IU World's Fare
International Festival
November 8th
Alumni Hall
5:00-8:30 P.M.

Experience Culture, Food, and Music from around the World

2007 International Cookbook
About the Cookbook:

The IU World’s Fare Cookbook is designed to complement the cultural experience presented at the 2007 World’s Fare. We asked all participating international and cultural student organizations to submit recipes, and their response was wonderful! We are happy to present this book to you, but please understand, we are not professional editors, nor are the students professional chefs. We have done our best to convert quantities, and we know that you’ll have fun finding the ingredients. Work with the recipes, and enjoy experiencing a new cultural cuisine.

Sincerely,

The IU World’s Fare Planning Committee
Contents

African Student Association
  Joll of Rice

Asian American Association
  Lau Lau
  Chicken Long Rice
  Pineapple Haupia

Association for India's Development
  Vegetable Pulav
  Chicken Curry

IU Chinese Students and Scholars Association
  Scrambled Eggs with Shrimp
  Kung Pao Chicken

Filipino Student Association
  Lumpia Shanghai (mini eggrolls)
  Filipino Empanadas
  Pancit (Filipino Noodles)

Hong Kong Student Association
  Braised Brisket with Turnips
  Stewed Whole Fish in Tomato Sauce
  Tea Flavored Eggs
  Sweet Sago Soup with Taro and Coconut Juice
  Octopus in Spicy Salt Skewer
Indian Student Association
Vegan Indian Palak Paneer (Spinach and Tofu)
Mango Lassi
Butter Chicken
Chilli Chicken
Vegetable Samosa

Indonesian Student Association
Beef Rendang
Gado-Gado (Salad with Peanut Sauce)
Onde-Onde Ketawa (Sesame Seed Balls)
Prawn Crackers
Nasi Kuning (Yellow Rice)

Japanese Student Association
Nikujaga (Beef and Potato Stew)
Daigaku Imo (Candied Sweet Potatoes)
Chirashi Zushi

Kazakh Student Association
Manti

Korean Student Association
Bibimbap
Bulgogi

International Latin American Student Association
Arroz con Pollo (Puerto Rico)
Cuban Style Flan

Pakistan Student Association
Potato Pakora (Fried Potato Dumplings)
Samia (Royal Vermicelli Kheer)
Kheer (Basmati Rice Pudding)
Saudi Students Club
  Saudi Sambusak (Saudi Samosa)
  Luqaimat (Sweet Dumpling)
  Kabsa Bil-Laham (Rice with Meat)
  Zerbeyan Rice (Rice with Chicken)

SLU- Senoritas Latinas Unidas Sorority
  Arroz Junto
  Mofongo

Singapore Student Group
  Hainanese Chicken Rice
  Curry Puff

Taiwanese Student Association
  Deep Fried Tofu
  Three Cup Chicken

Thai Student Association
  Pad Thai
  Pad See-Ew

Turkish Student Association
  Meatballs with Lemon Sauce
  Rice Pilaf with Chick Peas

Vietnamese Student Association
  Pho (Beef Noodle Soup)
  Goi Cuon (Spring Rolls)
  Che Ba Mau (Three Colored Desert)
  Cha Gio (Egg Rolls)
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Special thanks also go to Steve Mangan,
General Manager, IMU Dining Services, and
his staff, for preparing some of these
wonderful recipes for the World's Fare 2007.
Jollof Rice
Submitted by: African Student Association
Region of Origin: West Africa

Ingredients
- beef
- chicken
- onions
- tomato paste
- tomatoes
- oil
- seasonings: black pepper, white pepper, rosemary leaf, bay leaves, seasoning salt, garlic powder, Maggi (bullion) cubes, and thyme

Directions
1. Cut beef to size. Add seasoning salt, black pepper, white pepper, garlic powder, seasonings, and steam.
2. Do the same to chicken.
3. Burn oil for 5 to 10 minutes and fry the chicken and meat until golden brown; place in a bowl.
4. Add onions, tomato paste, and vegetables, black pepper, Maggi cube, and salt.
5. Add a bit of water and cover the pot to steam.
6. Stir, taste, and add more salt and Maggi cubes, if needed.
7. Continue stirring to prevent from sticking to bottom of the pot.
8. Add rosemary, bay leaves, and thyme followed by the chicken and meat.
9. Leave the stew to steam until onions are well cooked and the mixture is dry.

Rice Directions
1. Reserve plenty of the stew to use for the rice.
2. Take some of the stew and add water to measure to the quantity of rice to be cooked.
3. Add some black and white pepper, rosemary leaf, bay leaf, tomato paste, salt, Maggi cube to taste.
4. Let water boil for 5 minutes, then add the rice to cook until it is well done (not too soft or too hard); let it steam well.
Lau Lau
Submitted by: Asian American Association
Region of Origin: Hawaii

Ingredients (Makes 6 servings)
• 24 dried banana leaves (usually available in an oriental market)
• ¾ lb salted cod or butter fish cut into 6 pieces
• 6 boneless, skinless chicken thighs
• 1 lb lean boneless pork chops, cut into 6 pieces
• 2 lbs spinach
• sea salt or Kosher salt

Directions
1. Soak the dry banana leaves in water 10-15 minutes until they are soft
2. Take 2 and 2, make like “tick tack toe”
3. Add handful raw spinach in the middle then top with chicken, pork, fish and sprinkle with sea/kosher salt (if using salt cod, use very little salt)
4. Fold banana leaves in cross-cross, like weaving and tie up with a strip of banana leave or green part of green onion
5. Wrap remaining bundles
6. Bring water to a boil in a steamer
7. Place bundles in steamer, reduce heat, and simmer for six hours or until done
Chicken Long Rice
Submitted by: Asian American Association (Hawaii)

Ingredients
- 2 lbs chicken, skin and bones removed, cubed
- 4 cups chicken broth
- 2 inch finger of fresh ginger, crushed
- 1 medium onion, sliced thin
- 2 cups celery, sliced thin
- 2 carrots, julienned
- 20 shiitake mushrooms
- 4 oz. long rice
- 6 green onions, cut into 1 in. lengths

Directions
1) Soak long rice in warm water for an hour
2) Soak mushrooms for 20 minutes, drain, remove stems & slice caps
3) Pour chicken broth into large pot, add chicken, ginger, & simmer for 5 min
4) Add onion, celery, carrots, mushrooms, and simmer for 4-5 minutes
5) Drain long rice and cut into 3 in. lengths
6) Add green onions and long rice to pot and cook for five minutes or until long rice becomes translucent

Pinapple Haupia
Submitted by: Asian American Association (Hawaii)

Ingredients (serves 12)
- 6 cups canned or fresh coconut milk
- 1 cup corn starch
- 1 cup sugar
- ½ tsp. salt
- 1 cup crushed pineapple

Directions
1) Drain pineapple, squeeze out any excess liquid and set aside
2) Combine coconut milk, cornstarch, sugar, and salt
3) Stir until cornstarch is dissolved
4) Cook on medium, stirring constantly, until boiling, reduce to low
5) When it begins to thicken, add pineapple and mix well
6) Pour into individual bowls or sorbet cups and serve cold (chill for at least an hour), top with whipped cream
**Vegetable Pulav**
*Submitted by: A.I.D- Association for India’s Development*

**Ingredients**
- 0.55 lbs basmati rice (long grain rice)
- 0.875 oz. carrots, chopped.
- 0.875 oz. french beans, chopped.
- 0.875 oz. cauliflower, chopped.
- 0.875 oz. peas.
- 2 cloves
- 2 cardamoms
- 2 pieces cinnamon
- 2 onion, sliced
- ¼" piece ginger, crushed
- 3 flakes garlic, crushed
- ¼ tbsp. chilli powder.
- a pinch haldi powder (turmeric powder)
- 1 tsp. coriander, chopped
- 3 green chili
- 2½ cup water
- 3 tbsp. ghee
- salt to taste

**Directions:**
1. Heat ghee in a cooker (pressure cooker)
2. Put the cloves, cardamoms, cinnamon, sliced onions and sauté
   - Put the ginger garlic and sauté till it smells nicely
   - Put the rice and mix for sometime
3. Add vegetables, chili powder, haldi powder, coriander leaves, green chilies, salt and water.
   - Close the cooker lid and pressure cook for 5 minutes.
4. Remove the cooker from the stove.
5. Allow cooker to cool for 10 minutes.

