based dishes, such as pizza.

P

Parchment paper: A heavy, grease- and moisture-resistant paper used to line baking pans, wrap foods, and make disposable pastry bags.

Parsley: A slightly peppery, fresh-flavored herb that is most commonly used as a flavoring or garnish to a wide variety of dishes. There are over thirty varieties of parsley.

Pâté: A seasoned meat paste made from finely minced meat, liver, or poultry.

Peking sauce: A thick, sweet and spicy reddish-brown sauce commonly used in Chinese cuisine. It is made of soybeans, peppers, garlic, and a variety of spices. Also known as hoisin sauce.

Persimmon: Edible only when fully ripe, the fruit resembles a plum in appearance. It has a creamy texture with a sweet flavor and is often eaten whole or used in such foods as puddings and various baked goods.

Pimiento: A sweet pepper that is often finely diced and used to stuff green olives.

Pinto bean: A type of mottled kidney bean that is commonly grown in the southwest United States and in Spanish-speaking countries, including Mexico. It is often used to make refried beans.

GLOSSARY

Pistachio nut: Commonly grown in California, the Mediterranean, and the Middle East, the mild-flavored green nut is enclosed in a hard, tan shell. They are either eaten directly out of the shell or are used to flavor a variety of dishes.

Plantain: A tropical fruit widely eaten in African, Caribbean, and South American cuisines. Plantains may be prepared by frying, boiling, steaming, or baking. Although closely resembling a banana, it turns black when ripe and may be eaten at any stage of ripeness.

Prosciutto: A seasoned, salt-cured, and air-dried ham. Eaten either cooked or raw, it is often thinly sliced and eaten with a variety of foods such as melons, figs, vegetables, or pasta.

R

Ramekin: A small individual baking dish typically made of porcelain or earthenware.

Ramen: A Japanese dish of noodles in a broth, often garnished with pieces of meat and vegetables. An instant-style of this noodle dish is sold in individual servings in supermarkets.

S

Saffron: A golden-colored spice used to add flavor or color to a wide variety of dishes. It is very expensive, so it is typically used sparingly.

Sage: A native Mediterranean pungent herb with grayish-green leaves. Its slightly

bitter and light mint taste is commonly used in dishes containing pork, cheese, and beans, and in poultry and game stuffings.

Sake: A Japanese wine typically served warm in porcelain cups. The sweet, low-level alcohol sake is derived from fermented rice and does not require aging.

Saltimbocca: Finely sliced veal sprinkled with sage and topped with a thin slice of prosciutto. It is sautéed in butter, then braised in white wine.

Sashimi: A Japanese dish consisting of very thin bite-size slices of fresh raw fish, traditionally served with soy sauce, wasabi, gingerroot, or daikon radish.

Sauerkraut: Shredded cabbage fermented with salt and spices. It was first eaten by the Chinese, but quickly became a European (particularly German) favorite. It is popular in casseroles, as a side dish, and in sandwiches.

Sauté: To lightly fry in an open, shallow pan. Onions are frequently sautéed.

Scallion: As part of the onion family, it closely resembles a young onion before the development of the white bulb, although its flavor is slightly milder. It is often chopped and used in salads and soups.

Shallot: A member of the onion family that closely resembles cloves of garlic, covered in a thin, paper-like skin. It has a mild onion flavor and is used in a variety of dishes for flavoring.

Shortening, vegetable: A solid fat made from vegetable oils such as soybean or

GLOSSARY

cottonseed oils. It is flavorless and is used in baking and cooking.

Sieve: A typically round device used to strain liquid or particles of food through small holes in the sieve. It is also known as a strainer.

Simmer: To gently cook food in a liquid at a temperature low enough to create only small bubbles that break at the liquid's surface. Simmering is more gentle than boiling the liquid.

Skewer: A long, thin, pointed rod made of metal or wood used to hold meat and/or vegetables in place while cooking. They are most commonly used to make shish kebabs.

Soybean: A generally bland-flavored bean widely recognized for its nutritive value. It is often cooked or dried to be used in salads, soups, or casseroles, as well as in such products as soy sauce, soybean oil, and tofu.

Star anise: A pungent and slightly bitter tasting seed that is often ground and used to flavor teas in Asian cuisines. In Western cultures it is more often added to liquors and baked goods (such as pastries).

Steam: A method of cooking in which food (often vegetables) is placed on a rack or in a special basket over boiling or simmering water in a covered pan. Steaming helps to retain the flavor, shape and texture, and vitamins and minerals of food better than boiling.

Stir-fry: A dish prepared by quickly frying small pieces of food in a large pan over very high heat while constantly and

briskly stirring the ingredients until cooked. Stir-fry, which is often prepared in a special dish called a wok, is most associated with Asian cuisines.

Stock: The strained liquid that is the result of cooking vegetables, meat, or fish and other seasoning ingredients in water. Most soups begin with stock before other ingredients are added.

Sushi: Fish and vegetables prepared in bite-sized portions with rice. Fish is usually raw, but may be cooked. (Shrimp is typically cooked for sushi.)

T

Tamarind: A brown fruit that is about five inches long and shaped like a large, flat green bean. Inside the brittle shell, the fruit contains large seeds surrounded by juicy, acidic pulp. The pulp, sweetened, is used to make juices and syrups.

Tapas: Small portions of food, either hot or cold, most commonly served to accompany a drink in Spanish and Latin American bars and restaurants.

Tarragon: An aromatic herb known for its anise-like (licorice) flavor. It is widely used in classic French dishes including chicken, fish, vegetables, and sauces such as béarnaise.

Tempura: Batter-dipped, deep-fried pieces of fish or vegetables, originally a Japanese specialty. It is most often accompanied by soy sauce.

Thyme: A pungent herb whose flavor is often described as a combination of mint and lemon. It is most commonly associ-

GLOSSARY

ated with French cooking. Thyme is used to flavor a variety of dishes, including meats, vegetables, fish, poultry, soups, and sauces.

Tofu: Ground, cooked soybeans that are pressed into blocks resembling cheese. Its bland and slightly nutty flavor is popular in Asia, particularly Japan, but is increasing in popularity throughout the United States due to its nutritive value. It may be used in soups, stir-fry, and casseroles, or eaten alone.

V

Vinegar: Clear liquid made by bacterial activity that converts fermented liquids such as wine, beer, or cider into a weak solution of acetic acid, giving it a very sour taste. It can also be derived from a variety of fermented foods such as apples, rice, and barley and is most popular in Asian cuisines in sauces and marinades.

Vinegar, rice: Vinegar derived from fermented rice that is often used in sweet-and-sour dishes, as a salad dressing, or as a table condiment. It is generally milder than other types of vinegar.

W

Water bath: A small baking pan or casserole dish placed in a larger roasting pan or cake pan to which water has been added. The small pan sits in a “bath” of water in the oven while baking. The

water tempers the oven’s heat, preventing the contents of the small pan from cooking too quickly.

Whisk: A kitchen utensil consisting of several looped wires, typically made of stainless steel, that are joined together at a handle. It is used to whip ingredients, such as eggs, creams, and sauces.

Wok: A large, round metal pan used for stir-fry, braising, and deep-frying, most often for Asian dishes. Most woks are made of steel or sheet iron and have two large handles on each side. It is used directly on the burner, similar to a saucepan.

Worcestershire sauce: A thin, dark sauce used to season meats, soups, and vegetable juices, most often as a condiment. Garlic, soy sauce, vinegar, molasses, and tamarind are just a few ingredients that may be included.

Y

Yucca: See cassava.

Z

Zest: The thin outer layer of the rind of a citrus fruit, particularly of an orange, grapefruit, lemon, or lime. The zest is the colorful layer of the rind, while the pith is the white portion. Most commonly used for its acidic, aromatic oils to season foods, zest can also be candied or used in pastries or desserts.

Spain

Recipes

Gazpacho (Cold Tomato Soup).....	3
Tortilla Española (Spanish Omelet).....	3
Flan (Custard).....	4
Mazapanes (Marzipan or Almond Candies).....	6
Chocolate a la Española (Spanish Hot Chocolate).....	7
Churros.....	7
Tapas.....	8
Crema de Cabrales (Spread).....	8
Tartaletas de Champiñón (Mushroom Tartlets).....	8
Aceitunas Aliñadas (Marinated Olives).....	9



1 GEOGRAPHIC SETTING AND ENVIRONMENT

With Portugal, Spain makes up the Iberian Peninsula, or Iberia. Iberia is separated from the rest of Europe by the Pyrenees Mountains, which rise to a height of 11,168 feet (3,404 meters). The peninsula is bordered by the waters of the Mediterranean Sea on the east, the Strait of Gibraltar on the south, the Atlantic Ocean on the west, and the Bay of Biscay on the northwest. Spain's miles of coastline (more than any other European country) provide it with bountiful seafood and fish. Spain is also a close neighbor to Africa. Morocco lies only a short distance—eight miles (thirteen kilometers)—across the Strait of Gibraltar from the southern tip of Spain.

Rich soils in interior valleys yield a variety of cultivated vegetables, while the country's arid (dry) climate provides excellent growing conditions for grapes and olives. The high plateaus and mountainsides of the

interior are grazing grounds for sheep and cattle.

2 HISTORY AND FOOD

As a gateway between Europe and Africa, and the Mediterranean Sea and the Atlantic Ocean, Spain has been much fought over throughout history. The Greeks settled its coastal areas as early as the eighth century B.C., while Celts occupied interior regions. By the second century B.C., Spain was under Roman domination. In the early eighth century A.D., the Moors (Arabs from northern Africa) crossed Gibraltar and entered Spain, occupying it for the next 700 years before Christian kingdoms drove them out.

This long history of invasion is still evident in Spain's cuisine. Olives, olive oil, and wine tie it closely to Greek and Roman (Italian) culture. Meat and fish pies show the Celtic heritage. The Moorish influence

SPAIN



is seen in the use of honey, almonds, citrus fruits, and spices, such as cumin and saffron (a yellow spice).

A leader in exploration and colonization, powerful Spain was among the first nations in Europe to discover the treasures of the New World. Beginning in the late 1400s, explorers returned from voyages across the Atlantic Ocean carrying such exotic new foods as tomatoes, potatoes, sweet potatoes, beans, corn, peppers, chocolate, and vanilla—all native to the Americas. These foods were slowly joined with the Spanish diet.

3 FOODS OF THE SPANIARDS

Spain's culinary traditions rely on an abundance of locally grown vegetables and fruits

as well as meats and poultry. *Jamón serrano*, a cured ham, and *chorizo*, a seasoned sausage, are popular. Seafood and fish are popular in coastal areas. Other popular foods are cheeses, eggs, beans, rice, nuts (especially almonds), and bread (a crusty white bread, baked fresh daily, is common). Olive oil and garlic are common ingredients. Spain is also known for its wines, including the *rioja*, made in the northern province; sherry, a fortified wine that may be dry or sweet; and sangria, wine mixed with fruit and soda water.

The best-known Spanish dish, a stew called *paella* (pie-AY-ah), originated in Valencia, an eastern province on the Mediterranean Sea. Rice, a main ingredient, is grown in Valencia's tidal flatlands. Though there are numerous variations, paella is usually made of a variety of shellfish (such as shrimp, clams, crab, and lobster), chorizo (sausage), vegetables (tomatoes, peas, and asparagus), chicken and/or rabbit, and long-grained rice. Broth, onion, garlic, wine, pimiento (sweet red pepper), and saffron add flavor to the stew.

Every region has its own distinct cuisine and specialties. Gazpacho, a cold tomato soup, comes from Andalucía in southern Spain. Traditionally, a special bowl called a *dornillo*, was used to pound the ingredients by hand, but modern Spanish cooks use a blender. Andalusians also enjoy *freidurías* (fish, such as sole or anchovies, fried in batter). Cataluña (Catalonia), in northeastern Spain, is known for its inventive dishes combining seafood, meat, poultry, and local fruits. In the northern Basque country (*país Vasco*), fish is important to the diet, with cod, eel, and squid featured prominently.

The signature dish of Asturias, in northwestern Spain, is *fabada*, a bean stew. In the interior regions, such as Castilla, meats play a starring role. *Tortilla española*, a potato omelet, is served throughout the country. It can be prepared quickly and makes a hearty but simple dinner. Spain's best-known dessert is flan, a rich custard.



Gazpacho (Cold Tomato Soup)

Ingredients

- 1½ pounds (6 large) fresh tomatoes in season, or 28-ounce can of whole tomatoes (with liquid)
- 1 medium green pepper, washed and cut into pieces
- 1 small white onion, peeled and cut into pieces
- 1 large cucumber, peeled and cut into pieces
- 4 Tablespoons red wine vinegar
- ¼ teaspoon tarragon
- 1 teaspoon sugar
- 3 cloves garlic, peeled
- ½ cup cold water (if using fresh tomatoes)
- Optional garnish: crouton, diced cucumber, diced avocado

Procedure

1. Place ingredients in a blender or food processor and blend until almost smooth.
2. Transfer to a large bowl, cover with plastic wrap, and chill at least 2 hours or overnight.
3. Serve in small bowls. May be topped with croutons, diced cucumber, and diced avocado. Served with bread, gazpacho makes an excellent summer meal or first course.

Serves 6.



EPD Photos

A wedge of Tortilla Española, ready to be served.



Tortilla Española (Spanish Omelet)

Ingredients

- ⅓ cup olive oil
- 4 large potatoes, peeled and cut into ⅛-inch slices
- Salt
- 1 large onion, peeled and thinly sliced
- 4 eggs

Procedure

1. Heat 3 Tablespoons of olive oil in a non-stick skillet; add potato slices and onions.
2. Cook slowly, occasionally turning potatoes until they are tender but not brown. Remove from heat and set aside.

SPAIN



EPD Photos

Tortilla Española in preparation. Potatoes and onions are cooked until tender (left); the potato-onion mixture is combined with beaten eggs and returned to the skillet (center); the half-cooked tortilla is slid back into the frying pan, uncooked side down.

3. In a medium mixing bowl, beat the eggs and add potato-onion mixture; add a sprinkle of salt.
4. Return skillet to the stove, add the rest of the olive oil and turn heat to medium-high.
5. Wait 1 minute for the oil to become hot. (Be careful not to let it splatter.)
6. Pour potato and egg mixture into the skillet, spreading it evenly with a spatula. Lower heat to medium.
7. Cook until the bottom is light brown (lift the edge of the omelet with a spatula.)
8. Carefully place a large dinner plate on top of the pan, and turn it upside down (so that the omelet falls onto the plate).
9. Slide the omelet (the uncooked side will be down) back into the skillet. Cook until the other side is brown.
10. To serve, cut into wedges.

Serves 4.



Flan (Custard)

Ingredients

- 1¼ cups sugar
- 3½ cups milk
- 6 eggs
- 2 egg yolks
- ¼ teaspoon lemon rind, grated

Procedure

1. Preheat oven to 325°F.
2. In a saucepan, heat ½ cup of the sugar over low heat, stirring frequently until the sugar melts completely and turns amber (golden).
3. Pour it into a 1½ quart (6-cup) ring mold, tilting the mold in all directions to evenly coat the bottom and sides. Set aside.

4. Break the 6 eggs into a mixing bowl.
5. Separate the remaining 2 eggs. To separate the yolk from the white, break the egg over a small bowl or cup and allow the whites to drip out of the shell halves, then transfer the yolk back and forth between the 2 halves until all of the egg's whites have dripped into the bowl.
6. Place the egg yolks into a separate bowl and keep yolks. (The whites may be discarded or used for another purpose). Add the 2 egg yolks to the other 6 eggs.
7. Beat eggs until blended. Add the rest of the sugar and the grated lemon rind; beat again. Set aside.
8. Measure the milk into a saucepan and warm it over medium heat, but do not allow it to boil.
9. Gradually stir the heated milk into the beaten eggs and sugar.
10. Pour the mixture into the ring mold. Place mold in a larger pan with about one-inch of hot water in it. Transfer to oven.
11. Bake for 1 hour. Flan is done when a knife inserted into the custard comes out clean.
12. Remove from oven and allow to cool. When cool, chill in refrigerator.
13. To serve, run a knife around the sides of the mold (to loosen the custard).
14. Put a large plate on top of the mold and carefully turn the mold onto the plate; the custard should gently slide out. Lift off the mold.

Serves 6 to 8.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

To bring good luck in the year ahead, Spaniards traditionally eat twelve grapes, one with each chime of the clock at midnight on New Year's Eve. On February 3, St. Blaise's Day (*Día de San Blas*) is celebrated by bak-

ing small loaves of bread, called *panecillos del santo*, which are blessed at Mass in the Roman Catholic church. According to tradition, all the children in the household are to eat a bit of this bread to protect them from choking in the year ahead.

The Christmas season officially begins on December 24, called *Nochebuena* (the "good night"). It is marked by a special family dinner. A typical menu includes onion and almond soup; baked fish (cod or porgy); roasted meat (such as turkey); and red cabbage and apples (or another vegetable dish). Dessert may include flan and a variety of fruits, cheeses, and sweets—especially *turrón* (almond and honey candies) and *mazapanes* (or marzipan, a glazed concoction of almonds and sugar) which are sometimes shaped like coiled snakes to signify the end of one year and the beginning of the next. After this festive dinner, it is tradition to attend church. Christmas ends with the festivities of Three Kings Day, or *Día de los Tres Reyes*.

On January 5, parades are held to welcome the arrival of Baltasar, Gaspar, and Melchior who arrive that night to bring gifts to children. (Baltasar, Gaspar, and Melchior were the "Three Wise Men" who, according to the Christmas story, brought gifts to the baby Jesus in Bethlehem.) The next day, January 6, the traditional *Roscón de Reyes* (a sweet bread) is baked and enjoyed. A small surprise, such as a coin, is baked into the cake and the person who finds it in his piece is believed to enjoy good luck in the year ahead.



Mazapanes
(*Marzipan or Almond Candies*)

Ingredients for candy

½ pound almonds
1 cup sugar
4 Tablespoons water
Powdered sugar

Procedure

1. In a food processor or blender, grind the nuts on high speed to form a paste.
2. Add the sugar and beat again.
3. Gradually add water and continue beating to form shapeable dough.
4. Dust a clean, flat surface (such as the counter) with powdered sugar.
5. If the dough cracks and is too dry to work with, lemon juice may be added, drop by drop, until the dough is easier to work with.
6. Pinch off pieces of the dough. Working on the surface dusted with powdered sugar, roll the pieces of dough to make short pencils, about 4 inches long.
7. Join the ends to make rings. Place on a cookie sheet.
8. Leave uncovered in a dry place overnight to harden.

Makes about 50 candies.

Ingredients for glaze

½ cup powdered sugar
1 egg white
1 teaspoon lemon juice

Procedure

1. To separate the egg yolk from the white, break the egg over a bowl and allow the whites to drip out of the shell halves, then transfer the yolk back and forth between the two halves until all of the

egg's white has dripped into the bowl. Discard the egg yolk.

2. Using a mixer, beat the powdered sugar with the egg white until mixture is creamy and thick.
3. Add the lemon juice; beat 5 minutes.
4. Dip the top of each marzipan candy into the glaze and return the candy to the cookie sheet.
5. When the glaze hardens, the marzipan candies are ready to eat.

5 MEALTIME CUSTOMS

Daily meals in Spain begin with a light breakfast (*desayuno*) at about 8 a.m. Next comes a three-course lunch (*comida*), the main meal of the day. Families gather to eat it in the mid-afternoon (about 2 p.m.). At about 10 p.m. supper (*cena*), a lighter meal, is served. In addition, *bollos* (small rolls) may be eaten in the late morning; the *merienda*, a snack of tea or *Chocolate a la Española* (Spanish-style hot chocolate) and pastries may be enjoyed in the early evening (about 5 p.m.); and *tapas*, traditional Spanish appetizers, are consumed around 8 p.m., before supper.

Though American fast-food restaurants have opened in Spain's cities, traditional "food-to-go" includes *churros*, sugary fritters sold at street stands; and *bocadillos*, sandwiches typically made of a cured ham (*jamón serrano*) or other meat and cheese. *Bocadillos* may be found in the school-child's lunch box, as might a wedge of a cold *Tortilla Española* (Spanish omelet), fresh fruit, and cheese.

The tradition of tapas, now enjoyed in many U.S. restaurants, originated with the practice of bartenders covering a glass of wine or beer with a small plate of free appetizers (*tapa* means “cover”). The great variety of tapas enjoyed today are testimony to their popularity. They may be as simple as a slice of fresh bread with tuna, as extravagant as *caracoles a la madrileña* (snails, Madrid style), or as comforting as an *empañadilla*, a mini meat pie. Invariably they are accompanied by lively conversation, a hallmark of Spanish daily life.



Chocolate a la Española (Spanish Hot Chocolate)

Ingredients

- ½ pound sweet baker’s chocolate
- 4 cups milk (2% okay)
- 2 teaspoons cornstarch

Procedure

1. Chop sweet chocolate into small pieces. Place in a small saucepan.
2. Add milk to chocolate in saucepan, and heat over low heat, stirring constantly with a wire whisk, until the mixture just begins to boil
3. Remove from heat. Dissolve cornstarch in a little cold water in a cup.
4. Add cornstarch solution to chocolate mixture. Return to low heat, and, stirring constantly, cook until the hot chocolate thickens. Serve hot.

Serves 6.



Churros

Ingredients

- 2 cups water
- 1 Tablespoon vegetable oil
- ¼ teaspoon salt
- 2 cups flour
- Vegetable oil (for frying)
- ¼ cup sugar
- ¼ teaspoon cinnamon (optional)

Procedure

1. In a medium saucepan, combine water, 1 Tablespoon oil, and salt. Bring to a boil.
2. Add the flour and immediately turn heat to low; stir constantly until a ball of dough forms. Remove from heat and allow to cool.
3. When dough can be handled, place it in a pastry bag or cake decorator with a fluted tip; press the dough into 4-inch strips that are about 3/8 of an inch in diameter.
4. In a skillet, heat vegetable oil (about ½-inch deep) until very hot.
5. Reduce heat to medium and fry the churros until they begin to turn golden brown, about 2 minutes, on each side (turn them once while frying).
6. Cook only a few at a time, to keep an eye on them.
7. As churros are done frying, remove them from the pan and place on paper towels to drain.
8. Roll warm churros in sugar (mixed with cinnamon, if desired). Serve.

Makes about 30 fritters.



Tapa: Crema de Cabrales (Blue Cheese, Apple, and Walnut Spread)

Ingredients

- ¼ pound blue cheese (the Spanish variety is cabrales, but gorgonzola or roquefort may be used)
- 2 teaspoons raisins
- 1 Tablespoon white grape juice or cider
- 1 Tablespoon cream
- 2 Tablespoons apple, finely chopped (about half a peeled apple)
- 2 Tablespoons walnuts, finely chopped
- ⅛ teaspoon dried thyme

Procedure

1. Remove blue cheese from refrigerator and allow it to come to room temperature (let it sit on the counter for an hour or more).
2. Soak the raisins in the fruit juice for 20 minutes.
3. Using a spoon, remove the raisins from the juice and set aside.
4. When the cheese has reached room temperature, place it in a small mixing bowl.
5. Add the cream and fruit juice.
6. Using a fork or wooden spoon, combine ingredients until smooth.
7. Stir in raisins, apple, walnuts, and thyme.
8. Serve with crackers.



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To use toast triangles instead of tartlet shells when preparing Tartaletas de Champiñón, trim crusts from slices of white bread before toasting. Cut each piece of toast crosswise, from corner to corner, to make four triangles.



Tapa: Tartaletas de Champiñón (Mushroom Tartlets)

Ingredients

- 5 Tablespoons mayonnaise
- 1 clove garlic, crushed
- ½ teaspoon dried parsley flakes
- 1 teaspoon lemon juice

- ¼ pound (8 to 10) mushrooms, washed, drained, stems removed, and finely chopped
- 20 miniature tartlet shells or toast triangles (tartlets are available at supermarkets)
- Salt and pepper

Procedure

1. In a medium bowl, mix together the mayonnaise, garlic, parsley, and lemon juice.
2. Stir in the mushrooms, cover with plastic wrap, and refrigerate mixture for 1 hour.
3. Fill the tartlet shells with the mushroom mixture and serve immediately. (If using toast triangles instead, proceed to steps 4 and 5.)
4. To prepare toast triangles, remove crusts from 5 pieces of good quality bread thin-sliced bread. Toast them in a toaster; cut each piece into four triangles by cutting an X across each slice of bread.
5. Then, using a slotted spoon, put a spoonful of the mushroom mixture onto each triangle and serve immediately.

Makes 20 tartlets.



Tapa: Aceitunas Aliñadas (Marinated Olives)

Ingredients

- Large empty jar, with a lid
- 14-ounce can pitted black olives, with their liquid
- 2 cloves garlic, peeled and minced
- 1 teaspoon paprika
- 2 Tablespoons red wine vinegar
- Slice of lemon or ½ teaspoon lemon juice

Procedure

1. Combine all ingredients (including the liquid from the olives) in the jar.
2. Refrigerate several days and up to a few weeks.
3. The longer the olives marinate, the more flavorful they become.
4. To serve, use a fork or slotted spoon to remove the olives from the marinade and place them in a small bowl.

6 POLITICS, ECONOMICS, AND NUTRITION

The Spanish economy is strong. Spain was one of the countries that joined the European Monetary Union in 1999, and the country adopted the European currency, the euro. Nearly all Spanish children receive adequate nutrition.

In the late 1990s, concerns about mad cow disease, which was affecting cattle in the United Kingdom, caused all Europeans to be more cautious about eating beef. The market for Spanish sheep and hogs strengthened slightly, as Spanish cooks decided to cook more lamb, mutton, and pork.

7 FURTHER STUDY

Books

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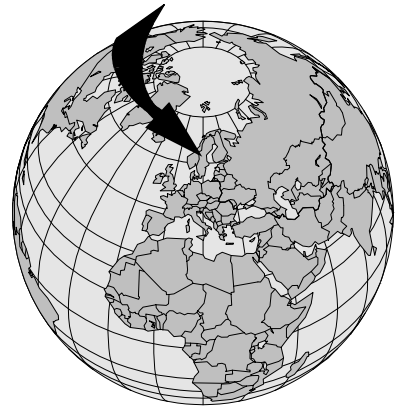
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Sweden

Recipes

Rose Hip Soup.....	12
Creamy Dipping Sauce.....	13
Glazed Carrots	13
Jansson's Frestelse ("Jansson's Temptation").....	14
Köttbulla (Swedish Meatballs)	14
Klimp (Dumplings).....	15
Blandad Fruktsoppa (Swedish Fruit Soup).....	15
Pepparkakor (Ginger Cookies)	16
Lussekatter (St. Lucia Saffron Buns)	17
Julgröt (Swedish Christmas Porridge)	18
Svart Vinbärsglög (Black Currant Glög)	18
Plättar (Swedish Pancakes)	19
Artsoppa (Pea Soup)	20
Rågbröd (Swedish Rye Bread).....	20
Hasselbackspotatis (Roasted Potatoes).....	21
Smörgås med ost och päron (Cheese-Pear Sandwich) .	22



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Sweden is the fourth-largest country in Europe. It is the largest Scandinavian country (the other countries in Scandinavia are Denmark, Finland, and Norway). About 15 percent of Sweden's total area lies north of the Arctic Circle. Because of the effect of warm ocean winds, Sweden has higher temperatures than its northerly latitude would suggest. Sweden's relatively slow population growth and strong conservation policies have preserved the country's extensive forests. However, air and water pollution are both serious problems. Airborne sulfur pollutants have made more than 16,000 lakes so acidic that fish can no longer breed in them.

2 HISTORY AND FOOD

Sweden's climate and location are largely responsible for the development of its cuisine. Early inhabitants stocked food supplies to prepare for the start of the country's long, cold winters by preserving meat, fish, fruits, and vegetables.

The Vikings, who inhabited all of Scandinavia more than one thousand years ago, were some of the first to develop a method for preserving foods. In preparation for long voyages, foods were salted, dehydrated, and cured. Though modern-day technology (such as the refrigerator and freezer) has eliminated the need for such preserving methods, Swedes continue to salt, dehydrate, and cure many of their foods, particularly fish.

SWEDEN

During the Viking era, A.D. 800 to 1050, these ruthless crusaders embarked on raids all across Europe, invading lands possibly as far south as the Mediterranean Sea. The British Isles and France were in close proximity to Scandinavia, and therefore endured continuous Viking invasions. Over time, various foods such as tea from England, French sauces and soups, and honey cakes from Germany were brought back to Scandinavian territory and incorporated into the diet. Swedes still find soups a great way to use leftover food.

Historically, Swedish cuisine has not been as popular as other European fare. (Even modern-day restaurants in Sweden tend to serve more foreign dishes than their own.) It has, however, been influential. The Russian nation is said to have been established by Scandinavian traders and warriors (called Varangians), and Sweden may be responsible for introducing fruit soups, smoked meats, cream sauces, and herring to early Russians.



Rose Hip Soup

Ingredients

- 1½ to 2 cups dried rose hips (fruit of a rose plant; available at health food stores)
- 1½ quarts (6 cups) water
- ¼ to ½ cup sugar
- 1 Tablespoon potato starch (cornstarch may be substituted)

Procedure

1. Rinse the rose hips and put them in a large kettle. Crush them lightly against the pan, using a wooden spoon.
2. Add the water and heat to boiling. Reduce heat and simmer until the rose hips are tender.
3. Transfer to a blender or food processor and purée. (There should be about 5 cups of liquid; if there is less, add water.)
4. Pour the puréed rose hips back into the saucepan and add the sugar.
5. Stir and cook over medium heat. Dissolve the potato or cornstarch in a small amount of cold water and stir into the soup slowly.
6. Remove from heat when it begins to boil.
7. Chill before serving. Serve cold with ice cream or whipped cream.

8. Top with slivered almonds or corn flakes.

Serves 5 to 6.



Creamy Dipping Sauce

This tastes delicious with all fish, and vegetables such as boiled artichokes and broccoli, served as separate dishes.

Ingredients

¾ cup butter
4 egg yolks
1½ cups cream
Lemon juice, to taste

Procedure

1. Melt the butter in top of a double boiler. Have water underneath simmering, not boiling.
2. Separate the egg yolks from the egg whites one at a time and discard the egg whites.
3. Beat the yolks with the cream until stiff. Add the cream and eggs and beat constantly.
4. Continue until the sauce is foamy and slightly thick.
5. Remove from the stove and add the lemon juice, to taste.



Glazed Carrots

Ingredients

12 small carrots
Water
Salt
2 Tablespoons butter
2 teaspoons sugar

Procedure

1. Rinse the carrots and boil them in salted water until tender.
2. Drain and peel while the carrots are still hot.
3. Melt the butter and sugar in a saucepan and add carrots, leaving them until they are well covered with glaze. This goes best with roasted meat.

Serves 4.

3 FOODS OF THE SWEDES

Traditional Swedish home cooking (called *husmanskost*) is simple in comparison with other European cuisines, but it is anything but ordinary. *Husmanskost*, once referring to tasteless porridge and other gruel, has come to represent savory stews, roasts, and various seafood.

The ultimate in *husmanskost* is the Swedish smörgåsbord (SMUR-gawss-board), which is a number of small hot and cold dishes served buffet-style. The literal meaning of the word is “bread and butter table.” The term has become world famous, representing a collection of various foods, presented all at once. The traditional Swedish smörgåsbord commonly includes herring (fish); smoked eel; roast beef; jellied fish; boiled potatoes; *lingonsylt* (LING-onn-seelt; lingonberry jam); *Janssons frestelse* (YAHN-sons FREH-stehl-seh; “Jansson’s temptation”), a layered potato dish containing onions and cream, topped with anchovies (fish); and *köttbulla* (CHURT-boolar; Swedish meatballs), which have also won worldwide acclaim. It is easy to see why the literal meaning of smörgåsbord, “bread and butter table,” does the feast little justice.

Surrounded by water on almost all sides, it is no surprise that Swedes love seafood, especially salmon, which is typically smoked, marinated, or cured with dill and salt. (No other country seems to surpass Sweden in the number of ways fish is prepared.) Herring, another popular catch, is prepared in just as many ways, and is often eaten alongside breads, cheese, and eggs for breakfast. Crayfish and eel are also enjoyed.

The method of pickling and preserving food is one way Swedish cuisine sets itself apart from other countries. Fresh, home-grown ingredients, rich and creamy sauces (a French trait), and seasonal fresh fruits, such as the country's native lingonberries, also contribute to Sweden's growing culinary reputation around the world. Aside from international differences, Swedish cuisine also has regional distinctions. *Pitepalt* (pork-filled potato dumplings) are popular in the far north, *pytt i panna* (a fried dish made from diced potatoes and meat or ham, served with eggs) is favored in the southern region, while the east coast's most important food is *strömming*, a small, silvery Baltic herring. In any of the three locations, no meal is complete without the accompaniment of Swedish rye bread.



Jansson's Frestelse
(*"Jansson's Temptation"*)

Ingredients

- 2 medium onions, sliced
- 3 Tablespoons butter or margarine, divided
- 4 to 5 medium potatoes
- 2 cans (2 ounces each) anchovy fillets (optional)

1½ cups whipping cream

Procedure

1. Preheat oven to 400°F.
2. Sauté the onions in 1 Tablespoon butter or margarine until soft.
3. Peel potatoes and slice lengthwise thinly.
4. Butter a baking dish and layer the potatoes, onions, and anchovies, finishing with another layer of potatoes. Spread remaining butter on top.
5. Bake the dish, adding half of the cream after 10 minutes. Add the remainder of the cream after another 10 minutes.
6. After 30 minutes reduce the heat to 300°F and bake for another 30 minutes.
7. Casserole is ready when potatoes are soft. Serve immediately.

Serves at least 10 as an appetizer. To reheat, add a little more cream if dry.



Köttbullar (Swedish Meatballs)

Ingredients

- 1½ pounds ground beef
- ½ pound ground lean pork
- 2 cups water
- 2 eggs
- ½ cup breadcrumbs
- 1 teaspoon pepper
- 2 Tablespoons salt
- 2 Tablespoons onion, chopped
- Butter, for frying

Procedure

1. Combine ground beef and ground pork in a large mixing bowl.
2. Melt butter in a saucepan, add chopped onion, and cook until onion is golden (do not burn).

3. Add cooked onions and all the other ingredients to the ground meat and mix thoroughly by hand until smooth.
4. Shape the mixture into balls with a spoon dipped in hot water or using your hands.
5. Place the balls in the remaining butter in the same saucepan used to prepare the onions, and brown evenly.

Serves 6.



Klomp (Dumplings)

Ingredients

- 2 Tablespoons butter or margarine
- 5 Tablespoons flour
- 1¾ cups milk
- 2 egg yolks
- Salt and pepper
- Parsley, finely chopped, for garnish

Procedure

1. Melt butter in a saucepan. Add the flour and stir well.
2. Add the milk and bring to a boil while stirring. Continue to boil for a few minutes, then remove the saucepan from the burner.
3. Beat in egg yolks and simmer for 2 to 3 minutes.
4. Season with salt and pepper.
5. Place dough into a bowl that has been rinsed in water. Allow the dough to cool.
6. Tip the bowl to slide the dough onto a plate. Form the dough into little balls, using a spoon dipped in water.
7. Sprinkle with parsley to garnish.

Makes 4 servings.



Blandad Fruktsocka (Swedish Fruit Soup)

Ingredients

- 1 package (11-ounce) mixed dried fruits (1¾ cups)
- ½ cup golden seedless raisins
- Cinnamon sticks, 3 to 4 inches long
- 4 cups water
- 1 medium orange cut in ¼-inch slices
- 2¼ cups unsweetened pineapple juice
- ½ cup currant jelly
- ¼ cup sugar
- 2 Tablespoons quick-cooking tapioca
- ¼ teaspoon salt

Procedure

1. Combine mixed dried fruits, raisins, cinnamon, and water in a large pot.
2. Bring to a boil, then simmer uncovered until fruits are tender, about 30 minutes.
3. Add the remaining ingredients. Bring to a boil again and cover, cooking over low heat 15 more minutes, stirring occasionally.
4. Serve warm or chilled.

Makes 8 to 10 servings.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Lutheranism is Sweden's state religion, with approximately ninety percent of Swedes belonging to the Church of Sweden. The Christian holiday of Christmas (*Jul*) is uniquely celebrated in Sweden. Lasting for an entire month, Christmas commences on December 13, Saint Lucia Day, named for Lucia of Sicily who was murdered for her Christian faith. (According to legend, Lucia brought food to Sweden during a famine,

centuries after her death.) The eldest daughter of each household, dressed in a white gown, a red sash, and a halo of brightly lit candles (modern-day halos feature battery-operated candles with light bulbs) adorning her head, plays the role of Lucia each year. Before dawn, she wakens her parents and serves them hot coffee and saffron buns.

The largest feast of the year takes place on Christmas Eve, when either a juicy ham, or *lutfisk* (sometimes spelled *lutefisk*, dried fish cured with a lye mixture) with creamy dipping sauce, is served as the main dish. *Julgröt*, porridge similar to rice pudding, is also traditionally served. A lucky almond, often hidden in one of the porridges, is believed to grant good fortune to the person who finds it.

After a full month of feasting on ginger cookies, cardamom (a type of spice) breads, and egg coffee, *Tjugondag Knut* (Saint Knut's Day), January 13, ends the Christmas season.

The Swedes feast on traditional foods that are unique to the Easter season. Halibut

or salmon are the typical entrées of choice on Good Friday, with the main meal on Easter Sunday being lamb and hard-boiled eggs, often decorated with food coloring and designs. Shrove Tuesday, the last day before Lent, is traditionally observed by eating *semlor*, a cream- and almond-filled bun floating in a bowl of warm milk.

The Feast of Valborg (also known as Walpurgis Night, April 30) and the summer solstice (Midsummer Day) are two of the most important secular holidays in Sweden. Both days celebrate the blessings of the sun. With every day that follows Walpurgis Night, the sun shines brighter and longer until the summer solstice arrives, when potatoes and fresh strawberries with whipped cream are commonly eaten.



Pepparkakor (Ginger Cookies)

Ingredients

- 1 cup butter
- 1½ cups sugar, sifted
- 1 Tablespoon corn syrup
- 1 large egg
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- 2 teaspoons ginger
- 1 teaspoon cloves
- 2½ cups flour, sifted

Procedure

1. Preheat oven to 350°F.
2. Mix together the butter, sugar, and syrup until smooth and creamy.
3. Add the egg and beat well.
4. Stir in the baking soda, cinnamon, ginger, and cloves.



A Typical Christmas Eve Menu

- Baked lutfisk with cream sauce
- Swedish meatballs
- Boiled potatoes
- Green peas
- Rice pudding
- Egg coffee
- An assortment of Christmas cookies

5. Slowly add the flour to make a stiff dough. Add enough flour to make dough easy to handle without sticking to fingers or cookie press.
6. Using the bar design of a cookie press, press out several long strips of dough on ungreased cookie sheets.
7. If no cookie press is available, shape dough into rectangles with your hands.
8. Bake for 7 minutes until cookies are medium brown.
9. Remove them from the oven and let rest for 1 minute before cutting them into 2-inch pieces.
10. Remove cookies from cookie sheets when cool. Store in an airtight container.

Makes 7 to 8 dozen.



Lussekatter
(*St. Lucia Saffron Buns*)

Ingredients

- 2 packages active dry yeast
- ½ cup warm water
- ⅔ cup lukewarm milk
- ½ cup sugar
- ½ cup margarine, softened
- 2 eggs
- ½ teaspoon cardamom, ground
- 1 teaspoon salt
- ½ teaspoon powdered saffron
- 5 to 5½ cups flour
- ½ cup raisins
- Margarine, softened
- 1 egg, slightly beaten
- 1 Tablespoon water
- 2 Tablespoons sugar



EPD Photos

Form the dough for Lussekatter into S-shapes (like figure eights) and arrange the buns on a cookie sheet. Place a raisin in the center of each coil before baking.

Procedure

1. Dissolve the yeast in warm water.
2. Stir in the milk, ½ cup sugar, ½ cup margarine, 2 eggs, cardamom, salt, saffron, and 3 cups of the flour. Beat until smooth.
3. Stir in enough of remaining flour to make dough easy to handle.
4. Turn dough onto lightly floured surface; knead until smooth (about 8 minutes).
5. Place in a greased bowl, cover, and let rise until doubled (about 1 hour).
6. Punch down on dough; divide into 24 parts.
7. Preheat oven to 350°F.
8. Shape each piece into rope, and form an S-shape, tucking the ends into a coil.

9. Place a raisin in the center of each end coil. Place rolls on greased cookie sheet.
10. Brush the tops lightly with margarine and let rise until doubled (about 30 minutes).
11. Mix 1 egg and 1 Tablespoon water and brush the buns lightly. Sprinkle with 2 Tablespoons of sugar.
12. Bake for 15–20 minutes.

Makes 24 buns.



Julgröt
(*Swedish Christmas Porridge*)

Ingredients

- 1 cup rice
- 4 cups water
- ½ cup butter
- ½ pint light cream
- 1 teaspoon salt
- 1 Tablespoon sugar

Procedure

1. Rinse the rice in a sieve or colander. Measure the water into a saucepan and heat it to boiling.
2. Add the rice and simmer on low heat until soft, about 1 hour.
3. Measure the cream into a bowl, and whip it, using an electric mixer, until soft peaks form.
4. When the rice is soft, remove from heat and cool slightly (about 10 minutes). Add cold butter and whipped cream; mix well.
5. Return pan to low heat and heat the porridge thoroughly, being careful not to let it boil.
6. Add the salt and sugar and mix well. Serve with cold milk.

Serves 6.



Svart Vinbärsglögg
(*Black Currant Glögg*)

Ingredients

- ¾ cup apple juice
- 1½ cups black currant fruit syrup (may substitute other berry syrup if black currant is not available)
- 1½ cups water
- 1 teaspoon cardamom seeds
- 1 cinnamon stick
- 4 whole cloves
- ½ cup blanched sweet almonds and ½ cup raisins, as accompaniments

Procedure

1. Stir the ingredients together in a large saucepan and bring to a boil.
2. Remove from heat and let stand in a cool place overnight.
3. Strain the spices and reheat the glögg.
4. Serve in mugs together with almonds and raisins.

Makes about 1 quart, serving 4 to 6.

5 MEALTIME CUSTOMS

The Swedish smörgåsbord, perhaps Sweden's best known culinary tradition, has specific customs to follow. Despite the meal's pick-and-choose display, dishes should be eaten in a specific order. It is most appropriate to begin with herring and other fish, followed by cold meats, salads, and egg dishes. Next, hot dishes such as Swedish meatballs and cooked vegetables should be selected. Fruit salad or *ostkaka* (cheese-cake) may be eaten last. A clean plate should be used with each new trip to the food table, but diners take only small portions, since wasted food is considered impo-

SWEDEN

lite. Scandinavian Airlines (SAS) began offering a small smörgåsbord at the gate before boarding the aircraft in the late 1990s, including sandwiches, yogurt, fruit, candy, and juice, and continued this tradition into the early twenty-first century.

Guests in a Swedish home should observe certain customs. In many households, wearing shoes beyond the front door is discouraged. Hosts will often walk around in socks (and will expect their guests to do the same). A small gift of appreciation given to the host is often appropriate, particularly if a visit is unexpected. In addition, guests should not be surprised to see pancakes for dinner, and coffee only offered black. When a popular alcoholic beverage, *aquavit*, is served, everyone at the table makes eye contact and takes the first sip simultaneously.



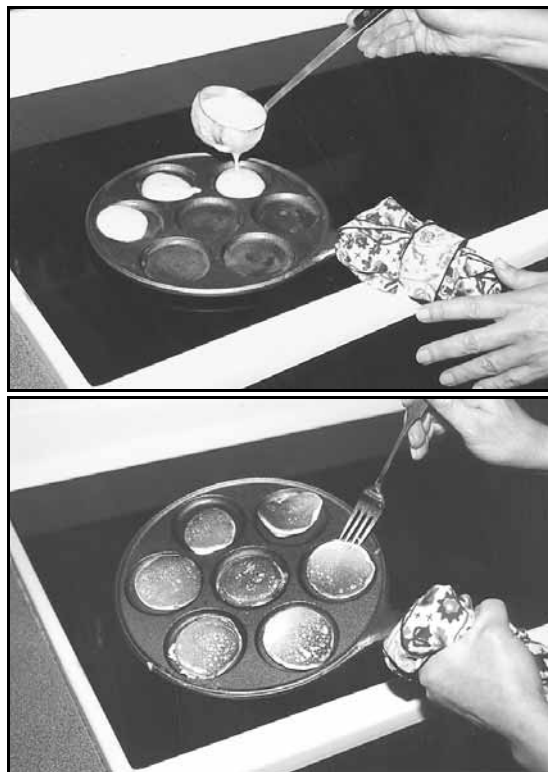
Plättar (Swedish Pancakes)

Ingredients

- 3 eggs
- 1¼ cups milk
- ¾ cup flour, sifted
- 1 Tablespoon sugar
- ½ teaspoon salt
- Lingonberry sauce (raspberry sauce may be substituted)

Procedure

1. Beat the 3 eggs until thick.
2. Stir in the milk, flour, sugar, and salt, mixing until smooth.
3. Drop a small amount of batter (about 1 Tablespoon for a 3-inch pancake) onto a moderately hot, buttered griddle.



EPD Photos

Plättar, Swedish pancakes, are traditionally baked in batches of seven on a special griddle with indentations for each small pancake.

4. Spread the batter evenly to make thin cakes.
5. Turn the cakes over when the underside is lightly browned.
6. Keep finished pancakes on towel-covered baking sheet in a warm oven.
7. Before serving, spoon melted butter over the pancakes and sprinkle them with sugar.
8. Serve with lingonberry sauce for dessert after pea soup on Thursdays.

Makes about 42 pancakes.

Children find sandwiches tasty and easy to prepare; however, schools provide free lunches, typically consisting of meatballs, gravy, potatoes, pickles, and milk.

Authentic Swedish cuisine can be found in abundance throughout the country. *Frukost* (breakfast) is likely to be fairly large, serving coffee, juice, or tea, followed by *bröd* (breads), *ost* (cheese), *ägg* (eggs), and *strömming* (herring). *Äta* (lunch), normally served between noon and 1 P.M., may be an open-face meat sandwich, *kaldolmar* (stuffed cabbage), or even a hamburger from one of the many local fast food restaurants. *Middag* (dinner) immediately follows the end of the workday and consists of a variety of hot and cold dishes. Formerly, Swedish Catholics observed the tradition of not eating meat on Fridays, so the traditional Thursday night supper was hearty *artsoppa* (pea soup with ham) and *plättar* (pancakes). Although many have given up the meatless Friday tradition, *artsoppa* and *plättar* are still commonly served on Thursdays in Swedish homes and restaurants.



Artsoppa (Pea Soup)

Ingredients

2 cups split peas
8 cups cold water
Ham bone, scraps of baked ham
1 medium onion, chopped
1 carrot, grated
1 teaspoon salt
1/8 teaspoon pepper
1 teaspoon ginger (optional)
1 teaspoon marjoram (optional)
Croutons (optional)

Procedure

1. Rinse the peas and discard any that are shriveled or discolored.
2. In a large saucepan or soup kettle, place the peas, water, ham bone and scraps, onion, carrot, and seasonings.
3. Simmer on low heat for 2 to 3 hours, covered, stirring occasionally. Remove the ham bone and discard it.
4. Serve, with croutons floating in each bowl, if desired.

Serves 6.



Rågbröd (Swedish Rye Bread)

Ingredients

1 cup milk
1 cup water
2½ Tablespoons shortening
½ cup molasses
½ cup sugar
1 teaspoon salt
½ teaspoon anise, ground
2 packages active dry yeast
1 Tablespoon sugar
¼ cup warm water
2 cups rye flour
4 to 5 cups white flour

Procedure

1. Scald (heat just to boiling) the milk in a saucepan. Remove from heat, and add the water, shortening, molasses, ½ cup sugar, salt, and anise. Cool to lukewarm.
2. Dissolve the yeast and 1 Tablespoon sugar in the ¼ cup of warm water.

3. When the milk mixture is lukewarm, add the yeast mixture and rye flour and mix until smooth.
4. Add the white flour, one cup at a time, until the dough is easy to handle. Knead the dough for 8 minutes.
5. Clean the mixing bowl, and butter it thoroughly. Place the dough into the greased bowl, turning the dough to coat it with butter on all sides.
6. Cover the bowl with plastic wrap, and allow it to sit in a warm place until the dough is about doubled in size. (About 1 hour.)
7. Divide dough into 3 balls. Cover the balls with plastic wrap and let them “rest” for 15 minutes.
8. Form the balls into loaves and place them in well-greased tins. Cover the pans with plastic wrap, and let the dough rise until double in size. (30 minutes to 1 hour.)
9. Preheat oven to 375°F.
10. Bake for 35 to 40 minutes.
11. After removing loaves from the oven, brush with melted butter. Remove from pans and allow to cool on wire racks.



EPD Photos

When baked, Hasselbackspotatis have a fan-like appearance. This is made by cutting thin slices about three-fourths of the way through the potato.



Hasselbackspotatis (Roasted Potatoes)

Ingredients

- 8 medium potatoes
- 4 Tablespoons butter, melted and divided
- Salt
- 3 Tablespoons breadcrumbs

Procedure

1. Preheat oven to 425°F.
2. Peel the potatoes and slice down through each at 1/8-inch intervals, but do not slice completely through.

3. Pat potatoes dry with a paper towel.
4. Generously butter a baking dish and place the potatoes in it, cut side up.
5. Baste the potatoes with 2 Tablespoons of the melted butter and sprinkle them with salt. Bake for 30 minutes.
6. Baste the potatoes with the remaining butter and sprinkle with breadcrumbs.
7. Bake for another 15 minutes or until done.

Serves 8.



Smörgås med ost och päron
(*Cheese and Pear Sandwich*)

Ingredients

- 1 Tablespoon butter or margarine
- 5 slices white bread
- 5 small lettuce leaves
- ¼ pound blue cheese
- 2 ripe pears
- ½ lemon
- 1 red pepper, finely sliced

Procedure

1. Butter the bread and trim off the crusts.
2. Slice the bread diagonally, making triangles.
3. Top each slice with a lettuce leaf.
4. Mash the blue cheese with a fork.
5. Slice the unpeeled pears lengthwise into slices about ¼-inch thick.
6. Rub them with the lemon half and put a slice of pear on each bread triangle.
7. Top the pears with a spoonful of mashed blue cheese.
8. Garnish with a thin slice of red pepper.

Makes 10 portions.

6 POLITICS, ECONOMICS, AND NUTRITION

Sweden has been called the model welfare state because every citizen is guaranteed medical care. In the 1990s, health care reform issues such as universal and equal access to medical services, as well as equal funding of health care were addressed. Sweden's deep concern for equal human rights has helped lead to a healthier population.

Infant mortality has been sharply reduced in recent years, and remains one of

the lowest rates in the world, much in part to the country's excellent prenatal services for unborn children. In addition, children and teens receive free dental care until the age of 20. Most health problems are associated with the environment and lifestyle choices, such as smoking, excessive alcohol consumption, and overeating.

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Tanzania

Recipes

Chai (Tea)	24
Coconut Bean Soup	25
Ugali	27
Chapatti (Fried Flat Bread)	27
Mango-Orange Drink	28
Ndizi Kaanga (Fried Bananas or Plantains)	28
Wali wa Nazi (Rice in Coconut Milk)	28
Supu Ya Ndizi (Plantain Soup)	30
Date Nut Bread	30
Sweet Potato Pudding	31
Mchicha (Spinach with Coconut and Peanuts)	32
Makubi (Spinach with Tomatoes)	32



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Situated in East Africa just south of the equator, Tanzania is made up of a mainland area and the islands of Zanzibar, Pembe, and Mafia. Mainland Tanzania lies between the area of the great lakes—Victoria, Tanganyika, and Malawi (Niassa)—and the Indian Ocean. It contains a total area of 945,090 square kilometers (364,901 square miles), slightly larger than twice the size of the state of California. A plateau makes up the greater part of the country. The Pare mountain range is in the northeast, and the Kipengere mountain range is in the southwest. Mt. Kilimanjaro (5,895 meters/19,340 feet) is the highest mountain in Africa. On the borders are three large lakes: Victoria, Tanganyika, and Lake Malawi.

Two-thirds of Zanzibar Island consists of low-lying coral country covered by bush

and grass plains. The western side of the island is fertile, and Pemba, apart from a narrow belt of coral country in the east, is fertile and densely populated.

There are four main climatic zones: the coastal area and immediate interior, where conditions are tropical; the central plateau, which is hot and dry; the highland areas; and the high, moist lake regions.

2 HISTORY AND FOOD

The earliest known inhabitants in Tanzania's long and colorful past were primarily hunter-gatherers. In addition, Tanzania has had many years of influence from other parts of the world. In the first five hundred years A.D., vegetables, millet, and sorghum, and fruits and fish were mostly eaten. By A.D. 800, however, Muslim Arabs established trade routes to and from the country. They introduced citrus fruits, cotton plants,

TANZANIA



and *pilau* and *biriani* (spicy rice and meat dishes), having the greatest effect on the cuisines of coastal regions and the island of Zanzibar. The inhabitants introduced coconut oil and various tools and textiles to the Arabs in return.

Portuguese explorer Vasco da Gama arrived in East Africa in 1498 and aggressively took control of the coastal regions and trade routes. Da Gama (called *afriti*, a devil, by locals), who was on his way to the Middle East and India, stopped at present-day Tanzania to rest his men, who were suffering from scurvy (a lack of vitamin C). *Chungwa* (oranges, rich in vitamin C), relatively unknown to Europeans at the time, were introduced to the ailing crewmen. The Portuguese dominated the region until the

Arabs regained control in 1698. Despite nearly two hundred years of rule, the Portuguese left little behind. The introduction of cassava, a root crop that has become an important staple in the Tanzanian diet, and groundnuts (peanuts) were probably their most significant contributions.

The number of East African slaves who were bought to work Tanzania's plantations increased as the result of the discovery of clove, a key spice in the country's cuisine. After slavery was abolished in 1873, the British and Germans battled for control over Tanzania (then known as Tanganyika). At first, the British (who introduced tea and boiled vegetables) prevailed, encouraging the cultivation of crops that could be exported for profit. By 1891, the Germans took control. They established coffee and cotton plantations. The success of the plantations, however, diminished during World War I (1914–1918), when nearly 100,000 troops and civilians died as a result of fighting, influenza (flu), and famine. Tanzania became an independent nation on December 9, 1961.



Chai ('Tea)

Ingredients

- 3 to 4 cups water
- 3 to 4 cups milk
- 3 to 4 teaspoons tea (plain black is best)
- Cardamom, ground
- Ginger, ground
- Sugar

Procedure

1. Combine all the ingredients together in a large saucepan.
2. Add a few pinches of cardamom and a pinch of ginger.
3. Bring the mixture to a low boil and simmer for a few minutes.
4. Strain the tea into a teapot and serve immediately.



Coconut Bean Soup

Ingredients

- 1 Tablespoon oil
- ½ cup onions, chopped
- ½ cup green peppers, chopped
- 1 teaspoon curry powder
- 1 teaspoon salt
- ¼ teaspoon pepper
- 3 Tablespoons butter or margarine, softened
- 1 cup fresh tomato, seeded and cut into chunks
- 2½ cups canned kidney beans with liquid (or black-eyed peas)
- 2 cups coconut milk
- 3 cups water
- ½ cup cooked rice
- ½ cup shredded coconut

Procedure

1. In a large saucepan, heat the oil and sauté the onions until softened.
2. Add green peppers, curry powder, salt, pepper, butter or margarine, and tomato, and simmer for 2 minutes.
3. Add the kidney beans with their liquid, the coconut milk, and water.
4. Simmer gently for 10 minutes. Stir in the cooked rice and heat for about 2 minutes.

5. Ladle into bowls. Top each serving with 1 Tablespoon of shredded coconut, and serve.

Serves 8 to 10.

3 FOODS OF THE TANZANIANS

Most food that makes up Tanzanian cuisine is typical throughout all of East Africa. Meat is not widely consumed in comparison with other areas of the continent. Cattle are normally slaughtered only for very special occasions, such as a wedding or the birth of a baby. Cattle, sheep, and goats are raised primarily for their milk and the value they contribute to social status. When meat is consumed, however, *nyama choma* (grilled meat) and *ndayu* (roasted, young goat) are most popular.

The Tanzanian diet is largely based on starches such as millet, sorghum, beans, pilaf, and cornmeal. A meal that could be considered the country's national dish is *ugali*, a stiff dough made of cassava flour, cornmeal (maize), millet, or sorghum, and usually served with a sauce containing either meat, fish, beans, or cooked vegetables. It is typically eaten out of a large bowl that is shared by everyone at the table. *Wali* (rice) and various *samaki* (fish) cooked in coconut are the preferred staples for those living in coastal communities.

The introduction of various spices by the Arabs is highly evident in a popular coastal dish, *pilau*. It consists of rice spiced with curry, cinnamon, cumin, hot peppers, and cloves. *Matunda* (fruits) and *mboga* (vegetables) such as plantains, similar to the banana, *ndizi* (bananas), pawpaw (papaya),



Cory Langley

Bananas and plantains are among the staples of the daily diet in Tanzania. Here a vendor loads his bicycle with chane za ndizi (bunches of bananas) to take to the market to sell.

biringani (eggplant), *nyana* (tomatoes), beans, *muhogo* (cassava), spinach and other greens, and maize (similar to corn) are frequently eaten, many of which are grown in backyard gardens. *Ndizi Kaanga* (fried bananas or plantains) is a local dish that is very popular with Tanzanians and tourists alike. In the cities, Indian food is abundant.

Chai (tea), the most widely consumed beverage, is typically consumed throughout the day, often while socializing and visiting with friends and family. Sweet fried breads called *vitumbua* (small rice cakes) are com-

monly eaten with *chai* in the mornings, or between meals as a snack. *Chapatti* (fried flat bread), also served with tea, is a popular snack among children. Street vendors commonly sell freshly ground black coffee in small porcelain cups, soft drinks, and fresh juices made of pineapple, oranges, or sugar cane. Adults enjoy a special banana beer called *mbege* made in the Kilimanjaro region (northeast Tanzania). Aside from the common serving of fresh fruits or pudding, desserts such as *mandazi* (deep-fried doughnut-like cakes) are sold by vendors.



Ugali

Ingredients

- 2 to 3 cups white cornmeal (cornmeal grits, farina, or cream of wheat may be substituted)
- 2 cups water

Procedure

1. Heat water in a saucepan until boiling.
2. Slowly pour in cornmeal, continuously stirring and mashing the lumps.
3. Add more cornmeal until it is thicker than mashed potatoes (It may resemble Play Dough consistency.) Cook for 3 or 4 minutes and continue to stir.
4. Serve immediately with any meat or vegetable stew, or any dish with a sauce or gravy.
5. To eat the ugali, a small amount of dough is torn off, shaped into a ball with a dent in it, and then used to scoop up meat, vegetables, or sauce.



EPD Photos

Chapatti is a soft, flat bread that is best enjoyed warm. It is sometimes flavored with chopped onion or other savory additions.



Chapatti (Fried Flat Bread)

Ingredients

- 2 cups flour
- Warm (almost hot) water
- Pinch of salt
- 1 onion, finely chopped
- Cooking oil

Procedure

1. With very clean hands, mix the flour, salt, and chopped onion with enough hot water to make a smooth, elastic dough.
2. Coat the ball of dough with oil and roll flat on a floured surface until about ½-inch thick.
3. Cut the dough into ½-inch wide strips.
4. Roll the strips of dough into spirals and let them rest on a floured surface.
5. Roll each spiral into a round, flat pancake, about ¼-inch thick.
6. Cook over a medium to high heat griddle or frying pan.
7. Fry the first side without oil, just until the dough sets.
8. Turn over and lift one side enough to pour 1 teaspoon of cooking oil underneath.

9. Turn and press the *chapatti* gently into the oil, with the back of a spoon, so it absorbs the oil evenly and fries to a light golden color. Turn just once.
10. The *chapatti* should be soft and supple when finished.

Makes about 8 chapatti.



Mango-Orange Drink

Ingredients

- 3 cups water
- ½ cup sugar
- 1 Tablespoon orange peel, grated
- 2 cups mango, mashed
- 1 cup orange juice, fresh
- ½ cup lemon juice, fresh

Procedure

1. Heat the water with the sugar and orange peel over low heat until the sugar is dissolved.
2. Cool down to room temperature.
3. Add the mango flesh and the orange and lemon juices and mix well. Serve cold.

Makes about 2 quarts.



