

The Crowder College Melting Pot

Special Cookbook Edition
Spring 2013



**Crowder
College**

ENGLISH LANGUAGE INSTITUTE

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Nothing showcases a culture quite like its food! By request from the college, for this edition of the *Crowder College Melting Pot*, students from the ELI 35 Advanced English class spiced things up and created a cookbook to share with the campus and surrounding community. We are privileged through the ELI to have students representing a variety of nations across the globe who are willing and eager to share favorite recipes from their countries. Not only did the students work hard to translate the original recipes, but they also put in a great deal of effort in learning how to write an actual recipe. I discovered that many of my students simply knew how to make their particular dish and did not need to use a recipe, so learning how to write a recipe, with the step-by-step process, was an extra challenge for them. As a class, we had a cooking day together, and when we finally all sat down to sample all the dishes, I was reminded that nothing brings people together like sitting around a table and enjoying delicious food that represents all walks of life. As a class, we intentionally chose recipes that, for the most part, could be made with ingredients found in the local area, so we hope that you will decide to try out the recipes in this cookbook and treat yourself to a world tour—culinary style! I am truly impressed by these students' talents, and I am incredibly proud of the way they worked together on this project, both in and out of the kitchen.

Rose-Marie Speck
ELI Coordinator

Special thanks to Aaron Werner and the BSU for allowing the ELI to use their space as a test kitchen for the ELI class cooking day.

Brazil

Camila Lacerda and Caio Da Costa



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Brazilian Stroganoff

Stroganoff is a typical dish from Brazil. Mothers and grandmothers traditionally cook this food on Sundays. This food came from Germany, but the Brazilian way to cook it is different because we use different ingredients.

Ingredients:

2 tablespoons cooking oil	1 bag potato chips
9 ounces cubed beef	2 cups rice
1 ½ cans tomato sauce	1 beef bullion cube
2 cans of heavy cream or half and half	1 tablespoon dried oregano
1 1/2 onion, chopped	4 ounces of ketchup
2 garlic gloves, minced	½ can of corn

Directions:

1. Put 1 chopped onion and 1 minced garlic glove in a frying pan heated with the cooking oil.
2. Cut the meat into cubes and add to the onions and garlic in the pan.
3. Cook everything on low heat until the meat is done.
4. Meanwhile, rinse the 2 cups of rice and cook with the additional onion, garlic and oil in a heated pan.
5. Cook the rice until it is golden. Then put 4 cups of water in the pan and bring to a boil.
6. Simmer the rice 15-20 minutes or until the rice is done. Set the rice aside.
7. Add the tomato sauce to the meat mixture and continue stirring until the liquid is soaked up.
8. Add ketchup, oregano, and a little salt to the meat mixture and stir.
9. Then crumble a beef bouillon cube into the beef and add the 2 cans of cream.
10. To assemble, put rice on a plate and add a scoop of the meat mixture. Finish by crumbling potato chips on top of everything. This dish can also be served with French fries instead of potato chips.

Gabon

Martin Christopher Bibang



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Poisson a la Sauce A'arachide (Fish in Groundnut Sauce)

Fish in Groundnut Sauce is a traditional and popular Gabonese meal cooked simply with fish in a tomato and peanut butter sauce.

Ingredients:

3 pounds fish steak
3 onions, chopped
4 tomatoes, peeled and chopped
9 ounces of creamy peanut butter
salt and pepper to taste

Directions:

1. Add oil to a large pot and fry the fish until nicely browned all over.
2. Reduce the heat and add about 17 ounces of water.
3. Add salt and pepper and simmer for about 4-6 minutes.
4. Remove the fish from the pan and set aside covered to keep warm.
5. Add the chopped tomatoes and onions to the pan and continue to simmer for about 20-25 minutes.
6. Remove about 7 ounces of the liquid and mix with the peanut butter to form a smooth paste. Then add it back to the pot and stir.
7. Return the fish to the pan and cook until the fish is well done, about 10-12 minutes more.

Serve with cassava, boiled plantains, or rice.

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Nigeria

David Igwo



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Egusi Soup

Egusi (melon) soup is one of the most popular soups for all Nigerians who love fufu or garri recipes. Egusi is usually served with garri or fufu. Fufu is a staple food of West Africa. It is made by boiling starchy vegetables like cassava, yams, or plantains, and then pounding them into a dough-like consistency. Egusi is one of the popular refreshments for traditional weddings, western weddings, and sometimes people include it as a refreshment during their birthday parties in West Africa. It is very difficult to find Egusi seeds here in America, but I chose to share the idea with you in order to satisfy curious minds. Also, most Nigerians do not use measuring utensils when making recipes, and I have followed this tradition by simply telling you the ingredients to use and not the amount.

Ingredients

- Egusi (melon) seeds
- Red Palm oil
- Chopped beef
- Chopped fish of your choosing (dry or stock fish)
- Crayfish seasoning
- Salt and pepper to taste
- Chopped vegetables (pumpkin leaves or bitter leaf)
- Seasoning (3 cubes of beef/chicken bouillon)

Directions:

1. Put red palm oil into a dry pot and set on the stove or gas cooker to heat.
2. When you notice that the oil is clear, slice your onion into the pot and add the ground egusi and fry at low heat to avoid burning. Keep frying until you notice that the egusi is getting drier; then add a little water. One sign that it is getting dry is that it will start sticking to the bottom of the pot.
3. At this point, add the fish stock little by little while you stir the soup.
4. After you have added the fish stock, if you feel that the soup is still too thick, you can add more water.
5. Finally, add any vegetable of your choice and cook until done.