Ready to serve!
Chicken Curry

Submitted by: A.I.D - Association for India’s Development

Ingredients: (Serves 4)

For marinade:
- 28 oz. grams of chicken cut into pieces (preferably boneless)
- 1 tbsp. slightly sour yoghurt (optional)
- 1 tbsp. vinegar or lemon juice
- 1 tsp. each of coriander, cumin and red chilli powders
- 1 onion chopped and made into a paste (optional)
- 2 tsp. each of ginger, garlic pastes
- salt to taste
- a few drops of edible orange-red color (optional)

For sauce:
- 4 large tomatoes chopped
- 4 tbsp. butter
- 1 tbsp. fresh cream
- 1 tsp. each of coriander, cumin, red chilli and black pepper
- 2 tsp. each of finely chopped ginger and green chilies
- salt and sugar to taste
- melted butter, fresh cream and finely chopped coriander leaves for garnishing

Directions:
1. Prick holes and make cuts in the chicken pieces.
2. Mix the ingredients for marinade well and rub into the chicken pieces.
3. Let it marinate for 1 hour.
4. Heat half the butter in pan and add the chicken along with the marinade.
5. Cover and cook for about 25 minute(s) or till the chicken is fully cooked.
6. After the liquids have evaporated, stir fry the chicken in the residual fat.
7. Heat the remaining butter in a saucepan and add the red chilli, coriander, cumin and black pepper powders and fry for a few seconds.
8. Add the chopped tomatoes, sugar, salt and cook uncovered on medium level for about 7 minutes till the puree thickens and the fat separates.
9. Stir in the beaten cream and reduce the heat to low.
10. Add the chicken, chopped ginger and green chilies to the simmering gravy. Sprinkle salt to taste if needed. Mix well.
11. Cover and simmer on low heat for about 10 minutes or till the curry is thoroughly heated through.
12. Just before serving pour melted butter over the curry.
13. Garnish with a swirl of fresh cream and finely chopped coriander leaves.

Tip:
For thicker and richer gravy, cashew nut paste (soak cashew nuts in water for an hour or so and grind them) can be added while making the gravy in step 2... Fry it along with the spice powders and then proceed as above
Scrambled Egg with Shrimp
Submitted by: Chinese Student & Scholar Association

Ingredients
• 9 oz. prawns
• 5 eggs
• 2 sprigs of green onion

SEASONING A
• ¼ tsp. salt
• ⅓ tsp. tapioca starch

SEASONING B
• ½ tsp. salt
• ⅓ tsp. tapioca starch
• 1 tbsp. of water

Directions:
1. Wash and de-vein shrimp.
2. In a large bowl beat the eggs.
3. Mix 1 tbsp. of egg and seasoning with shrimp.
4. Let mixture sit in refrigerator 15 minutes.
5. Briefly sauté prawns in pan. Drain excess oil from prawns.
6. Wash and finely chop green onions
7. Marinate prawns with tapioca starch, water, ½ tbsp. salt and beaten eggs.
8. Add 5 tbsp. of oil to pan, stir fry prawns together with eggs and green onion.
Kung Pao Chicken
Submitted by: Chinese Student & Scholar Association

Ingredients
• 18 oz. boneless chicken thigh meat
• 8 pinches dried chili
• 1 tbsp. minced garlic
• ½ cup fried peanut
• 1 tbsp. pepper corns

SEASONING A
• ¼ tbsp. soy sauce
• 1 tbsp. cooking wine
• ½ tbsp. tapioca starch

SEASONING B
• 1 tbsp. cooking wine
• 2 tbsp. soy sauce
• ½ tbsp. sugar
• ½ tbsp. vinegar
• 1 tsp. tapioca starch mixed with 1 tbsp. water

Directions
1. Dice chicken thigh meat in 1 inch cubes
2. Add seasoning A to chicken and marinate for 15 minutes
3. Break dried chili into halves and remove seeds
4. Heat 5 tbsp. of oil and briefly sauté chicken cubes (remove when turns white)
5. Stir fry pepper corns, remove from pan
6. Stir fry minced garlic and dried chili
7. Add chicken cubes to pan and add seasoning B
8. Serve with fried peanuts
Lumpia Shanghai (mini eggrolls)
Submitted by: Filipino Student Association

Ingredients:
- 1 tbsp. vegetable oil
- 1 pound ground pork
- 2 cloves garlic, crushed
- ½ cup chopped onion
- ½ cup minced carrots
- ½ cup chopped green onions
- ½ cup thinly sliced green cabbage
- 1 tsp. ground black pepper
- 1 tsp. salt
- 1 tsp. garlic powder
- 1 tsp. soy sauce
- 30 lumpia wrappers (thin, uncooked eggroll wrappers)
- 2 cups vegetable oil for frying

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

Yields 30 lumpia
Filipino Empanadas
Submitted by: Filipino Student Association

Ingredients:

**Filling**
- ¾ lbs. ground beef
- 1 ½ medium potatoes peeled and diced
- 1 small onion chopped
- 2 cloves garlic minced
- 8 oz. can sweet peas
- 2 tbsp. canola oil
- salt and pepper to taste (season throughout cooking process)

**Directions (Filling)**
1. Sauté garlic and onion in hot oil
2. Add ground beef and sauté until meat is brown
3. Drain excess fat
4. Add potatoes, cook until potatoes are tender
5. Add peas
6. Adjust seasonings
7. Remove from heat, let cool

**Pastry**
- 5 cups all-purpose flour
- 5 tbsp. baking powder
- 1 tsp. salt
- 2 whole eggs lightly beaten
- ¾ cups sugar, make a syrup with ½ cup water, simmer until sugar dissolves, let cool
- 2 oz. melted butter, cooled
- ¼ cup vegetable oil
- ¼ cup water

**Directions (Pastry)**
1. Sift the flour with the baking powder and the salt.
2. Pour this into a large bowl.
3. Use the back of a wooden spoon to make a well in the center of the dry mixture
4. Pour in the rest of the wet ingredients into the well. Work this with a fork, trying to bring together all the ingredients but never beating or mixing. Once it's all “together” and not sticky...you’re ready to make Empanadas. (CONTINUED- next page)
ASSEMBLING THE EMPIANADAS:
1. Prepare your table by spreading some flour to keep the mixture from sticking. You will need a roller, a knife and a fork. Your filling should be at hand.
2. Take a small amount of the flour mixture (a ball that can fit in your hand) and roll it out in the shape of a plate to a thickness of about ⅛ inch.
3. Take a spoonful of the filling and place it in the middle half of the pastry and fold the top over the filling to look like a half moon.
4. Seal the inside of the pastry by wetting your fingers with water and rubbing the border of the half moon.
5. Take a knife (a pizza cutter will also work) and cut a perfect pastry half-moon.
6. Now take the fork and press down the borders of the circular shape to seal.
7. Fry the half moon in hot oil.

Pancit (Filipino Noodles)
Ingredients
• 3 ¼ (12 oz.) packages dried rice noodles
• 1 tbsp. and ¼ tsp. vegetable oil
• 3 ⅓ onion, finely diced
• 10 cloves garlic, minced
• 6 ⅔ cups diced cooked chicken breast meat
• 3 ⅓ small heads cabbage, thinly sliced
• 13 ½ carrot, thinly sliced
• ¼ cup and 1 tbsp. and 1 tsp. soy sauce
• 6 ½ lemons - cut into wedges, for garnish

Directions
1. Place the rice noodles in a large bowl, and cover with warm water. When soft, drain, and set aside.
2. Heat oil in a wok or large skillet over medium heat. Sauté onion and garlic until soft. Stir in chicken cabbage, carrots and soy sauce. Cook until cabbage begins to soften. Toss in noodles, and cook until heated through, stirring constantly. Transfer pancit to a serving dish and garnish with quartered lemons.
Serves about 20.
**Braised Brisket with Turnip**
*Submitted by: Hong Kong Student Association*

***Usually, the longer the dish is cooked, the tastier it will get!***

**Ingredients:**
- 640 grams turnip
- 640 grams brisket of beef
- 1 spring onion (similar to green onion)
- some parsley
- red pepper (1 piece)

**Seasoning:**
- 4 pieces of ginger
- a little cayenne pepper and aniseed star
- 3 tsp. Chu-Haw sauce
- salt, some
- 1 tsp. dark soy sauce
- ½ tsp. light soy sauce
- water, some

**Marinades:**
- 1 tsp. oil
- 1 tsp. mung bean flour

**Directions:**
1. Slice turnip and brisket of beef into small pieces and mix with marinades for 10 minutes. Shallow fry for a short while until the surface changes color.
2. Heat the seasonings in the pot until boiling. Add in the ingredients.
3. Cook for 2 hours. Sprinkle with spring onion, parsley and red pepper.
4. Serve.
Stewed Whole Fish in Tomato Sauce
Submitted by: Hong Kong Student Association
***This is a popular family meal

Ingredients
• 1 whole red snapper, about 1 kg, or fish fillet 1 kg.
• 4 pieces red tomatoes, cut into 4 wedges each
• 1 piece green bell pepper cut into 6 wedges
• 2 tbsp. oil for frying

Marinade:
• 1½ tsp. coarse salt
• ¾ tsp. pepper
• 1 tbsp. ginger juice

Sauce:
• 2 tbsp. tomato ketchup
• 2 tbsp. tabasco sauce
• 1 tbsp. sugar
• ¾ tsp. chicken powder
• ¾ water combined with ½ tbsp. of cornstarch
• 1 tbsp. cooked oil

Directions:
1. Wash and scale the fish. Wipe dry, and rub marinade all over body evenly (even inside the body). Heat some oil in a pan, and fry on both sides of fish until golden in color. Take out and reserve for later use.
2. Heat some oil, stir fry bell pepper and tomatoes. Add in ingredients for sauce, and cook for a while until it thickens. If sauce is too thick, add a little bit of water.
3. Put fish back in the sauce and briefly cook and serve, pouring sauce over the fish.
Tea Flavored Eggs
Submitted by: Hong Kong Student Association

***These tea flavored eggs are the perfect snack to make. They are nutritious, healthy, tasty and easy to make! Cook several dozens at a time for parties or as giveaways to friends and families.