Ndizi Kaanga (Fried Bananas or Plantains)

Ingredients

- 8 whole plantains or green bananas, peeled
- Lemon juice
- Brown sugar (optional)
- Butter, melted
- Nutmeg

Procedure

1. Melt butter in a frying pan.
2. Cut and quarter the bananas or plantains.
3. Dip the banana pieces in lemon juice and place them in the buttered frying pan.
4. Lightly brown, remove, and drain on paper towels. Sprinkle with nutmeg and brown sugar, if desired. (*Ndizi* is typically not sweetened in Tanzania.)

Serves 8 to 10.



Wali wa Nazi (Rice in Coconut Milk)

Ingredients

- 2 cups rice
- 1 can coconut milk plus water to make 4 cups of liquid
- 1 teaspoon salt

Procedure

1. Measure 4 cups of liquid (coconut milk and water) into a saucepan.
2. Add 1 teaspoon salt. Heat the liquid until it boils.
3. Stir in 2 cups rice. Lower heat, cover, and simmer until all the liquid is absorbed (about 25 minutes).
4. Serve hot alone or to accompany a main dish.

Serves 8 to 10.



A Typical Christmas Dinner Menu

Pilau (rice mixed with a variety of spices)
Chicken, grilled lamb, or seafood cooked in
coconut
Beans or eggplant
Fresh fruit
Rice or potato pudding
Chai (tea)

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The people of Tanzania follow a variety of religions. Roughly one-third of the population is Muslim (believers in Islam) and one-third is Christian. Nearly all of the island of Zanzibar and much of the mainland coastal regions consist of Muslims; most Christians live inland. Hinduism and indigenous beliefs make up the majority of the remaining one-third who believe in a specific religion.

The warm Christmas in Tanzania is a special time for Christians. The majority of people are invited to a guest's house for dinner Christmas night. *Pilau* (rice dish containing spices), *chai*, and a chicken, red meat, or seafood dish are usually served. A traditional walk along the beach following dinner may leave some very wet—Christmas falls during East Africa's rainy season.

Ramadan is probably the holiest time of the year for Muslims. During this month-long observance, neither food nor drink may be consumed between sunrise and sunset,

often a difficult responsibility in the country's warm temperatures. *Eid al-Fitr*, the feast that ends the month of fasting, is always eagerly anticipated by Muslims of all ages. In expectation of the feast, vendors sell cassava chips and tamarind juice made from the tamarind (a flat, bean-like, acidic fruit), and some rush to the stores to purchase plantains, fish, dates, and ready-made bags of *ugali* for the long-awaited meal. To make certain the feast can take place (and that Ramadan has ended), many gather around to listen to the radio, hoping to hear that the new moon has officially arrived in the night sky. When it is announced, children often dress up (similar to Halloween in the United States) and walk from house to house for cake and lemongrass tea.

Secular (nonreligious) holidays also produce a lot of excitement. On August 8 each year, Farmers and Peasants Day is celebrated. On this day, the country pays tribute and expresses appreciation to farmers and peasants for helping to feed the country and keep agriculture thriving. Zanzibar, one of the country's islands, has its own celebration every January 12, marking the anniversary of the island's independence from Britain.

On the special day of a Tanzanian wedding, gifts are often given to the bride-to-be by her family so that she is prepared to cook and care for her new husband. A *kinu* (wooden mortar for crushing grains and vegetables), a *kibao cha* (coconut grater), a *kebao cha chapatti* (round table for preparing *chapatti*), and a *upawa* (wooden ladle) are examples of traditional gifts. On such a special occasion, *mbuzi* (roasted goat) is often prepared.



*Supu Ya Ndizi
(Plantain Soup)*

Ingredients

- 2 or 3 (1 pound) green plantains, peeled
- 6 cups chicken broth (3 cans of chicken broth may be used)
- Salt and pepper, to taste

Procedure

1. Slice the peeled plantains and put them into a blender or food processor with 1 cup of the chicken broth.
2. Blend them together until smooth and free of lumps.
3. Pour the remaining 5 cups of chicken broth into a large saucepan. Stir in blended plantain mixture.
4. Cover and cook over medium heat, stirring occasionally, until soup is thickened (about 45 minutes). Add salt and pepper to taste.

Serves 8 to 10.



Date Nut Bread

Ingredients

- 1 cup dates, chopped
- 1 cup boiling water
- 1 teaspoon baking soda
- ¾ cup sugar
- 5 Tablespoons butter
- 1 egg
- ½ teaspoon salt
- 2 cups flour
- ½ cup nuts, coarsely chopped
- 1 teaspoon vanilla extract

Procedure

1. Preheat oven to 325°F.
2. Boil the water in a saucepan and place the dates and baking soda in a bowl.
3. Pour the boiling water over the dates and baking soda, stir, and let cool.
4. In a separate bowl, cream together the sugar, butter, and egg.
5. Add the salt and flour gradually to the butter mixture.
6. Add vanilla, nuts, and the date/baking soda mixture. Stir to combine.



EPD Photos

Tamarind nectar (juice), made from the acidic tamarind and sold by street vendors in Tanzania, may sometimes be found, sold in cans, in large supermarkets elsewhere in the world.

7. Pour batter into a buttered loaf pan and bake for about 45 minutes, or until golden and the top springs back when touched.

Serves 10 to 12.



Sweet Potato Pudding

Ingredients

- 6 medium-size sweet potatoes (about 2 pounds), peeled and cut into ½-inch cubes
- 3 cups milk
- 1 cup heavy cream
- ½ cup sugar
- ½ teaspoon saffron, ground
- ½ teaspoon cardamom, ground (optional)

Procedure

1. Bring 1 quart of water to a boil in a saucepan.
2. Drop in the sweet potatoes and cook, uncovered, for 25 to 30 minutes, or until the potatoes are tender (can be pierced with a fork).
3. Drain in a colander and return potatoes to the pan.
4. Stir in the milk, cream, sugar, saffron, and cardamom.
5. Heat slowly to boiling over medium-low heat, stirring frequently with a wooden spoon.
6. Reduce the heat to low, stirring from time to time, and simmer uncovered for about 1 hour, or until the potatoes are reduced to a puree and the mixture is thick enough to hold its shape.
7. With the back of a spoon, rub the pudding through a fine sieve into a serving bowl.
8. Serve at room temperature or refrigerate for 2 hours.

9. Just before serving, sprinkle the top with additional cardamom, if desired.

Serves 6 to 8.

5 MEALTIME CUSTOMS

Guests are polite and respectful when visiting a Tanzanian home. Loose-fitted clothing is appropriate attire, since most meals are served to diners seated around a floor mat or low table. Prior to the meal, a bowl of water and a towel may be passed around to the diners to wash their hands. The bowl is passed to the next person with the right hand, as the left one is considered unclean. The right hand should also be used to dip into the *ugali*, which is commonly served in a communal bowl before the main meal.

Goat, chicken, or lamb is likely to be served, for those who can afford it. Most families eat meat only on special occasions, such as a wedding. A *wali* (rice) dish and a vegetable or *maharage* (beans), may also be served along with *chai* (tea). Greens are popular side dishes, and are often prepared with coconut and peanuts (*Mchicha*) or tomatoes and peanut butter (*Makubi*). Fresh fruit is the most common after-dinner treat, although sweets such as honey or potato cakes may also be offered. It is acceptable to leave food on a plate at the end of a meal, as this reassures the host that the guest is satisfied.

Eating customs vary throughout the country according to ethnic group and religious beliefs. However, the typical family meal is almost always prepared by the mother and daughters, usually on a wood or charcoal fire in an open courtyard, or in a

special kitchen that is often separated from the rest of the house. The midday meal is usually the largest, consisting of *ugali*, spinach, *kisamuru* (cassava leaves), and stew, though *kiamshakinywa* (breakfast) is seldom forgotten. Spiced milk tea and freshly baked bread are popular in the morning. Men and women in Muslim households (about one-third of Tanzanians) often eat separately. Taboos may also prohibit men from entering the kitchen at all.

Only a little over half of all children in Tanzania attend primary school, according to UNICEF. As an added incentive to attend school, foreign countries (such as the United States) are helping to offer free lunches to students during the day. The Tanzania School Health Program aims to ensure child health, including the maintenance of clean water and periodic physical examinations. In addition, the program promotes the growth of school gardens to assist in nutritional education. A typical Tanzanian school lunch may be porridge made of millet, groundnuts (peanuts), and sugar, cooked outside in large kettles over an open fire, often accompanied by milk.



Mchicha

(Spinach, Coconut, and Peanuts)

Tanzanians often prepare spinach as a side dish.

Ingredients

- 4 Tablespoons butter
- 2 packages (12 ounces each) frozen chopped spinach, thawed
- ½ cup coconut, grated
- ½ cup peanuts, finely chopped

Procedure

1. In a 2-quart saucepan, melt the butter and add the 2 packages of thawed spinach, grated coconut, and chopped peanuts.
2. Toss lightly until the ingredients are combined, heated through, and all the liquid is absorbed. Add salt and pepper, if desired.
3. Serve as a vegetable with any meat, poultry, or fish dish.

Serves 8.



Makubi

This dish combines spinach with tomatoes and creamy peanut butter.

Ingredients

- 2 packages frozen spinach, thawed (or 2 cups fresh)
- 1 can (16 ounces) tomatoes, chopped
- Salt, to taste
- ½ cup smooth peanut butter

Procedure

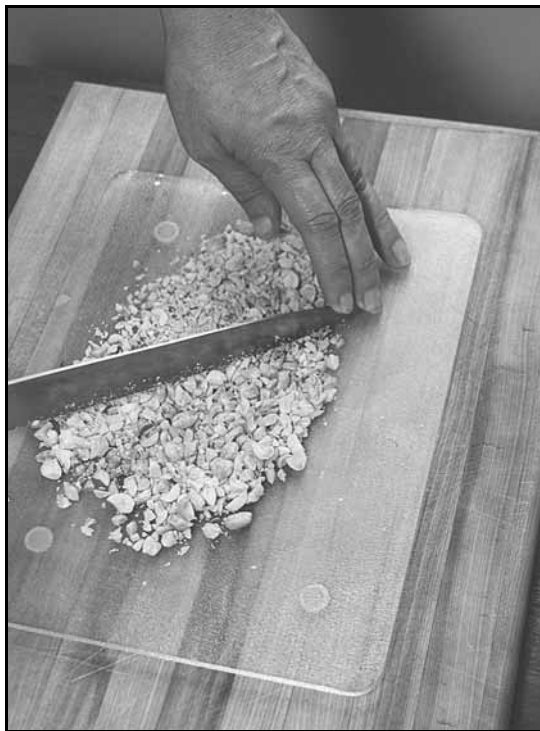
1. Combine the 2 packages (or 2 cups fresh) spinach and can of chopped tomatoes in a saucepan and heat until bubbly. Add salt to taste.
2. Stir in peanut butter and continue cooking over low heat until heated through. Serve.

Serves 8.

6 POLITICS, ECONOMICS, AND NUTRITION

About 40 percent of the population of Tanzania is classified as undernourished by the World Bank. This means they do not receive

TANZANIA



EPD Photos

Mchicha combines spinach with the sweetness of coconut and the crunchy texture of chopped peanuts. When chopping peanuts by hand (left), always keep your fingers on the top edge of the knife.

adequate nutrition in their diet. Of children under the age of five, about 31 percent are underweight, and nearly 43 percent are stunted (short for their age).

Tanzania is one of the world's poorest countries and undernourishment is prevalent, especially in children. The young life expectancy age of 42.3 years is mostly due to malnutrition, tropical diseases such as malaria, and very unsanitary conditions. Open sewers, uncovered garbage piles, and contaminated streams and lakes are sources of disease. Although living conditions in larger towns and cities are typically better than in rural areas, unsanitary conditions and malnourishment are widespread

throughout both. Childhood deficiencies in Vitamin A (which can cause blindness) and iodine are the country's most serious malnourishments.

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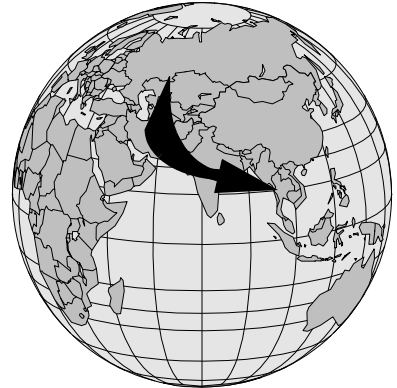
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Thailand

Recipes

Nam Pla Prig (Dipping Sauce)	37
Thai Beef Curry	37
Chicken Satay	38
Cucumber Salad.....	39
Poa Pee (Thai Egg Rolls)	39
Sang Ka Ya (Thai Coconut Custard).....	40
Banana with Coconut Milk	41
Ka Nom Jeen Sour Nam (Pineapple-Fish Noodles)	42
Pad Thai.....	42
Coconut-Chicken Soup	43



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Comprising an area of 514,000 square kilometers (198,456 square miles) in Southeast Asia, Thailand (formerly known as Siam) extends almost two-thirds down the Malay Peninsula. Comparatively, the area occupied by Thailand is slightly more than twice the size of the state of Wyoming.

Thailand may be divided into five major physical regions: the central valley, fronting the Gulf of Thailand; the continental highlands of the north and northwest, containing Thailand's highest point, Doi Inthanon (2,565 meters/8,415 feet); the northeast, much of it often called the Khorat Plateau; the small southeast coastal region facing the Gulf of Thailand; and the Malay Peninsula, extending almost 960 kilometers (600 miles) from the central valley in the north to the boundary of Malaysia in the south.

Thailand has a tropical climate. In most of the country, the temperature rarely falls below 13°C (55°F) or rises above 35°C (95°F).

2 HISTORY AND FOOD

Until 1939, the country we call Thailand was known as Siam. It was the only Southeast Asian country never colonized by the West. This helped Thailand to maintain its own special cuisine (cooking style). However, that cuisine had already been influenced by Thailand's Asian neighbors.

The Thai (pronounced TIE) people migrated to their present homeland from southern China about 2,000 years ago. They brought with them the spicy cooking of their native Yunan province, as well as its dietary staple, rice. Other Chinese influences on Thai cooking included the use of noodles, dumplings, soy sauce, and other soy products. Like the Chinese, the Thais

THAILAND

based their recipes on blending five basic flavors: salty, sweet, sour, bitter, and hot.

From nearby India came not only the Buddhist religion, but also spicy seasonings such as cumin, cardamom, and coriander, as well as curry dishes. The Malays, to the south, further shared seasonings, as well as their love of coconuts and the *satay* (a dish that is similar to shish kebabs). Since 1970, Thai cooking has become extremely popular in both North America and Britain.

3 FOODS OF THE THAIS

Rice is the main dietary staple of Thailand. Thais eat two kinds of rice: the standard white kind and glutinous, or sticky, rice. Sticky rice rolled into a ball is the main rice eaten in northeastern Thailand. It is also used in desserts throughout the country. Rice is eaten at almost every meal and also made into flour used in noodles, dumplings, and desserts. Most main dishes use beef, chicken, pork, or seafood, but the Thais also eat vegetarian dishes.

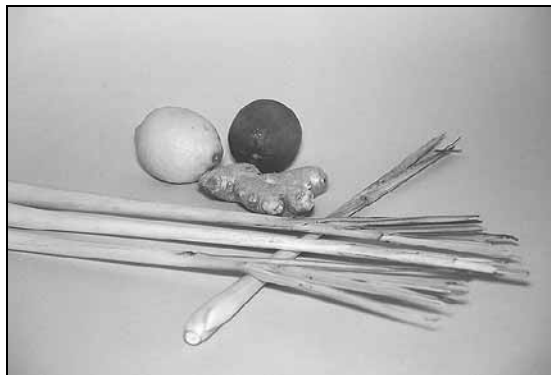
Thai food is known for its unique combinations of seasoning. Although it is hot and spicy, Thai cooking is carefully balanced to bring out all the different flavors in a dish. Curries (dishes made with a spicy powder called curry) are a mainstay of Thai cooking. Hot chilies appear in many Thai dishes. Other common flavorings are fish sauce, dried shrimp paste, lemon grass, and the spices coriander, basil, garlic, ginger, cumin, cardamom, and cinnamon. Soup, eaten with most meals, helps balance the hot flavors of many Thai dishes as do steamed rice, mild noodle dishes, and sweet



desserts. Many dishes are served with sauces, such as Nam Pla Prig, for dipping.

Coconuts play an important role in the Thai diet. Coconut milk and shredded coconut are used in many dishes, especially desserts. Thais eat a variety of tropical fruits for dessert, including mangoes, papayas, custard apples with scaly green skins, and jackfruit, which is large and prickly and has yellow flesh.

Thai food differs somewhat from one region to another. Seafood is popular in the southern coastal areas. The Muslims in that part of the country favor curries. The spiciest food is found in the northeast.



EPD Photos

Spicy Thai dishes are often balanced with the tart flavors of such ingredients as lemon grass, ginger, lemons, and limes.



Nam Pla Prig (Dipping Sauce)

This sauce is used as a dip. It is provided on the table at every Thai meal, in the same way that salt and pepper are provided on most tables in North America.

Ingredients

- 2 cloves garlic
- 1 teaspoon crushed red pepper flakes
- 4 Tablespoons sugar
- 2 Tablespoons fresh lime or lemon juice
- 4 Tablespoons fish sauce (available at supermarkets and Asian food stores)
- 2 Tablespoons water

Procedure

1. Combine all ingredients in a small bowl.
2. Stir to dissolve sugar.
3. If sauce is too salty, add more water.
4. Serve at room temperature in individual bowls.
5. Keeps for up to 2 weeks in the refrigerator, tightly covered.



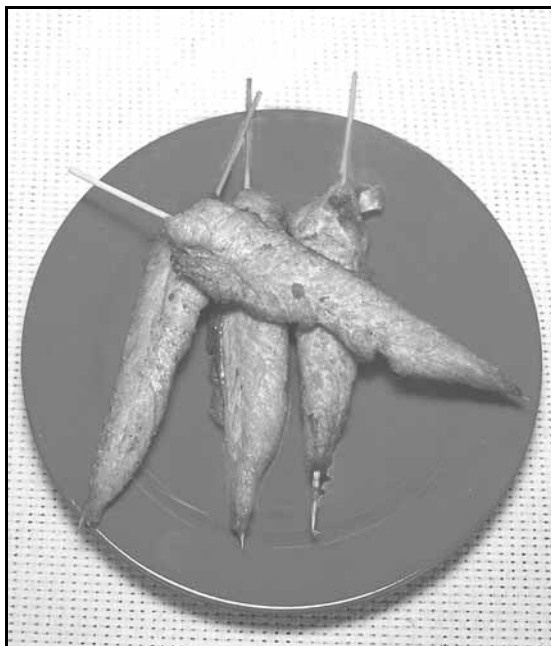
Thai Beef Curry

Ingredients

- 10 ounces beef flank steak with the fat trimmed off
- 2 cups coconut milk, unsweetened
- 2 Tablespoons red curry paste
- 1 teaspoon fish sauce
- 1 cup bamboo shoot strips
- 1 teaspoon sugar
- 3 Tablespoons water
- 20 leaves of fresh basil
- ¼ medium red pepper, cut into thin strips
- 2 Tablespoons green peas, frozen
- 2½ cups rice, steamed

Procedure

1. Slice the steak into pieces ¼-inch thick, 2 inches long, and about 1-inch wide.
2. Heat 1 cup of the coconut milk in a wok or frying pan and add the red curry paste.
3. Stir to dissolve and cook at high heat for 5 to 6 minutes, until the oil of the coconut milk rises to the top and the sauce thickens.
4. Add fish sauce and stir it in.
5. Add the second cup of coconut milk and the beef. Reduce heat to medium.
6. Add the bamboo shoot strips and the sugar. Return the heat to high and add 3 Tablespoons water.
7. Cook, stirring for 3 minutes until bubbling.
8. Add ¾ of the basil leaves, the red pepper strips and the green peas.
9. Stir and cook for another 30 seconds, folding all the ingredients into the sauce.
10. Remove from heat and transfer to a serving dish.
11. Top with the rest of the basil leaves and the additional red pepper strips.



EPD Photos

Chicken satay may be served as an appetizer, snack, or main course.

12. Serve immediately, accompanied by steamed rice.

Serves 8.



Chicken Satay

Ingredients

1 pound skinless, boneless chicken breast
1 teaspoon black pepper
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon turmeric
1 teaspoon chopped garlic
1 Tablespoon sugar
1 Tablespoon vegetable oil
1 Tablespoon soy sauce

1 Tablespoon lemon juice

1 teaspoon fish sauce

Small amount of oil or coconut milk

Fresh coriander leaves

Lettuce leaves

Procedure

1. Slice chicken breasts into thin slices lengthwise. Each slice should be about 4 inches by 1 inch by ¼ inch. (Optional: place chicken in freezer for 15 to 20 minutes to make it easier to slice.) Place the chicken strips in a mixing bowl.
2. Add remaining ingredients, first the solids, then the liquids, to the bowl. Toss until well mixed.
3. Let the chicken marinate (absorb the flavoring) in the refrigerator for at least 2 hours and as long as 24 hours.
4. When ready to cook the satay, stir the chicken in the sauce and remove.
5. Thread each slice onto a skewer, pushing the skewer in and out down the middle of the slice.
6. Baste (rub) the chicken with oil or coconut milk and grill on a barbecue or under the broiler.
7. Cook for about 2 minutes on each side, watching carefully and turning to keep the chicken from burning.
8. Baste once more with oil or coconut milk. The satay is done when it's golden brown and crispy along the edges. Serve with optional garnish with fresh coriander leaves.

Serves 8.



Cucumber Salad

Ingredients

- 1 long cucumber
- ½ small red onion
- ⅓ medium red pepper
- 1 Tablespoon sugar
- Vinegar
- ½ teaspoon salt
- Fresh coriander leaves

Procedure

1. Wash and dry the cucumber, and peel it if desired.
2. Cut in half lengthwise and then into quarters.
3. Slice the quarters into ¼-inch pieces and arrange on a plate.
4. Slice the red pepper and onion into thin strips. Scatter them over the cucumber.
5. In a small bowl, combine the sugar, vinegar, and salt.
6. Pour dressing over the vegetables and top with the coriander leaves.

Serves 4 to 6.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Although most Thais are Buddhists, there are no food taboos in Thailand. The Thais celebrate a number of seasonal festivals and Buddhist holidays with feasts and banquets. Some of the foods eaten at these meals have a symbolic meaning. Among these are “golden threads,” a thin layer of egg or noodles wrapped around small pieces of food. It is thought that they bring good luck and wealth to the person who eats them. Like the Chinese, the Thais believe that long noodles symbolize long life. Grilled, baked,

or fried chicken is a popular food for holiday banquets. While everyday meals end with fruit, sweet desserts are served on special occasions. These fall into two categories: cakes (*kanom*) and liquid desserts, such as bananas and coconut milk.

One of the most important feast days is *Songkran*, the traditional Thai New Year, celebrated in April. People throw buckets of water at each other to let everyone start fresh for the coming year. Egg rolls are traditionally eaten for Songkran, as well as other holidays. Custard is another traditional dish served on Songkran.



Poa Pee (Thai Egg Rolls)

Ingredients

- 3½ ounces (one-half package) rice noodles or cellophane noodles
- ½ pound ground pork
- ½ pound ground beef
- 1 cup carrots, peeled and shredded
- 1 cup bean sprouts or shredded cabbage
- ½ medium onion, chopped
- 1 Tablespoon fish sauce
- ¼ Tablespoon pepper
- ½ clove garlic, finely chopped
- 1 teaspoon sugar
- 1 package of lumpia papers (rice-paper wrappers may be substituted; both are sold in gourmet or frozen foods section of supermarket or Asian grocery store)
- ½ cup vegetable oil
- 3 black mushrooms (optional; sold in Asian grocery stores and some supermarkets and gourmet stores)
- 1 egg



Cory Langley

Thai fruit and vegetable vendors often sell their wares from long boats, moving from dock to dock to serve their customers.

Procedure

1. If using black mushrooms, soak them in hot water for 15 minutes. Drain well in a strainer.
2. Discard mushroom stems and shred caps.
3. Soak noodles in hot water according to package directions. When soft, drain and cut into 2-inch pieces with a sharp knife or scissors.
4. In a large bowl, beat egg well. Add black mushrooms, noodles, pork, beef, carrots, bean sprouts, onion, fish sauce, pepper, garlic, and sugar. Mix well.
5. Place 1 wrapper on a flat surface. Cover remaining wrappers with a slightly damp kitchen towel so they don't dry out.
6. Place about 1½ Tablespoons of filling just below the center of each wrapper and fold up into a roll. Press edges to seal.
7. In a large skillet or wok, heat oil over medium heat for 1 minute.
8. Carefully place 3 rolls in oil and fry slowly for about 10 minutes or until golden brown. Turn and fry the other side 10 minutes.
9. Keep fried rolls warm in oven heated to 200°F.
10. Serve hot with individual bowls of *nam pla prig* or with sweet-and-sour sauce.



Sang Ka Ya (Thai Coconut Custard)

Ingredients

- 4 eggs
- ¼ cup brown sugar
- ¼ cup white sugar
- 1 cup coconut milk
- 1 cup winter squash, thinly sliced with seeds and rind removed

Procedure

1. In a deep bowl, beat eggs well.
2. Add brown and white sugars and stir until dissolved.
3. Add coconut milk and squash and stir well.
4. Pour mixture into a 9- by 9-inch baking pan or a 9- or 10-inch pie pan.

5. Place ½ cup water into a steamer or Dutch oven large enough to hold the custard pan.
6. Bring water to a boil over high heat, and place pan with custard inside.
7. Cover and steam over high heat for 30 minutes.
8. Serve at room temperature.

Serves 12.



Banana with Coconut Milk

Ingredients

- 12 half-ripe bananas
- 4 cups fresh or canned coconut milk
- ¼ cup sugar
- ⅛ teaspoon salt

Procedure

1. Peel the bananas and cut in quarters. Place in a steamer over boiling water. Steam for 20 minutes; set aside.
2. In a large pot heat the coconut milk, sugar, and salt on high heat. As soon as it boils, add the bananas.
3. Reduce heat and simmer for 1 hour.
4. Serve hot.

Serves 8 to 12.

5 MEALTIME CUSTOMS

Thais are famous for their love of snacks. There are food stalls near every public place due to the Thai habit of snacking all day. These stalls sell hundreds of different snacks. Among the most popular are fish cakes, egg rolls, fried rice, and noodles served with a choice of seasonings.



Holiday Menu

- Poa Pee (egg roll)
- Spicy beef salad with lemongrass sauce
- Spicy mint noodles
- Chicken with basil
- Sang Ka Ya (custard)

Thais eat three meals daily, plus many snacks. Dinner is the main meal. Breakfast often consists of fried rice, boiled eggs, and foods left over from the previous day's dinner. Lunch is usually a single-dish meal based on either rice or noodles. The main meal, eaten at dinnertime, consists of several different dishes chosen to balance different flavors and cooking methods. Soups are served with most main meals and are sipped throughout the meal. A typical dinner is steamed rice, a curry dish, a vegetable dish, a cold salad, and soup. Rice is the only food placed on each person's plate. All the other dishes are brought to the table in serving bowls, and people help themselves. Fresh fruit is served at the end.

Unlike their Asian neighbors, Thais do not use chopsticks unless they are eating noodles. Most of the time they use a fork and a flat-bottomed spoon. The fork is used only to push food onto the spoon, not to bring it to one's mouth. Food is already cut into bite-sized pieces, so a knife is not needed.

Thais like their food to please the eye as well as the taste buds. They carve fresh

fruits and vegetables into fancy shapes and serve prepared foods in pretty containers.



*Ka Nom Jeen Sour Nam
(Pineapple Fish Noodles)*

Ingredients

- 3 Tablespoons vegetable oil
- 2 pounds fish fillets, cut into bite-size pieces
- 1 clove garlic, finely chopped
- 1 teaspoon fresh ginger, finely chopped
- 1 can (20-ounces) crushed pineapple, drained thoroughly
- 1 cup coconut milk
- 2 teaspoons fish sauce
- 1/8 teaspoon pepper
- 1 teaspoon sugar
- 1/8 teaspoon cayenne pepper
- Fresh mint and coriander for topping (optional)

Procedure

1. In a large skillet or wok, heat oil over high heat for 1 minute.
2. Add fish, garlic, and ginger.
3. Cook, stirring constantly, for 3 minutes or until fish becomes white.
4. Add pineapple, coconut milk, fish sauce, pepper, sugar, and cayenne pepper and stir well.
5. Cook, stirring constantly, for 2 minutes or until fish flakes easily.
6. Serve over hot rice noodles, topped with fresh mint and coriander.



Pad Thai

This is Thailand's most famous noodle dish.

Ingredients

- 12 ounces of Pad Thai noodles
- 8 cups cold water
- 1/4 cup olive oil
- 1 Tablespoon garlic, chopped
- 16 medium shrimp, shelled and deveined (with the veins taken out)
- 2 ounces firm brown tofu, cut into 1/4-inch cubes
- 2 eggs, beaten
- 1/4 cup crushed unsalted peanuts
- 3 Tablespoons fish sauce
- 2 1/2 Tablespoons rice vinegar
- 1 Tablespoon sugar or 1 1/2 Tablespoons honey
- 2 teaspoons paprika
- 1/2 teaspoon crushed red pepper or cayenne pepper
- 3 ounces fresh bean sprouts
- 1/4 cup leeks, cut into 1 1/2 to 2-inch-long shreds

Procedure

1. In a large bowl, soak noodles in cold water 45 minutes.
2. Drain in a colander (special bowl with holes for draining) and set aside.
3. Heat olive oil in a large skillet over high heat.
4. Add garlic and sauté until lightly browned, about 1 minute.
5. Add shrimp and tofu and sauté 1 minute.
6. Add eggs and stir 30 seconds.
7. Add noodles, peanuts, fish sauce, vinegar, sugar, paprika, and red pepper and stir constantly for 3 minutes.



EPD Photos

Lemon grass may sometimes be found in supermarkets. Although it looks leafy, the stalk is tough and must be pounded with a rolling pin or mallet to release its flavor. The lemon grass may be pounded either before or after slicing.

8. Remove from heat and transfer to a platter. Sprinkle with bean sprouts and leeks and serve.

Serves 8 to 10.



Coconut-Chicken Soup

Ingredients

- 14 ounces skinless, boneless chicken breast
- 1 stick lemon grass

- 1 inch ginger root
- 1 Tablespoon lime juice
- 2 fresh hot chilies
- 2 cups unsweetened coconut milk
- 1 cup water
- 2 Tablespoons lemon juice
- 1 Tablespoon fish sauce
- ¼ teaspoon sugar
- Fresh coriander leaves

Procedure

1. Slice chicken into thin strips.
2. Smash the lemon grass once with a rolling pin. Cut it into 1-inch slices.
3. Cut the ginger into thin slices and cut the chilies in half.
4. Heat coconut milk and water in a saucepan for 2 to 3 minutes over medium heat. (Do not let it boil.)
5. Add the lemon grass, ginger, and chilies, and cook for another 2 minutes, stirring continuously and not letting the liquid boil.
6. Add chicken strips and cook for 5 minutes, stirring over medium heat, until the chicken is cooked. Lower heat if mixture starts to boil.
7. Add lemon juice, lime juice, fish sauce, and sugar.
8. Stir and continue cooking for another minute or two.
9. Pour soup into a serving pot and serve immediately, topped with fresh coriander leaves.

Serves 6 to 8.

6 POLITICS, ECONOMICS, AND NUTRITION

About 24 percent of the population of Thailand is classified as undernourished by the

THAILAND

World Bank. This means they do not receive adequate nutrition in their diet. Almost all of the population (94 percent) has adequate access to sanitation. Of children under the age of five, about one-quarter are underweight, and nearly 22 percent are stunted (short for their age).

Despite malnourishment, Thailand is the world's largest rice exporter, accounting for over 22 percent of all agricultural exports by value in 1997. It also provides about 95 percent of the world's cassava (tapioca) exports. The government, however, has initiated large-scale irrigation projects, introduced higher-yielding varieties of rice, and encouraged mountain villagers to grow coffee, apples, strawberries, and other crops in an effort to increase exports and compete in the global market.

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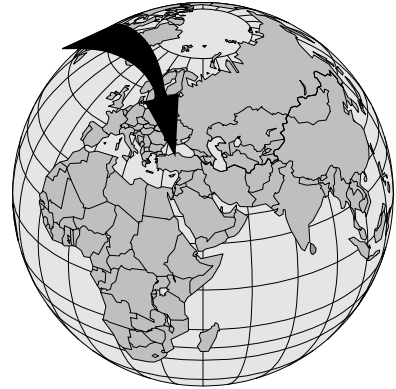
Mail-order and online sources for specialty ingredients:

The Oriental Pantry
423 Great Road (2A)
Acton, MA 01720
(978) 264-4576
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Turkey

Recipes

Kaymakli Kuru Kayisi (Cream-Stuffed Apricots)	46
Pasta with Yogurt-Mint Sauce	47
Muhallabi (Rice Pudding with Cinnamon)	48
Naneli Limonata (Lemonade with Mint)	49
Halva	50
Köfte (Turkish Meatballs).....	50
Simit (Sesame Rings).....	51
Locum (Turkish Candy).....	52
Bulgur Pilavi (Cracked Wheat Pilaf).....	53
Lokma (Golden Fritters).....	53
Lahmacun (Turkish Pizza).....	55



1 GEOGRAPHIC AND ENVIRONMENTAL SETTING

The Republic of Turkey consists of Asia Minor, the small area of eastern Turkey in Europe, and a few offshore islands in the Aegean Sea. It has a total area of 780,580 square kilometers (301,384 square miles), which is slightly larger than the state of Texas.

Turkey's landscape is made up of low, rolling hills, the fertile river valleys that open to the Aegean Sea, the warm plains along the Mediterranean Sea, the narrow coastal region along the Black Sea, and the rugged mountain ranges that surround and intersect the high, desert-like Anatolian plateau.

Most of Turkey lies within an earthquake zone, and recurrent tremors are recorded.

2 HISTORY AND FOOD

Turkish cuisine is often regarded as one of the greatest in the world. Its culinary traditions have successfully survived over 1,300 years for several reasons, including its favorable location and Mediterranean climate. The country's position between the Far East and the Mediterranean Sea helped the Turks gain complete control of major trade routes, and an ideal environment allowed plants and animals to flourish. Such advantages helped to develop and sustain a lasting and influential cuisine.

The Turkish people are descendents of nomadic tribes from Mongolia and western Asia who moved westward and became herdsmen around A.D. 600. Early influence from the Chinese and Persians included noodles and *manti*, cheese- or meat-stuffed dumplings (similar to the Italian ravioli),

TURKEY



1200, they encountered chickpeas and figs, as well as Greek olive oil and an abundance of seafood.

A heavily influential Turkish cuisine was well established by the mid-1400s, the beginning of the (Turkish) Ottoman Empire's six hundred-year reign. Yogurt salads, fish in olive oil, and stuffed and wrapped vegetables became Turkish staples. The empire, eventually spanning from Austria to northern Africa, used its land and water routes to import exotic ingredients from all over the world. By the end of the 1500s, the Ottoman court housed over 1,400 live-in cooks and passed laws regulating the freshness of food. Since the fall of the empire in World War I (1914–1918) and the establishment of the Turkish Republic, foreign dishes such as French hollandaise sauce and Western fast food chains have made their way into the modern Turkish diet.

often covered in a yogurt sauce. *Manti* has often been credited with first introducing *dolma* (stuffed foods) into the Turkish cuisine. The milk and various dairy products that became staple foods for the herdsmen were nearly unused by the Chinese. This difference helped the Turks to establish their own unique diet.

By A.D. 1000, the Turks were moving westward towards richer soil where they grew crops such as wheat and barley. Thin sheets of dough called *yufka* along with crushed grains were used to create sweet pastries. The Persians introduced rice, various nuts, and meat and fruit stews. In return, the Turks taught them how to cook bulgur wheat. As the Turks moved further westward into Anatolia (present-day Turkey) by

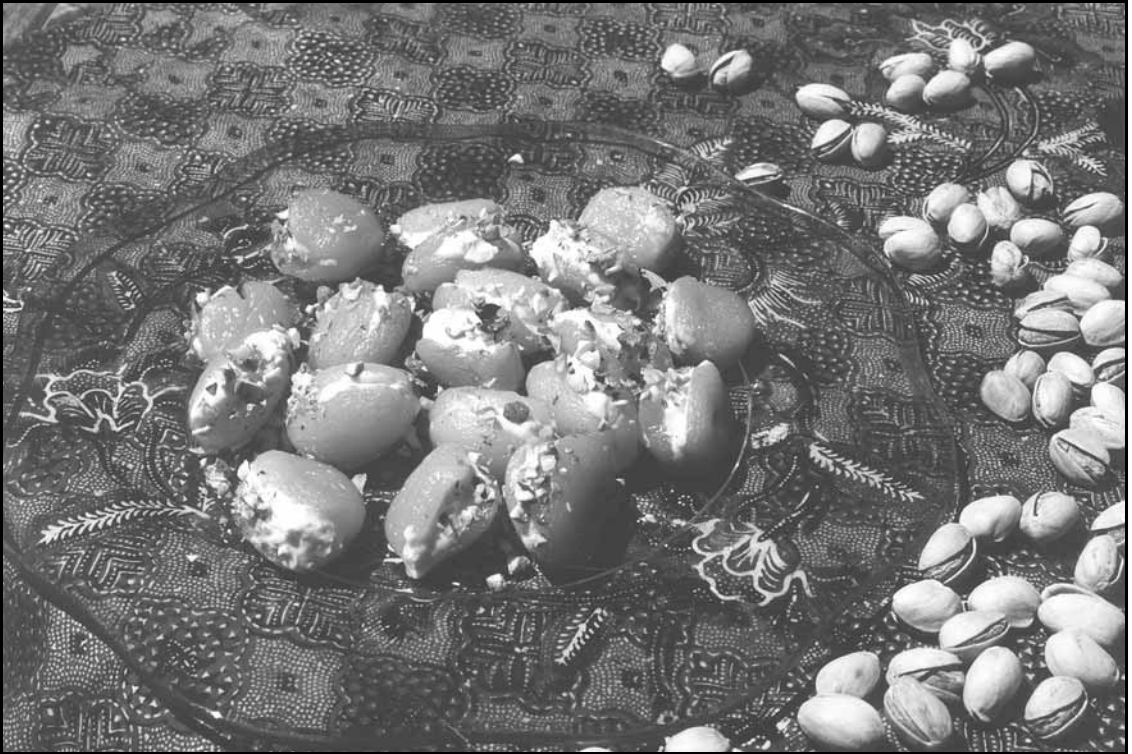


Kaymaklı Kuru Kayisi (Cream-Stuffed Apricots)

Ingredients

- 1 pound dried apricots
- 2½ cups sugar
- 3 cups water
- 1 teaspoon lemon juice
- 1 pound marscapone (sweet cheese); cream cheese softened with a little sour cream, heavy cream, or even milk may be substituted. Add 1 Tablespoon of the cooking syrup if using cream cheese.
- ¾ cup pistachio nuts, chopped

TURKEY



EPD Photos

Kaymakli Kuru Kayisi (Cream-Stuffed Apricots) are made with apricots and pistachios, both of which are grown in Turkey. Each July there is an apricot festival in the central region of the country.

Procedure

1. Soak the apricots in cold water overnight and drain.
2. Heat the sugar and water together over medium heat for 10 minutes, then add apricots.
3. Cook the apricots until they are tender and syrup is formed.
4. Add the lemon juice and remove from heat. With a slotted spoon, transfer apricots to a plate to cool.
5. With a spoon, open the apricots halfway and fill the inside with cream or sweet cheese.

6. Arrange the apricots (slit side up) on a platter, pouring over them as much syrup as they can absorb. Garnish with grated nuts.

Serves 18 to 20.



Pasta with Yogurt-Mint Sauce

Ingredients

- 1 pound penne or rigatoni pasta
- 3 cups yogurt, room temperature
- 2 to 3 teaspoons garlic, crushed

TURKEY

2 teaspoons fresh mint leaves, minced, or 1
teaspoon dried mint, crushed

Salt

Procedure

1. Cook pasta according to directions and drain.
2. Mix the yogurt, crushed garlic, salt, and mint leaves together in a bowl and beat with a wooden spoon until the mixture is very creamy.
3. Pour the warm sauce over the prepared pasta and toss.

Makes 4 servings.



Muhallabi (*Rice Pudding with Cinnamon*)

Ingredients

1 cup long-grain rice

1 cup sugar

10 cups whole milk

1 teaspoon vanilla extract

Cinnamon

Procedure

1. In a large saucepan, mix the rice, sugar, milk, and vanilla extract together.
2. Bring to a boil on medium to high heat, stirring occasionally.
3. Immediately reduce heat.
4. Continue boiling for 1½ to 2 hours, or until a pudding consistency is reached.
5. If not boiled long enough, the rice gains remain too hard.
6. Put in individual cups or shallow serving dishes, cover the top, and chill before serving. To serve, sprinkle with cinnamon.



Cory Langley

A colorful Turkish fruit vendor poses with his melons.

7. If desired, orange zest, cinnamon, cloves, or rose water can be used instead of, or in addition to, vanilla.

Serves 12.

3 FOODS OF THE TURKS

Turkey is one of only seven countries in the world that can produce enough food to feed its people. This advantage gives the Turks access to fresh, locally grown ingredients that help to create some of the freshest dishes available. Contrary to common belief, Turkish cuisine is generally not spicy (though this varies throughout the seven regions). Seasonings and sauces, although

frequently used, are simple and light and do not overpower the food's natural taste. The most popular seasonings include dill, mint, parsley, cinnamon, garlic, cumin, and *sumac* (lemon-flavored red berries of the sumac tree). Yogurt is often used to complement both meat and vegetables dishes.

Rice, wheat, and vegetables are the foundation for Turkish cuisine. *Dolma*, rice- and meat-stuffed vegetables, is frequently prepared throughout the country, most often with peppers, grape leaves, or tomatoes. The eggplant is the country's most beloved vegetable, with zucchini a popular second and then beans, artichokes, cabbage, particularly when prepared in olive oil. *Pilav* (pilaf), Turkish rice, is a common filling for *dolma*, as well as a common side dish. Various grains are used to make *pide* (flat bread), *simit* (sesame rings), and *börek*, a flaky, layered pastry filled with meat or cheese that is often eaten for breakfast.

Turkish meat usually means lamb, the main ingredient to the country's most popular national dish, *kebap* (skewered grilled meat). The *kebap* resembles the familiar shish-kebab (onions, tomatoes, and peppers threaded on a skewer between pieces of meat and grilled) commonly eaten in the United States. Patties of seasoned minced meat called *köfte* are also popular. Most cattle are raised for their milk rather than for beef, and pork is prohibited in the Islamic religion (which nearly all Turks practice). Poultry and seafood, however, are second in popularity for meat-based meals.



Naneli Limonata (Lemonade with Mint)

Ingredients

1½ cups, plus 2 Tablespoons sugar
6 cups water
2 teaspoons lemon rind
1 cup (6 to 8) fresh mint leaves
6 lemons

Procedure

1. In a large bowl, dissolve the 1½ cups sugar in the water, stirring well.
2. Using a wooden spoon, rub the lemon rind and mint leaves with the 2 Tablespoons sugar in a small bowl until the sugar absorbs the flavors. (Alternatively, pound the lemon rind, mint leaves, and sugar with a mortar and pestle.)
3. Stir in the sugar-water solution, mixing well. Strain this mixture through a sieve.
4. Squeeze the lemons to extract their juice.
5. Combine the lemon juice with the strained sugar solution, mixing well. Cover and chill.
6. Serve over ice (if desired), garnished with mint leaves.

Serves 8.

Turkish sweets are most frequently eaten with coffee or as a snack, rather than an after-dinner dessert. The most common dessert is a bowl of seasonal fresh fruit, such as strawberries or apricots. *Baklava*, widely known throughout the Western world, and other nutty pastries consisting of a sweet, flaky pastry made with honey and nuts; *Halva* (a sesame paste), *dondurma* (ice

cream), and *muhallebi* (milk-based desserts, such as pudding) are all popular. Some adults prefer tea, strong Turkish coffee, or *raki*, the clear liquorice-flavored national beverage, in place of dessert. Children enjoy *ayran*, a refreshing yogurt drink, or *meyva suyu* (fruit juice).



Halva

Ingredients

1 cup farina (Cream of Wheat)
1/3 cup pine nuts
1/2 cup (1 stick) butter
2 cups water
1 cup sugar
1/2 teaspoon cinnamon, ground
Sesame seeds

Procedure

1. Mix the water, sugar, and cinnamon together in a saucepan and boil for 3 minutes. Remove from heat and let cool.
2. Using about 1/3 of the stick of butter, brown the pine nuts.
3. Add the remaining butter and farina and stir until the farina is a light brown color.
4. Very carefully add the cinnamon syrup to the farina mixture.
5. Stir until most of the water is absorbed and forms a sticky mixture.
6. Remove from the heat and leave uncovered for 1 hour, until it dries to a crumbly consistency.
7. Shape in individual molds or spoon into dishes.
8. Serve at room temperature topped with ground cinnamon and sesame seeds.



Köfte (*Turkish Meatballs*)

Ingredients

1 pound minced lamb (or beef)
2 slices stale bread, crusts removed, briefly soaked in water
1 onion, grated
1 Tablespoon dried mint
1 Tablespoon fresh parsley, chopped
1 clove garlic, crushed
1 egg
Salt and black pepper
Flour
Vegetable oil for frying

Procedure

1. Squeeze out the excess water from the soaked bread.
2. Combine all the ingredients in a bowl and mix well.
3. Make walnut-shaped balls and keep them covered until they are to be eaten.
4. Place flour in a shallow dish, and roll the meatballs lightly in flour to coat.
5. Heat oil in a shallow frying pan. Carefully add meatballs and fry in hot oil for 6 to 8 minutes, turning frequently, until browned and cooked through.
6. They may be shallow- or deep-fried.

Serves 4 to 6.



Simit
(Sesame Rings)

Ingredients

8 ounces flour
½ teaspoon salt
4 Tablespoons (½ stick) margarine, melted
1 Tablespoon olive oil
1 Tablespoon milk, plus extra
1 Tablespoon water
1 egg, beaten
Sesame seeds

Procedure

1. Preheat the oven to 400°F.
2. Place the flour and salt in a large bowl and make a hole in the middle.
3. Into this hole pour the margarine, olive oil, milk, water, and beaten egg.
4. Stirring from the outside into the middle, gradually mix all the liquids into the flour until you have a dough. It will feel a bit oily.
5. With floured hands, shape the dough into rings about the diameter of a saucer, and arrange them on a baking sheet.
6. Brush them over with milk and sprinkle the sesame seeds on top.
7. Bake them for about 30 minutes, or until they are nicely browned.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Turkey celebrates three kinds of celebrations: national religious holidays, national secular (nonreligious) holidays, and local events and festivals. National Islamic holi-



*A Typical Turkish Ramazan
Menu*

Various cheeses
Roast lamb or *sucuk* (spicy sausage)
Bulgur Pilavi (cracked wheat pilaf)
Pide (Turkish flat bread)
Various soups
Güllâç (rose-flavored pudding)
Baklava (sweet, flaky, nutty pastry)

days are important to the Turks since 99 percent are of the Islamic faith. To celebrate religious events, special dishes for family and friends are frequently prepared.

The first significant holiday of the Muslim year, Muharrem, takes place on the tenth day of the first lunar month. On this day in history, the grandson of the Prophet Mohammed was martyred and Noah and his family were able to leave the Ark after the floodwaters receded. A thick, sweet pudding called *aure* (also called Noah's pudding) is traditionally prepared. Its ingredients (fruits, nuts, and grains) are supposedly the same ones that remained on the Ark after it was able to land.

The ninth month marks Ramazan (also known as Ramadan in Arabic countries), a month-long period of fasting in which Muslims refrain from food and drink during daylight hours. *Iftar* is the meal eaten at the end of each day that breaks the daily fasting period.

TURKEY

Seker Bayrami, or translated as Candy Festival or Festival of Sugar, is a three-day national festival marking the end of Ramadan (also known as *Eid al-Fitr* in Arabic countries). On this day, elaborate desserts are prepared throughout the country and children visit door to door, asking for sweets. On this special day, *lokma* (deep-fried batter in syrup) and *locum* (a popular Turkish candy, also known as Turkish Delight), are commonly distributed to neighborhood children in small tins.



Locum (Turkish Candy)

Ingredients

- 3 envelopes unflavored gelatin
- 1½ cups water
- 2 cups sugar
- 3 Tablespoons white corn syrup
- ¾ cup cornstarch
- Juice of 1 lemon
- 1 cup nuts, coarsely-chopped (pistachio, almonds, or walnuts)
- ¾ cup powdered sugar

Procedure

1. Sprinkle gelatin into ½ cup water and set aside to soften for about 5 minutes.
2. Pour another ½ cup water into a medium-size saucepan, bringing to a boil over medium to high heat.
3. Add the sugar and corn syrup, stirring until the sugar dissolves, about 1 minute.
4. Continue cooking until mixture reaches 240°F on a candy thermometer, or until it forms a soft ball when ½ teaspoon of mixture is dropped into a cup of cold water.
5. Reduce heat to medium.



EPD Photos/Cyril Gonsorcik

Rings of sucuk (spicy sausage) hang outside the butcher shop. Sucuk may be part of a dinner menu all year round.

6. Dissolve cornstarch in remaining ½ cup water and mix well.
7. Add to sugar mixture, and stirring constantly, simmer slowly until very thick, about 3 minutes; remove from heat.
8. Add lemon juice and gelatin mixture, stirring until gelatin dissolves.
9. Add nuts and stir thoroughly.
10. Line bottom and side of 8-inch cake pan with foil and sprinkle with thick layer of powdered sugar.
11. Pour in candy. Allow to stand, undisturbed, for about 4 hours, or until firm.
12. Cut into 1-inch squares, and roll each piece in powdered sugar to coat all sides.

Makes about 60 pieces.



Bulgur Pilavi
(Cracked Wheat Pilaf)

Ingredients

- 4 Tablespoons butter or margarine
- 1 onion, finely chopped
- 1 cup bulgur cracked wheat (available at most supermarkets and health food stores)
- 3 cups water or canned beef broth
- Salt, to taste

Procedure

1. Melt 2 Tablespoons butter or margarine in large skillet over medium to high heat.
2. Add onion, and stirring constantly, fry until soft, about 3 minutes.
3. Add bulgur and remaining 2 Tablespoons butter or margarine, and fry for another minute, stirring constantly to coat well.
4. Stir in water or broth, and bring to a boil.
5. Reduce heat to simmer, cover, and cook for about 25 minutes until bulgur is tender.
6. Add salt to taste, and stir well. Serve warm.

Serves 4 to 6.

Large feasts are also prepared for national secular holidays such as Independence day and Children's Day, both on April 23, New Year's Day on January 1, and Victory Day on August 30, marking independence from Greece in 1922. In addition, June's Strawberry Festival in Bartın, July's Apricot Festival in Malatya (Turkey's apricot capital), and September's Watermelon Festival in Diyarbakır draw large, local crowds who gather to honor these crops.



Lokma (Golden Fritters)

Ingredients

- 1½ cups sugar
- 2 cups water
- 1 teaspoon lemon juice
- 1 teaspoon active dry yeast
- 1½ cups warm water
- Pinch of sugar
- 2 cups flour
- 1 Tablespoon unsalted butter, melted
- Pinch of salt
- Oil, for frying (preferably peanut oil)

Procedure

1. Make the syrup by simmering the 1½ cups sugar and 2 cups water for 5 minutes.
2. Stir in the lemon juice, bring to a boil, and set aside.
3. To make the dough, dissolve the yeast in the warm water with a pinch of sugar, and leave in a warm place for 10 minutes until frothy.
4. Put the flour in a large bowl, make a well in the center, and put in the butter, salt, and yeast mixture.
5. Mix into a batter and beat for 5 minutes, using an electric mixer fitted with a dough hook or a paddle. (Alternatively, knead it for about 8 minutes.)
6. Cover and let rise for 1 to 2 hours.
7. Heat the oil for deep-frying (a small square of bread should brown in 30 seconds).
8. Keeping the heat at medium, drop small balls of dough into the hot oil.

9. Drop 5 or 6 *lokma* into the oil, depending on the size of the pan, but do not crowd them.
10. They should immediately rise to the surface and puff up. Stir them to ensure an even browning.
11. They should brown in 3 or 4 minutes.
12. Drain on paper towels, then dip them briefly into the syrup mixture.
13. Serve warm or cold.

Makes 6 to 8 servings.

5 MEALTIME CUSTOMS

Turks enjoy three meals a day. *Kahvaltı* (kah-vall-tuh), or breakfast, is generally a light meal consisting of fresh tomatoes, *beyaz* (salty cheese), black olives, bread with jam and honey, and an occasional soft-boiled egg. Freshly baked bread and tea are almost always present. *Sucuk* (a spicy sausage) and *pastırma* (seasoned beef) are frequently prepared in the wintertime. Those in a hurry often stop at a street cart or *büfe* (food stand) to grab a quick *börek*, a flaky, mince- or cheese-filled pastry or *simit*, a bread ring topped with sesame seeds. Muslims almost never consume pork products, making bacon absent from most menus.

Öyle yemek (oy-leh yem-eck), or lunch, is traditionally a heartier (and warmer) meal than breakfast. *Çorbalar*, or soups, are served in a variety of ways, most commonly including lentils and various vegetables and meats. Larger lunch items include baked lamb or chicken served with peppers and eggplant, and fresh grilled fish with a side of lemon. Rice and bulgar pilaf dishes are also popular. *Lahmacun* (lah-mah-jun), Turkish pizza, is popular among children. It

consists of a thin crust and a layer of spicy ground lamb and tomato sauce. Tost, a grilled cheese sandwich, will please even the pickiest eater.

Akam yemek (ak-sham yem-eck), or dinner, is the largest meal of the day. *Mezeler* (or *mezze*, singular), are “appetizers” served before the main meal. Ironically, most *mezeler* dishes are large enough to comprise an entire meal by themselves. Salads, soups, pilaf-stuffed fish, and *köfte* (fried minced meatballs) can leave diners quite full. A meat dish accompanied by starchy vegetables (such as potatoes) typically follows. Seasonal fresh fruits or milky puddings are most often enjoyed for dessert.

Turks, who are extremely hospitable and enjoy company, will welcome even unexpected guests with Turkish coffee. Meals are traditionally served on a large tray, placed on a low table or on the floor. The family and guests sit on cushions on the floor around the prepared foods. To avoid accidentally insulting the host, it is best to not refuse second or third helpings. It is also customary to remove one’s shoes at the door and offer a small gift to the host for their generosity.

Restaurants, open markets, and *büfe* (food stands) offer a wide variety of on-the-go snacks, including *simit*, *köfte*, seeds and nuts, and seasonal fruit and fruit juice. *Patates Firin* (baked potato carts) can be found for *kumpir* (potatoes) topped with lentils, butter, cheese, pickles, and mayonnaise.



Lahmacun (Turkish Pizza)

Ingredients

Pitas

1 pound ground beef

1 pound white onion

1 or 2 tomatoes (or 2 Tablespoons tomato puree)

Salt and black pepper, to taste

Procedure

1. Preheat oven to 400°F.
2. Peel and quarter onions with the tomatoes in a food processor or blender and process (blend) until smooth.
3. Add the salt, black pepper, and meat, and ground for 30 seconds more.
4. With a spoon, spread the mixture over the pitas. Place them in the oven and bake for 20 to 30 minutes.
5. Make certain meat is fully cooked (not pink inside). Serve hot.

Makes 6 to 8 pizzas, serving 12 to 16.

6 POLITICS, ECONOMICS, AND NUTRITION

About 2 percent of the population of Turkey are classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 10 percent are underweight, and over one-fifth are stunted (short for their age).

Crops such as wheat, barley, sugar beets, grapes, maize (corn), sunflower seeds, hazelnuts, and oranges are grown on 90% of Turkey's arable land. Crops are sensitive, however, to variations in rainfall and output

is often unpredictable. Some years enough is produced for export, while at other times limited rainfall may only produce enough grain to feed the Turkish population. Despite such uncertainty, Turkey is one of the few countries in the world that produces enough food to feed its people. In addition, the adoption of modern machinery has allowed more land to be used for cultivation, helping to increase food production.

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Ukraine

Recipes

Potato Varenyky (Potato Dumplings).....	58
Cabbage Borshch.....	59
Holubtsi (Stuffed Cabbage Rolls).....	60
Kartoplia Solimkoi (Deep-Fried Straw Potatoes).....	60
Nachynka (Cornbread Stuffing).....	61
Kotlety Po-Kyivskomy (Chicken Kiev).....	61
Kutya (Sweet Porridge).....	63
Makiwnyk (Glazed Poppy Seed Cake).....	63



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Ukraine is the second largest country in Europe. It is located between Poland and Russia. It is slightly smaller than the state of Texas. Much of the southeastern part of the country borders the Black Sea.

Most of Ukraine's land is made up of fertile plains, or steppes, and plateaus. Mountains are found only in the west and extreme south in the Crimean Peninsula. This area's climate is subtropical. Winters vary from cool along the Black Sea to cold farther inland. The temperature inland ranges from 66°F in July, to 21°F in January. Northern and western Ukraine average 27 inches of rainfall a year. This temperate climate is ideal for growing crops. In fact, more than 57 percent of the Ukraine's fertile soil is suitable for growing such crops as sugar beets, wheat, and potatoes.

2 HISTORY AND FOOD

The earliest known farmers in the Ukraine were the Trypillians (4500–2000 B.C.). The territory of the Ukraine had rich soil and a favorable climate perfect for cultivating crops. The Trypillians grew barley, millet, rye, and wheat. They also herded sheep, pigs, and cattle. Wheat was plentiful, and soon trading routes were established along Ukraine's Black Sea coast to market the grain. The Ukraine territory became the crossing road connecting Arabia, Europe, and Asia.

Life depended on the activities of cultivating soil for crops. In pre-Christian times, holidays were celebrated during times of transition from one type of agricultural activity to another. These seasonal festivities were later incorporated into Christian holidays, such as Christmas and Easter.



Over time, Ukraine fell under the power of many different countries, including Poland, Austria, and Russia. Despite being under Russian domination for almost 200 years, (gaining independence only in 1991), Ukrainians proudly kept their native traditions, customs, and cuisine.

Kovbasa (sausage) and sauerkraut have Polish origins. *Varnyky* (dumplings) and *holubtsi* (stuffed cabbage) were originally imported from Turkey. Strudels, breaded meats, and desserts, such as cheesecake and tarts, were carried over from Austro-Hungarian times. Although Ukrainian dishes have origins from different countries, how they are prepared are uniquely Ukrainian.



Potato Varenyky (Potato Dumplings)

Ingredients

- 2 cups flour
- 1 egg
- 1 teaspoon salt
- 3½ cups instant mashed potatoes, prepared
- ¾ cup cheddar or processed cheese, shredded
- Salt and pepper, to taste

Procedure

1. To make filling: prepare instant potatoes according to package directions.
2. In a mixing bowl, add cheese and mix well. Set aside.
3. In a large mixing bowl, combine flour, egg, and salt.
4. Mix in a little water at a time until dough is stiff.
5. Roll out dough on floured surface, about ¼-inch thick.
6. Using the rim of a glass or cookie cutter, cut out circles of dough.
7. Fill each circle of dough with about 1 Tablespoon of the potato-cheese mixture. Fold over and seal edges.
8. To cook, bring a large pot of water to a boil and drop in the *varenyky* one at a time. They are done when they float to the top.

Serves 4 to 6.

3 FOODS OF THE UKRAINIANS

In the southern part of the Ukraine, plains called steppes have what is considered some of the most fertile soil in the world. Abundant rain and a mild climate made the Ukraine famous for its *chornozem*, or



AP Photo/Richard Drew

A visiting politician is greeted with the traditional Ukrainian welcome of bread, representing hospitality, and salt, representing friendship. The specially decorated loaf of bread and the salt are offered by young women dressed in folk costume.

“black earth.” For centuries, the Ukraine was called “the breadbasket of Europe.”

Ukrainian cuisine stems from peasant dishes based on the plentiful grains and staple vegetables grown in the country. Staple crops include sugar beets, potatoes, grapes, cabbages, and mushrooms. These are often key ingredients in soups and salads. The most popular dish is *borshch*, a hearty soup made in a variety of ways, depending on the person who is cooking it. Mushroom, bean, and pea soups, and thick millet (a type of grain) chowders are also common. Other vegetable dishes include *holubtsi* (stuffed cabbage) and *kartoplia solimkoi* (“straw

potatoes”). *Kotlety Po-Kyivskomy* (Chicken Kiev), a chicken breast stuffed with a buttery filling, is a well-known dish outside Ukraine.