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Ethiopia

Gediyon Kasemo



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Doro Wet

Doro wet is a recipe from my country, Ethiopia. Doro wet is made from chicken and different kinds of seasoning like ginger or black pepper. There are many variations of this recipe. The main recipe in Ethiopia comes from the capital city, Addis Abeba. The best-cooked doro wet is found in hotels, restaurants, and in the home. The flavor or taste of the dish will depend on the seasoning or ingredients that you have on hand to use.

Ingredients:

- 1/2 pound of chopped onions
- 2 cups oil
- 2 tablespoons berbere (hot sauce)
- Ground ginger to taste
- 2 chicken wings (fresh)
- 2 chicken legs (fresh)
- 1 cube butter
- 2-4 boiled eggs
- ½ cup plain yogurt

Directions:

Before cooking the doro wet, open a window or a door because the smell is very strong.

1. Cook onions for about 30 minutes. Sprinkle water into the pan as the onions cook.
2. Then mix the oil with the onions for about 10-25 minutes more.
3. Then add the berbere (hot sauce). The hot sauce is the main ingredient for the doro wet. Cook for an additional 30 minutes.
4. After that, add the chicken parts and cook for another 20-25 minutes.
5. Finally, add the butter and cook for 5-10 minutes.
6. Put the doro wet in a big dish and drop the boiled eggs around the doro wet.

Serve with yogurt.

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El Salvador

William Herrera Cruz



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Pupusas

Pupusas are a traditional dish from El Salvador. Pupusas are corn tortillas with a filling – usually cheese (pupusas de queso), beans, and/or Salvadorean-style chicharron (finely ground pork). A pupusa revuelta has all three fillings. Pupusas are cooked on a griddle, and served with a pickled cabbage slaw called curtido and a thin tomato sauce (salsa roja).

Ingredients:

3 cups masa harina (corn flour for making tortillas)

1½ cups warm water

½ teaspoon salt

1 cup grated quesillo (Salvadorean cheese), or substitute queso fresco, mozzarella, or farmer's cheese

½ cup refried beans (optional)

1 cup chicharron (optional)

Directions:

1. In a large bowl, mix the masa harina with the water and salt, stirring well. Add more water if necessary to obtain a soft dough that does not crack around the edges when flattened.
2. Let the dough rest, covered with plastic wrap, for about 15 minutes.
3. If using the refried beans, place them in a food processor and process until smooth. Do the same with the pork. The consistency should be like a paste.
4. Divide dough into 6 pieces. Form a ball of dough, and then make an indentation in the ball. Place filling of choice in the indentation, and carefully wrap dough around the filling to seal. Flatten ball into a disk, about ¼ inch thick, being careful to keep filling from leaking out of the edges.
5. Wipe a very small amount of oil onto the surface of a heavy skillet (cast iron works well). Heat the skillet over medium heat, and place the pupusas in the skillet. Allow to brown on each side, like a tortilla, flipping as necessary.
6. Remove from heat and serve warm.

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South Korea

Yeji Choi



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Bulgogi

Bulgogi is a traditional food from South Korea. It is Korean BBQ. Bulgogi is not a main dish. It is a side dish eaten with rice. Many Korean foods are hot, spicy, and salty, but bulgogi is sweet and delicious so foreigners can easily enjoy eating bulgogi. Koreans usually eat meat as sliced pieces like bacon. Bulgogi can be made with pork or beef. Usually, in Korea, people eat pork bulgogi more than beef bulgogi. However, in American it is hard to find the sliced pork that we use in Korea. So for this recipe, I decided to make beef bulgogi to share with you.

“Gogi” means meat in Korean. So bulgogi means food made with meat. Koreans usually eat bulgogi in daily life.

Ingredients:

3 pounds thinly sliced beef

1 onion, sliced

1 green onion, thinly sliced

1 carrot, thinly sliced

1 pkg of mushrooms

1 jar bulgogi sauce (This sauce can be found in most Korean markets, like Seoul Market in Springfield, Missouri, or it can be ordered online).

Directions:

1. Mix the sliced onion, green onion and carrot in a bowl.
2. Add the sliced beef and mix well.
3. Put bulgogi sauce in the bowl and mix well.
4. You can grill, pan-fry, or BBQ right after marinating. However, it's best to keep it in the fridge and let it marinate for at least 30 minutes, or overnight for a tougher cut of beef. Add mushrooms when cooking the beef.
5. Serve the bulgogi warm with rice.

Swaziland

Nkosiyenzile Sibandze



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Sidvudvu or “Pumpkin Porridge”

Sidvudvu is a delicious, Swazi porridge made of pumpkin mixed with corn meal. It is one of the healthiest dishes favored by elders, grandfathers, and grandmothers. Corn, commonly known as maize, is our staple food in Swaziland; therefore, most traditional meals are made from ground maize, or corn meal.

Ingredients:

- 1 large pumpkin, peeled, sliced, and cubed
- 4 cups corn meal
- 2 teaspoons Rama or butter
- 8 ounces sugar
- Pinch of salt
- ¼ cup water
- Milk to serve

Directions:

1. Pre-heat a pot on the stove to medium temperature and place the cubed pumpkin in it.
2. Pour in the water, and add the sugar, salt, and butter/Rama on top of cubed pumpkin.
3. Cover the pot and let it cook until sugar and butter is fully dissolved, and pumpkin is fully done (fork can easily be poked through the cubes).
4. Mash pumpkin until it becomes smooth and a pouring consistency.
5. Stir in the corn meal and let it cook for 15-20 minutes, or until porridge is medium-thick.
6. Serve warm with cool milk.



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