Ingredients:
• 12 eggs
• 3 cups water
• 4 pcs star aniseeds
• 1 small piece cinnamon bark
• 2 tbsp. Te Kuan Yin tea leaves (or other Chinese black tea leaves)
• 300 g. rock sugar
• ½ cup dark soy sauce
• ¼ cup light soy sauce
• 2 tsp. salt

Directions:
1. Boil eggs for about 10 minutes. Lightly crack shells (avoid breaking it).
2. Bring other ingredients to a boil. Carefully put in eggs and cook over low heat for 15 minutes. Cover, and turn heat off and let rest for 1 hour.
3. Bring to boil again, then leave to soak. Reheat before serving

Cooking Tips:
For more flavor, its best to soak eggs overnight. The longer the eggs are soaked, the more intense the flavor. Can be placed in a vacuum cooker after boiling.
Sweet Sago Soup with Taro and Coconut Juice
Submitted by: Hong Kong Student Association

***This dessert can be served hot or cold, and is quite suitable for the autumn season as it has a nourishing effect.

Ingredients:
- 120 grams taro
- 2 tbsp. sago (palm starch)
- ½ cup coconut juice
- sugar, some
- water, some

Directions:
1. Soak sago pearls in water until clear in color. Place in colander, and rinse in water. Drain well.
2. Wash taro and remove skin. Cut into small cubes.
3. Bring some water to a boil, put in the taro cubes and sugar, and cook over low heat for 30 minutes.
4. Add in sago and cook for another 3 minutes. Stir in coconut juice and serve hot or cold.

Octopus on Spicy Salt Skewers

***This is an easy item to make for entertaining. Put them on a skewer or display them on their own. Great happy hour snack!

Ingredients:
- 6 pieces squid meat
- ½ cup flour
- Some diced red pepper
- Some garlic salt
- 6 wooden skewers

Seasoning:
- Some salt, pepper and wine

Directions
1. Wash and wipe dry octopus and marinade
2. Place onto wooden skewers, dip into flour and deep fry in hot oil until golden brown. Drain excess oil.
3. Fry diced red pepper and garlic salt in pan without using any oil. Put in octopus sticks and stir well. Service with lime juice if desired.
Vegan Indian Palak “Paneer” (spinach and tofu)
Submitted by: Indian Student Association

Ingredients:
• 1 package firm or extra firm tofu, well pressed and sliced into 1 inch cubes
• 3 tbsp. olive oil
• 3 cloves garlic, minced
• 3 tbsp. curry powder
• 1 tsp. turmeric
• 1 tbsp. cumin
• ¼ tsp. ginger
• 2 tbsp. water
• ½ cup soy yogurt
• 6 bunches of spinach

Directions:
1. Sauté tofu and garlic in two tbsp. of olive oil until tofu is lightly crisp.
2. In a separate large skillet or a wok, heat the other tbsp. of olive oil. Add the spices and water, then whisk in the yogurt.

Mango Lassi
Submitted by: Indian Student Association

Ingredients:
• cup plain yogurt
• ½ cup milk
• 1 cup chopped mango (peeled and stone removed)
• 4 tsp. sugar, to taste
• A dash of ground cardamon (optional)

Directions:
1. Put mango, yogurt, milk, sugar and cardamon into a blender and blend for 2 minutes
2. then pour into individual glasses, and serve
3. Can sprinkle with a little cardamon

***The lassi can be kept refrigerated for up to 24 hours.
Butter Chicken
Submitted by: Indian Student Association

Ingredients:
- 1 oz. butter
- 1 onion, chopped
- 1 clove garlic, crushed
- 2 large boneless chicken breasts
- 1 tsp. ginger
- 1 tsp. chili powder
- 1 tsp. turmeric
- 1 tsp. cinnamon
- 1 tsp. salt
- ¾ cup fresh cream
- 1 tbsp. tomato paste
- ½ tsp. garam masala

Directions:
1. Sauté onion and garlic in butter.
2. Slice chicken breasts into bite sized pieces.
3. Combine spices and salt and toss chicken pieces until well coated.
4. Sauté the chicken each side until golden brown.
5. Stir in the cream and tomato paste.
6. Cover pan and simmer for about 10 minutes until cooked through.
7. Sprinkle with garam masala.
Chili Chicken
*Submitted by: Indian Student Association*

**Ingredients:**
- 1½ lbs. chicken (boneless)
- 1 pinch ajinomoto
- ½ tsp. black pepper (powder)
- 1 tsp. sugar
- 2 tbsp. soy sauce
- 2 tbsp. corn flour
- 1 egg
- 8 green chilies
- 6 cloves garlic
- vegetable oil for frying
- salt to taste

**Directions:**
1. Marinate the boneless chicken pieces (one inch cubes) in 1 tbsp. soy sauce, salt, egg and 1 tbsp. corn flour for ten minutes.
2. Deep fry chicken in hot oil till light brown.
3. Heat 1 tbsp. oil in a wok. Add chopped garlic and chopped green chilies and toss for 15 seconds.
4. Add 2 teacups of chicken stock or water. Bring it to a boil. Add ajinomoto, sugar, white pepper powder, salt, and rest of the soy sauce.
5. Add fried chicken pieces and cook for 3 minutes.
6. Add rest of corn flour, after dissolving it in water. Stir constantly.
7. Garnish with chopped spring onions and green chilies julienne.
Vegetable Samosa
Submitted by: Indian Student Association

Ingredients:
- 1 tablespoon vegetable oil
- ½ cup chopped onion
- 3 (19 oz.) cans garbanzo beans, drained
- 2 tbsp. curry paste
- ½ cup apple juice
- 3 sheets frozen puff pastry, thawed
- ¼ cup all-purpose flour for dusting

Directions:
1. Preheat oven to 350 degrees F (175 degrees C).
2. Heat oil in a large skillet over medium-high heat. Sauté onion until browned, about 5 minutes. Reduce heat and add garbanzo beans. Mix curry paste with apple juice until smooth, then add to skillet. Simmer mixture 10 minutes, stirring occasionally and adding more apple juice or water as needed to keep mixture moist.
3. Cut each sheet of pastry into 3 equal-size rectangles, then cut each rectangle in half. (You will have 18 pieces total.) Dust a clean, flat surface lightly with flour, and roll each piece of pastry until it is double in size. Dust pastry with flour as needed, to prevent it from sticking to rolling pin. Spoon an equal amount of filling into center of each pastry square. Fold in half and press edges to seal. Place on nonstick baking sheets.
4. Bake in preheated oven for 25 minutes, until golden brown.
Beef Rendang
Submitted by the Indonesian Student Association
Spicy Indonesian beef dish in an almost dry coconut sauce.

Ingredients:
- 2 medium onions, chopped
- 2 tsp. chopped garlic
- 1 tbsp. chopped ginger
- 2 tbsp. red chili powder
- 1 tbsp. ground turmeric
- 1 tbsp. ground coriander
- 625 ml. coconut milk
- 2 tbsp. vegetable oil
- 3 whole cloves
- 5cm piece of cinnamon stick
- 650 g. lean beef, cut into 2cm cubes
- salt to taste
- 2 tbsp. tamarind water
- 1 tbsp. brown sugar
- stalk lemon grass
- 3 lime leaves.

Directions:
1. Combine the onion, garlic, ginger, red chili powder, ground turmeric and ground coriander in a blender or food processor.
2. Add a little of the coconut milk and blend to a paste (use as little coconut milk as possible).
3. Heat the vegetable oil in a large saucepan over a medium heat. Add the cloves and cinnamon.
4. Reduce the heat and add the paste.
5. Sauté for 1-2 minutes, then add the beef and salt. Cook, stirring until the meat is seared on all sides.
6. Add the coconut milk and bring to a boil.
7. Reduce the heat to low and simmer for 20-25 minutes, until the beef is tender.
8. Add the tamarind water and sugar. Check the seasoning and adjust with a little tamarind or sugar if necessary.