Cabbage Borshch

Ingredients

- 3 cans beef broth (approximately 6 cups)
- 1 pound cabbage, shredded
- 1 beet, peeled and grated
- 1 medium onion, grated
- 3 medium tomatoes, diced

- ½ Tablespoon salt
- 1 teaspoon celery salt
- ½ teaspoon pepper (or more, to taste)
- 1 Tablespoons lemon juice
- 1 Tablespoon sugar

Procedure

1. Measure the beef broth into a large pot, add the vegetables, celery salt, and pepper.
2. Cover and cook over medium to low heat for 25 minutes.
3. Add the lemon juice and sugar. Cook an additional 5 minutes.
4. Serve with bread.

Serves 6.

*Holubtsi (Stuffed Cabbage Rolls)***Ingredients**

- ¼ pound ground beef
- 1 medium onion, chopped
- 4 Tablespoons vegetable oil
- 4 cups cooked rice
- 4 cups water
- Salt and pepper, to taste
- ¾ cup tomato juice
- 1 medium cabbage, core removed
- 1 Tablespoon vinegar

Procedure

1. To make filling: cook rice according to package directions.
2. In a frying pan, add the oil and heat over medium heat.
3. Brown the onions and hamburger.
4. Combine rice, onion, and hamburger in a mixing bowl. Season with salt and pepper. Set aside.
5. Preheat oven to 350°F.

6. In a large pot, bring the water and vinegar to a boil.
7. Place the cabbage into the pot and simmer long enough for the cabbage leaves to become limp, about 5 to 10 minutes. Do not overcook.
8. Remove cabbage and tear off cabbage leaves from the cabbage head.
9. Remove the hard center part of the leaf.
10. Place a spoonful of the rice mixture into the center of the leaf and roll tightly.
11. Place cabbage rolls into a casserole dish and cover with the tomato juice.
12. Bake for 1 to 1½ hours.

Makes 20 to 30 cabbage rolls.

*Kartoplia Solimkoi
(Deep-Fried Straw Potatoes)***Ingredients**

- 4 medium potatoes, peeled
- 3 cups vegetable oil
- Salt, to taste

Procedure

1. Cut the potatoes into small strips, about ⅛-inch thick.
2. Drop them into a bowl of ice water, then drain.
3. Spread out onto paper towels and thoroughly dry.
4. Heat the oil in a deep frying pan over high heat. Drop small bunches of potatoes at a time into the oil and fry until golden brown.
5. Drain on paper towels and season with salt.

Serves 4 to 6.

Grains, such as wheat, rye, barley, oats, corn, and buckwheat are cultivated and made into many different types of breads. Some examples are *agnautka*, a flat whole-grained loaf that is commonly eaten at meals; *polianitsa*, a large, round white bread; and *ikrainka*, a heavy, dark wheel-shaped loaf weighing about three pounds. *Nachynka* is a baked cornmeal side dish served with meat.



Nachynka (Cornbread Stuffing)

Ingredients

- 1 small onion, finely chopped
- 3 Tablespoons butter
- 1 cup cornmeal
- 1 teaspoon salt
- 1 teaspoon sugar
- ¼ teaspoon black pepper
- 3½ cups heated milk
- ½ cup half-and-half cream
- 2 eggs, beaten

Procedure

1. Preheat oven to 350°F.
2. In a frying pan, heat the butter over medium heat. Add onion and cook until tender, but do not brown.
3. In a mixing bowl, combine cornmeal, salt, sugar, and pepper. Add to frying pan and mix well.
4. Pour in the heated milk gradually and stir well until mixture is smooth and free of lumps.
5. Add the eggs and mix well. Pour the mixture into a greased casserole dish.
6. Bake the *nachynka* uncovered for 1 hour, or until golden brown.

Serves 6 to 8.



Kotlety Po-Kyivskomy (Chicken Kiev)

Ingredients

- 8 skinless, boneless chicken breasts
- 8 Tablespoons butter (1 stick)
- 1 Tablespoon parsley, chopped fine
- 2 eggs
- ½ cup flour (approximately)
- 1½ cups soft bread crumbs
- Vegetable oil for frying

Procedure

1. Cut the butter into eight equal parts, each about the size of your little finger. (Cut the stick of butter lengthwise into quarters, and then cut the quarters in half crosswise.)
2. Roll the butter rectangles in parsley to coat, and set them aside in a cool place.
3. Place the chicken breasts, one at a time, between two sheets of wax paper, and pound them with a rolling pin or kitchen mallet until they are thin. Carefully remove the wax paper.
4. Place one butter rectangle on each chicken breast, and roll the breast around the butter. Press the roll together to form a compact roll. Repeat until all 8 breasts have been rolled.
5. Beat the two eggs lightly in a shallow dish. On a sheet wax paper, spread some flour; spread some bread crumbs on another sheet of wax paper.
6. Dip the rolls first into the flour, then the eggs, and then the bread crumbs.
7. When four rolls are done, heat some oil in a large skillet, and carefully add the rolls. Fry, turning several times, for about 15 to 20 minutes until the chicken rolls are golden brown and cooked through. Transfer to a serving dish, cov-

er, and repeat with the remaining 4 rolls. (Keep the first batch warm in the oven set at the lowest temperature.)

Serves 8.

In Ukrainian cuisine, when the dough isn't baked, it is usually boiled, such as *kasha* (hot cereal), or fried in the form of dumplings or fritters. Freshly made dumplings called *varenyky* are a common Ukrainian staple. *Varenyky* is dough stuffed with a variety of foods, such as potatoes, meats, cheeses, sauerkraut, and even fruit, such as blueberries or cherries, for dessert. Each region, restaurant, and family has its own recipe.

The foothills of the Carpathian Mountains, located in the western Ukraine, provide pastures for grazing beef and dairy cattle. Meats, such as *kovbasa* (sausage), poultry, and pork are important to the Ukrainian diet.

Pork is considered the national meat and pork fat is often used in cooking. It is used mostly for frying, but also can be eaten smoked or with salt. Common dairy products include milk, *syrnyky* (cottage cheese fritters), *nalynsnyk* (cheese-filled crepes), and *riazhanka* (fermented, baked milk).

Desserts are often baked into sweet breads, cakes, and cookies, and made with honey and fruits, such as plums, blueberries, and cherries.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Around 85 percent of Ukrainians are Christian. Therefore, the most important holiday in the Ukrainian church is Easter, followed by Christmas. Both holidays are celebrated



Dinner Menu for Sviaty Vechir (Christmas Eve)

- Kutya* (a type of wheat porridge)
- Borshch* (heartly vegetable soup)
- Baked or fried fish
- Oseledsi* (pickled fish)
- Holubtsi* (cabbage rolls)
- Varenyky* (dumpling) with potato, sauerkraut, and prune filling
- Cooked beans
- Kapusta* and peas (sauerkraut and peas)
- Beets with mushrooms
- Stewed fruit

according to the old-style Julian calendar, resulting in Christmas Day falling on January 7. Christmas Eve is called the *Sviaty Vechir* (Holy Evening). To celebrate, a ritual meal is traditionally prepared with 12 mostly meatless dishes, which symbolize the 12 apostles who gathered at the Last Supper. In some homes, the supper table is scattered with some hay, in memory of baby Jesus in the manger, with an elaborate tablecloth. *Kolach* is a traditional bread placed in the middle of the table. The meal usually begins with a small bowl of *kutya*, a mixture of cooked wheat, honey, poppy seeds, chopped nuts, and apples. This is followed by several fish dishes, mushrooms, *holubtsi* (stuffed cabbage), *varenyky* (dumplings), fruits, cakes, such as *makiwnyk* (poppy seed cake) and bread. *Borshch* (a hearty soup) is usually included as well.



Kutya
(Sweet Porridge)

Ingredients

- 1 cup cream of wheat
- ¼ cup margarine or butter
- 2 cups water
- ¼ cup each honey, poppy seeds, and chopped nuts

Procedure

1. Bring the water to a boil in a saucepan.
2. Add the cream of wheat and chopped nuts. Stir until soft and the water is absorbed.
3. Pour the mixture into a serving dish and add the butter and honey.
4. Mix in the poppy seeds, saving a few for sprinkling over the top.

Serves 2.



Makiwnyk (Poppy Seed Cake)

Ingredients

- ¾ cup poppy seeds
- 1⅓ cup milk
- 2 Tablespoons cornstarch
- ⅓ cup oil
- ½ cup sugar
- 1 teaspoon vanilla
- ½ lemon or orange rind, grated
- 2 cups flour
- 1 teaspoon cinnamon
- 2½ teaspoons baking powder
- 2 Tablespoons lemon juice
- 1 Tablespoon sugar

Procedure

1. Soak poppy seeds in milk for 1 hour in a large bowl.
2. Preheat oven to 350°F.
3. Add cornstarch, oil, sugar, vanilla and rind to the poppy seed-milk mixture and stir.
4. In a separate mixing bowl, combine the dry ingredients.
5. Add the dry ingredients to the poppy seed mixture and mix well.
6. Pour into a greased cake pan and bake for 45 minutes.
7. Top with glaze (see recipe).

Serves 6 to 8.



Makiwnyk Glaze
(Poppy Seed Cake Glaze)

Ingredients

- 2 Tablespoons lemon juice
- 1 Tablespoon sugar

Procedure

1. Add the lemon juice and sugar to a small saucepan and heat over medium heat.
2. Stir gently until it forms a syrup.
3. Drizzle over Makiwnyk.

A Ukrainian Easter meal also has its ritual foods. In the morning, breakfast foods such as hard-boiled eggs, *kovbasa* (sausage), baked cheese, breads, butter, and relishes, are placed into a basket and taken to church to be blessed. For Easter dinner, ham or roast pork, vegetable salads, cheesecake, tortes, and other pastries are eaten.

Besides Christmas and Easter, there are special breads for almost every important

Ukrainian occasion. A bride and groom are blessed, and the dead remembered with *kolach*, a rich, intricate, braided bread, which symbolizes good fortune and eternity. For a typical wedding, seven bridesmaids grind flour from wheat grown in seven different fields to bake a *korovai*, a bread that symbolizes good luck. There are dozens of different ways of preparing and baking breads in the Ukraine.

5 MEALTIME CUSTOMS

In general, Ukrainians eat a light breakfast. It can be bread with butter served with coffee or tea, or pastries, such as a cream-filled blintz. *Kasha* (cereal), steamed buckwheat, barley, or millet with milk may also be served. Their main meal is eaten around mid-afternoon and usually consists of soup, such as *borshch* and a dish with meat or poultry. The third meal of the day takes place around 6 or 7 p.m. It is usually a time when all family members get together. Eating at a restaurant is considered a luxury, and is usually not done very often.

Ukrainians eat with a fork in their left hand and a knife in their right hand. It is considered impolite to hold your hands under the table during dinner, or to put your elbows on the table. In order not to seem wasteful, Ukrainians may eat everything on their plates. When they are visiting, Ukrainians may ask for second helpings to show appreciation for the food. Hosts often give guests a loaf of bread with salt on top, a tradition that dates back many centuries. Bread and salt were once considered necessary ingredients for health. The bread represents hospitality and the salt represents friendship.

6 POLITICS, ECONOMICS, AND NUTRITION

About one-third of Ukraine's land is used as pasture. Crops include sugar beets, potatoes, rye, and wine grapes. Before its independence, Ukraine was the most productive agricultural area in the Soviet Union. The land accounted for one-quarter of Soviet Union grain production, one-fifth of its meat and dairy, and more than one half of its sugar beet production. Farmers raise cereal crops, such as wheat and corn. Since its independence, Ukraine has suffered financially, resulting in high food prices, a shortage of medical equipment, and modern facilities, especially in rural areas. Despite having economic difficulties, most Ukrainians receive adequate nutrition. In fact, less than one percent of children under five are malnourished, and only 6 percent of children are too short for their age. Since Ukraine joined the World Bank in 1992, many different programs have been implemented to help the country's economy.

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United Kingdom

Recipes

Salmon Kedgeree (British-Indian Salmon).....	66
Lemon Curd.....	68
Haggis	68
Welsh Rarebit.....	69
Cornish Pasties.....	69
Toad-in-the-Hole.....	70
Cucumber Sandwiches.....	71
Scones	71
Tatties n' Neeps	72
Individual Mincemeat Pies.....	73
Wassail.....	74
Sunday Lunch Cauliflower Cheese.....	74
Tea with Milk	75



1 GEOGRAPHIC SETTING AND ENVIRONMENT

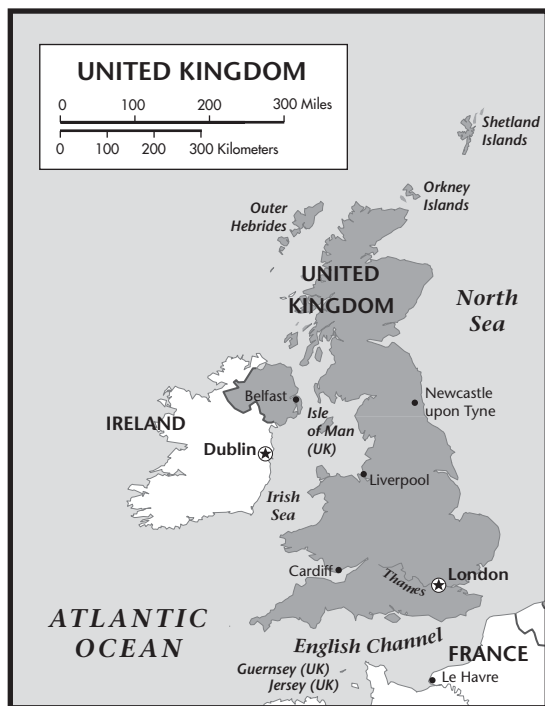
The United Kingdom (UK) is located just west of the mainland of Europe. It is made up of several islands, the largest of which is Great Britain. Great Britain is made up of Scotland in the north, England in the southeast and Wales in the southwest. Northern Ireland is the northwestern part of Ireland, a separate island nation just west of Great Britain, but it is also part of the UK. There has been violence in Northern Ireland for centuries because of religious and political conflict there. Because ocean waters surround the UK, it has a mild, rainy climate. The country's farmers produce about 60 percent of the food the UK needs. From 1980–90 the farming became more mechanized, with farmers using machinery to plant and harvest crops. The productivity of UK farms increased during that period by

about 10 percent. More farmers raise livestock than crops, and some of the world's best beef and lamb is raised in the UK.

2 HISTORY AND FOOD

The United Kingdom (UK) has also been called the British Isles or Great Britain at different times in history. The UK consists of England, Wales, Scotland, and Northern Ireland. Each region has its own special cuisine. At various times the English have ruled over the entire region, including all of Ireland. The English style of cooking does not use many seasonings and is sometimes criticized for its bland taste. During the 1700s and 1800s, English explorers and colonists were trading and developing settlements in the Caribbean region, Asia, Africa, and North America. Their colonial interests around the world became known as the British Empire. The English were influenced by

UNITED KINGDOM



the cultures of their colonies, so English cooking began to use new spices and cooking techniques acquired in such places as India.



Salmon Kedgerree (*British-Indian Salmon*)

Ingredients

- 2 eggs
- 1 small onion, chopped
- 1¾ cups water
- ½ teaspoon salt
- 8 oz.
- can of salmon
- ¾ cup white rice

- 1 Tablespoon unsalted butter
- 2 Tablespoons chopped parsley leaves
- 1 Tablespoon lemon juice
- Lemon wedges as garnish, if desired

Procedure

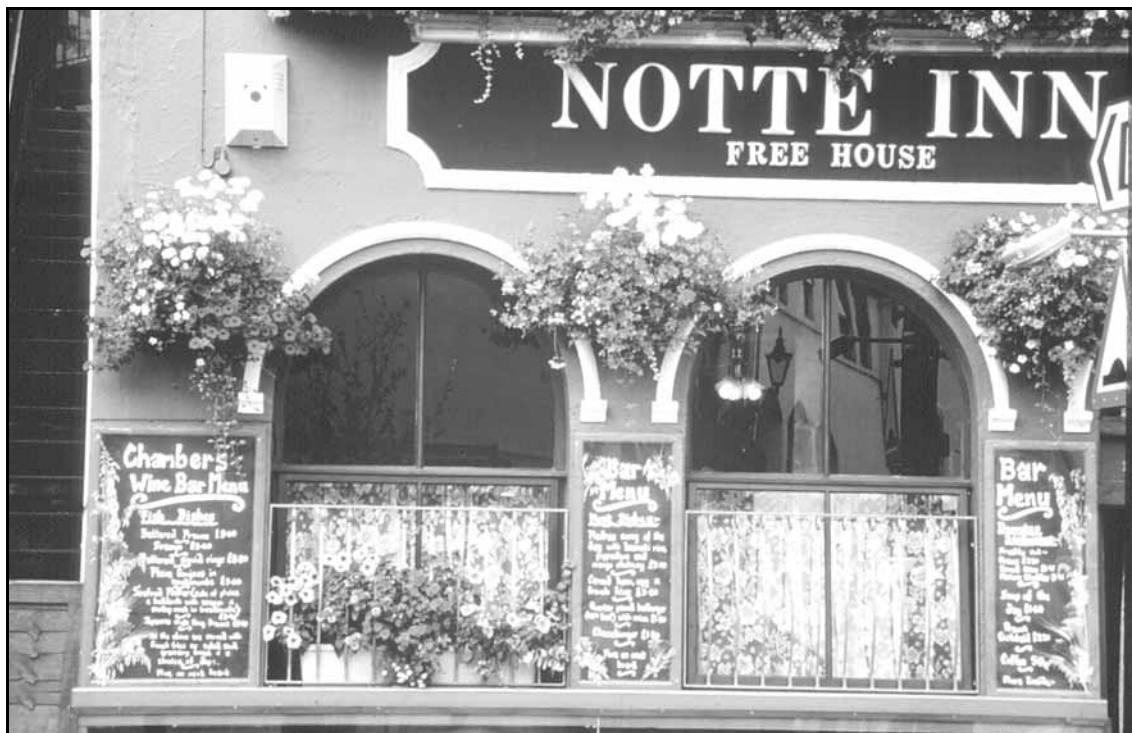
1. Prepare hardboiled eggs: Place eggs in a saucepan and cover them with cold water.
2. Put the saucepan on a burner over medium-high heat and wait until the water just begins to simmer. (Tiny bubbles will form and move slowly to the surface of the water.) Lower the heat, and simmer the eggs for 15 minutes.
3. Remove from heat and run cold water into the pan to stop the cooking. Allow the eggs to cool, and then remove the shells carefully. Cut the eggs lengthwise into quarters.
4. Cook the rice: Prepare rice according to instructions on the package to yield about 2 cups of cooked rice.
5. Next chop the onion.
6. Heat butter in a large skillet until melted and add chopped onion. Cook onion, stirring constantly with a wooden spoon, until softened. Stir rice into the onion.
7. Drain canned salmon and add to rice mixture, breaking up the salmon with the wooden spoon. Add parsley, and lemon juice. Cook together until heated through.
8. Serve, garnished with slices of egg and lemon wedges.

Serves 6 to 8.

3 FOODS OF THE BRITISH

In Scotland the national dish is *haggis*. Haggis is comprised of sheep innards boiled in a sheep stomach. In Wales leeks, a relative of the onion, are used in many dishes. Welsh *rarebit*, comprised of a cheesy sauce over

UNITED KINGDOM



Cory Langley

Charming inns may be found in almost every town and village in the United Kingdom. Most serve hearty food along with beer, ale, wine, and other spirits.

toast, is popular as an appetizer or a light meal. Throughout the United Kingdom, *pasties* or meat pies are popular. These combine ground meat, vegetables, and potatoes inside a pastry crust. Other favorite meals are fish and chips. Both fish and chips and curry (a dish introduced by immigrants from India) are popular take-out foods. At around 4 p.m., people in the UK traditionally took a break for tea. Traditional “high tea” included formal preparation of tea, accompanied by an array of finger foods, such as cucumber sandwiches, cheese and chutney (a type of pickle relish) sandwiches, scones, and small, delicate

teacakes. To spread on the scones, clotted cream, marmalade, or strawberry jam might be served. People’s schedules in the modern UK are sometimes too busy to allow a break for traditional high tea, but most people stop their work activities for an abbreviated tea break at around 4 p.m. For the more casual tea break, tea and biscuits (nicknamed “bikkies”) is the common fare. Biscuits are small, crisp cookies, and all English kitchens have a “biscuit tin.” Other beverages that the English enjoy include *ribena* (blackcurrant juice) and *squash* (sweet fruity beverage similar to Kool-aid).



Clotted cream and lemon curd?

Clotted cream—the name sounds like something that’s been in the refrigerator past the expiration date, but clotted cream is truly a rich treat. It is thicker than whipped cream and is sold in containers, like sour cream or margarine, in the dairy section. Lemon curd is almost like a thick pudding. English people enjoy it for breakfast, or as a filling for little tarts.



Lemon Curd

Prepared lemon curd may be purchased at many supermarkets. It is usually found near the jams and jellies.

Ingredients

- 2 sticks unsalted butter
- ½ cup fresh lemon juice, strained through a sieve
- ½ sugar
- 3 egg yolks

Procedure

1. In a double boiler (one pot set inside a larger pot that contains about 2 inches of boiling water), melt the butter with the lemon juice and sugar, stirring until all the sugar dissolves.
2. Add the egg yolks, one at a time, stirring constantly.
3. Keep stirring until the mixture is as thick as yogurt (about 15 minutes).
4. Pour the mixture through a sieve into a bowl.

5. Cover with plastic wrap, making sure the plastic wrap touches the surface of the lemon curd to prevent a skin from forming. Refrigerate until cool.
6. Serve on toast or fill purchased miniature tart shells with it.

Serves 12 to 15. Serve with tea.



Haggis

Ingredients

- 1 sheep’s stomach
- 1 sheep heart
- 1 sheep liver
- ½ pound suet, fresh (kidney fat is preferred)
- ¾ cup oatmeal
- 1 teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon cayenne
- ½ teaspoon nutmeg
- ¾ cup stock

Procedure

1. Wash stomach; rub with salt and rinse.
2. Remove membranes and excess fat.
3. Soak in cold salted water.
4. Turn stomach inside out.
5. Boil the heart and liver in water, and simmer for 30 minutes.
6. Chop the heart and grate the liver.
7. Toast the oatmeal until golden brown.
8. Combine all ingredients and pack into the stomach, leaving enough room for the oatmeal to expand.
9. Press excess air out of the stomach and sew it up.

10. Simmer for three hours in a pot of water, pricking small holes in the stomach so that it doesn't explode.

Serve on a hot platter.



Welsh Rarebit

Ingredients

- ½ pound cheddar cheese, grated
- 1 Tablespoon butter
- ¼ cup milk (or beer)
- 1 teaspoon dried mustard powder
- Dash of Worcestershire sauce
- 4 slices thick bread, toasted
- Salt and pepper to taste
- Tomatoes, sliced

Procedure

1. Preheat oven to 325°F.
2. Put grated cheese, butter, milk, mustard powder, Worcestershire sauce, and salt and pepper in a saucepan.
3. Heat over low heat, stirring constantly, until cheese is melted and the mixture is smooth and creamy.
4. Toast bread, cut each piece into two triangles, and arrange in a casserole.
5. Ladle cheese sauce over toast, and bake in the oven until crusty (about 15 minutes).
6. Carefully remove two triangles of toast to a plate for each person, top with a slice of tomato, and serve.



EPD Photos

Pasties—pastry filled with a mixture of beef, lamb, or chicken combined with potatoes, and vegetables—may be eaten warm or cold.



Cornish Pasties

Pastry ingredients

- 1 cup flour
- Pinch of salt
- ¾ cup butter
- Cold water
- 1 egg, broken into a small bowl and beaten

Filling ingredients

- ½ pound ground beef
- 1 medium onion, chopped
- 1 potato, chopped
- ½ teaspoon salt
- ½ teaspoon pepper

Procedure

1. Preheat oven to 375°F and grease a cookie sheet.
2. *Make pastry* (or purchase commercial piecrust mix or refrigerated piecrust): Combine flour and butter in a bowl, using two knives or a large fork to cut the butter into small pieces.
3. Continue mixing until all the butter has been broken up and is thoroughly mixed with flour.
4. Add cold water, one tablespoon at a time, until a soft dough is formed (2 to 4 tablespoons of water).
5. *Make filling*: In a bowl, mix the ground meat, onion, potato, salt, and pepper.
6. Stir with a wooden spoon to combine.
7. *Assemble pasties*: Dust the counter or a large wooden cutting board with flour and roll out the pastry, using a rolling pin.
8. Using a saucer as a template, cut dough into 5-inch rounds.
9. Place about ¼ cup of the meat mixture in the center of each round.
10. Pinch up the edges of the dough, almost covering the filling.
11. Using a pastry brush, brush the pastry with the beaten egg.
12. Place the pastie carefully on a greased baking sheet.
13. Repeat to make 3 more pasties.
14. Bake at 375°F for 50 to 55 minutes.
15. Pastry should be golden brown, and filling should look bubbly and hot.

*Toad-in-the-Hole*

No one really knows the history behind the name of this traditional light supper dish.

Ingredients

- 2 cups all-purpose flour
- ¼ teaspoon salt
- 2 cups milk
- 6 eggs
- 2 pounds pork sausage links
- Applesauce as accompaniment

Procedure

1. Preheat oven to 350°F.
2. Prick sausages all over with a fork.
3. Place in lightly greased 13x9-inch baking dish.
4. Bake for 15 minutes at 350°F.
5. While sausages are baking, measure flour and salt into a medium bowl.
6. In another bowl, combine milk with eggs, and beat lightly with a wire whisk or fork.
7. Gradually stir milk and eggs into flour mixture, stirring to make a smooth batter.
8. Let stand for 30 minutes.
9. When the sausages have baked for about 15 minutes, turn them and return pan to oven for 15 minutes more.
10. Remove sausages to paper towels, and drain fat from pan.
11. Return sausages to pan.
12. Increase oven temperature to 425°F.
13. Stir batter and pour over baked sausages.
14. Bake the combination for 25 to 30 minutes, or until puffed and golden.
15. Serve immediately.



EPD Photos

The crusts from thin-sliced white bread are trimmed to make cucumber sandwiches to serve at teatime. The cucumber is peeled and sliced thinly.



Cucumber Sandwiches

Ingredients

- 1 seedless cucumber
- 8 slices very thin-sliced white bread
- Salt, to taste
- Unsalted butter, at room temperature

Procedure

1. Peel cucumber and slice crosswise very thin.
2. Spread unsalted butter on one side of each slice of bread.
3. Arrange cucumber slices in a single layer on 4 slices of bread.
4. Salt lightly.
5. Top with second slice of bread.
6. Carefully trim crusts from sandwiches and discard.
7. Cut each sandwich into triangles and arrange on a china plate.

Serve with tea. Serves 4.



Scones

Ingredients

- 1 cup self-raising flour
- 1 teaspoon baking powder
- Pinch of salt
- ¼ cup butter
- 1½ Tablespoons sugar
- 1 egg (beaten with enough milk to make ½ cup)
- Handful of currants or raisins (optional)

Procedure

1. Sift flour, baking powder, and salt together in a mixing bowl.
2. Add the butter, and rub it into the flour mixture, using very clean fingertips. Add the sugar.
3. Add enough of the egg mixture to form a soft dough (not all the liquid will be needed).
4. Add the currants or raisins (optional).
5. Preheat oven to 425°F.
6. Roll out the dough on a floured surface to ¾-inch thickness.

7. Use a 1½-inch round glass or pastry cutter to cut out the dough.
8. Place the scones on a greased baking sheet and brush the tops with some of the egg mixture.
9. Bake for 10 to 15 minutes.

Serve with fresh butter and jam at teatime.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

On January 25 the Scots celebrate “Burns Night” for the birth of their favorite poet, Robert Burns (1759–96). The typical “Burns Night” meal includes a haggis, *cock-a-leekie* (chicken with leeks), *tatties n’ neeps* (potatoes and turnips or rutabagas), roast beef, *tipsy laird* (a cream cake made with whiskey), and Dunlop cheese (resembles a soft cheddar). The Scots drink Scotch whiskey at celebrations.



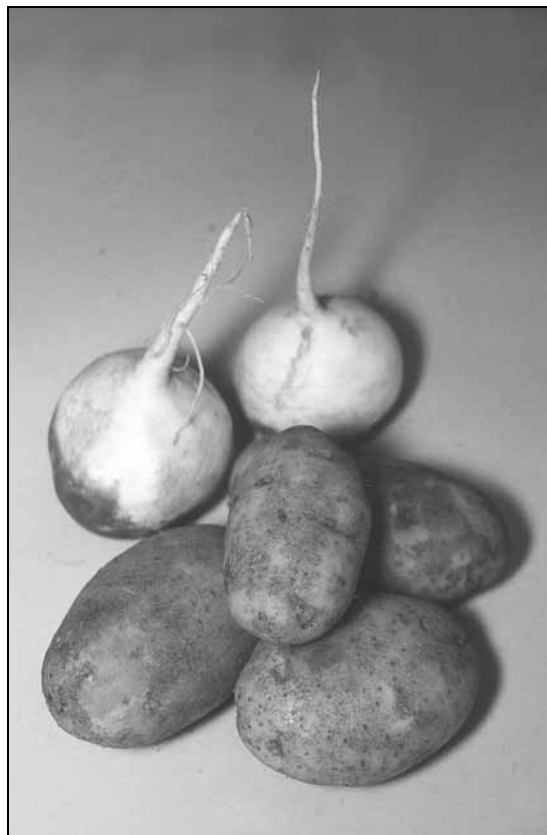
Tatties n’ Neeps

Ingredients

- 4 large potatoes, peeled and cut into quarters
- 1 Tablespoon chopped chives
- 2 turnips or rutabagas, peeled and cut into large chunks
- 1 Tablespoon butter
- Salt and pepper, to taste

Procedure

1. Peel and quarter potatoes, place in a large saucepan, and cover with water.
2. Heat the water until it boils, and cook potatoes until they are soft (about 15 minutes).



EPD Photos

Four potatoes and two turnips are needed to make Tatties n’ Neeps

3. Drain, return potatoes to the saucepan, and mash.
4. Place the peeled and cut-up turnips or rutabagas into a saucepan, cover with water, and heat the water to boiling.
5. Cook until the vegetable is soft, about 15 minutes.
6. Drain, return to pan and mash.
7. Combine the two mashed vegetables, add the butter and chives, and stir vigorously with a wooden spoon to combine.

Serves 8 to 12.

The British also celebrate Christmas, New Year's Day, Easter, and Guy Fawke's Day (November 5). A goose or turkey, mincemeat pies, wassail (spiced warm beverage), and plum pudding are served at Christmas, and crackers filled with candy and little toys are broken open by children.



Individual Mincemeat Pies

Ingredients

- 1 cup flour
- Pinch of salt
- ½ cup butter (1 stick)
- 1 egg yolk (separate the egg and discard the white)
- 2 Tablespoons water
- 1 can mincemeat
- Several Tablespoons of milk
- Several Tablespoons of powdered sugar

Procedure

1. Preheat oven to 400°F.
2. Make pastry (may use commercial piecrust instead, and skip steps 2 through 6).
3. Measure flour and salt into a bowl.
4. Add butter, and rub the flour and butter together with very clean fingertips or a large fork until crumbly.
5. Mix egg yolk with water and add to flour mixture, and combine well.
6. Wrap the dough in wax paper and refrigerate for about 30 minutes, or for up to 24 hours.
7. Dust the counter or cutting board lightly with flour, and roll out dough, using a floured rolling pin.
8. Cut into rounds about 3 inches in diameter.

9. Fit a round of dough into each cup of a 12-cup muffin pan.
10. Gather up the dough scraps and cut out a second set of rounds for the top crusts. (These can be slightly smaller).
11. Put 1 tablespoon of canned mincemeat into each cup.
12. Dampen the edges of the pastry with a little water or milk, place the second round on the top, pinching the edges together to seal.
13. Using the tip of a sharp knife, make a small hole in the pastry top of each pie.
14. Using a pastry brush, brush the pastry with milk and dust with a little powdered sugar.
15. Bake for about 25 minutes, until light golden brown. Cool before serving.

Serves 12.

5 MEALTIME CUSTOMS

The British traditionally eat four meals a day, including breakfast, lunch, tea, and dinner. The traditional English breakfast is fairly large, with eggs, sausage, mushrooms, tomatoes, and fried bread. However, many English people, with schedules too busy to allow for a cooked breakfast, eat a wheat cereal similar to shredded wheat called *Wheatabix* with milk. Orange marmalade on toast is also popular. Tea with milk and sugar is the preferred beverage.

The Scots eat oatmeal for breakfast. Lunch and dinner can be interchanged, consisting of meat-and-potato dishes and small salads. Tea is taken around 4 P.M. with sandwiches, cakes, chocolate, or fruit. The biggest meal of the week, Sunday lunch, is served in the afternoon, and features roast

beef, lamb, or pork; vegetables, often in a casserole or with sauce, such as Cauliflower Cheese; potatoes, and other side dishes. In casual conversation, the British use the term “pudding” in a general way to refer to dessert, even if the dessert being served is not actually pudding.

∞
Wassail

Ingredients

- 1 gallon apple cider
- 1 large can pineapple juice (unsweetened)
- ¾ cup strong tea
- 1 Tablespoon whole cloves
- 1 Tablespoon whole allspice
- 2 sticks cinnamon
- Cheesecloth

Procedure

1. Make a mug of tea, using 2 teabags.
2. Place the spices in a square of cheesecloth, and tie securely with clean kitchen string. (If cheesecloth is not available, spices may be added directly to the mixture and strained out before serving.)
3. Pour juices and tea into a large kettle, and place over low heat. Add cheesecloth bag filled with spices.
4. Simmer for at least one hour (up to 6 hours).

Serves up to 20 people.



*Sunday Lunch Cauliflower
Cheese*

Ingredients

- 1 large head cauliflower
- 3 Tablespoons butter
- 3 Tablespoons flour
- 1 teaspoon prepared mustard (Dijon-style preferred)
- 2 cups milk
- 1½ to 2 cups grated cheddar cheese

Procedure

1. Cook cauliflower: Cut cauliflower into bite-sized flowerets, and place in a saucepan.
2. Add 2 cups of water (or less) to cover the bottom of the pan to about 1 inch. Cover the pot, and heat until the water boils.
3. Cook for about 10 minutes, until the cauliflower is tender but not soft.
4. Remove from heat, remove cauliflower from pot, and place it in a serving dish.
5. Cover with foil and keep warm.
6. Make sauce: Melt butter in a saucepan.
7. Stir in flour gradually, stirring constantly with a wooden spoon or wire whisk.
8. Lower heat and cook for about 5 minutes until the mixture thickens slightly.
9. Stir in milk slowly, stirring constantly. Heat until the mixture just begins to boil.
10. Lower heat, add mustard, and continue stirring and simmering the mixture for about 8 minutes.
11. Remove the pot from the heat, and stir in the grated cheese gradually.
12. Pour hot sauce over warm cauliflower, and serve immediately.

Serves 6 to 10.



EPD Photos

A special spoon designed to hold loose tea may be used when brewing an individual cup of tea. Most people in the UK would brew a full pot of tea at teatime.



Tea with Milk

Ingredients

Teabags of English tea, such as English Breakfast Tea or Earl Grey Tea

½ pint whole milk

Sugar cubes

Water

Procedure

1. Fill a teakettle with water. Heat the water to boiling.
2. Run hot water from the tap into the teapot to warm it.
3. Place teabags, one for each cup desired, into the pot.
4. (If the teabags have strings attached, wind the strings around the teapot handle to keep them from falling into the pot.) Carefully pour the boiling water over the teabags in the teapot.
5. Allow to steep for three minutes.
6. To serve, pour a small amount of milk into each teacup and pour in the tea..
7. Add one or two sugar cubes (or more), if desired. Stir until sugar is completely dissolved.
8. Sip tea and nibble on *bikkies* (biscuits, the English name for cookies).

6 POLITICS, ECONOMICS, AND NUTRITION

The UK depends on its farmers to grow good crops and raise healthy livestock. There is a law requiring all bulls be licensed by the government to help keep the cattle herds healthy and to guarantee that good breeding practices are observed. In the 1980s and 1990s, British livestock farmers struggled to combat diseases such as Mad Cow Disease (BSE—bovine spongiform encephalopathy) in cattle. After the first case was discovered in 1986, beef consumption in the UK dropped dramatically. Many countries also stopped buying beef raised in the UK, as a precaution against spread of the disease. At the beginning of the twenty-first century, an outbreak of “hoof and mouth disease” posed another serious threat against the livestock of the UK. Government agencies in the UK and elsewhere sought ways to combat and control these diseases, both of which could have devastating effects on the UK economy.

The children in the UK receive adequate nutrition generally, and there are few incidents of severe malnutrition in the country.

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United States African Americans

Recipes

Collard Greens	78
Hush Puppies	78
Molasses Water	79
Sweet Potato Pie	80
Red Beans and Rice	80
Potato Salad	81
Baked Macaroni and Cheese	82
Kwanzaa Brownies	83
Fried Apples	83
Tomato, Cucumber, and Onion Salad	84
Fried Bologna.....	84



1 GEOGRAPHIC SETTING AND ENVIRONMENT

There are African Americans living in all fifty of the United States. The ten states with the largest populations of African Americans are New York, California, Texas, Florida, Georgia, Illinois, North Carolina, Louisiana, Michigan, and Maryland. Although most African Americans live in cities, it is impossible to generalize about how and where they live. African American families, like European American families, make their homes in every type of community—urban, suburban, and rural.

2 HISTORY AND FOOD

In the 1600s, African slaves were brought to the United States, along with their food and styles of cooking. They brought okra, sesame seeds, peanuts, black-eyed peas, and

rice. Using these foods, they introduced new recipes to the existing American dishes.

The slaves were also given only a small portion of food each week, so they learned to make dishes with the foods they had, such as pork, cornmeal, and vegetables. Several of these dishes such as cornbread and grits, which are dried and boiled grains from corn, are still made as of the twenty-first century. African Americans also continue to use molasses as a sweetener in their dishes and in drinks, such as iced tea.

Beginning in the 1960s, interest in African American culture and heritage has grown. Many African Americans celebrate the cultural holiday Kwanzaa, don colorful dress reflecting their African heritage, and promote a unique ethnic style of cooking, sometimes called “soul food.” During the 1960s and 1970s African American business people established “soul food” restau-

rants all over the country, where Americans of all ethnic origins could enjoy spicy barbecued meats and poultry, tasty greens, cornbread, and other home-style dishes.



Collard Greens

Ingredients

- 4-6 bunches collard, cleaned
- 5 slices of bacon
- 7 cups of water
- 1 smoked ham hock
- 1 large chopped onion
- 1 teaspoon black pepper (or more, to taste)
- 1 teaspoon salt
- 1 bunch of green onions, chopped (optional)
- Hot sauce (optional)

Procedure

1. Rinse collard greens under running water to remove all grit. Lay 3 or 4 collard green leaves on top of each other, roll them up, and then cut the roll into 1-inch slices.
2. Line the bottom of a large stock pot with the bacon.
3. Cook on medium heat until the bacon is crispy. Do not drain the bacon grease.
4. Add the water to the stock pot and bring to a boil.
5. Add one-half of the chopped onion, the ham hock, and the salt and pepper.
6. Let mixture boil for about 1 hour to thoroughly cook the ham hock.
7. Add the chopped collard greens and the remaining half of the chopped onion. If there are too many greens to fit into the pot, add them in batches. As the greens wilt, add more.

8. Simmer for about 30 minutes, stirring frequently to distribute the ham flavors.
9. Serve with chopped green onions and hot sauce, if desired.

Serves 20 to 12.

Fish has always been an important staple in the African American diet. Fried catfish finds its way to the table often, served with such standard side dishes as greens, macaroni and cheese, and hush puppies. Hush puppies are derived from cornbread. It is said that hush puppies originated during the Civil War (1861–1865) when soldiers would throw fried cornbread to their dogs—to “hush the puppies.”



Hush Puppies

Ingredients

- 2 cups corn meal
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 cup flour
- 1 teaspoon salt
- 2 eggs
- 1 cup buttermilk (or regular milk)
- 1 teaspoon pepper (or more, to taste)
- Oil or fat (melted shortening or bacon grease) for frying

Procedure

1. Combine corn meal, baking powder, flour, and salt, and stir to combine. Make a well in the center.
2. Add eggs and milk to make a stiff dough.

3. Heat oil about 1-inch deep in a large skillet. (If using fat, melt about 1 cup in a large skillet.)
4. Shape dough into 1-inch balls and drop into hot oil. Fry until golden brown.
5. Drain on paper towels, and serve warm.

Serves 8 to 12.



Molasses Water

Ingredients

- 1 quart water
- ½ cup dark molasses
- ¼ cup lemon juice
- 5 sprigs fresh mint

Procedure

1. Mix water, molasses, and lemon juice together in a pitcher, stirring well to make sure molasses is thoroughly mixed in.
2. Refrigerate for at least 2 hours, or until well chilled.
3. When ready to serve, press the mint against the side of another pitcher with the back of a spoon.
4. Then add ice and pour in the molasses water.
5. Serve chilled in glasses.

Serves 4 to 6.

3 FOODS OF THE AFRICAN AMERICANS

Sweet potatoes and yams have been a large part of African Americans' diet since African slaves brought them to the United States in the 1600s. Eating cornbread and grits (dried and boiled grains from corn) are also



EPD Photos

Molasses Water combines thick, sweet molasses, shown here being poured into a measuring cup, with lemon juice and water. Molasses Water is similar to lemonade, sweetened with the distinctive molasses flavor.

traditions, as well as sweetening dishes and drinks with molasses.

Other traditional African American foods and dishes include barbecued meat, sweet cornbread, fried chicken, and of course, desserts. A delicacy that has been a specialty of African Americans especially in the South is chitterlings (nicknamed “chitlins”) made from pig stomach and intestines that have been boiled and then deep-fried.

3. Add chopped onions, garlic, green pepper, bay leaf, and salt and pepper. Lower heat. Simmer for 2 hours, stirring occasionally until beans are soft.
4. Mash some of the beans against side of the pot to make a creamy sauce.
5. Serve with cooked rice.

Serves 4 to 6.

In the early 1900s, African Americans began to eat more dairy foods, such as eggs, milk, and butter. They also planted wheat and corn and grew different kinds of fruits and vegetables. With these ingredients, they began to prepare new dishes, most of which are still eaten.

In the southern U.S. regions, African cooking became a part of everyday meals. In New Orleans, Creole cooking developed from a mix of African, French, English, and Spanish cooking. Creole dishes such as *jam-balaya* and *gumbo* contained chicken or seafood and were mixed with African foods such as rice, okra, or red peppers. These dishes are still popular.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

African Americans enjoy inviting family and friends over to visit during the holidays. With busy schedules like families everywhere, African Americans often plan family visits months in advance.

Many African Americans hold annual family reunions, often on July 4, Independence Day. Relatives come from all over the United States, often meeting at a different family's home each year. Large, extended families may even hold their reunions at a

park where large picnic areas can accommodate the dozens of families in attendance.

Preparations begin one or two days before July 4. Barbecued meat, especially chicken and pork spareribs, is the main dish. Individual families contribute a variety of homemade pies and cakes; sweetened iced tea and lemonade are favorite beverages. Side dishes include potato salad, greens, yams, or candied sweet potatoes, and homemade butter pound cake.



Potato Salad

Ingredients

- 2½ pounds white potatoes
- 2 large celery sticks, finely chopped
- 1 small onion, minced
- 1 cup mayonnaise
- ½ cup sweet pickle relish
- Salt and pepper, to taste

Procedure

1. Wash the potatoes and place them in a heavy saucepan with enough water to cover them. Bring to a boil over high heat.
2. Lower heat and cook potatoes until tender, about 20 minutes. Drain potatoes and allow to cool. Peel and cut potatoes into ½-inch pieces.
3. Place the chopped celery, potatoes, and onions in a large bowl.
4. Add sweet pickle relish, and gradually stir in mayonnaise until the mixture is well coated. (The whole cup of mayonnaise may not be needed.)
5. Add salt and pepper. Stir gently to combine.

6. Cover with plastic wrap and refrigerate overnight. Serve chilled.

Makes 6 servings.

For breakfast on Christmas Day, African Americans often eat grits, eggs, sausage or ham, and freshly baked biscuits with butter and syrup. For Christmas dinner a baked ham, baked chicken with cornbread stuffing, green vegetables, cornbread, candied yams, rice, and baked macaroni and cheese are staples. Apple pie and fruitcake are traditionally served for dessert.



Baked Macaroni and Cheese

Ingredients

- 6 cups water
- 1 Tablespoon salt
- 2 cups elbow macaroni
- ¼ cup, plus 2 Tablespoons butter, softened
- 2 eggs
- 2 cups evaporated milk
- 1 teaspoon salt
- 1 pound sharp cheddar cheese, grated and mixed with ½ cup grated American cheese
- ½ teaspoon paprika

Procedure

1. Preheat oven to 350°F.
2. Place the water and Tablespoon of salt in heavy saucepan and bring to a boil.
3. Slowly stir in the macaroni.
4. Boil for 12 minutes, stirring continuously.
5. Macaroni is done when firm, but tender.
6. Strain the macaroni and rinse with a little cold water.
7. Drain.
8. Mix the macaroni with the butter and set aside.
9. In a small bowl, beat the eggs until light yellow.
10. Add milk and teaspoon of salt.
11. In a large buttered casserole dish, put a layer of the macaroni, then add a layer of cheese.
12. Continue to do this, ending with a cheese layer on top.
13. Pour the egg mixture slowly and evenly over the top.
14. Sprinkle with paprika.
15. Bake for 30 to 40 minutes, until the top is bubbly and golden brown.

Serves 4.

Many African Americans celebrate Kwanzaa, a non-religious cultural holiday, from December 26 through January 1. During the seven days of Kwanzaa (which is derived from a Swahili word for “first fruits of the harvest”), African Americans celebrate their heritage and take pride in their African traditions. The Kwanzaa celebration was originated by Dr. Maulana Karenga, an activist and scholar, who has been involved in the development of Black Studies and African American art and student movements in the United States.

Each of the seven days of Kwanzaa represents a different principle, such as unity, purpose, and creativity. African American families celebrate this community-building holiday in their own way, with music, get-togethers, and feasting.



Kwanzaa Brownies

Ingredients for Brownies

1½ sticks butter or margarine, melted
1½ cups sugar
1½ teaspoons vanilla extract
3 eggs
¾ cup flour
½ cup cocoa
½ teaspoon baking powder
¼ teaspoon salt
⅔ cup chopped pecans (optional)
Assorted fresh fruit, sliced or cut up

Ingredients for Chocolate Cream

1 package (8 ounces) cream cheese,
softened
½ cup sugar
3 Tablespoons cocoa
1 Tablespoon milk
1½ teaspoons vanilla extract

Procedure

1. Heat oven to 350°F.
2. Grease 13x9x2-inch round pizza pan.
3. Combine butter, sugar, and vanilla in large bowl.
4. Add eggs and beat with spoon.
5. Combine flour, cocoa, baking powder and salt.
6. Gradually stir into egg mixture until blended.
7. Stir in pecans (if using them).
8. Spread batter into prepared pan.
9. Bake about 20 minutes, or until top springs back when touched lightly in center.
10. Cool completely.
11. Prepare chocolate cream by beating all ingredients in a bowl until smooth.

12. Spread chocolate cream over top of brownies.

13. Refrigerate for about 30 minutes.

14. Place fruit on each slice before serving.

Makes about 2 dozen.

5 MEALTIME CUSTOMS

It is tradition for African Americans to eat a lot of food for breakfast. They may eat chicken, waffles, grits (dried and boiled grains from corn), ham, corn fritters, and bacon. Traditionally in the South, a Sunday breakfast includes fried apples, grits, and pork sausage. Salad, including leftover salad, may also be eaten as a breakfast dish.

Bologna is a popular luncheon meat for many African Americans. It is sometimes eaten at breakfast instead of bacon, and it is eaten in sandwiches for lunch.

Many African Americans enjoy inviting family and friends home for a barbecue or a fish fry. Popular snacks are roasted peanuts, pecans, and limbo cakes (deep-fried plantains, or bananas). Soft drinks, iced tea, and lemonade are popular beverages.



Fried Apples

Ingredients

6 Macintosh apples
2 Tablespoons oil
1 Tablespoon water
2 teaspoons sugar
½ teaspoon ground cinnamon



EPD Photos

Fried Apples are made from thinly sliced apples. To prepare an apple for slicing, first cut it in half, and then into quarters. Cut away the core and seeds, and then cut each quarter into thin slices.

Procedure

1. Core the apples and slice them, leaving the skin on.
2. Heat oil in heavy skillet.
3. When oil is hot, add the apples and water.
4. Cover and lower the heat.
5. Cook until the apples are soft, about 10 minutes.
6. Sprinkle them with mixture of sugar and cinnamon, and serve warm.

Serves 2 to 4.



*Tomato, Cucumber, and Onion
Salad*

Ingredients

- 2 tomatoes, sliced
- 1 cucumber, peeled and seeded, coarsely chopped
- 1 medium onion, thinly sliced

- 3 Tablespoons olive oil
- 1 Tablespoon cider vinegar
- Salt and pepper, to taste

Procedure

1. Place tomatoes, cucumber, and onions in a large salad bowl.
2. In a separate bowl, mix together the remaining ingredients to make a dressing.
3. Pour dressing over salad and serve.

Serves 4.



Fried Bologna

Ingredients

- 2 Tablespoons oil
- 1 pound pork bologna, sliced medium-thick

Procedure

1. Heat the oil in a heavy skillet.

2. Peel casing (thin outer skin) off bologna and make a small cut from the outside to the center of each piece so slices do not puff up too much.
3. Place bologna slices in skillet and cook, turning once, until they are lightly browned.

Many African Americans prepare their food by frying it, barbecuing, and serving dishes with gravy and sauces. It is also common to bake cakes and pies from “scratch” (not from a commercial mix). These traditions have been passed down through many generations. Contemporary African Americans, like many Americans of all ethnicities, have become more health conscious, and have added more nutritional foods, such as fruits and vegetables, to their daily diets. Many African Americans have changed to healthier, lighter cooking styles for everyday cooking, reserving the traditional dishes (many of which are higher in fat) for holidays and special occasions.

6 POLITICS, ECONOMICS, AND NUTRITION

According to estimates in 2000 there were 8.7 million African American families in the United States, about 44 percent of which were headed by single women. African American couples tend to have larger families—just over 20 percent of African American married couple families have five or more members, compared to 12 percent of white (not of Hispanic origin) married-couple families. About half of all African American married-couple families had incomes of \$50,000 or more (compared to

60 percent of white married-couple families). In 1999 about 24 percent of African Americans were living in poverty, an all-time record low in the United States.

According to the U.S. Department of Agriculture (USDA) Center for Nutrition Policy and Promotion’s Healthy Eating Index, most Americans eat a diet that needs improvement. Only five percent of African Americans (compared to 11 percent of whites) have a diet categorized as “good” (based on ten measures including total consumption of fat, cholesterol, and sodium), and 28 percent of African Americans (compared to 16 percent of whites) have a diet categorized as “poor.”

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United States Amish and Pennsylvania Dutch

Recipes

Pork Chops with Sauerkraut and Potatoes	89
Cream of Cabbage Soup	89
Shoofly Pie	89
Spicy Oven-Fried Chicken	91
Peachy Baked Apples.....	91
Sugar Cookies	92
Snow Ice Cream.....	93
Peanut Butter and Molasses Spread.....	93
Strawberry Jam	93
Old-Fashioned Spicy Lemonade	93



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The Amish make their homes in rural areas in twenty-two U.S. states and Ontario, Canada. The states with the largest Amish populations are Ohio and Pennsylvania. The oldest Amish community (and the one most familiar to non-Amish) is made up of about 16,000 people living around Lancaster, Pennsylvania. The Amish living there are primarily Pennsylvania Dutch (people of German descent), but not all Pennsylvania Dutch are Amish.

Deutsch is the German-language word for German, so the name Pennsylvania Dutch comes from “Pennsylvania Deutsch.” The food of Pennsylvania Dutch and

Amish are similar, due to their common German heritage.

2 HISTORY AND FOOD

The Amish have their roots in a Swiss religious sect that was part of the Protestant Reformation in the 1500s. It was called the Anabaptist movement, and its members lived simply, rejecting material wealth. At the end of the 1600s, a small group led by Joseph Ammann broke away from the Anabaptists. They migrated to France and later were called the Amish in honor of their founder.

In the early part of the 1700s, Amish families began arriving in North America. They founded large settlements in Pennsyl-

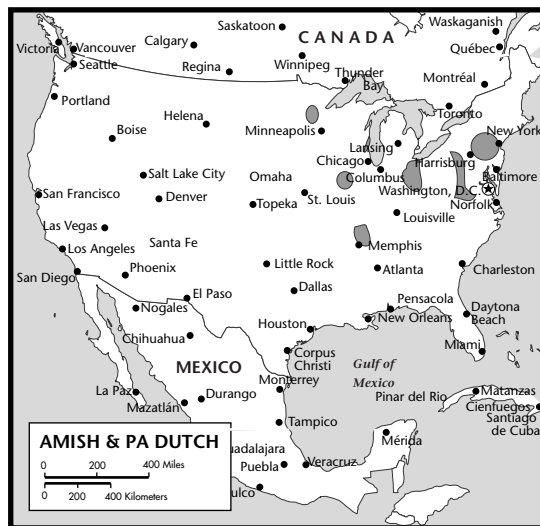
vania. Gradually Amish settlements spread to Ohio, Indiana, and other states.

When they came to the New World (North America), the Amish brought with them the cooking traditions of their homelands in Switzerland and the Rhine River area of Germany. This heritage can be seen in the popularity of such traditional German foods as sauerkraut, and even in the Amish name for the evening meal, “Nachtessen” (“night eating”). However, Amish cooking was also influenced by life in America. Many Amish settled in areas where wheat, rye, corn, and barley flourished. Home-baked breads, desserts, and other grain-based foods came to play an important role in the Amish diet. Products of the rural areas where they settled, including eggs and other dairy products, poultry, fresh vegetables, and apples, also became Amish staples.

The Amish have continued to live simply, without modern conveniences such as cars and electricity. They also continue to prepare the simple, hearty dishes they learned from their ancestors.

3 FOODS OF THE AMISH

The Amish generally eat foods produced in their own gardens or on their farms. As a rule, they do not eat processed, store-bought foods, such as corn flakes or potato chips. Homegrown fruits and vegetables, eaten fresh, canned, or frozen, play a very important part in the Amish diet. Vegetables often found in Amish meals include peas, corn, zucchini, beets, beans, rhubarb, and many others. Cabbage and potatoes are especially important. Sauerkraut—a type of pickled cabbage—appears at many Amish meals



The states with the largest populations of Amish are Ohio and Pennsylvania.

and is used in everything from soups to cakes. Grain products like bread, cornmeal, and oatmeal are also staples of the Amish diet. Scrapple, a popular breakfast food, is made with fried cornmeal mush prepared with sausage and liverwurst.

Amish main meals are usually built around hearty meat dishes, such as pork chops, ham, roast beef, or meatloaf. Dairy products, especially eggs and cheese, are also important dietary staples. The Amish are known throughout the country for the quality of the cheese they produce and market. Most Amish families keep at least a few chickens so they can eat freshly laid eggs all year round. In the wintertime, hearty soups are eaten regularly.

Amish women bake a great deal, preparing breads, cookies, pies, and cakes. The

best-known Amish desserts include shoofly pie, sugar cookies, and schnitz pie, which is made with dried apples.

Favorite beverages include coffee, tea, milk, and lemonade.



Pork Chops with Sauerkraut and Potatoes

Ingredients

- 2 medium onions, coarsely chopped
- 6 pork chops
- Black pepper, to taste
- 6 small potatoes, peeled
- 2 cans (15-ounce each) sauerkraut, well drained
- 2 cans (15-ounce each) chicken broth
- Optional: several whole cloves

Procedure

1. Preheat oven to 300°F.
2. In a saucepan, boil the peeled potatoes in salted water 6 to 8 minutes.
3. Set aside.
4. Grease a roasting pot and sprinkle half the onions in the bottom of the pan.
5. Place the pork chops on top; sprinkle with the pepper.
6. Arrange the potatoes around the chops.
7. Top with the sauerkraut, add the stock.
8. Drop in the whole cloves, if used.
9. Cover and bake for 2 hours.
10. Serve hot, adding some of the cooking juices to each serving.

Serves 6.



Cream of Cabbage Soup

Ingredients

- ½ pound bacon, chopped
- 2½ pounds cabbage, shredded
- 5 cans (16-ounce each) chicken broth
- 1 cup half-and-half
- 2 teaspoons salt
- ½ teaspoon pepper
- Swiss cheese, grated
- 1 onion

Procedure

1. In a large pot, fry the bacon until crisp over medium to high heat; remove and set aside.
2. Add the cabbage and onion, reduce the heat to medium and sauté, stirring occasionally, for 10 minutes or until the cabbage is limp.
3. Add the chicken broth and simmer until the cabbage and onion are tender, about 10 to 15 minutes.
4. Stir in the half-and-half. Season with salt and pepper.
5. Serve garnished with the bacon and cheese.

Serves 8 to 10.



Shoofly Pie

Ingredients

- Frozen 9-inch pie crust, unbaked
- 1 cup flour
- ⅔ cup brown sugar, packed
- 1 Tablespoon cold butter
- ¼ teaspoon salt



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Molasses is the main ingredient in the filling for Shoofly Pie. The pie is topped with a sprinkling of reserved flour mixture.

- 1 egg
- 1 cup molasses
- $\frac{3}{4}$ cup cold water
- $\frac{1}{4}$ cup hot water
- 1 Tablespoon baking soda

Procedure

1. Preheat oven to 350°F.
2. In a mixing bowl, combine the flour, brown sugar, butter, and salt.
3. Remove $\frac{1}{2}$ cup of the mixture and set aside.
4. In a small bowl, beat the egg. Add the molasses and cold water. Stir and set aside.
5. In another small bowl, mix the hot water with the baking soda and blend into the molasses mixture.
6. Add to the flour mixture and mix well. Pour into the pie shell and top with the reserved crumbs.
7. Bake for 35 minutes.
8. The pie filling will appear jelly-like but will firm up as it cools.
9. Transfer to a rack to cool completely before cutting.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Instead of going to church, the Amish hold religious services in different people's homes every Sunday morning. After the service, there is a large Sunday lunch. A typical menu for this meal is homemade bread with butter, jelly or peanut butter; cheese cubes or a type of homemade cottage cheese called *schmierkase*; pickles; an apple pie called *schnitz*; and coffee or tea.

The Amish are known for their strong family ties. Large family reunions are important occasions that include a bountiful Amish meal, with everyone bringing something. Like church services, Amish weddings are held at home. After the ceremony, a big festive meal is served on long tables set up all over the first floor of the house.

Special rectangular doughnuts called *Fassnacht Kuche* are baked on Shrove Tuesday, a day before the beginning of Lent. Mashed potatoes are used in the batter, making the doughnuts moist and tender. They are served with black coffee.



Wedding Dinner Menu

Roast chicken
Mashed potatoes and gravy
Cole slaw
Creamed celery
Applesauce
Bread and butter
Canned peaches
Canned pears
Spiced cantaloupe
Doughnuts
Custard pies
Fruit pies
Layer cakes
Sugar cookies
Potato chips
Coffee



Spicy Oven-Fried Chicken

Ingredients

1/3 cup vegetable oil
1/3 cup butter
1/2 cup flour
1/2 cup bread crumbs
1/2 cup yellow cornmeal
1 1/2 teaspoons garlic salt
1 1/2 teaspoons paprika
1 teaspoon salt
1 teaspoon black pepper
4 pounds of chicken pieces, or about 14 pieces (legs, thighs, breast halves, wings)

Procedure

1. Preheat oven to 375°F.
2. Put the oil and butter in a shallow pan and place it in the oven until it melts. Set aside.
3. In a large paper bag, combine the flour, bread crumbs, cornmeal, and seasonings.
4. Roll the chicken pieces, 3 at a time, in the melted oil-and-butter mixture, then drop them in the sack and shake to coat.
5. Remove and place the coated chicken in the pan, skin side down.
6. Bake for 45 minutes, flip the pieces and bake 5 to 10 minutes longer, or until the top crust begins to bubble.
7. Serve hot or cold.

Serves 7 to 14.



Peachy Baked Apples

Ingredients

6 small apples, halved and cored, but not peeled
1 cup brown sugar, packed
1/4 cup peach preserves
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 cup apple juice

Procedure

1. Preheat oven to 350°F.
2. Place the apple halves cut side up in a 9x13-inch baking pan.
3. In a small mixing bowl, combine the brown sugar, preserves, cinnamon, nutmeg, juice, and butter.
4. Sprinkle over the apples and cover the pan tightly with foil.
5. Bake for 30 minutes, or until the apples are just tender.

6. Remove from oven and spoon the juice from the bottom of the pan over the apples.
7. Return to the oven and bake, uncovered, for 5 more minutes.
8. Serve warm or cold.