*** This is a very famous beef dish from Sumatra. The finished meal is dark red in color, with a rich and spicy flavor imparted by the blend of coconut milk and spices. It is usually served with rice and a side dish or two of vegetables.
**Gado-Gado** (Indonesian Salad with Peanut Sauce)
*Submitted by the Indonesian Student Association*

**Ingredients:**
- ½ cup cooked green beans
- ½ cup cooked cabbage, cut into squares
- 1 cup bean sprouts, blanched
- ½ cup fried potatoes, cut into rounds
- ½ cup cooked carrot sticks
- 1 small cucumber, peeled and cut into chunks
- 2 hard-boiled eggs, quartered

**Gado-gado sauce:**
- 1 red chili, finely minced
- 2 cloves garlic, crushed
- 1 tbsp. vegetables oil
- ½ cup peanut butter
- 1 tbsp. sugar
- 1 tsp. salt
- 1 cup coconut milk
- ¼ cup water

**Directions:**
1. Arrange vegetables attractively on platter. Garnish with fried potatoes and eggs.

**Gado-Gado Sauce directions:**
1. Fry the chili and garlic in the oil for 1 minute.
2. Add the peanut butter, sugar, salt and stir continuously to cook for a few more minutes.
3. Pour in the coconut milk and water, stirring constantly until thickened. Adjust seasoning to taste.
4. Pour over the platter of vegetables.
**Onde-Onde Ketawa (Sesame Seed Balls)**

*Submitted by the Indonesian Student Association*

**Ingredients:**
- 2 ½ cup cake and pastry flour
- ¾ tbsp. margarine
- ¾ cup = 10 tbsp. sugar
- 1 tsp. baking powder
- 2 eggs
- sesame seed to cover all over the balls
- oil to deep fry

**Directions:**
1. Place margarine and sugar in a bowl and beat until sugar dissolves.
2. Add eggs and re-beat until thick.
3. Add flour and baking powder, whisk until well-blended.
4. Shape into 3-3.5 cm balls.
5. Dip in water and roll into sesame seed until it's covered by sesame seed.
6. Deep fry in warm oil until the balls start to chap, turn up the heat and continue to fry until golden brown.

**Prawn Crackers**

*Submitted by the Indonesian Student Association*

**Ingredients:**
- 300 ml. (10.5 oz.) vegetable oil
- 50 g. uncooked prawn (shrimp) crackers
- fine table salt, to taste

**Directions:**
1. Line a tray with kitchen paper.
2. Heat the oil in a large wok until it begins to smoke.
3. Lower the heat to maintain a steady temperature. Drop 3-4 prawn crackers into the oil.
4. Remove from the oil before they begin to color and transfer to the paper lined tray.
5. Serve sprinkled with salt.

***Prawn (Shrimp) Crackers are a popular addition to many Far Eastern dishes and are often served before guests come to the table.***
Nasi Kuning (Yellow Rice)
Submitted by the Indonesian Student Association

Ingredients:
- 4 tbsp. vegetable or peanut oil
- 1 large onion, chopped
- 1 tbsp. chopped garlic
- 1 stalk lemon grass, sliced
- 1 ⅓ cups long grain rice
- ½ tbsp. ground turmeric
- 250ml. coconut milk
- 185ml. (6.5 oz.) water

Directions:
1. Heat the oil in a medium saucepan.
2. Add the onion and sauté until transparent.
3. Add the garlic and lemon grass, fry for 1 minute, and then add the rice and turmeric.
4. Stir fry carefully until all the rice grains are evenly coated with a film of oil.
5. Add the coconut milk and water. Stir well and bring to a boil.
6. Reduce the heat to a simmer and cover. Cook for 15-20 minutes, until done.
7. Remove from heat and fluff.
8. Let stand for 5-10 minutes. Serve hot.

***The yellow color of this excellent rice dish from Indonesia is imparted by the ground turmeric during cooking. The blend of coconut milk and rice provides its unique flavor and taste. It is usually served with lots of accompaniments, the most common being chunks of cucumber, omelet strips, and peanut sauce.
Nikujaga (Beef and Potato Stew)

Submitted by: Japanese Student Association

***This recipe is a traditional Japanese beef stew serve in the winter for dinner. It is slightly sweet to the Japanese taste.

Ingredients:
- ¼ pound thinly sliced beef sirloin
- 4 potatoes
- 1 onion
- 4 tbsp. soy sauce
- 4 tbsp. sake
- 4 tbsp. mirin (rice wine)
- 1 tbsp. sugar
- 8 snow peas
- 2 cups dashi soup

Directions:
1. Cut beef slices and vegetables into bite-sized pieces.
2. Boil snow peas lightly and set aside.
3. Put oil in a pan and sauté beef quickly.
4. Add potatoes in the pan and sauté them together.
5. Add dashi soup stock, soy sauce, sake, mirin, and sugar in the pan and simmer for 10 minutes on medium heat.
6. Add onion in the pan and simmer on low heat until the liquid are almost gone.
7. Sprinkle snow peas over the simmered beef and potatoes.
Daigaku Imo (Japanese Candied Sweet Potatoes)

Submitted by: Japanese Student Association

Ingredients:
- 1 lb sweet potatoes, cut into serving sizes and soaked in water
- vegetable oil or canola oil for frying

Sauce
- 1 cup white or brown sugar
- 1 ½ tbsp. of oil
- 2 tbsp. of sesame seeds, toasted

Directions:
1. Fry the sliced sweet potatoes in oil until crisp and drain
2. Make the sauce, heating the oil, sugar and sesame seeds together in a large saucepan.
3. Remove from heat.
4. Add the potatoes and stir well to distribute sauce evenly.
5. Place potatoes on greased plate or pan so they don’t stick together
6. Serve warm or cold
Chirashi Zushi
Submitted by: Japanese Student Association

Ingredients:
- 4 cups of precooked rice
- 2 cups of Japanese style rice
- 2 ½ cups water
- 2 tbsp. of rice vinegar or citrus juice
- 100 g of chicken thighs
- ½ carrot (ninjin)
- 4 shitake mushrooms
- 1 lotus root (renkon)
- ½ precooked bamboo shoot (takenoko mizu-ni)
*If available, dried gourd shavings (kanpyo), dried-frozen tofu (koya dofu), and also fried tofu (abura-age) - 1 cup (200ml) Japanese soup stock (dashi)

Directions:
1. 1 ⅛ cup of water
2. 1 ⅛ cups (225 ml) water
3. 5 cm kelp (konbu)
4. ¾ cup dried bonita (kezuribushi, or katsuobushi)
5. 2 tbsp. soy sauce
6. 4 snow peas (kinusaya)
7. 2 cm piece of carrot for decoration
8. 2 eggs
9. 1 tsp. of potato starch (kakuriko)
10. 3 tbsp. of fish powder (denbu)
* "Denbu" is made from the boiled, parched, seasoned, and colored meat of fish.

Directions:
1. To prepare the Japanese soup stock (dashi) first, make a slit in the kelp (seaweed). In a pot, soak the kelp in 1 ⅛ cups of water for more than 60 minutes. Place the pot over heat
and heat until just before the boiling point is reached. Remove the kelp. In the same pot, add the ¾ of a cup of dried bonito, remove from the heat, and let cool. Strain and retain the liquid.

2. To prepare the rice, first wash the rice and in a stew pot soak in 2 ½ cups of water for at least 30 minutes. Cover the pot and cook over a high heat until the rice boils. Reduce to a low heat and cook for a further 12 minutes. Remove from the heat and let the cooked rice steam for a final 15 minutes.

3. Shred the carrot, shiitake mushrooms, and bamboo shoot. Slice the lotus root into 3 mm thick pieces and cut each slice into 8 pie-shaped sections. Cut the chicken into 5 mm square pieces. Soak the dried gourd shavings and dried-frozen tofu in water.

4. In a pot, stew the chicken and vegetables in a Japanese soup stock (dashi) and season with soy sauce.

5. Sprinkle the rice vinegar or citrus juice over the fresh cooked rice and mix in. Be careful not to make the rice sticky. Stir the rice with a rice paddle using a slashing motion in order to help evaporate excess moisture.

6. Dissolve the potato starch in 1 tsp. of water. Beat the eggs, add the now dissolved potato starch and blend together. Heat a pan, pour in the eggs and fry a thin egg crepe. (2 eggs are plenty to make from two to four of these crepes - depending on the size of the pan).

7. Cool and cut the crepes into thin shreds. These shredded egg pieces are called "kinshi-tamago." (*"Kinshi" meaning golden thread.)

8. Add the stewed vegetables to the sushi rice, mix lightly, and serve in dish.

9. Boil the snow peas lightly in salted water and set aside. Peel the carrot, slice into 5 mm pieces, boil in salted water and shape each slice to resemble a flower.

10. Top the now mixed sushi rice with the "kinshi-tamago" and "denbu." Decorate with the boiled snow peas and flower shaped carrots.
Manti
Submitted by: Kazakh Student Association
(makes 30-35)

Directions:

Dough
1. Whiz 2 cups unbleached flour and ½ tsp. salt in the bowl of a food processor. With the motor running, add 2 egg yolks and 1 tbsp. of oil through the feed tube, then pour in approximately ½ cup water in a slow steady stream, until the dough clumps up around the blade.
2. Plop the dough ball onto a floured surface and knead until smooth (a couple of minutes at most).
3. Cover with a smooth dishcloth and let rest for 30 minutes.

Meat Filling
1. Mix 1 to 1.5 lb. very coarsely ground meat with 2 finely chopped onions, ½ cup stock (lamb or beef), black pepper & salt to taste.

Assembly:

On the floured surface with a floured rolling pin, roll ½ the dough into a thin sheet about 1/16” thick. Cut 3-4” squares with a cookie cutter. Cut as many as possible then roll out the dough scraps again and make as many more as you can. Then do it all over again with the other half of the dough. If you go thin enough, you will get 25-30.
Get your steaming contraption ready, with 1-2 inches of water or as high as the basket will allow (you’ll need enough to last for 15-20 minutes of steaming).
Mound 1-2 tbsp. of the filling in the middle of each dough square. Then pull the corners up to the top, dip your fingers into cold water and pinch the corners together. The wet fingers help
the dough edges stick to each other better, and not stick to your fingers at all.
Make a kind of pyramid with the square base.
Finally stick any two corners together, and stick left corners together as well.

**Cooking:**
When the water is boiling, place as many manti in the basket as will fit without touching (or take your chances on them sticking together. They still taste good). Steam for at least 30 minutes, maybe 40, depending on how big you made them.
If you’re lucky enough to have a multilevel steaming contraption, switch the levels halfway for even cooking.

***Manti is a type of dumpling in Central Asian cuisine. Kazakhstan is a central Asian, former Soviet Union country with oil, flat lands that stretch as endless steppes, and about 60 students studying at IU! With its vast lands, Kazakh culture was nomadic and orally transmitted. The language echoes with some Turkic and Arabic words. According to some tales, "Turkic and Mongol horsemen on the move are supposed to have carried frozen or dried manti, which could be quickly boiled over a campfire."
P.S. Most Kazakh men believe there is no good food with no good meat in it :-)}
Bibimbap
Submitted by: Korean Student Association

Ingredients:

- 18 oz. chicken breasts (could use ground beef)
- 6 eggs, separated
- 12 oz. carrots, julienned
- 12 oz. cucumbers, julienned
- 12 oz. spinach, cooked and shredded
- sesame oil, as needed
- salt, pepper to taste
- 6 cups cooked sushi rice
- 1 cup soy sauce
- 1 cup sugar
- ¼ cup garlic, minced
- ¼ cup chopped white scallions
- 3 tbsp. sesame seeds, toasted and crushed
- ¼ cup chili bean paste (kochujang)
- 2 tbsp. sugar
- 1 tbsp. water

Directions:

1. (Marinade) Combine 1 cup soy sauce, 1 cup sugar, ¼ cup minced garlic, ¼ cup chopped white scallion, 3 tbsp. toasted, crushed sesame seeds and pepper to taste.
2. Cut chicken breasts into small pieces, matchstick sized.
3. Let rest at least 2 hours in marinade -- refrigerated.
5. Lightly oil and heat nonstick pan over medium flame.
6. Cook yolks crêpe-style. Transfer crêpes to sheet pan to cool.
7. Repeat process with egg whites. (If necessary, add small amount of cornstarch-water mixture to keep whites smooth).
11. Arrange chicken, egg, vegetables around rice.
13. Cook over medium heat until sugar dissolves and mixture reduces, 3-5 minutes.
14. Serve Kochujang sauce with the Bibimbap.
**Bulgogi (Korean beef stir-fry)**

*Submitted by: Korean Student Association*

**Ingredients:**
- ¼ cup soy sauce
- 2-3 tbsp. sesame oil
- Kiwi (1), Fuji Apple (1) or Asian Pear (1): Choose only one fruit. (We recommend kiwi.) Kiwi tenderizes the meat and adds a sweet flavor to the meat.
- 1 ½ teaspoon sugar
- 3 dashes black pepper
- 1 onion
- 2-3 cloves/pieces garlic
- about 5 green onions - both white and green parts
- about 2 tbsp. cooking wine: Korean or Japanese cooking rice wine recommended
- about 1 tbsp. vinegar: This is optional and again, Asian vinegar is recommended.

**Directions:**
1. Freeze meat first. Aids in cutting into thin slices. After freezing, slightly defrost in microwave. Make sure the meat is still frozen, but workable.
2. Cut the meat into thin slices, as thin as possible.
3. Put slices into the large mixing bowl and sprinkle sugar over it, then mix.
4. Let it sit for about 20 minutes.
   
   *Meanwhile, prepare the marinade.*
   1. Mix onion (1) and kiwi (1) in food processor or blender until liquid and pour into small bowl.
   2. Mix soy sauce (¼ c), sugar (2 or 3 tbsp.), black pepper (2 or 3 dashes), sesame oil (2 to 3 tbsp.), cooking wine (about 2 tbsp.), (optional - vinegar).
   3. After mixing, taste it. You want a slightly salty, sweet taste. If it’s too salty, add a bit more sugar.
   4. Chop garlic into small pieces (or use garlic press), cut green onion into 2 to 3 inch pieces and put into sugar/meat mixture.
   5. Pour both sauces into the garlic/onion meat mixture and mix well, using hands or chopsticks. Be sure marinade is evenly distributed.
   6. Refrigerate for at least two hours or overnight.
   7. Cook in frying pan until the meat is cooked thoroughly and serve with sticky rice.

***Koreans eat this dish with red leaf lettuce filled with rice and meat. For taste add: spicy pepper paste, Korean bean paste, sesame oil mixed with salt, or sliced garlic and raw green onions.***
Arroz Con Pollo (Puerto Rico)
Submitted by: International Latin American Student Association

Ingredients:
- 2 cups uncooked rice
- 1 lb. chicken parts
- 1 small can tomato sauce
- 2 tbsp. of sliced Spanish Olives, use a bit of the liquid and the red peppers too.
- 1 tsp. alcaparras
- ½ cup sofrito (spice )
- 1 tsp. garlic powder
- 1 tsp. black pepper
- 1 tbsp. salt
- ½ cup vegetable oil
- 4 cups of boiling water

Directions:
1. In a large caldero (pot), brown the chicken parts in the oil, 5 minutes each side.
2. Remove chicken from the pot and set aside. Don’t put them on paper towels - we want any grease back in the pot.
3. Leave the chicken drippings inside the pot and add all the other ingredients except for the rice, water and chicken.
4. Mix well and cook sofrito for 5 minutes over medium heat.
5. Add the chicken and rice to the pot and stir.
6. Add the boiling water until the water is about 1 inch above the rice, stir once only.
7. Boil uncovered, over high heat, until water is absorbed.
8. Once the water is absorbed, gently stir from bottom to top. Just a couple of turns only.
9. Cover and continue to cook over LOW heat for another 30 minutes or until the rice is tender.
Cuban Style Flan
Submitted by: International Latin American Student Association

Ingredients:
- 5 eggs, beaten
- 14 oz. can sweetened condensed milk
- 1 cup of milk
- 1 tsp. vanilla (can use up to 1 tbsp.)
- ½ cup of sugar
- 1 tbsp. water

Directions:
1. In a small saucepan heat the sugar and water over low heat.
2. Stir constantly, preferably with a wooden spoon until the sugar melts and just begins to turn a light caramel color.
3. Immediately pour into a 1 quart mold. You may want to oil the mold ahead of time. Soufflé molds work well but I have also made this in an oven-proof enameled covered iron saucepan.
4. Blend all the remaining ingredients.
5. Pour this mixture into the pan that contains the sugar mixture.
6. Cover tightly with aluminum foil.
7. Place in a water bath and bake in an oven preheated to 350 degrees for about 1 hour or until the tip of an inserted knife comes out clean.
8. Chill overnight without removing the cover. Invert and serve.
Potato Pakora (Fried Potato Dumpling)  
Submitted by: Pakistan Students Association