Serves 6.



Sugar Cookies

Ingredients

- ¾ cup sugar
- ½ cup margarine or shortening, at room temperature
- 1 egg
- ½ cup buttermilk or sour cream
- 1½ cups plus 3 Tablespoons flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon vanilla
- Raisins
- Sugar

Procedure

1. Preheat oven to 375°F.
2. Cut the margarine or shortening into chunks and place it in a mixing bowl.
3. Add the ¾ cup of sugar. Blend well.
4. Add the egg and beat the mixture again until smooth.
5. Add the buttermilk or sour cream, flour, baking powder, baking soda, and vanilla.
6. Stir with wooden spoon until creamy.
7. Grease two cookie sheets.
8. Drop the batter by teaspoonfuls onto the cookie sheets, keeping the cookies about two inches apart.
9. Gently place a raisin in the center of each cookie. Sprinkle lightly with sugar.

10. Bake for 8–10 minutes until the cookies are light brown.

11. Transfer cookies to a rack to cool.

Makes about 2 dozen cookies.

5 MEALTIME CUSTOMS

The Amish eat a hearty breakfast. For the families of Amish farmers, the day starts early, with breakfast served around 6:00 A.M. A typical Amish breakfast might include eggs, cornmeal mush, pancakes, and homemade canned fruit.

Amish schools do not have cafeterias, so all of the students take packed lunches to school. Lunches usually include sandwiches made with bologna or leftover meat from dinner, such as beef roast or meat loaf. Peanut butter and jelly, pizza, or other leftovers may also be eaten. In the winter, homemade soups are taken to school in Thermos bottles, which keep them hot. Sometimes a casserole is taken to school in a wide-mouthed Thermos bottle. Lunches also include fresh fruit and home-baked cookies, cake, or pie for dessert. One popular dessert is an Amish specialty called Whoopie Pie, a cookie sandwich with icing in the middle.

On evenings and weekends, when the whole family is home, the main meal of the day (dinner, or “Middaagesse”) is eaten at midday. On these days, a light supper is eaten in the evening.

At the end of the school year, Amish children have a picnic. Their parents take casseroles, salads, cakes, candies, and puddings to school. Often a tablecloth is thrown over the bottom of a big farm wagon. The food is spread out on top and everyone eats heartily.

Popular Amish snacks include soft pretzels, peanut butter and molasses spread on bread or crackers, and ice cream made from freshly fallen snow.



Snow Ice Cream

Ingredients

2½ quarts clean snow

½ cup milk

1 teaspoon vanilla

1 cup sugar

Procedure

1. When there are several inches of freshly fallen snow on the ground, scoop up just the top layer and pile it into a one-quart saucepan.
2. Empty the contents into a mixing bowl; repeat, filling the saucepan a total of 2½ times.
3. Gently mix in the milk, vanilla, and sugar until it has been completely combined with the snow.
4. Serve immediately.



Peanut Butter and Molasses Spread

Ingredients

½ cup smooth peanut butter

¼ cup molasses

Procedure

1. Add ingredients into a mixing bowl.
2. Stir well and spread on bread or crackers.



Strawberry Jam

1 quart fresh strawberries, washed

4 cups sugar

2 teaspoons lemon juice

Procedure

1. Remove the stems and leaves from the tops of the strawberries. Cut berries into halves or quarters.
2. Place in a three-quart saucepan. Stir in two cups of sugar, mixing it well with the berries.
3. Place saucepan on stove and turn heat to medium. Heat until the mixture boils.
4. Boil gently for 5 minutes, stirring frequently.
5. Remove from heat.
6. Stir in the remaining two cups of sugar and the lemon juice.
7. Place the pan back on the stove and cook the berries over medium heat for 10 more minutes, stirring frequently.
8. Remove the pot from the stove. Leave the jam in the saucepan, covered but unrefrigerated, for 24 hours.
9. Spoon it into clean jelly jars and refrigerate until you are ready to use it.



Old-Fashioned Spicy Lemonade

Ingredients

3 Tablespoons grated lemon zest (yellow part of the lemon peel)

4 cups sugar

4 cups water

2 cinnamon sticks

¾ cup lemon juice

Lemon slices

Procedure

1. In a saucepan, combine the lemon zest, sugar, water, and cinnamon sticks.
2. Bring the mixture to a boil over medium heat.
3. Reduce heat and simmer uncovered, for 5 minutes.
4. Remove from heat and cool.
5. Strain the mixture through a fine mesh strainer or cheesecloth.
6. Add the lemon juice to the sugar syrup.
7. Transfer to a large jar or pitcher and refrigerate until ready to serve.
8. To serve the lemonade, fill a tall glass with ice. Measure $\frac{1}{4}$ cup (4 Tablespoons) of the prepared mixture into the glass, add 1 cup of cold water, and stir.
9. Garnish with lemon slices.

6 POLITICS, ECONOMICS, AND NUTRITION

Amish families generally receive adequate nutrition from their diets, although some nutritionists report that their diet may be slightly too high in sugar and carbohydrates. Because Amish rarely marry non-Amish, they have experienced a higher incidence of birth defects caused by genetics. (In simple terms, some types of birth defects are more common when the mother and father have similar genetic make-up.)

To try to minimize these birth defects, Amish families have learned more than the average American families about genetics. Also, because they have not often married outside their own cultural group, medical researchers have invited Amish people to participate in research studies involving genetics and genetically transmitted diseases, such as diabetes.

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United States Great Lakes Region

Recipes

Ojibwa Wild Rice.....	96
Fish Boil	97
Dutch Pancakes.....	98
German Potato Salad	98
Macaroni and Cheese.....	99
Hummus	99
Buffalo Chicken Wings	100
Springerle (German Christmas Cookies)	101
Apple Sauerkraut.....	101
Potato Lefse	102
Swedish Meatballs.....	102
Cornish Pasty	103



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The Great Lakes region of the United States includes the states of Wisconsin, Michigan, Indiana, Ohio, Illinois, Pennsylvania, and New York. The region enjoys four distinct seasons. Although the climate is considered temperate, temperatures in the summer can exceed 100°F and can drop to -10°F in the winter. There is rich farm land, and farmers' markets offer abundant produce and fruit in the late summer and early fall across the region.

The region is also home to much manufacturing activity. Industrial pollution threatened the health of the Great Lakes, especially Lake Erie (the smallest Great Lake), until the 1960s, when a growing awareness of environmental concerns led to increased government regulation. Acid-rain, believed to be caused by air pollution gener-

ated by the coal-fired utility plants in the region, is also a concern. Increased acidity in the lakes creates unhealthy conditions for fish and other living things in the ecosystem of the region.

2 HISTORY AND FOOD

Woodlands American Indian tribes, including the Iroquois, Ashinabe (made up of Ojibwa, Potawatomi, and Ottawa tribes), Huron, Fox, and Sioux, among others initially populated the Great Lakes region of North America. These American Indians gathered wild rice, berries, and maple sap, hunted deer and other game. They also fished and grew crops, such as corn, squash, and beans (known as the Three Sisters). In the early 1600s, French fur traders entered the region, and British settlers and American colonists began to move in during the 1700s. A series of conflicts including the

UNITED STATES: GREAT LAKES REGION



French and Indian War (1754–1763), the Revolutionary War (1775–1783), and the War of 1812 resulted in the British and French controlling the northern side of the Great Lakes (what is now Canada), and the United States controlling the south. The American Indians who remained were settled on reservations.

During the 1800s and 1900s, waves of immigration to the Great Lakes area came from Germany, Scandinavia, Holland, and Poland. Most were farmers who were attracted by the cheap, fertile land. The Homestead Act of 1862 offered free acreage to anyone who agreed to farm it for a certain number of years. The close-knit, family-based communities that developed retained their ethnic character for generations, cooking their traditional foods adapted to local ingredients. The population of the Great Lakes region continues to be largely German, Scandinavian, Dutch, and Polish. A number of miners originally from Cornwall,

England, also migrated to the area. The Detroit-Dearborn metropolitan area in Michigan now boasts the largest Arab American population in the United States—the city of Detroit being the principal port of entry in the United States for Arab immigrants. The Arab Americans in Michigan have contributed some foods of the Middle East, such as hummus, to the “menu” of the Great Lakes region.



Ojibwa Wild Rice

Ingredients

- 1 cup wild rice
- 2½ cups water
- 1½ teaspoons salt
- 4 strips bacon cut into small pieces
- 6 eggs
- ¼ teaspoon pepper
- 2 Tablespoons chives, minced
- ⅓ cup bacon drippings
- Melted butter

Procedure

1. Place the wild rice, water, and 1 teaspoon of the salt in a saucepan and bring to a boil over medium heat.
2. Reduce the heat to low and simmer, uncovered, until all the water is absorbed.
3. Meanwhile, brown the bacon in a large skillet.
4. Remove the bacon from the skillet and drain it on paper towels.
5. Save the bacon drippings from the skillet.
6. Pour the eggs into a mixing bowl and add ½ teaspoon of the salt and the pepper.

7. Pour the eggs into the skillet where the bacon was browned, and brown the eggs lightly.
8. Turn them over gently and brown on the other side.
9. When the eggs are firm, cut them into narrow strips.
10. Lightly toss the bacon, egg strips, chives, bacon drippings (plus melted butter or margarine to make $\frac{1}{3}$ cup) with the cooked rice.
11. Serve hot.

Makes 4 servings.



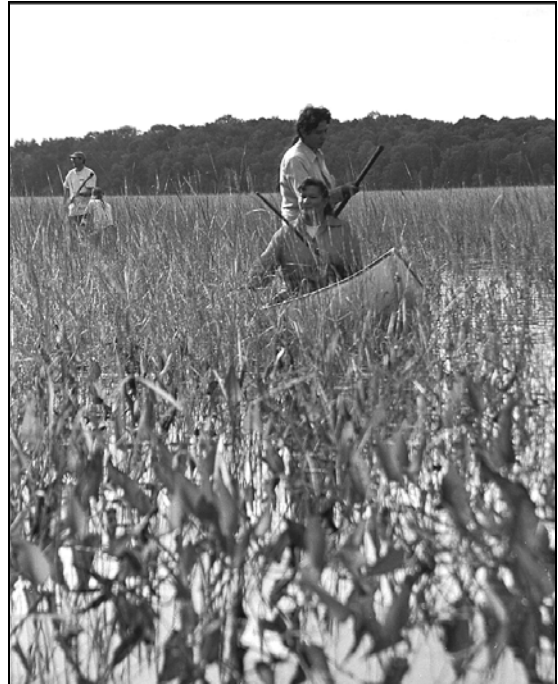
Fish Boil

Ingredients

- 5 quarts water
- $\frac{1}{4}$ cup salt
- 12 to 24 small red potatoes
- 12 small white onions
- 4 pounds fish fillets, such as lake trout, salmon, whitefish, pike, etc.
- $\frac{1}{2}$ pound butter or margarine, melted
- 6 lemons, quartered
- $\frac{1}{2}$ cup parsley, chopped
- Pepper, to taste

Procedure

1. Put water in large pot, add salt, and bring to a boil.
2. Add potatoes and onions and cook until half done, about 8 to 10 minutes.
3. Put fish steaks in a wire basket, or colander or wrap them in cheesecloth and tie into a bundle, and lower them into the pot until they are entirely covered.
4. Return to a boil and cover the pot.
5. Boil until the fish is firm but tender, about 8 to 10 minutes.



AP Photos/The Daily Press, Justin Machus

Wild rice is harvested in Wisconsin.

6. Remove fish and vegetables and drain both thoroughly.
7. Heap fish on a platter surrounded by the potatoes and onions.
8. Pour melted butter or margarine over all, sprinkle with chopped parsley and pepper, and serve with lemon wedges.

Serves 6 to 8.

3 FOODS OF THE GREAT LAKES REGION

The Great Lakes region was originally populated by American Indians who taught later European settlers how to hunt the local game, fish, and gather wild rice and maple syrup, as well as how to grow and eat corn

and native squashes and beans. The European immigrants, mostly from Germany, Scandinavia, Holland, Poland, and Cornwall, England, each shared their traditional dishes with the rest of America. The Germans contributed frankfurters (hot dogs), hamburgers, sauerkraut, potato salad, noodles, bratwurst, liverwurst, and pretzels to the American diet. Scandinavian foods include *lefse* (potato flatbread), *limpa* (rye bread), *lutefisk* (dried cod soaked in lye), and Swedish meatballs, as well as the smorgasbord (a table laid out with several courses of small foods). The Polish introduced *kielbasa* (a type of sausage), *pierogies* (a type of stuffed pasta), Polish dill pickles, and *babka* (an egg cake). Pancakes are a Dutch contribution, along with waffles, doughnuts, cookies, and coleslaw. Miners from Cornwall brought their Cornish pasties, and small meat pies that were easily carried for lunch. Later immigrants from Arab countries settled in Detroit, Michigan, and introduced America to foods like *hummus* (puréed chickpeas), *felafel* (deep-fried bean cakes), and *tabbouleh* (bulgur wheat salad).

Dairy is a major industry in the Great Lakes region, particularly Wisconsin, known as “America’s Dairyland.” Dairy farmers in Wisconsin milk about 2 million cows every day, and there is one cow for every two people in the state. Not surprisingly, milk, butter, and cheese are staples in the Great Lakes diet. Pigs are also common on farms in the Great Lakes region because they take up less space and are easier to raise than beef cattle. Pork, therefore, is another common ingredient in Great Lakes cooking, especially in the form of sausage.



Dutch Pancakes

Ingredients

6 eggs
2 cups milk
½ cup flour
½ teaspoon salt
Butter or margarine
Brown sugar

Procedure

1. Measure the flour into a large bowl.
2. Beat the eggs to a froth in another mixing bowl. Add milk and salt, stirring slowly.
3. Pour the egg and milk mixture into the flour and mix well.
4. Pour a thin layer of the batter onto a hot buttered griddle or frying pan.
5. Turn over when bottom is brown and cook other side.
6. Serve hot, rolled up with butter or margarine and brown sugar.



German Potato Salad

Ingredients

5 medium potatoes
1 small onion, finely chopped
½ cup cider vinegar
2 Tablespoons vegetable oil
1 beef bouillon cube dissolved in 1 cup boiling water (you will only use part of this)
3 Tablespoons chives, finely chopped
Salt and pepper, to taste

Procedure

1. Boil potatoes in a large pot, until tender when poked with a fork, about 25 minutes.
2. While potatoes are still warm, peel and slice into ¼-inch slices.
3. Put the sliced potatoes in a large bowl, add chopped onion, cider vinegar, and oil.
4. Stir gently, making sure not to break up the potatoes.
5. Add about ⅓ cup of the dissolved beef bouillon, toss lightly, then add the chives and salt and pepper to taste.
6. Toss lightly to coat potatoes.

Serves 6 to 8.

*Macaroni and Cheese***Ingredients**

Vegetable oil cooking spray

Water

½ pound elbow macaroni

2 Tablespoons butter or margarine

¼ cup all-purpose flour

2 cups milk

6 ounces shredded cheddar cheese

3 ounces shredded Swiss cheese

¼ teaspoon salt

½ cup crushed croutons or cornflakes

Procedure

1. Preheat the oven to 350°F.
2. Spray a 1-quart baking dish with cooking spray.
3. Fill a large saucepan half full of water and bring to a boil.
4. Add the macaroni to the boiling water.
5. Cook until the macaroni is done, about 7 to 10 minutes.

6. Drain macaroni in a colander, then return it to the saucepan and set aside.
7. In another large saucepan, melt the butter or margarine on low heat.
8. Whisk in the flour and cook until the mixture is bubbly, about 3 minutes.
9. Do not brown.
10. Slowly add the milk to the pan and stir with a wooden spoon, turning heat up to medium.
11. Cook until mixture thickens then remove from heat.
12. Add the cheddar cheese, Swiss cheese, and salt to the pan and stir until cheese melts.
13. Add the cheese sauce to the macaroni and mix well, coating the macaroni with the sauce.
14. Place the macaroni and cheese into the baking dish and sprinkle the top with crushed croutons or cornflakes.
15. for 25 to 30 minutes.

Serves 4 to 6.

*Hummus***Ingredients**

2 cans chickpeas (garbanzo beans)

6 Tablespoons *tahini* (sesame seed paste, available at ethnic food shops, large supermarkets, or health food stores)

3 large cloves garlic

¼ of the liquid from 1 can of chickpeas

⅓ cup lemon juice

Salt and pepper, to taste

½ Tablespoon olive oil

Paprika

1 Tablespoon parsley, chopped

Procedure

1. Combine chickpeas, *tahini*, garlic, canned chickpea liquid, and lemon juice in a food processor or blender and pureé to a smooth paste.
2. Thin with more liquid from the canned chickpeas, if necessary.
3. Add salt and pepper to taste.
4. Place in a bowl.
5. Mix olive oil with a bit of paprika to make it red and drizzle it on top of the hummus.
6. Sprinkle with parsley.

A Great Lakes food that has become popular over all the United States is Buffalo chicken wings. There are three stories told as to how wings became famous, but perhaps the most believable is that in 1964 the Anchor Bar in Buffalo, New York, received a shipment of wings by mistake. The owner, who had been asked to supply a “meaty” appetizer for a gathering at the bar, cooked up the wings in hot sauce and served them with the house dressing, which just happened to be bleu cheese.

*Buffalo Chicken Wings***Ingredients**

- 3 to 4 pounds chicken wings
- 1 stick butter
- 3 to 4 Tablespoons hot sauce (to taste)
- 1 bottle bleu cheese dressing
- Celery, cut up into sticks

Procedure

1. Preheat oven to 375°F.
2. Melt butter in the microwave or in a small saucepan. Stir in hot sauce.

3. Rinse chicken wings and pat dry. Arrange wings in a single layer on a cookie sheet.
4. Pour butter-hot sauce over wings. Bake for 1 hour.
5. Serve while hot with bleu cheese dressing and celery sticks.

Serves 8 to 12 as a snack.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Most people who live around the Great Lakes are Christian, with small minorities of Muslims and Jews in certain areas. German Christians brought with them many of the Christmas traditions Americans now take for granted, such as Christmas trees and Santa Claus (or Kris Kringle). They also introduced America to New Year’s Eve celebrations.

Another German cultural festival that has become popular in America is Oktoberfest. The first Oktoberfest took place in 1810 in Bavaria (a region in southwest Germany) to celebrate the marriage of Crown Prince Ludwig and Therese of Saxon-Hildburghausen. Since then, it has grown into a huge fall festival that celebrates German heritage as well as the fall harvest. The largest Oktoberfest outside of Germany takes place in Cincinnati, Ohio, and many other Oktoberfests are held throughout the Great Lakes region. At all of them, sausage, bratwurst, sauerkraut, and other traditional German foods are served, along with German beer.

Norwegian Americans celebrate their cultural heritage on May 17, the day the

Norwegian constitution was signed in 1814. Among the traditional Norwegian foods served at these festivities are *lutefisk* (dried cod soaked in lye) and *lefse* (potato flatbread).



Springerle
(German Christmas Cookies)

Ingredients

- 3 cups flour
- 1 pound powdered sugar
- 1 teaspoon baking powder
- 4 eggs
- 1 Tablespoon lemon rind

Procedure

1. In a paper bag, shake together 1 cup of flour, the powdered sugar, baking powder, and lemon rind.
2. In a mixing bowl, beat eggs until very light and frothy.
3. Add dry ingredients from the paper bag to the beaten eggs. Beat well.
4. Work in the rest of the flour to make a soft dough.
5. Place dough onto floured surface.
6. Roll dough out to about ¼-inch thick and cut into 1½-inch by 2-inch rectangles.
7. Lay cookies out on a lightly floured cloth and let set about 2 hours to dry the tops.
8. Preheat oven to 250°F.
9. Bake cookies on greased cookie sheet for 20 minutes or until bottoms are golden.

Makes about 3 dozen cookies.



Apple Sauerkraut

Ingredients

- 2 quarts prepared sauerkraut
- 4 strips bacon
- 1 onion, chopped
- 3 apples, peeled, cored, and quartered
- ½ cup chicken broth
- ½ cup dry white wine (or substitute white grape juice or apple juice)
- 2 potatoes, grated fine
- 1 Tablespoon white wine vinegar
- 2 Tablespoons brown sugar

Procedure

1. Sauté bacon in a frying pan over medium heat until crisp. Remove bacon from pan and drain on paper towels.
2. Save 4 Tablespoons of the fat from the pan and pour the rest off.
3. Add onion to the pan and sauté in the remaining bacon fat until clear.
4. Rinse the sauerkraut, drain well, and stir into the onion.
5. Cover pan and simmer on low for 10 minutes.
6. Add apples, chicken broth, wine, potatoes, vinegar, and sugar.
7. Simmer gently until apples and potatoes are tender but not mushy, about 10 to 20 minutes.
8. Serve with bratwurst for an authentic German meal.

Serves 4.



Potato Lefse

Ingredients

- ½ cup instant mashed potatoes
- 1 Tablespoon butter or margarine
- ½ teaspoon salt
- 1½ cups flour

Procedure

1. Prepare instant mashed potatoes according to the directions on the box.
2. Add butter or margarine and salt, blending well.
3. Add flour, ½ cup at a time, to make a soft dough. Knead dough for about 3 minutes on a lightly floured board or countertop.
4. Divide the dough into 4 balls. Using a rolling pin, roll each ball into a very thin circle on a floured surface. (Traditional lefse is rolled with a special grooved rolling pin to give it a gridlike texture.)
5. Heat a griddle or large frying pan over high heat. Bake each lefse, turning once, until golden brown on both sides.

Serves 4.

5 MEALTIME CUSTOMS

The majority of those who live around the Great Lakes are descended from German, Scandinavian, and Dutch farmers who settled there in the 1800s. Farming life shaped the diet and mealtime schedule of the region. Hearty breakfasts and generous lunches gave the farmers the energy to finish their work. German immigrants taught America to serve meals “family-style,” with all the food on the table at once, rather than bringing it out to the table in individual servings.

The Scandinavians brought their tradition of the smorgasbord to America. The smorgasbord is a large feast made up of a variety of small dishes laid out together on one table, beginning with bread and fish and moving through hot dishes, such as Swedish meatballs, all the way to dessert. Each person or family brings a dish to contribute to the smorgasbord. (The word “smorgasbord” has even been adopted into the English language to refer generally to anything offering a wide variety of items.)

Miners from Cornwall, England, had long eaten pasties (PAST-eez), small meat pies that were easy to carry for lunch. Immigrants to the Great Lakes area brought their tradition of Cornish pasties with them, and they are still a popular snack in the area.

Germans love beer and started a number of breweries around the Great Lakes. The Pabst and Schlitz breweries were both founded in Milwaukee, Wisconsin, in the 1800s by German Americans. (Milwaukee still ranks as the number-one beer-drinking city in America: While Americans on average drink 6 gallons of beer per year, Milwaukee residents average 42 gallons.) The Great Lakes region is also home to many well-known food companies, including Kellogg’s, Kraft, Pillsbury, Green Giant, and Land O’ Lakes.



Swedish Meatballs

Ingredients

- 1 pound ground beef
- 1 pound ground pork
- 4 Tablespoons bread crumbs

- 4 Tablespoons cream or milk
- 3 Tablespoons onion, finely chopped
- 1 egg, beaten
- ½ teaspoon salt
- ¼ teaspoon pepper

Procedure

1. Preheat the oven to 400°F.
2. Mix all the ingredients in a large bowl.
3. Shape into small meatballs and arrange on a baking sheet.
4. Bake in the oven for about 7 minutes. Wearing an oven mitt, carefully shake the baking sheet to prevent the meatballs from sticking. Bake for about 8 more minutes.

Makes about 40 meatballs.



EPD Photos

Pasties may be served as a snack, carried in a lunchbox to be eaten cold, or as a light supper piping hot from the oven.



Cornish Pasty

Ingredients

- Pastry for 2-crust pie (commercial pie crust mix is recommended)
- 12 ounces ground chuck (coarse ground as for chili is preferred)
- 1 medium-sized onion, finely chopped
- 1 turnip or 2 small carrots, finely chopped
- 1 large potato, finely chopped
- Salt and pepper, to taste
- 1 egg, beaten

Procedure

1. Preheat the oven to 400°F.
2. Prepare pastry according to instruction on package.
3. Combine the ground chuck with the onion, turnip or carrots, and potato. Season with salt and pepper.
4. Roll out the pastry to ¼-inch thickness.

5. Cut it into 6-inch rounds, using a plate or saucer to measure each circle.
6. Lay the rounds on a flat surface and place an equal amount of the steak mixture in the middle of each round into the shape of a small sausage.
7. Brush the rim of each round with a little beaten egg and fold one side over, forming a half-moon shape.
8. Pinch the edges together.
9. Make two small slits on top to allow steam to escape while cooking.
10. Place the pasties on a greased baking sheet and brush the outsides with the remaining beaten egg.
11. Bake for 20 minutes at 400°F. Then reduce the heat to 350°F and bake for another 40 minutes.

Makes 4 pasties.

6 POLITICS, ECONOMICS, AND NUTRITION

A majority of people from the Great Lakes region receive adequate nutrition. The lakes surrounding the area provide a variety of fish, including walleye, perch, catfish, and bass, that are high in protein and iron. With an abundance of rich soil and farming land, the region produces many different crops, such as wheat, corn, and vegetables. Wisconsin, whose milk and cheese products are rich in calcium, is one of the top dairy-producing states in the United States.

7 FURTHER STUDY

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United States Jewish Americans

Recipes

Mother's Chicken Soup	106
Chopped Chicken Liver	107
Noodle Kugel (Noodle Casserole).....	107
Potato Latkes (Potato Pancakes)	110
Charoset (Passover Dish)	110
Apple and Carrot Tsimmes	111
Matzo Balls	111
Matzo Brie	112
New York Cheesecake	113
Herring Dip.....	113



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Although the nearly 6 million Jewish Americans live in every state of the nation, the largest populations are found in New York, California, and Florida, especially in urban areas.

2 HISTORY AND FOOD

Food has played an important role in Jewish American lives since the first Jews arrived in New Amsterdam in 1654, most from Dutch colonies in Brazil. During the Colonial period (1620–1776), Jews adapted their cooking to the foods grown regionally in their new homeland. They learned to use corn, beans, and fish, such as salmon, herring, and cod. However, they continued to observe the Jewish dietary laws, or Kashrut

(see section 4: Food For Religious and Holiday Celebrations). The second wave of Jewish immigrants (1830–1880) came mostly from Germany. Many settled in the Midwest, bringing with them their food traditions. They were known especially for their baked goods. Cincinnati, Ohio, the primary center of German Jewish culture, was also the home of Fleischmann's yeast and Crisco, a vegetable-based shortening that met Jewish dietary restrictions.

In the twentieth century, Jewish American cooking has been changed by the creation of ready-made food products, such as mixes and frozen foods. (A Jewish baker invented Sara Lee frozen cakes, which he named after his daughter.) The Orthodox Union symbol (an "O" with a "U" inside it) was devised to show that the contents of

UNITED STATES: JEWISH AMERICANS



The states with the largest populations of Jewish Americans are New York, California, and Florida.

packaged food are kosher. Foods associated with Jewish Americans, like bagels, lox (smoked salmon), cheesecake, and corned-beef sandwiches, became popular among the general public. In the late twentieth century, the trend toward lowfat and easy-to-prepare recipes has influenced Jewish American cooking.

3 FOODS OF THE JEWISH AMERICANS

Many foods that Americans have come to regard as Jewish originated in Eastern Europe, where most Jewish immigrants came from during the first half of the 1900s. (Eastern European Jews were also called Ashkenazim.) The cooking of this region was generally simple and hearty. It contained plenty of fat but was not highly spiced. Main dishes were usually meat or

poultry based. Because of the Jewish dietary restrictions (Kashruth), no pork was eaten. The restriction on serving meat and dairy products at the same meal gave rise to a set of traditional dairy dishes including blintzes, cheesecake, and noodle pudding. Both meat and vegetables were cooked until thoroughly done—vegetables were cooked until they were limp. Famous Jewish foods that came out of this tradition include chicken soup, *matzo balls*, *latkes* (potato pancakes), chopped liver, gefilte fish, *cholent* (beef and barley stew), *kneidlach* (dumplings), and *borscht* (beet soup). Certain spiced meats and fish, including corned beef, herring, and lox, are also associated with Ashkenazic Jewish cooking.

In the last decades of the twentieth century, Jewish American cooking branched out from its Ashkenazic roots. Jewish cooks adapted their recipes to make them lighter and lower in fat. The Middle Eastern food traditions popular in Israel began to influence Jewish American food as well. Foods such as *felafel* and *hummus* became more closely identified with Jewish cooking. In addition, there was a new level of interest in Sephardic Jewish traditions from Spain and North Africa, as well as other parts of the world.



Mother's Chicken Soup

Ingredients

- 4 boneless, skinless chicken breasts, cubed (traditional chicken soup would use whole chicken with bones, cut up)
- 2 stalks of celery, cut into pieces about 2 inches long

- 1 large onion, halved
- 1 medium carrot, split in half lengthwise and cut into pieces about 2 inches long
- 1 parsley root (looks like a baby parsnip) scrubbed and cut into 2-inch pieces (cut-up turnip or parsnip may be substituted)
- Handful parsley leaves, chopped (optional)
- 1 teaspoon salt

Procedure

1. In a large pot, add the chicken and enough water to cover. Bring the water to a boil.
2. Add the vegetables and reduce heat to medium. Simmer for an hour, stirring occasionally.
3. When the soup is done, remove the chicken and vegetables onto a plate with a slotted spoon.
4. Throw out the celery and onions; cover and refrigerate the rest.
5. Pour the soup through a strainer or colander into a large bowl or other container.
6. Cover and refrigerate several hours or overnight.
7. Skim the fat off the top before heating and serving.
8. Serve soup with noodles, rice, or *matzo* balls. Garnish with chopped parsley leaves if desired.

Serves 6.

The chicken can be eaten hot for dinner or cut up and used in chicken salad or other recipes.



Chopped Chicken Liver

Ingredients

- 4 hard boiled eggs, peeled and sliced
- 3 to 4 Tablespoons vegetable oil

- 3 medium onions, diced
- 1 pound fresh chicken livers
- Salt and pepper, to taste

Procedure

1. Heat the oil over high heat in a large skillet.
2. Sauté the onions until they start turning brown, about 5 minutes.
3. Add the chicken livers to the sautéed onions and cook, tossing the livers occasionally until cooked through and firm, about 5 minutes.
4. Combine the livers, onions, and sliced eggs in a food processor, or chop with a knife until the texture is even but not mushy.
5. Season with salt and pepper. Serve with crusty bread, *matzo*, or other crackers.

Serves about 4.



Noodle Kugel (Noodle Casserole)

Ingredients

- 12 ounces flat, wide egg noodles
- ½ cup (1 stick) margarine
- 2 apples, peeled, cored, and diced
- ½ cup raisins
- 4 eggs, beaten
- Salt, to taste
- Cinnamon sugar

Procedure

1. Preheat oven to 375°F.
2. Grease a 9-by-13-inch baking dish.
3. Bring a large saucepan of lightly salted water to a boil, add the noodles, and boil until al dente (done but still chewy), about 5 to 10 minutes.
4. Drain and place in a large bowl.



EPD Photos

Challah, a rich braided bread, often accompanies the Friday night Shabbat (sabbath) dinner.

5. Add the margarine, apples, and raisins and mix well.
6. Add the eggs, season with salt, and mix well.
7. Spoon the mixture into the prepared baking dish.
8. Sprinkle with cinnamon sugar.
9. Bake until the top is brown and crisp, about 35 to 45 minutes.

10. Remove from the oven and serve hot or cold, cut into squares.

Serves about 6.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Jews throughout the world have a detailed set of dietary restrictions called the laws of Kashrut. They are based on passages found in the Old Testament of the Bible. Food that

follows these restrictions is called kosher food. While many Jewish Americans observe these laws (or “keep kosher”), many others do not.

Jews who keep kosher may not eat pork, pork products, or shellfish. The meat they eat (“kosher meat”) must be slaughtered and packaged according to special guidelines. Meat and dairy products may not be eaten or cooked together. Foods such as vegetables, fruits, grains, and eggs are considered *parve*, meaning they can be eaten with either meat or dairy products. Jews who keep kosher also have separate sets of dishes and cooking utensils, one for meat and another for dairy products.

The Jewish religion also specifies several days of fasting throughout the year. This means Jews do not consume any food (or sometimes beverages) on these days. The most important is Yom Kippur, or the Day of Atonement, in the fall. Many Jewish Americans fast on this day. Passover is an eight-day holiday during which Jews do not eat bread, baked goods, and certain other foods. Instead of bread, Jews eat a flat (unleavened), cracker-like food called *matzo*. Crushed *matzo*, or *matzo* meal, is substituted for flour in many foods cooked during this holiday.

The most important meal of this commemoration is held on the first night of Passover, and is called the *seder*. During the meal, which includes special foods specific to this holy day, a liturgy is read that recounts the Biblical exodus of the Hebrews from Egypt. The Hebrew word *Pesach* means “passover.”



Passover Seder Meal

Gefilte fish
Chicken soup with matzo balls
Roast chicken
Carrot and apple tsimmes
Chremslach (pancakes made with boiled potatoes and egg)
Green beans
Passover sponge cake
Macaroons
Tea or coffee



Jewish American Bar or Bat Mitzvah Buffet

Chopped liver on ice
Sweet and sour meatballs
Potato knishes
Kosher hot dogs with sauerkraut
Roast chicken
Vegetables
Rice
Strawberry meringue torte

Food plays an important role in many Jewish holidays. On the Jewish New Year, honey cake and apples dipped in honey are eaten for a “sweet year.” During the eight-day festival of Succoth in the fall, religious Jews eat their meals in a specially built outdoor booth in their backyards called a “sukkah.” Potato pancakes called *latkes* are eaten during Hanukkah, the eight-day Festi-

val of Lights, in December. The festival of Purim, in late winter or spring, is celebrated with triangular filled pastries called *hamantaschen*.

Marking the formal entry into adulthood of boys at age thirteen (*bar mitzvah*) and girls at age twelve (*bat mitzvah*), Jewish Americans celebrate with a lavish party following a religious ceremony. The child who has attained this status, is considered ready to participate fully in the ritual days of fasting of the Jewish calendar.



Potato Latkes (Potato Pancakes)

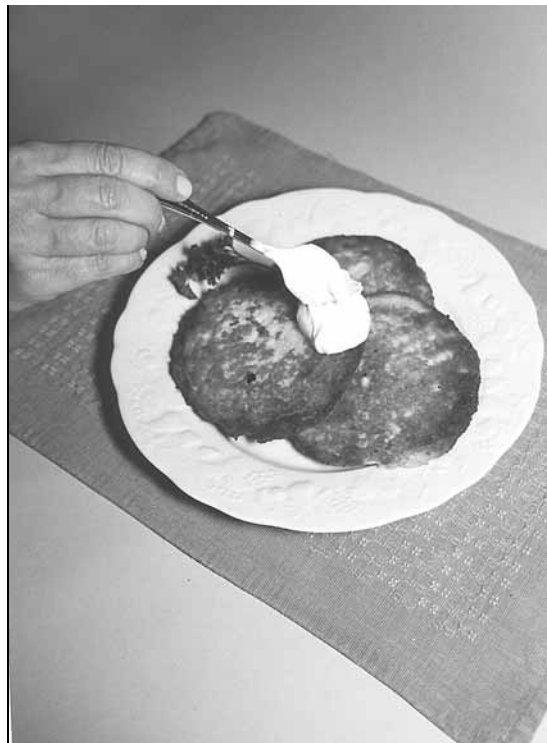
Ingredients

- 1 small onion, grated
- 3 potatoes, grated
- 3 Tablespoon flour
- 2 eggs, beaten
- ¼ teaspoon salt
- Pepper, to taste
- ½ to 1 cup vegetable oil for frying

Procedure

1. Combine the potato and onion in a large mixing bowl.
2. Stir in the flour, eggs, salt, and pepper.
3. Heat about ⅓ cup oil in a large skillet over medium to high heat until very hot.
4. Drop heaping tablespoons of the mixture into the oil and flatten with the back of the spoon.
5. Fry, flipping once or twice, until crisp and brown on both sides.
6. Drain on paper towels.

Serves 4.



EPD Photos

Oversized potato latkes, topped with a dollop of sour cream, make a filling brunch, lunch, or light supper dish.



Charoset

Charoset is a traditional Passover food that has a symbolic role in the ceremonial Seder meal.

Ingredients

- 2 red apples, unpeeled, cored, and finely chopped
- 1 cup finely chopped walnuts
- 2 Tablespoons honey
- 1 teaspoon ground cinnamon
- ¼ cup sweet Passover wine or water

Procedure

1. Combine all the ingredients, using only as much wine or water as needed to hold the mixture together.
2. Serve in a bowl or roll into 1-inch balls and arrange on a serving plate.

Serves 4.

*Apple and Carrot Tsimmes***Ingredients**

- 6 carrots, peeled and sliced
- 1 cup hot water
- 3 tart apples (such as Granny Smith) peeled, cored, and cut into wedges
- ½ cup raisins
- ¼ cup brown sugar or honey
- Salt and pepper to taste
- 1 cup orange juice
- 2 Tablespoons potato starch
- 1 to 2 Tablespoons margarine

Procedure

1. Preheat oven to 350°F.
2. Place the carrots in a saucepan, add the water, and cook, covered, until tender, about 10 minutes.
3. Add the apple wedges during the last 5 minutes of cooking time.
4. Drain and pour the mixture into a lightly greased 2 ½-quart casserole dish.
5. Add the raisins, brown sugar, salt, and pepper.
6. In a small bowl mix the orange juice and potato starch until smooth.
7. Pour over the carrot-apple mixture in the casserole dish. Place small pieces of margarine on top.

8. Bake for 30 minutes or until the top is golden brown.

Serves about 6.

*Matzo Balls*

Matzo balls can be kept 2 days in their cooking liquid in a covered container in the refrigerator; reheat gently in cooking liquid or soup.

Ingredients

- 2 large eggs
- 2 Tablespoons vegetable oil
- ½ cup matzo meal
- ½ teaspoon salt (for boiling water)
- ½ teaspoon baking powder
- 1 to 2 Tablespoons water or chicken soup

Procedure

1. In a medium bowl, lightly beat the eggs with oil.
2. Add the matzo meal, salt, and baking powder and stir until smooth.
3. Stir in water. Let mixture stand for 20 minutes so that matzo meal absorbs liquid.
4. Once matzo ball mixture is done, bring 2 quarts of salted water to a boil.
5. With wet hands, roll about 1 teaspoon of matzo ball mixture between your palms into a ball; mixture will be very soft.
6. Set balls on a plate.
7. With a rubber spatula, carefully slide balls into boiling water.
8. Cover and simmer over low heat for about 30 minutes, or until firm.
9. Cover and keep warm until ready to serve.

Serves 2 to 4.



EPD Photos

Matzo ball soup from a delicatessen, where the matzo balls are the size of tennis balls. Most home cooks prepare matzo balls that are smaller than this one, and serve two in each bowl of piping hot chicken broth.



Matzo Brie

Ingredients

1 Passover *matzo* (can be found in most supermarkets)

1 egg, beaten

Butter

Salt, to taste

Procedure

1. Break the matzo into medium-sized pieces.

2. Put them in a small bowl, cover with boiling water, and let them soak until soft.
3. Add the pieces of matzo to the beaten egg, stirring once or twice to coat. Season with salt.
4. Melt a pat of butter in a small or medium skillet and pour in the egg mixture.
5. Cook both sides over medium heat until the bottom is golden brown (lift and check periodically).
6. Another pat of butter can be placed underneath the matzo brie.
7. Turn off the heat when the bottom starts to brown.
8. Serve with jam, syrup, or a topping of your choice.

5 MEALTIME CUSTOMS

Most Jewish Americans observe the same mealtime customs as other Americans in the regions where they live. They generally eat three meals a day, and dinner is usually the main meal. The most special night of the week for observant (religious) Jews is Friday, when the Sabbath is welcomed. In many Jewish households, two candles are placed on the dinner table and lit at sundown as a special prayer is said. A glass of wine and a loaf of *challah* (a special type of bread) are also placed on the table and blessed. A traditional Friday dinner often consists of chicken soup, an appetizer, a chicken or beef main dish, a variety of vegetables, coffee or tea, and dessert.

In Orthodox households, family members pray before and after meals. No cooking is done on the Sabbath (Saturday). Foods eaten on Saturday must be prepared the day before. At festive gatherings, such as weddings, Orthodox men and women are seated at separate tables.



New York Cheesecake

Ingredients for crust

- 1¼ cups graham cracker crumbs
- 1 Tablespoon sugar (optional)
- ¼ cup (½ stick) unsalted butter or margarine, melted

Ingredients for filling

- 2 cups (1 pint) sour cream
- 1 cup plus 1 Tablespoon sugar
- 2½ teaspoons vanilla extract
- 3 packages (24 ounces) cream cheese, at room temperature
- 4 eggs

Procedure

1. Preheat the oven to 350°F.
2. To make the crust, in a large bowl, thoroughly blend the crumbs, sugar (if using), and melted butter.
3. Spoon the mixture evenly into a 9-inch springform pan until halfway up the sides and press down firmly.
4. Refrigerate for at least 15 minutes and then bake until set, 10 minutes. Set aside to cool completely.
5. To make the filling, beat the sour cream and 1 Tablespoon of the sugar in a bowl.
6. Add 1 teaspoon of the vanilla extract and beat until well blended. Set aside.
7. In another bowl, beat the cream cheese with the remaining 1 cup sugar until light and fluffy.
8. Add the eggs, one at a time, mixing well.
9. Beat in the remaining vanilla extract.
10. Pour filling into the prepared crust.
11. Bake until the center is set and the top is golden brown, about 50 minutes. Remove from the oven.

12. Spread the prepared sour cream mixture on top and return to the oven for 5 minutes to become firm.
13. Let cool, cover, and refrigerate for 24 hours.
14. Serve chilled or at room temperature.

Serves 10 to 15.



Herring Dip

Ingredients

- 1 large jar herring cut up
- 1 green pepper, diced
- 1 bunch green onions, sliced
- 2 cups sour cream
- ½ cup mayonnaise
- 1 Tablespoon lemon juice
- 1 Tablespoon sugar

Procedure

1. Remove herring from jar and chop coarsely.
2. Combine all ingredients together in a mixing bowl, adding herring last.
3. Serve with bread, crackers, bread sticks, or cut-up raw vegetables.

Serves about 12.

6 POLITICS, ECONOMICS, AND NUTRITION

Jewish Americans, like Americans of every cultural and ethnic background, have become increasingly concerned about developing healthier lifestyles. Many Jewish Americans seek out ways to lower the fat and cholesterol in their diets.

For Jewish Americans who observe the Kashrut, eating in restaurants and while traveling may require advance planning.

Airlines offer kosher meals, although they must be ordered in advance. Likewise, many hotels will prepare kosher meals for guests who request them.

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United States Latino Americans

Recipes

Salsa Cruda	116
Cuban Beans and Rice.....	117
Fried Plantains.....	117
Guacamole.....	117
Mexican Fried Ice Cream.....	119
Puerto Rican Christmas Salad	120
Gazpacho.....	120
Cuban Avocado and Pineapple Salad	121
Chili Corn Bread.....	121
Tropical Fruit Salad.....	121



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Although Latino Americans, also known as Hispanic Americans, live throughout the United States, the states with the largest populations are California, Arizona, New Mexico, Florida, and New York. Latinos may be of any race, and may trace their family history to any of the countries where Spanish is the principal language (except Spain), particularly those in Latin America. The masculine form of the word is Latino, and the feminine form is Latina.

2 HISTORY AND FOOD

Mexican Americans have lived in the United States for most of the country's history. However, other Spanish-speaking immigrants did not begin arriving in large numbers until after World War II (1939–1945). Many Puerto Ricans arrived in the 1950s. Cubans, Dominicans, Colombians,

and Costa Ricans immigrated in the 1960s. And, people from still other Latin American countries followed in succeeding years. As of 2001, the three largest Latino ethnic groups were Mexican American, Puerto Rican, and Cuban American.

Like most immigrant groups, Latino Americans have remained loyal to the food traditions of their homelands. Many shop in small ethnic markets called *bodegas* that carry specialty foods used in Latin cooking. When they cook, they follow recipes handed down to them by their parents and grandparents. Specialty food companies have thrived by supplying Latinos with traditional cooking ingredients. The most famous of these is Goya Foods, whose products can be found in grocery stores throughout the country.

The third and fourth generations of Latino families have begun to transform their cooking traditions. They vary their recipes with new ingredients and include dishes

UNITED STATES: LATINO AMERICANS



The states with the largest populations of Latino Americans are California, Arizona, New Mexico, Florida, and New York.

from other ethnic groups in their meals. In turn, Latin American cooking has become increasingly popular among non-Latinos.

3 FOODS OF THE LATINO AMERICANS

Although Latino Americans belong to a number of different cultures, their cooking styles have certain things in common. Meat, usually pork or beef, is central to the Latino diet. It is often eaten with the spicy sauces (salsas) for which Latinos are famous. The main ingredient in salsa, as well as many other Latin dishes, is hot chili peppers. Latinos cook with fresh, dried, and ground chilies. There are many different kinds of chilies, including Habanero, Jalapeno, Malagueta, and Poblano.

Corn, beans, rice, and root vegetables are staples of the Latino diet. Some of the root vegetables commonly used in Latino cooking are sweet potatoes, yams, yucca, jicama, Jerusalem artichokes, and taro. Also popular is a pear-shaped squash called chayote. It goes by several other names, including tayote, chuchu, and xuxu. Latinos are able to enjoy many fruits native to their homelands, which are either imported or cultivated in the United States. These include plantains, guavas, mangoes, papayas, passion fruit, and prickly pears.

Turnovers are very popular in Latino cooking. These are dishes that consist of a variety of dough and filling. Two popular types of turnovers are tamales and empanadas. Nacatamales, chuchitos, humitas, and bolos are just a few of the many types of tamales eaten by Latinos in the United States.

Most Latino desserts (like flan, a type of custard) are made from dairy products. Most traditional Latino drinks contain two of the following three ingredients: milk, rum, and fruit.



Salsa Cruda

Ingredients

- 1 small onion or 6 green onions, chopped
- 2 large, ripe tomatoes
- 2 Tablespoons lime juice
- Salt, to taste
- 2 serrano chilies (or other hot chilies)
- Optional: a few coriander (cilantro) leaves, chopped

Procedure

1. Wearing rubber gloves for protection, chop the chilies. (Hot chilies may cause a burning sensation if they come in contact with your skin.)
2. Place the onion and chilies into a bowl.
3. Add the lime juice and a pinch of salt, tomatoes, and coriander, if using, and mix well.
4. Let the salsa set for 5 minutes to allow flavors to blend.
5. Serve with nacho chips, tacos, or grilled meat.

*Cuban Beans and Rice***Ingredients**

- 1 Tablespoon olive oil
- 1 cup onion, chopped
- 1 green bell pepper, chopped
- 2 cloves garlic, finely chopped
- 1 teaspoon salt
- 4 Tablespoons tomato paste
- 1 15-ounce can kidney or black beans (drain but save liquid)
- 1 cup uncooked white rice

Procedure

1. Heat oil in a large saucepan over medium heat.
2. Sauté onion, bell pepper, and garlic.
3. When the pieces of onion become clear, add salt and tomato paste.
4. Reduce heat to low and cook 2 minutes.
5. Stir in the beans and rice.
6. Pour the liquid from the beans into a large measuring cup and add enough water to make 2½ cups of liquid.
7. Add to the beans.

8. Cover and cook on low for 45 to 50 minutes, or until liquid is absorbed and rice is cooked.

Serves 4.

*Fried Plantains*

Plantains are a large, thick-skinned variety of banana available in specialty stores.

Ingredients

- 3 plantains, peeled and sliced into 1½-inch pieces
- 7 garlic cloves, crushed
- 1 Tablespoon salt
- 1 cup water
- 2 cups vegetable oil

Procedure

1. Heat the vegetable oil in frying pan and cook plantains over low heat.
2. Mix the garlic with water in a bowl.
3. When the pieces of plantain are soft, mash each one between two sheets of waxed paper. Then soak them in the water and garlic.
4. Re-fry the pieces of plantain in hot vegetable oil until they are golden brown.

*Guacamole***Ingredients**

- 1 ripe avocado, peeled, pitted, and mashed
- 3 to 5 teaspoons of fresh salsa (see recipe above), or bottled salsa
- 1 teaspoon lemon juice
- ½ teaspoon minced garlic (or garlic powder)
- ¼ teaspoon salt
- 1 ripe tomato, diced



EPD Photos

To prepare an avocado for use in guacamole, first cut all the way around it carefully, so that the two halves can be gently twisted apart.

Procedure

1. Add all of the ingredients except the tomato into a bowl.
2. Use a fork to mash the avocado and the other ingredients together.
3. After dicing the tomato, stir the small pieces into the bowl with a spoon.
4. Cover the bowl with plastic wrap and put it in the refrigerator for 1 hour.
5. Serve as a dip with tortilla chips, as a sauce on top of tacos or burritos, or as topping on a baked potato.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The vast majority of Latinos are Roman Catholic and celebrate the holidays of the Christian calendar.

Making *tamales* and *pasteles* together is a popular family tradition around the Christmas holidays. Both consist of dough wrapped around meat or some other filling. The *tamale* dough is placed inside an empty cornhusk. The *pastele* dough is placed inside a wrapper made from banana leaves. Another Christmas favorite is *menudo*, a spicy stew made with hot chilies and a cow's stomach (called tripe).

A special Latino New Year's Eve tradition is to eat twelve grapes or raisins at midnight. They stand for the twelve months of the new year. Adults often welcome the new year with a drink that contains rum and tropical fruit. It is poured into a punch bowl, and a whole pineapple is put in the bowl. It is said that the people who drink this beverage will enjoy friendship throughout the coming year. On New Year's Eve, Latinos of Colombian descent enjoy a dessert called *bunuelos*. These are balls of dough made from flour, sugar, eggs, and butter and deep fried.

On Good Friday, three days before Easter, a soup called *potaje do vigile* is served in many Latino homes. It is made with garbanzo beans, fish, and spinach. It also contains egg yolks, garlic, almonds, and seasoning.



Mexican Fried Ice Cream

Ingredients

- ½ cup vegetable oil
- 2 flour tortillas
- ½ teaspoon cinnamon
- 2 Tablespoons sugar
- ¼ cup cornflake crumbs
- 2 large scoops vanilla ice cream
- Whipped cream in a can
- 2 maraschino cherries with stems
- Optional toppings: honey, chocolate syrup, strawberries

Procedure

1. Fry each tortilla, one at a time, in hot oil over medium to high heat until crispy.
2. This should take about one minute on each side.
3. Combine the cinnamon and sugar in a small bowl.
4. Sprinkle half of the cinnamon mixture over both sides of the fried tortillas, coating evenly. (Not all of the sugar mixture will stick to the tortillas.)
5. Combine the other half of the cinnamon mixture with the corn flake crumbs in another small bowl.
6. Pour the corn flake mixture into a wide shallow bowl or plate.
7. Place a large scoop of ice cream in the corn flake crumbs and roll the ice cream around until the entire surface is evenly and completely coated with corn flake crumbs. (You should not be able to see any ice cream.)
8. Place the ice cream scoop on the center of the cinnamon/sugar-coated tortilla.
9. Spray whipped cream around the base of the ice cream.
10. Spray an additional pile of whipped cream on top of the ice cream.
11. Put a cherry in the top pile of whipped cream.
12. Repeat for the remaining scoop of ice cream.

Serves 2.



EPD Photos

Using two forks, gently roll the scoop of ice cream around in the corn flake crumbs until the entire surface is covered with a crunch coating.



Puerto Rican Christmas Salad

Ingredients

- 3 pounds potatoes
- ½ pound string beans
- 4 hard boiled eggs, sliced
- 2 apples
- 1 large onion, chopped
- 1 pound boneless chicken breast
- 3 garlic cloves, crushed
- 5 stuffed olives
- 1 can (8 ounces) red peppers
- 1 teaspoon salt
- ½ teaspoon ground pepper
- 1 jar (8 ounce) mayonnaise
- ½ cup olive oil

Procedure

1. Preheat oven to 350°F.
2. Place chicken on flat roasting pan and bake for one hour or until done.
3. Boil potatoes and cut into small pieces.
4. When the chicken is cooked, cut into small pieces.
5. Mix all the ingredients except olives and peppers and season to taste.
6. Garnish with red peppers and olives.

Optional: Form flowers with the peppers as petals and olive in the middle. Serves 12.

5 MEALTIME CUSTOMS

Most Latinos eat three meals a day. The main meal is eaten at dinnertime. Eating together with the family is important to Latinos. Many families pray together before meals.

Busy schedules sometimes keep families from eating together during the week. On Sundays, they can still gather to cook together and share food, prayer, and the latest news. Many Latino children have Sunday dinner with their aunts, uncles, grandparents, and cousins.

In the past, most Latinos ate large, home-cooked meals every day. Foods were made from traditional recipes that were hard to prepare and were time consuming. As more women have entered the work force, there is less time to cook some of these traditional foods. Also, Latinos, like other Americans, eat out more than they used to. Some even gather in restaurants for the big family dinner on Sunday.

Each Latino ethnic group has its own food customs and traditions. Cubans consider many foods symbolic. For example, sweet foods symbolize happiness. Fruits are often the main part of a Cuban meal. Puerto Ricans are known for their love of fancy meals. Many Puerto Ricans still serve a wide variety of dishes at two of their meals every day.



Gazpacho

Ingredients

- 3 large onions, chopped
- 3 large peppers, chopped
- 3 garlic cloves
- 1 sprig parsley
- 2 cucumbers, peeled and chopped
- 2 cups water
- 1 lemon, peeled
- 1 teaspoon salt

- 1 teaspoon pepper
- 3 red peppers, chopped
- 3 large tomatoes, chopped
- 1 cup tomato juice

Procedure

1. Mix all the ingredients in a blender or food processor and season to taste.
2. If desired, add 1 Tablespoon of wine vinegar and 1 teaspoon of olive oil.
3. Ladle soup into individual bowls and serve chilled.

Serves 4.

*Cuban Avocado and Pineapple Salad***Ingredients**

- Iceberg lettuce head, shredded
- 2 cups pineapple chunks
- 1 large avocado, peeled and sliced
- 1 small onion, sliced thin
- Olive oil, enough to lightly coat mixture
- Red wine or cider vinegar, to taste
- Salt and pepper, to taste

Procedure

1. Toss ingredients in a bowl and serve.
- Serves 4 to 6.

*Chili Corn Bread***Ingredients**

- 1 box corn bread mix
- 1 or 2 ripe red tomatoes
- 2 to 3 teaspoons hot chili powder

Procedure

1. Prepare the corn bread mix according to the instructions on the box (do not add sugar).
2. Cut the tomatoes into small pieces and drain the excess juice and seeds.
3. Add them to the corn bread mixture along with the hot chili powder and mix well.
4. Bake the corn bread in a lightly greased bread pan according to instructions on the mix package.

Serves 6.

*Tropical Fruit Salad***Ingredients**

- 2 pounds bananas
- 1 can pineapple rings, cut into small pieces
- 1 cup raisins
- 3 large oranges
- 2 mangos cut into pieces

Procedure

1. Cut the bananas into slices about 1/3-inch thick.
2. Mix all the ingredients and serve in individual bowls.

6 POLITICS, ECONOMICS, AND NUTRITION

The Bureau of Census reports that the Hispanic population in the United States is the fastest-growing minority population, and projects that it will be the largest minority population by 2010.

A number of health concerns face the Latino population. For recent immigrants, language barriers and unfamiliarity with health care resources (or lack of health insurance) may prevent them from seeking preventive health care.

Mexican Americans and Puerto Ricans are two- to three-times more likely to develop diabetes than non-Hispanic whites. Risk factors such as family history of diabetes, obesity, and physical inactivity all increase a person's chances of developing diabetes.

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United States Midwest Region

Recipes

Bread Pudding	124
Midwestern Chili	125
Deviled Eggs	126
Corn on the Cob	127
Green Bean Casserole	127
Reuben Sandwich	128
Caramel Corn	128
Cornhusker's Casserole	129
Midwestern Pork Chop Dinner	130



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The Midwest region of the United States consists of the states in the center of the country, east of the Rocky Mountains. States considered part of the Midwest are North and South Dakota, Nebraska, Kansas, Minnesota, Wisconsin, Iowa, Missouri, and Illinois. The combined population of these states is over 28 million. (Sometimes the states just east of these—Indiana, Ohio, and Michigan, are also included when describing the Midwest.) The area is known for its plains, which are long stretches of grasslands. Historically, many tornados have touched down in the region, due to the flatness of the land and the area's climate. In Kansas, tornados are considered to be a fact of life. Dodge City, Kansas, is said to be the windiest city in the United States, with an average wind speed of 14 miles per hour. However, the Midwestern states are not solely made up of flatlands. Many states

have natural and artificial lakes and streams. In fact, Minnesota has over 10,000 lakes.

Midwestern climate is highly changeable, according to season and state. The winters are generally snowy and cold, averaging around 10°F. Springs are mild, with temperatures around 70°F. Summers are hot, averaging around 80°F, and fall temperatures taper down to around 40°F to 50°F.

The climate and terrain of the Midwest are perfect for cultivating crops. The Midwest is commonly called the “breadbasket of America.” Kansas is known as the Wheat State, Iowa's most famous crop is corn, and Nebraska is known as the Cornhusker State.

2 HISTORY AND FOOD

The Midwest region of the United States has many cultural influences in its cooking. Over the decades, people including Germans, British, Italian, Hungarians, and Scandinavians immigrated to the Midwest-

Many Midwestern foods are based on the season. In summer months (around May to August), picnic foods such as deviled eggs (Indiana is a leading state in egg production), potato and pasta salads, and fresh fruits are enjoyed. Winters once forced cooks to find methods such as smoking, pickling, and canning, to preserve food. Meatloaf (made with ground beef and breadcrumbs), chicken and noodles, and chili (a thick beef and bean stew) are hearty foods to keep people warm and full during the harsh winter weather.



Midwestern Chili

Ingredients

- 4 medium onions, chopped
- 3 garlic cloves, crushed
- ¼ cup vegetable or olive oil
- 1 teaspoon oregano
- 2 bay leaves, crumbled
- 2 pounds ground beef
- ¼ cup chili powder (4 Tablespoons)
- 1 can (28-ounce) chopped tomatoes, do not drain
- 2 cans (20 ounces each) red kidney beans (do not drain)
- 2 teaspoons salt
- 3 Tablespoons apple cider vinegar
- Crushed red pepper flakes, to taste

Procedure

1. In a large pot, heat the oil over medium heat.
2. Add chopped onions and garlic. Sauté onions and garlic until golden, about 10 minutes.

3. Add oregano, bay leaves, and beef, and cook until beef is no longer pink.
4. Add 2 Tablespoons of the chili powder, tomatoes, and kidney beans.
5. Reduce heat to low and simmer, stirring occasionally, about 1 hour.
6. Add remaining chili powder and salt, vinegar, and red pepper flakes.
7. Simmer for an additional 15 minutes. Serve hot.

Makes 10 to 12 servings.

The city of Cincinnati, Ohio, located in the southern part of the state, and bordering the Ohio River, is famous for its unique chili, which may include such ingredients as allspice, cinnamon, or cloves, and sometimes even chocolate. Cincinnati-style chili is usually served as a topping over a bowl of spaghetti.

A typical Midwestern meal is considered “all-American.” It might be roast beef, grilled steak, hamburgers, or meat loaf accompanied by potatoes (mashed or baked), green beans, corn on the cob, and apple pie for dessert. Kansas City, Missouri, is a leading producer of beef cattle and famous for its steaks. Other Midwestern favorites are chicken potpie (a creamy stew of chicken and vegetables baked in a pastry crust), potato salad, wild rice soup, and corn relish. Corn relish is made from fresh yellow corn, vinegar, and sugar, and is flavored with red peppers, onion, and celery. It is usually served with grilled or roasted meat.



Cory Langley

Candied apples—apples on sticks dipped into a sugary red or caramel coating—are a favorite fall treat, and are a common sight at county fairs and fall festivals across the Midwest.



Deviled Eggs

Ingredients

- 6 hard boiled eggs
- 2 Tablespoons mayonnaise
- ½ teaspoon dry mustard
- Paprika

Procedure

1. Fill a large saucepan about half full with water. Add eggs.
 2. Bring the water to a boil. Lower heat and simmer eggs for 15 minutes.
 3. Drain eggs. Run cold water into the pan to cool the eggs. Drain and allow eggs to cool completely.
 4. Carefully peel the eggs and cut in half, lengthwise.
 5. Remove the egg yolks and mash them together in a small mixing bowl.
 6. Stir in mayonnaise and dry mustard.
 7. Spoon yolk mixture into the halved eggs and sprinkle with the paprika.
 8. Refrigerate until ready to serve.
- Serves 8 to 12.