**Ingredients:**
- 4 large potatoes
- 2 cups corn oil (for frying)

**For the batter:**
- 1 cup besan (chickpea flour)
- ½ cup water
- 1 tsp. red chili powder
- 2 tsp. cumin powder
- 4 cloves of crushed garlic
- 3 pinches of crushed ginger
- 2 tbsp. chopped coriander (optional)

**Directions:**
1. Add water to the besan.
2. Besan has a tendency to be very clumpy, so you should add just a few tablespoons at a time to keep the batter smooth.
3. Add the chili powder, cumin powder, garlic, ginger, salt and chopped coriander and stir the batter.
4. The potatoes should be thinly sliced, no thicker than ¼ inch.
5. At this point, test one slice of potato in the batter. There should just be a thin coat of batter.
6. Heat oil in a large frying pan so that you have more surface area. The oil doesn’t need to be too deep since the potato slices are very thin.
7. Dip the potato slices in the batter and fry them until they are golden brown.
8. Remove them from the oil with a slotted spoon and set them on a paper towel for a minute to soak up extra oil.
Samia (Royal Vermicilli Kheer)
Submitted by: Pakistan Students Association

Ingredients:
- 1 cup fine vermicelli
- 3 cups vitamin D milk or thick milk
- 1 can sweetened condensed milk
- ½ cup sugar (or according to taste)
- 4 tbsp. butter
- A few saffron threads (optional)
- ½ tsp. cardamon powder
- cashews, raisins for seasoning
- blanched almond pieces for garnishing

Directions:
1. Take a heavy bottom pan and boil milk. When it comes to a boiling point, add sugar, saffron threads, cardamon powder and condensed milk. Keep it on a medium flame and keep stirring at all times to make sure it does not burn.
2. In another pan, heat butter and add cashews, vermicelli and raisins and roast it. Add this roasted mixture to the milk mixture and keep stirring for 10-15 minutes.
3. Remove from stove and garnish with blanched almond pieces
4. Refrigerate for at least ½ - 1 hour and then it can be served as a dessert.
Kheer (Basmati Rice Pudding)
Submitted by: Pakistan Students Association

Ingredients:
• ½ cup rice (basmati)
• 4 cups milk
• ¼ cup raisins
• 1 cup sugar
• 1 tsp. cardamon (or nutmeg)
• ¼ cup almonds (shredded, blanched)
• A few strands of saffron (optional)

Directions:
1. Wash rice well.
2. Boil milk and add rice. Simmer on low heat for 1 ½ hours. Stir frequently to prevent sticking.
3. When the rice is cooked and the mixture gets a semi-thick creamy, consistency, add sugar and stir well.
4. Remove from heat and add cardamon, saffron, shredded almonds, and raisins.
5. Serve warm or chilled.
**Saudi Sambusak** (Saudi Samosa)

*Submitted by: Saudi Students Club*

**Ingredients:**

<table>
<thead>
<tr>
<th>Dough’s ingredients:</th>
<th>Filling ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 3 cups flour</td>
<td>• 1 lb. ground beef</td>
</tr>
<tr>
<td>• ¼ cup oil (corn or vegetable oil)</td>
<td>• 1 onion, finely diced</td>
</tr>
<tr>
<td>• 1 beaten egg</td>
<td>• 1 parsley bunch, finely cut</td>
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<tr>
<td>• ½ tsp. salt</td>
<td>• ½ teaspoon black pepper</td>
</tr>
<tr>
<td>• ½ to ¾ cup water</td>
<td>• Salt as desired</td>
</tr>
<tr>
<td>• Oil for deep frying</td>
<td></td>
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</tbody>
</table>

**Directions:**

**To make the dough:**
1. Put the flour in a deep bowl, add ¼ teaspoon salt and ¼ cup oil (corn or vegetable oil) and rub the mix with fingertips.
2. Add 1 beaten egg and water to the mix.
3. Mix them thoroughly until the dough is binding.
4. Divide the dough into small pieces, place on a tray and let them rest for 15-30 min.

**To prepare the filling:**
1. Place a skillet over medium heat. Put the ground beef, salt, and ½ tsp. black pepper. Let it cook until the meat is drained and done.
2. Add the finely diced onion to the beef, mix it well and let it cook for 3 more min. Take the mix off the stove and let it cool.
3. After the meat reaches room temperature, add the finely cut parsley and mix well. Now the filling is ready.

**To prepare the Sambusak:**
1. Roll each piece of dough into around ball around 1/16 inch thick.
2. Place tablespoon of meat filling in the center of each round ball and seal to get a half-circle shape then twist the edges.
3. Heat the oil and deep fry the Sambusak on both sides and serve hot.

***Although sambusak “samosa” likely originated in Central Asia prior to the 10th century, it is one of the most popular Ramadan treats throughout much of the Middle East, Northern Africa and Eastern Africa.***
Luqaimat (Sweet Dumplings)
Submitted by: Saudi Students Club

Ingredients:
- 2 cups white flour
- A pinch of salt
- 1/3 cup plain yogurt
- 2 tbsp. powdered milk
- 1 tbsp. yeast
- 1 tsp. sugar
- 1/2 cup warm water
- Oil for deep frying

Directions:
1. In a large bowl add 1/2 cup warm water, 1 tbsp. yeast, a pinch of salt, 2 tbsp. powdered milk, and 1 tsp. sugar
2. Mix them well then add the yogurt and the flour, mix them until you firm a batter.
3. Cover the bowl and leave it aside for 30 min. to 1 hour.
4. Heat the oil.
5. Shape batter into little balls and put them a few at a time in the hot deep oil and fry until golden brown. Dumplings should be entirely covered with oil during frying. Take great care as the oil will splash during the course of frying.
6. When frying is complete, soak the dumplings in cold syrup and serve hot.

Syrup for Dumplings:
1. In a sauce pan, mix 2 cups sugar, 1 tbsp. rose water or (vanilla extract), 1 cup water, juice of half a lemon.
2. Boil the mix and let it cook for 5 minutes until the syrup is formed.
3. Cool it before use.

***Luqaimat is the plural of the Arabic word luqaimah, the diminutive of luqmah “a bite”. Luqaimat, or luqmat al-qadi “judge’s morsel,” is a popular Greek, Turkish, and Middle Eastern/Arabic fried-dough pastry. It is one of the desserts found all over the Arab world made especially for the Ramadan season.***
Kabsa Bil-Laham (Rice with Meat)
Submitted by: Saudi Student Club

Ingredients:
- 1 ¼ lbs. lamb or beef or (1 Cornish hen)
- 1 ¾ lbs. chopped tomatoes or ¾ cup tomato sauce
- 1 medium onion finely chopped
- 2 pieces cinnamon sticks
- 2-3 pieces of dried lime
- 4-5 pods of cardamon
- ¼ cup oil (corn or vegetable oil)
- 2-3 whole pieces green chilies to taste
- 2 cups basmati rice, washed
- 2 cups boiling water
- ¼ cup toasted or fried nuts (almonds/pinenuts or raisins)

Directions:
1. Cut the meat into medium pieces, wash and drain.
2. Put oil in a sauce pan, fry onion until golden, add meat, and fry until light brown.
3. Add tomatoes, 2 pieces cinnamon sticks, 2-3 pieces of dried lime, 4-5 pods of cardamon, mix them and cover the pan to let them cook for 10 min.
4. Add 2-3 whole pieces green chilies, and 2 cups boiling water to the pan then let the mix cook over medium heat until the meat is tender.
5. Rinse the rice and add it to the meat stock. (Liquid should be one-half inch above rice) cook on high until stock has almost evaporated, then turn down heat to simmer and cook for 20-30 min.
6. Serve hot garnished with toasted nuts or raisins
**Zirbeyan Rice** (Rice with Chicken)

*Submitted by: Saudi Student Club*

**Ingredients:**
- 3 Cornish hens
- 5 onions
- 1 cup plain yogurt
- 1 cup fresh tomato juice
- 5 cups basmati rice
- 2 green chili peppers
- 3 tbsp. green cilantro, finely cut
- Salt as desired
- 1 cup corn oil

**Ground Spices**
- ½ tsp. cinnamon
- ½ tsp. black pepper
- ½ tsp. cardamom
- ½ tsp. coriander
- 1 tsp. turmeric

**Directions:**
1. Slice half of the onions into rings, fry and drain. Put the fried onions aside.
2. Clean the hens and cut into 4 quarters. Brown in the same oil as the onions.
3. Finely chop the remaining onions and place in a pan with the yogurt, tomato juice, salt, and spices (except turmeric). Mix well. Add the mixture to the hens in the pan. Add the green peppers and 3 tbsp. green cilantro, finely cut, and let the mix simmer on a low heat until the hens are cooked through.
4. Wash 5 cups basmati rice and partially cook it in a small amount of water in a separate pan. Add salt and strain.
5. Place ½ the amount of the rice in a new pan add the turmeric and mix them very well. Add the hens mix and the fried onions.
6. Place the ½ remaining rice on the top with a spoonful of corn oil.
7. Simmer on medium heat for half an hour or until the rice and hens is cooked thoroughly. Serve hot.
**Arroz Junto** (Puerto Rican Rice and Bean Casserole)
Submitted by: Senoritas Latinas Unidas Sorority

**Directions:**
1. In a caldero, cook ½ pound of bacon until crispy.
2. Remove the cooked bacon and chop into small pieces.
3. In the bacon fat, stir-fry ½ cup of sofrito for a couple of minutes or so.
4. Add the cooked bacon.
5. Add 1 can tomato sauce, 1 can pinto beans, 1 can measure of raw rice, and 1 can beef or chicken broth. Stir well.
6. Add enough water to cover rice 1½ inches above rice line.
7. Let it boil on high until water evaporates.
8. Cover and cook over low heat for about 35 minutes.

**Mofongo**
Submitted by: Senoritas Latinas Unidas Sorority

Mofongo is made by mashing tostones (twice fried plantains) with garlic, olive oil, and chicarrones or bacon.

**Ingredients:**
- 3 green plantains
- 1 tbsp. crushed garlic
- 1 tbsp. olive oil
- ½ lb. chicharrón or cooked bacon (crumbled)
- Vegetable oil for frying

To make tostones:
1. Mix together the garlic olive oil and chicharrón or bacon.
2. Mash the tostones, a few at a time in the pilon/ mortar (never use a food processor), adding a little bit of the garlic mixture. You will have to work a few slices at a time.
3. When all done mix all the batches together for even distribution of seasoning. Add salt if needed.

This is a side dish that needs to be served warm. Keep forming balls until mixture is all used up.
***Serve with fried pork meat and fried onions, or with soup, or as a side dish..... yummy! OR Use this same recipe to make "Bolitas de Mofongo" to add to stews. Shape the mixture into balls and drop in any soup."
Hainanese Chicken Rice

Submitted by: Singapore Student Association

Ingredients

- 1 whole chicken
- 4 cups of rice
- 1 bulb of garlic
- 3 shallots (minced)
- 1 ginger (crushed)
- 1 spring onion (cut into 1 inch pieces)
- Butter
- Cooking oil
- Sesame oil
- Salt

Directions:

1. Wash the whole chicken and clean the inside. Cut the excess fat (Don’t throw it away, save it for the rice.)
2. Rub some salt on both the inside and outside of the chicken. Stuff the inside of the chicken with crushed ginger.
3. Boil a pot of hot water. Add in salt, spring onions and garlic. Simmer the chicken inside the pot for about 30min. (NB: the bigger the chicken, the longer it will take.)
4. Use a big frying pan and add 1 tbsp. of cooking oil. Fry the chicken fat until it turns to oil and add sesame oil and butter. Put in the shallots and fry for 1 min and pour in the washed rice and stir fry for about 3-5min
5. Remove the chicken from the pot after 30 min and run it under cold water. Boil the remaining stock for at least another hour. The stock will then be used to cook the rice.
6. Cut the chicken into pieces and de-bone it.

Special soy sauce for chicken:

Add some water to about 3 tbsp. of light soy sauce to dilute it. Add 1 tbsp. of sugar and 1 tsp. of sesame oil to the diluted mixture.
Curry Puff
Submitted by: Singapore Student Association

Ingredients:
- 4-5 chicken breast/thigh (cut into cubes)
- 3 potatoes (cut into cubes)
- 1 diced onion
- 2 tbsp. curry powder
- 4 hard boiled eggs (cut into small pieces)
- Salt
- Cooking oil
- Pillsbury crescent dinner rolls

Directions:
1. Heat the pot with cooking oil and sauté the diced onion.
2. Add in the potatoes and fry the potatoes for about 3 min.
3. Add water to completely cover the potatoes.
4. Add in curry and cover the pot and let it simmer until the potatoes are ¾ cooked.
5. Add in the chicken cubes and cook until the mixture is soggy and semi-wet.
6. Once it is cooked, leave the mixture on the stove to let it cool down. This forms the fillings for the curry puffs.
7. Roll the Pillsbury crescent dinner rolls into small circles and fill them with the curry fillings and pieces of hard boiled eggs.
8. Fold it however you wish and pop it into the oven for about 20 min on 375F.
Deep Fried Tofu
Submitted by: Taiwanese Student Association

Ingredients:
- 1 or 2 cakes of firm tofu (quantity is not important), cut into 3cm cubes
- 5 cups oil

Dipping sauce:
- 3 tbsp. soy sauce
- 1 tsp. white rice wine vinegar
- 1 tsp. white sugar
- ½ tsp. chilli, chopped finely
- 1 stalk spring onion, chopped
- 1 clove garlic, minced

Directions:
1. Drain tofu.
2. Mix the liquid dipping sauce ingredients in a bowl, making sure sugar is dissolved.
3. Add the remaining dipping sauce ingredients and stir.
4. Heat the oil in a wok or pot to about 180 degrees C.
5. In manageable portions, fry tofu quickly until golden brown. Drain well.
6. Serve at once, dipping tofu into the sauce.

Three Cup Chicken
Submitted by: Taiwanese Student Association

Ingredients:
- 4 lb chicken breast, cleaned and chopped into small chunks
- 6 cloves garlic, crushed
- 10 slices ginger
- 1 cup sesame oil
- 1 cup rice wine
- 1 cup soy sauce
- 4 stalks fresh basil

Direction for preparation:
1. Using a little of the sesame oil, brown the chicken in a pot.
2. Add garlic and ginger towards the end of the browning.
3. Add the rest of the sesame oil, rice wine and soy sauce. Bring to a boil.
4. Cover and simmer for 20 minutes.
5. Add the basil, stalks and all, a couple minutes before cooking is finished.
Pad Thai
Submitted by: Thai Student Association

- ½ lime
- 1 egg
- 4 teaspoons fish sauce
- 3 cloves garlic, minced
- ½ teaspoon ground dried chili pepper
- ground pepper
- 1 shallot, minced
- 2 tbsp. sugar
- 2 tbsp. tamarind
- ½ package Thai rice noodles
- 2 tbsp. vegetable oil
- ½ -⅛ lb. shrimp, optional
- ½ banana flower, optional
- ½ cup tofu - extra firm, optional
- 1 ½ cup Chinese chives – green, optional
- 2 tbsp. peanuts, optional
- 1 ½ cup bean sprouts, optional
- 1 tbsp. preserved turnip, optional

Directions:
1. Soak the dry noodles in lukewarm water while preparing the other ingredients, for 5-10 minutes. Julienne tofu and cut into 1 inch long matchsticks. When cut, the extra firm tofu should have a mozzarella cheese consistency.
2. Cut up Chinese chives into 1 inch long pieces. Set aside a few fresh chives for a garnish.
3. Rinse the bean sprouts and save half for serving fresh. Mince shallot and garlic together. Use a wok. If you do not have a wok, any big pot
will do. Heat it up on high heat and pour oil in the wok. Fry the peanuts until toasted and remove them from the wok. Add shallot, garlic and tofu and stir them until they start to brown.

4. The noodles should be flexible but not expanded at this point. Drain the noodles and add to the wok. Stir quickly to keep things from sticking.

5. Add tamarind, sugar, fish sauce, chili pepper and preserved turnip. Stir.

6. The heat should remain high. If your wok is not hot enough, you will see a lot of juice in the wok. Turn up the heat, if it is the case.

7. Make room for the egg by pushing all noodles to the side of the wok. Crack the egg onto the wok and scramble it until it is almost all cooked.

8. Fold the egg into the noodles.

9. Add shrimp and stir.

10. Add bean sprouts, chives.

11. Stir a few more times. The noodles should be soft and very tangled. Pour onto the serving plate and sprinkle with peanuts. Serve hot with the banana flower slice and a wedge of lime on the side and raw Chinese chives and raw bean sprouts on top.