Corn on the Cob

Ingredients

6 ears of corn
Salt and pepper, to taste
Butter or margarine

Procedure

1. Remove the husk from the corn.
2. Fill a large pot about half full of water.
3. Bring to a boil and add the corn.
4. Boil over high heat until corn is cooked, about 15 minutes.
5. Remove from the water and rub butter or margarine over the corn.
6. Season with salt and pepper, if desired.

Serves 6.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Christian religions dominate in the Midwest, with Christmas and Easter being the main holidays. These holidays are celebrated in generally the same way as the rest of the United States; it is a time for families to get together and visit and eat. Roasted ham or turkey is a common main course. A variety of vegetables may be served, such as potatoes, carrots, green beans, or corn. Depending on family traditions, gifts are exchanged Christmas Eve or Christmas day. Children may hunt for colored Easter eggs on Easter, go to church, and eat candy from baskets given to them by the Easter Bunny.

There are many non-religious holidays and festivals celebrated in the Midwest. Thanksgiving Day, a national holiday, commemorates the feast held between the Pilgrims and Wampanoag Indians in 1621.

Midwesterners, as most Americans, celebrate Thanksgiving with a menu that typically includes turkey and stuffing, mashed potatoes, cranberries, green bean casserole, rolls, and a variety of pies, such as pumpkin pie. Television sets are usually tuned to Thanksgiving parades in the morning and football in the afternoon.



Green Bean Casserole

Ingredients

$\frac{3}{4}$ cup milk
1 can cream of mushroom soup
2 packages frozen cut green beans, thawed
1 $\frac{1}{3}$ cups french fried onions (canned)

Procedure

1. Preheat oven to 350°F.
2. Combine all ingredients except $\frac{2}{3}$ cup french fried onions in a casserole dish.
3. Bake 30 minutes.
4. Stir, then top with remaining $\frac{2}{3}$ cup french fried onions.

Serves 6.

Food festivals are very popular in the Midwest. In early July, St. Paul (Minnesota's capital) celebrates the Taste of Minnesota Food Festival. Food stands feature roasted corn on the cob, deep-fried walleye, corn dogs, barbeque ribs and chicken, and a variety of soft drinks and beer. The festival lasts for one week and ends each night with fireworks.

The Potato Bowl festival is celebrated in Grand Forks, North Dakota. Its main attraction is free french fries. In 1999, over 3,840 pounds of potatoes were used. Activities for

children included art projects, face painting, a bean bag toss, and making handprints. An estimated 3.6 million people attended the annual week-long Taste of Chicago festival in 2001. Each year, this big event attracts nearly 70 of the area's finest restaurants, as well as well-known musical acts. It is one of Illinois' top tourist attractions. Milwaukee's Summerfest, similar to the Taste of Chicago, offers visitors a variety of the area's best cuisine and musical entertainment.

5 MEALTIME CUSTOMS

Midwestern people, like many other people in the United States, usually eat three meals a day and snacks throughout.

Breakfast may be hearty, with bacon, sausage, eggs, toast or biscuits, grits or oatmeal, and coffee, or a simple doughnut or cinnamon roll with coffee.

Lunch is usually a light meal, with dinner being the main meal of the day. Lunch may be a sandwich (such as a reuben), a salad, or soup. A hamburger and french fries may be a quick lunch picked up at a fast food restaurant. Students may buy lunch at the school cafeteria, or carry a lunch, made at home, in a brown bag. Barbequed pork sandwiches, chicken nuggets, and hamburgers may be on a typical school cafeteria menu, while a sandwich, potato chips, and fruit may be brought from home.

Snacks eaten in the Midwest are similar to the rest of the United States, and may include potato chips, crackers, carmel corn, and candy.



Reuben Sandwich

Ingredients

Cooking spray
12 slices rye bread
¾ cup Russian or Thousand Island dressing
18 slices cooked corned beef
1 cup sauerkraut
12 slices swiss cheese

Procedure

1. Preheat the oven broiler.
2. Spray a broiler pan with the cooking spray.
3. On 6 of the bread slices, place 3 slices of corned beef, a heaping Tablespoon of sauerkraut, and 2 slices of cheese.
4. Place in the pan.
5. Place the other 6 slices in the pan to toast.
6. Place the pan under the broiler.
7. Wait until the cheese is melted and bread slices are lightly toasted, about 2 minutes.
8. Spread the bread slices with the dressing and place on top of the other sandwich half.
9. Cut in half and serve.

Makes 6 sandwiches.



Caramel Corn

Ingredients

8 cups popped corn
1 cup butter (2 sticks)
1 cup brown sugar, packed
½ cup corn syrup
1 teaspoon baking soda

Procedure

1. Preheat oven to 250°F.
2. Place the popped corn in a large roasting pan.
3. Place the butter, brown sugar, corn syrup, and baking soda into a large saucepan. (The baking soda will cause the mixture to foam, so an oversized saucepan is needed.)
4. Heat the butter-sugar (caramel) mixture over medium heat, stirring constantly.
5. Remove saucepan from heat and allow to cool about 5 minutes.
6. Pour caramel mixture over popcorn and stir until mixed.
7. Bake for 45 minutes, stirring every 15 minutes.
8. Remove pan from oven and pour onto wax paper.
9. Allow to cool slightly, and break apart.

Serves about 6.

Dinnertime is usually the time when family members gather to eat and talk about their day. Large dinners are traditionally cooked on Sundays. Dinner, or supper, usually consists of meat, such as beef, chicken, or pork chops, a vegetable (or vegetable casserole) such as corn, green beans, or carrots, and a starch, such as potatoes, rice, or noodles. Baked beans may also be eaten.

*Cornhusker's Casserole***Ingredients**

- 1 can (14½ ounces) yellow or white hominy (found in supermarkets), drained and patted dry
- 2 cups canned corn, drained and patted dry
- 1 cup shredded sharp cheddar cheese

4 eggs, beaten

2 cups milk

2 Tablespoons flour

1 clove garlic, minced

Salt and ground red pepper, to taste

Procedure

1. Preheat oven to 350°F.
2. Combine hominy and corn in a greased 2-quart casserole dish. Top with cheese.
3. In a mixing bowl, whisk eggs, milk, flour, and garlic.
4. Season with salt and red pepper.
5. Pour mixture over hominy and corn mixture.
6. Bake 50 to 55 minutes, or until inserted knife comes out clean.
7. Let stand 10 minutes before serving.

Makes 6 to 8 servings.

Dinner is most often eaten at home, but may also be eaten at a “sit-down” restaurant, where diners are waited on, or at a fast food restaurant. The list of fast food restaurants is endless, offering a wide variety of foods. McDonald’s offers its regular fare of sandwiches and fries, along with some regional dishes. In the Midwest, for example, grits are on the breakfast menu. Kansas City, Missouri, is known for its beef cattle and its streets are lined with steak restaurants. Chicago is famous for its deep-dish pizza, which was first made there in 1943. It is baked in a deep dish, so the sides of the crust hold in more cheese and toppings than a thin-crust pizza.



Midwestern Pork Chop Dinner

Ingredients

- 6 pork chops
- 1 teaspoon vegetable oil
- Salt and pepper, to taste
- 4 cups potatoes, peeled and sliced
- 2 cups carrots, sliced
- 2 cups onions, sliced
- 1½ teaspoons salt
- ½ teaspoon marjoram
- 2 cups milk

Procedure

1. Preheat oven to 350°F.
2. Heat oil in a large frying pan over medium to high heat.
3. Add pork chops and brown both sides. Season with salt and pepper.
4. In a large bowl, combine the potatoes, carrots, onion, salt, marjoram and pepper.
5. Mix lightly and place mixture into a 9x13-inch baking dish.
6. Pour milk over potato mixture and top with browned pork chops.
7. Cover baking dish with aluminum foil and bake for 1½ hours, or until pork chops and vegetables are very tender.

Serves 6.

6 POLITICS, ECONOMICS, AND NUTRITION

In general, people of the Midwest receive adequate nutrition. The foods they eat come

from the land and are plentiful. A variety of crops, such as corn, potatoes, and wheat are grown, and cattle and poultry are raised in abundance. These foods supply not only the Midwest, but also the rest of the United States and abroad. These natural resources contribute to the United States being among the world's leading exporters of wheat and corn. For those who cannot afford it, the United States government provides money to pay for school lunches and nutrition programs.

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United States Native Americans

Recipes

Popcorn	132
Succotash (Traditional Corn and Bean Stew)	133
Maple Baked Beans	134
Pumpkin-Corn Sauce.....	135
Buffalo Stew	135
Pumpkin Bread.....	136
Indian Fry-Bread.....	137
Iroquois Strawberry Drink.....	137
Pinole (Cornmeal Drink).....	137
Popped Wild Rice.....	138



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Once the sole inhabitants of North America, Native Americans were forcefully and often brutally relocated by white settlers and U.S. government policies to reservations. As of the early twenty-first century, the states with the largest populations of Native Americans are Oklahoma, California, Arizona, and New Mexico. Sometimes called American Indians, the Native Americans lived in dozens of tribal groups—from Abenaki to Zuni—scattered across North America.

2 HISTORY AND FOOD

Before Europeans settled North America, Native American tribes lived in five major parts of the United States: the Northeast, the South, the Great Plains, the Pacific Coast, and the deserts of the Southwest. Ancient

artifacts show that native peoples fished off the coast of New England as long ago as 3000 B.C. Some Native American tribes were gatherers, eating the fruits and vegetables native to their regions. Other tribes practiced agriculture. They used farming methods that let them grow crops on the same soil for many years. By the time the first white settlers arrived, Native Americans knew how to grow almost 100 different kinds of crops. These were used as medicines and dyes, as well as food.

In addition to gathering and farming, most Native Americans hunted for meat. In the 1500s, the Spanish brought horses to America. Horses helped the Indians of the Great Plains hunt buffalo. Later, however, the arrival of more Europeans made it increasingly difficult for Native Americans to hunt for food. The white settlers cleared many forests where animals had lived. They

UNITED STATES: NATIVE AMERICANS



The states with the largest populations of Native Americans are Oklahoma, California, Arizona, and New Mexico.

also reduced the animal population by hunting, not only for meat but also for sport and to sell furs and feathers. Yet some Native Americans continued hunting buffalo for food as recently as the end of the 1800s.

3 FOODS OF THE NATIVE AMERICANS

Various seafood, especially fish, played an important dietary role in the Northeast and Pacific regions. Meat was the central dietary ingredient for the Indians of the Midwestern plains, where large herds of buffalo roamed. Deer and rabbits were also hunted. Native tribes of the Northeast hunted elk, moose, and bears.

Corn has always been a sacred food for Native Americans. Different tribes have different names for corn, but all of them mean

“life.” Corn was the most important dietary staple. It was served at almost every meal. Ears of corn were boiled or roasted over a fire. Corn was also pounded into flour and then cooked as cereal (mush) or baked in bread. Native Americans were also the first people to cook popcorn. According to legend, an American Indian named Quadequina brought a bowl of popcorn to a Thanksgiving dinner in 1621.

∞
Popcorn

Ingredients

- 2 Tablespoons vegetable oil
- $\frac{2}{3}$ cup white popcorn kernels

Procedure

1. Pour oil into a medium-size pot and heat over medium heat. (The oil is ready when a kernel of popcorn dropped into it pops right away.)
2. Pour in the popcorn and cover the pot tightly.
3. Shake the pan once or twice before the corn starts popping.
4. Keep shaking the pan until the popping sounds stop.
5. Take the pan off the stove and pour the popped corn into a bowl.
6. Add topping or seasoning to taste, then serve.

Makes about 6 cups.



AP Photo/J.D. Pooley

Ears of popcorn are harvested by this farmer. The kernels will be removed from the cob later, and packaged for sale. Native Americans introduced both popcorn and wild rice to European settlers.



Succotash (Traditional Corn and Bean Stew)

Ingredients

1 butternut squash, washed
2 cans of corn
1 package (10-ounce) frozen lima beans
Salt and pepper
Butter

Procedure

1. Scoop out the seeds from the squash and cut into small pieces. Trim the peel away from the pieces and place them into a heavy kettle.

2. Add enough cold water to cover the squash.
3. Bring the mixture to a boil, reduce the heat, cover, and simmer until the squash is tender, about 30 minutes.
4. Add the corn to the squash.
5. Stir in the lima beans and continue simmering until the corn and beans are tender, about 15 minutes.
6. Drain the vegetables. Toss them with salt, pepper, and butter.

Serves 4.

Beans were also an important part of the Native American diet. Fresh or dried, they were cooked in soups and stew, mashed into cakes, and ground into flour. Other popular

Native American foods included squash, pumpkins, sunflower seeds, many types of nuts and wild berries, peanuts (first brought to America by the Spanish), and wild rice. (Wild rice is not really rice—it is a type of grass.) Indians of the Northeast tapped maple trees for sap. The sap was used to make maple syrup and maple candy. Chili peppers were also eaten by Indians in the deserts of the Southwest, where the fruit of cactus plants was used to make syrup and jam.



Maple Baked Beans

Ingredients

- 4 cups water
- 1 pound dried navy or butter beans
- 1 Tablespoon butter
- 1 medium onion, sliced
- 1½ teaspoons salt
- 1 cup maple syrup
- 1 teaspoon dry mustard
- 1 teaspoon ginger

Procedure

1. Preheat oven to 350°F.
2. Add water and beans to a large pot.
3. Bring to a boil over high heat, reduce heat, and simmer uncovered for 2 hours.
4. Drain the beans, reserving 2 cups of the liquid. (Add water to make 2 cups, if necessary.)
5. In a small skillet, melt the butter.
6. Add the onions and sauté until golden, about 7 to 10 minutes.

7. Add the onion, salt, maple syrup, dry mustard, and ginger to the beans, and transfer mixture to a large baking pot.
8. Cover the pot and bake in the middle of the oven for 2 hours.
9. Occasionally check the beans and add more water, if necessary.
10. After 2 hours, uncover the beans and bake an additional 30 to 45 minutes, or until all the liquid is absorbed.
11. Let stand about 10 minutes before serving hot.

Serves 10 to 12.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Native Americans had a number of spiritual customs connected with food. The Comanches used to thank the Creator for their food. They would hold a piece of food toward the sky and then burn it as an offering. Cherokee medicine men offered a special apology to the Corn Spirit after their people cut down the ripened corn stalks. In the Southwest, hunters tried to inhale the last breath of animals they killed so that the spirit of the animals would be kept alive.

Native tribes observed many different food taboos (forbidden foods). The Comanches would not eat fish or poultry. Many Native Americans avoided food that came in pairs because twins were thought to bring bad luck.

Native Americans celebrated the corn harvest with feasts, which might last for days. Large amounts of food and drink were consumed. In many tribes, a special festival was held as soon as the corn began to ripen. It was called the Green Corn Festival. For



Festive Clambake Menu

1 bushel steamed clams
1 dozen lobsters
1 dozen baked potatoes
2 dozen ears sweet corn
Serves 12

the Creek Indians, this festival was so important that it was considered the beginning of the new year. Other tribes celebrated the raspberry harvest or the killing of the first buffalo of the hunting season.

Some native tribes celebrated their bounty with a special festival called a potlatch. The goal of a potlatch was to use up as much of the host's wealth as possible. Guests stayed for days and received lavish gifts. It would be their turn to host a potlatch the next time.



Pumpkin-Corn Sauce

Ingredients

1 can (15-ounce) plain pumpkin, without spices
1 cup frozen or canned corn, drained well
½ teaspoon salt
2 Tablespoons honey

Procedure

1. Preheat oven to 350°F.
2. Grease a baking sheet with a small amount of oil.

3. Put the corn on the greased baking sheet and bake for 20 minutes.
4. Mix the corn, pumpkin, salt, and honey in a medium-size pot.
5. Heat the mixture over medium heat until it starts to bubble.
6. Turn the heat to low and cook for 10 minutes, stirring from time to time.
7. Serve with grilled chicken or pork.

Serves 4.



Buffalo Stew

Ingredients

4 pounds beef roast (rump or eye round)
2 Tablespoons oil
1 large onion, coarsely chopped
1 cup red wine or beef stock
1 pound mushrooms, coarsely chopped
2 Tablespoons flour
1 Tablespoon beef stock
Salt and pepper, to taste

Procedure

1. Cut the meat into bite-size chunks.
2. In a large skillet over medium heat, sauté the meat, turning constantly with a wooden spoon.
3. As the meat begins to brown, add the onion and lower the heat.
4. Season with salt and pepper, and add wine or beef stock.
5. Simmer the meat uncovered in the liquid for 40 to 50 minutes, or until the meat is tender when you stick a fork into it. (There will be about ¼ cup of liquid left.)
6. Remove the meat and onions to a platter with a slotted spoon.

7. Add the mushrooms to the cooking liquids and cook on medium heat. Reduce heat.
8. Coat meat and onions with flour and return to the pan.
9. Cook for 1 to 2 minutes, until flour cooks, then add the beef stock, salt, and pepper. Simmer until thickened slightly.
10. Ladle into bowls. Serve hot.

Serves 8 to 10.



Pumpkin Bread

Ingredients

- 1½ cups sugar
- ½ cup oil
- 1 cup pumpkin filling
- 2 eggs
- ⅓ cup water
- ¾ cup whole wheat flour
- 1¼ cups white flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- ¼ teaspoon baking powder
- ½ cup raisins, dried apples, or dried cranberries
- ½ cup walnuts, chopped
- ½ teaspoon each cinnamon, ground cloves, and nutmeg

Procedure

1. Preheat oven to 300°F.
2. In a large bowl, combine sugar, oil, pumpkin, eggs, and water; mix well.
3. In another bowl, mix whole wheat flour, white flour, baking soda, and salt.
4. Add the dry ingredients to the pumpkin mixture and stir until moistened. Pour batter into greased loaf pan.

5. Bake for 1 hour, or until a knife inserted in the center of the loaf comes out clean.

6. Cool thoroughly before slicing.

Makes 1 loaf.

5 MEALTIME CUSTOMS

Native Americans have always been thrifty cooks. They are known for never wasting any food. In the days when they hunted buffalo, they used almost every part of the animal. Only the buffalo hearts were left behind. This was supposed to help the herd to grow again.

Traditionally, Native Americans ate one-course meals. There were no separate courses such as appetizers or desserts. Corn was an important snack between meals. Cherokee Indians ate two main meals a day. In the morning they had cornmeal mush, or cereal. They also ate it in the evening, with meat and vegetable stew or broiled meat or fish.

Hospitality has always been an important tradition among Native Americans. Guests were always served first at meals. If an Inuit Indian had only one bit of food, he would first offer it to his guest. Native Americans also made sure that the poor people in their community had enough to eat.

Modern Native Americans eat many of the same foods as other Americans. They enjoy everyday foods like hot dogs, hamburgers, potato chips, and ice cream. However, some traditional foods, such as corn, are still important. So are dishes like fry-bread, a popular snack and side dish. Fry-bread is probably the most popular traditional food still eaten by Native Americans.

It is served with meals or eaten as a snack or dessert.



Indian Fry-Bread

Ingredients

- 2 cups flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- Warm water
- ¼ cup vegetable oil

Procedure

1. Combine the flour, baking powder, and salt together in a bowl.
2. Slowly add the warm water while stirring.
3. Continue to add water to make a soft dough.
4. Mix and knead the dough with your hand until it is smooth. Sprinkle with flour if the dough is sticky.
5. Cover the dough with a towel and let it rest for 10 minutes.
6. Break the dough into lemon-size pieces.
7. Roll each piece into a ball and flatten into a pancake.
8. Heat the oil in a heavy frying pan.
9. Add as many pieces of bread as will fit in the pan.
10. Fry the pieces on each side until they are lightly browned.
11. Remove the brown fry-breads and place them on a plate covered with a paper towel.
12. Serve the fry-breads with salt or maple syrup.

Serves 4.



Iroquois Strawberry Drink

Ingredients

- 1 pint ripe strawberries (about 2 cups)
- 4 cups water
- 4 Tablespoons maple sugar (or brown sugar)

Procedure

1. Wash the strawberries and remove the stems and leaves.
2. Cut the berries into small pieces and mash them in a large bowl.
3. Stir in the water and maple sugar. (For a very smooth drink, puree the mixture in a blender.)
4. Chill in the refrigerator or serve at once.

Serves 4.



Pinole (Cornmeal Drink)

Ingredients

- ½ cup yellow cornmeal
- 2 Tablespoons honey
- ½ teaspoon cinnamon
- 1 cup boiling water

Procedure

1. Heat a heavy frying pan on medium heat.
2. When the pan is hot, sprinkle in the cornmeal to dry roast it.
3. Stir until you see the cornmeal starting to turn brown (about 6 to 8 minutes).
4. When it is brown, scrape the cornmeal into a small bowl.
5. Add the honey and cinnamon and mix well.

6. Stir 1 Tablespoon of this mix into 1 cup of boiling water, as the Native Americans did, and let it sit for 10 minutes.

Serves 1.



Popped Wild Rice

Ingredients

- 1 cup wild rice
- 3 cups water
- 1 teaspoon oil
- ½ teaspoon salt

Procedure

1. Rinse the rice well in cold water.
2. Bring the water, oil, and salt to a boil in a heavy saucepan. Stir in the rice.
3. Reduce the heat, cover, and simmer until the rice pops (about 1 hour).
4. Do not lift the cover while the rice is cooking.

Serves 4.

6 POLITICS, ECONOMICS, AND NUTRITION

Native American families are twice as likely to experience “food insecurity” (defined by the U.S. Department of Agriculture as not having access to enough food to meet basic needs) and hunger as other families. Almost one-third of Native Americans live at or below the poverty level. Poverty is the main reason Native Americans experience hunger, malnutrition, and undernutrition. The Bureau of Indian Affairs reports that unemployment and the remote location of most reservations contributes to a high percentage of Native American children (over 40 percent) living in poverty.

The United States Department of Agriculture created the Food Distribution Program on Indian Reservations (FDPIR) in the 1970s to distribute food. However, in the early years of the program, many of the food items distributed (cheese and processed meats) were high in fat. As of the early twenty-first century, the Food Distribution Program has expanded to include lower fat meats, fruit, and vegetables.

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United States Northeast Region

Recipes

Indian Pudding	140
Succotash	141
Johnnycakes	141
Maple Butter	142
Boston Baked Beans	143
Coffee Milkshake	144
New England Clam Chowder	144
New England Boiled Dinner	144
Hot Cranberry Punch	146
Honey-Baked Apples	146



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The Northeastern region of the United States, often referred to as “New England,” consists of Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont. Most of these states border the Atlantic Ocean on their eastern coasts. The combined population of these states is more than 14 million people.

Besides the Atlantic Ocean waters, states such as New Hampshire and Maine have thousands of lakes and ponds, which are protected by the Executive Office of Environmental Affairs.

2 HISTORY OF FOOD

Long before the British first established permanent settlements in what was to be called New England, the Native American tribes of

North America had already occupied the land for hundreds of years. In fact, much of what the European settlers learned about harvesting crops and surviving in a new land was adapted from the Native Americans. Crops such as beans and squash are native to the Indians and are still evident in modern-day New England dishes, such as baked beans and succotash (a corn and bean dish). Maize (“Indian corn”) was first domesticated in Mexico, but was introduced to the Native Americans nearly 400 years before the arrival of the first settlers.

When the first settlers, the Pilgrims, arrived off of Cape Cod, Massachusetts (which was named for its abundance of cod fish), in the 1620s, they brought from England such foods as meat and vegetables. Local tribes were kind to the Pilgrims and helped them plant seeds for harvesting

UNITED STATES: NORTHEAST REGION



crops such as cranberries, corn, and tomatoes, taught them how to catch lobsters and clams, and taught them how to raise turkeys (called “turkie-birds” by the settlers). The Pilgrims were also introduced to such native dishes as Indian pudding, Boston brown bread, New England Clam Chowder, and maple syrup. In return, the Europeans introduced many foods to the Indians, including almonds, apples, apricots, garlic, lemons and limes, peaches, rice, sugarcane, wheat, cattle (beef, cheese, and milk), and pigs (pork, ham, and bacon).

During the 1600s, most colonists ate from carved round or square wooden bowls known as trenchers. Within 100 years, bowls and plates made of pewter replaced trenchers. Early colonists ate with knives and spoons, with the fork first introduced in 1633. Linen napkins were often kept in high supply due to frequent messes when having to eat with fingers. The iron kettle pot was

one of the most important cooking utensils in the colonial kitchen, allowing several items to be cooked at the same time. Baking was also important. A sheet of tin was initially used to reflect the sun’s heat onto foods to heat them. However, Dutch ovens (portable metal covered cooking pots) set over an open fire and permanent brick ovens were used later. Most of what people ate was prepared at home (although shops carried baked goods and imported items). “Eating out” was not common, as most taverns were used mostly to socialize and drink.

By the 1800s, Irish families, Acadians from French Canada, Scandinavians, Central European Jews, Eastern and Western Europeans, and those from the Middle Eastern nations began immigrating to New England. With the introduction of new immigrant groups came new traditions, tastes, and foods. Immigrants from Southeast Asia, Latin America, and the Caribbean soon followed, making the New England diet a melting pot of international cuisines.



Indian Pudding

Ingredients

- 3 cups milk
- 1/3 cup molasses
- 1/3 cup yellow cornmeal
- 1 egg, beaten
- 1/4 cup sugar
- 2 teaspoons butter
- 1/2 teaspoon ginger
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt



*Typical Colonial New England
Meal*

Dried, salted codfish
Bacon
Cabbage and turnips
Brown biscuits with butter
Apples
White crackers
Indian pudding
Beer

Procedure

1. Preheat oven to 300°F.
2. In a deep skillet, combine the milk and molasses.
3. Using a wooden spoon, blend in the cornmeal.
4. Cook this mixture over medium heat for about 10 minutes, stirring frequently. It will gradually become thick and hard to stir.
5. Remove from heat and let the mixture cool slightly.
6. In a mixing bowl, combine the egg, sugar, butter, spices, and salt.
7. Add the hot cornmeal mixture a few spoonfuls at a time, stirring until smooth.
8. Pour into a 2-quart casserole dish and bake uncovered for about 1½ hours. Indian pudding is great served hot with ice cream or whipped cream.

Serves 6.



Succotash

Ingredients

2 cups lima beans, fresh or frozen
2½ cups yellow corn kernels
3 Tablespoons butter
1 teaspoon sugar
¾ teaspoon salt
¼ teaspoon pepper (optional)
¾ cup heavy cream

Procedure

1. Cook the beans by covering with boiling, salted water in a saucepan for 7 to 8 minutes. They should be tender but still firm.
2. Add the corn and cook for 5 more minutes.
3. Drain the corn and beans and set aside.
4. Melt the butter in a heavy skillet over medium heat.
5. Add the drained corn and beans and stir to coat.
6. Add the remaining ingredients and stir until they are well blended. Succotash goes well with sliced tomatoes, biscuits, and baked apples sweetened with maple syrup.

Serves 4 to 6.



Johnnycakes

These used to be called “journey cakes” in colonial days because they were made to take on long journeys.

Ingredients

7 Tablespoons cornmeal
1 Tablespoon sugar
½ teaspoon salt
½ cup milk

Procedure

1. Place the cornmeal, sugar, and salt in a bowl and pour boiling water over them to scald the cornmeal.
2. Beat the mixture to a smooth consistency, then beat in the milk.
3. Grease a heated griddle, drop the batter by spoonfuls on the griddle, and fry until golden brown on each side. For thinner johnnycakes, flatten each cake with a spatula.
4. Serve warm with maple syrup.

Serves 4 to 6.

*Maple Butter***Ingredients**

1 cup maple syrup

½ stick butter, softened

Procedure

1. In a mixing bowl, thoroughly combine the maple syrup with the butter until well blended.
2. Place in a container and store in the refrigerator until ready to serve.
3. Serve on toast or crackers.

3 FOODS OF THE NORTHEAST

When most people picture the foods eaten in the New England states, the simple and hearty foods eaten by early colonists probably come to mind. Many of the same foods of hundreds of years ago continue to be grown and produced, including cranberries in Massachusetts and Rhode Island, dairy and sheep farming (especially in Vermont), and maple syrup throughout forested areas.



AP Photo/Josh Reynolds

An employee at Woodman's restaurant in Essex, Massachusetts, scoops fried clams into a box. Woodman's is believed to be the first place to serve fried clams. People in the Northeast enjoy clams in many forms—steamed, fried, and in chowders.

However, 200 years of immigrants migrating to the region have introduced a variety of international foods into New England's cuisine. In the countryside of Maine, New Hampshire, and Vermont, Scottish and Welsh settlers' descendents continue to bake scones (biscuit-like pastries) and oatmeal bread and grow a variety of

vegetables. French Canadians introduced split pea soup and pork pies to the region, and Germans in central Massachusetts and Maine still make sauerkraut and a variety of sausages.

Each state in New England has its own unique foods that it contributes to the cuisine of the region as a whole. Connecticut adds milk, eggs, apples, pears, mushrooms, and beef. Its long coastline gives the state a successful fishing industry that includes clams, oysters, scallops, and a variety of fish. The world's first lollipop was made in the city of New Haven in 1908. Maine is the country's leading producer of blueberries and lobster (over 90 percent of U.S. lobsters are from Maine's waters). More potatoes are grown in Aroostock County in Maine than in any other county in the country.

Cranberries require an abundance of water to grow, and the "Bay State" of Massachusetts has plenty (it is the country's leading producer of the fruit). In addition, the first commercial yogurt was produced in the northeast city of Andover, and baked beans are Boston's renowned dish. New Hampshire is dotted with dairy cows that produce large amounts of milk. Potatoes, apples, and the production of maple syrup are also popular. Seafood, poultry, eggs, and milk are most common in Rhode Island. Clams are its specialty, as demonstrated by its famous clambakes each year. Vermont's maple syrup production (the largest of any state) is nationally recognized. Dairy products and apples are also produced on the state's abundance of farms. The popular Ben & Jerry's ice cream was first made in the city of Burlington.

As a whole, New Englanders are best known for the wide variety of seafood the North Atlantic Ocean has to offer. New England Clam Chowder and Maine lobster are two popular seafood dishes. Seasonal fruits such as apples, pumpkins, and a variety of berries are often included in meals, particularly as ingredients in fruit pies (which may be served for dessert along with puddings and milkshakes called frappes). The boiled dinner, a one-dish meal of boiled beef, cabbage, carrots, and potatoes, is a New England original. After a large meal, tea (an influence from the British), coffee, or a New England wine or beer may be served.



Boston Baked Beans

Ingredients

- 1 onion, peeled, halved, and cut into small pieces
- 2 cans (16-ounce each) navy beans
- 1 can (15-ounce) pinto beans
- 1/3 cup ketchup
- 3 Tablespoons brown sugar
- 2 Tablespoons molasses
- 1 Tablespoon spicy brown mustard

Procedure

1. Preheat oven to 400°F.
2. Spray a sauté pan with cooking spray and heat over medium heat.
3. Add the onion pieces and sauté until soft, about 5 minutes.
4. Open the 3 cans of beans and empty them into a sieve in the sink, rinsing them under cold, running water.

5. In a 2-quart casserole dish, stir together the onions, beans, ketchup, brown sugar, molasses, and mustard.
6. Cover and bake for 30 minutes until the mixture is bubbly.

Makes 6 servings.



Coffee Milkshake

Ingredients

- 1 cup brewed or instant coffee, cooled
- 1 cup 2 percent milk
- 1 Tablespoon light vanilla syrup
- 3 scoops coffee ice cream
- 4 ice cubes

Procedure

1. Put the coffee, milk, vanilla syrup, and ice cream in a blender and mix well.
2. Add the ice cubes and blend until the mixture is smooth.
3. Pour into 4 tall glasses.

Makes 4 servings.



New England Clam Chowder

Ingredients

- 1 can (10¾-ounce) condensed cream of celery soup
- 1 can (10¾-ounce) condensed cream of potato soup
- 1 can (10¾-ounce) New England Clam Chowder
- 2 cans (6½-ounce each) minced clams, with juice
- 1 quart half-and-half cream
- 1 pint heavy whipping cream

Procedure

1. In a slow cooker, mix together cream of celery soup, cream of potato soup, New England clam chowder, 1 can undrained clams, 1 can drained clams, half-and-half, and heavy whipping cream.
2. Cook on low for 6 to 8 hours.

Serves 6.



New England Boiled Dinner

Ingredients

- 4 pounds corned beef (brisket is preferred)
- 8 small white onions
- 8 parsnips
- 8 carrots
- 8 potatoes
- 1 cabbage, cored and cut into eighths

Procedure

1. Wash the beef under running water.
2. Place in a large kettle, cover with water, and slowly bring to a boil, cooking for 5 minutes.
3. Remove debris, cover, and simmer for 2½ hours.
4. Skim excess fat off liquid, then bring meat to a rolling boil; add whole onions, parsnips, carrots, and potatoes, and cook gently, uncovered, about 20 minutes.
5. Add cabbage and cook for 20 more minutes, or until vegetables are tender.
6. Place meat on a hot, large platter and arrange vegetables around it. Garnish with parsley.

Serves 8.



A Typical Christmas Menu

Baked honey ham
Apple, cranberry, and walnut salad
Mashed potatoes
Cabbage
Buttermilk biscuits
Hot cranberry punch
Eggnog Custard Pie

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The United States was partially founded by those who were seeking religious freedom. The Pilgrims, who settled in New England in the early 1620s, had separated themselves from the Protestant Church of England. They were known as separatists. As a result of this early influence, much of New England today is Protestant, although influences from other countries have brought Catholicism and Judaism to the area as well. Because the majority of the population is Christian, such holidays as Easter and Christmas are widely celebrated. Thanksgiving originally was the Pilgrims' celebration of their first year in the New World. It has become a national holiday now celebrated by all Americans for everything their country means to them, including food on the table. The historic Thanksgiving feast in 1621 lasted three days and included venison (deer), wild turkey, bass, cod, and maize (corn).

Secular (nonreligious) holidays are also widely celebrated, often in the form of festivals throughout New England. Many festivals honor the harvest of a specific crop or the abundance of seafood off New England's shores.

Connecticut's Southington Apple Harvest Festival is the first two weekends in October, celebrating the rich tastes of the state's autumn apple harvest. The city of Norwalk participates in the Norwalk Seaport Association's Oyster Festival each September. For three days, nearly 100,000 visitors come to the festival to enjoy live entertainment, art and craft shows, and a diverse selection of food. Oyster boats and tall ships line the waterfront while oysters and clams are eaten in abundance.

One of New Hampshire's largest annual events is the two-day Seafood Festival each fall. The city of Hampton Beach hosts more than 50 restaurants and 60 caterers, who compete for prizes for the best food, including best New England Clam Chowder and most creative dish. Maine's famous lobsters are honored each year during the Maine Lobster Festival in the city of Rockland. The event celebrates the importance of the lobster to the region. Festival participants enjoy an abundance of lobster, as well as a parade and a variety of marine displays. At the end of the five-day festival, The Great International Lobster Race takes place. Contestants compete to run over partially submerged lobster crates floating in the city's harbor.



Hot Cranberry Punch

Ingredients

4 cups cranberry juice
4 cups apple juice
¼ cup freshly squeezed lemon juice
Sugar (optional)
2 cinnamon sticks
2 cloves
2 lemons, thinly sliced
Cranberries, whole
Apple slices

Procedure

1. Mix all of the ingredients in a pot, except for the cranberries and apple slices, over medium heat.
2. Reduce heat to low and gently simmer until completely warmed.
3. Garnish with cranberries and apple wedges.
4. To serve chilled, simmer for 10 to 15 minutes, then chill for at least 2 hours. Serve with frozen whole cranberries instead of ice cubes.

Serves 15.



Honey-Baked Apples

Ingredients

4 large tart apples
4 Tablespoons honey
3 Tablespoons orange juice
1 Tablespoon walnuts, chopped
Sugar
Nutmeg

Procedure

1. Preheat oven to 400°F.
2. Core the apples, being careful not to cut all the way through; trim off a ½-inch band of skin around the middle.
3. Combine the honey, orange juice, and nuts, and divide equally to fill the apple centers.
4. Set the apples in a baking dish, pouring in boiling water to ¼-inch depth.
5. Bake for 50 to 60 minutes, or until the apples are tender.
6. Sprinkle the tops with a little sugar and freshly grated nutmeg, then put the apples under the broiler to glaze. Bring to the table hot.

Serves 4.

5 MEALTIME CUSTOMS

New Englanders typically eat three meals a day. Blueberry pancakes or waffles topped with fresh fruit and homemade maple syrup are popular breakfast dishes, and bacon, sausage, or eggs often accompany them. Toast with butter or homemade preserves with freshly squeezed juice may also be served. A national restaurant chain founded in Massachusetts, Dunkin Donuts, is a popular establishment to purchase coffee, donuts, and other morning or afternoon pastries.

On the weekdays, people on the go often grab lunch at a restaurant, occasionally from a deli, a seafood or steak restaurant, or possibly from one of many national fast food chains. Children may purchase lunch at school or prepare one at home and bring it with them to eat. Peanut butter and jelly, meat and cheese, and grilled cheese sandwiches are most popular. Most lunches will also include fruit (often an apple or banana)

and a snack such as potato chips or pretzels. To drink, milk is most commonly served in school cafeterias, although soda and fruit juices are also popular among children.

Dinners may include several courses, including an appetizer, fresh bread with butter, salads, the main meal, and dessert. Appetizers are commonly soups, particularly cream-based chowders made with seafood and vegetables (such as potatoes and celery).

Desserts are likely to follow dinner after a short break to digest some of the food. During this break, freshly brewed coffee and tea are often enjoyed, particularly when guests are visiting. Popular desserts are fruit pies, sweet puddings, and ice cream. New Englanders consume more ice cream than any other region in the country.

6 POLITICS, ECONOMICS, AND NUTRITION

In general, the people living in Northeastern United States receive adequate nutrition and have a large amount of natural resources. Because of its coastline, Connecticut has a wide variety of fish and seafood including clams, oysters, scallops, and flounder. These foods, caught from the Atlantic Ocean, are considered low in fat and rich in iron. Maine is also a top fishing state and is famous for its lobster. Rhode Island fishermen pull in large amounts of tuna and striped bass.

Not only is fish and seafood plentiful along the coastal Northeastern states, but fruits and vegetables are grown as well. In north Maine, more potatoes are grown in Aroostock County than any other county in

the United States. Maine is also among the top producers of blueberries, and Massachusetts grows more cranberries than any other state. Such fruits provide a variety of vitamins and nutrients, including Vitamin C.

For those who cannot afford it, the United States government provides money and programs to assist needy families. New Englanders, however, earn about \$5,000 more in annual income than the national average.

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UNITED STATES: NORTHEAST REGION

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United States Southern Region

Recipes

Chess Pie.....	150
Old Fashioned Turnip Soup.....	151
Cornbread	152
Southern Fried Chicken	152
Chicken and Sausage Gumbo	153
Creole Seasoning	153
Sweet Potato Pie	154
Fruitcake Cookies	154
Mardi Gras King Cake	155
Collard Greens with Hamhocks	157
Sweet Tea	157
Pralines	157



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The South is distinctive in its customs, food, and even dialect and accent. More than any other regional group, people born and raised as Southerners tend to think of themselves as Southerners all their lives, no matter where they live. By most geographic definitions, the northern border of the South is marked by the Ohio River and is straddled by the nation’s capital, Washington, D.C.

In alphabetical order, the states in this region are Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, and West Virginia. Some people also consider Maryland part of the “South.”

2 HISTORY AND FOOD

The population of the Southern United States is made up of many different peoples who came to the region in a variety of ways, each contributing to what is now called “Southern cooking.” American Indians, native to the region, taught European settlers to grow and cook corn, a grain unknown in Europe at the time. Spanish explorers in the 1500s brought pigs with them, introducing pork to the region. West Africans carried some of their traditional foods with them, such as watermelon, eggplant, collard greens, and okra, when they were brought to the United States by force as slaves beginning in the 1600s. Creoles, known for their unique use of spices, are descended from French and Haitian immigrants who later mingled with Spanish settlers in the New Orleans area. “Cajuns,”

UNITED STATES: SOUTHERN REGION



also recognized for their unique style of cooking, were originally Acadians, French settlers in Nova Scotia who were driven out by the British in 1755 and made their way to New Orleans. In Louisiana, crawfish (resemble miniature lobsters) and catfish are popular, prepared in dozens of different ways. Fried catfish is popular all across the South. Texas's spicy and flavorful "Tex-Mex" cuisine reflects the state's close proximity to the spicy cuisine of Mexico.

The American Civil War (1861–1865) had a major impact on the South and its food. Many plantations and farms were destroyed during the conflict. To survive, Southerners ate whatever they could grow or find, and nothing went to waste. When the economy began to recover, most African Americans were not allowed to share in the newfound wealth and continued to eat the simple foods that were available during the war. This type of simple and inexpensive food became known later as "soul food."

The first African American, and the only ex-slave, known to have written a cookbook was Abby Fisher. Her book, *What Mrs. Fisher Knows About Old Southern Cooking*, was published in 1881 and includes many recipes that would now be considered soul food.



Chess Pie

No one knows for sure how chess pie got its name. Although there are many recipe variations, all have eggs, sugar, and butter in the filling, and many contain buttermilk.

Ingredients

- ½ cup butter
- ½ cup brown sugar
- 1 cup white sugar
- 3 eggs
- 1 Tablespoon vinegar
- ½ teaspoon vanilla
- 1 Tablespoon cornmeal
- 9-inch pie crust, unbaked

Procedure

1. Preheat oven to 350°F.
1. Melt the butter and add the brown and white sugar to it. Stir well to combine.
2. Add other ingredients and stir gently to mix. Do not beat the mixture.
3. Pour into unbaked pie shell and bake for about one hour, until a knife inserted in the center comes out clean (with no custard sticking to it).
4. Cool on a wire rack and serve.

Serves 6 to 8.



Old Fashioned Turnip Soup

Ingredients

- 2 pounds veal bones
- 1 pound turnips
- ½ gallon water
- Salt and pepper, to taste

Procedure

1. Place veal bones in a large pot with ½ gallon of water.
2. Boil the water and veal bones until the water is reduced by half the amount.
3. Put the turnips in the pot with the bones and boil until the turnips are soft.
4. Pour off the liquid, then add salt and pepper to taste. Serve hot.

Makes 4 servings.

Because kitchens only had wood-burning stoves in the late 1800s, recipes did not give baking temperatures or times. Bakers simply had to guess how long something would take to bake and keep checking it. Even if they had baked something many times before, the fire could be hotter or cooler each time, so baked goods had to be checked frequently to make sure they did not burn.

3 FOODS OF THE SOUTHERN UNITED STATES

The staple food of the Southern United States is corn—it is used in grits (hulled and coarsely ground corn cooked to a thick-soup consistency and eaten at breakfast), a wide variety of breads and cakes, and as a breading on fried foods. Corn is native to the United States and was introduced to



EPD Photos

The turnip, popular for generations in the South, is the main ingredient in Old-Fashioned Turnip Soup.

European settlers by American Indians. Another staple food in the South is pork, originally brought to America by Spanish explorers in the 1500s. Chitterlings (pronounced CHIT-lins), made from pig intestines, were traditionally seen as a “poor person’s” food, but have recently begun to appear in fine restaurants. Barbecued meat, usually pork, on a grill is a Southern tradition.

Besides grits, most people also think of southern-fried chicken when they hear “Southern cooking.” Traditionally served for Sunday dinner, fried chicken has become a stereotype of Southern food, popularized by Colonel Sanders’ Kentucky Fried Chicken. Other meats, such as steak, are also “chicken-fried” in the South by breading and frying them. Cornbread, made from cornmeal, is typically eaten with a Southern meal.

Okra, black-eyed peas, and collard greens are all common Southern-grown vegetables that were brought to the region by African slaves. The name for meat stew, gumbo, often thickened with okra, comes from a West African word for okra, *quingombo*. Jambalaya, a pork and rice stew from the Creole and Cajun New Orleans region, takes its name from the French and Spanish words for ham: *jambon* and *jamón*, respectively. Crawfish, catfish, and shrimp are enjoyed all across the South.

Favorite desserts in the South include chess pie, sweet potato pie, pecan pie, key lime pie, and watermelon, which is also the most popular melon in the United States.



Cornbread

Ingredients

- 1½ cups white or yellow cornmeal
- ½ cup flour
- 2 teaspoons baking powder
- 1 teaspoon sugar
- 1 teaspoon salt
- ¼ teaspoon baking soda

¼ cup, plus 1 to 2 Tablespoons vegetable oil, shortening or bacon grease

1½ cups buttermilk

2 large eggs

Procedure

1. Preheat oven to 425°F.
2. Combine cornmeal, flour, baking powder, sugar, salt and baking soda in large mixing bowl.
3. Add ¼ cup oil, buttermilk and eggs, stirring with a wooden spoon until just mixed.
4. In a medium-sized skillet with an oven-proof handle, add the 1 to 2 tablespoons oil and heat until very hot.
5. Quickly pour the batter into the hot skillet, and with a potholder, transfer the skillet to the oven.
6. Bake for 20 to 25 minutes or until golden brown and center springs back when lightly pressed. Best served warm.

Makes 8 servings.



Southern Fried Chicken

Ingredients

- 3-pounds chicken pieces (any combination of breasts, wings, drumsticks, and thighs)
- 1 cup flour
- Salt and black pepper, to taste
- ½ cup milk
- Vegetable shortening, melted
- 2 teaspoons bacon grease

Procedure

1. Rinse the chicken under running water.
2. In a plastic bag, combine the flour, salt, and pepper and shake until well blended.
3. Pour the milk into a bowl.

4. Place a large cast-iron skillet on the stove at moderate heat.
5. Fill the skillet half full of melted shortening and add the bacon grease.
6. Dip some of the chicken pieces into the milk and then put them in the plastic bag. Shake vigorously to coat evenly.
7. Remove the chicken pieces from the bag, shake the excess flour back into the bag, and then arrange the pieces in the hot oil, making sure not to crowd the pan.
8. Fry 15 to 20 minutes until golden brown and crisp, turn over with tongs, and reduce heat to low to moderate, frying another 15 minutes until golden brown.
9. Drain on another paper bag or paper towels.
10. Repeat the procedure with the rest of the chicken pieces, adding shortening and bacon grease, if necessary.

Serves 4 or more.



Chicken and Sausage Gumbo

Ingredients

- ½ cup oil
- ½ cup flour
- 1 large onion, chopped
- 1 bell pepper, chopped
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 2 quarts chicken stock
- 1 bay leaf
- 1 teaspoon Creole seasoning (see recipe), or to taste
- ½ teaspoon dried thyme
- Salt and pepper, to taste
- 1 pound andouille or smoked sausage, cut into ½-inch pieces
- ½ chicken, cut into pieces

- 4 green onions, tops only, chopped
- ⅓ cup fresh parsley, chopped

Procedure

1. Brown the sausage in a skillet over medium heat. Remove from the pan and set aside.
2. Season the chicken with salt, pepper, and Creole seasoning, and brown quickly in the remaining sausage grease in the frying pan.
3. Remove the chicken and carefully discard the grease.
4. In a large pot, heat the oil over medium heat and add the flour, stirring constantly. This roux (sauce) should become a dark reddish-brown color.
5. Add the vegetables and stir quickly. Continue to cook, stirring constantly, for about 4 minutes.
6. Add the stock, seasonings, chicken, and sausage.
7. Bring to a boil, then cook for about 1 hour, skimming fat off the top as needed.
8. Add the chopped onion tops and parsley, and heat for 5 more minutes.
9. Serve over rice in large, shallow bowls.

Serves about 6.



Creole Seasoning

Ingredients

- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1 teaspoon dried thyme
- 1 teaspoon black pepper
- 1 teaspoon white pepper
- 1 teaspoon cayenne pepper
- 5 teaspoons sweet paprika

Procedure

1. Combine the ingredients and mix well with a wooden spoon.
2. Use to season dishes such as chicken and sausage gumbo (see recipe).

*Sweet Potato Pie***Ingredients**

- 1 stick margarine
- 2 cups sweet potatoes, cooked and mashed
- 2 cups sugar
- 1 small can evaporated milk
- 2 pie crusts, unbaked
- 1 teaspoon vanilla extract
- 3 eggs
- 1½ teaspoons cinnamon

Procedure

1. Preheat oven to 350°F.
2. (To cook sweet potatoes, peel them and chop into small chunks, then boil until soft, about 25 minutes.) Mix mashed sweet potatoes, sugar, and margarine until creamy.
3. Add remaining ingredients and mix well.
4. Pour into piecrusts and bake for 1 hour.

Makes 2 pies.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Most US Southerners are Christian, for whom the main holidays are Christmas and Easter. It is a longstanding tradition in the South to make fruitcake for Christmas. The Claxton Fruitcake Company in Georgia sells more than 200 tons of fruitcake each year. The typical main dish for both holidays is ham. Southerners are known for

their country ham, a hindquarter of a year-old hog that is preserved with either salt or sugar, smoked, and then aged for a year or more.

Another Christian holiday that receives special treatment in the South is Mardi Gras (French for “Fat Tuesday”), the day of feasting before Lent begins. New Orleans is famous for its Mardi Gras celebration, which lasts several days and involves parades, balls, music, and lots of food. One traditional element of the feast is the King Cake in which a small figurine or dried bean is baked inside. Whoever gets the piece with the figurine in it is crowned king or queen for the day.

*Fruitcake Cookies***Ingredients**

- 1 pound margarine or butter
- 1 pound brown sugar
- 3 eggs
- 1 Tablespoon milk
- 5 cups flour
- 1 can shredded coconut
- 1 teaspoon baking soda
- 1 pound raisins
- 1 pound nuts (pecans or walnuts), chopped
- 1 pound candied cherries, available in most supermarkets
- 1 pound candied pineapple, diced, available in most supermarkets

Procedure

1. Preheat oven to 375°F.
2. Measure 4 cups flour and mix with baking soda.

3. Combine fruit, coconut, and nuts and mix with remaining 1 cup flour in a separate mixing bowl.
4. Cream the butter, sugar, and milk together.
5. Add the eggs one at a time.
6. Beat in flour and baking soda mixture gradually, switching to a wooden spoon or spatula if batter becomes too stiff for the electric mixer.
7. Stir fruit, coconut, and nut mixture into batter.
8. Drop by teaspoonful onto greased cookie sheet.
9. Bake for 10 minutes.

Makes about 3 dozen.



Mardi Gras King Cake

Ingredients

- 1 package dry yeast
- ¼ cup warm water
- 6 teaspoons milk, boiled then cooled
- 4 to 5 cups flour
- ½ pound butter
- ¾ cup sugar
- ¼ teaspoon salt
- 4 eggs
- 2 teaspoons butter, melted
- Small plastic figurine or bean (optional)
- Light corn syrup, for topping
- Colored sugar crystals (green, yellow, purple), for topping

Procedure

1. Preheat oven to 325°F.
2. Dissolve yeast in warm water.
3. Add milk and about ½ cup of flour.
4. In a large bowl, blend butter, sugar, salt, and eggs.
5. Add yeast mixture and mix thoroughly.
6. Gradually add 2½ cups of flour to make a stiff dough.
7. Place in a large greased bowl and brush with melted butter.
8. Cover with a damp cloth and allow to rise until double in size, about 3 hours.
9. When risen, punch down.
10. Use 1 cup or more of flour to knead dough and roll into a 4-foot long rope.
11. Form into an oval on a 14- x 17-inch greased cookie sheet, connecting ends of the rope with a few drops of water.
12. Press the figurine (or bean) in the dough from underneath.
13. Cover with a damp cloth and let rise until double in size, about 1 hour.
14. Bake for 35 to 45 minutes or until lightly browned.
15. Brush top of cake with corn syrup and sprinkle with colored sugar.

5 MEALTIME CUSTOMS

The main meal of the day in the Southern United States used to be at midday and was called “dinner.” The smaller evening meal was referred to as “supper.” In recent years, the main meal has moved to the evening, though most Southerners still call it “dinner.” During the 1800s, the era of large plantations, guests would often come to visit for days or weeks at a time. Hospitality is very important to Southerners, and hosts prepare huge meals for their guests. A dinner menu from the mid-1800s may have included five kinds of meat, cucumbers and tomatoes, hot rolls, and five different desserts, plus three beverages. The African slaves did not share in this abundance of food, but lived on small amounts of salt pork, cornbread, and hominy (corn mush), plus whatever greens they could grow them-



AP Photo/John Russell

Two Tennessee cooks prepare kettles of fried catfish at the World's Biggest Fish Fry held over four days in Paris, Tennessee. Nearly 12,000 pounds of catfish were fried during festival.

selves. This meager diet became the basis for what is known today as “soul food.”

Southerners' favorite beverages are iced tea, usually loaded with sugar and called “sweet tea,” and soft drinks, many of which were invented in the South. Coca-Cola was developed in 1886 in Atlanta, Georgia. Pepsi was created 10 years later in North Carolina. Dr. Pepper first appeared in Waco, Texas, in 1885, and Mountain Dew was first produced in either Virginia or Tennessee around 1961. Other Southern-made soft drinks include Royal Crown Cola, Nehi fruit-flavored drinks, Barq's root beer, and

Gatorade. The South continues to be the largest consumer, as well as producer, of soft drinks. In the 1990s, North Carolina was the number one soft-drink consumer of the 50 states with over 50 gallons consumed per person per year.

Other snack foods native to the South include corn dogs (hot dogs breaded with cornmeal), pralines (almond or pecan clusters), and the Moon Pie (a chocolate-coated marshmallow sandwich cookie), invented at the Chattanooga Bakery in Tennessee in 1917.



Collard Greens with Hamhocks

Ingredients

- 1 to 2 medium smoked hamhocks, or 1 pound smoked pork neckbones
- 2 pounds collard greens, or 3 to 4 large bunches (if fresh greens are not available, use frozen)
- 1 teaspoon salt
- Hot sauce (optional)

Procedure

1. Put hamhocks or neckbones in large pot of water.
2. Boil for about 1½ hours, adding more water as needed.
3. If using fresh greens, rinse well.
4. Stack greens and roll together.
5. Slice rolled greens into thin strips.
6. When hamhocks begin to fall apart, add greens to pot. Add as many as you can, then let them wilt down to make room to add more. Continue until all greens are in the pot. (If using frozen greens, simply pour them right from the package into the pot when hamhocks begin to fall apart.)
7. Add salt, cover, and cook for 30 minutes over medium heat, stirring every few minutes.
8. When greens are tender, serve with slotted spoon so liquid drains out. Sprinkle hot sauce on greens, if desired.



Sweet Tea

Ingredients

- 3 to 4 cups water
- 3 family-sized tea bags
- ¼ teaspoon baking soda
- 1 to 1½ cups of sugar

Procedure

1. Bring 3 to 4 cups water to a boil.
2. Add baking soda and tea bags to the water.
3. Remove from heat and cover.
4. Allow to set for 10 to 15 minutes.
5. Pour into a gallon pitcher and add sugar.
6. Add cold water to make 1 gallon.
7. Refrigerate.

Serves 4 to 6.



Pralines

Ingredients

- 1 cup light brown sugar
- 1 Tablespoon flour
- ½ teaspoon salt
- 1 egg white
- 1 teaspoon vanilla extract
- 2 cups chopped pecans

Procedure

1. Preheat oven to 275°F.
2. Combine the sugar, flour, and salt in a mixing bowl.
3. Beat egg white until stiff in a separate bowl.
4. Add vanilla extract to egg white.
5. Fold in flour mixture and pecans.
6. Drop by teaspoonfuls onto a greased cookie sheet.
7. Bake for 30 to 35 minutes.
8. Cool and remove cookies from sheet.

Makes 2 to 3 dozen.

6 POLITICS, ECONOMICS, AND NUTRITION

People living in the Southern states generally receive adequate nutrition in their diets. Traditional Southern cooking is high in fat and calories, and many modern Southerners are striving for a healthier lifestyle, reserving the delicious fried and sugary foods for special occasions and celebrations.

Southern teens and adults are slightly more likely than people from other parts of the United States to smoke cigarettes. This is due in part to the role tobacco farming has played in the economies of such states as Kentucky, Tennessee, Virginia, and North and South Carolina.

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United States Western Region

Recipes

Chuck Wagon Brisket	161
Cranberry Salsa	162
Fortune Cookies	163
Marinated Artichokes	163
Broiled Salmon Steaks	164
Chinese Peanut Sauce	164
Apple Crisp	165
Parsley New Potatoes	165
Blueberry Muffins	165



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The Western region of the United States may be defined as including the states west of the Rocky Mountains. These include California, Oregon, and Washington bordering the Pacific Ocean on their western coasts; moving east, Montana, Idaho, Nevada, Utah, and Arizona form the basin and plateau region and feature some of the most dramatic scenery in the United States, with canyons (including the Grand Canyon), the Great Salt Lake, and the deserts of the southwest. The combined population of these states is about 42 million, the majority of whom (about 33 million) live in California.

The environment of this region is varied, but one problem that affects most Western states is the availability of fresh water. In urban areas, air pollution inspired govern-

ment regulations in the 1970s, 1980s, and 1990s to help curb smog-producing emissions from industrial and consumer sources (especially from automobiles). California has stringent auto emissions regulations. Phoenix, Arizona, also has problems with air quality.

2 HISTORY AND FOOD

As pioneers began moving west, they expected living to be difficult. Traveling with horses, livestock, and their families, the pioneers encountered challenges both from the harsh environment and with the Native Americans already living in this region. While some Native American tribes were friendly, others regarded the white pioneer settlers as invaders. Disease and lack of adequate food and water were trials that the pioneers confronted as they traveled from eastern towns and villages to the open spaces of the West. Drought was a regular



AP Photos/L.M. Otero

Nopales, or prickly pear cactus, appears in the bowl behind a display of foods. All dishes contain nopales: nopales and eggs (bottom left); beef and nopales stir fry (top left); cactus juice (bottom center); nopales salsas and nopales avocado dip (bottom right). Dishes made using nopales are rarely seen outside the Western United States.

happening on the prairie, which made life hazardous for those making a long westward journey.

Despite these hardships, the pioneers enjoyed social gatherings. Shooting contests, riding and cattle-roping competitions, and other games that made use of the pioneer skills were organized. Some pioneer men, many of whom traveled without their families, also liked to gamble, playing poker in the saloons that grew up around settlements.

Most women did not get involved in the competitive sports, but socializing was important to them. Women would meet to “put up” (can) stores of food for the long winter months, gather for “sewing bees” when they would make quilts or do mending. Carding and spinning of wool and weaving cloth were also done, often meeting together as a group. Men and women would join together for dancing parties and harvest socials; many of their activities included food.



Chuck Wagon Brisket

Brisket was roasted all day over a low campfire until the cowboys returned for their evening meal.

Ingredients

2–4 pounds lean beef brisket

½ cup white sugar

¼ cup salt

Ground pepper, to taste

2 cups barbecue sauce

½ cup white vinegar

1 cup catsup

1 18-ounce jar of grape jelly

Procedure

1. Coat brisket with sugar, salt, and pepper. Let meat marinate in this combination in the refrigerator overnight.
2. Combine barbecue sauce, vinegar, catsup, and jelly in a saucepan and heat until jelly melts completely.
3. Line a baking dish with a sheet of foil long enough to wrap back over the top of the brisket.
4. Place brisket in foil-lined baking dish. Pour cooking sauce over brisket.
5. Wrap foil around sauce-covered brisket, and pinch foil edges together.
6. Preheat oven to 325°F.
7. Roast for about 2 hours in the oven. Reduce heat to 200°F and roast an additional 4 hours.
8. Remove brisket carefully from oven with mitts. Place on a large cutting board.
9. Cut meat crosswise into thin slices. Place on serving platter and cover with foil to keep warm.

Serves 8 to 10.

The foods of these early pioneer days combined the recipes brought by families from the East, as well as contributions from the Spanish and Native American inhabitants of the region. Ranchers raised cattle on vast tracts of lands, and often took their meals over an open campfire while tending to the herds. A chuckwagon—a large cart that carried the supplies and utensils for cooking—often accompanied the ranchers as they traveled with the herd. The foods prepared for these men, known as cowboys, were hearty and filling.

As farmers began planting crops that grew well in this region and women became adept at cooking the foods of the area—such as buffalo and deer—recipes and eating habits were transformed.

In the late nineteenth century, workers were needed to build both the cities of the West and the transcontinental railroad to bring more people from the East. Immigration from Asia, especially from China, brought new foods and cooking styles. In the twentieth century other Asian groups (Japanese, Koreans, and Vietnamese) and Mexicans immigrated to the West, and contributed their own influences on the style of cooking. While meals still centered around meat, especially beef, cooks began including the vegetables and grains of Asia and Mexico in their recipes.