***Pad Thai, literally means “Thai style stir fried noodle”. It was introduced during recession in Thailand during World War II by Luang Pibulsongkhram. There are 2 versions of Pad Thai; drier and lighter tasting are common in the street of Thailand while the West are usually heavier tasting and might be covered by red oil.
Pad See-Ew
Submitted by: Thai Student Association

Ingredients:
- 1 tbsp. sugar
- ½ cup pork, thinly sliced
- 2 tbsp. light soy sauce
- 2 cloves garlic, chopped
- 1lb. fresh flat rice noodles
- 1 egg
- 1 tbsp. dark soy sauce
- 1 lb. Chinese broccoli

Directions:
1. If your fresh flat rice noodles are not pre-cut, cut them into strips of ¾ inch wide.
2. Cut Chinese broccoli into 2 inch long pieces. Halve the stems lengthwise because thick stems take longer to cook. Cook them at the same time.
3. Heat a wok to high heat and then add 2 tablespoons of oil.
4. Drop in the chopped garlic and stir. Add the sliced pork. Stir to cook the pork.
5. When the pork is somewhat cooked or turned from pink to light brown, add rice noodles. Stir to break up the noodles.
6. Add light and dark soy sauce and sugar. Stir to mix the seasonings into the noodles and pork.
7. Open a spot in the middle of the pan, and drop the egg in. Scramble the egg until it is almost all cooked (not watery any more). Fold in the noodles and mix them all.
8. Add the Chinese broccoli, stems first. As soon as the Chinese broccoli is cooked, turn off the heat.
9. Put on a serving plate and sprinkle white pepper on top. Serve with the usual noodles condiments; sugar, fish sauce, vinegar and dried ground pepper. I usually like mine with ground chili peppers and vinegar.

***Pad See-Ew, literally means "fried with soy sauce".***
Meatballs with Lemon Sauce
Submitted by: Turkish Student Association

Ingredients:
• 250 g ground meat
• ½ cup rice
• 1 tbsp. margarine
• 1 bunch parsley
• ½ cup water
• ½ tbsp. black pepper
• 2 tbsp. salt
• 1 large onion

Sauce:
• 2 egg yolks or 1 egg
• ⅓ cup of water
• 1 lemon (the juice)

Directions:
1. Grate the onion.
2. Boil rice in 3 cups of water and drain.
3. Chop the parsley.
4. Add onion, rice, black pepper and 1 tsp. salt to the ground meat and knead for 3 minutes.
5. Moisten hands and form walnut-sized balls of the meat
6. Put them in a pan containing chopped parsley leaves and shake gently to coat meatballs with parsley.
7. Add 2 ½ cups of water, margarine and 1 tsp. of salt to the pan and cover.
8. Cook over moderate heat for 30 minutes.
9. When meatballs are cooked, put egg yolks or the egg, lemon juice, and water for the sauce into a bowl and beat gently.
10. Add the sauce to the pan, stir a couple of times to blend and serve.
Rice Pilaf With Chick Peas
Submitted by: Turkish Student Association

Ingredients:

- 150 g chickpeas (garbanzo beans) soaked overnight
- 200 g rice (washed and drained)
- 60 g butter
- ½ litre chicken broth

Directions:

1. Wash and drain the rice.
2. Put chick peas into a large saucepan and cover them with water, add some salt, bring to boil, then cover and simmer 1-2 hours until they are soft enough.
3. After draining them, melt the butter in a medium size saucepan, and then add the rice and fry for a minute.
4. Add in the cooked chick peas and mix.
5. Pour in the hot broth, bring to the boil then cover and simmer for 20 minutes, until all the water is absorbed and the grains are soft.
Pho (Vietnamese Beef Noodle Soup)
Submitted by: Vietnamese Student Association

Ingredients:
- 1 can chicken broth
- 3 yellow onions
- 3 medium sized ginger roots
- ⅓ c sugar
- ⅓ c salt
- 2 tbsp. fish sauce
- 1 tbsp. MSG (optional)
- 1 oz. of pho spices or 6 dried aniseeds
- 1 soup bone
- boneless shoulder pot roast
- round rump roast
- thinly sliced beef sirloin (optional)
- other types of beef you desire (beef balls, shank)
- dried pho noodles
- bean sprouts, mint leaves, lime, chopped green onions for toppings
- Hoisin sauce or Saracha sauce for flavoring (optional)

Directions:
1. Boil a large pot of water and add the pot roast and rump roast.
   (If you wish, save some beef sirloin for later and cut into fine slices. When pho is ready to serve, place the thin slices on top and the hot broth should cook the meat instantly.)
2. In another large pot, bring to boil the chicken broth (1 can broth with 4-5 cans of water). Add the soup bone.
3. While waiting for broth to boil, wash and cut the onions and ginger roots. Cut the onion bulb into 3 sections longwise. Cut the ginger root in half also longwise.
4. Grill the onions and ginger so that they become slightly burnt.
5. Add the onions and ginger to the boiling broth.
6. Check on the beef occasionally and make sure to scoop off the fatty top part. When the beef is cooked and tender, transfer the beef to the broth. (about 3 hours)
7. Bring the broth back to a boil. Next, introduce the enclosed/pouched pho spices to the broth.
8. Add the sugar, salt, fish sauce, and msg (optional) to taste. Usually about ¼ c for every quart of broth. Add more to your taste.
9. Reduce the heat to simmering. Simmer for at least 3 more hours or to the strength of pho flavor you desire. Stir occasionally. (The longer the broth is cooked, the more flavor you will get and the more tender the beef will become.)
10. When broth is finished, remove the soup bone, pho spices, and most of the ginger roots.
11. Cook the pho noodles according to package directions.
12. Add enough broth to your portion of pho noodles and top with bean sprouts, mint leaves, lime, fine sliced beef, beef balls, or with anything else you want. Add some Hoisin or hot sauce to flavor the pho to your liking. Make pho your own and enjoy!
Goi Cuon (Vietnamese Spring Rolls)
Submitted by: Vietnamese Student Association

Ingredients:
- dried rice wrapper
- dried thin rice vermicelli
- pork tenderloin
- shrimp
- cucumbers
- lettuce
- mint sprigs (optional)
- cilantro sprigs (optional)
- salt
- hoisin sauce
- peanut butter or starch
- ground roasted peanuts and red chili peppers (optional)

Directions:
1. Boil a pot of water with a little bit of salt added. Add the pork and cook for about 15 to 20 minutes or until it is cooked.
2. Slice the pork into thin slices.
3. Soak a rice wrapper in warm water and place it onto your plate flat.
4. Add cooked rice noodles, pork, shrimp and vegetables at the bottom of the wrapper and roll up. Don't add too much or else it won't roll. Your roll is now ready to eat!

Dipping sauce:
1. For the sauce, add half a bottle of hoisin sauce and a couple tablespoons of water to thin it.
2. Add enough peanut butter or starch (about 1 tbsp.) to re-thicken the sauce. Optional: top the sauce with roasted peanuts or red chili peppers.
Che Ba Mau (3 Colored Dessert)
Submitted by: Vietnamese Student Association

Ingredients:
- Coconut milk
- Sugar water (dissolve 1 part sugar to 2 parts boiling water)
- Red beans
- Yellow mung beans*
- Dried tapioca/jello bits (comes in a bag, usually in pink/red color and clear)*

* Can be found in Asian grocery stores

Directions:
1. Soak the red beans and mung beans separately over night.
2. After, simmer each individually for ½ hour on low heat until very tender and soft.
3. Prepare tapioca/jello bits according to package.
4. Layer the red beans, mung beans, and tapioca/jello.
5. Now pour about 3-4 tbsp. of coconut milk (straight out of the can!) over the mixture.
6. Then add some sugar water on top and let it seep down.
7. Just stir and eat!
Cha Gio (Egg Rolls)
Submitted by: Vietnamese Student Association

Ingredients:
- 1 cup shredded pork
- 1 cup shredded chicken
- 1 cup uncooked shrimp
- 2 oz. of cellophane noodles
- 2 cups shredded cabbage*
- 1 cup shredded carrot*
- 1 tbsp. garlic powder
- 1 tbsp. of sugar
- 2 tablespoons of salt
- black pepper
- 1 tbsp. of sesame oil
- 2 tbsp. of fish sauce
- 1 bag of egg roll wrappers
- 1 large eggs
* Various kinds of vegetables can be used for the filling, such as cloud ear mushrooms, celery, bean sprouts, cauliflower, etc.

Directions:
Mix together the shredded pork, shredded chicken, and shredded uncooked shrimp, which can be done in a blender or food processor.
Soak cellophane noodles in warm water to be rehydrated (about 15 minutes), drain the noodles, and then finely cut them.
Massage the grated cabbage, carrots, cut noodles, and other optional vegetables into the mixed meat.
Next add in the garlic powder, sugar, salt, pepper, sesame oil, and fish sauce.
Season with pepper and fish sauce to taste.
Cut the egg roll wrappers diagonally across to get triangle shaped wraps.
Use about 2 tsp. of stuffing for each egg roll.
Sparingly use the lightly beaten egg as a sealant at the end of each roll.

Note: Directions for wrapping can be found in the back of the egg roll wrapper bag.

Deep fry at 375 degrees in 2 inches of oil.