In the late twentieth century healthy lifestyles became a focus of many Western citizens, and the Western region seemed to take the lead in learning how to eat healthier and live a healthier lifestyle. Many people became vegetarians (those who do not eat meats and animal products), preparing

meals from legumes (beans), rice, and vegetables.

3 FOODS OF THE WESTERN REGION

The foods found in the West are varied. The Pacific Northwest has fruit orchards—pears, cherries, apples, blueberries, and grapes. Northern California, Oregon, and Washington, are all home to wineries and produce much of the fresh fruit that is sold throughout the United States.

California produces almost 100 percent of the artichokes consumed in the United States, and is also a top producer of dried fruits like raisins, prunes, dates, apricots, and figs. The coastal waters of the Pacific Ocean provide abundant seafood, including Dungeness crab, calamari (octopus), and salmon. Relishes and salsas are popular accompaniments to many dishes, and combine the influences of the many ethnic groups who live in the coastal states.

Idaho is home to vast potato farms, and the Idaho potato is stocked by almost every supermarket in the United States. Reflecting the Americans' love for potatoes that are quick and easy to prepare, about three-fourths of Idaho's potato crop is now processed and sold as frozen french fries, instant mashed potatoes, or similar products. In Idaho, fur-trapping was one of the first occupations. Today it is also famous for gold and silver mines, and beautiful mountains and rivers.

Meat, especially beef, is produced on the vast tracts of ranch land that make up large sections of sparsely populated states such as Arizona, Wyoming, Montana, and Colo-

rado. (Ranches in Arizona and Wyoming average over 3,700 acres each.)

In the desert regions, one might find foods, jellies, and candies made from the prickly pear cactus, or *nopales*. These foods are rarely seen outside the Southwestern region where the prickly pear cactus grows in the hot, dry desert landscape.



Cranberry Salsa

Ingredients

- 1 package fresh or frozen cranberries
- 1/3 cup sugar
- 1/4 cup thinly sliced green onions
- 1/4 cup chopped fresh cilantro
- 1 lime, grate the peel, then squeeze for juice
(You may substitute a lemon.)
- 1 or 2 jalapeño chilies, seeded and finely diced
- 1 teaspoon ginger

Procedure

1. Coarsely chop cranberries with a knife or in the food processor.
2. Combine chopped cranberries with all other ingredients.
3. Mix well in food processor.
4. Use as a dip with tortilla chips or to accompany chicken or fish.

Makes 1-2 cups



Fortune Cookies

Chinese immigrants introduced the fortune cookie first to California.

Ingredients

- 1 egg white
- ¼ teaspoon vanilla extract
- 1 pinch of salt
- ¼ cup white flour
- ¼ cup white sugar
- Clean strips of white paper, about 4 inches long and ½ inch wide

Procedure

1. Write fortunes on strips of paper.
2. Preheat oven to 400°F. Generously grease 2 cookie sheets.
3. Mix the egg white and vanilla until foamy, but not stiff.
4. Sift together flour, salt, and sugar.
5. Blend dry mixture into egg mixture.
6. Place teaspoon-sized portions of batter on the cookie sheets, at least 4 inches apart. Use the bottom of the spoon to make round shapes of about 3 inches in diameter. Make sure batter is spread evenly.
7. Bake just 3 or 4 cookies at a time, because cookies must be formed while still warm from the oven. (While one batch of cookies is baking, prepare the next one.)
8. Bake cookies for 5 minutes or until golden-colored on the edge. The center will remain pale.
9. Remove the cookies from the oven and with a wide spatula quickly remove and place upside down on a wooden board.
10. Quickly place one fortune in the center of each cookie.

11. Fold the cookie in half. Place the folded edge across the rim of a glass and pull the pitted edges down, one on the inside of the cup and one on the outside.
12. Place folded cookies into the cups of a muffin tin or an empty egg carton to hold their shape.
13. Allow the cookie to cool completely in the muffin tin to set the shape.

Makes 1 dozen cookies.



Marinated Artichokes

Ingredients

- 1 to 2 pounds small artichokes
- 3 cups water
- 2 Tablespoons lemon juice
- ⅓ cup red wine vinegar
- ⅓ cup olive oil
- 1½ teaspoon salt
- Ground pepper, to taste
- 4 medium cloves garlic, peeled

Procedure

1. Cut off the tips and stems of the artichokes. Remove any outer leaves with scissors or paring knife.
2. Combine all remaining ingredients in an uncovered saucepan. Add prepared artichokes.
3. Heat mixture over medium-high heat until the liquid begins to boil. Lower heat and simmer the mixture for about 30 minutes.
4. Remove from heat and cool to room temperature. Serve artichokes at room temperature or chilled.

Makes 4 servings.



Broiled Salmon Steaks

Ingredients

- 4 salmon steaks, $\frac{3}{4}$ inches thick
- 1 teaspoon salt
- Ground pepper, to taste
- $\frac{3}{4}$ stick butter (6 Tablespoons)
- 1 Tablespoon vegetable oil
- $\frac{1}{2}$ Tablespoon dill or parsley
- 1 lemon, quartered

Procedure

1. Preheat broiler.
2. Rinse salmon steaks under cold running water and pat dry. Lightly sprinkle with salt and pepper.
3. In small saucepan melt butter over low heat. Set aside.
4. Lightly coat broiler pan with vegetable oil. Lay fish on the pan.
5. Brush fish generously with melted butter. Broil for 5 minutes, brushing with melted butter after 2 to 3 minutes.
6. Wearing oven mitts, remove pan from oven and carefully turn fish over. Brush with more butter and return to oven.
7. Broil as you did the first side. To test for doneness, carefully remove pan from oven (wearing the mitts). Using a fork, pull some fish away. The fish flesh should look opaque and light pink, not translucent and glassy, and the flesh will flake away easily.
8. If the fish is not done, return to oven and broil for another 1 to 3 minutes. Overcooking will dry the fish out.
9. Serve, garnish with remaining melted butter, dill or parsley, and lemon wedges.

Makes 4 servings.



Chinese Peanut Sauce

Use as a dip for fresh raw vegetables, as a dressing for cold or hot noodles, or as a sauce for freshly cooked fish.

Ingredients

- $\frac{1}{2}$ cup peanut butter, chunky or smooth
- $\frac{1}{2}$ cup hot water
- 2 Tablespoons soy sauce
- 2 Tablespoons sugar
- 3 medium cloves of garlic, peeled and minced
- 1 teaspoon cider vinegar
- 1–2 Tablespoons fresh cilantro, minced
- Cayenne pepper, to taste

Procedure

1. Place peanut butter in a small bowl. Add the hot water, stirring with a small spoon or whisk until evenly blended.
2. Stir in remaining ingredients. Mix well.
3. Cover tightly and put in the refrigerator.
4. Let sauce come to room temperature to serve.

Makes 1 cup.

In the cool, wet climate of the Northwest region, apples have become an important food product for the state of Washington. This orchard crop dominates the state's agricultural economy. Washington is the nation's leading producer of apples.



Apple Crisp

Crunchy apples from Washington state are the inspiration for many baked apple dishes.

Ingredients for bottom

About 10 medium-sized Granny Smith or Golden Delicious apples, peeled, cored, and sliced.

½ cup white sugar

¼ cup brown sugar, light or dark

¼ cup lemon juice

1 teaspoon cinnamon

Ingredients for topping

½ cup white flour

¾ cup white sugar

½ stick butter, at room temperature

Procedure

1. Preheat oven to 350°F.
1. Place sliced apples in a bowl. Toss with the sugars and cinnamon
2. Place apple mixture in an 8-inch or 9-inch square baking dish.
3. Sprinkle with the lemon juice. Set aside.
4. To make topping, combine flour and sugar. With fork, add butter. Mixture will be crumbly.
5. Sprinkle topping over apples in pan.
6. Bake for 45 minutes, or until apples are soft and topping is browned.

Serves 6 to 8.



Parsley New Potatoes

Ingredients

1 Tablespoon salt

12 small new potatoes of about the same size, scrubbed clean

1 stick butter

¼ cup finely-chopped fresh parsley, or 2 Tablespoons dried parsley

½ fresh lemon, cut into four wedges, optional

Procedure

1. Pour 3 quarts of water into large pot, add the salt, and bring to a rolling boil.
2. Gently, and carefully, drop the potatoes into the boiling water.
3. Boil for 15 to 20 minutes. Test doneness with fork. (Fork should pierce the potato easily.)
4. Place cooked potatoes in a colander in the sink, allowing them to drain.
5. Melt butter in a skillet, add the cooked potatoes, shaking until well-covered.
6. Sprinkle on the parsley.
7. Serve with the lemon wedges on the side.

Serves 4.



Blueberry Muffins

Ingredients

1 cup blueberries, washed and drained

1¾ cups plus 2 Tablespoons flour

1 Tablespoon baking powder

1 teaspoon salt

½ cup white sugar

1 egg

1 cup milk

½ stick butter, melted and cooled

Paper baking cups

Procedure

1. Preheat oven to 400°F
2. Line each cup of muffin tin with a paper baking cup.



EPD Photos.

Blueberry muffins are easy to make and may be enjoyed anytime—for breakfast, with lunch or dinner, or as an afterschool or bedtime snack.

3. Sift $1\frac{3}{4}$ cups of the flour with the baking powder, salt, and sugar into a large mixing bowl.
4. In a smaller mixing bowl beat the egg with a fork or whisk until frothy. Add milk and melted butter to the egg mix, and stir to combine.
5. Add the liquid mixture to the flour mixture. Stir gently with a wooden spoon to blend. Do not beat; the batter will be a little lumpy.
6. Sprinkle the remaining 2 Tablespoons of flour over the blueberries and add them to the batter, stirring gently.
7. Spoon batter into the baking cups, filling each about $\frac{3}{4}$ full.
8. Bake 18 to 20 minutes, or until the tops are dry and the muffins slightly shrunk from the sides of the muffin tin.
9. Remove tin from the oven, and turn muffins out of the pan. Allow to cool slightly.

Serves 12.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Western citizens celebrate all the usual American holidays—Fourth of July, Halloween, and Thanksgiving. Religious holidays such as Christmas and Easter (Christian); *Rosh Hashanah*, *Yom Kippur*, and *Hanukkah* (Jewish), and *Ramadan* and *Eid al-Fitr* (Muslim) are celebrated by people who practice those religions.

Two holidays celebrated in the Western region reflect the influence of Hispanic and Asian immigrants to the area. A special celebration influenced by the immigration of Mexicans into the United States is *Cinco de Mayo* (Fifth of May). Latino Americans hold festivals where special food, such as guacamole, Mexican rice, refried beans, burritos, and tamales, are served.

Cinco de Mayo remembers the victory of the Mexican army over the French forces in the Battle of Puebla on May 5, 1862. To the Mexicans and Mexican Americans, this event is regarded as a symbol of their resistance to European domination. In the United

States, this holiday was celebrated as early as 1863 in San Francisco, California.

With the influx of Asians into the Western region, especially northern California, came celebrations long-practiced in Asia. One holiday of special note is the Chinese New Year. Because the Chinese New Year is based on the lunar (moon) calendar, it is celebrated on the occasion of the first new moon of the year. Chinese New Year can fall anytime between January 21 and February 19. For its celebrants, Chinese New Year is the beginning of the Spring Festival. The New Year is celebrated for fifteen days. On the last day, called Lantern Day, children march in parades carrying brightly colored, glowing paper lanterns.

Chinese New Year is a time of family reunions, thanksgiving, and remembering one's ancestors. When families gather there are always special foods that are prepared and eaten. One special dish is called *jai*, which is a vegetarian dish of root and fibrous vegetables. Each vegetable ingredient has a special meaning and is included in the dish for a purpose. Many holiday practices are based on traditions and superstitions. Vegetables prepared for New Year represent good luck, happiness, and prosperity for the coming year. It is considered unlucky to include any white ingredients, such as tofu or bean sprouts.

Other foods for New Year's celebrations include whole fish (for abundance); chicken (for prosperity); head, tail, and feet of the chicken (for completeness); and uncut noodles (for long life).

Chinese New Year's traditions require that the entire house be cleaned before the

celebration and all brooms and mops put away. To use a broom or mop on New Year's would be to "sweep away" the good luck. Another popular custom is to wear and decorate with the color red, as this color is considered lucky. Although many modern Chinese Americans are not superstitious, they carry on the traditional practices in celebration of the New Year with family and friends..

5 MEALTIME CUSTOMS

Westerners generally eat three meals each day, like most Americans. However, because of the intense heat in the desert regions, lunch may be more leisurely, and features a lighter menu of cool foods (such as salads and fresh fruits) accompanied by refreshing lemonade, limeade, or iced tea.

6 POLITICS, ECONOMICS, AND NUTRITION

Westerners generally receive adequate nutrition in their diets, although recent immigrants sometimes experience difficulties finding adequate resources for shopping for and preparing food from their native countries. With an abundance of rich soil and farming land, the region produces nutritious fruit and vegetable crops. Westerners in general are among the most active and health-conscious of all Americans.

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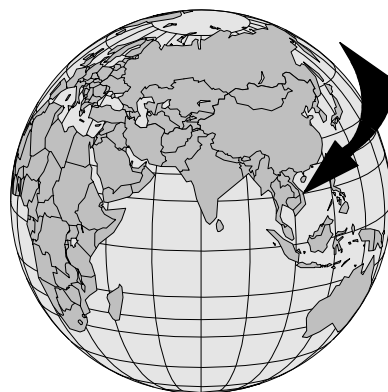
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Vietnam

Recipes

Nuoc Cham (Dipping Sauce)	171
Pho Bo (Beef Noodle Soup).....	172
Coconut Custard.....	174
Canh Bi Ro Ham Dua (Braised Pumpkin)	174
Banh Chuoi Nuong (Banana Cake).....	175
Caphe (Vietnamese Coffee).....	176
Soda Chanh (Lemon Soda)	176
Spring Rolls.....	177



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Vietnam is a long, narrow country in South-east Asia. China borders it to the north; Cambodia, Laos, and the Gulf of Thailand to the west; and the South China Sea (which the Vietnamese call “the East Sea”) to the east. Covering a total of 327,500 square kilometers (126,500 square miles), Vietnam is approximately the same size as Italy and Japan.

The geography of Vietnam plays an important role in the country’s cuisine. Rice, the mainstay of the Vietnamese diet, is grown throughout the country but particularly in the Red River delta in the north and Mekong River delta in the south. In fact, the Vietnamese people say that their country resembles a bamboo pole (the narrow central region) with a basket of rice at each end.

Although three-quarters of the land in Vietnam is hilly or mountainous, the long seacoast and many inland waterways provide fish and other aquatic species that are staples in the Vietnamese diet. Vietnamese

cuisine varies somewhat by region, with Chinese influences (such as stir fries, noodles, and use of chopsticks) in the north, as well as Cambodian (Khmer) and French influences in the south.

Climate affects the availability of ingredients, which in turn affects the types of dishes that dominate a particular region. During the winter months in the north, families gather around a big bowl of seasoned broth and cook vegetables and meat in it for sustenance and warmth. A fish dish called *cha ca*, which is cooked in a similar fashion, is also quite common. The charcoal brazier (small barbecue-like heat source) that keeps the broth boiling sits on the table and keeps the entire family warm.

In the south, where the climate is conducive to a long growing season and where more ingredients are available, the typical diet contains a wide variety of fruits and vegetables. In the south, sugar and sugarcane are used more often than in the north. A popular dish in the south is *cha tom* (shrimp wrapped in sugarcane). Reflecting

VIETNAM



crops. This type of farming, known as shifting cultivation (or “slash and burn”), is practiced most often in the north and in other countries around the world.

Too much fishing has depleted the number of fish in the waters surrounding Vietnam, and the coastal marine environment is also threatened by oilfield development in the south.

Safe drinking water is another problem in Vietnam. According to UNICEF, only 45 percent of Vietnam’s inhabitants have access to safe drinking water and only 29 percent have access to adequate sanitation. In recent years, the government and other organizations have begun programs to slow the pace of environmental degradation by educating citizens about sanitation and sustainable agriculture practices.

the tropical climate, foods in the south are cooked for a shorter length of time than in the north. In the north, there are many stir-fries and slow-cooking stews whereas in the south most foods are quickly grilled or eaten raw.

Vietnam is one of the most densely populated countries in the world, with a rapidly growing population, estimated in 2000 to be 76 million people. As the population increases, more land is cleared for agriculture. Estimates in 2001 indicated that less than 20 percent of the land remained forested and 40 percent was considered useless for growing crops. Farmers trying to clear land quickly burn the vegetation to make way for crops. They then overuse the land until it is no longer fertile or suitable for

2 HISTORY AND FOOD

Neighbors have influenced the Vietnamese people in regards to what they eat and how they cook. People from Mongolia who invaded Vietnam from the north in the tenth century brought beef with them. This is how beef became part of the Vietnamese diet. Common Vietnamese beef dishes are *pho bo* (Beef Noodle Soup) and *bo bay mon* (Beef Cooked Seven Ways). The Chinese who dominated Vietnam for 1,000 years taught the Vietnamese people cooking techniques such as stir frying and deep frying, as well as the use of chopsticks. In the south, neighboring Laos, Cambodia, and Thailand introduced such ingredients as flat, Cambodian-style egg noodles, spices, chili, and coconut milk.

Beginning in the sixteenth century, explorers and traders introduced foods such as potatoes, tomatoes, and snow peas. When the French colonized Vietnam (1858–1954), they introduced foods such as baguettes (French bread), pâté, coffee with cream, milk, butter, custards, and cakes. In the 1960s and 1970s (Vietnam War era), the U.S. military introduced ice cream to Vietnam when it contracted with two U.S. dairies to build dozens of ice cream factories.

3 FOODS OF THE VIETNAMESE

Plain rice (*com trang*) is at the center of the Vietnamese diet. Steamed rice is part of almost every meal. The Vietnamese prefer long-grain white rice, as opposed to the short-grain rice more common in Chinese cooking. Rice is also transformed into other common ingredients such as rice wine, rice vinegar, rice noodles, and rice paper wrappers for spring rolls.

Rice is also used to make noodles. There are four main types of rice noodles used in Vietnamese cooking. *Banh pho* are the wide white noodles used in the quintessential Vietnamese soup, *pho*. *Bun* noodles (also called rice vermicelli) look like long white strings when cooked. *Banh hoi* are a thinner version of bun noodles. In addition, there are dried glass, or cellophane, noodles (*mien* or *bun tao*) made from mung bean starch.

Just as essential to Vietnamese cuisine as rice and noodles is *nuoc mam*, a salty fish sauce that is used in most Vietnamese recipes (just as salt is used in most Western dishes). *Nuoc mam* is produced in factories along the coast of Vietnam. Anchovies and salt are layered in wooden barrels and then

allowed to ferment for about six months. The light-colored, first-drained sauce is the most desirable. It is also the most expensive and reserved primarily for table use. Less expensive *nuoc mam* is used in cooking. When shopping for *nuoc mam*, one should look for the words *ca com* on the label, which indicates the highest quality.

The most popular condiment is *nuoc cham* (dipping sauce), which is as common in Vietnam as ketchup is in North America. Saucers filled with *nuoc cham* are present at practically every meal, and diners dip everything from spring rolls to meatballs into it. The recipe that follows can be adjusted to suit individual tastes by using more or less red pepper and *nuoc mam*. *Nuoc cham* is quite simple to make and will keep in the refrigerator for up to 30 days. A few spoonfuls over a bowl of plain rice can be considered an authentic Vietnamese peasant meal.



Nuoc Cham (Dipping Sauce)

Ingredients

- 1 teaspoon crushed red pepper flakes
- 1 Tablespoon distilled white vinegar
- ½ cup *nuoc mam* (fish sauce), available at Asian markets
- ½ cup fresh lime juice
- 4 cloves garlic, minced
- ½ cup sugar

Procedure

1. In a small bowl, soak the red pepper flakes in the vinegar for 10–15 minutes.
2. In a second bowl, combine the fish sauce, lime juice, garlic, and sugar.

3. Stir in 1½ cups boiling water and the pepper-vinegar mixture.
4. Stir until the sugar is dissolved. Allow to cool. Serve at room temperature.
5. Store in a jar in the refrigerator for up to 30 days.

Fish and other aquatic animals, such as squid and eel, are central to the Vietnamese diet. Beef, pork, and chicken are also important, but are consumed in smaller quantities. The unique flavorings in Vietnamese cooking are created with a variety of spices and seasonings, including mint leaves, parsley, coriander, lemon grass, shrimp, fish sauces (*nuoc nam* and *nuoc cham*), peanuts, star anise, black pepper, garlic, shallots, basil, rice vinegar, sugar, green onions, and lime juice. To provide a contrast in texture and flavor to the spicy meat components of a meal, vegetables are often left raw and cut into small pieces (usually cut at an angle, or julienne), especially in the south. Cool, crunchy foods include cucumbers and bean sprouts. The typical Vietnamese meal includes meat and vegetables, either eaten with chopsticks and rice or rolled into rice paper or (red) leaf lettuce and dipped into an accompanying sauce. Traditional preparation techniques are determined by eating habits, geography, and economics.

Pho bo (Beef Noodle Soup) is the signature dish of Vietnamese cuisine. It is often eaten for breakfast, purchased from sidewalk vendors on the way to work or school. *Pho bo* is also a common home-cooked meal, and it is a fun dish to prepare for a group. Seated around a table with dishes of ingredients in the center, each person is



Food Words in Vietnamese

pho (fol) = soup

bo (ball) = beef

ga (gaw) = chicken

gao (gow) = uncooked rice

com (gum) = cooked rice

nuoc mam (nook mum) = fish sauce

bun (poom) = noodles

cuon (coom) = salad or lettuce

given a bowl of spicy beef broth. Then, each selects his or her vegetables and noodles to add to the broth. No two bowls of *pho bo* are alike.

Dessert is not as common in Vietnam as it is in North America, except perhaps for a piece of fresh fruit. One exception is sweet coconut custard, which might follow a celebratory meal.



Pho Bo (Beef Noodle Soup)

Broth ingredients

3 cans beef broth (low-salt suggested)

2 carrots, julienne

4 slices fresh ginger, chopped

1 cinnamon stick

1 star anise

2 whole cloves

2 cloves garlic



Cory Langley

Planting and harvesting rice is labor intensive.

2 teaspoons black peppercorns

3 Tablespoons fish sauce

Accompaniments ingredients

½ pound roast beef (may be purchased from a deli), sliced into very thin bite-sized strips

1 onion, thinly sliced

2 cups fresh bean sprouts

¼ cup chopped cilantro

1 bunch fresh basil, coarsely chopped

2 or more chilies, sliced at a diagonal

2 limes, cut into wedges

1 package rice noodles, cooked

Procedure

1. Make broth by pouring contents from

three cans of broth into a large saucepan.

2. Add carrots, ginger, cinnamon, star anise, cloves, garlic, and peppercorns.

3. Simmer covered for 20 minutes.

4. Add fish sauce and simmer about 5 more minutes.

5. Strain by pouring through a colander.

6. To serve, arrange the following on a platter: beef, onion, bean sprouts, cilantro, basil, chilies, lime wedges, and noodles.

7. Ladle the broth into bowls, and serve.

8. Each person chooses items from the platter to add to his or her bowl of broth.



Coconut Custard

Ingredients

- 5 eggs
- 1 cup coconut milk
- 1 cup granulated sugar
- 1 teaspoon vanilla

Procedure

1. Beat eggs, sugar, coconut milk, and vanilla until frothy.
2. Pour into ramekins (small baking cups).
3. Place in a steamer over boiling water.
4. Cover and cook about 20 minutes or until set. Chill.

Serves 4.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Of the many influences that China has had on Vietnam, the most profound is probably the introduction of Buddhism. The widespread practice of Buddhism in Vietnam has led to the development of one of the world's most sophisticated style of vegetarian cooking (*an chay*), particularly in the coastal city of Hue, which is home to many Buddhists.

On the first and middle days of each lunar month (the full moon and a sliver moon), many Vietnamese do not eat meat, seafood, chicken, or eggs. On these days, the street vendors have numerous vegetarian dishes available. Following is a recipe for a traditional Buddhist vegetarian dish.



Canh Bi Ro Ham Dua (Braised Pumpkin with Coconut Milk)

Ingredients

- 2 cups peeled and cubed pumpkin (¾-inch cubes)
- 2 cups thin coconut milk
- 2 cups cubed sweet potato (¾-inch cubes)
- ½ cup wood ear or shiitake mushrooms
- ¼ cup thick coconut cream
- ½ raw peanuts, soaked in warm water
- ½ cup thinly sliced zucchini
- 1 teaspoon sugar
- Salt, to taste
- Fresh cilantro leaves

Procedure

1. In a deep saucepan, bring coconut milk and pumpkin to a boil.
2. Cook for about 10 minutes, until pumpkin is half done (still too firm to be easily pierced with a knife).
3. Add the sweet potatoes and mushrooms.. Reduce heat and simmer until sweet potatoes are tender.
4. Add thick coconut cream, peanuts, and zucchini. Bring to a boil again, then remove from heat. Season with salt and sugar.
5. Serve garnished with fresh cilantro leaves.

Tet Nguyen Dan (often referred to simply as *Tet*) is the Lunar New Year, perhaps the most important holiday of the year. The New Year does not fall on the same date every year, although it is always in January or February. The official holiday lasts three days, but it is often celebrated for a full seven days. In many ways, the *Tet* “holiday

season” is not unlike the December “holiday season” in North America.

Tet Nguyen Dan literally means “first morning of the first day of the new period.” It is believed that the course of these few days determines the events of the coming year. People stop quarreling; children vow to behave; and families make special efforts to gather together. Prior to the celebration, homes are cleaned and painted and decorated with yellow *hoa mai* (peach blossoms). Many *Tet* traditions concern *Tao Quan*, the Spirit of the Hearth or the Kitchen God. It is believed that the Kitchen God leaves the household during *Tet* to report on the family to the Emperor of Jade. (Cleaning is avoided during *Tet*, so good luck will not be “swept away.”) New clothes are purchased, and old debts are repaid. Many superstitions and traditions revolve around *Tet*, the Vietnamese Lunar New Year. One such belief is that when a watermelon is cut open, the redder the flesh, the more luck the family will have in the upcoming year. Families construct a *Cay Neu* (New Year’s tree) from a bamboo pole stripped of its leaves except a few at the top and then decorated with red paper. (Red is believed to ward off evil.) The *Cay Neu* stands in front of their homes to protect them from evil spirits while *Tao Quan* is away.

Families prepare and partake in feasts that include such rare treats as *sup bao ngu* (abalone soup) and *canh vay ca* (shark’s fin soup). People carry gifts of food to family and friends. The following recipe for banana cake might be considered the Vietnamese equivalent of fruitcake.



Banh Chuoi Nuong (Banana Cake)

Ingredients

- 1¼ pounds ripe banana, sliced on the diagonal
- 1 cup sugar
- 1 cup coconut milk
- ½ teaspoon vanilla
- 7 slices white bread
- 2 Tablespoons melted butter

Procedure

1. Preheat oven to 350°F.
2. In a mixing bowl, sprinkle ½ cup of the sugar over the sliced bananas. Set aside.
3. In a saucepan, cook ½ cup of the sugar in the coconut milk until dissolved; then stir in the vanilla.
4. Soak the bread in this sweetened coconut milk.
5. Grease a 12-square-inch nonstick baking pan and arrange ⅓ of the bananas on the bottom.
6. Cover with half of the soaked bread, ⅓ more bananas, another layer of bread, and then finish with bananas. Drizzle the melted butter on top.
7. Cover with foil and bake for one hour. Allow to stand for 12 hours before cutting.
8. Serve with vanilla ice cream.

Serves 16 to 20.

5 MEALTIME CUSTOMS

Vietnamese meals are rarely divided into separate courses. Rather, all the food is served at once and shared from common dishes set out on a low table. The family sits

on mats on the floor, and each person has a rice bowl, chopsticks, and soup spoon. Family members use the narrow end of the chopsticks to bring food to the mouth and the wide end to serve from the common dishes. Certain foods, such as spring rolls, are picked up and eaten out of the hand. Most meals include soup, a stir-fry or other main dish, a light salad, and a variety of side dishes.

Snacks are often purchased from street vendors. Popular handheld snacks include spring rolls or pork meatballs on a stick. These foods and *pho* (beef noodle soup) are the equivalent of fast food in Vietnamese cities. Also common between meals are sweet fruits and ice cream, introduced during the Vietnam War era (1960s and 1970s). Another “imported” snack food is a baguette with *pâté*, a holdover from the years when Vietnam was a colony of France.

Tea (*che* or *tra*) is the most common beverage in Vietnam. It is common practice to prepare enough tea for the whole day first thing in the morning because traditional Vietnamese hospitality dictates that one must be able to serve tea immediately if unexpected visitors drop by. Tea is served before and after meals, but not during. Vietnamese prefer green (unfermented) tea, but the black tea more familiar to Westerners is available in cities.

Although most Vietnamese prefer tea, coffee is grown in Vietnam and is readily available in cities. Served both hot and cold, *caphe* is a well-known Vietnamese beverage consisting of coffee with sweetened condensed milk (recipe follows). Fresh coconut milk is another popular drink that is widely

available from street vendors, who simply cut the top off a young coconut and then serve it with a straw. A particularly refreshing beverage on a hot day is *soda chanh* (lemon soda).



Caphe (Vietnamese Coffee)

Ingredients

½ cup sweetened condensed milk
3 to 4 cups hot, strongly brewed French-roast coffee

Procedure

1. Pour 2 Tablespoons of condensed milk into the bottom of each of four clear glass coffee cups.
2. Slowly fill each cup with the coffee, making sure not to disturb the layer of milk at the bottom. Serve immediately.
3. Each person stirs his/her own milk into the coffee before drinking.
4. For iced coffee, pour the condensed milk into the bottom of four tall glasses.
5. Fill the glasses to overflowing with ice cubes, then slowly pour in the coffee.

Serves 4.



Soda Chanh (Lemon Soda)

Ingredients

For simple syrup:
2 cups sugar (to make 1 cup simple syrup)
2 cups water
For soda:
½ cup freshly squeezed lemon juice
Ice cubes or crushed ice
6 cups sparkling water or club soda

Procedure

1. To make the simple syrup, combine 2 cups of sugar and 2 cups of water in a saucepan.
2. Bring to a boil over medium heat, stirring occasionally until the sugar is dissolved.
3. Continue cooking without stirring for about 5 minutes, until the mixture is clear and the consistency of light syrup.
4. Remove pan from heat and allow to cool completely.
5. Either use immediately or pour into a clean, dry jar and refrigerate, covered tightly, until ready to use. Makes about 2½ cups.
6. To make lemon soda: In a pitcher, combine 1 cup simple syrup and lemon juice. Stir to mix well.
7. Fill six glasses with crushed ice; then pour ¼ cup of lemon syrup in each glass. Fill the rest of the way with sparkling water, stir, and serve immediately.

Serves 6.

In southern Vietnam, it is impolite for visitors to refuse a meal. If guests are not hungry, they may excuse themselves by explaining that they have eaten very recently, and then sit down with the hosts and keep them company during the meal. Polite guests will take a small amount so as not to insult their hosts.

In northern Vietnam, the situation is reversed. Invitations to join someone for a meal should always be refused unless they have been repeated many times. This custom most likely stems from the fact that, historically, people in the north did not have enough food to feed an extra mouth. Even though invitations are extended out of courtesy, a guest is expected to refuse them.

Vietnamese city dwellers frequently eat meals outside the home. For example, *pho bo* is available on almost every street corner in the morning, and there are spring rolls or pork meatball kabobs later in the day. The cost of meals outside the home can vary widely depending on the type of establishment in which they are purchased. A street vendor meal (the Vietnamese equivalent of “fast food”) might cost US\$1 to 2, whereas a meal in a sit-down restaurant ranges from US\$4 to 8 per person. At the most exclusive restaurants, an elaborate meal could run as high as US\$40 per person.

A typical “lunchbox” type item in Vietnam would be spring rolls, which can be prepared in advance and wrapped in plastic wrap to be eaten out of hand later.



Spring Rolls

Ingredients

- 3 Tablespoons soy sauce
- 2 Tablespoons minced garlic
- 2 Tablespoons honey
- 1 pound pork tenderloin, trimmed
- 1½ pound medium shrimp
- ½ pound rice vermicelli (*Bun* noodles)
- 2 heads Boston lettuce
- 2 large carrots, peeled and shredded
- ¾ fresh mint leaves, shredded
- ¾ cup fresh cilantro leaves, shredded
- 35 round rice paper wrappers (8-in diameter)



EPD Photos

Spring roll.

Procedure

1. Preheat oven to 375°F.
2. In a small bowl, mix together soy sauce, garlic, and honey.
3. Place the pork tenderloin in a foil-lined baking pan. Pour the soy sauce-garlic marinade over the meat and turn to coat.
4. Roast about 35 minutes or until the pork is thoroughly cooked.
5. Allow to cool; then slice into 1½-inch-long strips.

6. Poach the shrimp in boiling water until pink; then peel, slice in half lengthwise, and devein. Set aside.
7. Heat water in a saucepan to cook the rice vermicelli. Soften the vermicelli in hot water; then cook until just tender.
8. Rinse under cold water and drain. Set aside.
9. Separate the lettuce leaves; rinse, dry, and remove the tough center ribs.
10. In a large bowl, toss together the pork, rice vermicelli, carrots, mint, and cilantro.
11. Fill a roasting pan with hot water.
12. Dip one rice paper wrapper into the hot water; then place it on a dishtowel.
13. Arrange a lettuce leaf on the lower third of the wrapper; then spoon 2 Tablespoons of the pork filling onto the lettuce.
14. Fold the bottom edge over the filling and tuck in the sides.
15. Place 2 shrimp halves, cut side down, on top; then roll up into a tight cylinder.
16. As the spring rolls are completed, place them on a serving platter and cover with a damp towel to keep them from drying out.
17. These can be prepared ahead of time and wrapped in plastic wrap until ready to eat.

Serves 15 to 35.

6 POLITICS, ECONOMICS, AND NUTRITION

Vietnam's population is growing rapidly, and the farmers must work hard to produce enough food. Vietnam produces about 25 million tons of rice per year, making it the world's third-largest exporter of this commodity (after Thailand and the United States). Agricultural products include rice, corn, potatoes, soybeans, coffee, tea,

VIETNAM

bananas, poultry, pork, fish, cashews, and sugarcane.

Socio-economics determines how much protein is in the Vietnam diet. The poorest Vietnamese eat less beef, pork, fish, and poultry than do the upper classes. Consequently, iron-deficiency anemia and other dietary deficiencies are more common among the rural poor. City dwellers tend to fare better economically and are more likely to have access to refrigeration, safe drinking water, and sanitation.

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Zimbabwe

Recipes

Mapopo (Papaya) Candy.....	182
Roasted Butternut Squash	182
Sadza	183
Dovi (Peanut Butter Stew).....	183
Cornmeal Cake	184
Zimbabwe Greens.....	185
Rock Shandy	186



1 GEOGRAPHIC SETTING AND ENVIRONMENT

A landlocked country of south-central Africa, Zimbabwe (formerly known as Rhodesia) lies between the Zambezi River on the north and the Limpopo River on the south. It has an area of 390,580 square kilometers (150,804 square miles), slightly larger than the state of Montana. Most of Zimbabwe is rolling plateau, called veld. The highveld (or high plateau) stretches from southwest to northeast, ending in the Inyanga mountains. On either side of the highveld is the middleveld. The lowveld is made up of wide, grassy plains in the basins of the Zambezi and the Limpopo rivers. Among the most serious of Zimbabwe's environmental problems is erosion of its agricultural lands and expansion of the desert. Air and water pollution result from the combined effects of transportation vehicles, mining, fertilizers, and the cement industry.

2 HISTORY AND FOOD

Zimbabwe (zihm-BAHB-way) literally means “House of Stone.” This name comes from the 800-year-old stone ruins left by the Shona people. The descendents of the Shona people make up 77 percent of the Zimbabwean population in the twenty-first century; the other 18 percent are Ndebele (eng-duh-BEH-leh).

By 1300, gold was discovered in the Zimbabwe area and the value of the land for farming was discovered. The Shona and Ndebele peoples alternately held power over the area until the Europeans arrived in the 1850s. The British gained control of the Zimbabwe area (then called Rhodesia) until 1923. As a result, food unadorned with spices, commonly associated with British cooking, infiltrated Zimbabwean cuisine with sugar, bread, and tea.

The Lipopo and Zambesi rivers outline the border of Zimbabwe and supply the soil

ZIMBABWE



with moisture and nutrients needed to grow crops. These crops, such as squash, corn, yams, pumpkins, peanuts, and *mapopo* (papaya), flourish during the summer and autumn months, but can be destroyed in the dry winter months. To preserve food for consumption during the winter months, Zimbabweans dry various produce and meats after the rainy season. Tiny dried fish called *kapenta* are a common snack. Another dried specialty is *biltong*, which is sun-dried, salted meat cut into strips similar to beef jerky. Beef or game, such as kudo and springbok (both members of the antelope family), may be used.



Mapopo (Papaya) Candy

Ingredients

- 1 papaya (approximately 1 pound)
- 2 cups sugar
- Lemon peel, grated
- ½ teaspoon mint, dried or fresh

Procedure

1. Peel the papaya and wash well. Slice into little strips.
2. Place the papaya, mint, grated lemon and sugar over low heat until the sugar dissolves.
3. Cook for 10 minutes, then set aside for half an hour.
4. Reheat over medium heat until the mixture crystallizes.
5. Remove from heat and, using a spoon and fork, mold into ball or stick shapes.



Roasted Butternut Squash

Ingredients

- 1 large butternut squash
- 3 Tablespoons butter
- Cinnamon, to taste

Procedure

1. Preheat oven to 425°F.
2. Remove the skin of the squash with a vegetable peeler, and cut into large chunks, discarding the seeds.
3. Place the chunks onto a large piece of foil and place the butter on top.
4. Bring up the edges of the foil around the squash and seal tightly.

5. Place on cookie sheet and roast for 20 to 25 minutes, or until the squash is tender and lightly browned.
6. Sprinkle cinnamon on top to taste.

Serves 4 to 6.

3 FOODS OF THE ZIMBABWEANS

The cornmeal-based dietary staple of Zimbabwe is also the national dish, called *sadza*. *Sadza* to the Zimbabweans is like rice to the Chinese, or pasta to Italians. In fact, *sadza re masikati*, or “sadza of the afternoon” simply means lunch. *Sadza re manheru*, or “sadza of the evening” means dinner. *Sadza* is made from cornmeal or maize, and eaten with relish. Relish can be any kind of vegetable stew, but *nyama*, (meat), such as beef or chicken, is common among families who can afford it. *Sadza* is cooked slowly until thick, like porridge.

Other traditional foods are peanuts, beans, butternut squash, gem squash, green maize (or corn on the cob), and cucumbers. Avocados are plentiful and cheap. *Bowara*, or pumpkin leaves, can be eaten fresh and are commonly mixed into stews, like *dovi* (peanut butter stew).

Meat and game such as beef, springbok (African gazelle), kudu (large antelope), and goat are eaten, the larger game reserved for special occasions. At more expensive restaurants, crocodile tail, shoulder of impala (a type of antelope), and warthog may be on the menu.

During the summer, open-air markets sell dried mopane worms (spiny caterpillars) and flying ants by the pound. Both can be eaten fried and are said to taste chewy and salty. Flying ants fly in dense clouds

around any source of light during the summer, and can be eaten live. The wings are torn off, then the bodies are eaten. The taste is considered slightly buttery.



Sadza

Ingredients

- 4 cups water
- 2½ cups white cornmeal (regular cornmeal may be used)

Procedure

1. Bring 3 cups of the water to a boil in a large pot.
2. Combine 1½ cups of the cornmeal with the remaining 1 cup water.
3. Reduce heat to medium to low and add the cornmeal mixture to the boiling water, stirring constantly with a wooden spoon. Cook for about 5 minutes.
4. Slowly adding the remaining 1 cup of cornmeal. When the mixture is very thick and starts to pull away from the sides of the pan, transfer to a serving bowl or plate.
5. Use a wooden spoon to shape the mixture into a round shape.
6. You may use wet hands to help shape the *sadza*.

Serves 4 to 6.



Dovi (Peanut Butter Stew)

Ingredients

- 2 medium onions, finely chopped
- 2 Tablespoons butter
- 2 cloves garlic, crushed

- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon cayenne pepper
- 2 green bell peppers, chopped
- 1 chicken, cut into pieces (may use skinless, boneless chicken if preferred)
- 3 to 4 tomatoes
- 6 Tablespoons creamy peanut butter
- ½ pound fresh spinach, or 1 package frozen spinach

Procedure

1. Cook onions with butter in a big stew pot until browned.
2. Add garlic, salt, and seasonings.
3. Stir, adding green peppers and chicken.
4. Once the chicken is browned, add the tomatoes and mash them with a fork.
5. Add 2 cups water and simmer for 5 to 10 minutes. Add half the peanut butter to the pot, lower heat, and continue to simmer.
6. In a separate pan, cook the spinach. If using fresh spinach, wash the leaves, add about 2 Tablespoons of water to a saucepan with the spinach and heat over medium low until spinach leaves are limp and tender. If using frozen spinach, cook according to package directions.
7. Add the rest of the peanut butter to the spinach and heat for 5 minutes.
8. Serve the stew and the greens together.

Serves 6 to 8.

*Cornmeal Cake***Ingredients**

- 1 cup cornmeal
- 4 cups milk
- 2 eggs, beaten

- ¾ cup butter or margarine
- ½ cup sugar
- 1 Tablespoon vanilla extract
- ½ cup sour cream

Procedure

1. Measure milk into a saucepan and bring just to a boil. Remove from heat and allow to cool for about 10 minutes.
2. Add eggs, ½ cup butter or margarine, and sugar to the in a saucepan. Bring to a boil and remove from heat.
3. Add cornmeal, stirring constantly to prevent lumps.
4. Return to low heat and continue cooking for 20 minutes, or until thickened, stirring constantly to prevent sticking. Add vanilla extract and stir well.
5. Preheat oven to 350°F.
6. Melt remaining ¼ cup butter and pour into 8-inch cake pan. Swirl pan to coat bottom and sides.
7. Pour cornmeal mixture into pan and bake for 30 minutes, or until cake is golden brown. Cake is done when a toothpick is inserted into the middle of the cake and it comes out clean.
8. Remove cake from oven and cover top with sour cream.
9. Return to oven for 15 minutes, or until top is bubbly and lightly browned.
10. Serve cake while still warm.

Serve 12 to 16.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Meat or game is generally eaten on special occasions. The kind of meat provided by the host signifies the importance of the celebration. The bigger the occasion, the bigger the roast that is served. Christmas is an example of such an occasion.

Seventy-five percent of Zimbabweans are Christians, so Christmas is widely celebrated. Because Zimbabwe is in the southern hemisphere, Christmas overlaps with the festivities associated with the summer harvest, so many fresh vegetables such as leafy greens and young corn are eaten as well as the *sadza* staple. Starting weeks in advance, everyone begins to gather loaves of bread, jam, tea, and sugar for the Christmas dinner. Fresh fruit is also plentiful and accompanies the roast, which may be ox, goat, ostrich, kudu, or even warthog. The roast is sometimes prepared whole on a spit over an open fire when the feast is a village affair.



Zimbabwe Greens

Collard greens are not native to Zimbabwe, but are the most comparable to Zimbabwean greens.

Ingredients

- 1 bunch collard greens, washed
- 1 cup water
- 1 large tomato, chopped
- 5 green onions, sliced
- 3 Tablespoons creamy peanut butter
- Salt, to taste

Procedure

1. Remove the tough stems, then shred the greens. Place in a saucepan with the water.
2. Bring to a boil and cook, stirring occasionally, just until the greens are crunchy-tender, about 2 to 3 minutes.
3. Place a strainer or colander over a large bowl and drain the greens, reserving the cooking liquid in the bowl.
4. Return the greens to the saucepan and add the tomato and onions.
5. Cook over medium heat, stirring constantly, about 4 to 5 minutes.
6. Combine the peanut butter with $\frac{3}{4}$ cup of the cooking liquid reserved from the greens, then add to vegetables.
7. Heat, stirring constantly, until greens have a creamy consistency, adding more reserved liquid or water if mixture seems too thick. Add salt to taste.

Serves 6 to 8.

5 MEALTIME CUSTOMS

Before eating a meal, a dish of water is placed on the dining table for diners to clean their hands. *Rudyi* is the Shona word for right hand, which means the “one used for eating.” Even if a person is left-handed, it is considered impolite to eat with the left hand. Zimbabweans typically sit in a circle on the floor and eat food from one dish or bowl. The practice of sharing is the communal way of eating, so diners have to pace themselves accordingly while eating with others. Older children, learn to pace themselves at the same rate as their younger siblings so that they will not eat too much or too fast and everyone will have a fair share. Guests, however, are served instead of helping themselves. It is considered polite to leave a small amount of food on your plate to show that you have been more than sufficiently provided for.

In general, wooden plates and spoons are used along with Western utensils. In some rural areas, Zimbabweans eat with their fingers. When eating *sadza*, Zimbabweans clean their hands, then using their right hand, pinch off a chunk from the bowl and roll it into a ball in their palm. They dip the

ball into relish and bite off a piece, then roll it again and continue the process.

Three meals are typically eaten a day. Breakfast is simple and may consist of *sadza*, porridge made from cornmeal or oatmeal, cereal or bread, and tea. Sometimes leftovers from the dinner before are eaten.

Lunch and dinner are simple as well. *Sadza* with relish is common, served with vegetables and meat, if available. Sour milk and sugar sometimes replace meat or vegetables with *sadza*. Rock shandy, a refreshing beverage, is a mix of lemonade, soda water, and bitters (made from herbs and other plant extracts and used to flavor drinks). Foreign food such as macaroni and cheese and mashed potatoes are now part of Zimbabwean staples.

Certain taboos are associated with Zimbabwean food. For instance, the Ndebele people discourage eating corn out of season. Many ethnic groups do not eat an animal, plant, or other forms of food that bears their family name. For example, if a family name is Nkomo (cattle: cow or oxen), they should not eat beef.



Rock Shandy

Ingredients

- Ice
- 2 Tablespoons lemon or lime juice
- 3 dashes Angostura bitters (can be found in any supermarket)
- Cold soda (sparkling) water

Procedure

1. Half fill a tall glass with ice.

2. Add the lemon or lime juice and Angostura bitters.
3. Fill the glass with sparkling water and serve.

Makes one serving.

6 POLITICS, ECONOMICS, AND NUTRITION

About 39 percent of the population of Zimbabwe are classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 16 percent are underweight, and more than one-fifth are stunted (short for their age).

In the early 1990s, drought severely affected the output of almost every crop, including wheat, cotton, oilseed, coffee, and sugar. In years with adequate rainfall, Zimbabwe is one of Africa's largest corn exporters; however, corn production only produced 1,418,000 tons in 1998, down from 2,609,000 tons in 1996. Despite the drop in production, Zimbabwe continues to grow a wide variety of crops to help feed its people. Nearly three-quarters of the population have access to safe drinking water, but only about half have adequate sanitation.

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Index

This index contains terms and recipes from all four volumes of this encyclopedia. The volume number is enclosed in brackets. The volume number is followed by the page number. For example, the reference [4]84 means that the indexed term can be found in volume 4 on page 84. Entries in boldface type indicate main entries and main recipe categories. Recipe categories include Appetizers, Beverages, Breads, Cookies and sweets, Desserts, Main dishes, Salads, Sandwiches, Side dishes, Snacks, Soups, Stews, and Vegetables.

A

Aaloo Bukhary Ki (Plum Chutney, Pakistan) [3]86

Aboriginals (Canada) [1]77

Bannock [1]80

Man-O-Min [1]80

Saskatoon Berry Snack [1]79

Wild Rice Cakes [1]81

Aborigines and Bush Tucker (Australia) [1]29

Billy Tea [1]31

Damper [1]32

Damper European Style [1]32

Macadamia and Fruit Snack [1]33

Macadamia Nut Cookies [1]33

Abyssinia see Ethiopia

Açaçá (Afro-Brazilians, Brazil) [1]51

Aceitunas Alinadas (Marinated Olives, Cuba) [1]119

Aceitunas Alinadas (Marinated Olives, Spain) [4]9

Adas Bil Hamod (Lentils with Lemon Juice, Iraq) [2]96

Adobong Hiponsa Gata (Shrimp Adobo in Coconut Milk, Philippines) [3]107

African Americans (United States) [4]77

Baked Macaroni and Cheese [4]82

Collard Greens [4]78

Fried Apples [4]83

Fried Bologna [4]84

Hush Puppies [4]78

Kwanzaa Brownies [4]83

Molasses Water [4]79

Potato Salad [4]81

Red Beans and Rice [4]80

Sweet Potato Pie [4]80

Tomato, Cucumber, and Onion Salad [4]84

Afro-Brazilians (Brazil) [1]45

Açaçá [1]51

Angu de Milho [1]49

Brazilian Black Beans [1]49

Empadas [1]50

Moqueca [1]47

Moqueca aos Ovos [1]47

Olho de Sogra [1]51

Quiabo [1]46

Quindins [1]48

Rice, Basic [1]46

Ahweh (Arabic Coffee, Lebanon) [3]34

Akara (Fritters, Ghana) [2]19

Alfajores de Maizena (Corn Starch Cookies, Argentina) [1]17

Algeria [1]1

Algerian Cooked Carrot Salad [1]7

Banadura Salata B'Kizbara [1]5

Chlada Fakya [1]8

Cucumber & Yogurt Soup [1]8

Etzai [1]4

Fresh Sweet Dates [1]3

Saffron and Raisin Couscous with Fresh Mint [1]2

Sahlab [1]4

Algerian Cooked Carrot Salad (Algeria) [1]7

Almond Candies (Mazapanes, Spain) [4]6

Almond Kisses (Hungary) [2]55

Almost Ting (Jamaica) [2]150

Aloko (Fried Bananas, Côte d'Ivoire) [1]104

Ambrosia (Brazil) [1]38

INDEX

Amish and Pennsylvania Dutch (United States) [4]87

- Cream of Cabbage Soup [4]89
- Old-Fashioned Spicy Lemonade [4]93
- Peachy Baked Apples [4]91
- Peanut Butter and Molasses Spread [4]93
- Pork Chops with Sauerkraut and Potatoes [4]89
- Shoofly Pie [4]89
- Snow Ice Cream [4]93
- Spicy Oven-Fried Chicken [4]91
- Strawberry Jam [4]93
- Sugar Cookies [4]92

Angu de Milho (Afro-Brazilians, Brazil) [1]49

ANZAC Biscuits (Australia) [1]22

Apfelpfannkuchen (Apple Pancakes, Germany) [2]5

Apfelschörle (Germany) [2]7

Appetizers

- Australian Meat Pie (Australia) [1]21
- Baked Papas Skins (Peru) [3]92
- Bocaditos (Argentina) [1]14
- Bruschetta (Italy) [2]141
- Buffalo Chicken Wings (Great Lakes, United States) [4]100
- Ceviche (Peru) [3]99
- Chicken Satay (Thailand) [4]38
- Chopped Chicken Liver (Jewish Americans, United States) [4]107
- Clam Chowder (Northeast Region, United States) [4]144
- Cornish Pasty (Great Lakes, United States) [4]103
- Cream of Cabbage Soup (Amish and Pennsylvania Dutch, United States) [4]89
- Cuban Avocado and Pineapple Salad (Latino Americans, United States) [4]121
- Deviled Eggs (Midwest Region, United States) [4]126
- Dolma (Iran) [2]82
- Empanadas (Argentina) [1]13
- Feta Cheese and Vegetable Tray (Iran) [2]91
- Fish Boil (Great Lakes, United States) [4]97
- French-Canadian Creton (Canada) [1]71
- Fried Wonton (China) [1]101
- Fromage (France) [1]156
- Ful Mudammas (Egypt) [1]132
- Gazpacho (Latino Americans, United States) [4]120
- Guacamole (Guatemala) [2]33
- Guacamole (Latino Americans, United States) [4]117
- Haysa Al-Tumreya (Saudi Arabia) [3]135
- Herring Dip (Jewish Americans, United States) [4]113

Hummus (Great Lakes, United States) [4]99

Hummus (Saudi Arabia) [3]140

Jansson's Frestelse (Sweden) [4]14

Kutya (Ukraine) [4]63

Lettuce Dipped in Honey and Vinegar Dressing (Iran) [2]88

Macadamia and Fruit Snack (Aborigines and Bush Tucker, Australia) [1]33

Maple Butter (Northeast Region, United States) [4]142

Marinated Artichokes (Western Region, United States) [4]163

Matzo Brie (Jewish Americans, United States) [4]112

Mealie Soup (South Africa) [3]153

Miso Soup (Japan) [2]156

Nam Pla Prig (Thailand) [4]37

New England Clam Chowder (Northeast Region, United States) [4]144

Old Fashioned Turnip Soup (Southern Region, United States) [4]151

Peanut Butter and Molasses Spread (Amish and Pennsylvania Dutch, United States) [4]93

Pepinos Rellenos (Guatemala) [2]36

Poa Pee (Thailand) [4]39

Popcorn (Native Americans, United States) [4]132

Ramen (Japan) [2]161

Salsa Cruda (Latino Americans, United States) [4]116

Spring Roll (Vietnam) [4]177

Swedish Meatballs (Great Lakes, United States) [4]102

Tapas (Spain) [4]8, [4]9

Toast with Vegemite or Milo Spread (Australia) [1]27

Traditional Biltong and Dried Fruit Snack (South Africa) [3]152

Apple and Carrot Tsimmes (Jewish Americans, United States) [4]111

Apple Cake (Ireland) [2]111

Apple Cake (Russia) [3]130

Apple Crisp (Western Region, United States) [4]165

Apple Pancakes (Germany) [2]5

Apple Sauerkraut (Great Lakes, United States) [4]101

Arabic Coffee (Lebanon) [3]34

Arabic Coffee (Saudi Arabia) [3]141

Arachid Sauce (Côte d'Ivoire) [1]110

Argentina [1]11

Alfajores de Maizena [1]17

Bocaditos [1]14

Carbonada Criolla [1]12

INDEX

Argentina (*continued*)

Chimichurri [1]13
Dulce de Leche [1]17
Empanadas [1]13
Fruit Salad with Frozen Yogurt [1]15
Submarino [1]16

Arni Souvlakia (Lamb on Skewers, Greece) [2]24
Arroz Blanco (White Rice, Mexico) [3]53
Arroz con Leche (Rice Pudding, Peru) [3]99
Arroz con Leche (Rice Pudding, Chile) [1]90
Arroz con Leche (Rice Pudding, Cuba) [1]120
Arroz Guatemalteco (Guatemalan-Style Rice) [2]34
Artsoppa (Pea Soup, Sweden) [4]20
Aterkek Alecha (Vegetable Stew, Ethiopia) [1]148

Australia [1]19

Aborigines and Bush Tucker [1]29

ANZAC Biscuits [1]22
Australian Meat Pie [1]21
Billy Tea [1]31
Black Australian Coffee [1]22
Chocolate Crackles [1]27
Christmas Shortbread [1]24
Damper Aboriginal Style [1]32
Damper European Style [1]32
Grated Carrot, Apple, and Raisin Salad [1]20
Lamingtons [1]23
Macadamia and Fruit Snack [1]33
Macadamia Nut Cookies [1]33
Pavlova [1]24
Quick No-Cook Mini-Pavlova [1]25
Toast with Vegemite or Milo Spread [1]27

Australian Meat Pie (Australia) [1]21
Avgolemono (Egg-Lemon Soup, Greece) [2]22
Avocado Chili Sauce (Peru) [3]93
Avocado Drink (Indonesia) [2]74
Avocado Soup, Chilled (Côte d'Ivoire) [1]109
Avocado with Groundnut Dressing (Côte d'Ivoire) [1]111

B

Baat Bo Fon (Rice Pudding, China) [1]97
Badam Pistaz Barfi (Islands of the Pacific) [2]118
Baguette (French Bread, France) [1]152
Baguette Sandwich (France) [1]153
Baigan Bhartha (Eggplant Puree, India) [2]60
Baked Kibbeh (Lebanon) [3]31

Baked Macaroni and Cheese (African Americans, United States) [4]82
Baked Papas (Potato) Skins (Peru) [3]92
Baked Papaya Dessert (Islands of the Pacific) [2]121
Baked Ripe Banana (Jamaica) [2]150
Baked Yams (Côte d'Ivoire) [1]109
Baklava (Egypt) [1]134
Bamia (Sweet and Sour Okra, Egypt) [1]137
Banadura Salata B'Kizbara (Tomato and Coriander Salad, Algeria) [1]5
Banana and Pineapple Salad (Cameroon) [1]58
Banana Bread (Guatemala) [2]37
Banana Cake (Vietnam) [4]175
Banana Cakes, Fried (Indonesia) [2]77
Banana Frita (Brazil) [1]42
Banana with Coconut Milk (Thailand) [4]41
Bananas and Sweet Potatoes (Islands of the Pacific) [2]118
Bananas, Baked Ripe (Jamaica) [2]150
Bananas, Fried (Brazil) [1]42
Bananas, Fried (Côte d'Ivoire) [1]104
Bananas, Fried (Tanzania) [4]28
Banh Chuoi Nuong (Vietnam) [4]175
Bannann Peze (Fried Plantains, Haiti) [2]43
Bannock (Aboriginals, Canada) [1]80
Barm Brack (Ireland) [2]108
Barros Jarpa (Ham and Cheese Sandwich, Chile) [1]89
Basturma (Kazakhstan) [3]2
Boursaki (Fried Doughnuts, Kazakhstan) [3]4
Bean Goulash with Beef (Czech Republic) [1]126
Beef Noodle Soup (Vietnam) [4]172
Beef Sukiyaki (Japan) [2]157
Beef with Fruit (Iraq) [2]94
Beet Soup (Russia) [3]129
Berbere (Spice Paste, Ethiopia) [1]144
Berry Punch (Chile) [1]90

Beverages

Ahweh (Lebanon) [3]34
Almost Ting (Jamaica) [2]150
Apfelschörle (Germany) [2]7
Berry Punch (Chile) [1]90
Billy Tea (Aborigines and Bush Tucker, Australia) [1]31
Black Australian Coffee (Australia) [1]22
Café de Olla (Mexico) [3]48
Caphe (Vietnam) [4]176
Chai (Tanzania) [4]24
Chai Po-Russki (Russia) [3]131
Chocolate Mexicana (Mexico) [3]53

INDEX

Beverages (*continued*)

- Coffee Milkshake (Northeast Region, United States) [4]144
- Cola de Mono (Chilean Eggnog) [1]87
- Crème de Vie (Cuba) [1]120
- Dugh (Iran) [2]86
- Es Avocad (Indonesia) [2]74
- Es Pokat (Indonesia) [2]74
- Etzai (Algeria) [1]4
- Ginger Beer (Liberia) [3]42
- Glühwein (Germany) [2]7
- Guaraná (Brazil) [1]40
- Hot Christmas Punch (Guatemala) [2]36
- Hot Cranberry Punch (Northeast Region, United States) [4]146
- Irea (Egypt) [1]138
- Iroquois Strawberry Drink (Native Americans, United States) [4]137
- Jamaican Fruit Drink (Jamaica) [2]149
- Laban Drink (Saudi Arabia) [3]138
- Lassi (Pakistan) [3]88
- Lemon Grass Tea (Liberia) [3]42
- Limoonada (Lebanon) [3]35
- Mango Juice (Haiti) [2]42
- Mango-Orange Drink (Tanzania) [4]28
- Maté (Brazil) [1]40
- Molasses Water (African Americans, United States) [4]79
- Moroccan Mint Tea [3]58
- Naneli Limonata (Turkey) [4]49
- Old-Fashioned Spicy Lemonade (Amish and Pennsylvania Dutch, United States) [4]93
- Pineapple Nog (Haiti) [2]46
- Pineapple-Orange Drink (Brazil) [1]43
- Pineapple Sherbet (South Africa) [3]158
- Pinole (Native Americans, United States) [4]137
- Ponche (Chile) [1]90
- Qahwa (Saudi Arabia) [3]141
- Rock Shandy (Zimbabwe) [4]186
- Sahlab (Algeria) [1]4
- Sbiten (Russia) [3]128
- Shai (Egypt) [1]134
- Soda Chanh (Vietnam) [4]176
- Soo Chunkwa (Korea) [3]18
- Spiced Cocoa (Haiti) [2]41
- Submarino (Argentina) [1]16
- Svart Vinbärsglögg (Sweden) [4]18
- Sweet Tea (Southern Region, United States) [4]157
- Té con Leche (Chile) [1]84
- Tea with Milk (United Kingdom) [4]75
- Teh Halia (Indonesia) [2]77
- Tropical Fruit Shake (Islands of the Pacific) [2]121
- Tsokolate (Philippines) [3]108
- Wassail (United Kingdom) [4]74
- Bigos (Polish Hunter's Stew, Poland) [3]114
- Billy Tea (Aborigines and Bush Tucker, Australia) [1]31
- Birthday Cake (Chile) [1]87
- Birthday Noodles with Peanut Sauce (China) [1]99
- Biscotti (Italy) [2]139
- Bisteeya (Morocco) [3]59
- Black Australian Coffee (Australia) [1]22
- Black Beans (Brazil) [1]49
- Black Beans and Rice (Cuba) [1]114
- Black Currant Glögg (Sweden) [4]18
- Blandad Fruktsoppa (Swedish Fruit Soup) [4]15
- Blintzes (Israel) [2]124
- Bliny (Russian Pancakes, Russia) [3]125
- Bliny Filling (Russia) [3]126
- Blue Cheese, Apple, and Walnut Spread (Spain) [4]8
- Blueberry Muffins (Western Region, United States) [4]165
- Bobotie (South Africa) [3]157
- Bocaditos (Finger Sandwiches, Argentina) [1]14
- Boiled Cassava (Cameroon) [1]59
- Boiled Rice (Japan) [2]155
- Bolo Polana (Cashew Nut and Potato Cake, Mozambique) [3]71
- Borscht (Beet Soup, Russia) [3]129
- Boston Baked Beans (Northeast Region, United States) [4]143
- Braised Pumpkin with Coconut Milk (Vietnam) [4]174
- Bratwurst (Sausage, Germany) [2]4
- Brazil** [1]37
- Açaçá (Afro-Brazilians) [1]51
- Afro-Brazilians** [1]45
- Ambrosia [1]38
- Angu de Milho (Afro-Brazilians) [1]49
- Banana Frita [1]42
- Basic Rice [1]46
- Brazilian Black Beans (Afro-Brazilians) [1]49
- Corn Cake [1]41
- Empadas (Afro-Brazilians) [1]50
- Feijoada [1]38
- Maté [1]40
- Moqueca (Afro-Brazilians) [1]47
- Moqueca aos Ovos (Afro-Brazilians) [1]47
- Olho de Sogra (Afro-Brazilians) [1]51
- Orange Salad [1]39

INDEX

Brazil (*continued*)

- Pepper-Scented Rice [1]41
- Pineapple-Orange Drink [1]43
- Pudim (Custard) [1]42
- Quejadinhas [1]43
- Quiabo (Afro-Brazilians) [1]46
- Quindins (Afro-Brazilians) [1]48
- Rice, Basic (Afro-Brazilians) [1]46
- Brazilian Black Beans (Afro-Brazilians) [1]49

Breads

- Baguette (France) [1]152
- Bannock (Aboriginals, Canada) [1]80
- Barm Brack (Ireland) [2]108
- Blueberry Muffins (Western Region, United States) [4]165
- Bread Pudding (Midwest Region, United States) [4]124
- Bruschetta (Italy) [2]141
- Chapatti (Tanzania) [4]27
- Chili Corn Bread (Latino Americans, United States) [4]121
- Cornbread (Southern Region, United States) [4]152
- Damper (Aborigines and Bush Tucker, Australia) [1]32
- Damper European Style (Aborigines and Bush Tucker, Australia) [1]32
- Date Nut Bread (Tanzania) [4]30
- Fatir (Saudi Arabia) [3]134
- Gari Biscuits (Ghana) [2]17
- Hush Puppies (African Americans, United States) [4]78
- Indian Fry-Bread (Native Americans, United States) [4]137
- Injera (Ethiopia) [1]146
- Irish Soda Bread (Ireland) [2]105
- Italian Christmas Bread (Italy) [2]138
- Italian Easter Bread (Italy) [2]138
- Johnnycakes (Northeast Region, United States) [4]141
- Kategna (Ethiopia) [1]144
- Kimaje (Saudi Arabia) [3]137
- Matzo Brie (Jewish Americans, United States) [4]112
- Pain Haïtien (Haiti) [2]46
- Pita Bread (Lebanon) [3]28
- Potica (Slovenia) [3]147
- Pumpkin Bread (Native Americans, United States) [4]136
- Rågbröd (Sweden) [4]20
- Rice Bread (Liberia) [3]41

- Rosca de Reyes (Mexico) [3]49
- Rye Bread (Germany) [2]5
- Scones (Ireland) [2]110
- Scones (United Kingdom) [4]71
- Simit (Turkey) [4]51
- Bread Pudding (Midwest Region, United States) [4]124
- Broad Beans in Sauce (Egypt) [1]132
- Broiled Salmon (Japan) [2]162
- Broiled Salmon Steaks (Western Region, United States) [4]164
- Brown-Stewed Fish (Jamaica) [2]146
- Bruschetta (Toasted Bread, Italy) [2]141
- Bûche de Noël (Yule Log, France) [1]156
- Buffalo Chicken Wings (Great Lakes, United States) [4]100
- Buffalo Stew (Native Americans, United States) [4]135
- Bulgar Wheat Salad (Saudi Arabia) [3]139
- Bulgur Pilavi (Cracked Wheat Pilaf, Turkey)
- Bunuelos (Fried Fritters, Guatemala) [2]35
- Butter Tarts (French Canadians, Canada) [1]71
- Butternut Squash, Roasted (Zimbabwe) [4]182

C

- Cabbage Pirozhki or Piroghi (Russia) [3]126
- Cabbage Rolls, Stuffed (Poland) [3]116
- Cabbage Rolls, Stuffed (Ukraine) [4]60
- Café de Olla (Spiced Coffee, Mexico) [3]48
- Calalou (Meat and Vegetable Stew, Côte d'Ivoire) [1]109

Cameroon [1]53

- Banana and Pineapple Salad [1]58
- Boiled Cassava [1]59
- Easy Fufu [1]55
- Ndole [1]56
- Safou a la Sauce Tomate [1]54
- Traditional Fufu [1]56

Canada [1]61

Aboriginals (Canada) [1]77

- Butter Tarts (French Canadians) [1]71
- Canada Day Cake [1]65
- Canadian Bacon with Maple Glaze [1]63
- Candlemas Pancakes (French Canadians) [1]74
- Crêpes de la Chandeleur (French Canadians) [1]74
- Creton (Spicy Pork Pate, (French Canadians) [1]71
- Doughboys (Dumplings, (French Canadians)) [1]70

French Canadians [1]69

- French-Canadian Creton [1]71

INDEX

Canada (*continued*)

French Pea Soup (French Canadians) [1]70
Man-O-Min (Aboriginals, Canada) [1]80
Maple Sundae [1]67
Maple Syrup Upside-Down Cake [1]67
Pudding au Chomeur (French Canadians) [1]72
Quebec Poutine (French Canadians) [1]75
Ragoût de Boulettes (French Canadians) [1]74
Tarte au Sucre (French Canadians) [1]72
Tourtière (French Canadians) [1]73
Saskatoon Berry Snack (Aboriginals, Canada) [1]79
Sauteed Fiddleheads [1]63
Sweet Corn Pancakes [1]64
Wild Rice Cakes (Aboriginals, Canada) [1]81
Canada Day Cake (Canada) [1]65
Canadian Bacon with Maple Glaze (Canada) [1]63
Candied Citrus Peels (Iraq) [2]101
Candlemas Pancakes (Canada) [1]74
Canh Bi Ro Ham Dua (Vietnam) [4]174
Cannoli (Italy) [2]141
Caphe (Vietnam) [4]176
Caramal Custard (Peru) [3]102
Caramel Corn (Midwest Region, United States) [4]128
Carbonada Criolla (Stew with Meat, Vegetables, and Fruit, Argentina) [1]12
Carrot Bredie (South Africa) [3]154
Cassava and Plantains, Boiled (Côte d'Ivoire) [1]106
Cassava *see also* Yucca
Cauliflower Cheese, Sunday Lunch (United Kingdom) [4]74
Cellophane Noodles, Mixed Vegetables with (Korea) [3]22
Ceviche (Marinated Seafood, Peru) [3]99
Chai (Tea, Tanzania) [4]24
Chai Po-Ruski (Tea, Russian-Style) [3]131
Champ (Ireland) [2]106
Chancho en Piedra (Chili and Tomato Spread, Chile) [1]89
Chapati (Fried Flat Bread, Tanzania) [4]27
Chap Ch'ae (Mixed Vegetables with Cellophane Noodles, Korea) [3]22
Charoset (Jewish Americans, United States) [4]110
Charoseth (Israel) [2]131
Cheese and Pear Sandwich (Sweden) [4]22
Cheese Sandwich, Baked (Mozambique) [3]68
Cheesecake (Poland) [3]117
Cheesecake, New York (Jewish Americans, United States) [4]113
Chess Pie (Southern Region, United States) [4]150

Chicken, Grilled on Skewers (Japan) [2]161
Chicken, Grilled Skewered (Iran) [2]85
Chicken Karaii (Pakistan) [3]86
Chicken Kiev (Ukraine) [4]61
Chicken Paprikas (Czech Republic) [1]126
Chicken and Rice (Saudi Arabia) [3]136
Chicken Satay (Thailand) [4]38
Chicken and Sausage Gumbo (Southern Region, United States) [4]153
Chicken Tajine with Almonds and Prunes (Morocco) [3]56
Chicken Tandoori (India) [2]63
Chicken Teriyaki (Japan) [2]157
Chickpea, Feta, and Olive Salad (Morocco) [3]62
Chile [1]83
Arroz con Leche [1]90
Barros Jarpa [1]89
Chancho en Piedra [1]89
Cola de Mono [1]87
Ensalada Chilena [1]84
Pastel de Choclo [1]84
Ponche [1]90
Té con Leche [1]84
Tomaticán [1]86
Torta de Cumpleaños [1]87
Chili Corn Bread (Latino American, United States, United States) [4]121
Chili and Soy Sauce (Indonesia) [2]74
Chilled Avocado Soup (Côte d'Ivoire) [1]109
Chimichurri (Dipping Sauce, Argentina) [1]13
China [1]93
Baat Bo Fon (Rice Pudding) [1]97
Birthday Noodles with Peanut Sauce [1]99
Eggdrop Soup [1]96
Fried Rice [1]97
Fried Wonton [1]101
Fu Yund Don [1]101
Spiced Chicken [1]99
Sweet and Sour Pork [1]96
Wonton Soup [1]95
Chinchin (Nigeria) [3]81
Chinese Peanut Sauce (Western Region, United States) [4]164
Chlada Fakya (Fresh Fruit Medley, Algeria) [1]8
Choclo con Queso (Corn on the Cob with Cheese, Peru) [3]95
Chocolate Crackles (Australia) [1]27
Chocolate Mexicana (Hot Chocolate Drink, Mexico) [3]53

INDEX

- Ch'o Kanjang (Vinegar Soy Sauce, Korea) [3]24
Chopped Chicken Liver (Jewish Americans, United States) [4]107
Christmas Bread, Italian [2]138
Christmas Cake, Jamaican [2]148
Christmas Shortbread (Australia) [1]24
Chuck Wagon Brisket (Western Region, United States) [4]161
Churros (Spain) [4]7
Cinnamon Beverage (Egypt) [1]138
Citrus Peels, Candied (Iraq) [2]101
Clam Chowder (Northeast Region, United States) [4]144
Coconut Bean Soup (Tanzania) [4]25
Coconut and Cheese Snacks [1]43
Coconut-Chicken Soup (Thailand) [4]43
Coconut Chips (Jamaica) [2]146
Coconut Custard (Vietnam) [4]174
Coconut, Fresh Grated (Islands of the Pacific) [2]115
Coconut Macaroons (Brazil) [1]48
Coconut Milk (Indonesia) [2]71
Coconut Milk (Islands of the Pacific) [2]115
Coffee, Arabic (Saudi Arabia) [3]141
Coffee Milkshake (Northeast Region, United States) [4]144
Coffee, Vietnamese [4]176
Cola de Mono (Chilean Eggnog) [1]87
Colcannon (Ireland) [2]107
Cold Tomato Soup (Spain) [4]3
Coleslaw, Red (Germany) [2]9
Collard Greens (African Americans, United States) [4]78
Collard Greens with Hamhocks (Southern Region, United States) [4]157
- Cookies and sweets**
Alfajores de Maizena (Argentina) [1]17
Almond Kisses (Hungary) [2]55
ANZAC Biscuits (Australia) [1]22
Apple Crisp (Western Region, United States) [4]165
Badam Pistaz Barfi (Islands of the Pacific) [2]118
Baklava (Egypt) [1]134
Barm Brack (Ireland) [2]108
Boursaki (Kazakhstan) [3]4
Biscotti (Italy) [2]139
Bunuelos (Guatemala) [2]35
Butter Tarts (French Canadians, Canada) [1]71
Cannoli (Italy) [2]141
Caramel Corn (Midwest Region, United States) [4]128
Cheesecake (Poland) [3]117
Chinchin (Nigeria) [3]81
Chocolate Crackles (Australia) [1]27
Christmas Shortbread (Australia) [1]24
Churros (Spain) [4]7
Cornmeal Cookies (Côte d'Ivoire) [1]105
Dulce de Leche (Argentina) [1]17
Easy Lebanese Baklava (Lebanon) [3]32
Filhos de Natal (Mozambique) [3]70
Firifiri (Islands of the Pacific) [2]121
Fortune Cookies (Western Region, United States) [4]163
Fruitcake Cookies (Southern Region, United States) [4]154
Gizzada (Jamaica) [2]151
Groundnut Toffee (Ghana) [2]15
G'shur Purtaghal (Iraq) [2]101
Halva (Turkey) [4]50
Honey-Baked Apples (Northeast Region, United States) [4]146
Hungarian Butter Cookies (Hungary) [2]54
Indian Fry-Bread (Native Americans, United States) [4]137
Johnnycakes (Northeast Region, United States) [4]141
Ka'ak Cookies (Lebanon) [3]34
Kaymakli Kuru Kayisi (Turkey) [4]46
Kourabiethes [2]27
Kwanzaa Brownies (African Americans, United States) [4]83
Lamingtons (Australia) [1]23
Lebkuchen (Germany) [2]6
Locum (Turkey) [4]52
Lokma (Turkey) [4]53
Lussekatter (Sweden) [4]17
Macadamia and Fruit Snack (Aborigines and Bush Tucker, Australia) [1]33
Macadamia Nut Cookies (Aborigines and Bush Tucker, Australia) [1]33
Malasadas (Mozambique) [3]69
Mandelbrot (Israel) [2]132
Maple Butter (Northeast Region, United States) [4]142
Mapopo (Zimbabwe) [4]182
Mathis (India) [2]67
Matzo Brie (Jewish Americans, United States) [4]112
Mazapanes (Spain) [4]6
Mescouta (Morocco) [3]58
Mexican Fried Ice Cream (Latino Americans, United States) [4]119

INDEX

Cookies and sweets (*continued*)

Mince-meat Pies, Individual (United Kingdom) [4]73
Moravske Vano ni Kukyse (Czech Republic) [1]127
Moroccan String of Doughnuts [3]63
Nanaimo Bars (Canada) [1]65
New York Cheesecake (Jewish Americans, United States) [4]113
Papaya Candy (Zimbabwe) [4]182
Papparkakor (Sweden) [4]16
Pavlova (Australia) [1]24
Pisang Goreng (Indonesia) [2]77
Polvoron (Philippines) [3]110
Potica (Slovenia) [3]147
Pralines (Southern Region, United States) [4]157
Pumpkin Bread [4]136
Quick No-Cook Mini-Pavlova (Australia) [1]25
Quindins (Brazil) [1]48
Sesame Candy (Israel) [2]127
Shoofly Pie (Amish and Pennsylvania Dutch, United States) [4]89
Simit (Turkey) [4]51
Slovenian Almond Bars (Slovenia) [3]148
Springerle [4]101
Strawberry Jam (Amish and Pennsylvania Dutch, United States) [4]93
Sugar Cookies (Amish and Pennsylvania Dutch, United States) [4]92
Sugared Almonds (Lebanon) [3]34
Sweet Peanut Mochi (Japan) [2]159
Sweet Potato Pie (African Americans, United States) [4]80
Sweet Potato Pie (Southern Region, United States) [4]154
Uli Petataws (Indonesia) [2]73
Corn and Meat Pie (Chile) [1]84
Cornbread (Southern Region, United States) [4]152
Cornbread Stuffing (Ukraine) [4]61
Corn Cake (Brazil) [1]41
Corned Beef with Cabbage (Ireland) [2]106
Cornhusker's Casserole (Midwest Region, United States) [4]129
Cornish Pasties (United Kingdom) [4]69
Cornish Pasty (Great Lakes, United States) [4]103
Cornmeal Cake (Zimbabwe) [4]184
Cornmeal Cookies (Côte d'Ivoire) [1]105
Cornmeal Drink (Native Americans, United States) [4]137
Cornmeal Porridge (Haiti) [2]47
Cornmeal Porridge (South Africa) [3]158

Corn on the Cob (Midwest Region, United States) [4]127
Corn on the Cob (South Africa) [3]157
Corn on the Cob with Cheese (Peru) [3]95
Corn Rice (Indonesia) [2]79
Corn Soup (South Africa) [3]153
Corn Starch Cookies (Argentina) [1]17
Côte d'Ivoire [1]103
Aloko [1]104
Arachid Sauce [1]110
Avocado with Groundnut Dressing [1]111
Baked Yams [1]109
Calalou [1]109
Chilled Avocado Soup [1]109
Cornmeal Cookies [1]105
Fufu (Boiled Cassava and Plantains) [1]106
Kedjenou [1]107
Melon Fingers with Lime [1]106
Couscous Dessert, Sweet (Algeria) [1]5
Cranberries, Frosted (Russia) [3]130
Cranberry Salsa [4]162
Cream of Cabbage Soup (Amish and Pennsylvania Dutch, United States) [4]89
Creamy Dipping Sauce (Sweden) [4]13
Crème de Vie (Cuban Egg-nog) [1]120
Creole Seasoning (Southern Region, United States) [4]153
Crêpes de la Chândeleur (Candlemas Pancakes, Canada) [1]74
Croque-Monsieur (Ham and Cheese Sandwich) [1]154
Cuba [1]113
Aceitunas Alinadas [1]119
Arroz Con Leche [1]120
Crème de Vie [1]120
Ensalada Cubana [1]119
Flan [1]117
Fried Plantains [1]115
Helada de Mango [1]118
Moors and Christians [1]114
Tuna in Sauce [1]117
Yucca [1]117
Cuban Avocado and Pineapple Salad (Latino Americans, United States) [4]121
Cuban Beans and Rice (Latino Americans, United States) [4]117
Cucumber and Tomato Salad (Iran) [2]85
Cucumber and Yogurt Soup (Algeria) [1]8
Cucumber Relish (Komkomer Sambal, South Africa) [3]156

INDEX

Cucumber Relish (South Africa) [3]156
Cucumber Salad (Thailand) [4]39
Cucumber Sandwiches (United Kingdom) [4]71
Cucumber Soup (Guatemala) [2]34
Cucumber with Yogurt (Lebanon) [3]29
Curry Chicken (Jamaica) [2]150
Custard (Brazil) [1]42
Custard, Baked (Cuba) [1]117

Czech Republic [1]123

Fazolovy Gulás S Hovemzim Masem [1]126
Knedlíky [1]125
Kure Na Paprice [1]126
Mala Sousta Se Syre [1]129
Moravske Vano ni Kukyse [1]127
Topinky S Vejci [1]128

D

Dabo Kolo (Little Fried Snacks, Ethiopia) [1]147
Dal (Lentils, India) [2]62
Damper (Aboriginal Style, Aborigines and Bush Tucker, Australia) [1]32
Damper (European Style, Aborigines and Bush Tucker, Australia) [1]32
Dandelion Salad (Slovenia) [3]147
Date Cookies (Morocco) [3]58
Date Nut Bread (Tanzania) [4]30
Dates (Iraq) [2]95
Dates, Fresh Sweet (Algeria) [1]3
Dates, Stuffed, and Walnuts (Algeria) [1]6
Deep-Fried Potatoes (Slovenia) [3]145
Denakil Desert [1]143
Desser Miveh (Persian Fruit Salad, Iran) [2]91

Desserts

Alfajores de Maizena (Argentina) [1]17
Ambrosia (Brazil) [1]38
ANZAC Biscuits (Australia) [1]22
Apfelpfannkuchen (Germany) [2]5
Apple and Carrot Tsimmes (Jewish Americans, United States) [4]111
Apple Cake (Ireland) [2]111
Apple Cake (Russia) [3]130
Apple Crisp (Western Region, United States) [4]165
Arroz con Leche (Chile) [1]90
Arroz con Leche (Cuba) [1]120
Arroz con Leche (Peru) [3]99
Baat Bo Fon (China) [1]97
Baked Papaya Dessert [2]121

Baked Ripe Banana (Jamaica) [2]150
Baklava (Egypt) [1]134
Banana with Coconut Milk [4]41
Banh Chuoí Nuong (Vietnam) [4]175
Barm Brack (Ireland) [2]108
Boursaki (Kazakhstan) [3]4
Blandad Fruksoppa (Sweden) [4]15
Blintzes (Israel) [2]124
Bliny (Russia) [3]125
Bliny Filling (Russia) [3]126
Blueberry Muffins (Western Region, United States) [4]165
Bolo Polana (Mozambique) [3]71
Bread Pudding (Midwest Region, United States) [4]124
Bûche de Noël (France) [1]156
Canada Day Cake (Canada) [1]65
Cannoli (Italy) [2]141
Charoset (Jewish Americans, United States) [4]110
Cheesecake (Poland) [3]117
Chess Pie (Southern Region, United States) [4]150
Chlada Fakya [1]8
Chocolate Crackles (Australia) [1]27
Christmas Shortbread (Australia) [1]24
Coconut Custard (Vietnam) [4]174
Coconut Macaroons [1]48
Coffee Milkshake (Northeast Region, United States) [4]144
Corn Cake (Brazil) [1]41
Cornmeal Cake (Zimbabwe) [4]184
Cornmeal Cookies (Côte d'Ivoire) [1]105
Crêpes de la Chandeleur (Canada) [1]74
Dried Fruit Compote (Poland) [3]118
Dulce de Leche (Argentina) [1]17
Dutch Pancakes (Great Lakes, United States) [4]98
Easy Lebanese Baklava [3]32
Filhos de Natal (Mozambique) [3]70
Firifiri (Islands of the Pacific) [2]121
Flan (Cuba) [1]117
Flan (Peru) [3]97
Flan (Spain) [4]4
Fortune Cookies (Western Region, United States) [4]163
Fresh Sweet Dates (Algeria) [1]3
Fried Apples (African Americans, United States) [4]83
Frozen Orange Delight (Peru) [3]95
Fruit Salad with Frozen Yogurt (Argentina) [1]15

INDEX

Desserts (*continued*)

- Fruitcake Cookies (Southern Region, United States) [4]154
- Gizzada (Jamaica) [2]151
- Groundnut Toffe (Ghana) [2]15
- Halva (Turkey) [4]50
- Helado de Mango (Cuba) [1]118
- Honey-Baked Apples (Northeast Region, United States) [4]146
- incemeat Pies, Individual (United Kingdom) [4]73
- Indian Pudding (Northeast Region, United States) [4]140
- Irish Christmas Cake [2]109
- Jamaican Christmas Cake [2]148
- Johnnycakes (Northeast Region, United States) [4]141
- Kelewele (Ghana) [2]15
- Kheer (India) [2]65
- Kheer (Pakistan) [3]88
- Khoshaf (Egypt) [1]138
- Klyukva S Sakharom (Russia) [3]130
- Kwanzaa Brownies (African Americans, United States) [4]83
- La Galette des Rois (France) [1]157
- Lamingtons (Australia) [1]23
- Lebanese Rice Pudding [3]28
- Lebkuchen (Germany) [2]6
- Leche Flan (Peru) [3]102
- Locum (Turkey) [4]52
- Lokma (Turkey) [4]53
- Ma'mounia (Iraq) [2]98
- Macadamia Nut Cookies (Aborigines and Bush Tucker, Australia) [1]33
- Maja Blanco (Peru) [3]105
- Makiwnyk (Ukraine) [4]63
- Maple Sundae (Canada) [1]67
- Maple Syrup Upside-Down Cake (Canada) [1]67
- Mardi Gras King Cake (Southern Region, United States) [4]155
- Matzo Brie (Jewish Americans, United States) [4]112
- Melon Fingers with Lime (Côte d'Ivoire) [1]106
- Melopitta (Greece) [2]26
- Mexican Fried Ice Cream (Latino Americans, United States) [4]119
- Mhalbi (Morocco) [3]63
- Mousse au Chocolat (France) [1]155
- Muhallabi (Turkey) [4]48
- Nanaimo Bars (Canada) [1]65
- New Year's Honey Cake (Israel) [2]130
- New York Cheesecake (Jewish Americans, United States) [4]113
- Noodle Kugel (Jewish Americans, United States) [4]107
- Olho de Sogra (Brazil) [1]51
- Pan de Banano (Guatemala) [2]37
- Pashka (Russia) [3]128
- Pavlova (Australia) [1]24
- Peachy Baked Apples (Amish and Pennsylvania Dutch, United States) [4]91
- Peanut Butter and Molasses Spread (Amish and Pennsylvania Dutch, United States) [4]93
- Picarones (Peru) [3]93
- Pierogi (Poland) [3]115
- Pineapple Sherbet (South Africa) [3]158
- Pisang Goreng (Indonesia) [2]77
- Plättar (Sweden) [4]19
- Potica (Slovenia) [3]147
- Pralines (Southern Region, United States) [4]157
- Pudding au Chameur [1]72
- Pudim (Brazil) [1]42
- Pumpkin Bread [4]136
- Quick No-Cook Mini-Pavlova (Australia) [1]25
- Rosca de Reyes (Mexico) [3]49
- Rose Hip Soup [4]12
- San Ka Ya (Thailand) [4]40
- Sarikayo Telor (Indonesia) [2]74
- Shahi Tukra (Pakistan) [3]84
- Shalotka (Russia) [3]130
- Shir-Berenj (Iran) [2]88
- Shoofly Pie (Amish and Pennsylvania Dutch, United States) [4]89
- Slovenian Almond Bars (Slovenia) [3]148
- Snow Ice Cream (Amish and Pennsylvania Dutch, United States) [4]93
- Springerle (Great Lakes, United States) [4]101
- Stuffed Dates and Walnuts [1]6
- Sugar Cookies (Amish and Pennsylvania Dutch, United States) [4]92
- Sweet Couscous Dessert (Algeria) [1]5
- Sweet Peanut Mochi (Japan) [2]159
- Sweet Potato Pie (African Americans, United States) [4]80
- Sweet Potato Pie (Southern Region, United States) [4]154
- Sweet Potato Pudding (Tanzania) [4]31
- Tarte au Sucre (Canada) [1]72
- Tropical Fruit Dessert (Islands of the Pacific) [2]121

INDEX

Desserts (*continued*)

- Tropical Fruit Salad (Latino Americans, United States) [4]121
- Deviled Eggs (Midwest Region, United States) [4]126
- Dhal (Lentil Stew, Pakistan) [3]85
- Dip for Dates (Saudi Arabia) [3]135
- Dipping Sauce (Argentina) [1]13
- Dipping Sauce (Vietnam) [4]171
- Dodo (Fried Plantains, Nigeria) [3]80
- Doi Inthanon [4]35
- Dolma (Stuffed Grape Leaves, Iran) [2]82
- Doughboys (Dumplings, Canada) [1]70
- Doughnuts (Mozambique) [3]69
- Dovi (Peanut Butter Stew, Zimbabwe) [4]183
- Dried Fruit Compote (Poland) [3]118
- Dublin Coddle (Ireland) [2]110
- Dugh (Sparkling Yogurt Drink, Iran) [2]86
- Dulce de Leche (Milk Jam, Argentina) [1]17
- Dumpling, Potato (Germany) [2]4
- Dumpling, Potato (Ukraine) [4]58
- Dumplings, Czech (Czech Republic) [1]125
- Dutch Pancakes (Great Lakes, United States) [4]98

E

- Easter Bread, Italian [2]138
- Easy Fufu (Cameroon) [1]55
- Easy Lebanese Baklava (Lebanon) [3]32
- Efo (Greens Stew) [3]80
- Egg Fu Yung (China) [1]101
- Egg Rolls, Thai [4]39
- Eggdrop Soup (China) [1]96
- Eggnog, Cuban [1]120
- Eggplant Puree (India) [2]60
- Eggs on Toast (Czech Republic) [1]128

Egypt [1]131

- Baklava [1]134
- Bamia [1]137
- Ful Mudammas [1]132
- Gebna Makleyah [1]135
- Irea [1]138
- Koshaf [1]138
- Koushari [1]133
- Lettuce Salad [1]138
- Shai [1]134
- Spinach with Garlic [1]139
- Empadas (Little Baked Pies, Brazil) [1]150
- Empanadas (Little Meat Pies, Argentina) [1]13

- Ensalada Chilena (Chilean Salad) [1]84
- Ensalada Cubana Tipica (Cuban Salad) [1]119
- Es Avocad (Indonesian Avocado Drink) [2]74
- Es Pokat (Indonesian Avocado Drink) [2]74

Ethiopia [1]143

- Aterkek Alecha [1]148
- Berbere [1]144
- Dabo Kolo [1]147
- Injera [1]146
- Kitfo [1]147
- Lab [1]146
- Niter Kebbeh [1]145
- Etzai (Mint Tea, Algeria) [1]4

F

- Fancy Rice (India) [2]65
- Fatir (Flat Bread, Saudi Arabia) [3]134
- Fava Bean Spread (Israel) [2]126
- Fazolovy Gulás S Hovemzim Masem (Czech Republic) [1]126
- Feijoada (Brazil) [1]38
- Felafel (Israel) [2]128
- Feta Cheese and Vegetable Tray (Iran) [2]91
- Fettucine Alfredo (Italy) [2]136
- Filhos de Natal (Christmas Fritters, Mozambique) [3]70
- Finger Sandwiches (Argentina) [1]14
- Firifiri (Tahitian Sugared Doughnuts) [2]121
- Fish Boil (Great Lakes, United States) [4]97
- Flan (Cuba) [1]117
- Flan (Peru) [3]97
- Flan (Spain) [4]4
- Flat Bread (Saudi Arabia) [3]134, [3]137
- Fortune Cookies (Western Region, United States) [4]163

France [1]151

- Baguette [1]152
- Baguette Sandwich [1]153
- Bûche de Noël [1]156
- Croque-Monsieur [1]154
- Fromage [1]156
- La Galette des Rois (France) [1]157
- Mousse au Chocolat [1]155
- Quiche au Saumon et Crevettes [1]155
- Soupe à l'Oignon Gratinée [1]153

French Canadians (Canada) 1[69]

- Butter Tarts [1]71
- Crêpes de la Chandeleur [1]74
- Creton (Spicy Pork Pate, Canada) [1]71

INDEX

French Canadians (*continued*)

- Doughboys (Dumplings) [1]70
- French Pea Soup [1]70
- Pudding au Chomeur [1]72
- Quebec Poutine [1]75
- Ragoût de Boulettes [1]74
- Tarte au Sucre [1]72
- Tourtière [1]73
- French Pea Soup (Canada) [1]70
- French-Style Lettuce Salad (Haiti) [2]40
- Fresh Fruit Medley (Algeria) [1]8
- Fresh Grated Coconut (Islands of the Pacific) [2]115
- Fried Apples (African Americans, United States) [4]83
- Fried Baby Carrots (Morocco) [3]61
- Fried Banana Cakes (Indonesia) [2]77
- Fried Bananas or Plantains (Tanzania) [4]28
- Fried Bologna (African Americans, United States) [4]84
- Fried Noodles (Japan) [2]158
- Fried Plantains (Cuba) [1]115
- Fried Plantains (Latino Americans, United States) [4]117
- Fried Rice (China) [1]97
- Fried Wonton (China) [1]101
- Frijoles (Beans, Mexico) [3]47
- Frijoles Negros Volteados (Fried Black Beans, Guatemala) [2]33
- Frijoles Refritos (Refried Beans, Mexico) [3]47
- Frittata (Italy) [2]140
- Fritters (Lokma), Turkey [4]53
- Fromage (Cheese Board, France) [1]156
- Frosted Cranberries (Russia) [3]130
- Frouta Ke Yaourt (Fruit Salad, Greece) [2]29
- Frozen Orange Delight (Peru) [3]95
- Fruit Salad (Greece) [2]29
- Fruit Salad with Frozen Yogurt (Argentina) [1]15
- Fruit Soup (Blandad Fruksoppa, Sweden) [4]15
- Fruitcake Cookies (Southern Region, United States) [4]154
- Fu Yung Don (Egg Fu Yung, China) [1]101
- Fufu (Côte d'Ivoire) [1]106
- Fufu (Ghana) [2]14
- Ful Mudammas (Broad Beans in Sauce, Egypt) [1]132

G

- G'shur Purtaghal (Candied Citrus Peels, Iraq) [2]101
- Gado Gado (Vegetable Salad with Peanut Sauce, Indonesia) [2]78

- Garam Masala (Spice Mixture, India) [2]60
- Gari Biscuits (Ghana) [2]17
- Garlic Bread, Toasted (Italy) [2]141
- Gazpacho (Cold Tomato Soup, Spain) [4]3
- Gazpacho (Latino Americans, United States) [4]120
- Gebna Makleyah (Oven-Fried Cheese, Egypt) [1]135
- Geel Rys (Yellow Rice, South Africa) [3]156
- German Christmas Cookies (Great Lakes, United States) [4]101
- German Potato Salad (Great Lakes, United States) [4]98
- Germany [2]1**
 - Apfelschörle [2]7
 - Bratwurst [2]4
 - Glühwein [2]7
 - Kartoffelknödeln [2]4
 - Lebkuchen [2]6
 - Red Coleslaw [2]9
 - Rye Bread [2]5
 - Soft Pretzels [2]9
 - Spargelgemüse [2]5
 - Weisse Bohnensuppe [2]3
- Ghana [2]11**
 - Akara [2]19
 - Fufu [2]14
 - Gari Biscuits [2]17
 - Groundnut Stew [2]18
 - Groundnut Toffee [2]15
 - Kelewele [2]15
 - Kenkey [2]19
 - Oto [2]17
 - Pepper Soup [2]19
 - Yams [2]12
- Ginger Beer (Liberia) [3]42
- Ginger Cookies (Sweden) [4]16
- Ginger Drink (Korea) [3]18
- Ginger Tea, Hot (Indonesia) [2]77
- Githeri (Kenya) [3]14
- Gizzada (Jamaica) [2]151
- Glazed Carrots (Sweden) [4]13
- Glögg, Black Currant (Sweden) [4]18
- Glühwein (non-alcoholic, Germany) [2]7
- Goat Soup (Liberia) [3]43
- Gohan (Boiled Rice, Japan) [2]155
- Golabki (Stuffed Cabbage Rolls, Poland) [3]116
- Golaz (Goulash, Slovenia) [3]144
- Goulash (Slovenia) [3]144
- Grated Carrot, Apple, and Raisin Salad (Australia) [1]20

INDEX

Great Lakes (United States) [4]101

Apple Sauerkraut [4]101
Buffalo Chicken Wings [4]100
Cornish Pasty [4]103
Dutch Pancakes [4]98
Fish Boil [4]97
German Potato Salad [4]98
Hummus [4]99
Macaroni and Cheese [4]99
Ojibwa Wild Rice [4]96
Potato Lefse [4]102
Springerle [4]101
Swedish Meatballs [4]102

Greece [2]21

Avgolemono [2]22
Frouta Ke Yaourti [2]29
Greek Salad [2]28
Greek Salad Dressing [2]28
Kourabiethes [2]27
Melopitta [2]26
Moussaka [2]23
Tzatziki [2]28

Greek Salad [2]28

Greek Salad Dressing [2]28

Green Bean Casserole (Midwest Region, United States)
[4]127

Green Bean Salad (South Africa) [3]154

Greens, Zimbabwe [4]185

Grilled Skewered Chicken (Iran) [2]85

Ground Meat Stew (South Africa) [3]157

Groundnut Stew (Ghana) [2]18

Groundnut Toffee (Peanut Toffee, Ghana) [2]15

Guacamole (Guatemala) [2]33

Guacamole (Latino Americans, United States) [4]117

Guaraná (Brazil) [1]40

Guatemala [2]31

Arroz Guatemalteco [2]34
Bunuelos [2]35
Cucumber Soup [2]34
Frijoles Negros Volteados [2]33
Garlic Butter [2]37
Guacamole [2]33
Hot Christmas Punch [2]36
Mantequilla de ajo casera [2]37
Pan de Banano [2]37
Pepinos Rellenos [2]36
Picado de Rabano [2]33
Spanish Tortilla [2]33

Gulyás (Hungarian Goulash) [2]51

H

Haggis (United Kingdom) [4]68

Haiti [2]39

Bannann Peze [2]43
Cornmeal Porridge [2]47
French-Style Lettuce Salad [2]40
Haitian Fruit Salad [2]44
Mango Juice [2]42
Pain Haïtien [2]46
Pineapple Nog [2]46
Riz Djon-Djon [2]44
Riz et Pois Rouges [2]44
Spiced Cocoa [2]41
Ti-Malice [2]47

Haitian Fruit Salad [2]44

Halva (Turkey) [4]50

Ham and Cheese Sandwich (Chile) [1]89

Ham and Cheese Sandwich (France) [1]154

Harira (Morocco) [3]61

Hasselbackspotatis (Roasted Potatoes, Sweden)
Sweden

Hawayij (Spice Blend, Saudi Arabia) [3]134

Haysa Al-Tumreya (Dip for Dates, Saudi Arabia) [3]135

Helado de Mango (Tropical Mango Sherbet) [1]118

Herring Dip (Jewish Americans, United States) [4]113

Hin Pap (White Rice, Korea) [3]21

Hispaniola [2]39

Holubtsi (Stuffed Cabbage Rolls, Ukraine) [4]60

Honey-Baked Apples (Northeast Region, United States)
[4]146

Hot Chocolate Drink (Mexico) [3]53

Hot Christmas Punch (Guatemala) [2]36

Hot Cranberry Punch (Northeast Region, United States)
[4]146

Hot Ginger Tea (Indonesia) [2]77

Houbova Polevka Myslivecka (Hunter's Mushroom
Soup, Czech Republic) [1]124

Huevos Rancheros (Ranch-Style Eggs, Mexico) [3]50

Hummus (Great Lakes, United States) [4]99

Hummus (Saudi Arabia) [3]140

Hummus be Tahini (Lebanon) [3]36

Hungarian Butter Cookies (Hungary) [2]54

Hungarian Cold Plate [2]56

Hungary [2]49

Almond Kisses [2]55
Gulyás [2]51
Hungarian Butter Cookies [2]54
Hungarian Cold Plate [2]56

INDEX

Hungary (*continued*)

- Paprika Chicken [2]52
- Pork Cutlets with Potatoes [2]53
- Pörkölt [2]51
- Small Dumplings [2]56
- Stuffed Green Peppers [2]52
- Summer Cucumber Soup [2]57
- Hunter's Mushroom Soup (Czech Republic) [1]124
- Hush Puppies (African Americans, United States) [4]78

I

India [2]59

- Baigan Bhartha [2]60
- Dal [2]62
- Fancy Rice [2]65
- Garam Masala [2]60
- Kheer [2]65
- Mathis [2]67
- Palak Bhaji [2]62
- Tandoori Chicken [2]63
- Vegetable Sandwich [2]67
- Indian Fry-Bread (Native Americans, United States) [4]137
- Indian Pudding (Northeast Region, United States) [4]140

Indonesia [2]69

- Es Avocad [2]74
- Es Pokat [2]74
- Gado Gado [2]78
- Nasi Goreng [2]71
- Nasi Jagung [2]79
- Nasi Kuning [2]78
- PLsang Goreng [2]77
- Sambal Kecap [2]74
- Sankayo Telor [2]74
- Tahu Goreng [2]75
- Teh Halia [2]77
- Uli Petataws [2]73
- Injera (Ethiopian Bread) [1]146

Iran [2]81

- Dolma (Stuffed Grape Leaves) [2]82
- Dugh [2]86
- Iranian Rice Cakes (Iran) [2]88
- Kebab Morgh [2]85
- Maast [2]91
- Shirazi [2]85
- Shir-Berenj [2]88

Yogurt and Mint Sauce [2]83

Iranian Rice Cakes (Iran) [2]88

Iraq [2]93

- Adas Bil Hamod [2]96
- Beef with Fruit [2]94
- G'shur Purtaghal [2]101
- Kebabs [2]99
- Khubaz [2]99
- Kibbe Batata [2]100
- Ma'Mounia [2]98
- Ma'mounia [2]98
- Red Lentil Soup [2]96
- Yalanchi (Iraq) [2]97
- Irea (Cinnamon Beverage, Egypt) [1]138

Ireland [2]103

- Apple Cake [2]111
- Barm Brack [2]108
- Champ [2]106
- Colcannon [2]107
- Corned Beef with Cabbage [2]106
- Dublin Coddle [2]110
- Irish Christmas Cake [2]109
- Irish Soda Bread [2]105
- Scones [2]110
- Traditional Irish Stew [2]105
- Irio (Kenya) [3]10
- Irish Christmas Cake (Ireland) [2]109
- Irish Soda Bread (Ireland) [2]105
- Iroquois Strawberry Drink (Native Americans, United States) [4]137

Islands of the Pacific [2]113

- Badam Pistaz Barfi [2]118
- Baked Papaya Dessert [2]121
- Bananas and Sweet Potatoes [2]118
- Firifiri [2]121
- Fresh Grated Coconut [2]115
- Papaya Chicken and Coconut Milk [2]118
- Poisson Cru [2]116
- Roast Pork [2]117
- Tropical Fruit Dessert [2]121
- Tropical Fruit Shake [2]121

Israel [2]123

- Blintzes [2]124
- Charoseh [2]131
- Fava Bean Spread [2]126
- Felafel [2]128
- Fresh Oranges [2]124
- Israeli Vegetable Salad [2]129
- Mandelbrot [2]132

INDEX

Israel (*continued*)

New Year's Honey Cake [2]130
Pita Sandwiches [2]131
Shakshooka [2]126
Tahini Sauce [2]128

Israeli Vegetable Salad (Israel) [2]129

Isu (Spiced Boiled Yams) [3]76

Italian Christmas Bread [2]138

Italian Easter Bread [2]138

Italy [2]133

Biscotti [2]139
Bruschetta [2]141
Cannoli [2]141
Fettucine Alfredo [2]136
Italian Christmas Bread [2]138
Italian Easter Bread [2]138
Pasta e Fagioli [2]135
Polenta [2]136
Saltimbocca all Romana [2]137

Ivory Coast see Côte d'Ivoire

Iyan (Pounded Yams, Nigeria) [3]79

J

Jamaica [2]143

Almost Ting [2]150
Baked Ripe Banana [2]150
Brown-Stewed Fish [2]146
Coconut Chips [2]146
Curry Chicken [2]150
Gizzada [2]151
Jamaican Christmas Cake [2]148
Jamaican Fruit Drink [2]149
Jerk Chicken [2]147
Plantains [2]145
Rice and Peas [2]144

Jamaican Christmas Cake [2]148

Jamaican Fruit Drink [2]149

Jansson's Frestelse ("Jansson's Temptation") [4]14

Japan [2]153

Beef Sukijaki [2]157
Broiled Salmon [2]162
Chicken Teriyaki [2]157
Gohan [2]155
Miso Soup [2]156
Onigiri [2]156
Ozoni [2]159
Ramen [2]161

Sweet Peanut Mochi [2]159

Yaki-Soba [2]158

Yakitori [2]161

Jerk Chicken (Jamaica) [2]147

Jewish Americans (United States) [4]105

Apple and Carrot Tsimmes [4]111

Charoset [4]110

Chopped Chicken Liver [4]107

Herring Dip [4]113

Matzo Balls [4]111

Matzo Brie [4]112

Mother's Chicken Soup [4]106

New York Cheesecake [4]113

Noodle Kugel [4]107

Potato Latkes [4]110

Johnnycakes (Northeast Region, United States) [4]141

Jollof Rice (Liberia) [3]41

Jollof Rice (Nigeria) [3]79

Jota (Slovenia) [3]146

Julgröt (Swedish Christmas Porridge) [4]18

K

Ka Nom Jeen Sour Nam (Pineapple-Fish Noodles, Thailand) [4]42

Ka'ak Cookies (Lebanon) [3]34

Kamja Guk (Potato Soup, Korea) [3]20

Kapsa (Chicken and Rice, Saudi Arabia) [3]136

Kartoffelknödeln (Potato Dumplings, Germany) [2]4

Kartoplia Solimkoi (Deep-Fried Straw Potatoes, Ukraine) [4]60

Kategna (Ethiopia) [1]144

Kaymakli Kuru Kayisi (Cream-Stuffed Apricots, Turkey) [4]46

Kazakhstan [3]1

Basturma [3]2

Boursaki [3]4

Mutton Kespe [3]4

Plov [3]3

Rice Sorpa [3]7

Kebab Morgh (Grilled Skewered Chicken, Iran) [2]85

Kebabs (Iraq) [2]99

Kedjenou (Seasoned Meat and Vegetable Sauce, Côte d'Ivoire) [1]107

Kelapa Susu (Coconut Milk, Indonesia) [2]71

Kelewele (Ghana) [2]15

Kenkey (Ground Cornmeal, Ghana) [2]19

INDEX

Kenya [3]9

- Githeri [3]14
- Irio [3]10
- Matoke [3]14
- Nyama Choma [3]14
- Sukuma Wiki [3]12
- Ugali [3]12
- Western Kenya Cabbage and Egg [3]11
- Yogurt Chutney [3]13
- Kheer (Rice Pudding, India) [2]65
- Kheer (Rice Pudding, Pakistan) [3]88
- Khoshaf (Egypt) [1]138
- Khubaz (Pita with Jelly, Iraq) [2]99
- Kibbe Batata (Potato-Beef Casserole, Iraq) [2]100
- Kielbasa and Cabbage (Poland) [3]119
- Kimaje (Flat Bread, Saudi Arabia) [3]137
- Kimchi (Korea) [3]20
- Kitfo (Spiced Raw Beef, Ethiopia) [1]147
- Klimp (Dumplings, Sweden) [4]15
- Klobasa and Kisdo Zelje (Sausage and Sauerkraut, Slovenia) [3]146
- Klyukva S Sakharom (Frosted Cranberries, Russia) [3]130
- Knedlíky (Czech Dumplings) [1]125
- Köfte (Turkish Meatballs) [4]50
- Komkomer Sambal (South Africa) [3]156
- Korea [3]17**
 - Chap Ch'ae [3]22
 - Ch'o Kanjang [3]24
 - Kamja Guk [3]20
 - Korean Spinach [3]25
 - Mandu [3]23
 - Pulgogi [3]24
 - Soo Chunkwa (Ginger Drink) [3]18
 - Toasted Sesame Seeds [3]21
- Korean Spinach [3]25
- Kotlety Po-Kyivskomy (Chicken Kiev, Ukraine) [4]61
- Köttbulla (Swedish Meatballs) [4]14
- Kourabiethes (Butter Cookies, Greece) [2]27
- Koushari (Lentils, Macaroni, Rice, and Chickpeas, Egypt) [1]133
- Kure Na Paprice (Chicken Paprikas, Czech Republic) [1]126
- Kutya (Sweet Porridge, Ukraine) [4]63
- Kwanzaa Brownies (African Americans, United States) [4]83

L

- La Galette des Rois (King's Cake, France) [1]157
- Lab (Ethiopian Cheese) [1]146
- Laban Drink (Yogurt Drink, Saudi Arabia) [3]138
- Lahmacun (Turkish Pizza) [4]55
- Lake T'ana [1]143
- Lamb on Skewers (Greece) [2]24
- Lamingtons (Australia) [1]23
- Land of Eternal Spring see Guatemala [2]31
- Lassi (Yogurt Drink, Pakistan) [3]88
- Latino Americans (United States) [4]115**
 - Chili Corn Bread [4]121
 - Cuban Avocado and Pineapple Salad [4]121
 - Cuban Beans and Rice [4]117
 - Fried Plantains [4]117
 - Gazpacho [4]120
 - Guacamole [4]117
 - Mexican Fried Ice Cream [4]119
 - Puerto Rican Christmas Salad [4]120
 - Salsa Cruda [4]116
 - Tropical Fruit Salad [4]121
- Lebanese Fresh Fruit Salad (Lebanon) [3]35
- Lebanese Rice Pudding [3]28
- Lebanon [3]27**
 - Baked Kibbeh [3]31
 - Easy Lebanese Baklava [3]32
 - Hummus be Tahini [3]36
 - Ka'ak Cookies [3]34
 - Lebanese Fresh Fruit Salad [3]35
 - Lebanese Rice Pudding [3]28
 - Limonada [3]35
 - Pita Bread [3]28
 - Sugared Almonds [3]34
 - Tabbouleh [3]30
- Lebkuchen (Germany) [2]6
- Leche Flan (Caramel Custard, Peru) [3]102
- Lemon and Garlic Potato Salad (Egypt) [1]135
- Lemon Curd (United Kingdom) [4]68
- Lemon Grass Tea (Liberia) [3]42
- Lemon Soda (Vietnam) [4]176
- Lentil Soup, Red (Iraq) [2]96
- Lentils (India) [2]62
- Lentils with Lemon Juice (Iraq) [2]96
- Lettuce Dipped in Honey and Vinegar Dressing (Iran) [2]88
- Lettuce Salad (Egypt) [1]138

INDEX

Liberia [3]39

- Ginger Beer [3]42
- Goat Soup [3]43
- Jollof Rice [3]41
- Lemon Grass Tea [3]42
- Palava [3]40
- Rice Bread [3]41
- Sweet Potato Pone [3]41
- Limonada (Lemonade, Lebanon) [3]35
- Little Meat Pies (Argentina) [1]13
- Locum (Turkish Candy) [4]52
- Lokma (Golden Fritters, Turkey) [4]53
- Lussekatter (St. Lucia Saffron Buns, Sweden) [4]17

M

- Ma'mounia (Wheat Pudding, Iraq) [2]98
- Maast (Homemade Yogurt, Iran) [2]91
- Macadamia and Fruit Snack (Aborigines and Bush Tucker, Australia) [1]33
- Macadamia Nut Cookies (Aborigines and Bush Tucker, Australia) [1]33
- Macaroni and Cheese (Great Lakes, United States) [4]99

Main dishes

- Adobong Hiponsa Gata (Philippines) [3]107
- Arni Souvlaki (Lamb on Skewers) [2]24
- Aterkek Alecha (Ethiopia) [1]148
- Australian Meat Pies (Australia) [1]21
- Baguette Sandwich (France) [1]153
- Baked Kibbeh (Lebanon) [3]31
- Baked Macaroni and Cheese (African Americans, United States) [4]82
- Basturma (Kazakstan) [3]2
- Beef Sukiyaki (Japan) [2]157
- Beef with Fruit (Iraq) [2]94
- Bigos (Poland) [3]114
- Birthday Noodles with Peanut Sauce [1]99
- Bisteeya (Morocco) [3]59
- Bliny (Russia) [3]125
- Bobotie (South Africa) [3]157
- Borscht (Russia) [3]129
- Bratwurst [2]4
- Brazilian Black Beans (Afro-Brazilian, Brazil) [1]49
- Broiled Salmon (Japan) [2]162
- Broiled Salmon Steaks (Western Region, United States) [4]164
- Brown-Stewed Fish (Jamaica) [2]146

- Buffalo Chicken Wings (Great Lakes, United States) [4]100
- Buffalo Stew (Native Americans, United States) [4]135
- Cabbage Pirozhki (Russia) [3]126
- Calalou (Côte d'Ivoire) [1]109
- Canadian Bacon with Maple Glaze (Canada) [1]63
- Carbonada Criolla (Argentina) [1]12
- Ceviche (Peru) [3]99
- Chap Ch'ae (Korea) [3]22
- Chicken and Sausage Gumbo (Southern Region, United States) [4]153
- Chicken Karaii (Pakistan) [3]86
- Chicken Satay (Thailand) [4]38
- Chicken Tajine with Almonds and Prunes (Morocco) [3]56
- Chicken Teriyaki (Japan) [2]157
- Chuck Wagon Brisket (Western Region, United States) [4]161
- Coconut-Chicken Soup (Thailand) [4]43
- Collard Greens with Hammocks (Southern Region, United States) [4]157
- Corned Beef with Cabbage (Ireland) [2]106
- Cornhusker's Casserole (Midwest Region, United States) [4]129
- Cornish Pasties [4]69
- Creole Seasoning (Southern Region, United States) [4]153
- Crêpes de la Chanteleur (Canada) [1]74
- Cuban Beans and Rice (Latino Americans, United States) [4]117
- Curry Chicken (Jamaica) [2]150
- Dal (India) [2]62
- Dhal (Pakistan) [3]85
- Dolma (Iran) [2]82
- Dovi (Zimbabwe) [4]183
- Dublin Coddle (Ireland) [2]110
- Dutch Pancakes (Great Lakes, United States) [4]98
- Easy Fufu (Cameroon) [1]55
- Egg Fu Yung (China) [1]101
- Empadas (Brazil) [1]50
- Fazolovy Gulás S Hovemzim Masem (Czech Republic) [1]126
- Feijoada (Brazil) [1]38
- Felafel (Israel) [2]128
- Fettucine Alfredo (Italy) [2]136
- Fish Boil (Great Lakes, United States) [4]97
- French Pea Soup (French Canadians, Canada)
- Fried Rice (China) [1]97

INDEX

Main dishes (*continued*)

- Frijoles Negros Volteados (Guatemala) [2]33
Frittata (Italy) [2]140
Fufu (Ghana) [2]14
Ful Mudammas (Egypt) [1]132
Golabki (Poland) [3]116
Golaz (Slovenia) [3]144
Green Bean Salad (South Africa) [3]154
Groundnut Stew (Ghana) [2]18
Gulyás (Hungary) [2]51
Haggis (United Kingdom) [4]68
Harira (Morocco) [3]61
Holubtsi (Ukraine) [4]60
Houbova Polevka Myslivecka (Czech Republic) [1]124
Hungarian Cold Plate (Hungary) [2]56
Irio (Kenya) [3]10
Jerk Chicken (Jamaica) [2]147
Jollof Rice (Liberia) [3]41
Jollof Rice (Nigeria) [3]79
Jota (Slovenia) [3]146
Ka Nom Jeen Sour Nam (Thailand) [4]42
Kapsa (Saudi Arabia) [3]136
Kebab Morgh (Iran) [2]85
Kebabs (Iraq) [2]99
Kedjenou (Côte d'Ivoire) [1]107
Kibbe Batata (Iraq) [2]100
Kielbasa and Cabbage (Poland) [3]119
Kitfo (Ethiopia) [1]147
Klobasa and Kisdo Zelje (Slovenia) [3]146
Köfte (Turkey) [4]50
Kotlety Po-Kyivskomy (Ukraine) [4]61
Köttbulla (Swedish Meatballs, Sweden) [4]14
Koushari (Egypt) [1]133
Kure Na Paprice (Czech Republic) [1]126
Lahmacun (Turkey) [4]55
Macaroni and Cheese (Great Lakes, United States) [4]99
Mala Sousta Se Syre (Czech Republic) [1]129
Matata (Mozambique) [3]69
Matzo Balls (Jewish Americans, United States) [4]111
Midwestern Chili (Midwest Region, United States) [4]125
Midwestern Pork Chop Dinner (Midwest Region, United States) [4]130
Miso Soup (Japan) [2]156
Moors and Christians (Cuba) [1]114
Moqueca (Afro-Brazilians, Brazil) [1]47
Moqueca aos Ovos (Afro-Brazilians, Brazil) [1]47
Mother's Chicken Soup (Jewish Americans, United States) [4]106
Moussaka (Greece) [2]23
Mushroom Barley Soup (Poland) [3]119
Mutton Kespe (Kazakhstan) [3]4
Nasi Goreng (Indonesia) [2]71
Ndole (Cameroon) [1]56
New England Boiled Dinner (Northeast Region, United States) [4]144
Nigerian Stew [3]77
Nyama Choma (Kenya) [3]14
Ojibwa Wild Rice (Great Lakes, United States) [4]96
Old Fashioned Turnip Soup (Southern Region, United States) [4]151
Oto (Ghana) [2]17
Ozoni (Japan) [2]159
Pad Thai (Thailand) [4]42
Palava (Liberia) [3]40
Pansit Mami (Philippines) [3]110
Papas a la Huancaína (Peru) [3]97
Paprika Chicken (Hungary) [2]52
Papaya Chicken and Coconut Milk (Islands of the Pacific) [2]118
Pasta e Fagioli (Italy) [2]135
Pasta with Yogurt-Mint Sauce (Turkey) [4]47
Pastel de Choclo (Chile) [1]84
Pepper Soup (Ghana) [2]19
Pierogi (Poland) [3]115
Pita Sandwiches (Israel) [2]131
Plättar (Sweden) [4]19
Poa Pee (Thailand) [4]39
Poisson Cru (Islands of the Pacific) [2]116
Pork Chops with Sauerkraut and Potatoes (Amish and Pennsylvania Dutch, United States) [4]89
Pork Cutlets with Potatoes [2]53
Pörkölt (Hungary) [2]51
Potato Latkes (Jewish Americans, United States) [4]110
Potato Lefse (Great Lakes, United States) [4]102
Puerto Rican Christmas Salad (Latino Americans, United States) [4]120
Pulgogi (Korea) [3]24
Putupap (South Africa) [3]158
Quesadillas (Mexico) [3]52
Quiche au Saumon et Crevettes (France) [1]155
Ragoût de Boulettes (Canada) [1]74
Ramen (Japan) [2]161

INDEX

Main dishes (*continued*)

- Red Beans and Rice (African Americans, United States) [4]80
- Rice and Peas (Jamaica) [2]144
- Rice Sorpa [3]7
- Safou a la Sauce Tomate (Cameroon) [1]54
- Salmon Kedgeree (United Kingdom) [4]66
- Saltimbocca all Romana (Italy) [2]137
- Shakshooka [2]126
- Southern Fried Chicken (Southern Region, United States) [4]152
- Spanish Tortilla (Guatemala) [2]33
- Spiced Chicken (China) [1]99
- Spicy Oven-Fried Chicken (Amish and Pennsylvania Dutch, United States) [4]91
- Spring Rolls (Vietnam) [4]177
- Stuffed Green Peppers (Hungary) [2]52
- Succotash (Northeast Region, United States) [4]141
- Sushi (Japan) [2]155
- Swedish Meatballs (Great Lakes, United States) [4]102
- Sweet and Sour Pork (China) [1]96
- Tahu Goreng (Indonesia) [2]75
- Tandoori Chicken [2]63
- Thai Beef Curry [4]37
- Toad-in-the-Hole (United Kingdom) [4]70
- Topinky S Vejci (Czech Republic) [1]128
- Tortilla Española [4]3
- Tourtière (Canada, French Canadian) [1]73
- Traditional Irish Stew (Ireland) [2]105
- Tuna in Sauce (Cuba) [1]117
- Veal Meatballs with Dill [3]121
- Vegetable Sandwich (India) [2]67
- Weisse Bohnensuppe (Germany) [2]3
- Welsh Rarebit (United Kingdom) [4]69
- Western Kenya Cabbage and Egg [3]11
- Yaki-Soba (Japan) [2]158
- Yakitori (Japan) [2]161
- Yalanchi (Iraq) [2]97
- Yams (Ghana) [2]12
- Maize Porridge (Mozambique) [3]68
- Maja Blanco (Coconut Cake, Peru) [3]105
- Makiwnyk (Poppy Seed Cake) [4]63
- Makubi (Tanzania) [4]32
- Mala Souta Se Syre (Small Cheese Bites, Czech Republic) [1]129
- Malasadas (Doughnuts, Mozambique) [3]69
- Mandelbrot (Almond Cookies, Israel) [2]132
- Mandu (Korean Dumplings, Korea) [3]23
- Mango Juice (Haiti) [2]42
- Mango Sherbet, Tropical (Cuba) [1]118
- Mango-Orange Drink (Tanzania) [4]28
- Man-O-Min (Aboriginals, Canada) [1]80
- Mantequilla de ajo casera (Garlic Butter, Guatemala) [2]37
- Maple Baked Beans (Native Americans, United States, United States) [4]134
- Maple Butter (Northeast Region, United States) [4]142
- Maple Sundae (Canada) [1]67
- Maple Syrup Upside-Down Cake (Canada) [1]67
- Mapopo (Papaya) Candy (Zimbabwe) [4]182
- Mardi Gras King Cake (Southern Region, United States) [4]155
- Marinated Artichokes (Western Region, United States) [4]163
- Marzipan (Spain) [4]6
- Matata (Seafood and Peanut Stew, Mozambique) [3]69
- Maté (Brazil) [1]40
- Mathis (Spicy Cookie, India) [2]67
- Matoke (Kenya) [3]14
- Matzo Balls (Jewish Americans, United States) [4]111
- Matzo Brie (Jewish Americans, United States) [4]112
- Mazapanes (Spain) [4]6
- Mealie Soup (Corn Soup, South Africa) [3]153
- Meat and Vegetable Stew (Côte d'Ivoire) [1]109
- Meat Pie (French Canadians, Canada) [1]73
- Meat, Grilled (Nyama Choma, Kenya) [3]14
- Meatballs, Turkish (Turkey) [4]50
- Melon Fingers with Lime (Côte d'Ivoire) [1]106
- Melopitta (Honey Pie, Greece) [2]26
- Mescouta (Date Cookies) [3]58
- Mexican Fried Ice Cream (Latino Americans, United States) [4]119
- Mexico [3]45**
- Arroz Blanco [3]53
- Café de Olla [3]48
- Chocolate Mexicana [3]53
- Frijoles [3]47
- Frijoles Refritos [3]47
- Huevos Rancheros [3]50
- Quesadillas [3]52
- Rosca de Reyes [3]49
- Mhalbi (Morocco) [3]63
- Midwest Region (United States) [4]123**
- Bread Pudding [4]124
- Caramel Corn (Midwest) [4]128
- Corn on the Cob [4]127
- Cornhusker's Casserole [4]129

INDEX

Midwest Region (*continued*)

Deviled Eggs [4]126
Green Bean Casserole [4]127
Midwestern Chili [4]125
Midwestern Pork Chop Dinner [4]130
Reuben Sandwich [4]128
Midwestern Chili (Midwest Region, United States) [4]125
Midwestern Pork Chop Dinner (Midwest Region, United States) [4]130
Milk Jam (Argentina) [1]17
Milk with Chocolate Syrup (Argentina) [1]16
Mincemeat Pies, Individual (United Kingdom) [4]73
Miso Soup (Japan) [2]156
Mixed Vegetables with Cellophane Noodles (Korea) [3]22
Molasses Water (African Americans, United States) [4]79
Moors and Christians (Black Beans and Rice, Cuba) [1]114
Moqueca (Spicy Fish and Coconut Milk Stew, Brazil) [1]47
Moqueca aos Ovos (Spicy Egg Stew, Brazil) [1]47
Moravian Christmas Cookies (Czech Republic) [1]127
Moravske Vano ni Kukyse (Moravian Christmas Cookies, Czech Republic) [1]127
Moroccan Mint Tea (Morocco) [3]58
Moroccan String of Doughnuts [3]63
Morocco [3]55
Bisteeya [3]59
Chicken Tajine with Almonds and Prunes [3]56
Chickpea, Feta, and Olive Salad [3]62
Fried Baby Carrots [3]61
Harira [3]61
Mescouta (Date Cookies) [3]58
Mhalbi [3]63
Moroccan Mint Tea [3]58
Moroccan String of Doughnuts [3]63
Sweet Grated Carrot Salad [3]63
Mother's Chicken Soup (Jewish Americans, United States) [4]106
Moussaka (Lamb-Eggplant Casserole, Greece) [2]23
Mousse au Chocolat (Chocolate Mousse, France) [1]155
Mozambique [3]68
Malasadas [3]69
Matata [3]69
Pãozinho [3]67
Piri-Piri Sauce [3]66
Salada Pera de Abacate [3]73

Sandes de Queijo [3]68
Sopa de Feijao Verde [3]72
Muhallabi (Rice Pudding, Turkey) [4]48
Mushroom Barley Soup (Poland) [3]119
Mushroom Tartlets (Spain) [4]8
Mutton Kespe (Kazakhstan) [3]4

N

Nachynka (Cornbread Stuffing, Ukraine) [4]61
Nam Pla Prig (Dipping Sauce, Thailand) [4]37
Nanaimo Bars (Canada) [1]65
Naneli Limonata (Lemonade with Mint, Turkey) [4]49
Nasi Goreng (Fried Rice, Indonesia) [2]71
Nasi Jagung (Corn Rice, Indonesia) [2]79
Nasi Kuning (Yellow Rice, Indonesia) [2]78
Native Americans (United States) [4]131
Buffalo Stew [4]135
Indian Fry Bread [4]137
Iroquois Strawberry Drink [4]137
Maple Baked Beans [4]134
Pinole [4]137
Popcorn [4]132
Popped Wild Rice [4]138
Pumpkin Bread [4]136
Pumpkin-Corn Sauce [4]135
Succotash [4]133
Ndizi Kaanga (Fried Bananas or Plantains, Tanzania) [4]28
Ndole (Bitterleaf Soup, Cameroon) [1]56
New England Boiled Dinner (Northeast Region, United States) [4]144
New England Clam Chowder (Northeast Region, United States) [4]144
New Year's Honey Cake (Israel) [2]130
New Year's Soup (Japan) [2]159
New York Cheesecake (Jewish Americans, United States) [4]113
Nigeria [3]75
Chinchin [3]81
Dodo [3]80
Efo [3]80
Isu [3]76
Iyan [3]79
Jollof Rice [3]79
Nigerian Stew [3]77
Nigerian Stew [3]77
Niter Kebbeh or Kibe (Spiced Butter, Ethiopia) [1]145

INDEX

Noodle and Bean Soup (Italy) [2]135
Noodle Casserole (Jewish Americans, United States) [4]107
Noodles, Fried (Japan) [2]158
Noodle Kugel (Noodle Casserole, Jewish Americans, United States) [4]107
Noodle Soup (Japan) [2]161
Noodles with Poppy Seeds (Poland) [3]118
Northwest Region (United States) [4]139
 Boston Baked Beans [4]143
 Clam Chowder [4]144
 Coffee Milkshake [4]144
 Honey-Baked Apples [4]146
 Hot Cranberry Punch [4]146
 Indian Pudding [4]140
 Johnnycakes [4]141
 Maple Butter [4]142
 New England Boiled Dinner [4]144
 New England Clam Chowder [4]144
 Succotash [4]141
Northwest United States see Western Region (United States)
Nuoc Cham (Vietnam) [4]171
Nyama Choma (Kenya) [3]14

O

Ojibwa Wild Rice (Aboriginals, Canada) [1]80
Ojibwa Wild Rice (Great Lakes, United States) [4]96
Okra, Sweet and Sour (Egypt) [1]137
Old-Fashioned Spicy Lemonade (Amish and Pennsylvania Dutch, United States) [4]93
Old Fashioned Turnip Soup (Southern Region, United States) [4]151
Olho de Sogra (Afro-Brazilians, Brazil) [1]51
Olive, Marinate (Cuba) [1]119
Onigiri (Rice Ball, Japan) [2]156
Onion Soup (France) [1]153
Orange Salad (Brazil) [1]39
Oto (Yams & Eggs, Ghana) [2]17
Oven-Fried Cheese (Egypt) [1]135
Ozoni (New Year's Soup, Japan) [2]159

P

Pacific Islands [2]113
 Badam Pistaz Barfi [2]118
 Baked Papaya Dessert [2]121

Bananas and Sweet Potatoes [2]118
Firifiri [2]121
Fresh Grated Coconut [2]115
Papaya Chicken and Coconut Milk [2]118
Poisson Cru [2]116
Roast Pork [2]117
Tropical Fruit Dessert [2]121
Tropical Fruit Shake [2]121
Pad Thai [4]42
Pain Haïtien (Haitian Bread) [2]46
Pakistan [3]83
 Aaloo Bukhary Ki Chutney [3]86
 Chicken Karahi [3]86
 Dhal [3]85
 Kheer [3]88
 Lassi [3]88
 Raitha [3]87
 Shahi Tukra [3]84
Palak Bhaji (Spicy Fried Spinach, India) [2]62
Palava (Liberia) [3]40
Palta Aji Sauce (Peru) [3]93
Pan de Banano (Banana Bread, Guatemala) [2]37
Pancakes, Apple (Germany) [2]5
Panettone (Italian Christmas Bread) [2]138
Pansit Mami (Noodles in Broth, Philippines) [3]110
Pãozinho (Portuguese Rolls, Mozambique) [3]67
Papas a la Huancaína (Potatoes with Cheese, Peru) [3]97
Papaya Candy (Zimbabwe) [4]182
Papaya Chicken and Coconut Milk (Islands of the Pacific) [2]118
Paprika Chicken (Hungary) [2]52
Parsley New Potatoes (Western Region, United States) [4]165
Pashka (Russia) [3]128
Pasta e Fagioli (Noodle and Bean Soup, Italy) [2]135
Pasta with Yogurt-Mint Sauce [4]47
Pastel de Choclo (Corn and Meat Pie, Chile) [1]84
Pavlova (Australia) [1]24
Pea Soup (Sweden) [4]20
Peachy Baked Apples (Amish and Pennsylvania Dutch, United States) [4]91
Peanut Butter and Molasses Spread (Amish and Pennsylvania Dutch, United States) [4]93
Peanut Butter Stew (Zimbabwe) [4]183
Pemmican Cakes (Canada) [1]78
Pennsylvania Dutch, Amish and (United States) [4]87
Pepinos Rellenos (Stuffed Cucumbers, Guatemala) [2]36
Pepparkakor (Ginger Cookies, Sweden) [4]16

INDEX

- Pepper Soup (Ghana) [2]19
Pepper-Scented Rice (Brazil) [1]41
Persia see Iran
Persian Fruit Salad (Iran) [2]91
Peru [3]91
 Arroz con Lech [3]99
 Baked Papas Skins [3]92
 Ceviche [3]99
 Choclo con Queso [3]95
 Flan [3]97
 Frozen Orange Delight [3]95
 Leche Flan [3]102
 Maja Blanco [3]105
 Palta Aji Sauce [3]93
 Papas a la Huancaína [3]97
 Picarones [3]93
Philippines [3]101
 Adobong Hiponsa Gata [3]107
 Pansit Mami [3]110
 Polvoron [3]110
 Singangag [3]108
 Tsokolate [3]108
Pho Bo (Vietnam) [4]172
Picado de Rabano (Radish Salad, Guatemala) [2]33
Picarones (Pumpkin Fritters) [3]93
Pico de Gallo (Mexican Salsa) [3]51
Pierogi (Dumplings, Poland) [3]115
Pineapple Nog (Haiti) [2]46
Pineapple Sherbet (Pineapple Smoothie, South Africa) [3]158
Pineapple-Orange Drink (Brazil) [1]43
Pinole (Cornmeal Drink, Native Americans, United States) [4]137
Piri-Piri Sauce (Mozambique) [3]66
Piroghi, Cabbage (Russia) [3]126
Pirozhki, Cabbage (Russia) [3]126
Pisang Goreng (Fried Banana Cakes, Indonesia) [2]77
Pita Bread (Lebanon) [3]28
Pita Sandwiches (Israel) [2]131
Pita with Jelly (Iraq) [2]99
Pizza, Turkish (Lahmacun) [4]55
Plantains (Jamaica) [2]145
Plantains and Cassava, Boiled (Côte d'Ivoire) [1]106
Plantains, Fried (Cuba) [1]115
Plantains, Fried (Ghana) [2]15
Plantains, Fried (Haiti) [2]43
Plantains, Fried (Nigeria) [3]80
Plantains, Fried (Tanzania) [4]28
Plantains, Mashed (Kenya) [3]14
Plättar (Swedish Pancakes, Sweden) [4]19
Plov (Rice Pilaf, Kazakhstan) [3]3
Poa Pee (Thai Egg Rolls, Thailand) [4]39
Poisson Cru (Islands of the Pacific) [2]116
Poland [3]113
 Bigos [3]114
 Cheesecake [3]117
 Dried Fruit Compote [3]118
 Golabki [3]116
 Kielbasa and Cabbage [3]119
 Mushroom Barley Soup [3]119
 Noodles with Poppy Seeds [3]118
 Pierogi [3]115
 Stuffed Eggs [3]121
 Veal Meatballs with Dill [3]121
Polenta (Italy) [2]136
Polenta, Brazil (Fried Corn Mush) [1]40
Polvoron (Powdered Milk Candy, Philippines) [3]110
Ponche (Berry Punch, Chile) [1]90
Poor Man's Pudding (Canada) [1]72
Popcorn (Native Americans, United States) [4]132
Popped Wild Rice (Native Americans, United States) [4]138
Poppy Seed Cake (Ukraine) [4]63
Pork Chops with Sauerkraut and Potatoes (Amish and Pennsylvania Dutch, United States) [4]89
Pork Cutlets with Potatoes (Hungary) [2]53
Pörkölt (National Hungarian Stew) [2]51
Portuguese Rolls (Mozambique) [3]67
Potato Latkes (Potato Pancakes, Jewish Americans, United States) [4]110
Potato Lefse (Great Lakes, United States) [4]102
Potato Pancakes (Jewish Americans, United States) [4]110
Potato Salad (African Americans, United States) [4]81
Potato Salad, Lemon and Garlic (Egypt) [1]135
Potato Soup (Korea) [3]20
Potato Varenyky (Potato Dumplings) [4]58
Potato, Baked Skins (Peru) [3]92
Potato-Beef Casserole (Iraq) [2]100
Potatoes with Cheese (Peru) [3]97
Potatoes, Deep-Fried Straw (Ukraine) [4]60
Potica (Slovenia) [3]147
Poutine, Quebec (Canada) [1]75
Pralines (Southern Region, United States) [4]157
Pretzels, Soft (Germany) [2]9
Pudding au Chomeur (Poor Man's Pudding, Canada) [1]72

INDEX

Pudding, Steamed Egg and Coconut Milk (Indonesia) [2]74
Pudim (Brazil) [1]42
Puerto Rican Christmas Salad (Latino Americans, United States) [4]120
Pulgogi (Korean Beef) [3]24
Pumpkin Bread (Native Americans, United States) [4]136
Pumpkin Fritters (Peru) [3]93
Pumpkin, Braised with Coconut Milk (Vietnam) [4]174
Pumpkin-Corn Sauce (Native Americans, United States) [4]135
Putupap (Cornmeal Porridge, South Africa) [3]158

Q

Qahwa [3]141
Qahwa (Arabic Coffee, Saudi Arabia) [3]141
Quebec Poutine (Canada) [1]75
Quejadinhas (Coconut and Cheese Snacks) [1]43
Quesadillas (Mexico) [3]52
Quiabo (Okra, Brazil) [1]46
Quiche au Saumon et Crevettes (Salmon and Shrimp Quiche, France) [1]155
Quick No-Cook Mini-Pavlova (Australia) [1]25
Quindins (Afro-Brazilians, Brazil) [1]48

R

Rågbröd (Swedish Rye Bread) [4]20
Ragoût de Boulettes (Spicy Meatballs, Canada) [1]74
Raitha (Yogurt and Vegetable Salad, Pakistan) [3]87
Ramen (Noodle Soup, Japan) [2]161
Ranch-Style Eggs (Mexico) [3]50
Red Beans and Rice (African Americans, United States) [4]80
Red Coleslaw (Germany) [2]9
Red Lentil Soup (Iraq) [2]96
Reuben Sandwich (Midwest Region, United States) [4]128
Rice Ball (Japan) [2]156
Rice Bread (Liberia) [3]41
Rice Cakes (Japan) [2]159
Rice Cakes, Iranian (Iran) [2]88
Rice in Coconut Milk (Tanzania) [4]28
Rice and Milk (Peru) [3]99
Rice and Peas (Jamaica) [2]144
Rice Pilaf (Kazakhstan) [3]3

Rice Pudding (Chile) [1]90
Rice Pudding (Cuba) [1]120
Rice Pudding (Iran) [2]88
Rice Pudding (Pakistan) [3]88
Rice Pudding, Lebanese [3]28
Rice and Red Beans (Haiti) [2]44
Rice Sorpa (Kazakhstan) [3]7
Rice, Basic (Brazil) [1]46
Rice, Boiled (Japan) [2]155
Rice, Corn (Indonesia) [2]79
Rice, Fancy (India) [2]65
Rice, Fried (Indonesia) [2]71
Rice, Garlic (Philippines) [3]108
Rice, Saudi Style (Saudi Arabia) [3]139
Rice, White (Mexico) [3]53
Rice, Yellow (Indonesia) [2]78
Rice, Yellow (South Africa) [3]156
Riz Djon-Djon (Rice and Haitian Mushrooms, Haiti) [2]44
Riz et Pois Rouges (Rice and Red Beans, Haiti) [2]44
Roast Pork (Islands of the Pacific) [2]117
Roasted Butternut Squash (Zimbabwe) [4]182
Rock Shandy (Zimbabwe) [4]186
Rosca de Reyes (Three Kings Sweet Bread, Mexico) [3]49
Rose Hip Soup (Sweden) [4]12
Rosh Hashanah
 New Year's Honey Cake (Israel) [2]130
Russia [3]123
 Bliny [3]125
 Bliny Filling [3]126
 Chai Po-Russki [3]131
 Klyukva S Sakharom [3]130
 Pashka [3]128
 Salat Olivier [3]124
 Semechki [3]131
 Sharlotka [3]130
Russian National Winter Beverage [3]128
Russian Pancakes [3]125
Russian Salad [3]124
Rye Bread (Germany) [2]5
Rye Bread, Swedish [4]20

S

Sadza (Zimbabwe) [4]183
Saffron and Raisin Couscous with Fresh Mint (Algeria) [1]2

INDEX

- Safou a la Sauce Tomate (Prunes in Tomato Sauce, Cameroon) [1]54
- Sahlab (Algeria) [1]4
- Saint Lucia Saffron Buns (Sweden) [4]17
- Salads**
- Algerian Cooked Carrot Salad [1]7
 - Avocado with Groundnut Dressing (Côte d'Ivoire) [1]111
 - Banadura Salata B'Kizbara (Algeria) [1]5
 - Banana and Pineapple Salad (Cameroon) [1]58
 - Charoset (Jewish Americans, United States) [4]110
 - Chickpea, Feta, and Olive Salad (Morocco) [3]62
 - Chlada Fakya (Algeria) [1]8
 - Cuban Avocado and Pineapple Salad (Latino Americans, United States) [4]121
 - Cucumber Salad (Thailand) [4]39
 - Cucumber with Yogurt (Lebanon) [3]29
 - Dandelion Salad (Slovenia) [3]147
 - Desser Miveh (Iran) [2]91
 - Deviled Eggs (Midwest Region, United States) [4]126
 - Ensalada Chilena (Chile) [1]84
 - Ensalada Cubana (Cuba) [1]119
 - French-Style Lettuce Salad (Haiti) [2]40
 - Frouta Ke Yaourt (Greece) [2]29
 - Fruit Salad with Frozen Yogurt (Argentina) [1]15
 - Gado Gado (Indonesia) [2]78
 - German Potato Salad (Great Lakes, United States) [4]98
 - Grated Carrot, Apple, and Raisin Salad (Australia) [1]20
 - Greek Salad (Greece) [2]28
 - Green Bean Salad (South Africa) [3]154
 - Haitian Fruit Salad [2]44
 - Israeli Vegetable Salad (Israel) [2]129
 - Kimchi (Korea) [3]20
 - Lebanese Fresh Fruit Salad (Lebanon) [3]35
 - Lemon and Garlic Potato Salad (Egypt) [1]135
 - Lettuce Salad (Egypt) [1]138
 - Orange Salad (Brazil) [1]39
 - Picado de Rabano (Guatemala) [2]33
 - Potato Salad (African Americans, United States) [4]81
 - Puerto Rican Christmas Salad (Latino Americans, United States) [4]120
 - Raitha (Pakistan) [3]87
 - Red Coleslaw (Germany) [2]9
 - Salada Pera de Abacate (Mozambique) [3]73
 - Salat Olivier (Russia) [3]124
 - Shirazi (Iran) [2]85
 - Sweet Grated Carrot Salae (Morocco) [3]63
 - Tabbouleh (Lebanon) [3]30
 - Tabbouleh (Saudi Arabia) [3]139
 - Tomato, Cucumber, and Onion Salad (African Americans, United States) [4]84
 - Tropical Fruit Salad (Latino Americans, United States) [4]121
 - Salada Pera de Abacate (Tomato and Avocado Salad, Mozambique) [3]73
 - Salat Olivier (Russia) [3]124
 - Salmon and Shrimp Quiche (France) [1]155
 - Salmon Kedgeree (British-Indian Salmon) [4]66
 - Salsa Cruda (Latino Americans, United States) [4]116
 - Salsa, Mexican (Mexico) [3]51
 - Saltimbocca alla Romana (Veal Scallops with Sage and Prosciutto, Italy) [2]137
 - Sambal Kecap (Chili and Soy Sauce, Indonesia) [2]74
 - Sandes de Queijo (Baked Cheese Sandwich, Mozambique) [3]68
- Sandwiches**
- Baguette Sandwich [1]153
 - Barros Jarpa (Chile) [1]89
 - Bocaditos (Argentina) [1]14
 - Cornish Pasty (Great Lakes, United States) [4]103
 - Croque-Monsieur (France) [1]154
 - Cucumber Sandwiches (United Kingdom) [4]71
 - Empanadas (Argentina) [1]13
 - Fried Bologna (African Americans, United States) [4]84
 - Khubaz (Iraq) [2]99
 - Peanut Butter and Molasses Spread (Amish and Pennsylvania Dutch, United States) [4]93
 - Pita Sandwiches (Israel) [2]131
 - Reuben Sandwich (Midwest Region, United States) [4]128
 - Sandes de Queijo (Mozambique) [3]68
 - Smörgås med ost och päron (Sweden) [4]22
 - Toast with Vegemite or Milo Spread (Australia) [1]27
 - Sang Ka Ya (Thai Coconut Custard, Thailand) [4]40
 - Sarikayo Telor (Steamed Egg and Coconut Milk Pudding, Indonesia) [2]74
 - Saskatoon Berry Snack (Aboriginals, Canada) [1]79
- Saudi Arabia [3]133**
- Arabic Coffee [3]141
 - Fatir [3]134
 - Hawayij [3]134
 - Haysa Al-Tumreya [3]135

INDEX

Saudi Arabia (*continued*)

- Hummus [3]140
- Kapsa [3]136
- Kimaje [3]137
- Laban Drink [3]138
- Rice, Saudi Style [3]139
- Tabbouleh [3]139
- Sausage and Sauerkraut (Slovenia) [3]146
- Sauteed Fiddleheads (Canada) [1]63
- Sbiten (Russian National Winter Beverage) [3]128
- Scones (Ireland) [2]110
- Scones (United Kingdom) [4]71
- Seafood and Peanut Stew (Mozambique) [3]69
- Seafood, Marinated (Peru) [3]99
- Seasoned Meat and Vegetable Sauce (Côte d'Ivoire) [1]107
- Semechki (Toasted Sunflower Seeds, Russia) [3]131
- Sesame Candy (Israel) [2]127
- Sesame Seeds, Toasted (Korea) [3]21
- Shahi Tukra (Pakistan) [3]84
- Shai (Mint Tea, Egypt) [1]134
- Shakshooka (Egg-and-Tomato Dish, Israel) [2]126
- Sharlotka (Apple Cake, Russia) [3]130
- Shigumch'i Namul (Korean Spinach) [3]25
- Shirazi (Cucumber and Tomato Salad, Iran) [2]85
- Shir-Berenj (Rice Pudding, Iran) [2]88
- Shoofly Pie (Amish and Pennsylvania Dutch, United States) [4]89
- Shrimp Adobo in Coconut Milk (Philippines) [3]107
- Side dishes**
 - Aaloo Bukhary Ki Chutney (Pakistan) [3]86
 - Açaçá (Afro-Brazilian, Brazil) [1]51
 - Aceitunas Alinadas (Cuba) [1]119
 - Adas Bil Hamod (Iraq) [2]96
 - Akara (Ghana) [2]19
 - Angu de Milho (Brazil) [1]49
 - Apple and Carrot Tsimmes (Jewish Americans, United States) [4]111
 - Apple Sauerkraut (Great Lakes, United States) [4]101
 - Arroz Guatemalteco [2]34
 - Baigan Bhartha (India) [2]60
 - Baked Macaroni and Cheese (African Americans, United States) [4]82
 - Baked Papas Skins (Peru) [3]92
 - Baked Yams (Côte d'Ivoire) [1]109
 - Bamia (Egypt) [1]137
 - Banana Frita (Brazil) [1]42
 - Bananas and Sweet Potatoes (Islands of the Pacific) [2]118
 - Boiled Cassava (Cameroon) [1]59
 - Boston Baked Beans (Northeast, United States) [4]143
 - Brazilian Black Beans [1]49
 - Bread Pudding (Midwest Region, United States) [4]124
 - Bulgur Pilavi [4]53
 - Canh Bi Ro Ham Dua (Vietnam) [4]174
 - Carrot Bredie (South Africa) [3]154
 - Champ (Ireland) [2]106
 - Charoset (Jewish Americans, United States) [4]110
 - Chili Corn Bread (Latino Americans, United States) [4]121
 - Choclo con Queso (Peru) [3]95
 - Clam Chowder (Northeast, United States) [4]144
 - Colcannon (Ireland) [2]107
 - Collard Greens (African Americans, United States) [4]78
 - Collard Greens with Hamhocks (Southern Region, United States) [4]157
 - Corn on the Cob (Midwest Region, United States) [4]127
 - Corn on the Cob (South Africa) [3]157
 - Cornbread (Southern Region, United States) [4]152
 - Cornish Pasty (Great Lakes, United States) [4]103
 - Cornmeal Porridge (Haiti) [2]47
 - Cream of Cabbage Soup (Amish and Pennsylvania Dutch, United States) [4]89
 - Cuban Avocado and Pineapple Salad (Latino Americans, United States) [4]121
 - Cuban Beans and Rice (Latino Americans, United States) [4]117
 - Dal (India) [2]62
 - Damper European Style (Aborigines and Bush Tucker, Australia) [1]32
 - Dandelion Salad (Slovenia) [3]147
 - Deep Fried Potatoes (Slovenia) [3]145
 - Deviled Eggs (Midwest Region, United States) [4]126
 - Dhal (Pakistan) [3]85
 - Dodo (Nigeria) [3]80
 - Easy Fufu (Cameroon) [1]55
 - Efo (Nigeria) [3]80
 - Fancy Rice (India) [2]65
 - Fish Boil (Great Lakes, United States) [4]97
 - Fried Apples (African Americans, United States) [4]83
 - Fried Baby Carrots (Morocco) [3]61

INDEX

Side dishes (continued)

- Fried Bologna (African Americans, United States) [4]84
- Fried Plantains (Cuba) [1]115
- Fried Plantains (Latino Americans, United States) [4]117
- Frijoles (Mexico) [3]47
- Frijoles Refritos (Mexico) [3]47
- Frittata (Italy) [2]140
- Fruit Salad with Frozen Yogurt (Argentina) [1]15
- Fufu (Côte d'Ivoire) [1]106
- Fufu (Ghana) [2]14
- Ful Mudammas (Egypt) [1]132
- German Potato Salad (Great Lakes, United States) [4]98
- Githeri (Kenya) [3]14
- Gohan (Japan) [2]155
- Grated Carrot, Apple, and Raisin Salad (Australia) [1]20
- Green Bean Casserole (Midwest Region, United States) [4]127
- Green Bean Salad (South Africa) [3]154
- Hasselbackspotatis (Sweden) [4]21
- Herring Dip (Jewish Americans, United States) [4]113
- Hin Pap (Korea) [3]21
- Honey-Baked Apples (Northeast, United States) [4]146
- Hummus (Great Lakes, United States) [4]99
- Hummus (Saudi Arabia) [3]140
- Hummus be Tahini (Lebanon) [3]36
- Hush Puppies (African Americans, United States) [4]78
- Indian Fry-Bread (Native Americans, United States) [4]137
- Indian Pudding (Northeast, United States) [4]140
- Iranian Rice Cakes (Iran) [2]88
- Irio (Kenya) [3]10
- Isu (Nigeria) [3]76
- Iyan (Nigeria) [3]79
- Jansson's Frestelse ("Jansson's Temptation", Sweden) [4]14
- Johnnycakes (Northeast, United States) [4]141
- Jollof rice (Nigeria) [3]79
- Karoplia Solimkoi (Ukraine) [4]60
- Kartoffelknödeln (Germany) [2]4
- Kenkey (Ghana) [2]19
- Kimchi (Korea) [3]20
- Klimp (Sweden) [4]15
- Knedlíky (Czech Republic) [1]125
- Komkomer Sambal (South Africa) [3]156
- Lab (Ethiopia) [1]146
- Macaroni and Cheese (Great Lakes, United States) [4]99
- Maize Porridge (Mozambique) [3]68
- Makubi (Tanzania) [4]32
- Mandu (Korea) [3]23
- Maple Baked Beans (Native Americans, United States) [4]134
- Marinated Artichokes (Western Region, United States) [4]163
- Matoke (Kenya) [3]14
- Matzo Balls (Jewish Americans, United States) [4]111
- Mealie Soup (South Africa) [3]153
- Moors and Christians (Cuba) [1]114
- Mother's Chicken Soup (Jewish Americans, United States) [4]106
- Nachynka (Cornbread Stuffing, Ukraine) [4]61
- Nasi Goreng (Indonesia) [2]71
- Nasi Jagung (Indonesia) [2]79
- Nasi Kuning (Indonesia) [2]78
- Ndizi Kaanga (Tanzania) [4]28
- New England Clam Chowder (Northeast, United States) [4]144
- Noodle Kugel (Jewish Americans, United States) [4]107
- Noodles with Poppy Seeds (Poland) [3]118
- Ojibwa Wild Rice (Great Lakes, United States) [4]96
- Old Fashioned Turnip Soup (Southern Region, United States) [4]151
- Palak Bhaji [2]62
- Pansit Mami (Philippines) [3]110
- Parsley New Potatoes (Western Region, United States) [4]165
- Peachy Baked Apples (Amish and Pennsylvania Dutch, United States) [4]91
- Pepper-Scented Rice (Brazil) [1]41
- Pierogi (Poland) [3]115
- Plov (Kazakhstan) [3]3
- Polenta (Brazil) [1]40
- Polenta (Italy) [2]136
- Popped Wild Rice (Native Americans, United States) [4]138
- Potato Latkes (Jewish Americans, United States) [4]110
- Potato Lefse (Great Lakes, United States) [4]102

INDEX

Side dishes (*continued*)

Potato Salad (African Americans, United States) [4]81

Potato Varenyky (Ukraine) [4]58

Puerto Rican Christmas Salad (Latino Americans, United States) [4]120

Putupap (South Africa) [3]158

Quebec Poutine (French Canadians, Canada) [1]75

Red Beans and Rice (African Americans, United States) [4]80

Red Coleslaw (Germany) [2]9

Rice, Basic (Brazil) [1]46

Rice and Peas (Jamaica) [2]144

Rice, Saudi Style (Saudi Arabia) [3]139

Riz Djon-Djon (Haiti) [2]44

Riz et Pois Rouges (Haiti) [2]44

Roasted Butternut Squash (Zimbabwe) [4]182

Sadza (Zimbabwe) [4]183

Saffron and Raisin Couscous with Fresh Mint (Algeria) [1]2

Sauteed Fiddleheads (Canada) [1]63

Shigumch'i Namul (Korea) [3]25

Sinangag (Philippines) [3]108

Small Dumplings (Hungary) [2]56

Spanish Tortilla (Guatemala) [2]33

Spinach with Garlic [1]139

Spring Rolls (Vietnam) [4]177

Stuffed Eggs (Poland) [3]121

Succotash (Native Americans, United States) [4]133

Succotash (Northeast, United States) [4]141

Sukuma Wiki (Kenya) [3]12

Sunday Lunch Cauliflower Cheese (United Kingdom) [4]74

Sweet Corn Pancakes (Canada) [1]64

Sweet Potato Pone (Liberia) [3]41

Tabbouleh (Saudi Arabia) [3]139

Tahu Goreng (Indonesia) [2]75

Tatties n' Neeps (United Kingdom) [4]72

Toast with Vegemite or Milo Spread (Australia) [1]27

Tomaticán (Chile) [1]86

Tomato, Cucumber, and Onion Salad (African Americans, United States) [4]84

Tropical Fruit Salad (Latino Americans, United States) [4]121

Ugali (Kenya) [3]12

Ugali (Tanzania) [4]27

Wali wa Nazi (Tanzania) [4]28

Yams (Ghana) [2]12

Yellow Rice (Geel Rys, South Africa) [3]156

Yucca (Cuba)

Zimbabwe Greens (Zimbabwe) [4]185

Simit (Sesame Rings, Turkey) [4]51

Sinangag (Garlic Rice, Philippines) [3]108

Slovenia [3]143

Dandelion Salad [3]147

Deep Fried Potatoes [3]145

Golaz [3]144

Jota [3]146

Klobasa and Kisdó Zelje [3]146

Potica [3]147

Slovenian Almond Bars [3]148

Slovenian Almond Bars (Slovenia) [3]148

Small Dumplings (Hungary) [2]56

Smörgås med ost och päron (Cheese and Pear Sandwich, Sweden) [4]22

Snacks

Aceitunas Alinadas (Cuba) [1]119

ANZAC Biscuits (Australia) [1]22

Bannana Peze [2]43

Bocaditos (Argentina) [1]14

Bruschetta (Italy) [2]141

Buffalo Chicken Wings (Great Lakes, United States) [4]100

Butter Tarts (Canada) [1]71

Caramel Corn (Midwest Region, United States) [4]128

Chancho en Piedra (Chile) [1]89

Chili Corn Bread (Latino Americans, United States) [4]121

Chimichurri (Argentina) [1]13

Chocolate Crackles (Australia) [1]27

Chopped Chicken Liver (Jewish Americans, United States) [4]107

Christmas Shortbread (Australia) [1]24

Churros (Spain) [4]7

Coconut Chips (Jamaica) [2]146

Coffee Milkshake (Northeast, United States) [4]144

Cornish Pasty (Great Lakes, United States) [4]103

Cucumber Sandwiches (United Kingdom) [4]71

Dabo Kolo (Ethiopia) [1]147

Damper (Aboriginal) [1]32

Damper European Style (Aborigines and Bush Tucker, Australia) [1]32

Dates (Iraq) [2]95

Deviled Eggs (Midwest Region, United States) [4]126

Empanadas (Argentina) [1]13

Empadas (Brazil) [1]50

INDEX

Snacks *(continued)*

- Fava Bean Spread (Israel) [2]126
Fortune Cookies (Western Region, United States) [4]163
Fresh Oranges (Israel) [2]124
Fresh Sweet Dates (Algeria) [1]3
Fried Apples (African Americans, United States) [4]83
Fried Bologna (African Americans, United States) [4]84
Fried Wonton (China) [1]101
Gebna Makleyah (Egypt) [1]135
Guacamole (Guatemala) [2]33
Guacamole (Latino Americans, United States) [4]117
Haysa Al-Tumreya (Saudi Arabia) [3]135
Herring Dip (Jewish Americans, United States) [4]113
Hummus (Great Lakes, United States) [4]99
Hummus (Saudi Arabia) [3]140
Indian Fry-Bread (Native Americans, United States) [4]137
Kategna (Ethiopia) [1]144
Kelewele (Ghana) [2]15
Khubaz (Iraq) [2]99
Lahmacun (Turkey) [4]55
Lamingtons (Australia) [1]23
Lemon Curd (United Kingdom) [4]68
Macadamia and Fruit Snack (Aborigines and Bush Tucker, Australia) [1]33
Macadamia Nut Cookies (Aborigines and Bush Tucker, Australia) [1]33
Mala Sousta Se Syre (Czech Republic) [1]129
Maple Butter (Northeast, United States) [4]142
Matzo Brie (Jewish Americans, United States) [4]112
Old-Fashioned Spicy Lemonade (Amish and Pennsylvania Dutch, United States) [4]93
Onigiri (Japan) [2]156
Pan de Banano (Guatemala) [2]37
Peachy Baked Apples (Amish and Pennsylvania Dutch, United States) [4]91
Peanut Butter and Molasses Spread (Amish and Pennsylvania Dutch, United States) [4]93
Pepinos Rellenos (Guatemala) [2]36
Pineapple Sherbet (South Africa) [3]158
Pinole (Native Americans, United States) [4]137
Popcorn (Native Americans, United States) [4]132
Pumpkin Bread (Native Americans, United States) [4]136
Quejadinhas (Brazil) [1]43
Quick No-Cook Mini-Pavlova (Australia) [1]25
Reuben Sandwich (Midwest Region, United States) [4]128
Salsa Cruda (Latino Americans, United States) [4]116
Saskatoon Berry Snack (Aboriginal Canadians) [1]79
Snow Ice Cream (Amish and Pennsylvania Dutch, United States) [4]93
Soft Pretzels (Germany) [2]9
Southern Fried Chicken (Southern Region, United States) [4]152
Spicy Oven-Fried Chicken (Amish and Pennsylvania Dutch, United States) [4]91
Springerle (Great Lakes, United States) [4]101
Stuffed Dates and Walnuts (Algeria) [1]6
Sugar Cookies (Amish and Pennsylvania Dutch, United States) [4]92
Sushi (Japan) [2]155
Swedish Meatballs (Great Lakes, United States) [4]102
Toast with Vegemite or Milo Spread (Australia) [1]27
Traditional Biltong and Dried Fruit Snack (South Africa) [3]152
Wild Rice Cakes (Aboriginals, Canada) [1]81
Snow Ice Cream (Amish and Pennsylvania Dutch, United States) [4]93
Soda Bread, Irish (Ireland) [2]105
Soda Chanh (Vietnam) [4]176
Soft Pretzels (Germany) [2]9
Soo Chunkwa (Ginger Drink, Korea) [3]18
Sopa de Feijao Verde (String Bean Soup, Mozambique) [3]72
Soupe à l'Oignon Gratinée (Onion Soup, France) [1]153
- ### Soups
- Artsoppa (Sweden) [4]20
Avgolemono [2]22
Blandad Fruksoppa (Sweden) [4]15
Borscht (Russia) [3]129
Chicken and Sausage Gumbo (Southern Region, United States) [4]153
Chilled Avocado Soup (Côte d'Ivoire) [1]109
Clam Chowder (Northeast, United States) [4]144
Coconut Bean Soup (Tanzania) [4]25
Coconut-Chicken Soup (Thailand) [4]43
Cream of Cabbage Soup (Amish and Pennsylvania Dutch, United States) [4]89
Cucumber and Yogurt Soup (Algeria) [1]8
Cucumber Soup (Guatemala) [2]34
Eggdrop Soup (China) [1]96

INDEX

Soups (*continued*)

- Fish Boil (Great Lakes, United States) [4]97
- French Pea Soup (Canada) [1]70
- Gazpacho (Latino Americans, United States) [4]120
- Gazpacho (Spain) [4]3
- Goat Soup (Liberia) [3]43
- Houbova Polevka Myslivecka (Czech Republic) [1]124
- Kamja Guk (Korea) [3]20
- Matzo Balls (Jewish Americans, United States) [4]111
- Mealie Soup (South Africa) [3]153
- Miso Soup (Japan) [2]156
- Mother's Chicken Soup (Jewish Americans, United States) [4]106
- Mushroom Barley Soup (Poland) [3]119
- Ndole (Cameroon) [1]56
- New England Clam Chowder (Northeast, United States) [4]144
- Old Fashioned Turnip Soup (Southern Region, United States) [4]151
- Ozoni (Japan) [2]159
- Paste e Fagioli (Italy) [2]135
- Pepper Soup (Ghana) [2]19
- Pho Bo (Vietnam) [4]172
- Ramen (Japan) [2]161
- Red Lentil Soup (Iraq) [2]96
- Rose Hip Soup (Sweden) [4]12
- Sopa de Feijao Verde (Mozambique) [3]72
- Soupe à l'Oignon Gratinée (France) [1]153
- Summer Cucumber Soup (Hungary) [2]57
- Supu Ya Ndizi (Tanzania) [4]30
- Three Sisters Soup (Canada, Aborigines) [1]79
- Weisse Bohnensuppe (Germany) [2]3
- Wonton Soup (China) [1]95

South Africa [3]151

- Bobotie [3]157
- Carrot Bredie [3]154
- Corn on the Cob [3]157
- Cucumber Relish [3]156
- Geel Rys (Yellow Rice) [3]156
- Green Bean Salad [3]154
- Mealie Soup [3]153
- Pineapple Sherbet [3]158
- Putupap [3]158
- Traditional Biltong and Dried Fruit Snack [3]152
- Southern Fried Chicken (Southern Region, United States) [4]152

Southern Region (United States) [4]149

- Chicken and Sausage Gumbo [4]153
- Collard Greens with Hamhocks [4]157
- Cornbread [4]152
- Creole Seasoning [4]153
- Fruitcake Cookies [4]154
- Mardi Gras King Cake [4]155
- Old Fashioned Turnip Soup [4]151
- Pralines [4]157
- Southern Fried Chicken [4]152
- Sweet Potato Pie [4]154
- Sweet Tea [4]157

Spain [4]1

- Aceitunas Alinadas (Marinated Olives) [4]9
- Churros [4]7
- Crema de Cabrales [4]8
- Flan [4]4
- Gazpacho [4]3
- Mazapanes [4]6
- Tapas [4]8
- Tartaletas de Champiñón (Mushroom Tartlets) [4]8
- Tortilla Española [4]3
- Spanish Omelet (Spain) [4]3
- Spanish Tortilla (Guatemala) [2]33
- Spargelgemuse (Fresh Asparagus, Germany) [2]5
- Sparkling Yogurt Drink (Iran) [2]86
- Spice Blend (Saudi Arabia) [3]134
- Spice Paste (Ethiopia) [1]144
- Spiced Chicken (China) [1]99
- Spiced Cocoa (Haiti) [2]41
- Spicy Cookie (India) [2]67
- Spicy Egg Stew (Brazil) [1]47
- Spicy Fish and Coconut Milk Stew (Brazil) [1]47
- Spicy Meatballs (Canada) [1]74
- Spicy Oven-Fried Chicken (Amish and Pennsylvania Dutch, United States) [4]91
- Spicy Port Pate (Canada) [1]71
- Spinach, Spicy Fried (India) [2]62
- Spinach with Garlic (Egypt) [1]139
- Springerle (Great Lakes, United States) [4]101
- Spring Rolls (Vietnam) [4]177

Stews

- Bigos (Poland) [3]114
- Bobotie (South Africa) [3]157
- Buffalo Stew (Native Americans, United States) [4]135
- Carbonada Criolla (Argentina) [1]12
- Chicken and Sausage Gumbo (Southern Region, United States) [4]153

INDEX

Stews (*continued*)

Feijoada (Brazil) [1]38
Fish Boil (Great Lakes, United States) [4]97
Golaz (Slovenia) [3]144
Jota (Slovenia) [3]146
Maple Baked Beans (Native Americans, United States) [4]134
Midwestern Chili (Midwest Region, United States) [4]125
Moqueca (Brazil) [1]47
Moqueca aos Ovos (Brazil) [1]47
New England Boiled Dinner (Northeast, United States) [4]144
Putupap (South Africa) [3]158
Red Beans and Rice (African Americans, United States) [4]80
Spicy Egg Stew (Brazil) [1]47
Stew with Meat, Vegetables, and Fruit (Argentina) [1]12
Succotash [4]133
Strawberry Jam (Amish and Pennsylvania Dutch, United States) [4]93
Stuffed Cabbage Rolls (Poland) [3]116
Stuffed Cabbage Rolls (Ukraine) [4]60
Stuffed Dates and Walnuts (Algeria) [1]6
Stuffed Eggs (Poland) [3]121
Stuffed Grape Leaves (Iran) [2]82
Stuffed Green Peppers (Hungary) [2]52
Submarino (Milk with Chocolate Syrup, Argentina) [1]16
Succotash (Northeast, United States) [4]141
Succotash (Traditional Corn and Bean Stew, Native Americans, United States) [4]133
Sugar Cookies (Amish and Pennsylvania Dutch, United States) [4]92
Sugared Almonds (Lebanon) [3]34
Sukijaki, Beef (Japan) [2]157
Sukuma Wiki (Kenya) [3]12
Summer Cucumber Soup (Hungary) [2]57
Sunday Lunch Cauliflower Cheese (United Kingdom) [4]74
Sunflower Seeds, Toasted (Russia) [3]131
Supu Ya Ndizi (Plantain Soup, Tanzania) [4]30
Sushi (Japan) [2]155
Svart Vinbärsglög (Black Currant Glög, Sweden) [4]18
Sweden[4]11
Artsoppa [4]20
Blandad Fruktoppa (Fruit Soup) [4]15

Creamy Dipping Sauce [4]13
Glazed Carrots [4]13
Hasselbackspotatis [4]21
Jansson's Frestelse ("Jansson's Temptation") [4]14
Julgröt (Swedish Christmas Porridge) [4]18
Klimp [4]15
Köttbulla (Swedish Meatballs) [4]14
Lussekatter [4]17
Pepparkakor (Sweden) [4]16
Plättar [4]19
Rågbröd [4]20
Rose Hip Soup [4]12
Smörgås med ost och päron [4]22
Svart Vinbärsglög [4]18
Swedish Meatballs (Great Lakes, United States) [4]102
Swedish Pancakes [4]19
Sweet and Sour Okra (Egypt) [1]137
Sweet and Sour Pork (China) [1]96
Sweet Corn Pancakes (Canada) [1]64
Sweet Couscous Dessert (Algeria) [1]5
Sweet Grated Carrot Salad (Morocco) [3]63
Sweet Peanut Mochi (Rice Cakes, Japan) [2]159
Sweet Potato Fritters (Indonesia) [2]73
Sweet Potato Pie (African Americans, United States) [4]80
Sweet Potato Pie (Southern Region, United States) [4]154
Sweet Potato Pone (Liberia) [3]41
Sweet Potato Pudding (Tanzania) [4]31
Sweet Tea (Southern Region, United States) [4]157

T

Tabbouleh (Lebanon) [3]30
Tabbouleh (Saudi Arabia) [3]139
Tahini Sauce (Israel) [2]128
Tahu Goreng (Fried Tofu, Indonesia) [2]75
Tandoori Chicken (India) [2]63
Tanzania [4]23
Chai [4]24
Chapati [4]27
Coconut Bean Soup [4]25
Date Nut Bread [4]30
Makubi [4]32
Mango-Orange Drink [4]28
Ndizi Kaanga (Tanzania) [4]28
Supu Ya Ndizi [4]30
Sweet Potato Pudding [4]31

INDEX

Tanzania (*continued*)

Ugali [4]27
Wali wa Nazi [4]28
Tapas (Spain) [4]8, [4]9
Tartaletas de Champiñón (Mushroom Tartlets, Spain) [4]8
Tarte au Sucre (Sugar Pie, Canada) [1]72
Tatties n' Neeps (United Kingdom) [4]72
Té con Leche (Tea with Milk, Chile) [1]84
Tea (Chai), Tanzania [4]24
Tea with Milk (United Kingdom) [4]75
Tea, Moroccan Mint [3]58
Teh Halia (Hot Ginger Tea, Indonesia) [2]77
Thai Beef Curry [4]37
Thailand [4]35
Banana with Coconut Milk [4]41
Chicken Satay [4]38
Coconut-Chicken Soup [4]43
Cucumber Salad [4]39
Ka Nom Jeen Sour Nam [4]42
Nam Pla Prig [4]37
Pad Thai [4]42
Poa Pee [4]39
Sang Ka Yal [4]40
Thai Beef Curry [4]37
Three Kings Sweet Bread (Mexico) [3]49
Three Sisters Soup (Canada, Aborigines) [1]79
Ti-Malice (Spicy Haitian Sauce) [2]47
Toad-in-the-Hole (United Kingdom) [4]70
Toasted Sunflower Seeds (Russia) [3]131
Toast with Vegemite or Milo Spread (Australia) [1]27
Tofu, Fried (Indonesia) [2]75
Tomaticán (Tomato and Corn Stew, Chile) [1]86
Tomato and Avocado Salad [3]73
Tomato, Cucumber, and Onion Salad (African Americans, United States) [4]84
Tomatoes Stuffed with Rice (Iraq) [2]97
Topinky S Vejci (Eggs on Toast, Czech Republic) [1]128
Torta de Cumpleaños (Birthday Cake, Chile) [1]87
Tortilla Española (Spanish Omelet, Spain) [4]3
Tourtière (French Canadians, Canada) [1]73
Traditional Biltong and Dried Fruit Snack (South Africa) [3]152
Traditional Corn and Bean Stew (Native Americans, United States) [4]133
Traditional Irish Stew (Ireland) [2]105
Tropical Fruit Dessert (Islands of the Pacific) [2]121
Tropical Fruit Salad (Latino Americans, United States) [4]121

Tropical Fruit Shake (Islands of the Pacific) [2]121
Tsokolate (Hot Chocolate, Philippines) [3]108
Tuna in Sauce (Cuba) [1]117

Turkey [4]45

Bulgur Pilavi [4]53
Halva [4]50
Kaymakli Kuru Kayisi (Cream-Stuffed Apricots) [4]46
Köfte [4]50
Lahmacun [4]55
Lokma [4]53
Muhallabi (Rice Pudding) [4]48
Naneli Limonata [4]49
Pasta with Yogurt-Mint Sauce [4]47
Simit [4]51
Tzatziki (Cucumber-Yogurt Sauce, Greece) [2]28

U

Ugali (Kenya) [3]12
Ugali (Tanzania) [4]27

Ukraine [4]57

Holubtsi (Stuffed Cabbage Rolls) [4]60
Karoplia Solimkoi [4]60
Kotlety Po-Kyivskomy [4]61
Kutya (Sweet Porridge) [4]63
Makiwnyk [4]63
Nachynka [4]61
Potato Varenyky [4]58
Uli Petataws (Sweet Potato Fritters, Indonesia) [2]73

United Kingdom [4]65

Cornish Pasties [4]69
Cucumber Sandwiches [4]71
Haggis [4]68
incemeat Pies, Individual [4]73
Lemon Curd [4]68
Salmon Kedgeree [4]66
Scones [4]71
Sunday Lunch Cauliflower Cheese [4]74
Tatties n' Neeps [4]72
Tea with Milk [4]75
Toad-in-the-Hole [4]70
Wassail [4]74
Welsh Rarebit [4]69

United States

African Americans [4]77
Amish and Pennsylvania Dutch [4]87

INDEX

United States *(continued)*

Apple and Carrot Tsimmes (Jewish Americans)
[4]111

Apple Crisp (Western Region) [4]165

Apple Sauerkraut [4]101

Baked Macaroni and Cheese (African Americans)
[4]82

Blueberry Muffins (Western Region) [4]165

Boston Baked Beans (Northeast Region) [4]143

Bread Pudding (Midwest Region) [4]124

Broiled Salmon Steaks (Western Region) [4]164

Buffalo Chicken Wings (Great Lakes Region) [4]100

Buffalo Stew (Native Americans) [4]135

Caramel Corn (Midwest Region) [4]128

Charoset (Jewish Americans) [4]110

Chicken and Sausage Gumbo (Southern Region)
[4]153

Chili Corn Bread (Latino Americans) [4]121

Chinese Peanut Sauce (Western Region) [4]164

Chopped Chicken Liver (Jewish Americans) [4]107

Chuck Wagon Brisket [4]161

Clam Chowder (Northeast Region) [4]144

Coffee Milkshake (Northeast Region) [4]144

Collard Greens (African Americans) [4]78

Collard Greens with Hamhocks (Southern Region)
[4]157

Corn on the Cob (Midwest Region) [4]127

Cornbread (Southern Region) [4]152

Cornhusker's Casserole (Midwest Region) [4]129

Cornish Pasty (Great Lakes Region) [4]103

Cranberry Salsa (Western Region) [4]162

Cream of Cabbage Soup (Amish and Pennsylvania
Dutch) [4]89

Creole Seasoning (Southern Region) [4]153

Cuban Avocado and Pineapple Salad (Latino Americans)
[4]121

Cuban Beans and Rice (Latino Americans) [4]117

Deviled Eggs (Midwest Region) [4]126

Dutch Pancakes (Amish and Pennsylvania Dutch)
[4]98

Fish Boil (Great Lakes Region) [4]97

Fortune Cookies (Western Region) [4]163

Fried Apples (African Americans) [4]83

Fried Bologna (African Americans) [4]84

Fried Plantains (Latino Americans) [4]117

Fruitcake Cookies (Southern Region) [4]154

Gazpacho (Latino Americans) [4]120

German Potato Salad (Great Lakes Region) [4]98

Great Lakes Region [4]95

Green Bean Casserole (Midwest Region) [4]127

Guacamole (Latino Americans) [4]117

Herring Dip (Jewish Americans) [4]113

Honey-Baked Apples (Northeast Region) [4]146

Hot Cranberry Punch (Northeast Region) [4]146

Hummus (Great Lakes Region) [4]99

Hush Puppies (African Americans) [4]78

Indian Fry Bread (Native Americans) [4]137

Indian Pudding (Native Americans) [4]140

Iroquois Strawberry Drink (Native Americans)
[4]137

Jewish Americans [4]105

Johnnycakes (Northeast Region) [4]141

Kwanzaa Brownies (African Americans) [4]83

Latino Americans [4]115

Macaroni and Cheese (Great Lakes Region) [4]99

Maple Baked Beans (Northeast Region) [4]134

Maple Butter (Northeast Region) [4]142

Mardi Gras King Cake (Southern Region) [4]155

Marinated Artichokes (Western Region) [4]163

Matzo Balls (Jewish Americans) [4]111

Matzo Brie (Jewish Americans) [4]112

Mexican Fried Ice Cream (Latino Americans) [4]119

Midwestern Chili (Midwest Region) [4]125

Midwestern Pork Chop Dinner (Midwest Region)
[4]130

Midwest Region [4]123

Molasses Water (African Americans) [4]79

Mother's Chicken Soup (Jewish Americans) [4]106

Native Americans [4]131

New England Boiled Dinner (Northeast Region)
[4]144

New England Clam Chowder (Northeast Region)
[4]144

New York Cheesecake (Jewish Americans) [4]113

Noodle Kugel (Jewish Americans) [4]107

Northeast Region [4]139

Ojibwa Wild Rice (Native Americans) [4]96

Old Fashioned Turnip Soup (Southern Region)
[4]151

Old-Fashioned Spicy Lemonade (African American)
[4]93

Parsley New Potatoes (Western Region) [4]165

Peachy Baked Apples (Amish and Pennsylvania
Dutch) [4]91

Peanut Butter and Molasses Spread (Amish and
Pennsylvania Dutch) [4]93

Pinole (Native Americans) [4]137

Popcorn (Native Americans) [4]132

INDEX

United States *(continued)*

- Popped Wild Rice (Native Americans) [4]138
- Pork Chops with Sauerkraut and Potatoes (Amish and Pennsylvania Dutch) [4]89
- Potato Latkes (Jewish Americans) [4]110
- Potato Lefse (Great Lakes Region) [4]102
- Potato Salad (African Americans) [4]81
- Pralines (Southern Region) [4]157
- Puerto Rican Christmas Salad (Latino Americans) [4]120
- Pumpkin Bread (Native Americans) [4]136
- Pumpkin-Corn Sauce (Native Americans) [4]135
- Red Beans and Rice (African Americans) [4]80
- Reuben Sandwich (Midwest Region) [4]128
- Salsa Cruda (Latino Americans) [4]116
- Shoofly Pie (Amish and Pennsylvania Dutch) [4]89
- Snow Ice Cream (Amish and Pennsylvania Dutch) [4]93
- Southern Fried Chicken (Southern Region) [4]152
- Southern Region [4]149**
- Spicy Oven-Fried Chicken (Amish and Pennsylvania Dutch) [4]91
- Springerle (Great Lakes Region) [4]101
- Strawberry Jam (Amish and Pennsylvania Dutch) [4]93
- Succotash (Native Americans) [4]133
- Succotash (Northeast Region) [4]141
- Sugar Cookies (Amish and Pennsylvania Dutch) [4]92
- Swedish Meatballs (Great Lakes Region) [4]102
- Sweet Potato Pie (African Americans) [4]80
- Sweet Potato Pie (Southern Region) [4]154
- Sweet Tea (Southern Region) [4]157
- Tomato, Cucumber, and Onion Salad (African Americans) [4]84
- Tropical Fruit Salad (Latino Americans) [4]121
- Western Region [4]159**

V

- Veal Meatballs with Dill (Poland) [3]121
- Veal Scallops with Sage and Prosciutto (Italy) [2]137

Vegetables

- Apple Sauerkraut (Great Lakes, United States) [4]101
- Aterkek Alecha (Ethiopia) [1]148
- Boston Baked Beans (Northeast Region, United States) [4]143
- Carrot Bredie (South Africa) [3]154

- Collard Greens (African Americans) [4]78
- Corn on the Cob (Midwest Region, United States) [4]127
- Corn on the Cob (South Africa) [3]157
- Cuban Avocado and Pineapple Salad (Latino Americans, United States) [4]121
- Deep Fried Potatoes (Slovenia) [3]145
- Fried Baby Carrots (Morocco) [3]61
- Fried Plantains (Latino Americans, United States) [4]117
- German Potato Salad (Great Lakes, United States) [4]98
- Glazed Carrots (Sweden) [4]13
- Grated Carrot, Apple, and Raisin Salad (Australia) [1]20
- Green Bean Casserole (Midwest Region, United States) [4]127
- Green Bean Salad (South Africa) [3]154
- Guacamole (Latino Americans, United States) [4]117
- Komkomer Sambal (South Africa) [3]156
- Makubi [4]32
- Maple Baked Beans (Native Americans, United States) [4]134
- Marinated Artichokes (Western Region, United States) [4]163
- Old Fashioned Turnip Soup (Southern Region, United States) [4]151
- Palak Bhaji [2]62
- Parsley New Potatoes (Western Region, United States) [4]165
- Potato Latkes (Jewish Americans, United States) [4]110
- Potato Lefse (Great Lakes, United States) [4]102
- Potato Salad (African Americans, United States) [4]81
- Quiabo (Brazil) [1]46
- Salsa Cruda (Latino Americans, United States) [4]116
- Sauteed Fiddleheads (Canada) [1]63
- Spargelgemuse (Germany) [2]5
- Succotash (Native Americans, United States) [4]133
- Succotash (Northeast, United States) [4]141
- Tomato, Cucumber, and Onion Salad (African Americans, United States) [4]84
- Vegetable Salad with Peanut Sauce (Indonesia) [2]78
- Vegetable Sandwich (India) [2]67
- Vegetable Salad with Peanut Sauce (Indonesia) [2]78
- Vegetable Sandwich (India) [2]67

INDEX

Vietnam [4]169

- Banh Chuoi Nuong (Banana Cake) [4]175
- Canh Bi Ro Ham Dua (Braised Pumpkin with Coconut Milk) [4]174
- Caphe [4]176
- Coconut Custard [4]174
- Nuoc Cham (Dipping Sauce) [4]171
- Pho Bo (Beef Noodle Soup) [4]172
- Soda Chanh (Lemon Soda) [4]176
- Spring Rolls [4]177
- Vietnamese Coffee [4]176
- Vietnamese Coffee [4]176
- Vinegar Soy Sauce (Korea) [3]24

W

- Wali wa Nazi (Rice in Coconut Milk, Tanzania) [4]28
- Wassail (United Kingdom) [4]74
- Weisse Bohnensuppe (White Bean Soup, Germany) [2]3
- Welsh Rarebit (United Kingdom) [4]69
- Western Kenya Cabbage and Egg (Kenya) [3]11
- Western Region (United States) [4]159**
 - Apple Crisp [4]165
 - Blueberry Muffins [4]165
 - Broiled Salmon Steaks [4]164
 - Chinese Peanut Sauce [4]164
 - Chuck Wagon Brisket [4]161
 - Cranberry Salsa [4]162
 - Fortune Cookies [4]163
 - Marinated Artichokes [4]163
 - Parsley New Potatoes (Western Region) [4]165
- Wheat Pudding (Iraq) [2]98

- Wild Rice Cakes (Aboriginals, Canada) [1]81
- Wonton Soup (China) [1]95

Y

- Yaki-Soba (Fried Noodles, Japan) [2]158
- Yakitori (Grilled Chicken on Skewers, Japan) [2]161
- Yalanchi (Tomatoes Stuffed with Rice, Iraq) [2]97
- Yams (Ghana) [2]12
- Yams, Spiced Boiled (Nigeria) [3]76
- Yellow Rice (Indonesia) [2]78
- Yellow Rice (South Africa) [3]156
- Yogurt Chutney (Kenya) [3]13
- Yogurt Drink (Saudi Arabia) [3]138
- Yogurt Drink, Sparkling (Iran) [2]86
- Yogurt, Homemade (Iran) [2]91
- Yogurt and Mint Sauce (Iran) [2]83
- Yucca (Cuba) [1]117

Z

- Zanzibar see Tanzania
- Zimbabwe [4]181**
 - Cornmeal Cake [4]184
 - Dovi [4]183
 - Greens, Zimbabwe [4]185
 - Mapopo [4]182
 - Roasted Butternut Squash [4]182
 - Sadza [4]183
- Zimbabwe Greens [4]185

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